

# **“The Cumberland House Healthy Community Project”**



# History

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- oldest indigenous community in Saskatchewan - established in 1774 as a Hudson's Bay Trading Post.
- Cumberland House -160km north and east of Nipawin
- nestled in the beautiful northern forest on the banks of the Saskatchewan River

# Challenges

- deep rooted history of aboriginal culture
- geographic obstacles
- limited trading area for the economy
- limited resource base

# Project Overview

- project looks at contributing factors to community issues
- begins to address the direction of Population Health Promotion
- take action on determinants of health
- provide opportunity with funding to take action
- community playing “catch up” with Population Health

# Priorities

- Increased Mental Health Services
- Improved / adequate Alcohol and Drug Services
- Enhanced community education and information (i.e. Parenting skills, Diabetes education, Population Health)

# Successes

- Population Health programs
- Centralized intake for Mental Health and Addiction Services
- Enhanced transportation for visiting staff
- Renovations to Addiction Services building
  - Population Health Services
  - Addiction services
  - Home care

# Successes

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- Celebrate
  - Seniors
  - Women
  - Men
  - Youth
- Youth camps
- Conference funding

# Successes

- Determinants of health
  - Survey completed results pending
- Providing workshops for community
- Diabetes and Heart Health
  - Feasts
  - Collective kitchens



# Challenges

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- Community participation
  - Organizational
  - Getting the stakeholders together
  - Priority setting

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- Thank you