

Episode III: Nanaimo Community Health & Care Update 2023

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November 20, 2023

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Disclosures

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"It takes a village to raise a child."

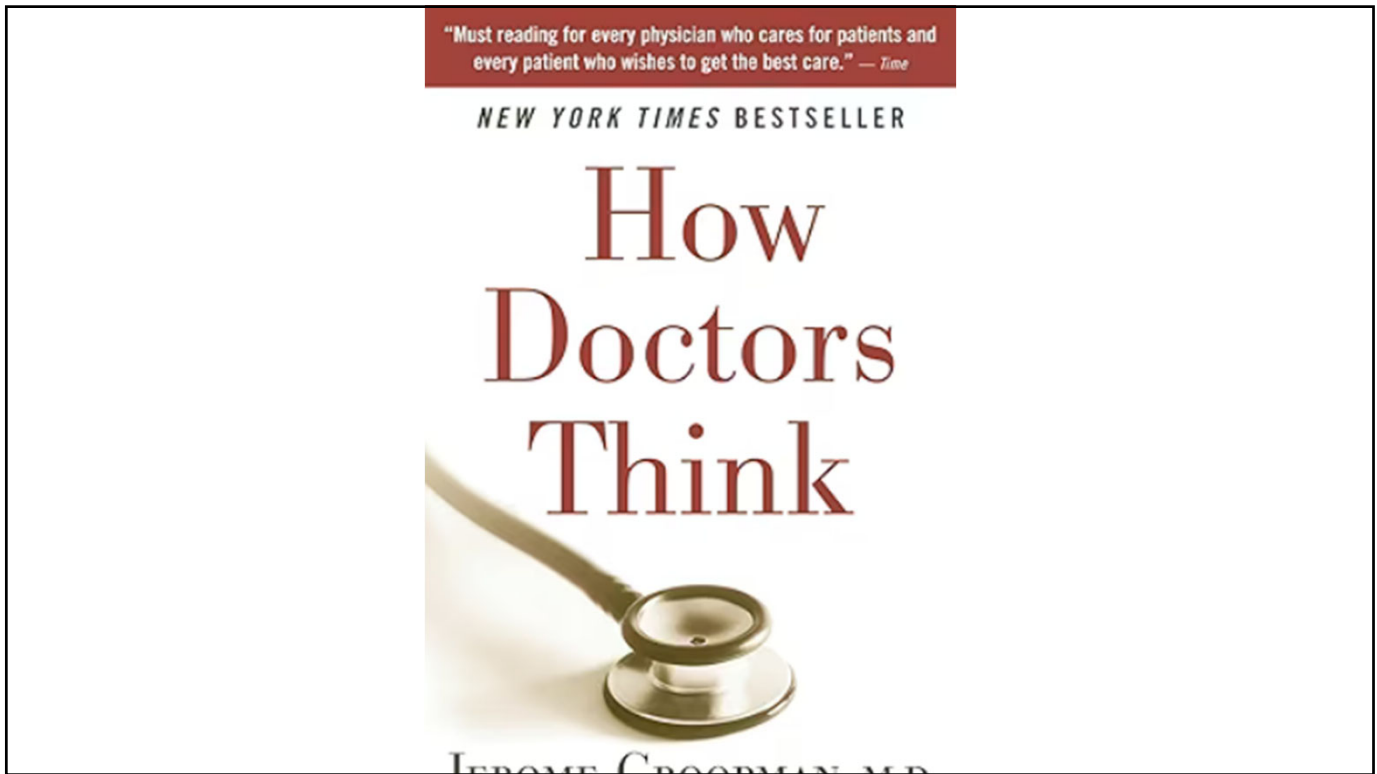
- African proverb

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"The child who is not embraced by the village will burn it down to feel its warmth."

- African proverb

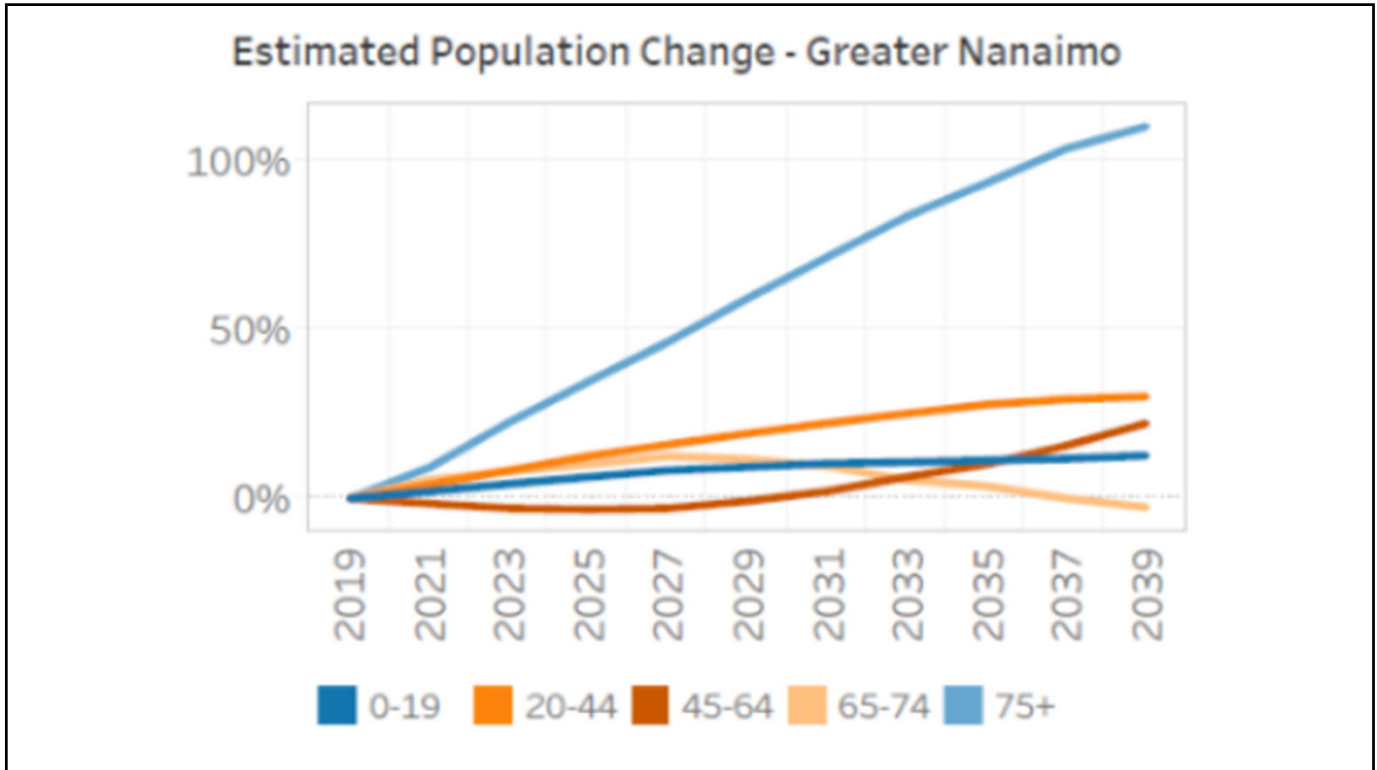
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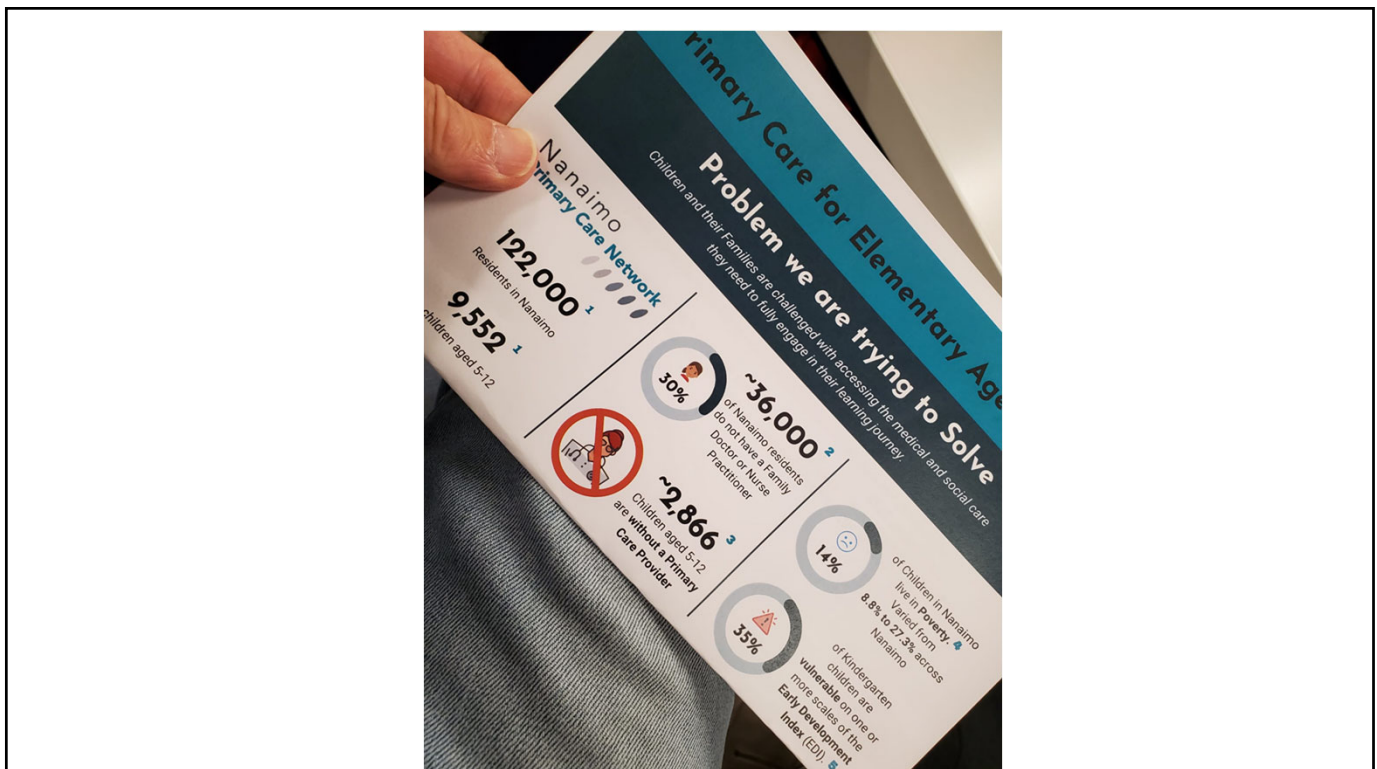
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Community Health Challenges

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The Real Differences Between
 Gen Z, Millennials, Gen X,
 Boomers, and Silents—
 and What They Mean
 for America's Future

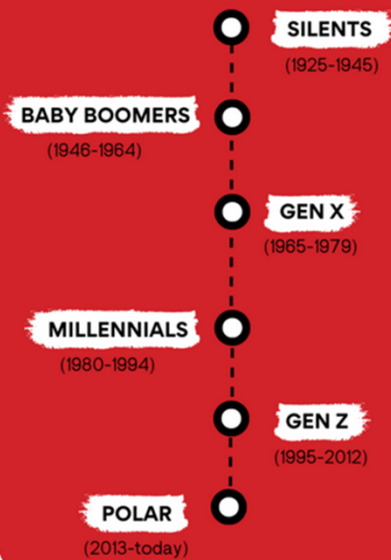
generations

JEAN M. TWENGE, PhD

author of *iGen*

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GENERATIONS



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Percent of U.S. Adolescents and Adults with a Major Depressive Episode in the Last Year

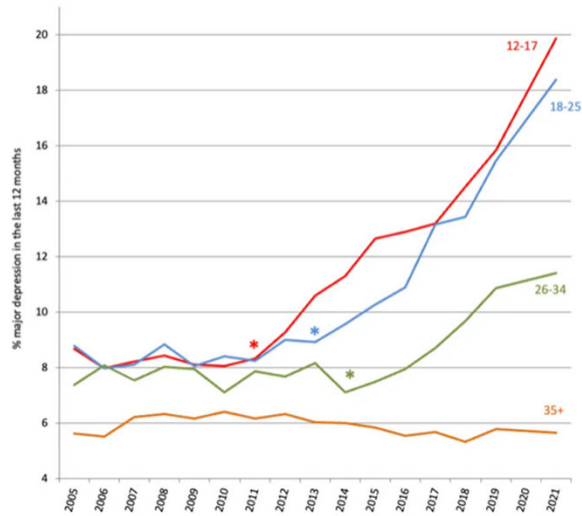


Figure 1. Percent of U.S. adolescents and adults with major depressive episode in the last year, by age group, 2005-2021. Source: [National Survey on Drug Use and Health](#) (a yearly nationally representative survey of 70,000 U.S. adolescents and adults directed by the Department of Health and Human Services)

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Days per Month with Poor Mental Health (U.S. Adults)

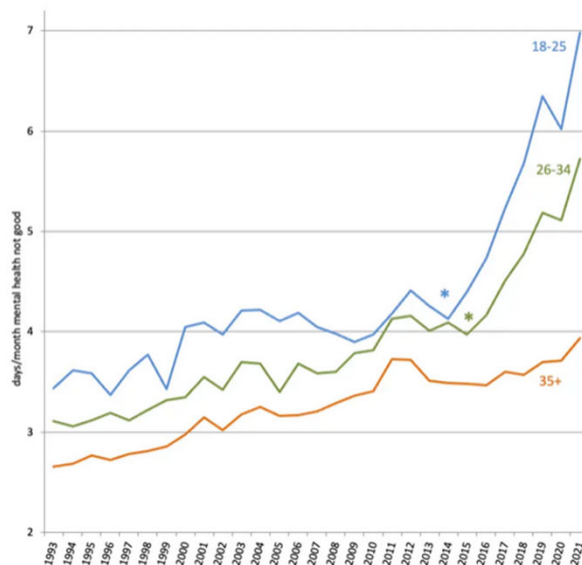


Figure 2. Number of days per month of poor mental health, U.S. adults, by age group, 1993-2021. Source: [Behavioral Risk Factor Surveillance System](#) (a yearly survey of 100,000+ U.S. adults administered by the CDC)

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Percent of U.S. Teens Agreeing with Pessimistic Statements About The World (12th Graders)

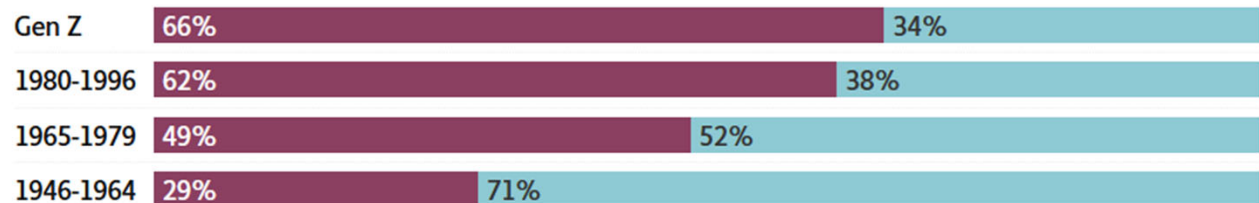


Figure 3: Percent of U.S. 12th graders agreeing with pessimistic statements about the world, 1976-2021. Source: *Monitoring the Future*, Generations Chapter 6.

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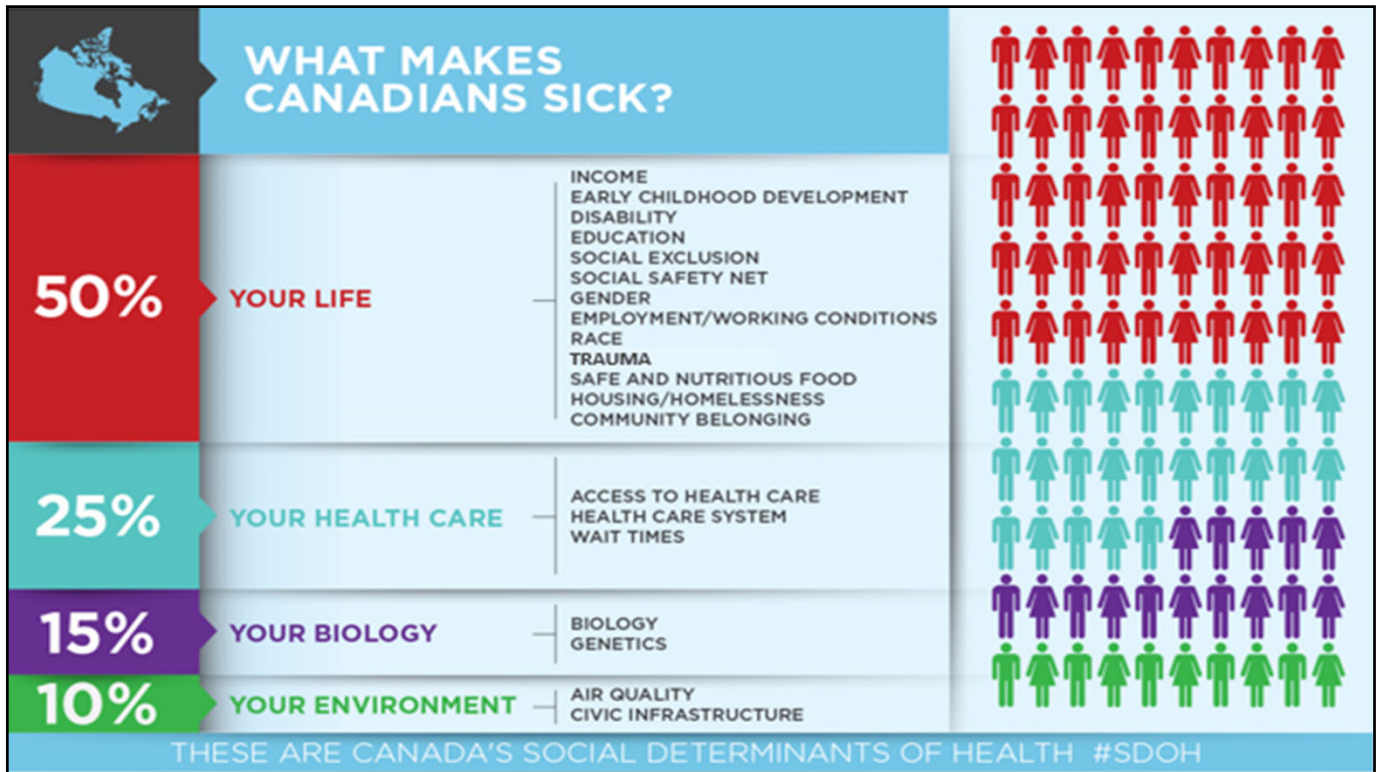
When it comes to trust, which of the following statements do you agree with more?

- People are generally untrustworthy and will look out for themselves at the expense of others.
- People are generally trustworthy and can be counted on to do the right thing.



SOURCE: THE GLOBE AND MAIL & 55 RUSH

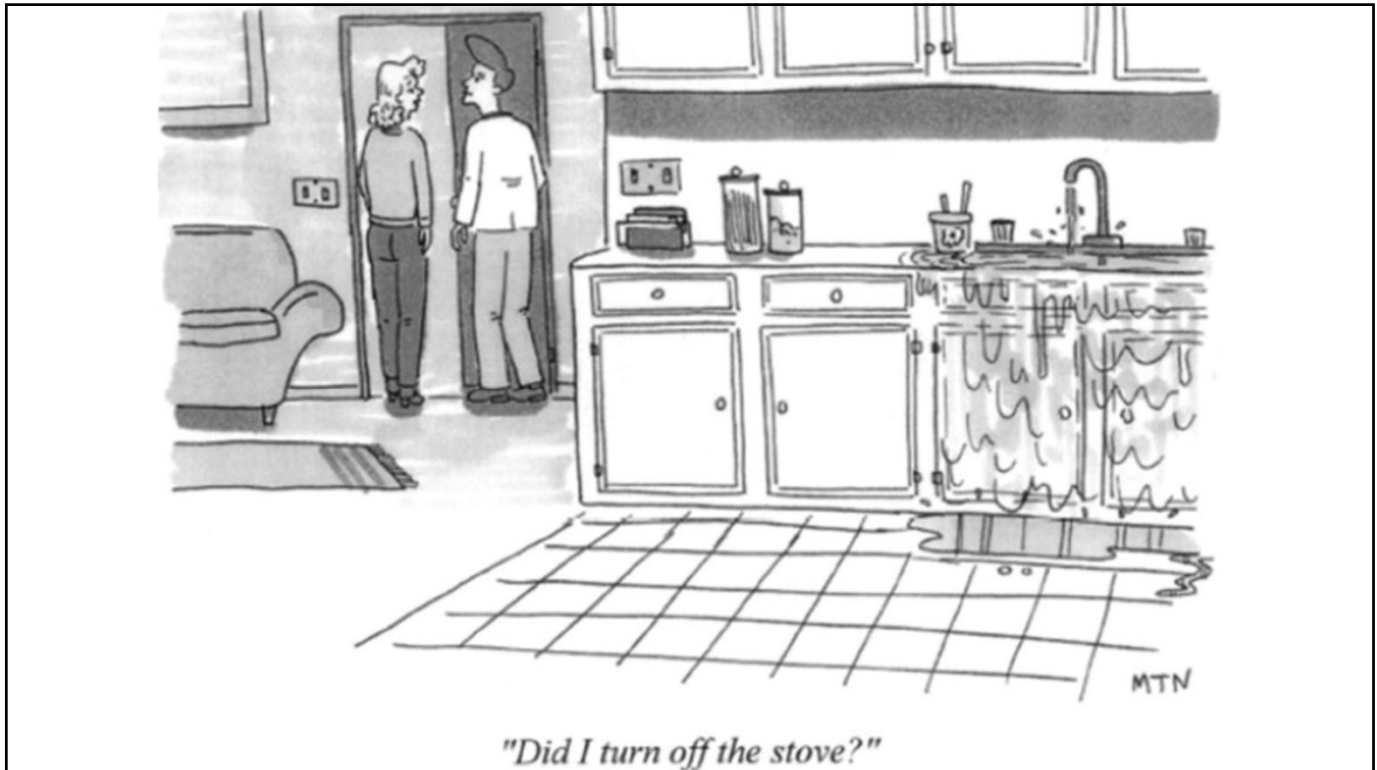
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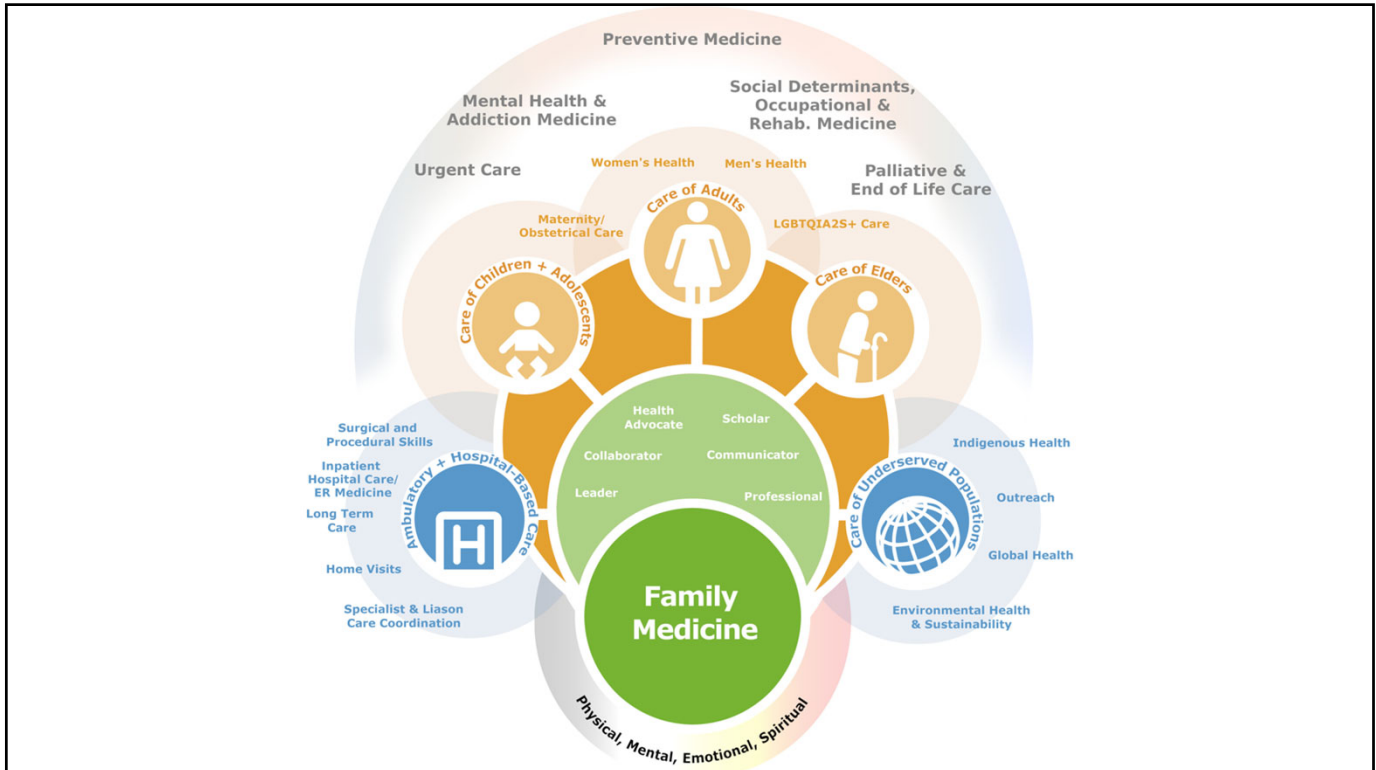
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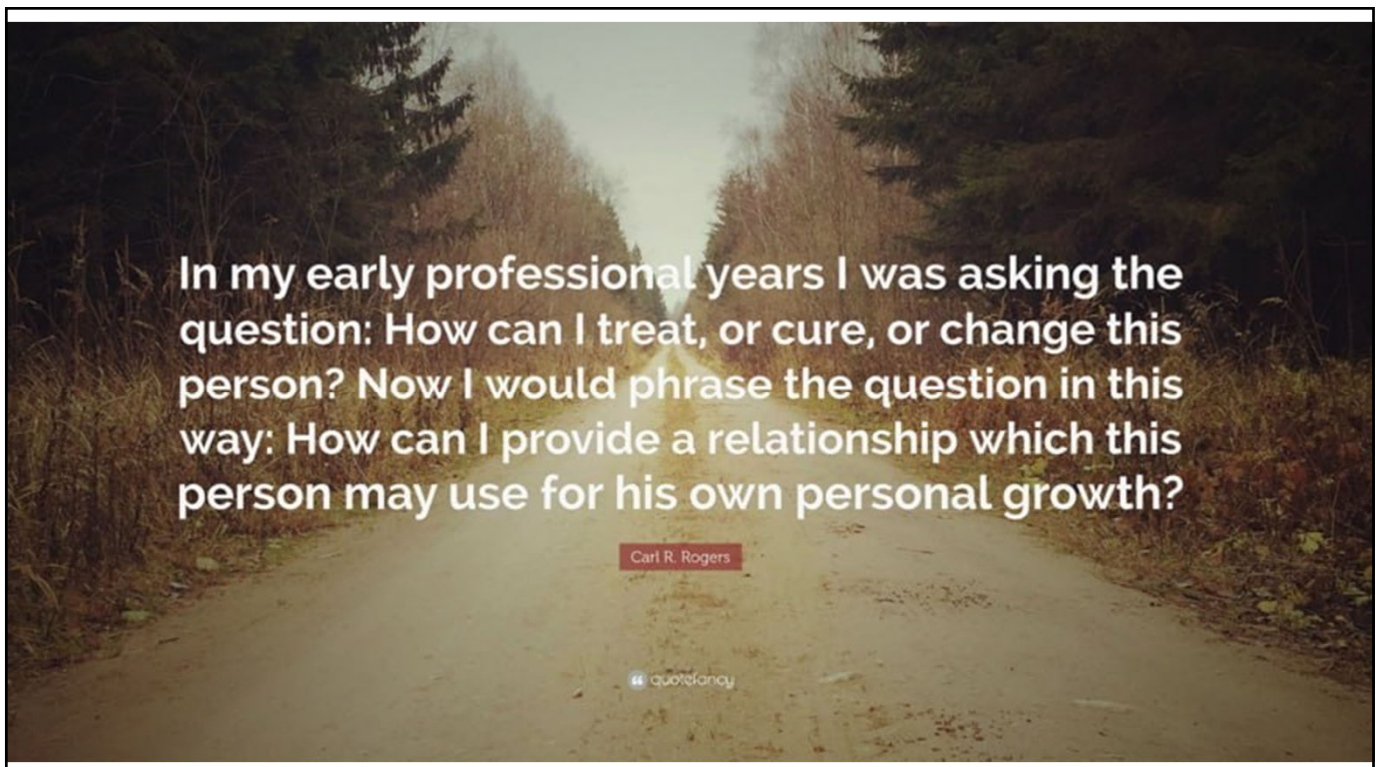
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Community Health Solutions

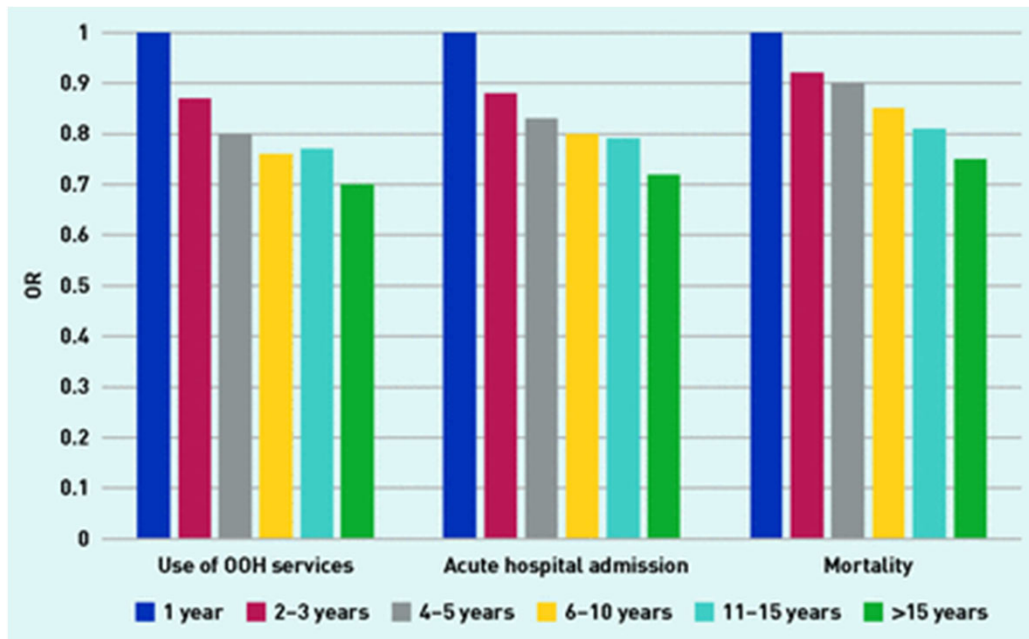
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When Community itself is Healthy

Wellbeing through the Lens of Asset-Based Community Development
Cormac Russell, #QF23







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**“Stronger neighbourhoods
have significantly less crime”**

Sampson, R (2013) When disaster strikes,
it's survival of the sociable.
New Scientist 2016 (May)

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Sandy Bee @desertchase · May 11
Ready to walk with your Doc @drpoteryko



Walk with the Docs: Dr. Poteryko, Dr. Houghton and other healthcare professionals will help lead this FREE monthly health walk - rain or shine! Held the second Saturday of each month at 10 am. Please meet under the Spirit Square in Matthes Sutton Park.

• Sep 14 (22953) • Oct 12 (22957) • Nov 9 (22958) • Dec 14 (22959)
• Jan 11 (22960) • Feb 8 (22962) • Mar 14 (22962)

walk with the DOC

56 Register online at recreation.nanaimo.ca General Inquiries 250-756-5200

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Social Prescribing Day
9TH MARCH '23

cisp Canadian Institute for Social Prescribing
Anchored by the Canadian Red Cross

SOCIAL PRESCRIBING RECOGNIZES THAT WE HAVE A UNIVERSAL NEED TO CONNECT WITH ONE ANOTHER.



People who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose. These activities help to reduce the negative impacts of **isolation** and **loneliness** on health and wellbeing.

WWW.SOCIALPRESCRIBING.CA

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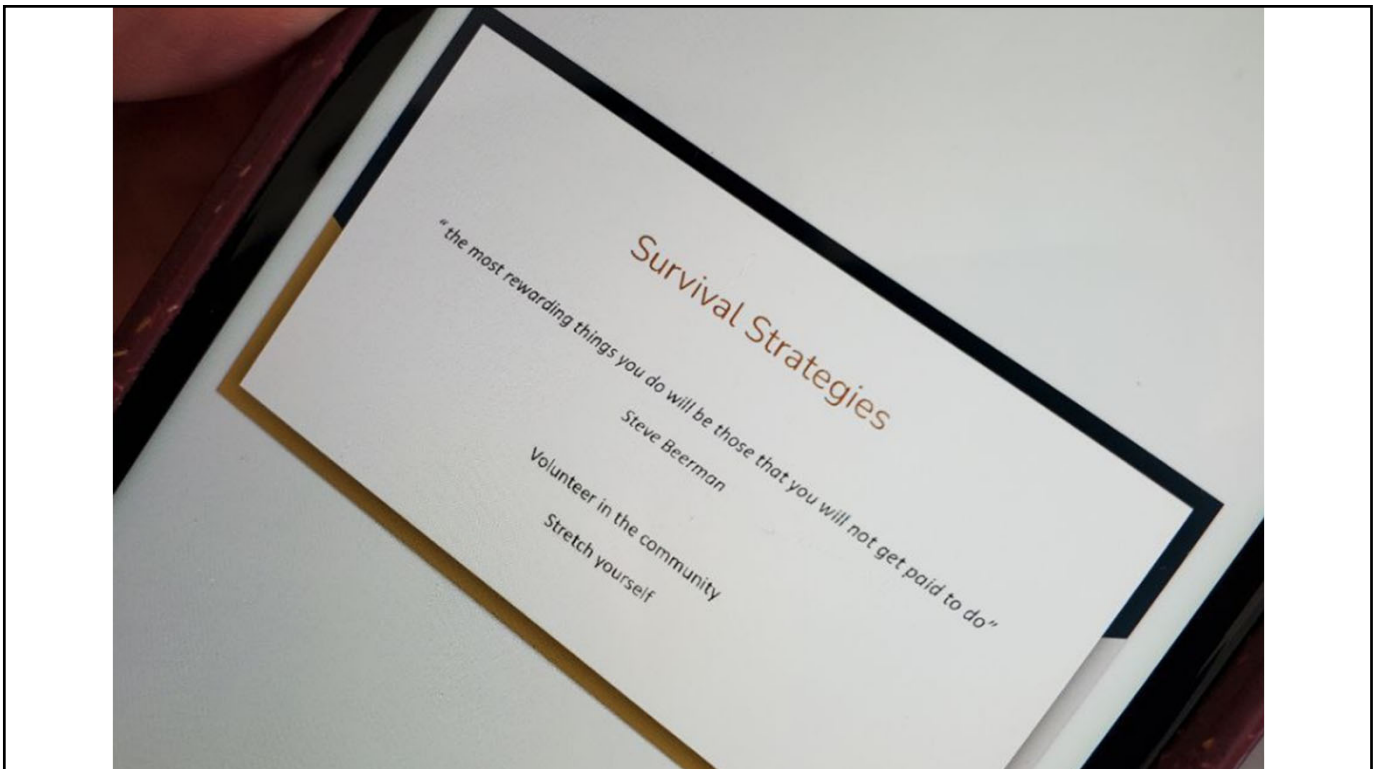
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Ask not what your City can do for you, but what you can do for your City?

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Community Connections




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HealthLinkBC

[GOV.BC.CA MENU](#)

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Health Connect Registry


Last updated: **July 6, 2023**

If you live in British Columbia and need a family doctor or [nurse practitioner](#), register for the Health Connect Registry.

On this page:


- [Register to get a doctor or nurse practitioner](#)
- [How to register in other languages](#)
- [Who should register](#)
- [What happens next](#)
- [I need help](#)

Call 8-1-1
for 24/7
health
advice



Register to get a doctor

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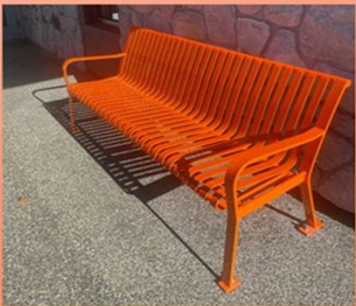

City of Nanaimo Local Government
November 6 at 12:15 PM

If you've visited Bowen Park Complex lately, you may have noticed a new orange bench in the upper area of the facility. What is it, and why is it there?

The Orange Bench is inspired by the Friendship Bench that started in Zimbabwe. The Friendship Bench provides an actionable program that encourages conversations about mental health.

It is hoped that more benches will be installed around Nanaimo with community volunteers there at advertised times.... [See more](#)

ORANGE BENCH



Located at Bowen Park

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Men's **HEALTH** Night

*Join us in celebrating Brovember with the Nanaimo Hospital Foundation! Family Doctor, Dr. Derek Poteryko, and Urologist, Dr. Kevin Morrison, invite you to the Beban Park Social Centre - Room 1 on **Tuesday, November 21st, at 7 PM** for an engaging and **FREE** talk on prostate and sexual health, along with a focus on mental health.*

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Cultivate connections and Neighbourhoods

The Weavers live up the street from me

The Crockers, they live down the street from me

The tall grass makes it hard to see beyond my property...

And we don't bother anyone, we keep to ourselves

The mailman visits each of us in turn...

-song, 1994

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