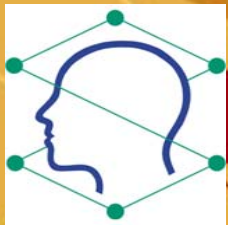


**From Risk to Resilience
Connecting the Dots on South Asians and Stroke
March 4, 2009**



*West GTA
Stroke Network*



and Partners

From Risk to Resilience: Connecting the Dots on South Asians and Stroke

March 4, 2009

**Burunhamthorpe Community Centre
1500 Guelleden Drive, Mississauga**

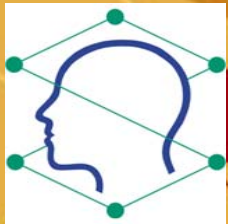
Presented by

West GTA Stroke Network, Health Nexus and Partners

Expected Outcomes

- Enhanced understanding of stroke and the South Asian communities and immigrant health
- Increased knowledge about availability of community and clinical services and supports
- Improved planning for stroke / chronic disease prevention at all levels
- Greater potential intersectoral partnership and collaboration through existing and new networks

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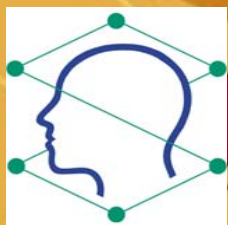


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What you said...

- Work with South Asian communities
- Learn about stroke/ chronic disease prevention
- Learn about resources to help clients
- Learn about determinants of health in South Asian communities and to reduce health inequities
- Starting a South Asian program in Windsor
- Work with South Asian stroke survivors
- To improve community reengagement, post stroke
- Interested in neuro-rehab
- Interested in ethno-specific interventions to health
- Interested in cultural responsiveness of health and related systems
- Intersectoral collaboration and networking
- Education and insight to help inform planning at system level

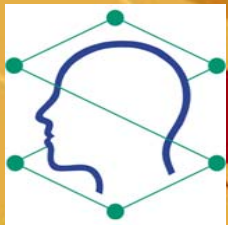
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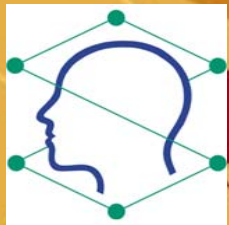


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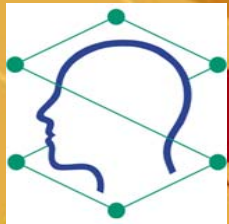
Agenda

- Welcome and Introductions
 - Panel I: South Asian Communities and Immigrant Health
 - Identifying the Dots
 - Panel II: Connecting the Dots
- Lunch*
- Group Work
 - Cultural Competencies in Health - A South Asian Perspective
 - Engaging with the Planners
 - Adjourn



Health Nexus/ Nexus Santé

- Ontario's leading bilingual health promotion organization.
- Builds health promotion capacity and fosters the development and implementation of effective prevention and health promotion strategies to improve the health of Ontarians and Canadians.
- Builds the capacity of health promoters to implement health promotion strategies, based on the [Ottawa Charter for Health Promotion](#), that address the [determinants of health](#).



Prevent Stroke

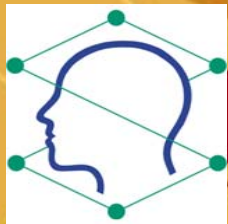
- *Connecting the Dots* community engagement and consulting initiatives
- *Prescribing Prevention*

www.healthnexus.ca

www.nexussante.ca

www.preventstroke.ca

www.preventionavc.ca



What causes heart disease?

Cardiologist:

"Heart disease is caused by hypertension, family history, and a build-up of arterial plaque."

Public health nurse, nutritionist or fitness instructor:

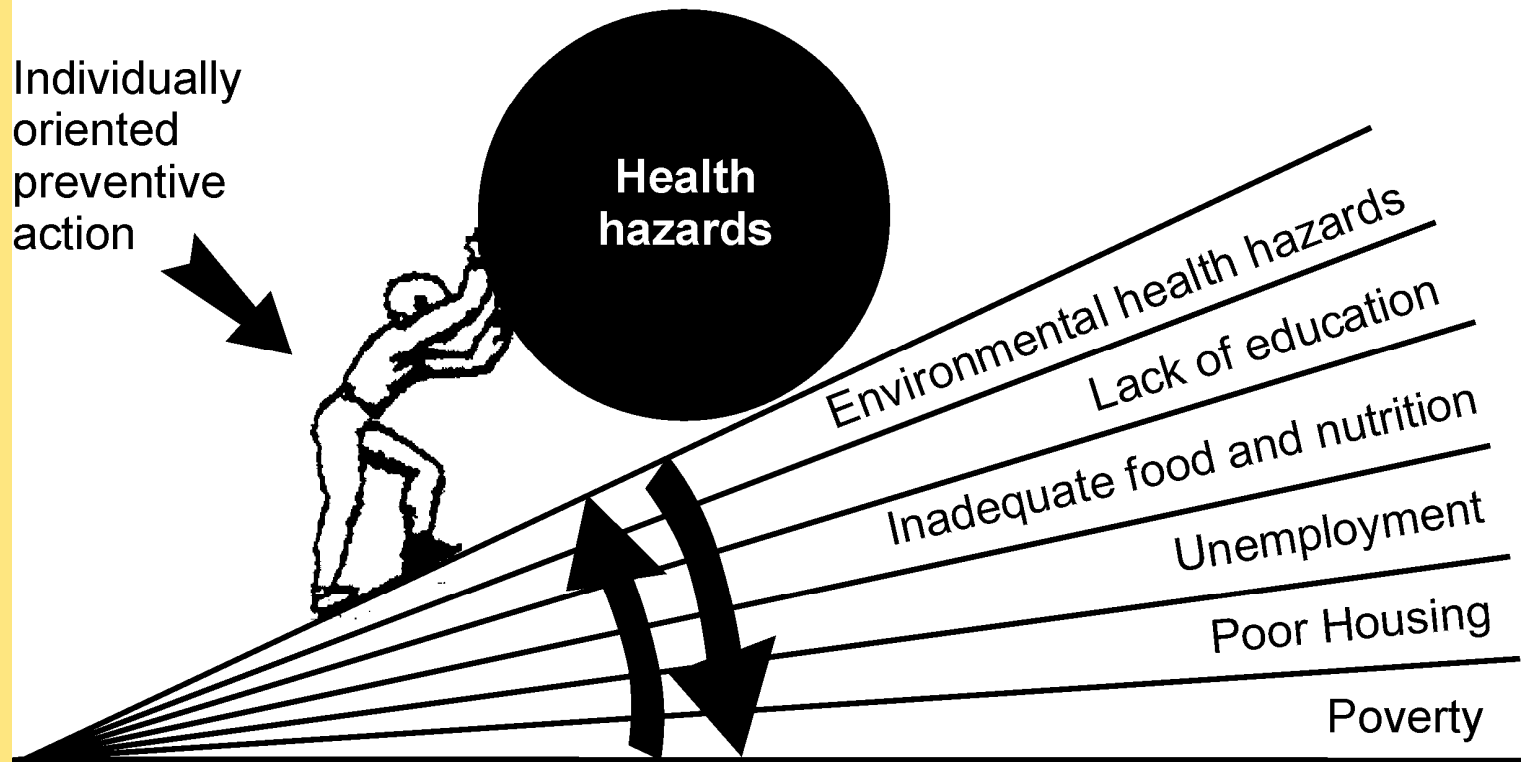
"Heart disease is caused by smoking, physical inactivity, excess alcohol consumption and a high fat diet."

Social worker, social epidemiologist or anti-poverty activist:

"Heart disease is caused by stress, poverty, unemployment and social isolation."

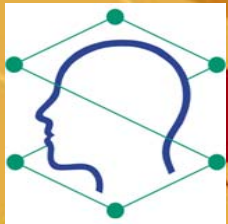
SDoH versus Individual Action

The Health Gradient



Source: adapted from Making Partners: intersectoral action for health.

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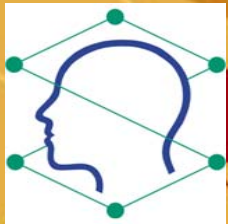
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The Causes of the Causes



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An iceberg floating in a blue ocean. The tip of the iceberg is above the water line and is labeled 'Health'. The much larger part of the iceberg is submerged below the water line and contains various determinants of health. The water surface is a dark blue, and the sky is a lighter blue. The iceberg itself is white and blue, with some shadows.

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

VALUES

Culture

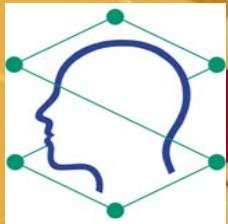
Personal
Health

Gender

BELIEFS

Practices and
Coping Skills

ASSUMPTIONS



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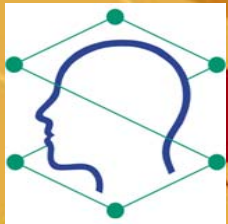


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What is community engagement?

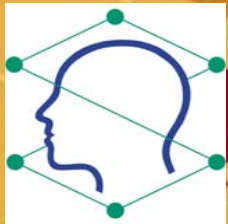
Community engagement means people working collaboratively, through inspired action and learning, to create and realize bold visions for their common future.

Source: Tamarack Institute



Community engagement as health promotion

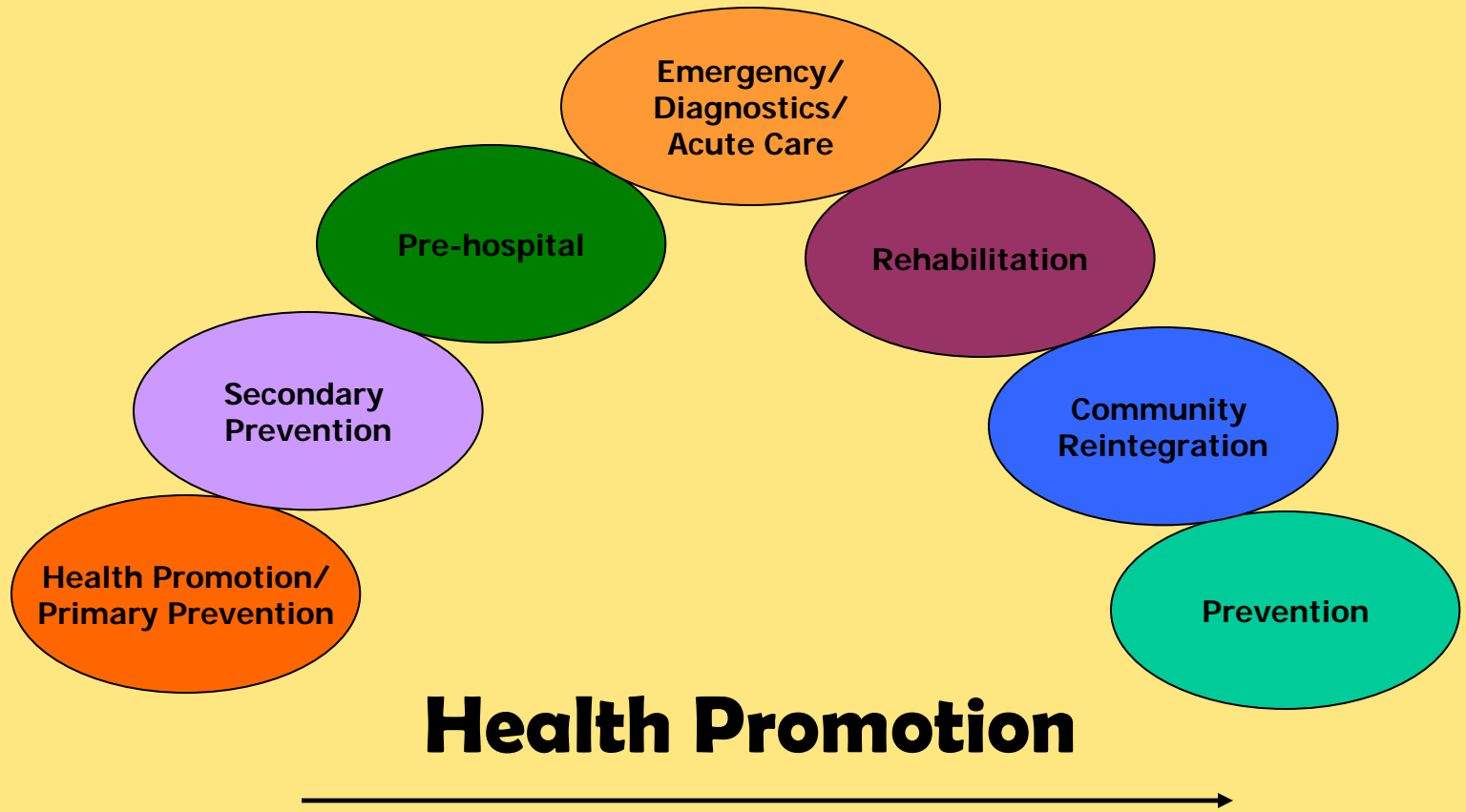
- Social, economic and environmental causes of health and illness
- Assets and strengths of individuals and communities
- Participatory approaches that build the capacity of individuals and communities to address their health concerns



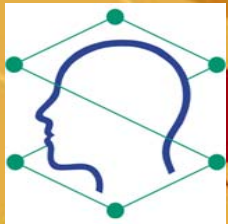
Connecting the Dots (CTD)

- Highly successful community capacity building and community engagement process
- Developed & implemented over the past 5 years in more than 10 communities
- Links community practitioners with clinicians and others working in settings across the continuum of stroke care for improved stroke outcomes

The Stroke Prevention and Management Continuum



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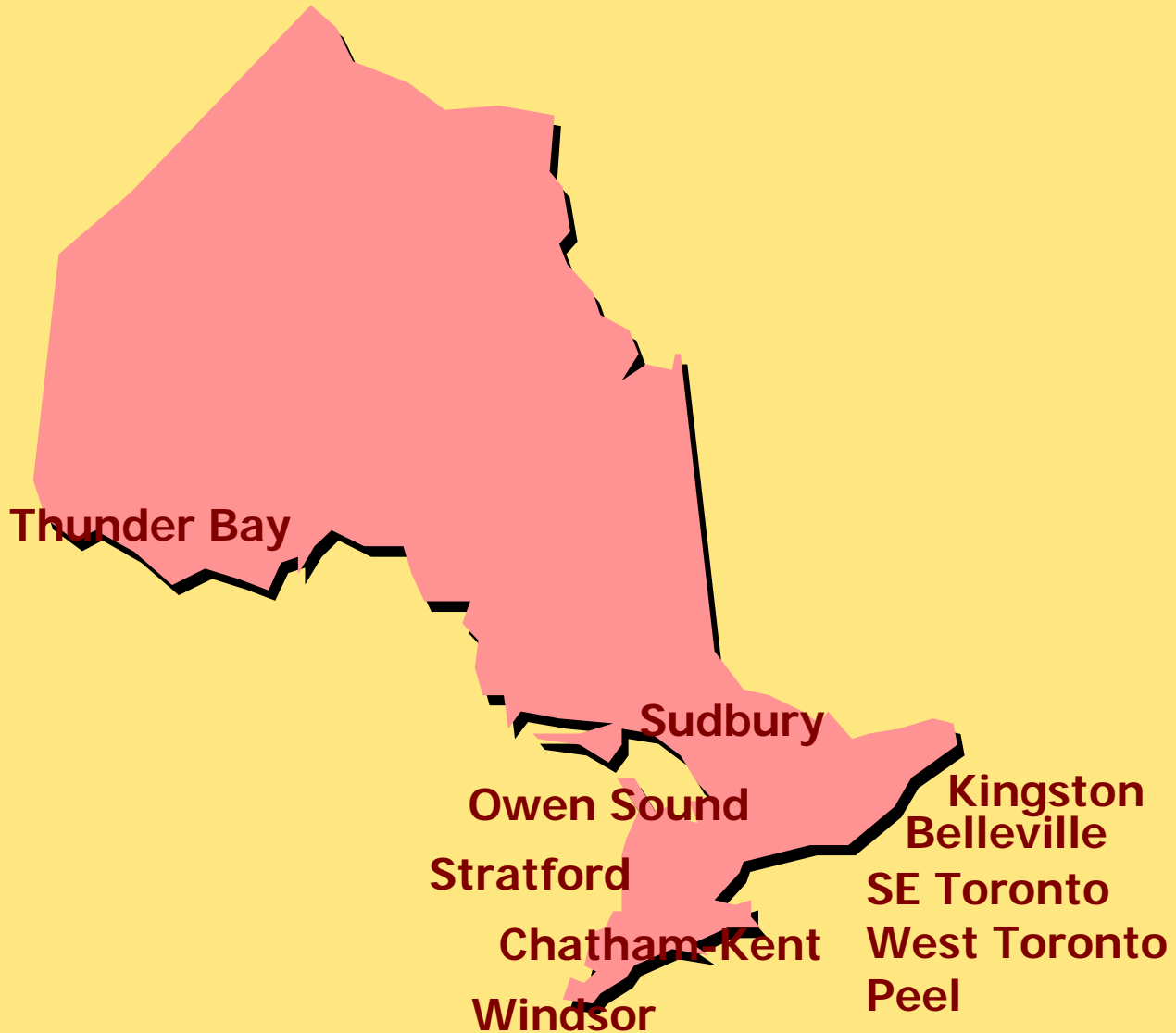


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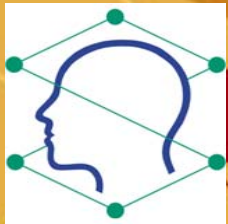
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Some dots that have been connected...



So...it takes a whole community to prevent stroke!

- Draw upon the assets, resources and capacity within each community
- Take a multi-sectoral, multi-faceted approach across the continuum.
- Connect the dots in our own communities and beyond!



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