

## NEWS RELEASE

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### **Successful Healthy Communities Event in the Northwest**

Representatives from local governments, not for profits, community organizations and members of the general public learned how to build a healthier community at a session in Terrace on October 1. The session was attended by 60 people and hosted by Northern Health, in collaboration with BC Healthy Communities Society and Healthy Families BC.

The fundamental core value of a healthy community approach is capacity building and empowerment of individuals, organizations and communities to take control and improve the health of communities. This session was a way of recognizing the strong leadership that already exists in our communities and is deeply engaged in doing such good work in community. The session focused on building relationships with key stakeholders to address health in their communities.

“We’re really excited to partner in this event. It builds on the great momentum of healthy community partnerships and projects that are already happening here,” said Kerri Klein, Program Manager with BC Healthy Communities Society. “We’re continually impressed by the commitment and enthusiasm of stakeholders in the north to collaborate of local issues of health and well being”

“A healthy community is a balance between individual initiatives and creating environments that welcome and support new ideas,” said Sasa Loggin, a resident of Terrace who attended the event. “It is a place where people can be active and involved. This workshop had a diversity of people and provided an opportunity to develop new partnerships and look at issues for new perspectives. ”

Northern Health is committed to supporting a healthy community focus, which is embedded in the organization's strategic plan. Northern Health is focused on partnering with community organizations and local governments to support initiatives that result in healthy families, healthy workplaces, healthy schools and healthy public policy.

“Northern Health’s strategic plan articulates our commitment to supporting healthy communities as we work towards building a strong primary healthcare system - and we know that this effort will be most successful if it is embedded in a healthy community,” said Penny Anguish, Northern Health’s chief operating officer for the northwest. “There is no question, we are in this together.”

A key support of a healthy community approach is local governments. Healthy community committees have been established in most Northwest communities, and co-chaired by Northern Health and local government representatives. The healthy community committees are an opportunity to bridge the organizations and focus on health.

“I’m excited to be here and hear about what is working elsewhere in the Northwest; where communities are facing barriers and what they are doing to overcome the issues,” said Councillor Dawn Potvin of Houston. “The range of participants provided a broad perspective on health in our communities and highlighted some great actions we can take back to Houston. Focusing on building and supporting a healthy community will be key to the success of health in the future. ”

The session in Terrace is part of a series that will include stops in Fort St. John on October 10 and another in Prince George on November 13.

For more information, please visit:  
[Northernhealth.ca](http://Northernhealth.ca)  
[planh.ca](http://planh.ca)

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