

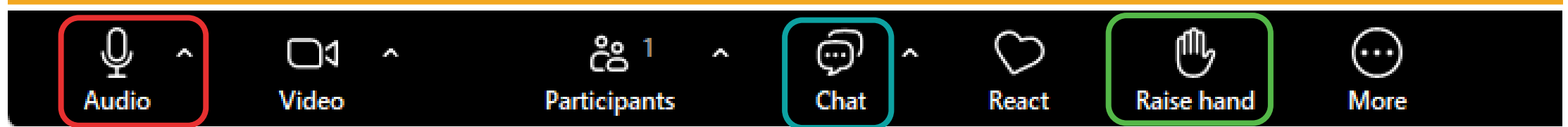
Thirst-quenching Conversations: Evaluation and Reporting in Health Promotion

Lunch 'n' Learn Webinar
January 20, 2026



Alliance for Healthier Communities
Alliance pour des communautés en santé

Housekeeping



- Please keep your microphone muted during the plenary portions of the webinar.
- You may enter comments in the **Chat** at any time.
- You may also use the **Chat** for technical assistance and address your message to Isabelle Fortuna or Sara Bhatti.
- You are encouraged to unmute your microphones and turn on your cameras for the small-group conversations in your breakout rooms.

Acknowledgement of Traditional Indigenous Territories

We recognize that the work of the Alliance for Healthier Communities and Alliance members takes place across what is now called Ontario on traditional territories of the Indigenous people who have lived here since time immemorial and have deep connections to these lands. We further acknowledge that Ontario is covered by 46 treaties, agreements and land purchases, as well as unceded territories. We are grateful for the opportunity to live, meet and work on this territory.

Ontario continues to be home to vibrant, diverse Indigenous communities who have distinct and specific histories, needs, and assets, as well as constitutionally protected and treaty rights. We honour this diversity and respect the knowledge, leadership and governance frameworks within Indigenous communities. In recognition of this, we commit to building allyship relationships with First Nation, Inuit and Métis peoples in order to enhance our knowledge and appreciation of the many histories and voices within Ontario. We also commit to sharing and upholding responsibilities to all who now live on these lands, the land itself and the resources that make our lives possible.

Thirst-quenching Conversations: Evaluation and Reporting in Health Promotion

January 20, 2026

This webinar is presented by the Alliance for Healthier Communities
with guests from Transform Practice.



Transform Practice

Outcomes Star



Improved Connections to community and elders, traditional knowledge

Decreased sense of loneliness



Improved mental health



Social Prescribing is Black Focused and/or Afro-centric

Increased spiritual well-being

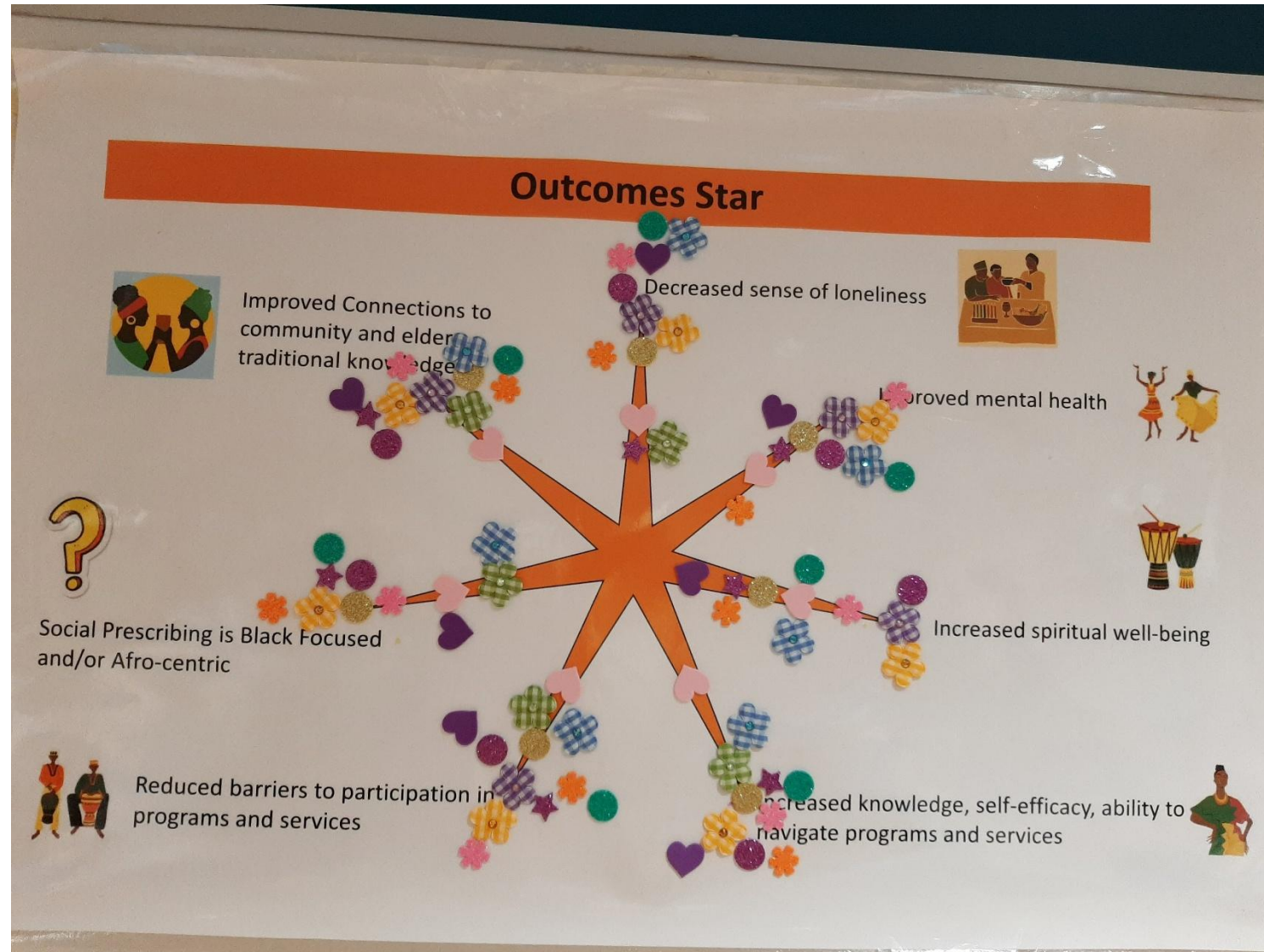


Reduced barriers to participation in programs and services

Increased knowledge, self-efficacy, ability to navigate programs and services



Participatory Evaluation Technique: Outcomes Star





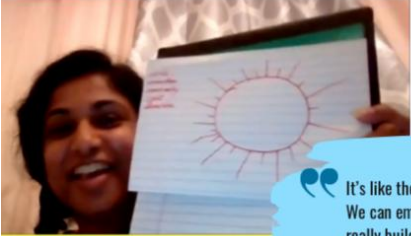
Virgin Plus LTE 9:46 AM

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In the reflection session, residents were asked to draw or think of an image that showed what impact the pilot had on them. Here are some of the drawings and comments shared:

“ I [drew] three things...a wrench, which symbolized equipment, like 'I've been equipped'...an arm to symbolize strength, that I've gained a lot of strength through these workshops...and then links, like a chain link, to symbolize connection.”
— Resident, reflection session



“ It's like the sunshine...there's a lot, when we work together! We can emanate that light from one another and share and really build a network.”
— Resident, reflection session



Resident drawing, reflection session

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RECOMMENDATIONS

Virgin Plus LTE 9:47 AM

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Successes

Residents responded positively to Social Planning Toronto's project support and virtual workshops. As the graphic below illustrates, a virtual "Head, Heart and Hands" poll found that most pilot participants felt welcome and comfortable sharing thoughts and engaged and inspired. Most residents gained new, useful information that they could then share with others. What's more, workshops left residents feeling they could support action, take leadership, and build connections within and beyond their communities.

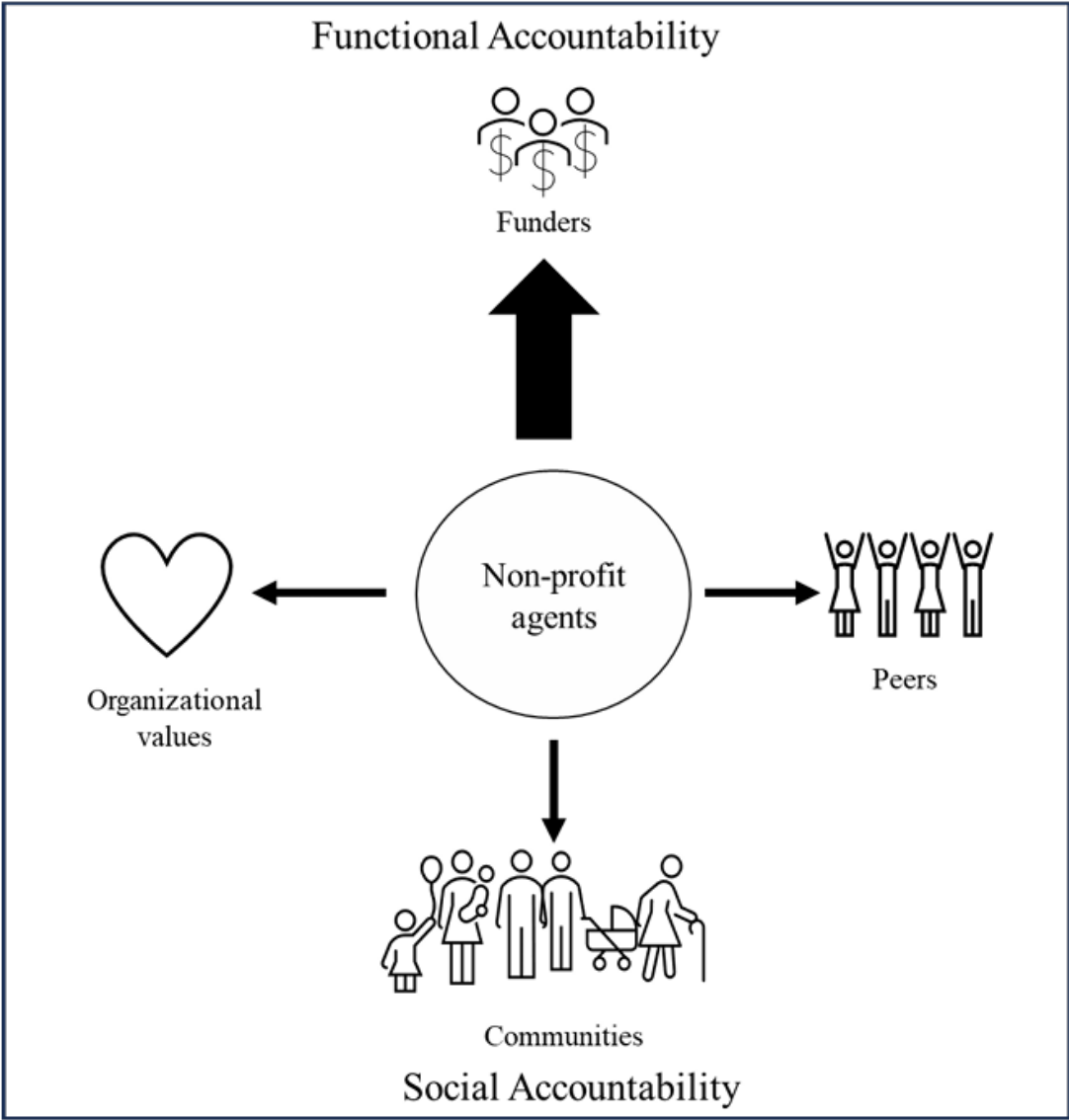
Category	No change	Some change	Big change
comfortable sharing	~5%	~15%	~80%
engaged & inspired	~5%	~15%	~80%
different ways of thinking	~5%	~15%	~80%
new info/knowledge	~5%	~15%	~80%
gained useful tools	~5%	~15%	~80%
gained skills	~5%	~15%	~80%
shared info with others	~5%	~15%	~80%
supported action	~5%	~15%	~80%
took active leadership	~5%	~15%	~80%
stronger connections	~5%	~15%	~80%
new connections	~5%	~15%	~80%
accessed resources	~5%	~15%	~80%

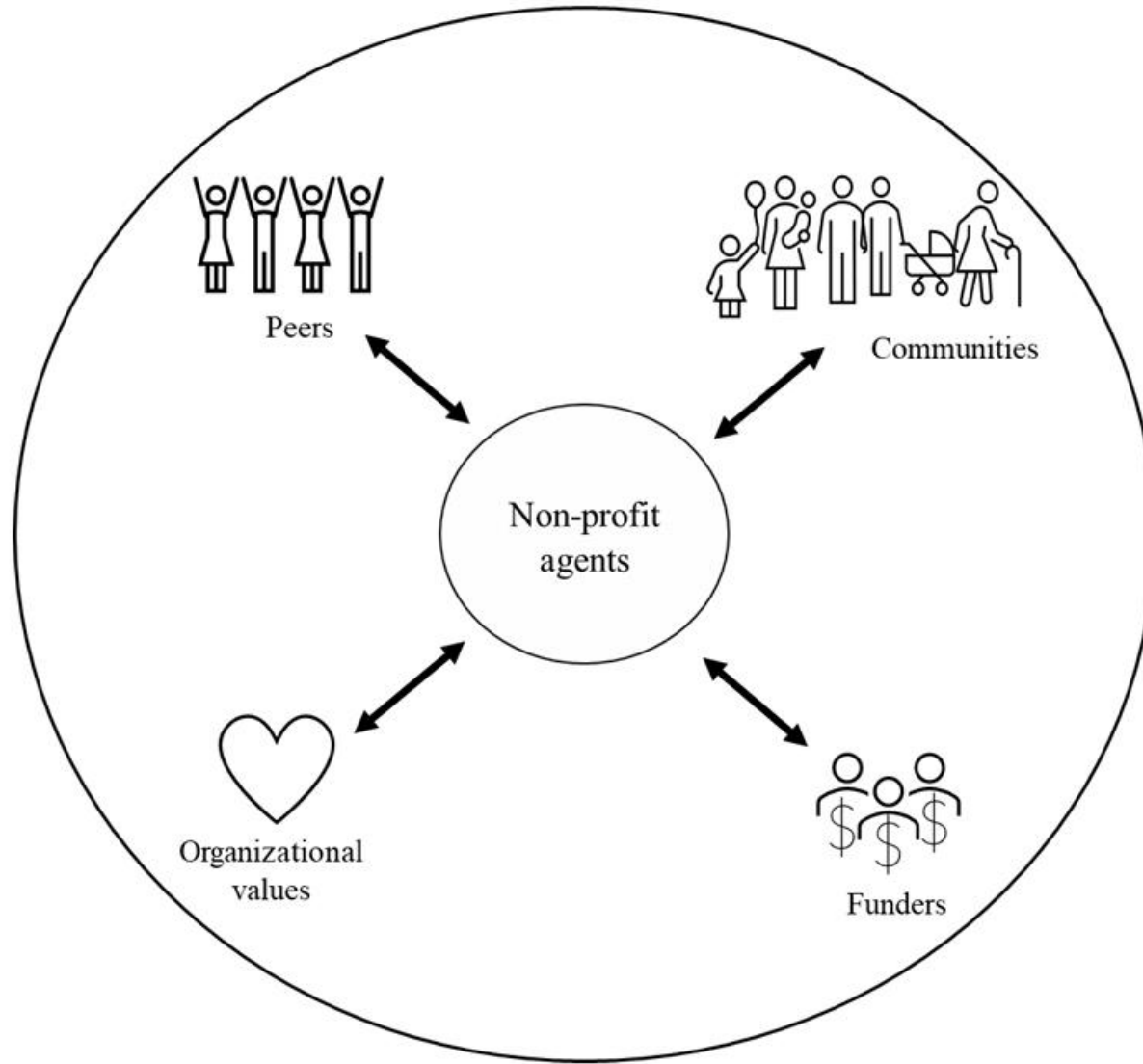
“Head, Heart and Hands” mid project survey results

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Thank You

Merci

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