

My Health My Community – an intersectoral collaboration for population health improvement

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Conflictos de interés: Los autores declaran no tener conflictos de interés alguno.

Abstract

Background: My Health My Community (MHMC) is a collaborative initiative, developed to fill a gap in health and well-being information for Vancouver Coastal Health (VCH) and Fraser Health (FH) regions. MHMC survey sought to capture information within the domains of socio-demographics, health status, lifestyle, access to care, built environment and community resiliency. VCH and FHA engaged their municipal governments and community partners to develop relevant content and recruit participants. **Purpose:** Understand the burden and determinants of chronic disease at a local level (municipal and neighborhood) that facilitates partnership with local governments and community organizations to create health-promoting environments.

Study/Intervention Design: Cross-sectional survey

Methods: MHMC was an online survey administered from June 2013 to June 2014 across VCH and FH, supplemented with field outreach in community settings. The survey was available in English and Chinese (online and paper) and Punjabi (paper). A variety of media and social media promotions were used to engage potential participants. Municipalities and community organizations provided support to MHMC, both online and through organized events, in order to recruit participants. A 2% target of the overall population 18 years was set, with individual targets by municipality established for age, gender, income, education and ethnicity. **Results:** Through partnerships and collaboration over 33,000 responses were achieved, representing 77% of the initial 2% population target. 99% and 62% of the VCH and FH targets were reached respectively. Health and lifestyle data from the respondents has been compiled into 28 community profiles to help local governments, community groups, and health agencies on planning decisions and policy development at a local level (see

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www.myhealthmycommunity.org/Results/CommunityProfiles.aspx). Among the 28,000 Metro Vancouver residents, the survey found that those who use active transportation such as walking, biking and transit are healthier and have more positive lifestyle attributes, including lower levels of obesity (see www.myhealthmycommunity.org/Results/RegionalReports.aspx).

Conclusion: MHMC provide valuable data to enable multi-sectoral collaboration between health and non-health partners, municipal governments and community organizations to improve the health of the VCH and FH populations. The community profiles and themed regional reports support communities and local governments in prioritizing health actions in areas (eg lifestyle behaviors, built environment, key population segments etc) that will reduce chronic disease and injuries. MHMC represents an innovative approach to local risk factor surveillance with the potential to provide a longitudinal view of community health.