



ONTARIO PUBLIC HEALTH ASSOCIATION  
L'ASSOCIATION POUR LA SANTÉ PUBLIQUE DE L'ONTARIO

# **DETERMINANTS OF HEALTH**

## **Workshop Guide**

© Ontario Public Health Association

ISBN 0-929129-14-8

# **DETERMINANTS OF HEALTH PROJECT**

## **Workshop Guide**

Ron Foley

Coordinator, Determinants of Health Project

Ontario Public Health Association

468 Queen St. East, # 202

Toronto, Ontario M5A 1T7

March 1994

# **A DETERMINANTS OF HEALTH WORKSHOP GUIDE**

## **TABLE OF CONTENTS**

Purpose of the Determinants of Health Project, page 1

Workshop Objectives, page 2

Organizing Tips, page 3

Facilitating Tips, page 5

Workshop Design, page 6

Step-by-Step Guide to Conducting a Workshop, page 8

    Introduction – Setting the Stage, page 8

    Identification of the Determinants of Health, page 10

    Small Group Work to Identify Key Implications, page 12

    Identification of Initiatives, page 15

    Conclusion, page 19

Questions to Ask, page 20

Appendix A

Appendix B

The Determinants of Health Workshop Guide outlines the process followed in organizing and facilitating workshops on the determinants of health. These workshops were held in the context of a determinants of health project which was implemented by the Ontario Public Health Association in cooperation with the Association of Ontario Health Centres and with the support of the Premier's Council on Health, Well-being and Social Justice.

This guide has been prepared to assist those who are planning to engage colleagues, associates or members of their communities in discussions regarding the determinants of health. It is a companion to a report on the project which is available upon request from the Ontario Public Health Association.

You may be organizing a workshop, an informal discussion or a strategic planning meeting to address a particular issue of concern. For purposes of this guide, the term workshop will be used.

The information presented here is intended to facilitate discussions on the determinants of health. It in no way intends to be prescriptive and may require some tailoring to suit your needs and objectives, the profile of a particular group and your personal style.

### **Purpose of the Determinants of Health Project**

The purpose of the project which ran from September 1992 to December 1993 was to support the OPHA in developing and organizing 2 series of workshops on the implications of a determinants of health approach for professional practice.

The first series called for a workshop at each of seven provincial level meetings of the Constituent Societies of OPHA and one in each of the OPHA and Association of Ontario Health Centres (AOHC) annual conferences. The second provided for 3 workshops in each of Ontario's 6 health planning regions for District Health Council staff, public and community health professionals, and social development planners across the province.

## **Workshop Objectives**

The aim of these workshops was to help equip participants to initiate and participate in multi-sectoral community dialogue and action on the determinants of health. The specific objectives as presented to participants during workshops were as follows:

### **WORKSHOP OBJECTIVES**

1. **BEGIN TO BUILD A COMMON UNDERSTANDING OF THE DETERMINANTS OF HEALTH**
2. **CONSIDER IMPLICATIONS OF THE DETERMINANTS OF HEALTH**
  - Professional
  - Organizational
  - Community
3. **IDENTIFY INITIATIVES TO ADDRESS THE DETERMINANTS OF HEALTH**
  - Professional
  - Organizational
  - Collaborative

## **ORGANIZING TIPS**

- As pointed out by workshop participants around the province, someone needs to take the initiative in order to set things in motion - you may be that someone; don't wait for others who may be waiting for others ...
  
- Be collaborative from the outset - action to address the determinants of health will probably require working with other agencies and members of your community - the sooner they are involved, the quicker you will form the networks needed for effective outcomes; the majority of determinants of health workshops were organized in consultation with local working groups.
  
- Be ready to address resistance or criticisms you may encounter - early exploratory discussions and team work with colleagues, associates and other members of the community will help to identify issues and help you to respond appropriately; the Determinants of Health Project Report may also be of assistance to you.
  
- Identify what you want to achieve - this may take the form of a statement of purpose or objectives, an agenda or a discussion paper which sets out some questions for reflection prior to the event.
  
- The number of people invited will partly determine the process which is most appropriate for your stated purpose.
  
- Identify who best to invite in the light of your objectives - are you focusing the workshop on the need to develop your agency's awareness and involvement in strategies to address the determinants of health or will you seek broader participation at this time by inviting other agencies, sectors and community participants?
  
- Decide whether you want specific individuals to attend or if someone who is unable to attend may send an alternate.

## ORGANIZING TIPS

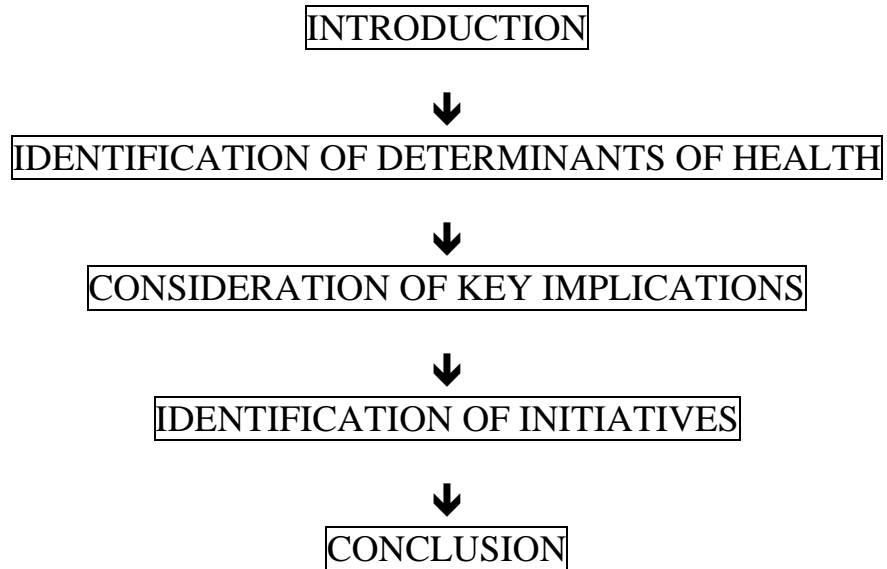
- The appropriate way to invite participants to the workshop, whether in writing or by telephone, directly or via someone more senior in their organization, will probably be determined by such factors as:
  - decisions you make regarding the internal or external focus of your workshop
  - the organizational level from which you wish to attract participants
  - the relationship you may or may not have already established with potential participants
  - the extent to which invitees themselves are in a position to decide whether or not to attend
- Allow ample time (at least 3 weeks to a month) between receipt of an invitation and the actual event to avoid conflicts with other previously scheduled commitments.
- Provide any relevant background material for review in advance (the Nurturing Health booklet may be obtained directly from the Premier's Council on Health, Well-being and Social Justice).
- Establish how much time you have and allocate the time available as a guide to be referenced by you during the event.
- Consider documenting the workshop for subsequent review and reference by participants and others who may be interested - the results of determinants of health workshops were consolidated and returned to participants via their provincial organizations or local working groups and contacts.

## **FACILITATING TIPS**

- participants appreciate a meeting that starts and ends on time
- keep participants informed of the point they are at on the agenda
- provide an overview of a particular segment of a workshop before asking participants to begin their work
- move from group to group to get the flavour of discussions and to help clarify any questions participants may have
- be available to clarify questions they may have throughout their small group work
- you may or may not feel the need to involve others as small group facilitators
  - most determinants of health project working groups opted for self-regulated small groups
  - in certain cases, however, working group members opted either to facilitate the small group discussions or to ensure a minimum of one member per small group to keep discussions on track
- let participants know there are no right or wrong answers - we are all seeking to better understand the topic in order to work more effectively in our organizations and communities
- keep an eye on the clock and give participants advance notice when they need to complete a segment of their work
- as facilitator, you don't need to have all the answers; participants will however look to you for guidance in exploring a question in order to arrive at an appropriate response

## WORKSHOP DESIGN

The basic approach to workshops in each category (provincial and regional) was similar and included the following components:



Appendices A and B present the contents of two documents used by participants during workshops. Appendix A, used during workshops held at **provincial association conferences**, includes the following:

1. Cover Page
2. Agenda
3. Determinants of Health Discussion
4. Determinants of Health Small Group Discussion Worksheet
5. Determinants of Health - Provincial Implications
6. Determinants of Health Implications Worksheet \*
7. Determinants of Health Initiatives Worksheet \*
8. Determinants of Health Action Scenario Worksheet \*
9. Determinants of Health Action Plan Worksheet \*
10. Contacts and Resources
11. Workshop Assessment

\* These worksheets were provided to workshop participants who might wish to pursue their work in more detail at a later time.

Appendix B, used by participants at **regional workshops**, includes:

1. Cover Page
2. Agenda
3. Determinants of Health Discussion
4. Determinants of Health Implications Worksheet
5. Determinants of Health - Provincial Implications
6. Determinants of Health Initiatives Worksheet
7. Determinants of Health Action Scenario Worksheet
8. Determinants of Health Action Plan Worksheet
9. Contacts and Resources
10. Workshop Assessment

The principal reason for differences between the two streams of workshops was that regional workshops lasted a full day, while provincial workshops ranged from 1½ hour to ½ day.

Your decision as to the appropriate worksheets to use will probably be determined primarily by the time available for the event you are organizing.

# STEP-BY-STEP GUIDE TO CONDUCTING A WORKSHOP

## 1. INTRODUCTION – *Setting the Stage*

- Welcome participants.
- Introduce yourself and briefly state the purpose of the workshop.
- If a relatively small group, invite participants to **introduce themselves** giving their name, organization and motivation to attend.
- Present the **proposed objectives** of the workshop.
- Provide a **backgrounder** on the determinants of health by such means as a brief presentation by a speaker familiar with the subject. <1>

---

<1> Facilitator Note: *The purpose of this presentation is two-fold:*

- to begin the work of building a common understanding of what is meant by determinants of health (actual determinants themselves and a determinants approach to addressing needs and issues)*
- to set the stage for participants' discussions.*

- Invite **questions of clarification** on the backgrounder. <2>
- Ask selected questions to prompt **personal and group reflection**. These questions might include:
  - i) Does this sound familiar?
  - ii) Is it in line with your thinking?
  - iii) Is it in tune with what you're doing?
  - iv) What are some examples of this approach in your work, organization, community?
  - v) Where can you see a need for this approach? <3>

---

<2> Facilitator Note: *Suggest that questions which raise implications of the determinants (for example, what they mean for the work we do, how we do it, how well our organizations are equipped to work this way) be kept for later, as the group will soon be delving into these in # 3 (Small Group Work to Identify Implications).*

<3> Facilitator Note: *This helps begin the transition to consideration of the implications of a determinants of health approach to our work in our communities; following discussion and a possible question and answer period, you are ready to proceed to the next section.*

## 2. IDENTIFICATION OF THE DETERMINANTS OF HEALTH

- With the previous discussion as a backdrop, invite participants to **identify the determinants of health** from their professional, organizational and community perspectives. <sup><4></sup>
- As the list may range from 10 to 25 determinants, invite participants to identify determinants which might be **grouped together** for purposes of small group work. <sup><5></sup>
- If your number does not warrant breaking into small groups, you may, for purposes of manageability, nevertheless want to **work with a subset** of the full list of determinants you have identified.
- **Assign a "one"** to the first determinant on the list and **do a scan** of the remaining determinants to find those that are related to the first.

---

<4> Facilitator Note: *List the determinants identified by participants on a flip chart or overhead transparency.*

<5> Facilitator Note: *This assumes your group is large enough to break into 2 or more groups.*

- **Continue this process** with the remaining determinants until each is assigned a number, pointing out that participants may wish to assign the same determinant to more than one grouping.<sup><6></sup>
- Participants divide into **small groups**, each group taking a determinant or cluster of determinants to work on in the next section.<sup><7></sup>

---

<6> *Facilitator Note: This method of proceeding allows for progress on more than one front during the time allotted for the workshop. It also helps highlight the interconnectedness of the determinants of health.*

*At the same time, there may be some resistance to proceeding this way out of a concern that segmenting the determinants in this way denies their interrelatedness.*

*Point out that, while recognizing their interconnectedness, this is simply a means of establishing manageable work assignments within the time available.*

<7> **Facilitator Note:** *There are a number of techniques for achieving this including pre-assignment to ensure distribution of perspectives, agencies, sectors, etc; self-selection based on interest; numbering off; or some such technique.*

### 3. SMALL GROUP WORK TO IDENTIFY KEY IMPLICATIONS

- Invite each small group to **identify implications** of the determinant(s) it is to consider, using one of two worksheets:
  - i) **Determinants of Health Small Group Discussion Worksheet** for those sessions lasting 3 hours or less
  - ii) **Determinants of Health Implications Worksheet** for those sessions when time allows for more in-depth discussions.<sup><8></sup>
- Suggest that participants identify possible implications from the **different perspectives** indicated on the worksheets - personal, professional, organizational and community.

---

<8> Facilitator Note: *If you propose to work with the first of these worksheets, present the entire worksheet at once and suggest that small groups work through to the final "insights" column before reporting the results of their discussions in a final plenary.*

*If, however, time allows for more in-depth work and you begin with the first worksheet in the second series, the **Determinants of Health Implications Worksheet**, there will be a plenary reporting of key implications before proceeding to identification of possible initiatives.*

- Point out that participants are being asked to **work intuitively**:
  - the work they are doing is probably a start of a longer process and they need not try to be exhaustive at this stage
  - they will nevertheless be surprised by the results they obtain working in this way
- Stress that in this first step, it is **premature to identify solutions** - there will be time later for identifying solutions.
  - rather, participants are asked to identify what the determinants of health mean for them and the work they do in their profession, organization and community
  - for example, rather than stating that members of the community need to sit on a particular program committee, it would be more beneficial, at this stage, to recognize whether the community is currently involved in the work we do; if so, in what ways; if not, what this means for the programs and services we offer and the way our organizations are run
- The list of questions contained on the sheet entitled **Questions to ask ourselves regarding the implications of the determinants of health** (p. 20) is intended to assist in the task of identifying various implications; it is not intended to be prescriptive but to help stimulate participants' thinking; don't try addressing each and every question - do a scan to see which ones trigger thoughts.

During their work, participants may identify implications which go beyond their sphere of activity; the worksheet entitled **Determinants of Health - Provincial Implications** is intended to capture these.<9>

- Suggest that each group allocate a few minutes for **individual work** before engaging in discussions with others.
- Ask each group to **select a recorder, time-keeper and reporter** for purposes of reporting back to the full group; this can be done directly on the worksheets or on a flip chart / overhead for ease of presentation.
- Each group will be asked to identify its **key implications in plenary**.

## **PLENARY**

### **PROVINCIAL**

As mentioned earlier, this will occur at the end of the process for those groups working with the **Determinants of Health Small Group Discussion Worksheet**.

### **REGIONAL**

If you are working with the more in-depth **Implications Worksheet** and groups are ready to report, ask each one to identify its key implications.

---

<9> Facilitator Note: *The group can decide at the end of the workshop how provincial implications might best be dealt with.*

## 4. IDENTIFICATION OF INITIATIVES

- Having identified some key implications of the determinants of health, the next step is to **identify actions** which participants can take to address them.<sup><10></sup>
  - if your group chooses to proceed differently, small groups can be formed based on geography, sector or other such factor
  - bear in mind the possible effects of forming new groups at this point as, for example, group members will not share a common "Implications" experience<sup><11></sup>
  - participants may want to quickly work through the entire form in order to bring only their priority actions for discussion with other group members<sup><12> <13></sup>

---

<10> Facilitator Note: *Remind each group of the need to select a time-keeper, recorder and reporter for plenary purposes.*

<11> Facilitator Note: *The majority of participants in determinants of health project workshops preferred to continue to work in the same small groups during this phase and to build on the implications work they had done together.*

<12> Facilitator Note: *Suggest once again that some time be allowed for individual work before engaging in group discussion.*

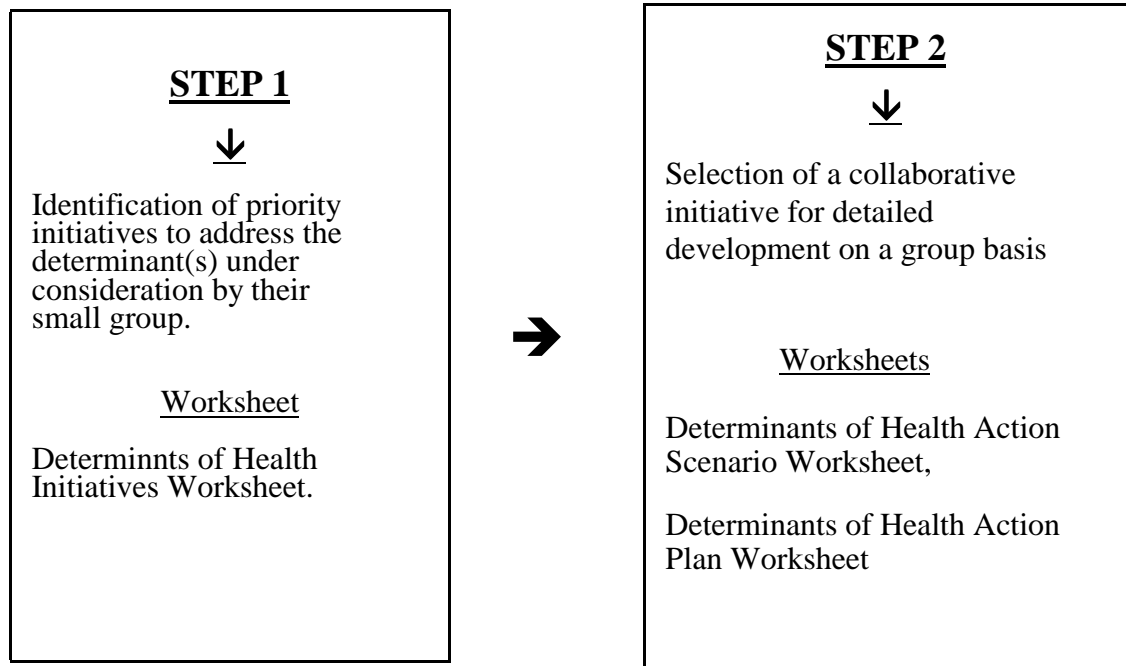
<13> Facilitator Note: *Subsequent steps have been divided into provincial and regional streams.*

## PROVINCIAL

- If a group is using the **Determinants of Health Small Group Discussion Worksheet**, list **possible initiatives** in Column 3.
- If participants have begun by working individually, discuss individual lists of possible initiatives in the small group and prepare a **list of key initiatives** for presentation in plenary.
- Proceed to the final column to identify any **insights** participants have had which they can share with others in their small group and in plenary.
- At this point, groups are ready in plenary, to report the **principal implications** and proposed **individual and collaborative initiatives** stemming from their discussions.

## REGIONAL

- Other groups turn to the series of worksheets they will use for a **two-step process** of initiatives identification:



## **STEP 1**

- In **Section 1** of the **Determinants of Health Initiatives Worksheet**, begin by **freely listing actions** which can be taken on an individual, organizational and collaborative basis:
  - **Section 2** of the worksheet lists **4 criteria** which help to prioritize the results of Section 1
  - in **Section 3**, list the **results** of this prioritization
- Participants are now ready to discuss their individual lists with other small group members and prepare a **list of priority actions** for presentation in plenary.

## **STEP 2**

- Each small group now proceeds to STEP 2:
  - the selection of a **collaborative initiative** to develop in detail by completing the **Determinants of Health Action Scenario Worksheet** and the **Determinants of Health Action Plan Worksheet**
- These two forms are self-explanatory.

- participants are asked to **select a collaborative initiative** (one that requires working with others in their organization, in other organizations or in their community) for detailed development
- the basic question to ask is: "*If we were to actually undertake this initiative, how would we go about it?*"
- by following the numbered boxes on the **Determinants of Health Action Scenario Worksheet**, participants **identify**:
  - (1) their selected initiative
  - (2) its major objective
  - (3) the specific actions required to complete it
  - (4) the time-frame for each action
  - (5) a detailed breakdown of the actions to be carried out in the first 6 months using the **Determinants of Health Action Plan Worksheet**
  - (6) who needs to be involved and
  - (7) the results and benefits the initiative is expected to produce
- Be as specific as time and energy allow.
- When groups are ready to report, ask each one to identify in plenary its **priority initiatives** and to outline the **collaborative initiative** it has developed.

## 5. CONCLUSION

- Once each group has completed its presentation, invite participants to express any **final observations or insights** they might have.
- Ask participants what they will **take away** from the workshop.
- Ask participants what their **next steps** will be.
- Participants may express an interest in following-up on some of the issues and proposed initiatives stemming from these discussions - *this may be a good opportunity to **set the stage** for that to occur by, for example, setting a date and a location for their subsequent meeting or by striking a sub-group to plan such an event.*
- If you intend to return the results of discussions to participants, ensure that each small group **remits its consolidated work to you.**

**QUESTIONS TO ASK OURSELVES  
IN EXPLORING THE IMPLICATIONS  
OF THE DETERMINANTS OF HEALTH**

1. What does a determinants of health approach mean for planning / leadership / structure / programs?
2. What does this mean for our work / organization / community?
3. How do we plan for this?
4. Do policies need to change?
5. What structural / organizational changes are needed?
6. Are our job descriptions aligned to this approach?
7. Are program changes needed?
8. Who do we need to work with?
9. Does our constituency change?
10. Do our relations with our clients change?
11. What do we keep?
12. What do we eliminate?
13. What do we improve?

## **APPENDIX A**

### **Determinants of Health Workshop Materials, Provincial Workshops**

# **A WORKSHOP ON THE DETERMINANTS OF HEALTH**

**Ontario Public Health Association  
468 Queen Street East, Suite 202  
Toronto, Ontario, M5A 1T7**

**Tel: (416) 367-3313, 1-800-267-6817  
Fax: (416) 367-2844**

**MARCH 1994**

# DETERMINANTS OF HEALTH

## A G E N D A

---

1. INTRODUCTION
2. PRESENTATION
3. WHOLE GROUP DISCUSSION
  - EXAMPLES OF NEED FOR DETERMINANTS OF HEALTH APPROACH
  - EXAMPLES OF INITIATIVES REFLECTING THIS APPROACH
4. SMALL GROUP DISCUSSION
  - PRIORITY AREAS
  - IMPLICATIONS
  - ACTIONS
5. PLENARY
  - INSIGHTS
  - RESOURCES
  - CLOSING REFLECTION
  - SESSION ASSESSMENT

## **DETERMINANTS OF HEALTH**

Initiatives in certain key areas outside of conventional health services can improve the health of Ontario citizens.

This conclusion is based on research evidence of the powerful link between individual health and social and physical environments.

The link between health and the social and physical environment has not yet been widely understood. Many people still think health gains are possible only through expenditures on the formal health care system. But the medical treatment system has a limited role to play in improving the overall health of the population. International and Canadian research data show that other factors are more important determinants of health than the formal health care system.

Our excellent health care system must be subjected to continuous quality improvements, but, if we want to nurture health, we must also make investments in other areas.

Health has come to be closely associated with individual lifestyle - and hence individual choice. Peoples' lifestyles, however (their smoking, drinking, and eating habits, for instance) are strongly influenced by the social environment, eg., income level, employment status.

There is a very strong link between economic health and population health. National prosperity is vital to the physical and mental health of the population.

Social and physical environments - as manifested in the places people work and live, their education, income, and social supports - have a major impact on peoples' health.

For example:

- The care that children receive and the basic coping skills they learn are critical to their future health and educational attainment.
- Major life changes - such as separation, job loss or retirement - have a significant impact on adult health. The way in which people adjust to these upheavals depends in large part on their social support.
- The work environment, especially latitude for decision-making, and the larger physical environment have significant impacts on the health of individuals.

Health is closely linked to income. And it's not just a poverty issue. Even within the middle class, there is a link between the level of income and health.

Countries with conscious policies that maintain healthy social and physical environments have improved the health status of their populations and narrowed the gaps in health status between rich and poor.

This broader understanding of what contributes to health has implications for all of us - at home, in our communities, in schools, in the workplace. And together, we can make a real difference to the health of Ontarians.



**Determinants of Health  
Small Group Discussion Worksheet**

<b>1. What are the priority areas that determine people's health?</b>	<b>2. What are the implications of the determinants of health for your professional practice? Your organization? Your community? Your personal life?</b>	<b>3. What actions can you take that are based on a determinants of health approach?</b> - Individual actions? - Collaborative actions?	<b>4. What are the key insights that you have made about the determinants of health?</b>

**Determinants of Health – Provincial Implications**

**Implications**

**Reommendations**

What are the implications of local actions to address the determinants of health for Provincial policy and practice?

What specific recommendations can you propose to ensure that Provincial policy and practice are supportive of local actions to address the determinants of health?

## **Determinants of Health – Implications Worksheet**

In the spaces provided below, list the determinants of health which are most important in your organization. These implications may take the form of changes in your professional practice, policies and guidelines that are needed, ways of structuring projects and organizations, services that need to be offered, things you need in order to take action or projects or programs that need to be implemented.

<b>Health Determinant</b>	<b>Implications for my Professional Practice</b>	<b>Implications for my Organization</b>	<b>Implications for my Community</b>



## Determinants of Health Initiatives Worksheet

### 1a. Actions that I can take as an individual.

<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
-------------------------------	-------------------------------

### 1b. Actions that my organization can take.

<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
-------------------------------	-------------------------------

### 1c. Actions that I can collaborate on with other organizations.

<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
-------------------------------	-------------------------------

### 2. Rate the actions that you have listed based on the following criteria:

- 2a. Place a \* to the left of the actions that appear to be the easiest to accomplish.
- 2b. Place a + to the left of the actions that you think will have the most potential impact.
- 2c. Place a > to the left of the actions that you are most likely to actually take.
- 2d. Place a - to the left of the actions that you think will set a positive chain of events in motion.

### 3. Looking at the results of your rating, list the actions that stand out as priority actions for you.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_



**Determinants of Health  
Action Scenario Worksheet**

**1. What is the proposed alternative?**

**2. What is the major objective of this initiative?**

**3. List the specific actions required.**

**4. In order to sequence the actions, mark them with the appropriate letter.**

“A” for those to be done in the first six months.

“B” for those to be done in six months to a year.

“C” for those to be done after the first year.

**5. On the Action Plan Worksheet, place the actions scheduled for the first six months in the appropriate months.**

**6. Who will be involved in implementing these actions?**

**7. What results and benefits will this action scenario produce?**



## Determinants of Health – Action Plan Worksheet

1. Indicate your major objectives.
2. Indicate the results you hope to achieve.
3. Fill in the names of the next six months beginning with this month.

4. Sequence the actions that you have chosen to implement.
5. Write the actions in the column of the appropriate month.
6. Add any notes that will assist you in doing the actions you have chosen.

My major objectives are:

I hope to achieve the following results:

Month \_\_\_\_\_  
Year \_\_\_\_\_

Month \_\_\_\_\_  
Year \_\_\_\_\_

Month \_\_\_\_\_  
Year \_\_\_\_\_

Month \_\_\_\_\_  
Year \_\_\_\_\_

Month \_\_\_\_\_  
Year \_\_\_\_\_

Month \_\_\_\_\_  
Year \_\_\_\_\_



# **DETERMINANTS OF HEALTH CONTACTS AND RESOURCES**

## **ONTARIO PUBLIC HEALTH ASSOCIATION**

### **Determinants of Health Project**

468 Queen St. E., Suite 202

Toronto, ON M5A 1T7

Tel: (416) 367-3313 / 1-800-267-6817

Fax: (416) 367-2844

- Determinants of Health: a series of 9 conference and 18 regional workshops held between November 1992 and December 1993 to assist community and public health professionals across the province in developing a common understanding of determinants of health and their implications for professional practice; to identify actions that will facilitate initiatives in this area; and to promote supportive linkages with other sectors. A 1-800 number provides follow-up support to participants and will include information and referrals relevant to initiatives they are taking.

## **ONTARIO HEALTHY COMMUNITIES COALITION**

Rhonda Hustler

Ontario Healthy Communities Co-ordinator

c/o 415 Yonge St., Suite 1201

Toronto, ON M5B 2E7

Tel: (416) 408-4841, 1-800-766-3418 (Ontario)

Fax: (416) 408-4843

- list of Ontario Healthy Communities Coalition members
- summary of Ontario Healthy Communities proposal to the Ministry of Health
- interim reports on Ontario Healthy Community initiatives
- data base and information on Healthy Community initiatives

## **ONTARIO HEALTH SURVEY 1990-91**

Health Information Centre  
Ontario Ministry of Health  
Hepburn Block  
9th Floor, 80 Grosvenor St.  
Toronto, ON M7A 1S2

### Resources:

<u>Title:</u>	<u>Catalogue Number:</u>
<input type="radio"/> Highlights	2224111
<input type="radio"/> Documentation	2224096
<input type="radio"/> Application for Data File	2224103
<input type="radio"/> Findings	2224137
<input type="radio"/> Ontario Health Supplement Report	2224153

## **ONTARIO SOCIAL DEVELOPMENT COUNCIL**

130 Spadina Ave., Suite 402  
Toronto, ON M5V 2L4

Tel: (416) 594-2351

Fax: (416) 594-0552

### Project:

- October 1992: organized a workshop for community social planners to provide training, establish a network and support participation in multi-sectoral community dialogue and action.

### Resources:

- Information on social development and community planning groups and projects.

## **ONTARIO PREVENTION CLEARINGHOUSE**

415 Yonge St., Suite 1200  
Toronto, ON M5B 2E7

Tel: (416) 408-2121  
Fax: (416) 408-2122

### Objectives:

- increase province-wide awareness of broad determinants of health
- encourage and facilitate information exchange in prevention / health promotion fields
- information and networking about health promotion / prevention programs and initiatives in Ontario
- public and professional education in concepts / practices in prevention / health promotion
- plan, develop and support prevention / health promotion initiatives in Ontario

### Resources:

- computerized data bank on prevention, health promotion, funding sources, program evaluation strategies
- electronic bulletin board
- province-wide access through 1-800 number
- individual consultation
- bilingual newsletter
- regional topics / focus groups
- French-language services
- information packages available in English and French
- bi-annual, bilingual conference "Prevention Congress"

## **PREMIER'S COUNCIL ON HEALTH, WELL-BEING AND SOCIAL JUSTICE**

Barbara Morrison

1 Dundas St. W., 25th Floor

Toronto, ON M7A 1Y7

Tel: (416) 314-5949

Fax: (416) 325-4261

### Projects:

- geographic community dialogue: community dialogue in six selected communities to identify barriers to community action
- provincial partnerships with OPHA / OSDG; partnerships to be developed in other sectors include education, business, labour, faith and local government
- mass communication strategy: a series of six media kits including news releases, camera-ready article, radio scripts, follow-up; one kit released each month beginning in November 1992; all community health centres, district health councils and public health units will receive kits

### Resources:

- Nurturing Health: A Framework on the Determinants of Health
- Nurturing Health: A New Understanding of What Makes People Healthy
- Annotated Bibliography on key research
- Speakers' bureau
- 35 mm slide presentation / script

**COMMUNITY ACTION PACK, available from:**

**COMMUNITY PROGRAMS GROUP**

643 Queen St. E.

Toronto, ON M4M 1G4

Tel: (416) 778-8727

Fax: (416) 778-8726

Cost of this kit is \$267.50 (includes GST).

The Community Action Pack was designed by the Community Health Division of Health & Welfare Canada. The materials are suitable for established groups or anyone just beginning community work. The Action Pack is a comprehensive set of resources developed by agencies involved in community work across the country. All materials come in a box, and a colour-coded index is used for easy access. Materials include:

- a video
- user's guide
- project planning kit
- resource directory
- ideas file
- contacts list
- books, pamphlets, and fact sheets on aspects of project development

# DETERMINANTS OF HEALTH WORKSHOP ASSESSMENT

Please take a moment to give us feedback on today's workshop.

1. What motivated you to attend this workshop on the determinants of health?
2. How useful has the workshop been for you?  
  
Very useful       Useful       Somewhat       Not at all
3. What did you specifically like about the workshop?
4. Were any aspects of your small group work of particular significance to you?
5. Will you include them in you planning for the future?
6. Was the workshop time used as well as it might have been?  
  
Yes       No

Comments:

7. I recommend workshops which are:
  - the same length
  - shorter
  - longer
8. What is your overall assessment of the workshop?  
  
Excellent       Good       Fair       Poor

## **APPENDIX B**

### **Determinants of Health Workshop Materials, Regional Workshops**

# **A WORKSHOP ON THE DETERMINANTS OF HEALTH**

**Ontario Public Health Association  
468 Queen Street East, Suite 202  
Toronto, Ontario, M5A 1T7**

**Tel: (416) 367-3313, 1-800-267-6817  
Fax: (416) 367-2844**

**MARCH 1994**

# **DETERMINANTS OF HEALTH**

## **A G E N D A**

1. INTRODUCTION
2. PRESENTATION
3. WHOLE GROUP DISCUSSION
  - QUESTIONS OF CONTENT AND CLARIFICATION
  - EXAMPLES OF NEED FOR DETERMINANTS OF HEALTH APPROACH
  - EXAMPLES OF INITIATIVES REFLECTING THIS APPROACH

\* B R E A K \*

4. SMALL GROUP IDENTIFICATION OF IMPLICATIONS OF DETERMINANTS OF HEALTH
5. WHOLE GROUP DISCUSSION OF IMPLICATIONS

\* L U N C H \*

6. SMALL GROUP IDENTIFICATION OF APPROPRIATE INITIATIVES WHICH ADDRESS DETERMINANTS OF HEALTH
  - ORGANIZATIONAL
  - COLLABORATIVE

\* B R E A K \*

7. DEVELOPMENT OF ACTION PLANS BASED ON INITIATIVES PROPOSED BY PARTICIPANTS
8. SUPPORTS FOR LOCAL IMPLEMENTATION
9. EVALUATION AND CLOSING

## **DETERMINANTS OF HEALTH**

Initiatives in certain key areas outside of conventional health services can improve the health of Ontario citizens.

This conclusion is based on research evidence of the powerful link between individual health and social and physical environments.

The link between health and the social and physical environment has not yet been widely understood. Many people still think health gains are possible only through expenditures on the formal health care system. But the medical treatment system has a limited role to play in improving the overall health of the population. International and Canadian research data show that other factors are more important determinants of health than the formal health care system.

Our excellent health care system must be subjected to continuous quality improvements, but, if we want to nurture health, we must also make investments in other areas.

Health has come to be closely associated with individual lifestyle - and hence individual choice. Peoples' lifestyles, however (their smoking, drinking, and eating habits, for instance) are strongly influenced by the social environment, eg., income level, employment status.

There is a very strong link between economic health and population health. National prosperity is vital to the physical and mental health of the population.

Social and physical environments - as manifested in the places people work and live, their education, income, and social supports - have a major impact on peoples' health.

For example:

- The care that children receive and the basic coping skills they learn are critical to their future health and educational attainment.
- Major life changes - such as separation, job loss or retirement - have a significant impact on adult health. The way in which people adjust to these upheavals depends in large part on their social support.
- The work environment, especially latitude for decision-making, and the larger physical environment have significant impacts on the health of individuals.

Health is closely linked to income. And it's not just a poverty issue. Even within the middle class, there is a link between the level of income and health.

Countries with conscious policies that maintain healthy social and physical environments have improved the health status of their populations and narrowed the gaps in health status between rich and poor.

This broader understanding of what contributes to health has implications for all of us - at home, in our communities, in schools, in the workplace. And together, we can make a real difference to the health of Ontarians.



## **Determinants of Health – Implications Worksheet**

In the spaces provided below, list the determinants of health which are most important in your organization. These implications may take the form of changes in your professional practice, policies and guidelines that are needed, ways of structuring projects and organizations, services that need to be offered, things you need in order to take action or projects or programs that need to be implemented.

<b>Health Determinant</b>	<b>Implications for my Professional Practice</b>	<b>Implications for my Organization</b>	<b>Implications for my Community</b>



## Determinants of Health Initiatives Worksheet

**1a. Actions that I can take as an individual.**

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
-------------------	-------------------

**1b. Actions that my organization can take.**

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
-------------------	-------------------

**1c. Actions that I can collaborate on with other organizations.**

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
-------------------	-------------------

**2. Rate the actions that you have listed based on the following criteria:**

- 2a. Place a \* to the left of the actions that appear to be the easiest to accomplish.
- 2b. Place a + to the left of the actions that you think will have the most potential impact.
- 2c. Place a > to the left of the actions that you are most likely to actually take.
- 2d. Place a – to the left of the actions that you think will set a positive chain of events in motion.

**3. Looking at the results of your rating, list the actions that stand out as priority actions for you.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Determinants of Health  
Action Scenario Worksheet**

**1. What is the proposed alternative?**

**2. What is the major objective of this initiative?**

**3. List the specific actions required.**

**4. In order to sequence the actions, mark them with the appropriate letter.**

“A” for those to be done in the first six months.

“B” for those to be done in six months to a year.

“C” for those to be done after the first year.

**5. On the Action Plan Worksheet, place the actions scheduled for the first six months in the appropriate months.**

**6. Who will be involved in implementing these actions?**

**7. What results and benefits will this action scenario produce?**

## Determinants of Health – Action Plan Worksheet

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Indicate your major objectives.</li> <li>2. Indicate the results you hope to achieve.</li> <li>3. Fill in the names of the next six months beginning with this month.</li> </ol> | <ol style="list-style-type: none"> <li>4. Sequence the actions that you have chosen to implement.</li> <li>5. Write the actions in the column of the appropriate month.</li> <li>6. Add any notes that will assist you in doing the actions you have chosen.</li> </ol> |
|--|---|

My major objectives are:	I hope to achieve the following results:
--------------------------	--

Month _____ Year _____	Month _____ Year _____	Month _____ Year _____	Month _____ Year _____	Month _____ Year _____	Month _____ Year _____

**Determinants of Health – Provincial Implications**

**Implications**

**Reommendations**

What are the implications of local actions to address the determinants of health for Provincial policy and practice?

What specific recommendations can you propose to ensure that Provincial policy and practice are supportive of local actions to address the determinants of health?

# **DETERMINANTS OF HEALTH CONTACTS AND RESOURCES**

## **ONTARIO PUBLIC HEALTH ASSOCIATION**

### **Determinants of Health Project**

468 Queen St. E., Suite 202

Toronto, ON M5A 1T7

Tel: (416) 367-3313 / 1-800-267-6817

Fax: (416) 367-2844

- Determinants of Health: a series of 9 conference and 18 regional workshops held between November 1992 and December 1993 to assist community and public health professionals across the province in developing a common understanding of determinants of health and their implications for professional practice; to identify actions that will facilitate initiatives in this area; and to promote supportive linkages with other sectors. A 1-800 number provides follow-up support to participants and will include information and referrals relevant to initiatives they are taking.

## **ONTARIO HEALTHY COMMUNITIES COALITION**

Rhonda Hustler

Ontario Healthy Communities Co-ordinator

c/o 415 Yonge St., Suite 1201

Toronto, ON M5B 2E7

Tel: (416) 408-4841, 1-800-766-3418 (Ontario)

Fax: (416) 408-4843

- list of Ontario Healthy Communities Coalition members
- summary of Ontario Healthy Communities proposal to the Ministry of Health
- interim reports on Ontario Healthy Community initiatives
- data base and information on Healthy Community initiatives

## **ONTARIO HEALTH SURVEY 1990-91**

Health Information Centre  
Ontario Ministry of Health  
Hepburn Block  
9th Floor, 80 Grosvenor St.  
Toronto, ON M7A 1S2

### Resources:

<u>Title:</u>	<u>Catalogue Number:</u>
<input type="radio"/> Highlights	2224111
<input type="radio"/> Documentation	2224096
<input type="radio"/> Application for Data File	2224103
<input type="radio"/> Findings	2224137
<input type="radio"/> Ontario Health Supplement Report	2224153

## **ONTARIO SOCIAL DEVELOPMENT COUNCIL**

130 Spadina Ave., Suite 402  
Toronto, ON M5V 2L4

Tel: (416) 594-2351

Fax: (416) 594-0552

### Project:

- October 1992: organized a workshop for community social planners to provide training, establish a network and support participation in multi-sectoral community dialogue and action.

### Resources:

- Information on social development and community planning groups and projects.

## **ONTARIO PREVENTION CLEARINGHOUSE**

415 Yonge St., Suite 1200

Toronto, ON M5B 2E7

Tel: (416) 408-2121

Fax: (416) 408-2122

### Objectives:

- increase province-wide awareness of broad determinants of health
- encourage and facilitate information exchange in prevention / health promotion fields
- information and networking about health promotion / prevention programs and initiatives in Ontario
- public and professional education in concepts / practices in prevention / health promotion
- plan, develop and support prevention / health promotion initiatives in Ontario

### Resources:

- computerized data bank on prevention, health promotion, funding sources, program evaluation strategies
- electronic bulletin board
- province-wide access through 1-800 number
- individual consultation
- bilingual newsletter
- regional topics / focus groups
- French-language services
- information packages available in English and French
- bi-annual, bilingual conference "Prevention Congress"

## **PREMIER'S COUNCIL ON HEALTH, WELL-BEING AND SOCIAL JUSTICE**

Barbara Morrison

1 Dundas St. W., 25th Floor

Toronto, ON M7A 1Y7

Tel: (416) 314-5949

Fax: (416) 325-4261

### Projects:

- geographic community dialogue: community dialogue in six selected communities to identify barriers to community action
- provincial partnerships with OPHA / OSDG; partnerships to be developed in other sectors include education, business, labour, faith and local government
- mass communication strategy: a series of six media kits including news releases, camera-ready article, radio scripts, follow-up; one kit released each month beginning in November 1992; all community health centres, district health councils and public health units will receive kits

### Resources:

- Nurturing Health: A Framework on the Determinants of Health
- Nurturing Health: A New Understanding of What Makes People Healthy
- Annotated Bibliography on key research
- Speakers' bureau
- 35 mm slide presentation / script

**COMMUNITY ACTION PACK, available from:**

**COMMUNITY PROGRAMS GROUP**

643 Queen St. E.

Toronto, ON M4M 1G4

Tel: (416) 778-8727

Fax: (416) 778-8726

Cost of this kit is \$267.50 (includes GST).

The Community Action Pack was designed by the Community Health Division of Health & Welfare Canada. The materials are suitable for established groups or anyone just beginning community work. The Action Pack is a comprehensive set of resources developed by agencies involved in community work across the country. All materials come in a box, and a colour-coded index is used for easy access. Materials include:

- a video
- user's guide
- project planning kit
- resource directory
- ideas file
- contacts list
- books, pamphlets, and fact sheets on aspects of project development



**ONTARIO PUBLIC HEALTH ASSOCIATION**  
**468 Queen St. E., Suite 202**  
**Toronto, Ontario**  
**M5A 1T7**