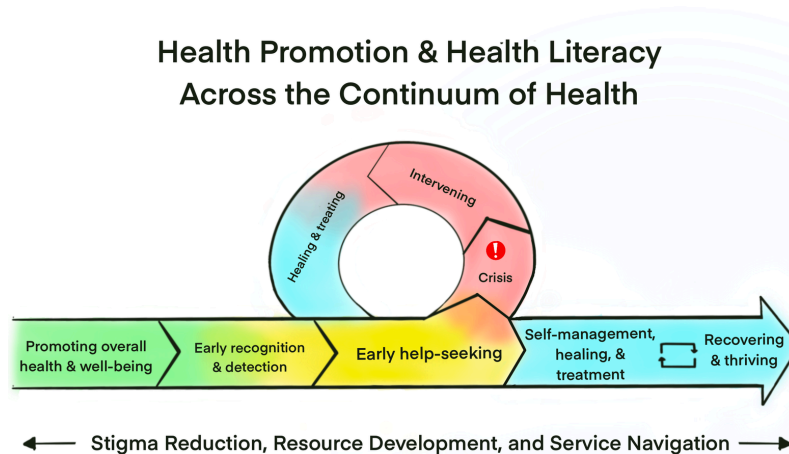


The Health Promotion & Health Literacy Department

Who we are:

Our department aims to enhance population health and well-being in BC through health promotion and health literacy.

Members of our department have expertise in health promotion, health literacy, public health, mental health, education and project management. We work with partners in hospitals, schools and community settings to empower individuals and families through information, learning, and services. Our work aligns with PHSA's strategic plan, and the BC Children's Hospital and BC Women's Hospital + Health Centre directional plan.



What we do:

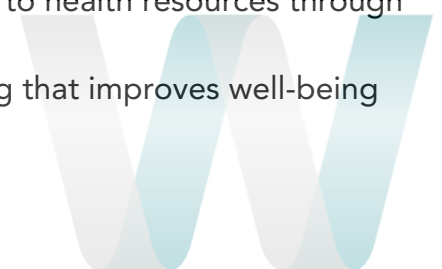
- Develop, adapt, curate, promote, and navigate resources for our audiences
- Offer education, peer support, and professional development
- Build capacity across complex systems like schools, communities, and health organizations
- Grow provincial networks and partnerships

Who we serve:

We serve children and youth, families and caregivers, cisgender women, gender-diverse people and other equity-deserving populations.

We value:

- Approaches based on best available evidence
- Lived experience
- Engaging communities
- Collaborating and connecting
- Practical information, tools and strategies
- Equity and diversity
- Improving access to health resources through innovation
- Upstream thinking that improves well-being



We bring together specialized teams that play a vital role in furthering health equity across the province:

- The **Family Library** improves access to trusted, easy-to-understand health information for people throughout BC and Yukon.
- The **BCCH Kelty Mental Health Resource Centre** provides mental health and substance use information and resources, assistance navigating the mental health system, as well as free personalized support from Family Peer Support Workers for families across BC.
- The **Youth Health Literacy Initiative** enhances the mental health and well-being of BC youth and young adults through the development of online information, resources and tools housed on the foundrybc.ca website.
- The **Centre for Mindfulness** cultivates a mindful community that offers partnerships, programs, resources and transformed spaces for children, youth, families, and staff to experience mindfulness and compassion across all aspects of culture and care.
- The **Generation Health Clinic** works with families to build the foundation for healthy living through family connections, balanced eating, active living, mental health, and improved sleep.
- The **Health Bridge Program** partners with health professionals, researchers, community organizations, and BC families to make health information clear, inclusive, and accessible for families, children and youth across BC.
- **Healthy Minds Education Initiatives** works with clinics and teams within Healthy Minds to support a comprehensive education approach and strategic planning for organizational health literacy across BC Children's.
- **Thriving School Communities** enhances capacity for school communities to improve student mental health and well-being by offering coaching, information and resources, and professional learning opportunities.
- **Health Promotion & Projects** optimizes the health promotion capacity in projects at BC Children's and BC Women's that support system-level strategic priorities.
- **BC Women's Population Health Promotion** promotes the health of cisgender women and gender-diverse people through community engagement, research, evaluation, knowledge translation and capacity building.

Together, these teams form a bridge between knowledge and action — helping to ensure that people can access the information they need to make the best health decisions for themselves and their families.

Check out our NEW course: **Promoting Well-Being and Preventing Disease Among Children & Youth**

A self-paced, one-hour online learning resource created for health care professionals that offers an introduction to health promotion and disease prevention.

<https://bit.ly/4uEgW16>

Get in touch: phsahealthliteracy@phsa.ca

