Oceanside Health and Wellness Network (OHWN)

Oceanside Heath and Wellness Network's Shared Vision[1]

Oceanside Health & Wellness Network (OHWN) is a network of organizations and individuals working together to enhance community health and wellness in Oceanside. We do this by planning together and taking collective action on complex health-related issues.

Our Community

The Oceanside Region includes the municipalities of Parksville and Qualicum Beach and four electoral areas of the Regional District of Nanaimo. The geographic area includes two urban centres and several small waterfront and rural communities stretching from Nanoose Bay, Errington, and Coombs to Deep Bay and Bowser. The Oceanside Region is aligned with the boundaries of School District 69 and Local Health Area 69 and has a total population of 45,291[2].

What Do We Do?

Planning Functions:

- Influence social planning
- Identify strategic priorities
- Collect and evaluate data to set action priorities
- Capture and pool all community data and stories that help to illustrate data
- Identify gaps, overlaps, and build on strengths
- Focus on key factors that influence individual and community health
- Focus on issues that are too complex for a group to address individually
- Be attentive at the community level rather than at an individual issue level
- Look for and take advantage of shared opportunities

Networking Functions:

- Facilitate meaningful conversation – act as a switchboard connecting people
- Build partnerships
- Build capacity
- Work on a consensus for a community mandate
- Support diversity in community

Action Oriented Functions:

- Take collective action on community health issues
- Act as a catalyst to improve health   and wellness
- Be a strategic coordinator of activity
- Provide leadership to bring about change

OHWN's Strategic Priorities

The Circle of Partners (OHWN's steering group) identified the following priorities for collective action in OHWN's three-year strategic plan, 2017-2019.

1. Child Wellness

Children need sufficient access to healthy food to learn, grow and thrive. OHWN is concerned about high child poverty rates in our region, and we recognize that many families struggle with accessing healthy and affordable food. OHWN is working on improving food security for school-aged children and youth by engaging partners to: support systems change; facilitate greater access to food; and raise awareness about child poverty, food insecurity and healthy eating in Oceanside.

2. Mental Health

A healthy community includes appropriate prevention services and support for people living with mental health issues. OHWN recognizes that there are increasing demands on the limited community resources that support mental health in Oceanside, particularly for young adults. OHWN is working on engaging key partners, identifying data that accurately reflect the need in the community, and raising awareness to take collective action on mental health.

3. OHWN Network Development

Community health networks like OHWN play an important role in addressing complex health issues through collective action. Strategic engagement with agencies, organizations and individuals will help us stay grounded in the issues that truly matter most to residents of Oceanside and help to mobilize action. OHWN will monitor and evaluate the structure of the network, develop and implement plans for community outreach/stakeholder engagement, and identify opportunities to ensure the sustainability of OHWN.

[1] Oceanside Health and Wellness Network Strategic Plan 2017-2019. (2016). Oceanside Health and Wellness Network. Retrieved from http://www.rdn.bc.ca/cms/wpattachments/wpID3758atID8459.pdf.
[2] Statistics Canada (2011). 2011 Census.

Join Us—Become a Network Member

www.rdn.bc.ca/join-ohwn

Contribute to vibrant, healthy communities in Oceanside.

Individuals and organizations are invited to join OHWN. Members benefit by:

- influencing change on issues affecting the health and wellness of communities in Oceanside
- providing input into emergent issues and OHWN's priority areas participating in collective action
- engaging with the community and developing collaborative relationships

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