

**FOR IMMEDIATE RELEASE** April 7, 2014

**HEALTH SURVEY TO IDENTIFY COWICHAN REGION’S STRENGTHS AND WEAKNESSES**

For good health, people need more than good health care services: they also need adequate income, employment, education, social connections and healthy places to live. These factors, and others, called the determinants of health interact and affect our health and well being. By considering the whole picture and working together, all citizens of the Cowichan Communities can enjoy better health. Citizens from across the Cowichan Communities are being invited to participate in the health survey currently underway by Our Cowichan- Communities Health Network. The survey is one component of a larger project that is creating a health profile for our region. In addition to the survey, the project includes compiling and analyzing information from Stats Canada, Local Health Areas, Early Development Instrument, School Districts, CVRD, Social Planning Cowichan and a number of local organizations as well as community consultations and interviews. The health survey is a way to capture how individual citizens view their health and wellbeing.

“ The Community Health Profile will prove to be a powerful resource to educate and encourage each and every one of us to do our part to improve our health,” stated Jennifer Jones Co-Chair of Our Cowichan.

The project also includes identifying and inventorying the people, agencies, and resources best able to address the identified gaps. Those identified will have the opportunity to come together and work to develop community solutions to improve our health and wellbeing.

“We are confident this profile will prove to be a valuable tool to a host of individuals and agencies throughout the region striving to improve the health and well-being of our citizens and our communities,” commented Rob Hutchins Co-Chair of Our Cowichan. The final report will be completed by the end of May and will be widely publicized. It will be available on the Our Cowichan website at [www.cchn.ca](http://www.cchn.ca)

Take the survey- **YOUR SURVEY RESPONSE WILL BE ANONYMOUS**

<http://fluidsurveys.com/s/CowichanCommunityHealthSurvey/>

Our Cowichan invites you to learn more about the work it does. Community members are encouraged to contact Our Cowichan at 250-709-5062 or email cindylisecchn@shaw.ca

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