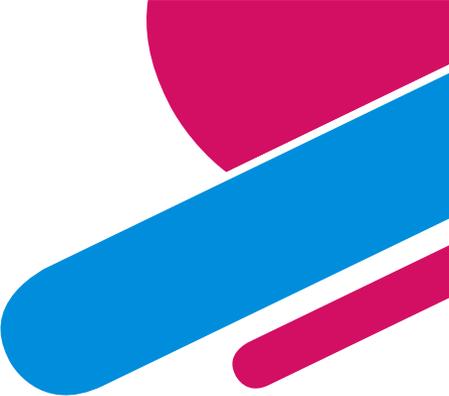


Land Acknowledgment



I acknowledge that I live and work in treaty 1 the territories of the Anishinaabeg, Cree, Dakota, Dene, Métis, and Oji-Cree Nations.

I acknowledge this land sits on the ancestral and traditional homeland of Anishinaabe peoples.

I acknowledge the historical harm done to Indigenous people and I take full responsibility to understand the impact of this harm on Indigenous relatives and neighbors.



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Community Health Awareness Barbados Association of Winnipeg

Presenter

Mandela M.Kuet

Chief Executive Officer

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Pre-Survey Participation





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Overview

The health of a community is dependent not only upon the individual health of its residents, but also upon the environment within which those individuals live.

A person's health is a product of their environment. As such, a healthy community is one in which all residents have access to a quality education, safe and healthy homes, adequate employment, transportation, physical activity, and nutrition, in addition to quality health care.





Individual Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or unwellness. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief or economic and social condition.

Prerequisites for **community health** include peace, shelter, education, food, income, a stable eco-system, sustainable resources and social justice and equity.

As such, a healthy community continually creates and improves the environment and expands resources to all citizens of the community.





To create a healthy community, the focus must shift from an individualistic, medical view of health to a view that considers health within the context of the social environment and policy perspective.

To address health issues in a meaningful way, BAW can consider the relationship between health/wellness and the key components of the environment in which people live and work includes:

- Quality education
- Adequate and safe housing
- Employment opportunities and job skills training
- Access to public transportation and recreational opportunities
- Healthy, clean and safe physical environments; and
- Health education and access to tailored health care





EDUCATION

Quality education, from preschool to higher education, is the foundation upon which future success and access is built. However, in majority black led community access to quality educational programs is often lacking due to disparity of resources based on the community and its members socioeconomic status.

Often the school environment surrounding the school may not be conducive for learning due to high level of crime, violence and environmental hazards. In many of our underserved communities high school graduation rates and college entry rates are lower than in non-underserved communities.

A quality education must start in early childhood. Enrollment in quality early childhood educational programs, particularly for low-income youth, has been shown to improve performance in school, creating greater chances for success throughout the children and youth life.



HEALTHY HOMES

Unsafe and substandard homes put community members at risk for illness or accident specially the elder and vulnerable ones.

Community members with low incomes are more likely to live in older outdated housing. There are many structural issue in substandard housing that contribute to poor ventilation, pest infestation, and mold resulting from water leaks.

Many increased health risk are associated with inadequate housing conditions that are in poor repair and increase the potential for injury to community members.



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EMPLOYMENT/INCOME

The connection between employment and health has been well documented. Gainful employment provides community members with the opportunity to earn regular income, access to health care.

When community members are unemployed, they tend to have higher levels experience with mental health including depression, anxiety, and stress as well as higher levels of mental health hospital admissions, chronic disease.

However, when community members are employed, they are more likely to have access to health insurance and less likely to delay seeking medical treatment due to cost.





TRANSPORTATION

Adequate safe transportation impacts a person's life, economics and health. Transportation is often a prerequisite for accessing healthcare, employment, grocery stores and recreations facilities as well as being socially connected to the community.

However, some groups of community members experience a transportation-disadvantage or the inability to obtain their own transportation. These groups include the youth, elderly, low-income persons, people with disabilities, racial and ethnic minorities and people with limited English proficiency new to Canada.

Unsafe streets and highways also present health issues for people who walk or cycle as their means of transportation in their day to day activities.





PHYSICAL ACTIVITY AND NUTRITION

Regular physical activity and management are important components for the prevention of chronic disease and for improvements in overall health.

Specifically, regular physical activity can help to reduce the risk of developing heart disease, stroke, diabetes, high blood pressure and high cholesterol and has been shown to have a positive health impact.

Community members are more likely to be physically active or to maintain a healthy routines if they live in a community which supports physical and healthy activity.



Post-Survey Participation



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THANK YOU!

Questions & Answer Period

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