



Community Wellness Plan

Coral Harbour



Prepared by: Coral Harbour Community
Wellness Working Group as Part of
the Nunavut Community Wellness Project.



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Coral Harbour Community Wellness Plan

The Nunavut Community Wellness Project was a tripartite project led by Nunavut Tunngavik Inc. in partnership with Government of Nunavut, Department of Health and Social Services and Health Canada.

Community Wellness Planning Committee of **Coral Harbour** is happy to share photos of their land and community in this publication. Photographic images throughout this Plan were taken by James Arreak.

July, 2011

table of contents

PAGE

2	<u>1. Introduction</u>
2	<u>2. Community Wellness Working Group</u>
2	2.1 <u>Purpose of Working Group</u>
3	2.2 <u>Description of the Working Group</u>
3	<u>3. Community Overview (Population, Economy Places and People of Interest)</u>
4	<u>4. Creating Awareness in the Community</u>
4	4.1 <u>Description of Community-Based Awareness Activities</u>
5	<u>5. What are the Resources in Our Community</u>
5	5.1 <u>Community Map and Description</u>
5	5.2 <u>Community Assets and Description</u>
9	<u>6. Community Vision for Wellness</u>
9	6.1 <u>Process for Identifying Vision</u>
10	<u>7. Issues Identification</u>
10	7.1 <u>Process for Identifying Wellness Issues</u>
10	7.2 <u>What are the Wellness Issues</u>
12	<u>8. Community Plan</u>
12	8.1 <u>Connecting Assets to Wellness Vision</u>
13	<u>9. Signatories of Working Group</u>
14	<u>Note Page</u>



1. INTRODUCTION

The Nunavut Community Wellness Project (NCWP) is a partnership between Nunavut Tunngavik Incorporated (NTI), the Government of Nunavut's Department of Health and Social Services (HSS), and Health Canada's Northern Region (HC). The stated goal of the NCWP is to increase the participation of Inuit in the development and delivery of health programs and services in Nunavut, which responds in part to the requirement outlined in Article 32 of the Nunavut Land Claims Agreement. The NCWP results from recommendations made for a Community Wellness Strategy as outlined in the HII report, *Piliriqatigiinnngniq – Working Together for the Common Good*.¹

The six communities chosen for the project are Clyde River, Igloolik, Kugaaruk, Kugluktuk, Arviat and Coral Harbour.

The original **goals and objectives** of the project are:

- To develop and implement integrated Community Wellness Plans in six communities in Nunavut, in order to leverage existing capacity, increase human resource capacity, create economies of scale and broaden access to services in those communities;
- Use best practices from this project that could be developed into community wellness planning templates to facilitate similar wellness planning initiatives in other Nunavut communities; and
- Contribute towards the ability of individual Nunavut communities to identify and address their own health issues, needs, options and priorities, in order to improve the health and wellbeing of their people.

The following community plan is a result of extensive work undertaken by the community of Coral Harbour from March 2009 – October 2010.

2. COMMUNITY WELLNESS WORKING GROUP

Members from the community were invited to attend a workshop in Iqaluit in February of 2009. The members included a representative from the Coral Harbour Health Committee and the Community Health Representative (CHR). After returning to Coral Harbour, this group formed the Coral Harbour Community Wellness Working Group (CHCWWG).

The organizing group went out and spoke with representatives from different organizations and individuals in order to increase public awareness of the NCWP initiative and to encourage residents to become involved in the planning process. Interested individuals and organizations were invited to join the CHCWWG on a voluntary basis. The CHCWWG met for the first time in March 2009.

2.1 PURPOSE OF WORKING GROUP

The CHCWWG was designed to complete a specific purpose. Each community developed its own structure and practices, but the overall purpose of the working group remained as follows:

- Establish a Community Wellness Working Group with membership from community leaders in health, social services, education, recreation, justice and community administration;
- Hire and supervise a coordinator reporting to the working group to manage the planning process;

1. Nunavut Tunngavik Incorporated. *Piliriqatigiinnngniq – Working Together for the Common Good*. 2006



- Inform the community about the project;
- Develop a list of issues relating to wellness in the community;
- Develop a list of assets related to wellness;
- Write a Community Wellness Plan;
- Present a Community Wellness Plan to the GN, NTI, and HC; and
- Maintain ongoing communication and work with support team members from of New Economy Development Group/USIQ Communications (NEDG/USIQ).

2.2 DESCRIPTION OF THE WORKING GROUP

Membership

There are six members in the CHCWWG representing a number of residents and service providers in the community including youth, justice, health and Elders. Organizations and sectors of the community that are not represented on the CHCWWG include the hamlet, economic development, recreation and business. The original CHCWWG members included:

MEMBERS INCLUDE:

ROLE	NAME	COMMUNITY ROLE
Chairperson	Ayowna Emiktowt	Justice Committee
Member	Dimarees Saimaut	Community Health Representative
Member	Emily Natakok	Health Committee
Member	Paul Pudlat	Wellness Coordinator
Member	Tommy Jar	Youth Representative
Member	Vicki Gibbons	Youth Representative
Coordinator	Marlene Jar	Others

Governance Documents

The CHCWWG has assigned a chairperson. There are no other formal roles among the members. The meetings are informal and usually do not include an agenda. The coordinator takes the minutes of the meetings as reference for tasks that need to be completed.

The group meets about once a month for approximately one to two hours, depending on how much there is to discuss. Decisions are taken after a discussion and when everyone is in agreement with the direction to be taken.

3. COMMUNITY OVERVIEW (POPULATION, ECONOMY, PLACES AND PEOPLE OF INTEREST)

Coral Harbour is a small community that is located on Southampton Island, in the Kivalliq Region, Nunavut. Its name is derived from the fossilized coral that can be found around the waters of the community which is situated at the head of South Bay. The name of the settlement in Inuktitut is Salliit, sometimes used to refer to all of Southampton Island. The plural Salliit, means large flat island(s) in front of the mainland. Coral Harbour is the only Nunavut community that does not observe daylight saving time, remaining on Eastern Standard Time year-round.



Figure 1
CBC Map –
Coral Harbour



As of the 2006 census the population was 769, representing an increase of 8.0% from the 2001 census. The population is very young, with almost two-fifths of the population (39.7%) being under the age of fifteen and more than three-fifths of the population under twenty-five years of age.¹

Coral Harbour is a community where many of the young people choose to stay. Of the total population who are fifteen years of age or over, 98.9% of them are third generation residents of Coral Harbour.²

The majority of residents do not participate in formal education at a post-secondary level. Only one-third (33.7%) of all residents have no high school certificate, diploma or degree. For those who do go on to post-secondary education, trades programs and college courses are the most frequently chosen educational pursuits. The top three areas of study include architecture/engineering, education, and business management/public administration.³

Coral Harbour is a very traditional community where nearly 80% of the population speaks languages other than English or French in their homes.⁴ There are many talented carvers, excellent sewers and musicians resident in the community. Some notable residents have included Pudlo Pudla, whose works are in the collections of many Canadian museums, and Abraham Tagalik, former Chairperson for Television Northern Canada and first Chief Executive Officer of the Aboriginal Peoples Television Network.⁵

4. CREATING AWARENESS IN THE COMMUNITY

4.1 DESCRIPTION OF COMMUNITY-BASED AWARENESS ACTIVITIES

In order to raise awareness of the community wellness project, the CHCWWG used three different awareness raising activities including: visits to local schools and the campus of the Arctic College, inviting the hamlet and different businesses to CHCWWG meetings, and hosting several community radio shows.

The CHCWWG began introducing the project to representatives from local community organizations soon after its formation. In total, the CHCWWG spoke with people from fourteen different organizations including:

- Hunters and Trappers Organization;
- RCMP;
- Hamlet, Economic Development Officer;
- Health Centre;
- School;
- Arctic College;
- Fire fighters;

1. Statistics Canada. Community Profiles – Coral Harbour, Nunavut. Retrieved from <http://www12.statcan.ca/census-recensement/2006/dp-pd/prof/92-591/details/Page.cfm?Lang=E&Geo1=CSD&Code1=6205014&Geo2=PR&Code2=62&Data=Count&SearchText=coral%20harbour&SearchType=Begin&SearchPR=01&B1=All&Custom=>, July 26, 2010.

2. Ibid

3. Ibid

4. Ibid

5. Wikipedia. Coral Harbour Nunavut – Notable Residents. Retrieved from http://en.wikipedia.org/wiki/Coral_Harbour,_Nunavut#Notable_residents, July 26, 2010.

- Housing Association;
- Wellness Committee;
- Justice Committee;
- Rangers;
- District Education Authorities; and
- Airline agents.

The CHCWWG also held two community meetings. One was open to everyone in the community and the other was for Elders and youth only. The meetings were an opportunity for the CHCWWG members to talk about the project and ask people what they felt was necessary for the hamlet to be a 'well' community.

5. WHAT ARE THE RESOURCES IN OUR COMMUNITY

5.1 COMMUNITY MAP AND DESCRIPTION

Coral Harbour sits in a sheltered nook of South Bay on the southern portion of Southampton Island at the mouth of Hudson Bay. The hamlet is laid out in a long rectangular shape that follows the bay. The land around Coral Harbour is very flat and rocky, with small reserves of water dotting the horizon.

There are some excellent places to fish for Arctic Char not far from town. The island is home to many types of wildlife and birds. Polar bears are occasionally seen near town in the fall and there are some outfitters who will take people out to view walrus and bears by boat for a fee. Snow geese, in large numbers, are common visitors to town during late spring and summer. In the winter, caribou are found in large numbers very close to town.

The hamlet is close to the Kerchoffer River and Falls where a bridge has been constructed and locals go to swim, despite the dangers of the falls. Videos of people jumping off the bridge can be found on YouTube.¹ The location is popular for picnics in the summer and ice fishing in the winter.



Figure 2 Coral Harbour in summer

<http://mailhub.edu.nu.ca/kivalliq/orientation/CoralHarbour.html>



Figure 3 Kerchoffer Falls

www.travbuddy.com/Coral-Harbour-travel-guide-202059/photos/view/7



Figure 4 Kerchoffer River

www.travbuddy.com/Coral-Harbour-travel-guide-202059/photos/view/2

5.2 COMMUNITY ASSETS AND DESCRIPTION

Coral Harbour has many assets that can be used to support or encourage wellness in the community.

People –

The community's Elders could help with traditional knowledge, counselling, carving and sewing. Some men in the community have taken a leadership role with other men. They started a men's group and could provide support for others who want to do the same thing. Some community members provide traditional food at no cost to other community members. There are also a number of Elders in the community who are available to provide traditional counselling. In addition, both the mayor and the MLA have attended meetings with the working committee and indicated ongoing support for the project.

1. YouTube. Kerchoffer Bridge, Coral Harbour 2. Retrieved from <http://www.youtube.com/watch?gl=jP&hl=ja&v=Bu1H55qD9zg> , July 26, 2010.



Organizations/Associations –

- **Coral Harbour** has a number of committees/associations which can support wellness in the community.
- **Health Committee** – the Health Committee supports healthy eating, exercise and a health environment.
- **Health Centre** positions include:
 - Clerk /Interpreters (2)
 - Janitor/Custodian (1)
 - House Keeper (0.5)
 - Community Health Representative (1)
 - Community Health Nurses (2)
 - Supervisor Health Programs (1)
 - Student positions (1)
- **Elders' Committee** – The Elders' Committee can be a resource for learning traditional arts and practices. They are also able to provide traditional counselling to individuals and families.
- **Hamlet** – The hamlet has office space and supplies which can be of assistance to the wellness committee. They are also responsible for long-range planning, buildings, economic development, and recreational resources.
Hamlet positions include:
 - Senior Administrative Officer (SAO)
 - Works Foreman
 - Finance Director
 - Executive Assistant
 - Finance Clerk
 - Municipal Liaison Officer
 - Community By-law Officer
 - Recreation Coordinator
 - Head Mechanic
 - Maintainer
 - Community Wellness Counsellor
 - Community Justice Officer
 - Economic Development Officer
- **Hunters and Trappers Organization** – The HTO can provide cabins out on the land for hunters and trappers. They are also aware of those who catch traditional food and may be able to help with redistribution of the food throughout the community.





- **RCMP** – The police can be of assistance in a number of ways. Most prominently they provide community members with information and protection against violence. They can also be involved in the development of restorative justice practices which are based in traditional ways of counselling and changing behaviour.
- **Churches** – The churches provide spiritual advice and counselling to the members of their congregations. They may also be able to provide space for community-based activities.

Businesses

There are not many businesses in Coral Harbour. However, those that do exist could be quite helpful to the promotion and achievement of wellness in the community. The Northern and Co-op stores can help with providing quality foods and products which support wellness. Airlines, Leonie's Place and Sudliq Development are all potential donors and or sponsors for events in the community such as Inuit Games, Hamlet Days, or Wellness Activity Fundraisers. In addition, the businesses that are in town could be approached for support to leadership development or employment training programs.

Physical Space

Coral Harbour has a number of spaces in the community that can be used to support wellness. Arctic College, the arena, the school, the hall and the old Anglican church are all available for gatherings, presentations, teaching or socializing. The school and the Arctic College are already used for the Canada Prenatal Nutrition Program and could possibly include other types of community-based programs for families, Elders and youth.

In the area of recreation, an arena, baseball diamond and gym are all possible spaces for ensuring that youth and adults have healthy places to engage in more physically active social activities.

Attitudes and Beliefs

Coral Harbour has a significant number of people who believe in strengthening wellness in the community. The community has chosen to be a dry community which demonstrates a desire to support wellness and healthy living.

The Elders can assist people to learn about traditional attitudes and beliefs which can help in the areas of hunting, survival skills and counselling. It is understood by the community that spiritual beliefs can be used for transformation from bad to good, which will be a very helpful belief when working towards wellness goals.





6. COMMUNITY VISION FOR WELLNESS

6.1 PROCESS FOR IDENTIFYING VISION

The Coral Harbour vision for community wellness began to take shape in August 2009 when three members of the community attended an NTI training workshop for the Nunavut Community Wellness Pilot Project in Iqaluit. The group used the community vision exercise and established a number of components of a vision including leadership, collaboration and healthy living.

Upon the return to Coral Harbour, the CHCWWG members and coordinator met with representatives of the hamlet, including the Economic Development Officer (EDO). While discussing possible collaborative efforts, the CHCWWG was presented with the Economic Development Plan for Coral Harbour, which includes a section on Health and Wellness. It states that:

“The Health and Wellness of residents is crucial to the general wellbeing of a community. In order to assure the physical and emotional wellbeing of the community and its residents, there must be modern programs, services, activities and facilities in the community that reach out to different groups, from Youth to Elders, and men and women. To maximize the community’s health and wellness, two five-year goals were determined through community consultation:

- A. Coral Harbour is a healthy and positive community for its residents; and***
- B. Recreation and cultural activities are a foundation of the community’s health, happiness and pride.”¹***

In keeping with the initial vision of the CHCWWG and incorporating elements of the Economic Development Plan, the vision of the CHCWWG is:

In 2020, Coral Harbour will be a community where:

- All people work collaboratively to ensure that the community is a safe and healthy place to live;
- Leadership will be shared by Inuit and non-Inuit while maintaining a majority of Inuit leadership;
- Both Elders and youth will be actively involved in making decisions about direction and activities in the community; and
- Traditional beliefs and foods will be the foundation for activities and healthy diets, reducing diabetes and increasing healthy lifestyles.

1. Aarluk Consulting, *Coral Harbour Community Economic Development and Implementation Plan 2008 – 2012*.



7. ISSUES IDENTIFICATION

7.1 PROCESS FOR IDENTIFYING WELLNESS ISSUES

The identification of issues began to take place from the onset of the project. During the first community visit, the CHCWWG was established and a coordinator was hired.

The project began with a community radio show to introduce the project to the community. The show was hosted by James Arreak and Joe and Rhoda Karetak. James introduced the project and answered questions about the nature and extent of the project. Joe and Rhoda discussed the difficulties in communities through the notion of the “Roots of the Community” and the issues that came with having to move to a community setting, dictated by a government, and how Inuit have had to make this extraordinary adjustments over a short period of time. Almost immediately people started to identify issues.

The community issues were identified by local residents as soon as the CHCWWG began to inform the community about the project. Local people voluntarily began expressing issues with the local coordinator keeping track of all issues identified.

7.2 WHAT ARE THE WELLNESS ISSUES

The people of Coral Harbour have a strong sense of what the issues are for their community. They also have a strong sense of the solutions they would like to see put in place. Many of the people talked more about solutions than problems, and often those solutions included the establishment of large facility-based recreational services such as swimming pools, arcades, buildings for carrying out traditional activities and skinning animals. However, when the issues and desires of the community were broken down, a number of issues stood out.

Nutrition – It was pointed out that people were eating too much junk food. Obesity was becoming more common. Concern was raised that diabetes in the community was increasing. There was also concern that prenatal care, including proper nutrition was a problem for many mothers, in particular younger mothers.

Youth – There was a sense in the community that youth do not have enough places to go that offer planned and structured activities. There were few programs available for youth to gain a better sense of self and of their tradition. Sexuality issues among youth were also a problem. There were too many unplanned pregnancies and there was concern that abortion rates were increasing. Sexually Transmitted Infections (STIs) were also a problem, and there needed to be better education of youth about sexual responsibility.



Youth were not completing high school and there were no supports for youth or young adults to go back to school and complete upgrading.

Addiction and Mental Health - Suicide attempts and completions were high in the community. There was a sense that marijuana was being used at increasing rates and that no local supports were available to address addiction. Family and community relations were strained and violence in relationships continued to be an issue in the community.



8. COMMUNITY PLAN

8.1 CONNECTING ASSETS TO WELLNESS VISION

ISSUE: NUTRITION

GOAL: TO ENSURE ALL PEOPLE OF CORAL HARBOUR HAVE ACCESS TO THE INFORMATION AND FOOD THEY NEED TO MAINTAIN A NUTRITIONALLY BALANCED LIFESTYLE.

OBJECTIVES	SHORT-TERM	LONG-TERM	ASSETS
To reduce obesity and diabetes in Coral Harbour.	To develop a nutrition program for elders, in particular those with diabetes.	To establish community-based programming for prevention and education of diabetes.	• Hunters and Trappers • Elders • CPNP Program • Schools • Nurses • Stores
To increase the inclusion of traditional foods in the diets of people in Coral Harbour.	To develop an exchange program to ensure distribution of traditional foods.	To develop facilities and supports for the preparation of traditional foods.	• Hunters and Trappers • Elders • CPNP Program • Schools • Nurses • Stores
To support pregnant women, moms and children to understand a healthy diet and have access to proper foods.	To enhance the existing CPNP program to increase its reach.	To explore the possibilities of a meal program for children and youth.	• Elders • CPNP Program • Schools • Nurses • Stores

ISSUE: YOUTH

GOAL: TO ENSURE THAT YOUTH HAVE OPPORTUNITIES TO DEVELOP HEALTHY SELF-IMAGES

OBJECTIVES	SHORT-TERM	LONG-TERM	ASSETS
To provide structured programs and activities that allow the development of leadership skills.	To develop a youth leadership program that addresses economic, community and peer leadership components.	To develop a high school equivalency program for youth and young adults. To develop long-term strategies for recreational facilities (i.e. swimming pool).	• Arena • Recreational Coordinator and Programs • Rangers Program • Elders • School • Businesses • Youth
To provide educational and counselling supports to youth in the area of sexuality, reproduction and planned parenting.	To develop an action plan for how to provide sexuality education and counselling to youth.	To reduce the incidence of both STI's and teen pregnancy in the community.	• Health Centre • Nurses • Elders • Youth • School
To support the integration of traditional Inuit beliefs into the programs and services offered to youth.	To establish a joint youth/Elder committee.	To develop recreational activities that integrate the sharing and understanding of traditional beliefs with modern activities and programming.	• Arena • Recreational Coordinator and Programs • Rangers Program • Elders • School • Businesses • Youth Leaders

ISSUE: ADDICTION AND MENTAL HEALTH

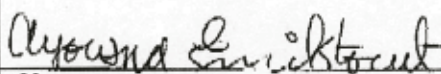
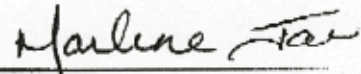
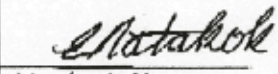
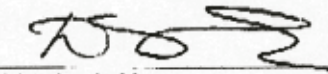
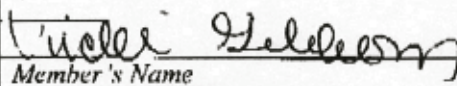
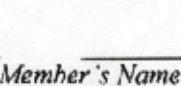
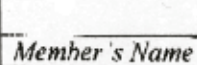
GOAL: TO INCREASE POSITIVE RELATIONSHIPS BETWEEN COMMUNITY AND FAMILY MEMBERS AND REDUCE THE INCIDENCE OF FAMILY VIOLENCE IN THE COMMUNITY.

OBJECTIVES	SHORT-TERM	LONG-TERM	ASSETS
To heighten awareness of the effects and impact of violence in relationships, in particular family violence.	To establish a group of people to address violence issues in the community. To develop an action plan for how to do community education around family violence.	To provide support services to families experiencing family violence. To develop a family resource service (centre) to support all families in the community.	• Wellness Coordinator • Men's Group • Elders • Community Health Representative • Church • Spiritual Beliefs • Youth

GOAL: TO INCREASE AWARENESS OF ADDICTION AND ITS IMPACT

OBJECTIVES	SHORT-TERM	LONG-TERM	ASSETS
To provide information and counselling about drug use and addiction.	To establish a group of people to address addiction issues in the community.	To provide information and educational support concerning the use of drugs.	• RCMP • Wellness Coordinator • Men's Group • Community Health Representative • Elders • Community Justice Officer • Church • Spiritual Beliefs
To reduce the use of marijuana in the community.	To establish local self-help addiction support services. To develop a high school based drug awareness program (DARE, SADD).	To work with businesses (airlines) to enforce the no alcohol laws. To develop local addiction treatment services.	

9. SIGNATORIES OF WORKING GROUP

 Chairperson's Name	 Coordinator's Name
 Member's Name	 Member's Name
 Member's Name	 Member's Name
 Member's Name	 Member's Name

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

