



Building Capacity; Stronger Communities

2017–2018
ANNUAL REPORT

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Harnessing Organizational Resilience

Message from the Chair and Executive Director

As we wrap up another year, we reflect upon the many changes we faced in 2017-2018. This year marked the end of our work as part of HC Link, a collaboration of Health Nexus, Ontario Health Communities Coalition (OHCC) and Parent Action on Drugs (PAD.) Although the loss of the valued services and learnings provided by our colleagues will be felt across the health promotion community, we are proud to have played a significant part in providing critical capacity building support to the non-profit sector.

Our achievements over the last 12 months include: creating a comprehensive directory of prenatal education services, developing critical resources ahead of the introduction of legalized recreational cannabis, and supporting groups across Canada working to increase leadership opportunities for Canadian women.

Thanks to our dedicated staff and Board of Directors, we have continued to explore new opportunities and connections. Their unwavering efforts to address the social factors that impact health are inspiring. We are gratified to know that our resources, learning events and tools are helping practitioners working with families, individuals and groups integrate best and promising practices into their work.

Looking forward, we are reminded that every end is the beginning of something new. As we prepare to meet new opportunities, we will continue making connections and focusing on our strengths. To that end, Health Nexus remains committed to promoting healthy, equitable and inclusive communities.



Barb Willet
Executive Director

Joe McReynolds
Chair

We would like to thank outgoing President Joe McReynolds for his leadership and service over the last two years and welcome Monique Rocheleau to the position.

A Clear Set of Values

After more than 30 years, Health Nexus remains committed to supporting health equity and healthy child development. Our groundbreaking work in health promotion is impacting people locally, nationally and globally.

HC Link

For nearly a decade HC Link, a collaborative of Health Nexus, Ontario Healthy Communities Coalition (OHCC) and Parent Action on Drugs (PAD), supported groups, organizations and partnerships across Ontario build, strengthen and sustain healthy, vibrant communities. With a unique expertise in building and maintaining partnerships, we successfully leveraged our experience to provide value added resources to support partnerships and collaborations, in both official languages.

Health Nexus was proud to be a part of this innovative collaboration and we look back knowing that we provided our clients the tools and resources needed to increase their skill level and capacity to work together for change in their communities.

Over nine years we:

- o Delivered **2,974** services
- o Supported **671** networks, coalitions and committees (28% in French)
- o Provided **370** learning events (24% in French)
- o Offered **1,297** customized consulting services (12% in French)

HAD AN IMPACT ON COMMUNITIES

- o **100%** reported that we made a difference
- o **90%** said we contributed to their organization's effectiveness
- o **More than 75%** shared their learnings with colleagues, networks and their communities



The Best Start Resource Centre

The Best Start Resource Centre has continued to deliver timely and topical resources and training. We support Ontario's Healthy Babies Healthy Children program (HBHC), promote prenatal education services and breastfeeding supports through comprehensive online directories, and facilitate the provision of consistent, evidence-based prenatal education. The resources and tools we develop have continued to generate national and international interest.

In advance of the imminent legalization of recreational cannabis in Canada, the Best Start Resource Centre produced the *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting*, a booklet for parents and those considering parenthood. Thanks to support from the Public Health Agency of Canada, this booklet will be adapted for use across the country by fall 2018. Additionally, prenatal education modules, developed by the Best Start Resource Centre, were adapted for use in Qatar.

In 2017/18 Best Start service highlights include:

- o **52** training events
- o More than **410,000** pages views and **231,063** video views
- o **1,739** registrants for **9** online courses (7 English and 2 French)
- o **693** orders for **243,489** resources
- o **881** services listed as part of a comprehensive online directory of Ontario Breastfeeding Services and **11,488** users
- o **13,117** users for the online directory of prenatal education services (11,273 English and 1,844 French)

INCREASED CAPACITY:

- o **82%** of clients confirmed our resources improved specific aspects of their practice/approach
- o **79%** reported our resources helped them integrate best and promising practices into their work



Building on our Strengths

Our work through the Best Start Resource Centre has ensured that Health Nexus is recognized as a leader in promoting preconception and pre- and post-natal health as well as healthy early childhood development.

Baby Friendly Initiative Ontario Strategy

Health Nexus' breastfeeding experts have been working with the Baby Friendly Initiative (BFI) Strategy for Ontario.

Our consultants provide insights in working with community organizations, rural and remote communities, and Indigenous populations; they share our expertise in resource development and distribution, and help shape future plans for the BFI Ontario Strategy.

In 2017-2018 the BFI Ontario Strategy developed five new resources, including several videos. Further, the Strategy provided support to hospitals with BFI Implementation challenges and was pleased to see that two more hospitals, each with two sites, received their BFI designation,

doubling the number of Ontario babies born at BFI designated facilities to 14 per cent.

Supporting Healthy Child Development

Helping children develop healthy habits is crucial in starting all children on a path to good health and taking on the growing challenge of obesity. Acknowledging our previous efforts in promoting healthy childhood development, Health Nexus was invited to serve on the Guideline Development Group for the WHO Guidelines on physical activity, sedentary and sleep behaviour for children under the age of five.

Making Connections

In our work to promote health equity, we have seen how much greater our impact can be when we work in partnership. At their most effective, networks can be catalysts for change and innovation. They help us collaborate on complex issues and engage diverse groups, sectors and perspectives.

Supporting Women's Participation in Political and Community Action

Health Nexus has been providing formal partnership support to 13 political and community action projects funded by Status of Women Canada (SWC). With a focus on effectiveness and equity in partnerships, we developed a curriculum, hosted webworkshops, customized tools, conducted network mapping, and provided tailored facilitation for collaborative work sessions. We also adapted an evidence-based [self-evaluation tool for action in partnership](#) which will be used with project partners in 2018-2019.

Health Nexus was also commissioned by SWC to evaluate the effectiveness of the co-applicant funding model and partnership supports applied to these projects. Putting theory into practice, we developed an emergent learning framework that uses participatory processes to generate feedback and recommendations as part of this pan-Canadian initiative for 2018-2019.

A Focus on Learning

Opportunities for Healthy Babies Health Children (HBHC)

Based on learning needs identified by the Ministry and the HBHC Education Committee, Best Start Resource Centre continued to provide opportunities for the staff of the HBHC home visiting program in Ontario using a variety of platforms to meet their learning needs.

Supporting Active Offer

In 2017-2018, Health Nexus continued our partnership with Reflet Salvéo, College Boréal and Centres d'accueil héritage to offer leadership training in Active Offer.

Leadership Training in Active Offer provides health service practitioners with practical tools and strategies to adopt an active offer approach to French Language Health Services.

Inclusive Leadership in Governance

Collaborative and inclusive leadership is a commitment to ongoing dialogue, reflection and action to ensure equity-seeking individuals and groups are at the centre of our decision-making. Building on our earlier work, Health Nexus contributed to content development of a new online, bilingual training course on inclusive leadership in governance for Boards of Directors of community-centred primary health care organizations in Ontario. The course supports Directors and Boards to apply equity, diversity and inclusion principles in their governance roles and relationships.

The project was a partnership with DiverseCity on Board, and the Alliance for Healthier Communities.

Statement of Operations*

REVENUES	2018	2017
Government Sources	3,224,364	3,243,339
Interest	6,677	4,764
Other	459,592	627,860
Total Revenues	\$3,690,633	\$3,875,963

EXPENSES	2018	2017
Salaries & Fee for Service	2,784,560	3,135,590
Program Activities & Materials	602,364	556,634
Administration & Finance	274,134	267,624
Total Expenses	\$3,661,058	\$3,959,848

	2018	2017
Surplus (Deficit)	29,575	(83,885)
Amortization	19,094	23,742
Net Revenue over (under) Expenses	\$ 10,481	\$ (107,627)

Statement of Financial Position*

ASSETS	2018	2017
Current Assets	1,205,639	1,328,585
Net Capital Assets	65,290	84,384
Total Assets	\$1,270,929	\$1,412,969

Current Liabilities	\$293,212	\$445,733
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EQUITY	2018	2017
Invested in Capital Assets	65,290	84,384
Restricted Funds	260,976	441,902
Unrestricted Funds	651,451	440,950
Total Equity	\$977,717	\$967,236

*For the year ending March 31, 2018 Health Nexus is a registered charitable organization #13049 0857 RT 0001. The complete audited financial statements are available upon request.