

Annual Report 2016–2017

# PROMOTING HEALTH TOGETHER

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**healthnexus.ca**

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# 2016-2017 Annual Report

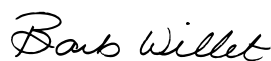
## EXECUTIVE MESSAGE

2016-2017 was a memorable year for health promotion in Canada. The Ottawa Charter for Health Promotion marked its 30<sup>th</sup> anniversary and the 6<sup>th</sup> Global Forum on Health Promotion took place in Charlottetown, PEI. Health Nexus was proud to contribute to these events and to the increasing recognition of, and investment in, the underlying determinants of health here in Ontario and across Canada.

Throughout the year, Health Nexus remained committed to healthy child development, community engagement and partnership development through our programs and initiatives. We are pleased to share a few brief highlights that demonstrate the

breadth and impact of our contribution to the development of healthy, equitable and inclusive communities.

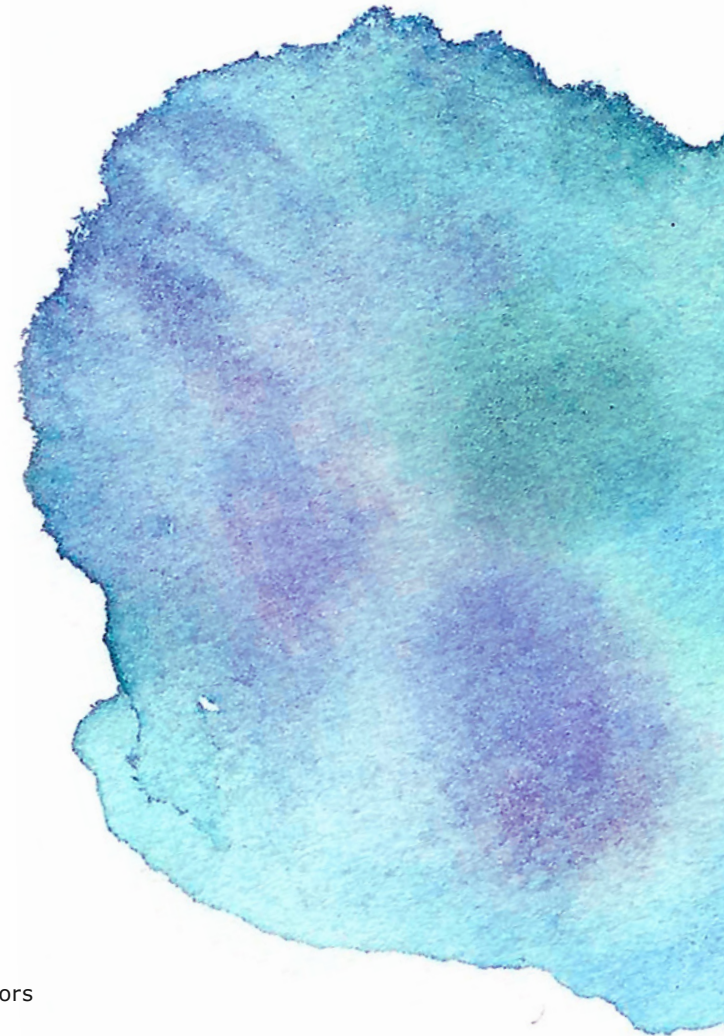
As we wrap up 2016/17, we want to express our thanks to our dedicated staff for their hard work over the past year. We would like to welcome Joe McReynolds as the new President of the Board of Directors, and thank Dianne Bascombe, outgoing President, for her service in this capacity over the past two years.



**Barb Willet**  
Executive Director



**Joe McReynolds**  
President, Board of Directors





# Year in Review

Provided

**137**

consultations

Served

**13,105**

clients  
(29% French speaking)

Over

**650,000**

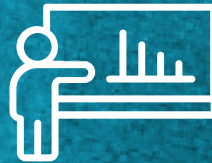
page views throughout  
8 bilingual websites



Prenatal key messages  
website accessed over  
**26,000 times** by  
**18,000 users**



Bilingual Online Ontario  
Breastfeeding Services  
Directory accessed **18,500**  
**times** by **14,000 users**



Delivered **108 training**  
events (20 in French)  
with **5,672 participants**



**85%** of our services  
were in English and  
**15%** in French



**92** issues of our electronic  
bulletins produced with an  
overall reach of **13,298**



**6,028 subscribers**  
to our Listservs  
(Mail List)



**684 orders** for our  
resources filled;  
**225,761 resources**  
distributed



**182** videos  
including the conference  
clips and bilingual videos  
were viewed over  
**342,988 times**

## OUR REACH

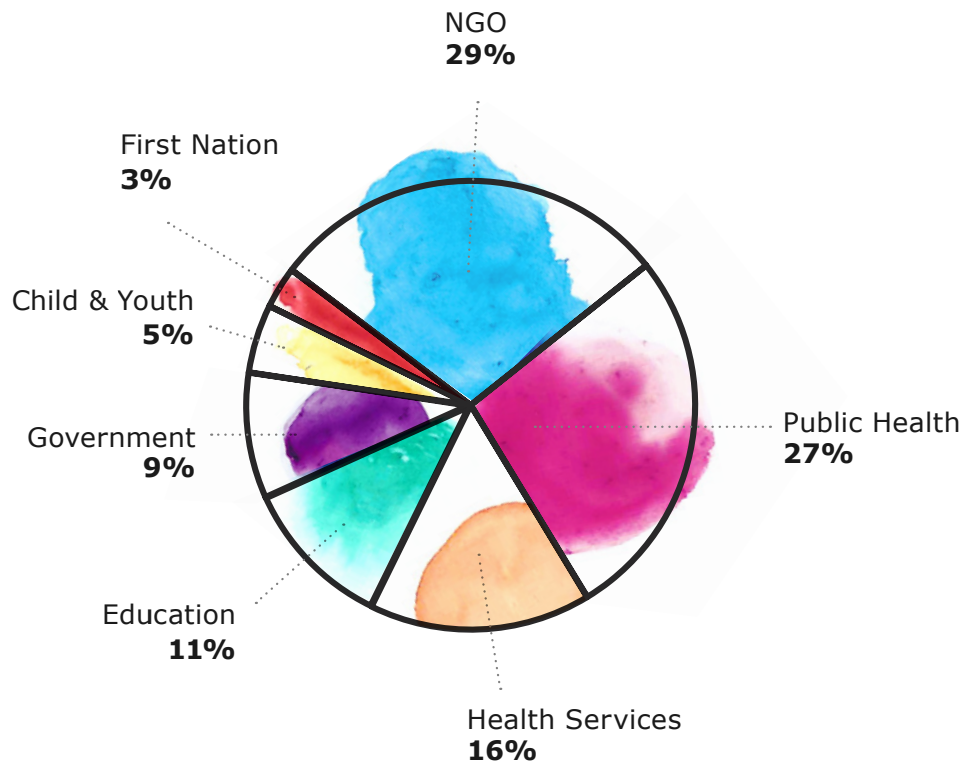


Figure 1: The sectors represented by the organizations served in 2016-2017

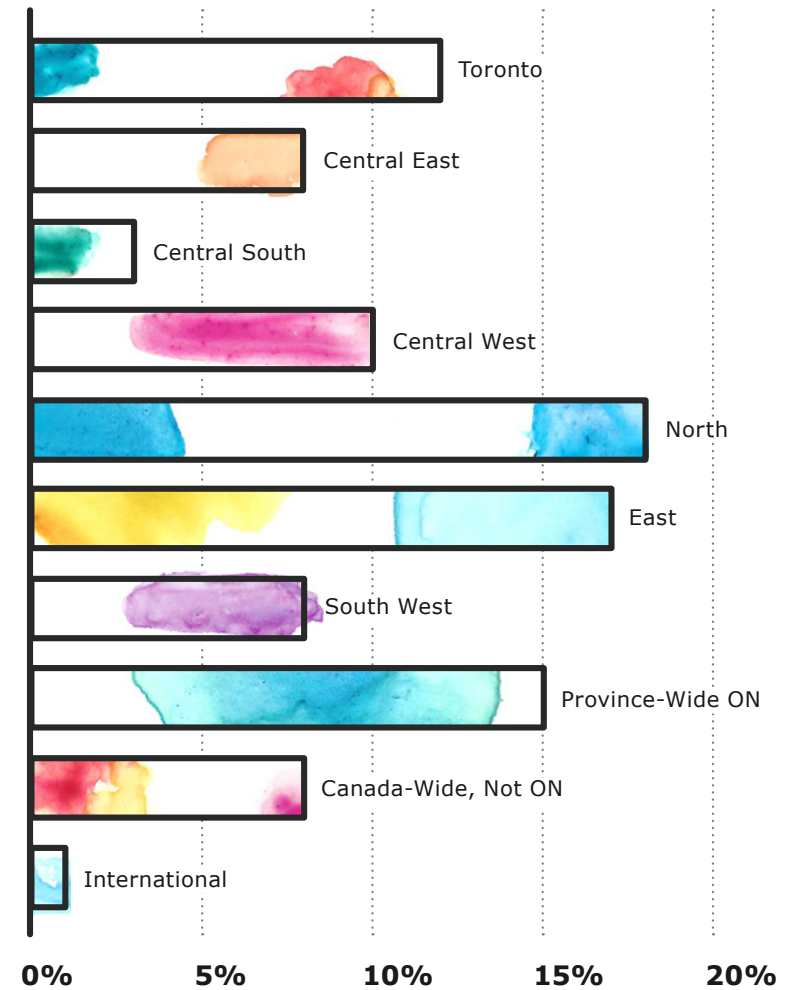


Figure 2: Geographic focus of the organizations served in 2016-2017

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# 6th Global Forum on Health Promotion

## HEALTH PROMOTION AT THE VERY HEART OF SUSTAINABILITY



Health Nexus co-chaired the planning and communications committees for the 6<sup>th</sup> Global Forum on Health Promotion, which was held in Charlottetown in October 2016. It was the first time this event was held outside of Geneva. This unique event celebrated the 30<sup>th</sup> anniversary of the **Ottawa Charter for Health Promotion** and focused on the important roles that health promotion and civil society play in fulfilling the **Sustainable Development Goals (SDGs)**, an ambitious agenda agreed upon by 193 countries, including Canada.

The Forum program consisted of plenary and concurrent sessions with a mix of renowned international and Canadian speakers. The nearly 300 international participants engaged in a dynamic participatory process to develop an outcome document, the **PEI Declaration and a Call for Action**, which identifies specific ways that health promotion is essential to achieving the SDGs.

The Declaration was adapted into a poster for the subsequent WHO 9<sup>th</sup> International Conference on Health Promotion in Shanghai, and conference participants selected it as the second favourite out of the seventy on display.

Health Nexus continues to participate in an informal Global Action Group that aims to further the PEI Declaration through dialogue and knowledge exchange.





Representatives from Reflet Salvéo, Centres d'accueil héritage, Collège Boréal and Health Nexus with the Honorable Marie-France Lalonde, Minister of Francophone Affairs

## LEADERSHIP TRAINING IN ACTIVE OFFER

Active Offer is a critical component to French Language Services within patient-centered health care. It is the regular and permanent offer of services to the Francophone population in Ontario. To strengthen and build organizational capacity to address the health-care needs of the Francophone population, Health Nexus was invited by Reflet Salvéo and a number of partners (Rifssso, Centres d'accueil héritage and Collège Boréal) to develop a three-day Leadership Training for Active Offer course for staff of organizations

funded by the Toronto Central LHIN. Health Nexus' experience in Francophone community engagement, strategic planning and implementation provided participants with a chance to explore practical tools and best practices to assess their organizational capacity for providing services to Francophone patients and community members.

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## ONLINE DIRECTORY OF PRENATAL EDUCATION PROGRAMS IN ONTARIO



Preconception and prenatal health are the foundation for the lifelong health of the child. Prenatal education has the potential to increase knowledge and improve health behaviours prior to pregnancy, during pregnancy and postpartum. Despite these advantages, participation in prenatal education in Ontario is low – only one in four women participate in a prenatal program, according to data for 2013-2014 from the Better Outcome and Registry Network (BORN). As part of their commitment to starting all children off on the path to health, the Ontario Ministry of Health and Long Term Care funded Health Nexus to develop an online bilingual searchable directory of prenatal education programs. This work builds on Health Nexus' previous prenatal education initiatives and will be a valuable tool that will help providers identify service gaps and offer referrals. It will also help people access services that meet their needs.

The directory includes listings for group, online, drop-in and one-on-one prenatal education programs. Users will be able to search for programs in their geographic area and find information on cost, how to register, the range of topics covered and the language of service. The directory includes functions that allow prenatal educators to directly update their services and programs as needed.

## COLLABORATIVE LEADERSHIP IN PRACTICE (CLiP)



Health Nexus and the Ontario Public Health Association (OPHA) partnered on a two-year bilingual project to strengthen collaborative and equitable leadership in the non-profit sector — specifically in the context of partnerships and networks. Collaborative, equitable and inclusive leadership is about recognizing the different levels of power and resources that different people and organizations hold within our partnerships. It is about developing strategies and changing practices to address imbalances. It is a commitment to ongoing dialogue, reflection and action to make sure that equity-seeking, or marginalized, individuals and groups are at the centre of our collaborative leadership and decision-making.

Health Nexus worked with non-profit organizations and practitioners to share research, resources and learning opportunities to:

- increase knowledge and understanding of processes and policies that centre equity-seeking communities in leadership and decision-making;
- develop organizational skills to implement equitable leadership, based on promising

practices from partnerships and networks across Ontario;

- and facilitate a culture shift that recognizes the need to examine and redistribute power and resources to achieve more collective and equitable practices.

A range of practical bilingual tools, resources, links and webinar recordings can be found at the CLiP website:

[clip-lcp.org](http://clip-lcp.org)

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“Really began to integrate equity lens, language of anti-oppression and grounded equity work more in social movements and language and perspectives of equity-seeking communities, rather than abstract. That change has really transformed our team.”

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**CLIP PARTICIPANT**



# HEALTHY BABIES HEALTHY CHILDREN ONLINE COURSES\*

In 2016-2017, 330 staff from Healthy Babies Healthy Children programs across Ontario completed online courses. The majority of participants indicated the courses were a positive learning experience (97%), relevant to their work (98%), increased their knowledge (97%), and increased their confidence (90%).

Building on our success with online courses for service providers, Health Nexus developed several new courses for Healthy Babies Healthy Children (HBHC) staff in Ontario:

- ✓ Promoting Maternal Mental Health During Pregnancy
- ✓ Keys to Caregiving
- ✓ Promoting Healthy Child Development (0-24 months)
- ✓ Theoretical Foundations of the Healthy Babies Healthy Children Program

These modular and mobile online courses were developed with guidance from the Ministry of Children and Youth Services with input from HBHC staff and topic experts, and include videos, quizzes and other interactive content.



**best start**  
meilleur départ  
by/par Health Nexus santé

## PROMOTING HEALTHY CHILD DEVELOPMENT IN HBHC FAMILIES: 0-24 MONTHS

[www.beststart.org/ChildDevelopment](http://www.beststart.org/ChildDevelopment)

This online course was developed by the Best Start Resource Centre with funding from the Government of Ontario. It supports a consistent knowledge base among all HBHC Family Home Visitors in promoting healthy child development in HBHC families. This program was designed specifically for Family Home Visitors. It provides an overview of key developmental milestones, parenting adjustments, anticipatory guidance as well as tools and strategies to support parents in promoting their child's development.

**Key features:**

- ✓ You can use the program at a time that is convenient for you.
- ✓ The course includes 7 modules. It is recommended you complete the course over several sessions and apply what you've learned after each module.
- ✓ The total length of the course is approximately 3 hours.
- ✓ The program includes quizzes, resources, case studies and videos to extend your learning.
- ✓ You will get a Certificate of Completion at the end of the program.

**How do I get started?**

1. Go to [www.beststart.org/ChildDevelopment](http://www.beststart.org/ChildDevelopment)
2. Create a new account (username and password).
3. You will receive a confirmation email.
4. Click on the link in the email to confirm your account.
5. Click on Enrol Me.
6. On the welcome page, click the Course Pre-Test to get started!

**How do I resume the course?**

1. Go to [www.beststart.org/ChildDevelopment](http://www.beststart.org/ChildDevelopment)
2. Sign in with your username and password.
3. On the welcome page, click on the name of the module you want to view or resume.

The program works on computers and laptops (PC and Mac) but may not function well on iPads or tablets. Please consult the troubleshooting guide in the program for common questions. For technical issues, contact [webmaster@healthnexus.ca](mailto:webmaster@healthnexus.ca).

Promoting Healthy Child Development in HBHC Families: 0-24 months | [www.beststart.org/ChildDevelopment](http://www.beststart.org/ChildDevelopment)



\* Please note that the HBHC online courses are available in English only.

## HAVE A BALL TOGETHER!

“This was an excellent workshop with a perfect combination of theory and practice”

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### WORKSHOP PARTICIPANT

Health Nexus proudly wrapped up a two-year project, funded by the Lawson Foundation, to address physical activity and physical literacy in young children. With a focus on information and supports for parents and those working with young children, we developed an interactive bilingual website ([haveaballtogether.ca](http://haveaballtogether.ca), [avousdejouerensemble.ca](http://avousdejouerensemble.ca)) with easy-to-use tools to promote and encourage physical activity in children from birth to age six. The site includes a searchable activity database, 20 downloadable posters, 16 downloadable tip sheets and 10 videos. It was accessed by more than 7,500 users in 2016-2017.

To build capacity, staff provided evidence-based information to train 330 teachers and early childhood development educators through workshops across Ontario. Sixteen of these workshops were tailored to full-day kindergarten teaching teams.

More than 95% of the full-day kindergarten educators who evaluated the workshop said it would enhance their work quite a bit or a great deal and that they would use the information they learned from the workshop

quite a bit or a great deal over the next six months. In addition, we hosted two webinars for a combined total of 83 participants and developed two English and two French online training modules.

Physical activity is essential to healthy child development and the early years have an important impact on lifelong health patterns. With this in mind, Health Nexus also pursued opportunities to provide input, advice and suggestions to influence physical activity and physical literacy opportunities and programming across Canada.





# Supporting Partnerships

Over the years, community-based partnerships have addressed a wide range of issues, including increasing affordable housing, improving access to the justice system for sexual-assault survivors, transforming the child-care system to create better outcomes for children and engaging diverse stakeholders to strengthen leadership capacity.

More and more, non-profit organizations and professionals are working in partnership – because they need to, want to or are directed to. In order to successfully achieve community and systems change, these partnerships require shared knowledge and expertise of the various methods and techniques particularly suited to multi-organizational and multi-sectoral practices and processes. Over the next three years, Health Nexus is pleased to support partnership development of civic engagement and political leadership projects funded by the Status of Women Canada. Our role is to support and strengthen the many processes

and cycles involved in multi-sectoral partnership development and to facilitate project partners across Canada to take the time to connect with partners, build relationships and trust, foster a shared understanding, create a shared vision and strengthen collaborative leadership through an intersectional lens as they work to address the system barriers they'll change together.



The Health Nexus Board of Directors continues to invest in the organization's diversification efforts and restructuring to strengthen its overall financial sustainability. To support this investment, the Board approved a deficit budget for 2016-2017.

REVENUES	2017	2016
Government Sources	3,243,339	4,263,187
Interest	4,764	8,519
Other	627,860	721,445
<b>Total Revenues</b>	<b>\$3,875,963</b>	<b>\$4,993,151</b>
EXPENSES	2017	2016
Salaries & Fee for Service	3,135,590	3,513,617
Program Activities & Materials	556,634	1,337,902
Administration & Finance	267,624	272,323
<b>Total Expenses</b>	<b>\$3,959,848</b>	<b>\$5,123,842</b>
<b>Net Revenue over (under) Expenses</b>		
	<b>\$(107,627)</b>	<b>\$(156,693)</b>

\*For the year ending March 31, 2017

Health Nexus is a registered charitable organization #13049 0857 RT 0001. The complete audited financial statements are available upon request.

ASSETS	2017	2016
Current Assets	1,328,585	1,677,285
Net Capital Assets	84,384	99,424
<b>Total</b>	<b>\$1,412,969</b>	<b>\$1,776,709</b>
Current Liabilities	445,733	701,846
<b>EQUITY</b>		
Invested in Capital Assets	84,384	99,424
Restricted Funds	870,240	781,084
Unrestricted Funds	12,612	194,355
	<b>\$967,236</b>	<b>\$1,074,863</b>
	<b>\$ 1,412,969</b>	<b>\$ 1,776,709</b>



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