



Section VII

Appendices

Appendix A: Glossary of terms used in Grey Bruce Integrated Health Coalition CDPM Logic Model

Capacity: “the actual knowledge, skill sets, participation, leadership and resources” required by community groups to effectively address local issues and concerns (Hershfield, 1993)

Integration: “The process that involves the creating and maintaining over time a common structure between independent stakeholders (and organizations) for the purpose of coordinating their interdependence in order to enable them to work together on a collective project” (Contandriopoulous et al, 2003)

Interdisciplinary: Interdisciplinary is defined as the ability to analyze, synthesize and harmonize links between disciplines into a coordinated and coherent whole (Harvey, 2005).

Primary health care: Primary health care is essential health care made accessible at a cost a country and community can afford, with methods that are practical, scientifically sound and socially acceptable (Alma Ata Declaration, WHO, Geneva, 1978).

Disease prevention: Disease prevention covers measures not only to prevent the occurrence of disease, such as *risk factor* reduction, but also to arrest its progress and reduce its consequences once established (adapted from Glossary of Terms used in Health for All series. WHO, Geneva, 1984)

Health education

Health education comprises consciously constructed opportunities for learning involving some form of communication designed to improve *health literacy*, including improving knowledge, and developing *life skills* which are conducive to individual and *community health* (WHO, 1998).

Community: A specific group of people, often living in a defined geographical area, who share a common culture, values and norms, are arranged in a social structure according to relationships which the community has developed over a period of time. Members of a community gain their personal and social identity by sharing common beliefs, values and norms which have been developed by the community in the past and may be modified in the future. They exhibit some awareness of their identity as a group, and share common needs and a commitment to meeting them (WHO, 1998).

Community action for health: *Community action for health* refers to collective efforts by communities which are directed towards increasing community control over the *determinants of health*, and thereby improving *health* (WHO, 1998).

Determinants of health: The range of personal, social, economic and environmental factors which determine the *health status* of individuals or populations (WHO, 1998).

Empowerment for health: In health promotion, empowerment is a process through which people gain greater control over decisions and actions affecting their health (WHO, 1998).

Enabling: In health promotion, enabling means taking action in *partnership* with individuals or groups to empower them, through the mobilization of human and material resources, to promote and protect their *health* (WHO, 1998).

Health behaviour: Any activity undertaken by an individual, regardless of actual or perceived *health status*, for the purpose of promoting, protecting or maintaining *health*, whether or not such behaviour is objectively effective towards that end. (WHO, 1998).

Health communication: Health communication is a key strategy to inform the public about health concerns and to maintain important health issues on the public agenda. The use of the mass and multi media and other technological innovations to disseminate useful health information to the public, increases awareness of specific aspects of individual and collective health as well as importance of health in development(Who,1998)

Health policy: A formal statement or procedure within institutions (notably government) which defines priorities and the parameters for action in response to health needs, available resources and other political pressures (WHO, 1998).

Lifestyle (lifestyles conducive to health):

Lifestyle is a way of living based on identifiable patterns of behaviour which are determined by the interplay between an individual's personal characteristics, social interactions, and socioeconomic and environmental *living conditions* (WHO, 1998).

Network: A grouping of individuals, organizations and agencies organized on a non hierarchical basis around common issues or concerns, which are pursued proactively and systematically, based on commitment and trust (WHO, 1998).

Risk behaviour: Specific forms of behaviour which are proven to be associated with increased susceptibility to a specific disease or ill-health (WHO, 1998).

Risk factor: Social, economic or biological status, behaviours or environments which are associated with or cause increased susceptibility to a specific disease, ill health, or injury (Who, 1998).

Self Management: “involves (the person with the chronic disease) engaging in activities that protect and promote health, monitoring and managing the symptoms and signs of illness, managing the impact of illness on functioning, emotions and interpersonal

relationships and adhering to treatment regimes”(Centre for the Advancement of Health as cited in The Flinders Model of Chronic Self-Condition Management, 2006, p.2).

Supportive environments for health: Supportive environments for health offer people protection from threats to *health*, and enable people to expand their capabilities and develop self reliance in health. They encompass where people live, their local *community*, their home, where they work and play, including people’s access to resources for health, and opportunities for *empowerment*.

(Adapted from Sundsvall Statement on Supportive Environments for Health. WHO, Geneva, 1991)

Appendix B



Logic Model Workbook

Appendix C

How to find the most trustworthy health information on the Internet

Being able to have more control over and improve our health is what [health promotion](#) is all about. At the CHN (Canadian Health Network, we believe that having access to trustworthy health information is key to our ability to take control over and improve our health. The Internet offers a richness of health information, but wading through hit after hit to find *trustworthy, high quality and health promoting* information can be difficult. How do you know what's good information and what's less reliable? In consultation with a panel of experts on health information, we have put together a checklist to help you in your search for health information on the Internet.

Checklist for a great health promotion Web site

Is the resource credible?

- Is the author's name (or the name of the organization responsible for the document) clearly stated?
- If the author is identified, is he or she a professional or accredited authority on the subject?
- If not, does the author state his/her perspective on the subject? For example, by saying "I'm a cancer survivor," or "I've used chiropractors for 10 years"?
- If an organization is responsible for the information, is it a reputable organization recognized as an authority on the subject?
- If medical information is given by a non-professional, is this clearly said?
- What kinds of evidence are provided to endorse a specific treatment or service? Keep in mind that scientific studies and research have a different credibility than first-hand experience.
- Does the site provide contact information about the author (for example, full name, address, phone number, e-mail address)?

Is the content relevant to you?

- Does the content discuss the issue(s) you're interested in?
- Does it match what you are looking for?
- Is there enough detail or does the information seem superficial?

- Does the site have original content or does it only link to other sites?
- Is the information presented within a Canadian context?

✓ **Does the site reflect a broad view of health?**

For example, does the content seem to recognize that health:

- has many elements
- is dynamic and changing
- can be different for different groups of people, and
- is determined by many factors, including basic things like income?

✓ **Is the resource timely?**

- Is the information reviewed and/or updated often enough given the content? For example, if it deals with the latest in safety features on child car seats, has it been changed lately?
- Is the date of the last update clearly marked on each item or screen?
- If information is only valid for a short time, is this fact clearly labeled?

✓ **Is there clear and adequate disclosure?**

- Is the author's interest and/or mandate in developing and sharing this information clear? For example, is a non-profit organization trying to promote exercise and active living or is a fitness product company trying to sell you exercises equipment?
- Is there potential for bias or conflict of interest? For example, is a company telling you that only their product or service is valuable?
- Are both (or all) sides of the issue presented?
- If not, does the resource state that it presents only one side of an issue? For example, a site that promotes a vegetarian diet should indicate that there are other dietary options, or clearly state that they are only presenting one side of a multifaceted issue.


- Are commercial links and/or sponsorships clearly stated?
- Are these sponsorships separate from the health information content?
- If the site collects or requests information about you, do they tell you exactly why they want this information?
- Are their privacy guidelines stated?
- If you have to register to use the site, is the reason clear and your privacy ensured?

 **Are there clear caution statements?**

- Does the site offer a clear statement that health information should not be taken as health advice or a substitute for visiting a health professional?
- If there are fees associated with use of the resources on the site, are they clearly explained?

 **Is the site user-friendly?**

- Is the information presented in a clear manner?
- Can you contact the author/administrator by e-mail if you have difficulties using the site

 **Is the site accessible to groups with all types of income, education, culture and other similar factors?**

- For example, if users can download information from the site, is there a toll-free number so people without the proper software can get the information they need in another format?

 **Does the site treat you with respect?**

- For example, is the "voice" the site uses to talk to readers friendly? An example of an unfriendly voice is one that seems to place all of the responsibility for health on the individual; a friendly, health promoting site would recognize the many other factors that affect people's health.

✓ **Does the site support a variety of activities?**

- For example, is there mention of ways to address your concerns through, for example, community-building or advocacy?

✓ **Does the site give you opportunities to participate?**

- For example, is there an e-mail address where you can write to offer feedback, make suggestions, or get involved in actions in your area of concern?

(Canadian Health Network, 2007)