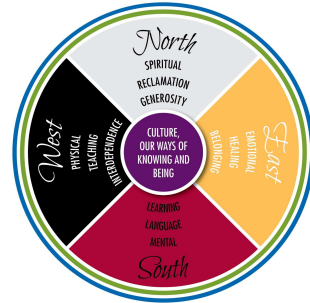




Social Prescribing for Climate Resilience: Connecting People to Nature and Community

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ALLIANCE MODEL OF HEALTH & WELLBEING



The Model of Health and Wellbeing champions transformative change for people and communities facing barriers to health. Through partnerships with community members, our model aims to build safe and caring communities where everyone is valued and feels like they belong.

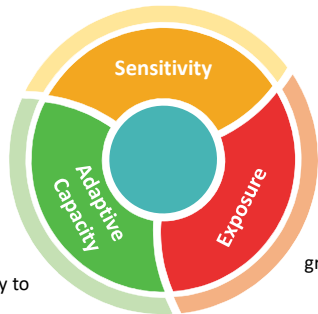
- RACIALIZED & BLACK
- INDIGENOUS
- FRANCOPHONE
- LGBTQ2S+

Climate change disproportionately affects the physical and mental health of Alliance priority populations such as newcomers, Indigenous and those who are low-income as they face greater barriers to good health.

BUILDING CONNECTIONS FOR RESILIENCE

Sources of resiliency are **COMMUNITY-CONNECTEDNESS** and **CONNECTION TO NATURE**

What makes a person or a group likely to be susceptible to the stressor



Ability to respond appropriately to stressors

A person or a group is exposed to a stressor

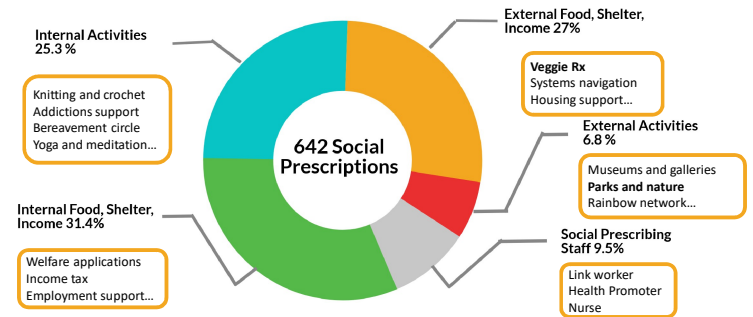
- Studies have shown that being active and spending time in nature improves physical and mental resilience, thereby mitigating the negative health impacts associated with climate change¹
- Key factors such as purposeful activity, health, social support and self-esteem were seen to build individual and community resilience by supporting mental well-being²
- Social prescribing initiatives can counter the social determinants of health inequity by offering purposeful activities that encourage social interaction and develop individual and community resources²

INTEGRATED PATHWAY TO CO-CREATE RESILIENCE

Social prescribing provides an **intentional**, **trackable**, and **supported** pathway that **integrates** health and social care. The **asset-based** model builds on **community development** principles to empower individuals, community, and the healthcare system to **co-create solutions** and build a more resilient community together.



Co-designed with community members and fueled by **cross-sector collaboration**, Alliance members **empower people to manage their own health and build resilience** while addressing the structural inequities that make climate change so devastating.



- Nordic Pole Walking
- Local Food Gathering
- Community Composting Event
- Guided Nature Walk
- Community Garden
- Neighbourhood Bike Ride
- Good Food Box
- Farm Visits

"I value progress in people's lives, that when they recognize it in themselves and say, you know what, I want to eat healthier, can you give me that recipe, or I tried to do this, can we do it together, or can I have some stuff from the garden--because you know that you've started that domino effect when people take responsibility for their wellbeing and they want to get better. So that's the most rewarding thing"

- Guelph Community Health Centre Health Champion



Read our interim progress report to learn more!
<https://www.allianceon.org/Rx-Community-Social-Prescribing>

References:

- Macdonald, C., Perri, M., Jubas-Malz, D. and Mulligan, K. (2019). *Climate Change and Health Equity: Newcomers, Women, and Youth*. Toronto: Alliance for Healthier Communities.
- Chatterjee, H., Camic, P., Lockyer, B. and Thomson, L. (2017). Non-clinical community interventions: a systematised review of social prescribing schemes. *Arts & Health*, 10(2), pp.97-123.



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