



Who are we and what is our purpose?

Partners in Planning for Healthy Living (PPHL) work together in a collegial manner to support the use of evidence in planning interventions aimed at promoting healthy living in communities across Manitoba. We share common mandates for the prevention of chronic diseases. We have five founding partners:

- Alliance for the Prevention of Chronic Disease,
- Canadian Cancer Society, Manitoba Division,
- CancerCare Manitoba,
- Heart and Stroke Foundation of Manitoba, and
- Interlake Regional Health Authority.

Partners in Planning for Healthy Living is actively seeking new partners who share our belief in the value of community-led programs for healthy living.

How do we operate?

Partners in Planning for Healthy Living is not incorporated; our chairperson and partner organizations work together to develop organizational, community, and regional capacity to use evidence in planning programs for healthy living. PPHL is guided by three values and three principles:

Our Values We are inclusive and flexible.
 We are non-judgmental.
 We are community friendly.

Our Principles We focus on evidence.
 We support the development of knowledge and capacity within
 communities.
 We support integrated, community planning for healthy living.

PPHL is a 'Community of Practice' working and learning together to build our own capacity and to use evidence to build an integrated knowledge system that spans Manitoba and reflects the unique contexts in Manitoba.

We developed an integrated model for planning healthy living programs and this model has been presented to representatives from over twenty Manitoba organizations including regional health authorities, not-for-profit health organizations, and government departments.

Our model includes surveys for gathering health data from community members and reports that use graphs and charts to present survey results in a way that helps community members identify both health trends and priorities for healthy living.

This integrated planning model – our knowledge system – involves interaction between several key activities:

- surveillance (gathering data about community members' health status and risk factor prevalence),
- identification and dissemination of effective (best) practice,
- strategic and investigator-driven research,
- policy and program implementation, and
- policy and program evaluation.

What do our founding partners contribute?

Each of our founding partners makes a unique contribution to Partners in Planning for Healthy Living:

Alliance for the Prevention of Chronic Disease	The Alliance offers leadership and a website that is designed to serve as a repository for storing and distributing information among partners.
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Canadian Cancer Society, Manitoba Division	Through its Knowledge Exchange Network, the Canadian Cancer Society maintains a web site of effective practices; hosts workshops for leaders of community groups and regional health authorities on how to use evidence to plan interventions and conduct evaluations; and provides mentoring, consulting, and other knowledge-brokering services.
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CancerCare Manitoba	As part of its commitment to helping communities set realistic targets for reducing risk factors, CancerCare Manitoba offers expertise in epidemiology and statistical analysis. CancerCare's epidemiologist and programmers 1) help communities and regions adopt risk factor surveillance tools and collect surveillance data, and 2) prepare reports on community data and assist in interpreting data to support planning.
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CancerCare Manitoba Foundation contributes funding to support this work



Heart and Stroke Foundation of Manitoba The Heart and Stroke Foundation of Manitoba provides grants to support risk factor surveillance and educational resources on healthy living initiatives.

Interlake Regional Health Authority. Interlake Regional Health Authority (IRHA) contributes its survey tools, questionnaires, and the experience it gained when it collected and analyzed health data from 5,300 students in forty-three schools. The IRHA is now reporting survey findings back to schools and communities and preparing to survey 10,000 adults. In addition to sharing its tools and experience, the IRHA is willing to mentor other partners.

This year we are pleased to announce the addition of Parklands, NOR-MAN, Brandon, Central, and Assiniboine RHA's to the Partners group. Each of these RHA's commit to providing in-kind and funding resources to participate in healthy living plans in their region.

What do we offer new partners?

New partners will benefit from the unique contributions of our founding partners, which are described above, as well as from the contributions that new partners will offer based on their own experiences, resources, and expertise. As a member of Partners in Planning for Healthy Living, you will have access to the following:

- experience engaging communities in owning the health of their populations,
- workshops and mentoring to develop community capacity for developing, evaluating, and improving healthy living programs
- assistance developing surveys and other tools to gather data from students and other community members about their health and risk factors for chronic disease (physical inactivity, unhealthy diet, smoking and exposure to second-hand smoke, and other risk factors of concern to individual communities),
- systems for compiling, analyzing, and interpreting data from surveys,
- templates for reporting survey findings in a format that is easy for community members to understand and use to make informed decisions about health priorities,
- evidence about healthy living programs that have been evaluated and shown to be successful in reducing health risk factors. Communities can use this evidence to develop effective healthy living programs,
- assistance evaluating healthy living programs and refining them based on evaluation results and other evidence,



- access to an emerging Manitoba database 1) about health status, risk factor prevalence, and changes in health status that will allow regions to compare trends in their areas to trends elsewhere in Manitoba, and 2) practice-based evidence about healthy living interventions in Manitoba.
- access to knowledge, commitment, and existing relationships.

What do we ask of new partners?

We are looking for new partners from the not-for-profit sector, government, and communities who are interested in working with us over the long term to do the following:

- build prevention capacity in Manitoba,
- document and share information on best practices (knowledge exchange), and
- achieve our vision of a province-wide chronic disease risk factor surveillance system that is integrated with community planning and best practices.

Specifically, new partners should be interested in :

- making a commitment to support healthy living primarily through tobacco reduction, physical activity, and healthy eating but also by addressing priorities that may be of particular importance to individual communities,
- gathering and using evidence on effective practices to plan healthy living initiatives,
- developing capacity to 1) gather health data at the community level (surveillance), 2) use health data to identify healthy living priorities, 3) use evidence to identify, select, and develop health promotion programs, 4) evaluate program results, and 5) modify programs based on their evaluations.
- sharing experiences with other partners and over time be willing to provide more active support and mentorship to other partners, and
- investing human, in-kind, and financial resources in healthy living.

How can you become a partner?

The five organizations that created Partners in Planning for Healthy Living are committed to working together over the long term to support the use of evidence in planning programs that will promote healthy living in communities across Manitoba.

If you are interested in being part of a partnership that has already developed an integrated planning model that is “straightforward and world class”, please contact Madeline Kells at CancerCare Manitoba at 204-787-2148 or madeline.kells@cancerca.mb.ca.

