



Inclusion and Health

A Count Me In! Forum



**Ontario
Prevention
Clearinghouse**

**Centre ontarien
d'information
en prévention**

**Presented with regional
partners**

Funded by the Public Health Association of Canada

We start by defining *health*

- *Health is:*

- a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (World Health Organization, 1948)
- created and lived by people within the settings of their everyday life; where they learn, work, play and love”. (Ottawa Charter for Health Promotion, 1986)
- A positive concept emphasizing social & personal resources, as well as physical capacities (Ottawa Charter, 1986)

And defining *health promotion*

- *Health promotion is:*
 - the process of enabling people to increase control over the determinants of health, and thereby improve their health. (Regional Framework for Health Promotion, World Health Organization 2002)
 - The determinants of health are the conditions or factors that interact to include or exclude people...



Health

Health Services

Income and
Social Status

Education

Employment
and Working
Conditions

Social
Support
Networks

Physical
Environments

Biology and
Genetic
Endowment

Social
Environments

Healthy Child
Development

Culture

Personal
Health
Practices and
Coping Skills

Gender

VALUES

ASSUMPTIONS

BELIEFS

Looking at 'old' problems in a new way

- Maintain and improve the health of the entire population; reduce inequities in health between population groups
- Keep all groups within reach of what we expect as a society
- Consider where we want to be and what needs to change through strategies of inclusion

What is *inclusion*?

- Inclusion is a social and economic concept developed in Britain and Europe.
- Inclusion focuses on social structures rather than the factors that contribute to each individual's social exclusion or inclusion.
- Inclusion strategies help us work toward equity and achieving health for all.

Count Me In !

- Laidlaw Foundation & Health Canada, Population Public Health Branch, now the Public Health Agency of Canada sparked interest in inclusion and asked OPC to:
 - look at inclusion as a way to improve the health of individuals and communities, and
 - create tools for inclusion and health

Defining inclusion

- Focus on a broad definition grounded in the lived experience of people and communities
- Over 1 year, a provincial advisory group tested inclusion concepts, language and framework with local working groups, people seeking inclusion
- Reflected the experience of aboriginal people, bilingual, ethnoracial groups, immigrants and refugees and people with differing abilities

Inclusion is about *belonging*

Part of being healthy is *belonging* — to a family, a community, a society. It makes us feel good. It makes us healthy. It makes us want to reach out to others. **Belonging makes our communities healthy, too.**

The language of Belonging

- An inclusive society creates both the feeling and the reality of belonging and helps each of us reach our full potential

The *feeling* of belonging

The feeling of belonging emerges through caring, cooperation and trust.

The feeling of belonging flows from attitudes, beliefs and behaviours.

The *reality* of belonging

The reality of belonging emerges through equity and fairness, social and economic justice and cultural as well as spiritual respect.

The reality flows from missions, mandates, policies and programs.

Belonging

We build the reality of belonging together by engaging our society to ensure it

Groups *experience* the feeling and reality of belonging in *different ways* in a diverse society.

Specific factors vary within and among groups. We must analyse those factors and account for them to promote belonging.

Inclusion gains momentum in Canada

- Pan-Canadian Community Development Learning Network

www.ccednet-rcdec.ca/en/pages/learningnetwork.asp

- Population and Public Health Branch, Atlantic Region: An Inclusion Lens-Workbook for looking at Social and Economic Exclusion and Inclusion

[www.phac-
aspc.gc.ca/canada/regions/atlantic/Publications/Inclusion_lens/](http://www.phac-aspc.gc.ca/canada/regions/atlantic/Publications/Inclusion_lens/)

- Inclusive Cities Canada:
 - social inclusion audits in 5 cities (Saint John, Toronto, Burlington, Edmonton & Vancouver/N. Vancouver)

www.inclusivecities.ca

Inclusion in Ontario

- Ontario Inclusion Learning Network
 - partnership of health & social service organizations dedicated to promoting inclusion
 - Adopted COUNT ME IN definition of inclusion
 - Developing capacity to create inclusive research, policy/programme development, communications, evaluation for governmental & non-governmental organizations in Ontario
 - Currently funded by Public Health Agency of Canada

- **Social Planning Network of Ontario**
 - Projects designed to ‘close the distance’ between specific marginalized populations & mainstream community life
www.closingthedistance.ca
- **Laidlaw Foundation**
 - Inclusion as a focus on child and family policy
 - Supporting a consortium of organizations to create social & economic inclusion indices for national, provincial, local use www.laidlawfdn.org
- **Alternative Planning Group (APG)**
 - 4 umbrella organizations serving South Asian, Chinese, Hispanic and African communities in Toronto
 - Research on the meaning of inclusion in their communities in a social planning context
www.cassa.on.ca

Inclusion Projects

- Ontario Women's Health Network
 - Count Us in ! Community action research for and with homeless women www.owhn.on.ca
- Ontario Healthy Communities Coalition
 - Creating Inclusive Community Organizations toolkit www.healthycommunities.on.ca
- Community Living Ontario
 - Ontario's Community Inclusion Project-research about inclusive school cultures – pilot with Kawartha Pine Ridge & District School Board www.communityinclusion.ca
- Community Development Council Durham
 - Durham Child Nutrition Project – utilizing inclusion to ensure every child in Durham Region attends school well-nourished and ready to learn www.cdcd.org

Determinants of health

We experience the feeling and reality of belonging through the determinants of health, including:

- Income
- Employment
- Education
- Community
- Environment
- Equity

Specific factors

Specific factors that influence belonging for groups in society might include:

- Language barriers
- Ethno-racial differences
- Racism
- Economic status
- Physical distance
- Social distance

The feeling of *belonging*

The feeling of belonging emerges from cooperation, caring and trust. Look for attitudes, behaviours and beliefs:

- Do you create opportunities for staff and clients to cooperate on programs? How?
- Do you show clients that you care? How?
- Do you show that you trust them? How?

The reality of *belonging*

This reality emerges through equity and fairness, social and economic justice, and cultural as well as spiritual respect.

- Do you have equity policies in your centre?
- Is your centre aware of the social and economic issues in your community?
- Do you encourage cultural and spiritual respect?

What does it mean to create inclusive practices in organizations & communities ?

- Inclusion is about finding out what works and mobilizing resources to resolve the problems brought about through social exclusion
- Inclusion focuses us on healthy communities – belonging/inclusion makes us healthy. Exclusion reduces individual and collective health
- We each have capacities, abilities, gifts. Living a good life depends on whether those capacities can be used, abilities expressed and gifts given
- How do we create the feeling and reality of belonging ?