

Healthy Community Committee

Serving the communities of Austin, Bagot, MacGregor, Rossendale, Sidney, Aspenheim Colony, Baker Colony, Hidden Valley Colony & Pine Creek Colony.

Our Mission Statement:

We exist to enhance the quality of life for the citizens of the RM of North Norfolk and the Village of MacGregor today and for the future.

What we hope to do:

"We are a unique community with particular strengths and challenges. Our hope as a Healthy Community Committee is to find ways to work together, to build on our strengths, to meet future challenges and to enhance our quality of life."

What is a Healthy Community?

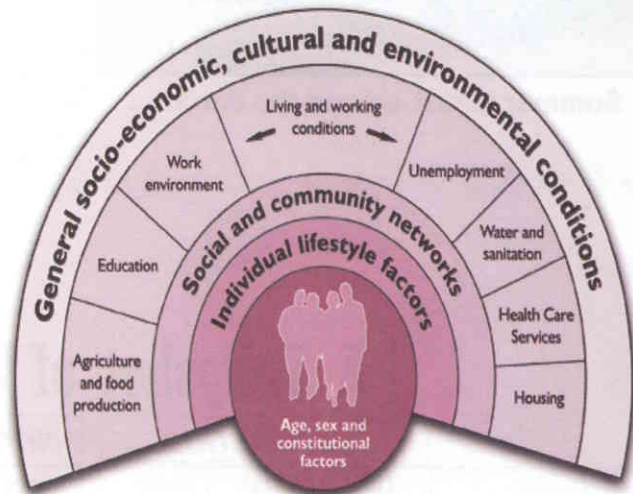
Health is not just "feeling good"; it is quality of life.

Health is a state of physical, mental, and social well-being & not just absence of disease.

Health is influenced by a number of factors including social, economic, cultural and environmental conditions.

Our health is also influenced by access to services, education, income, & a healthy environment.

Each factor that influences health is important in its own right,



Health is more than just "feeling good." It is the quality of life that is influenced by a number of factors such as those listed in the above chart.

and yet at the same time, the factors are inter-related.

The interaction of these factors together

will determine the health status of people and quality of life of our community.

Committee Initiates a Number of Activities

- Community Health Assessment
- Youth Risk Survey
- Early Childhood Development & Literacy Programs
- Walking Programs
- Kids in the Kitchen cooking classes

- Blood Donor Clinics
- Farm Safety
- Wellness Fairs

In the planning stages...

- Diabetes education
- Seniors assisted living options

- Youth survey follow-up
- Expanding walking and bike paths
- Grant applications
- Committee logo design
- Emergency assistance program

Committee Outlines Goals



Summer is just around the corner...

- To build partnerships with local, regional, provincial, and federal agencies that will improve the community's ability to have an impact on the determinants that influence the well-being of the community.
- To enhance the community's well-being in the areas of economics, culture, environment, social supports, health services, education, healthy child development, safety & recreation.
- To focus on healthy living practices & prevention of chronic illnesses.
- To improve & strengthen current programs & services with partnership organizations & agencies.
- To continually identify & measure the needs of the community & develop action plans to achieve the community's goals.

A Snapshot of Who We Are...

	MACGREGOR			NORTH NORFOLK			MANITOBA		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Population	880	430	450	2,945	1,545	1,395	1,113,580	549,600	569,980
0-14 years	18.8%			27.0%			20.9%		
55-64 yrs	10.8%			8.7%			9.0%		
65 yrs +	24.4%			11.4%			14.0%		
Average Earnings (\$ in 2000)	21,123	25,132	16,801	18,924	23,127	13,301	27,178	32,312	21,480
Unemployment Rate	5.2%	4.8%	5.6%	3.1%	1.2%	6.0%	6.1%	6.3%	5.7%
College/trades certificate/diploma	14.9%			17.0%			23.8(%)		
University degree or higher	10.6%			2.6%			13.0(%)		

Contact us to be part of our e-mail or phone list!

North Norfolk & MacGregor Healthy Community Committee

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Working together to enhance quality of life