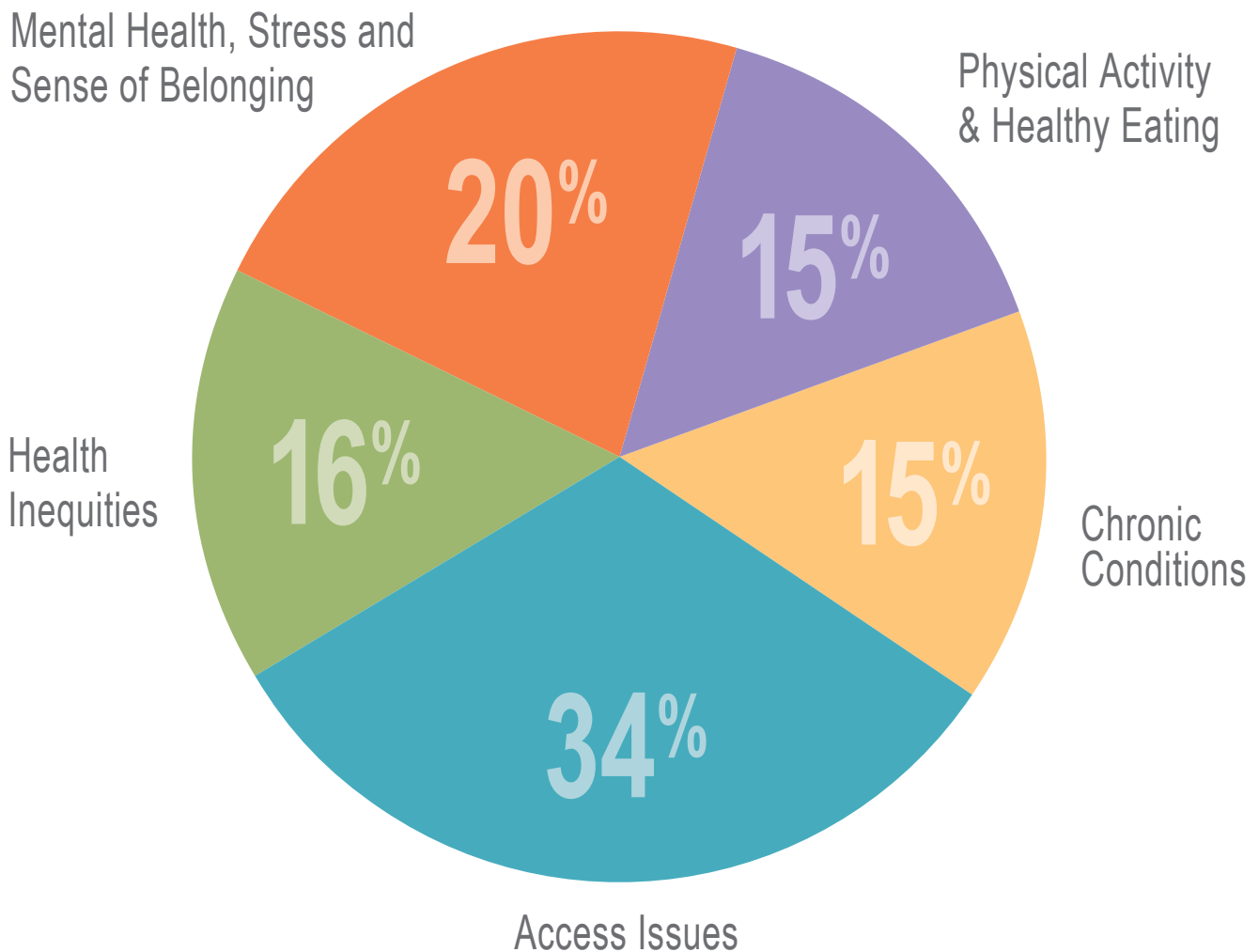




Our Top Health Priorities are:



Eastern Shore Musquodoboit Community Health Board Heard

After consulting with community members about their main health issues, the Eastern Shore Musquodoboit Community Health Board would like to report on what they heard:

Access Issues

- Citizens wanted a continued emphasis placed on access to health services and information.
- Our rural communities want continued efforts applied to ensuring that people have access to the services and programs they need.

Health inequities were identified

- Community members shared serious issues affecting themselves and their families such as rural transportation challenges, the cost of healthy foods and medication.

Stress and mental health issues were also raised

- The urgent need was expressed for more local supports and specialists in the community.

Concerns around Chronic Conditions

- People expressed frustrations with long wait times to see specialists or other clinicians and the need to have a focus on prevention and wellness programs.
- More access to physical activity and healthy eating programs with easier access to recreational programs and facilities.

The Eastern Shore Musquodoboit Community Health Board will continue to address issues affecting rural communities such as; access to services and information, food security, mental health, healthy eating and physical activity. They will work to address transportation barriers, advocate for local programs and services and promote existing services through the use of Community Connections newsletters and e-bulletins.