

“The Right Prescription Isn’t Pills, It’s People”

Evidence from survey evaluations highlights the power of meaningful connection through social prescribing

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WHY SOCIAL PRESCRIBING MATTERS

Social Isolation and loneliness are major public health concerns.

- Loneliness & social isolation are associated with higher rates of depression, dementia, stroke, coronary artery disease, disability from chronic diseases, reduced quality of life, and an increased number of falls
- A recent report by the Canadian Institute for Social Prescribing shows programs like ours can reduce primary care visits by up to 42% and emergency department use by 24% with an estimated return of \$4.43 for every dollar invested
- In 2023 the World Health Organization designated loneliness as a global public health concern. Research shows loneliness is as bad for people’s health as smoking 15 cigarettes a day!
- More than 80% of a person’s health depends on social determinants like adequate food, housing, income, and relationships with others



WHAT IS SOCIAL PRESCRIBING

A holistic approach that connects individuals to community programs, social supports, and wellness activities.



Led by community of healthcare professionals



Referrals to community-based services, activities and resources



Formal screening to determine health and social needs

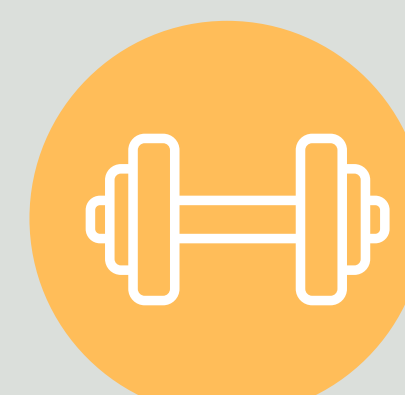


Follow-up and evaluation of goals and care plan

PRINCIPLES OF SOCIAL PRESCRIBING



Person-Centered



Strengths-Based



Community-Led



Co-Created

WHAT WE FOUND: KEY RESULTS

MENTAL HEALTH AND WELLNESS



64%

Improved mental health



71%

Reduced loneliness/isolation



50%

Increased confidence/self-esteem



57%

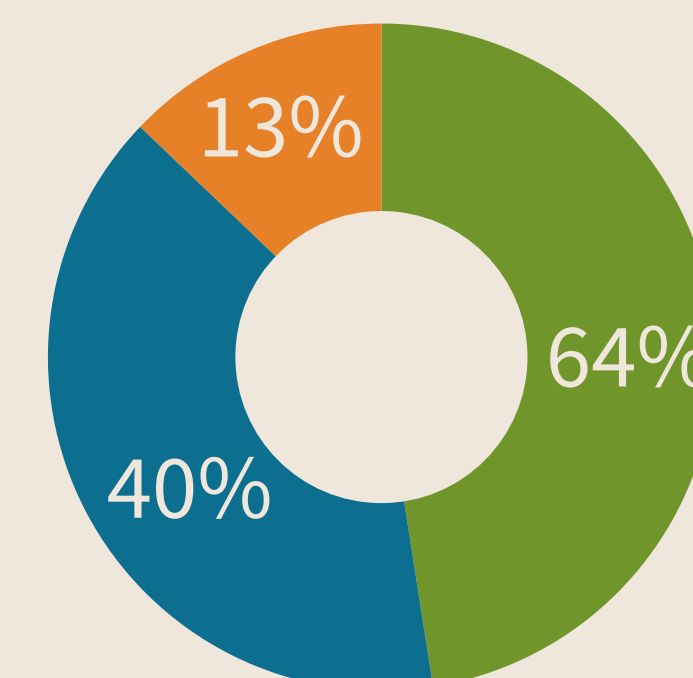
Improved access to community services



43%

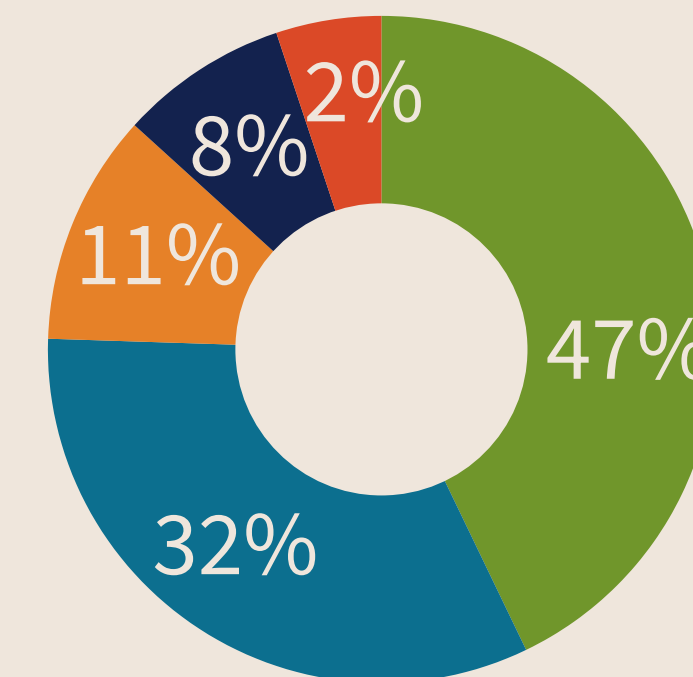
Increased sense of belonging in their community

SENSE OF BELONGING TO COMMUNITY



- Strong sense of belonging / connection
- Neutral / “the moveable middle”
- Weak sense of community connection

STRESS LEVEL



- Very Low
- Low
- Moderate
- High
- Very High

Top stressors affecting clients:

- Managing overall health
- Finances
- Relationships
- Digital Navigation
- Caregiving responsibilities

POPULAR PROGRAMS ATTENDED



25%

Physical Activity



25%

Food-based programs



17%

Arts-based activities



17%

Volunteering



67%

Other

BARRIERS TO ENGAGEMENT



Transportation

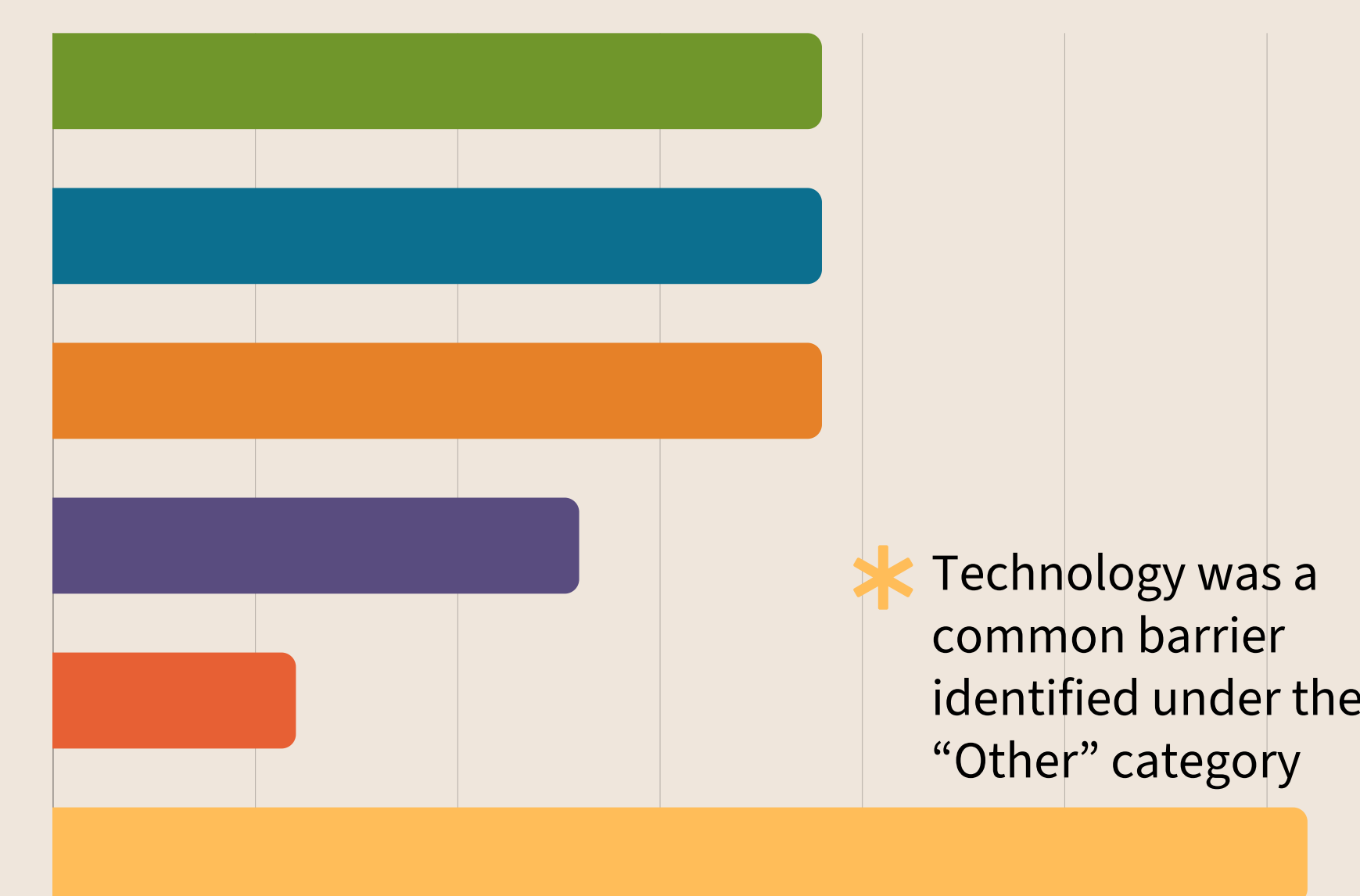
Scheduling / timing

Health concerns

Social Anxiety

Financial

Other



PARTICIPANT VOICES



“With the encouragement the Navigator gave me, I have been able to reach out in the community and I am very happy with the results”



“I love the connection, especially during the winter months”



“The volunteering aspect has been very fulfilling... I’ve met some wonderful people in my community”



RECOMMENDATIONS & NEXT STEPS

Continue Expanding:

- Community-based wellness programs
- Peer support opportunities
- Volunteer engagement
- Accessible transportation services
- Flexible, inclusive programming

Focus on the 40% in the “Moveable Middle”

Not disconnected, but not yet fully integrated.



CONNECTION IS HEALTHCARE

Social Prescribing demonstrates that meaningful connection, belonging and community engagement are essential components of health and well-being.

Sources:

- Holt-Lunstad, J. et al. (2015). Perspect Psychol Sci Public Interest
- Canadian Institute for Social Prescribing (2023)
- World Health Organization (2023)

Evidence Gathered From:

- GBACHC Client Satisfaction Survey – January 2026
- GBACHC Social Prescribing Evaluation Surveys – February 2026