



## Health Matters Newsletter March 22, 2019

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research- Cowichan Attainable Housing Strategy Report
- Article- A Time to Shift the Bell Curve Toward Health
- Information on Impacts of Wood Burning
- "A Just Society" Film, Poster and Trailer
- Nourish Cowichan Commercial Kitchen Open House



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- ✓ **Next Admin Committee Meeting- April 4, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting at May 9, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.
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### Community Events- Meetings

- **Community Response Team Meeting** March 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
  - **EPIC-Community Steering Committee** April 18, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
  - **Cowichan Housing and Homelessness Coalition-** Community Meeting April 25- more information to come
  - **Understanding Brain Injury** – Public Workshop Monday, March 25th, 2019 6:00pm—8:00pm Cowichan Public Library 2687 James Street, Duncan – Poster attached
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### Local Data and or Research- Attainable Housing Strategy and Report

I am pleased to attach the final drafts of the Attainable Housing Background Report and Strategy that can be accessed through the following link: [DRAFT Background](#)

Report: [http://www.cowichanhousing.com/uploads/4/9/6/0/49605357/cowichan\\_region\\_housing\\_background\\_report\\_march\\_2019.pdf](http://www.cowichanhousing.com/uploads/4/9/6/0/49605357/cowichan_region_housing_background_report_march_2019.pdf)

DRAFT Strategy

[http://www.cowichanhousing.com/uploads/4/9/6/0/49605357/draft\\_attainable\\_housing\\_strategy\\_march\\_2019.pdf](http://www.cowichanhousing.com/uploads/4/9/6/0/49605357/draft_attainable_housing_strategy_march_2019.pdf)

*On behalf of Cowichan Housing Association, a heartfelt thank you to Our Cowichan Community Health Network for your partnership in the work to address affordable housing and in this process.*

These documents are being shared widely and we will be making presentations to local governments during March with an invitation to provide final feedback by mid April. That said, we know that change is constant and these will be 'living documents' that will be updated as new information is presented and new partnerships are established.

You will be aware of the upcoming meeting of the Cowichan Coalition on March 19 where they will also be presented along with the work of other streams. We look forward to engaging in discussion about the draft Strategy and the realm of work to address affordable housing and prevention of homelessness. Feedback from Our Cowichan members would be welcomed and appreciated.

Warm regards,

Terri

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Cowichan Housing Association

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## **Article- Time to shift the bell curve toward health**

**Dr. Trevor Hancock**

**6 March 2019**

Life is lived on a bell curve. Many attributes of a population – height, for example - are distributed on a bell-shaped curve, with the average at the centre and then decreasing numbers of people as we get further from the centre. At each end of the curve are the small number of people who are either extremely tall or short. This pattern is found throughout nature, and is one of the most important concepts in biology, medicine and public health.

Understanding the bell curve is important for the work of public health. For example, we know that being overweight or obese increases the risk of developing diabetes. An example from a Canadian population health primer notes that those who are very obese have a 32 percent chance of developing diabetes over the next 10 years, while those who are obese have a 21 percent risk. But people who are overweight but not obese have only a 10 percent risk, and those with a normal healthy weight or who are underweight have only a 3 to 7 percent risk.

So you might think it would make sense to focus our prevention efforts on those who are obese – and you would be wrong. Because in doing so you would miss 61 percent of those who develop diabetes. Forty percent of cases would occur in the overweight population and an additional 21 percent of cases would occur in the low-risk normal weight population.

This is known as Rose's Paradox, identified by the noted British epidemiologist Sir Geoffrey Rose. He pointed out that while the people at one end of the bell curve have a higher risk of getting a disease, more cases are actually found in the population with moderate or low risk. This is because there are far more people in these categories. For this reason, it is better to try to shift the curve for the entire population a bit.

Moreover, this doesn't just apply to individuals, but to entire neighbourhoods. My friend and colleague, the late Clyde Hertzman, established and led the Human Early Learning Partnership (HELP) at UBC. He led pioneering work in BC on early child development, and as a result, BC became the first jurisdiction in the world with maps of early development for every neighbourhood and school district in the province. These maps helped to show the relationships between patterns of vulnerability in young children and their socio-economic conditions.

As would be expected, lower incomes and more impoverished living conditions and neighbourhood resources were linked to worse outcomes. But importantly, HELP also showed that "although the highest risk of vulnerability is found in the poorest neighbourhoods of town, the largest number of children at risk is spread across middle-class neighbourhoods".

This has important implications for public health policy and programs. It is tempting to focus only on the small number of high-risk people, groups and communities – so called 'targeted' interventions – because it seems as if that would be cheaper. But it's not a very effective strategy because it misses most of the cases. For example, BC's Nurse-Family Partnership provides regular visits by a public health nurse throughout a woman's first pregnancy, and those visits continue until the child reaches two years of age.

But it is only available to a select group of women; those under 19, or those aged 20 – 24 who are lone parents, or have low income and education or are experiencing social, financial, or housing challenges, including being homeless. Nobody would argue that this is not a high-risk group, but Rose's Paradox and Clyde Hertzman's work suggest the program may be missing most of the cases that need support.

If we want to have the greatest impact, we need to affect the entire population. What is needed, as Clyde and his colleagues at HELP point out in the BC Atlas of Child Development, is a combination of civil society interventions that "create family-friendly environments across class and ethnic divides"; universal interventions, with barriers to vulnerable people removed, and targeted interventions.

In the UK, this is known as 'proportionate universalism'; everyone gets the intervention, but those with the greatest need get more. It's the best way to shift the curve towards health.

© Trevor Hancock, 2019

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**Information on Impacts of Wood Burning**

The Breathe Clean Air group in the Comox Valley has produced a good brochure on wood smoke. It has local content but the information can be used in any community dealing with wood smoke issues.

<http://breathecleanair.ca/wp-content/uploads/2019/03/WoodSmokeinCV.pdf>

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**Nourish  
COWICHAN**

*Dear Family & Friends,*

*Nourish Cowichan Society would like to request the honour of your presence to:*

**~ Nourish Kitchen Opening ~**

Hosted by Nourish Cowichan Board

Sunday, March 24<sup>nd</sup>, 2019

You have been waiting to check it out,  
we would like to welcome the general public from 12:00 pm till 5:00 pm  
to view our new kitchen space.

To take place at the Nourish Cowichan Kitchen

6177 Somenos Road, Duncan BC

Please RSVP to 250 709 2279 or [nourishcowichan@gmail.com](mailto:nourishcowichan@gmail.com)

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## **“A Just Society” Film Opening (Trailer link below)- poster attached**

**On March 28 at 7:00 pm** we will show our latest documentary **“A Just Society”** at the **Cowichan Performing Arts Centre**. It is the story of our opioid crisis and substance abuse on the island. The documentary is about 60 minutes in duration.

I like to personally invite you to the showing of this important documentary. After the showing we plan to have a discussion involving a panel to discuss what we can do to help alleviate this serious crisis in our community.

I hope that you will be able to promote this evening through your organization. I think it is very important that we get a variety of people to this evening representing different views of our community.

Please find attached a link to our trailer as well as a poster and synopsis. I sincerely hope you will take a few minutes to look at it and you can help promote this very timely project.

Kind Regards

Nick Versteeg

[nick@dvmedia.ca](mailto:nick@dvmedia.ca)

DV Media Inc/DV Cuisine

Link to our trailer: <https://www.dvmedia.ca/2019/02/22/a-just-society/>

**Synopsis: “A Just Society” a documentary**

Canada is one of the richest countries in the world. It rates each year as one of the top countries to live in. So how is it possible that in 2017 in Canada 3,987 people died of opioids related abuse.....1399 in British Columbia alone!

This is the question that Documentary Film Producer Nick Versteeg asks in his latest documentary **“A Just Society”**. Nick and Geoff Johnson interviewed a wide range of people to let the viewer understand that we are all in this together. This crisis affects all of us.

Nick feels its time that we start dealing with the stigma surrounding substance abuse.

Governments, health authorities, first responders, addiction workers and medical personnel struggle to cope with the opioid epidemic and shocking rise in overdose deaths.

The leaders of this country have to start listening not only to the people on the street but to the people at the heart of this challenge.

Knocking down the walls of silence that keep people from talking about substance abuse is an important step towards addressing the overdose crisis in Canada. Recognizing that people who use drugs are real people helps to put a human face behind the numbers of so many preventable tragedies.

Nick’s goal is to have a frank discussion on stage and questions from the viewers after the showing of the documentary on what we need here in the Cowichan Valley.

Let’s talk about ideas, the entire goal of this documentary is to make the viewer understand that we are all in this together, as all of us want **a Just Society**.

Nick Versteeg has been a producer for the past 38 years. He has produced documentaries for the Discovery Channel, A&E, CBC and CTV and ten years for the Food Network in Canada and the US. On the

Island Nick is well known for his award winning **“Once Upon a Day Cowichan”**, **“Resilience”**, the story about the Cowichan river. **“Seventy-One Years”** the story about a second world war plane that was found a few years ago and **“The History of the Malahat”** a comical look at the building of the Malahat Hwy. His last two documentaries on **Nepal** featured the earthquake in Nepal and the rebuilding two years after.

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### **Health Matters Newsletter**

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly