

CPHO Live Well PEI Community Consultation Report
Councillor Katherine Bryson
13 December 2023



RMB staff, Mayor and Councillors,

It was my pleasure to attend and represent RMB at the Chief Public Health Office Live Well PEI (LWPEI) Community Consultation on the 13th of December, 2023.

LWPEI is a program running from the CPHO funded by the Public Health Agency of Canada, Healthy Canadians and Communities Fund. The goal is health promotion through their own initiatives as well as funding opportunities for municipalities and non for profit community groups.

The morning kicked off with a welcome from Dr. David Sabapathy and explanations and discussions regarding health promotion from Meghan Adams and Shannon Cook, CPHO health promoters. They explained that the CPHO is divided into four categories: communicable disease, environmental health, assessment and surveillance and health promotion. They explained that 50% of health is influenced from social and economic factors (wages, housing, etc.), the difference between equality and equity and the need to look at solving our health crisis by fixing the “upstream” problems (such as low wages, homelessness, in-equity, discrimination, etc). The LWPEI project deals directly with health promotion and strives to prevent those upstream problems that manifest in chronic health conditions.

The remaining of the day we broke into various groups to discuss 6 of the second LWPEI design phases. Those focuses are:

- 1) Access to open data (information made freely available to use)
- 2) Collections of projects that have worked
- 3) Online grant management system
- 4) Information about community-specific needs
- 5) Health promotion newsletters/bulletins
- 6) Wellness grant promotion

I personally attended breakout sessions on topics 1, 2, 4 and 5 providing my own feedback and listening to other groups with their input. It was very enlightening!

I am looking forward to seeing the next stage of the project and hope that municipalities will be open to working with this program to enact their own initiatives. More information about the program can be found at www.livewellpei.ca and I'll be happy to answer any specific questions you may have.

A handwritten signature in black ink that reads 'Katherine Bryson'. The signature is written in a cursive, flowing style.

Councillor, Katherine Bryson – Rural Municipality of Belfast