

Subject: Debate on Health motion of April 2-2002;

Date: Wed, 3 Apr 2002 13:12:36 -0800

From: Ernie Crist <CristE@dnv.org>

To: Mayor and Council - DNV <Council@district.north-van.bc.ca>,
Directors Team <managecomm@district.north-van.bc.ca>

CC: "FONVCA (E-mail)" <fonvca@fonvca.org>

A MESSAGE FROM ERNIE CRIST

For many years I have attempted to make public recreation an integral part of our public health Care system and towards that end I have made several attempts through the UBCM. That Health Care is in a state of crisis needs hardly be repeated. The motion by Mayor Bell at the April 2 meeting of Council voicing our deep concern about the effects of the recent cuts on our health care in general and the North Shore in particular was politically correct but the Minister but it was hardly novel and the Minister of Health will deflate his argument in one sentence or less as indeed it has already been done by the North Shore Liberal MLAS in masse before.

"THERE IS NO MONEY". So Council have done their duty but the crisis continues because the Mayor of the District of North Vancouver certainly has no answer regarding money. There is a solution however and that is to make Doctor prescribed and supervised exercising an integral part of our health care system. Since 40 % of all doctor visits are stress related and since in North Vancouver in any case we have public recreational facilities with expert staff on hand, this would be a real solution, especially since for every dollar spent on preventive health care such as regular exercising, we save \$ 7 in actual health care costs. There was a debate around this issue and I take this opportunity to send you a copy of a note I have subsequently sent to Mayor and Council following the April 2 Council debate around Mayor Bell's motion deploring the funding cuts for health care.

Mayor and Council.


Just a point of clarification. In connection with Council's debate on the "Health Motion" and my attempt to make Doctor prescribed exercising a part of the health care system, the point was made by two members of Council last night that, " Doctors are already referring patients to our Rec. Facilities" and that, subsequently, we need not pursue the matter raised by Councillor Crist. This is not so.

That some Doctors are already suggesting to their patients to exercise may be true in isolated cases or maybe even in many cases but it misses the point completely.

The point is that unless a Doctor puts such instructions in the form of a prescription to be handed over to the appropriate Rec, expert already on hand at our Rec Facilities and upon completion of the program or rehabilitation of the patients, the fee for such services are paid by the Ministry to the Municipality directly (make it an integral part of the

health care system) or indirectly (the cost to the patient is tax-deductible), any comparison between the two approaches is inappropriate. To say that, such a program is already in effect because some Doctors already suggest to their patients to go and exercise is hardly the same as making it an integral part of the health care system.

Ernie Crist

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