



Echo: Improving Women's
Health in Ontario

Écho : pour l'amélioration
de la santé des Ontariennes



Access to Health Services: Including a Gender and Equity Lens

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Only dull people are brilliant at breakfast.

Oscar Wilde, An Ideal Husband, 1893, Act I

Overview:

- 1) Who/what is Echo?
- 2) Why is women's health important?
- 3) What is the Northern and Rural Health Care Framework?
- 4) Using a Sex/Gender and Equity Lens on the framework
- 5) Questions?

Echo's Vision:

Improved health and wellbeing, and reduced health inequities for Ontario women

Echo's Priority Health Areas:

Mental Health and Addictions

Sexual and Reproductive Health

Chronic Disease

Intersecting Issues

How Echo works...

Advance Knowledge

Investing in Community and Policy Relevant Research

- Conduct, fund, & partner on research

Facilitate Stewardship

Supporting Policy Advancements

- Provide input, advise on and support the uptake of policy for the government, Ministry of Health, service providers, and others

Strengthen Community

Synthesizing and Translating Knowledge

- Develop evidence-based practice tools
- Provide stakeholder investment services

Being the Focal Point

Creates Profile for Women's Health Issues

- Engaging with stakeholders to clarify needs/challenges and opportunities for improvement, channels for change
- Raising awareness and support for equitable access to services and sex/gender-sensitive care

What is Women's Health?

Women's health involves women's spiritual, emotional, cultural, and physical well-being, and is determined by the social, political, cultural and economic context of women's lives, as well as by biology.

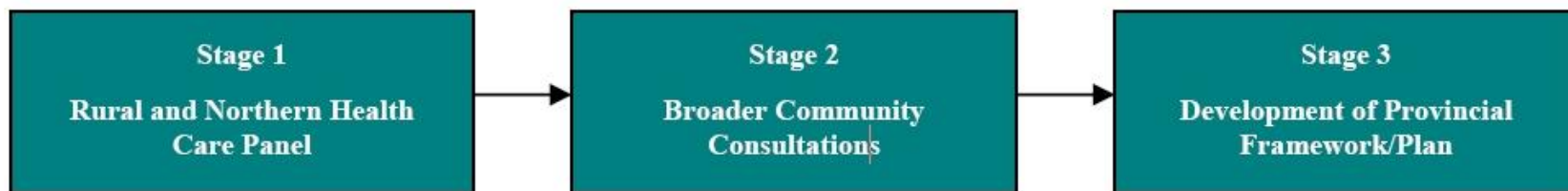
We believe that a woman should be provided with the opportunity to achieve, sustain and maintain health, as defined by the woman herself, to her full potential.

Why is Action on Women's Health Important

- Investing in women's health is essential to supporting sustainability in Ontario's health care system
 - Aims to improve understanding across the health system
 - Improving women's health through addressing health care quality and health equity

Rural and Northern Health Care Framework

Vision: *health care system that provides appropriate access and achieves equitable outcomes for rural, remote and northern Ontarians*



Issues facing Rural, Remote, Northern Ontarian Women:

- Healthy life expectancy of women is lower
- Higher blood pressure, chronic pain
- Higher obesity rates, lower functional status
- More limited health care services and options
- Travel great distances to receive most services
- Lower household income
- Greater social isolation



Sex and Gender-Based Analysis (SGBA)

Process of integrating sex and gender considerations into health research, policy and practice

E.g. Compassionate Care benefit

E.g. Data gathered/reported for both males and females



What would strengthen the Rural and Northern Health Care Framework (RNHCF)?

RNHCF:

- *Lifestyle factors impact health and longevity*

Ontario Women's Health Framework (OWHF):

- Reduce gendered health inequities - women's social roles and social status contribute to health inequities

Lifestyle and social factors:

- (1) Address violence against women
- (2) Increase supports for informal/family caregiving and access to quality caregiving services
- (3) Address the dangers of pesticide exposure



What would strengthen the Rural and Northern Health Care Framework (RNHCF)?

RNHCF:

- *Access to health care services*

Ontario Women's Health Framework (OWHF):

- Design and implement care delivery systems that strengthen the reliability and quality of care

Access and Delivery Care Systems

- (1) Improve access to maternal care
- (2) Improve mental health services



What would strengthen the Rural and Northern Health Care Framework (RNHCF)?

RNHCF:

- *Communities develop healthcare needs locally*

Ontario Women's Health Framework (OWHF):

- Mandate planning and accountability requirements that reflect the priorities of rural and northern women

Local community planning and accountability reflects rural and northern women's priorities

Promising practices:

(1) Mobile health services

(2) Innovative transportation services

(3) POWER Study

(4) Women's leadership program





Thank You!

Questions???