

Vision 2020:

A Youth Friendly North Shore

A Policy Paper Prepared for
The Population Health Group by
The Youth Initiative Sub-Committee

June 2003

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VISION 2020: A Policy Paper for a Youth-Friendly North Shore

Introduction

Endorsement of the Vision 2020: A Policy Paper for a Youth-Friendly North Shore will verify that the North Shore is a great place to live for all age groups, and serve as a driving force for change over the next two decades. Young people make up nineteen percent (19%) of the North Shore population, and a vital part of the community. As residents and citizens, young people are current or future voters, taxpayers, and leaders. It is important for our community to support the development of our youth for the benefit of our community. Failure to provide the necessary services, supports and opportunities will result in the loss of the energy, creativity and community participation of our young people, resulting in economic and social costs to the North Shore.

In June 2002, the North Shore Population Health Group, an intersectoral group of North Shore service providers chaired by Medical Health Officer, Dr. Brian O'Connor (Appendix I), met to develop specific plans to support the Vision 2020 report. Vision 2020 was prepared following a meeting of CEO's of various

***"The keenest revelation of a society's soul can be seen in the way in which it treats its children".
Nelson Mandela***

organizations participating in the Population Health Group. The paper identified four areas where collaborative action could be taken to strengthen the long-term health of the North Shore, particularly in the areas of seniors, youth, substance abuse and the aboriginal population.

The key themes of the Vision 2020 report were "diversity" and "balance". The long term sustainability of a healthy community on the North Shore requires strategies that will encourage diversity within the community - diversity of age, income, housing and culture. Without fostering this diversity, the community itself will "age in place" and provide limited opportunities for new economic development and growth. In addition, the inherent contributions of all communities - for example youth, seniors, and ethnocultural groups - were recognized as creating a vibrant and socially balanced community. The wisdom of seniors, the energy and creativity of youth, and the variety of experience of ethnocultural groups are powerful resources in creating sustainable solutions to the challenges facing the North Shore.

The Population Health Group decided to focus on youth, fearing that unless addressed now, youth as a group could become overshadowed by other population age groups and subsequently disenfranchised. Recognizing the important activities that already occur to support a Youth Friendly North Shore, it was felt there were many further opportunities to enhance these collectively, as our community adapts to the changing demographics. In order to develop a Youth Friendly North Shore, the Population Health Group identified four key areas of action:

- ❑ Engage youth in decision-making
- ❑ Support transition into adulthood
- ❑ Encourage mixed housing development
- ❑ Develop employment opportunities on the North Shore

In October 2002, a sub-committee of the Population Health Group formed to explore how the concept of a Youth Friendly North Shore might be strengthened. The intent was to build on the existing strong foundation of youth services and supports (see Appendix II). A collaborative effort involving all member organizations of the Population Health Group, in partnership with young people themselves, is considered to be the most effective way of creating a truly youth friendly North Shore. This report summarizes the work of this sub-committee.

The following section outlines the Youth Initiatives Sub-Committee's recommendations for adoption by the North Shore Congress.

Policy Statement for VISION 2020: A Youth-Friendly North Shore

The North Shore Congress is committed to developing, supporting, and promoting initiatives that positively contribute to the lives of North Shore young people.

Expected Outcomes

The North Shore will work towards developing a community where:

- The views of young people and their contributions to the community are valued and taken into account in the development of North Shore policies, services, supports and opportunities
- Young people are cherished and celebrated
- Young people have access to information and resources to meet their needs in the areas of:
 - Health, safety and well-being
 - Physical environment and design
 - Entertainment and recreation
 - Education and training
 - Employment
 - Family
 - Housing

Scope

All North Shore young people aged 13-25 years, recognizing that there are varying needs within this age group.

***“A city which is attractive to young people, and which involves, values and acknowledges young people creates benefits for the whole community.”
Christchurch, New Zealand***

Principles

A Youth Friendly NS will adhere to the following principles:

□ Equity and Diversity

To promote a community where young people will not be limited by race, cultural background, social background, gender, religious beliefs, sexual orientation, age, physical and intellectual characteristics or economic circumstances. Services, opportunities and supports will be affordable, accessible and available for all young people. Some young people will require different provision to enable participation.

□ Aboriginal involvement

To enable Aboriginal youth to reach their full social and economic potential. To ensure that all Aboriginal youth in the North Shore community have equal opportunity for the best health and quality of life possible.

❑ **Empowerment**

To empower young people so they can exercise choice and be effective in asserting their views and aspirations.

❑ **Co-operation/Collaboration/Partnerships**

To coordinate and integrate services, supports and opportunities. To co-operate across sectors, sharing ideas among different groups, and involving public, private, and voluntary or informal sectors. To maximize partnership opportunities among various groups and individuals.

❑ **Effectiveness**

To use limited resources strategically, to make a positive difference for and with young people.

❑ **Research and Information**

To seek accurate up to date information from which to plan, implement, monitor, and evaluate initiatives.

❑ **Funding**

Funding be targeted to support desired strategies and outcomes.

Roles

In working towards these outcomes, North Shore agencies/service providers/community will have the following roles:

- Endorse the broader vision for a Youth Friendly North Shore.
- Foster young people to have a stronger voice in the development, planning and implementation of youth services, supports and opportunities.
- Ensure that the views and needs of young people are taken into account in general policy development and planning.
- Utilize public and private resources for youth development.
- Advocate on behalf of, and with, young people.

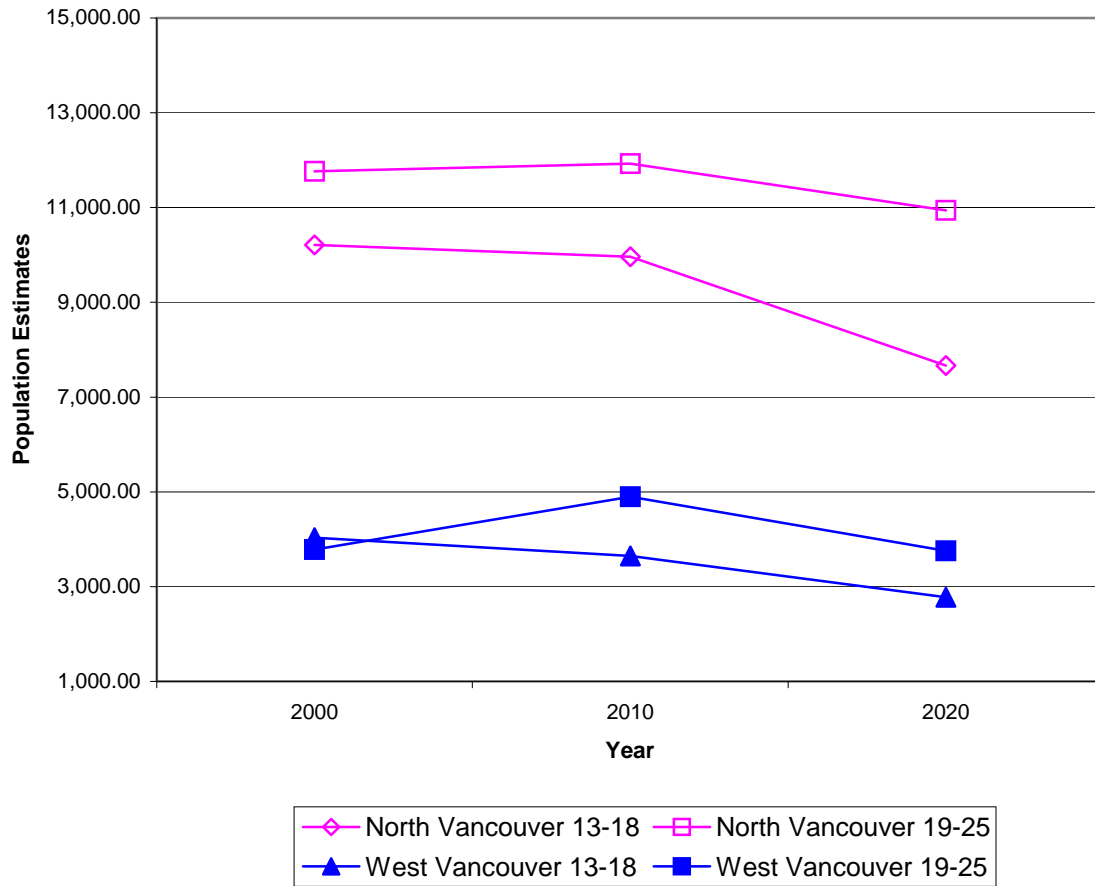
Recommendations

The Youth Initiative sub-committee makes the following recommendations:

1. That the Population Health Group present this policy paper, VISION 2020: A Youth Friendly North Shore, to the North Shore Congress for endorsement.
2. That a funding strategy be developed to implement the Youth Friendly North Shore Vision.

Demographics

Total North Shore Youth Population (12-25 years-old): Population Estimates from 2000 to 2020



Who are “Young People”? Our Target

Youth Development

Perceptions of youth can be contradictory. From older members of a community:

“Statements about young people as ‘the future of our community’ are common along with promises to invest in them. The reality is that many see young people as a problem group. Young people generally have a restricted range of experiences and skills, lower status in society, lower income and varying levels of responsibility and dependence. The perception of youth as lacking full adult status is used to both describe their position and to reinforce it.” (Christchurch City Council Youth Strategy, December 1999)

Youth themselves have mixed feeling about their place in the community. A recent study in West Vancouver showed:

“Slightly over 50% of youth felt that ‘youth are valued by the West Vancouver community’, but one in three felt that youth were not valued by the community.”

“Three out of four youth feel they are unable to express their views in ways that make adults such as the Mayor and Council listen to them.” (Civic Youth Strategy for West Vancouver, September 2002)

The vision for a Youth Friendly North Shore describes a community that is committed to developing, supporting, and promoting initiatives that positively contribute to the lives of North Shore young people. The International Youth Foundation (IYF) offers a structure for youth development: “comprehensive strategies that offer a full range of services, opportunities, and supports through a well-functioning network of individual, community and institutional providers. “

Steve Mowenka of the International Youth Foundation wrote “In today’s world, it would be unthinkable to hold a conference or have an initiative on women, black people or disabled people without having them at the table. Yet many well intentioned (youth-oriented) initiatives are conceived and implemented without having young people at the table” an amazing concept if one stops to think.....

Youth development is **uneven**. It is **complex**. It requires **engagement**. It is fostered through **relationships**, influenced by **environments** and triggered by **participation**. It is both **ongoing and resilient**. Again, from the IYF:

“Young people grow up in a set of embedded networks. The complexity and unevenness of youth development and the need for constancy in relationships, environments and engagement means that those best positioned to influence development are the “natural actors” in youths’ lives -- family, peers, neighbours, and community institutions.”

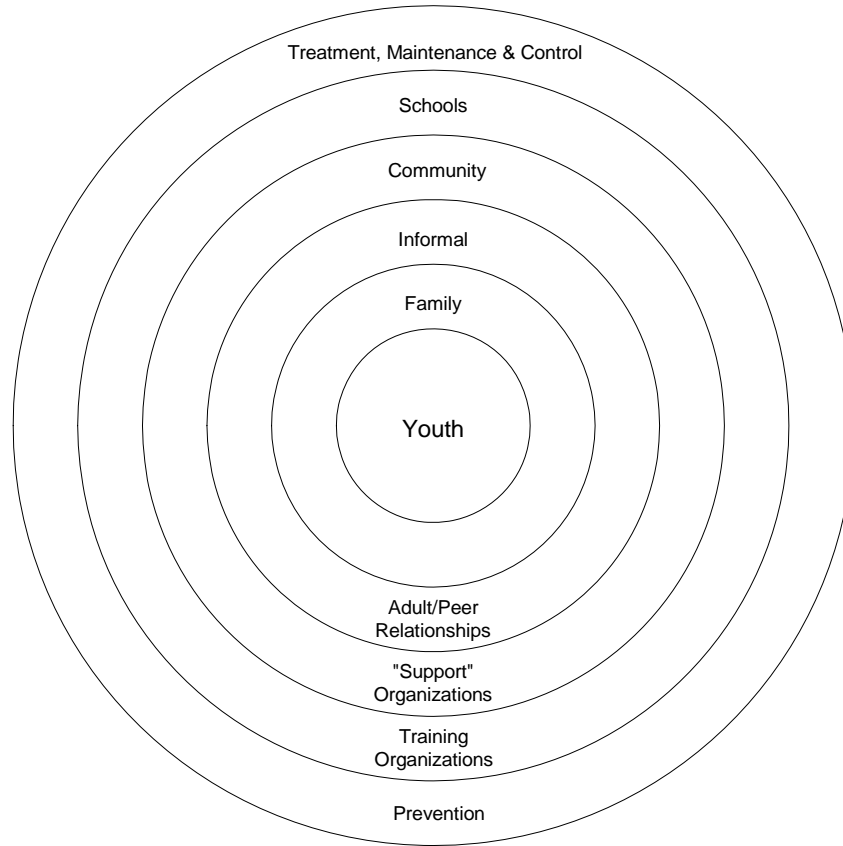
In our case, this is the whole North Shore community.

A youth-centred perspective is described in Diagram 1. Preventive and treatment programs and interventions are needed. However, the long-term task of a youth friendly community is to help families, neighbours, and community organizations nurture, support, and expect excellence from their youth. This requires sustained investments in community institutions, associations, and infrastructures. As Child and Youth Friendly Ottawa states:

“We want to include them [children and youth] in every facet of our community as equal partners so that they can help us make this community a better place for them and for us.”

Diagram 1

**Supportive Community:
A Youth-Centered Perspective**



Youth Today; What is the Age Range?

The International Youth Foundation recommends redefining youth by broadening the definition of "responsible, productive adult" behaviour. In our current economic climate, the traditional markers of self-sufficiency - job, marriage, independent living space - take longer to achieve. "Youth-hood" is being pushed beyond the teen years, well into the twenties. A suggested measure is that the upper age limit of "youth-hood" equals the age at which two-thirds of that age cohort are out-of-school, employed and earning wages. As a society/community, we would have to consider two shifts:

- **Expand the definition of what youth can do.** Youth participation would go beyond limited involvement in, for example, service projects and teen advisories, to active involvement in all forms of community and political leadership.
- **Expand the definition of what communities must do.** Supports and opportunities cannot be limited to (for example) after-school programs and prevention initiatives. If young people are not going to be fully utilized in the labour market until well into their third decade, communities need to ensure that they have important civic and community work for which they are publically recognized and adequately compensated.

For these reasons, the Youth Friendly North Shore initiative recommends that our actions evolve to include all youth from 13 to 25 years.

THE CHARGE

A Challenge from the Young People of Canada*

It is imperative for the success of institutions, the success of processes, the success of civil society that we accept the engagement of ALL stakeholders in decision-making. When making decisions it should be first nature to reflect and ask oneself the questions "Who will this decision affect?" and subsequently "Have we taken the time to engage those individuals to participate in the decision-making process?"

This participatory approach has developed and spread exponentially, but it is hardly achieving its full potential. That continued development starts here. It starts now. It starts with you. It starts with you leaving this room questioning your approach and contemplating new strategies to assist you in your interaction with children and youth. It starts with you making participatory leadership and decision-making a mantra, a lifestyle.

This may seem like a daunting task. Remember, however, that you will not go it alone. Young People will meet you more than half way on the journey of participation. We have the energy, the enthusiasm, the drive to accomplish more than you can ask or imagine. We can offer you only authentic dedication and the most unadulterated truth. Truth in its rawest forms, free from political ties, corporate contracts, and private agendas.

**International Congress on Children and Youth Health, Vancouver, BC, May 2003: session on Youth Participation, organized and facilitated by youth from Senator Pearson's project, A Canada Fit for Children.*

Appendix 1

Youth Initiative Sub-Committee Membership List

Carol Chase, Regional Guardianship Consultant, Ministry of Children and Family Development

Josie Chuback, Manager of Community Services, District of West Vancouver

Sandra Edelman, Manager, Community Development and Special Projects, Vancouver Coastal Health (North Shore)

Jason Lee, Manager, Diversity and Anti-Racism Programs, North Shore Multicultural Society

Neil Matson, District Principal, Student Support Services, School District No. 45, West Vancouver

Annie Mauboules, Youth Development Worker, District of North Vancouver

Lisa McCarthy, Youth Development Worker, City of North Vancouver

Kelly McCrea, Arts Programmer/ Nancy McMillan, Coordinator, North Vancouver Recreation Commission

Lynne Moran, Programmer, Continuing Education, Capilano College

Carolyn Neilson, Manager, YWCA Youth One Stop Career Shop

Jean Thompson, Community Developer, Vancouver Coastal Health (North Shore)

Tom Tupper, District Principal, School District No. 44, North Vancouver

Richard Wagner, Social Services Manager, District of West Vancouver

Materials were submitted for review to the following:

Jacqueline Gonzales, Squamish Nation

Kelly-Lynne Denwick, Tsleil Waututh Nation

Population Health Group Membership List

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Deb Ryan, VCH
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Sheila Ellis, VCH
Ted Bruce, VCH (Vancouver)
TomTupper, SD No. 44, North Vancouver

North Shore Congress Membership List

City of North Vancouver

District of North Vancouver

District of West Vancouver

Municipality of Bowen Island

Village of Lions Bay

North Vancouver School District (No. 44)

West Vancouver School District (No. 45)

Squamish Nation

Tsleil-Waututh

North Vancouver Chamber of Commerce

West Vancouver Chamber of Commerce

3 Members of the Legislative Assembly of British Columbia (Provincial Government MLA's)

Vancouver Coastal Health Authority

Vancouver Port Corporation

Capilano College Board

Appendix II

Existing North Shore Youth Services and Supports

Adolescent Sexual Abuse Program - Family Services of the North Shore
North Vancouver: 604-988-5281
West Vancouver: 604-926-7851

Ambleside Youth Centre and West Vancouver Outreach Services, District of West Vancouver
604-925-7233

Bowen Island Teen Centre
604-947-2717

Bully-Proofing Program, Family Services of the North Shore
604-988-5281

Capilano Youth Centre, Capilano Community Services Society
604-988-7115

Capilano Youth Outreach Services, Capilano Community Services Society
604-983-6538

Children's Sexual Abuse Treatment Program - Family Services of the North Shore
604-988-5281

Drug and Alcohol Addiction
Seaview Alcohol & Drug Services, Seaview Addiction Services Society
604-926-9260
West Coast Alternatives Society -
604-984-0255

Healthy Relationships Program, Family Services of the North Shore
604-988-5281

Hospital Liaison, Child and Youth, Vancouver Coastal Health, North Shore/Coast Garibaldi
604-988=3131

Learning Together Program, School District #44, North Shore Neighborhood House, North Shore Health, and Ministry of Child and Family Development
604-903-3519

Lonsdale Youth Centre, North Shore Neighbourhood House
604-293-9321

North Shore Youth Probation Services and Justice Centre
604-981-073

North Shore Youth Safe House,
1-877-78-YOUTH (96884)

Norvan Boys and Girls Club
604-986-3449

Pregnant and Parenting Program, North Shore Neighborhood House
604-987-8138

Psychiatric Outpatient Services, Youth and Family Site, Vancouver Coastal Health, North Shore/Coast Garibaldi
604-984-3777

Queen Mary Community Services for Youth
604-987-7073

Recreation Programs, North Vancouver Recreation Commission
604-987-PLAY

Restorative Justice, North Vancouver Restorative Justice Society
604-990-7462

Parkgate Youth Centre , Seymour Community Services Society
604-983- 6358

Seycove Youth Centre, Seymour Community Services Society
604-929-7981

Seymour Youth Centre, Seymour Community Services Society
604-983-6673

Volunteer North Shore, Youth Volunteers, North Shore Community Resources Society
604-985-7168

Youth Health Centres, Community and Family Health, Vancouver Coastal Health, North Shore/Coast Garibaldi
Lynn Valley, West Vancouver and Seymour Youth Health Centres
604-983-6700

Youth Net Vancouver
A collaborative community approach enabling youth to openly discuss their mental health and well being, strengthen their community of supports and take action for social change
C/o Self Help Resource Association, Vancouver
604 733-6186

YWCA Youth One Stop Career Shop
604-988-3766

Youth Outreach Services, North Shore Neighborhood House
604-987-8138

Youth Websites, YOUTHnet, City of North Vancouver and District of North Vancouver
Site: www.dnv.org/youthnet

Appendix III

Bibliography

Papers, Research Articles and Resources

A Call to Action; Spotlight on Children and Youth
1999

A document challenging British Columbians to do their part in giving all children and youth the four "Keys to Success" in life.

Published by First Call, BC Child and Youth Advocacy Coalition

A World Fit for Children

A Report prepared for the United Nations, by the Ad Hoc Committee, 27th Special Session of the General Assembly

www.unicef.org/specialsession/documents/A-S27-19-Rev EI.doc

Access 2001: A Survey on Youth Health Service Accessibility - A Report of Findings
July 2001

A document discussing the findings of the survey about current use of services, health service providers, and health issues. It was presented to the North Shore Health Region Board.

YEAH, Youth Educating and Advising on Health (Advisory Committee), North Shore Health Region

Child and Youth Friendly Calgary
1992

A very active program in Calgary with many initiatives organized by and for children and youth. Their goal is "to lead in providing meaningful opportunities for youth to contribute to our community".

www.childfriendly.ab.ca/index.html

Child and Youth Friendly Ottawa

One of the main Child and Youth Friendly initiatives in Canada. Resource articles include: What is a Child Friendly City? And What is Youth Development?

www.cayfo.ca

Children's Rights, Focus on Children and Youth, Vol.7, No.2, Fall 2002
Newsletter of the Society for Children and Youth of BC

Christchurch City Council Youth Strategy
December 1999

The Strategy for Youth refers to current and future initiatives undertaken by, or in partnership with the Christchurch City Council, with the vision of a healthy, youth-friendly city. Christchurch is also the lead city for the Cities of Tomorrow project, an International Network for Better Local Government

www.ccc.govt.nz/Publications/Youth_strategy/

Coalition of Community Foundations for Youth

A coalition dedicated to strengthening the capacity of community foundations to improve the lives of children, youth and families.

A number of resources including an article: Community Building Through a Children, Youth and Family Lens.

www.cfy.org/activity.htm

Healthy Communities...Healthy Youth. It's just a matter of time!

Winter 1998

Newsletter article discussing the 40 building blocks of healthy development (developmental assets) and the role of community in building on these assets.

Written by Keith Pattinson, for Family Connections, the newsletter of the Boys and Girls Club of British Columbia

International Youth Foundation, Programs that Work:

Resources: Articles. Youth Today: Aging Out or Aging In? Karen Pittman

www.iyfnet.org/document.cfm/27/general/38

What is Youth Development? Desirable Youth Outcomes, March 1999 and Preventing Problems or Promoting Development, Karen Johnson Pittman

www.iyfnet.org/document.cfm/22/general/11

www.iyfnet.org/document.cfm/22/general/51

North Shore Youth For Health Survey: A Research Report.

October 1994

A questionnaire done for the North Shore Youth Action Council to gather information about issues affecting the health of teenagers and to identify resources teens use or would like available for activity, information and support.

Prepared by: Tom Jopling, M.A, Community West Research Services, for North Shore Health

North Shore Youth Health Centres: Survey

June 2002

A project to assess the level of satisfaction with current Youth Health Centres and their services and to gain input into the development of future clinics and services.

Prepared by: Nicole Roy, Youth Community Developer, Vancouver Coastal Health Authority

Open Voices: Speak your Mind - Youth Conference

March 2001

A youth driven event that included workshops and a panel discussion on the following topics: landmines, racism, youth justice, violence prevention, sexuality, and social activism.

The District of West Vancouver: Youth Outreach Program

Task Force I: A Report on the McCreary Centre Survey

April 2000

This task force was created to analyze the data in the McCreary report from a North Shore perspective.

Prepared by YEAH, Youth Educating and Advising on Health (Advisory Committee), North Shore Health Region

Task Force II: A Report on the Status and Availability of Youth Health Services
May 2000

This health task force was created to document the availability and status of youth health services on the North Shore

Prepared by YEAH, Youth Educating and Advising on Health (Advisory Committee), North Shore Health Region

Task Force III: A Report Card on Youth Health For the North Shore

July 2000

This health task force was created to inform youth and the North Shore Health Board, about the health status of North Shore youth, health services available (or the lack of), and where improvements could be made.

Prepared by YEAH, Youth Educating and Advising on Health (Advisory Committee), North Shore Health Region

What's Next with Child and Youth Friendly Communities? Focus on Children and Youth, Vol.8, No.1, Spring 2003

Newsletter of the Society for Children and Youth of BC

www.scyofbc.org/cyfc/learn/faq/cyfc/goals.html

Youth Forum 2000: Results

October 2000

This forum was held to reflect the views of the students of Sutherland High School concerning health and homelessness.

Youth Outreach Workers, North Shore Neighborhood House

Formal Documents

City of North Vancouver Social Plan - Youth

September 1998

Contains objectives and actions that address the goal: to promote an environment free from violence and abuse, discrimination, and inequality, which supports the growth and development of youth to be successful, independent, and valued citizens.

Available on: www.cnv.org

City of North Vancouver Children and Youth Initiative Grant Fund

Civic Youth Strategy for West Vancouver

September 2002

Comprehensive document including policy statements, demographics, youth and department surveys and strategies that address a civic youth strategy for West Vancouver

Available on: www.westvancouver.net

Healthy Connections: Listening to BC Youth

1999

Highlights from the Adolescent Health Survey II

Prepared by the McCreary Centre Society

Listening to BC Youth: Coast Garibaldi/North Shore Region
2000

Discusses the results and findings of the Adolescent Health Survey, which gathered information about the current health status of young people, and factors that can influence health during adolescence and in later life.

Prepared by the McCreary Centre Society

Appendix IV

VISION 2020: A Youth Friendly North Shore

Themes from Brainstorming Session, February 24, 2003

Participants were asked to silently brainstorm what a Youth Friendly North Shore would mean to them. Ideas were shared and grouped according to the following themes.

VISION

We will have a Youth Friendly Community when:

- there is a clear, simple articulation of the vision - a Youth Friendly North Shore
- youth/students are referred to as "residents"
- youth are accepted by "adults" as valued and contributing society members
- when youth say, "I live in a great city!"
- there is a commitment to a healthy community* (including mental health and physical activity, at all levels of our community)

IMAGE

We will have a Youth Friendly Community when:

- youth image is improved, there is a respect for youth, and the profile of youth is increased, especially their positive contribution
- there is positive coverage in the media e.g. volunteer efforts, good deeds, etc.
- there is no "fear" when a group of youth pass
- there is a recognition of youth and their value to community
- youth are welcomed into all aspects of NS life; parks, restaurants, etc

DECISION-MAKING

We will have a Youth Friendly Community when:

- there are youth driven actions/ leadership opportunities/ supported opportunities for youth to develop their own initiatives/ideas
- youth are visible and involved in community/ local government/ schools' decision-making
- youth are involved with the organizations and services directed to them; in decisions that affect them
- there is a forum for consulting a broad spectrum of youth; improved communication methods; better techniques to involve youth with clear and accessible systems and structures to enable the voice of youth to be heard
- policies and procedures exist to support our youth friendly community
- all local decision making bodies (i.e. municipalities, Health, School Districts) develop mechanisms to ensure that any decisions or policies are evaluated by asking the question "How will this affect/impact youth?"; they are subjected to a youth friendly community "filter" or "lens"

DIVERSITY

We will have a Youth Friendly Community when:

- Intergenerational activities are fostered and encouraged
- Individual youth cultures and diversity are accepted in our community; there is a sharing of cultures, both regular and frequent
- there is no racial "tension"; collaboration instead
- there is active involvement of aboriginal community youth

SERVICES

We will have a Youth Friendly Community when:

- there are well-trained staff in ALL service areas who recognize the potential of youth, their right to be and to contribute to the service
- there are identified advocates (both youth and adult) for youth, in key agencies
- there are more services for youth: transportation, recreation, drug and alcohol, crisis, education/career options, etc.
- there are youth health services designed by youth so they feel comfortable to access and which meet their needs
- services are accessible (both what they are, and how to access)
- the youth safe house is still open

YOUTH FRIENDLY ENVIRONMENT

We will have a Youth Friendly Community when:

- youth are welcome in (e.g.) restaurants/parks
- businesses, municipalities, health, police, etc. are child and youth friendly (e.g. Calgary's assessment and listing)

ACTIVITIES

We will have a Youth Friendly Community when:

- there is access to a wide range of youth events and activities, that are self directed, and positive (including social, physical, art and cultural activities), across the North Shore
- there are youth friendly places to go, gather, or just "hang-out"
- there are entertainment options, e.g. movie theatres, bowling alley
- there is designated youth space - in e.g. community centres etc.
- there is a foundation run by and for youth
- a diverse range of youth arts and cultural options are provided

EMPLOYMENT

We will have a Youth Friendly Community when:

- youth employment opportunities are available to all that need them
- there are increased "[summer] student" employment opportunities e.g. university cooperative and "Youth Action" type of programs
- the Youth Employment Strategy (i.e. CNV) is duplicated in other organizations
- concrete career information is easily accessed; alternate/creative ways of identifying career opportunities exist
- high tech opportunities are created where youth demonstrate their superior knowledge and skills in a leadership role
- careers in the trades are recognized and accepted
- union issues around employment of youth are resolved
- local government and businesses provide a mentoring role for youth

HOUSING

We will have a Youth Friendly Community when a wide range of affordable housing is available for youth

FINANCIAL/HUMAN RESOURCES

We will have a Youth Friendly Community when:

- youth are involved in philanthropy
- youth "drive" their own projects (not adults)
- there are dedicated resources to support these projects
- there is leadership commitment for a Youth Friendly Community, to YFC and youth
- there is involvement of adults/mentors that recognize youth as an invaluable component of healthy community
- there are mechanisms to allow youth to be truly involved and engaged

OTHER

- where youth crime is decreased and youth responsibility for their own behaviour is increased

Definitions

Diversity: a broad term reflecting our unique characteristics including race, colour, ancestry, ethnicity, place of origin, age, gender, sexual orientation, physical and mental abilities/qualities, socio-economic status/class, education, language, family and marital status, religious beliefs, criminal background and lifestyles. (Vancouver Community Mental Health)

Health: is a capacity or resource for everyday living that enables us to pursue our goals, acquire skills and education, grow and satisfy personal aspirations. (Health Canada Population and Public Health Branch). The fundamental conditions and resources for health are peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity. (Ottawa Charter for Health Promotion)

Healthy Community: a community in which municipal departments, residents and the private sector work together to create an environment that supports "health". (BC Ministry of Health)

May 2003 Jean K Thompson email: jean.thompson@nshr.hnet.bc.ca