

# Health and Society Seminar Series



## A Framework for Taking Action on the Social Determinants of Health

**Carla Bolen**  
**Regina Qu'Appelle Health Region**

Wednesday, June 2, 2010  
12:00 - 1:00 p.m.

The Rose Room, 3E47  
3<sup>rd</sup> Floor, TRW Building,  
3280 Hospital Drive NW, Calgary

Creating "health" in our community is not the sole responsibility of the health sector. Only through collective, inter-sectoral action can true, sustainable change in our community's well being be achieved. This realization sparked efforts in Regina to develop a framework, and then an action plan, for improving the social determinants (reframed as the determinants of community well being) of the citizens in our community. This presentation will take you through the developmental process (bumps and all) that led to a concept paper and an action plan for the Regina Regional Intersectoral Committee towards improved community well being. A status report on the actions implemented to date will be provided.

Carla is recently retired from the Regina Qu'Appelle Health Region where she worked as the Manager of Population Mental Health Promotion. In this position she was the only "non-treatment" member of the Mental Health & Addiction Services management team, responsible for a population approach to preventing addictions and promoting mental well being. This broad mandate took her from traditional health promotion approaches, like public education, to the development of a trans-sectoral approach to improving the social determinants as a way to prevent addiction, mental illness and a whole host of chronic illnesses, as well as improve the well being of the community, more generally.

Carla started out her professional career in 1974 as a registered psychiatric nurse on acute inpatient psychiatry. Over the next 20 years she moved into other positions related to inpatient psychiatry including Clinical Specialist and finally, Director of Nursing. Achieving her MSc from the U of A in population health promotion studies led to a move to the newly created portfolio of mental health promotion. Secondments to the Ministry of Health saw her involved in developing community-based programs for acquired brain injury, and most recently, in a director position responsible for mental health, addiction, acquired brain injury, problem gambling and youth at risk, provincially. Her return to the health region in 2006 signaled the beginning of her work on the social determinants. Carla also teaches 3<sup>rd</sup> year RN students in therapeutic groups and group process for the U of S's Faculty of Nursing.

This Seminar Series is hosted by the Population Health Intervention Research Centre ([www.ucalgary.ca/PHIRC](http://www.ucalgary.ca/PHIRC)). We'd like the seminars to reflect a range of perspectives and interests. Please contact Lindsay Bradshaw, at ph (403) 210 9316; or by email [bradshaw@ucalgary.ca](mailto:bradshaw@ucalgary.ca) if you have any ideas or suggestions for future speakers.



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