

# 2023-2024

## HEALTH PROMOTION YEAR IN REVIEW

### Community Program Data

2022/2023



2023/2024



### Programs

#### 2023/2024-Q3

<b>3 Sessions</b> <b>30 Participants</b> Community Kitchen Gathering	
<b>7 Sessions</b> <b>39 Participants</b> Global Groove	<b>6 Sessions</b> <b>46 Participants</b> Learn Henna with Sanna
<b>10 Sessions</b> <b>87 Participants</b> Downtown Social Space	<b>10 Sessions</b> <b>101 Participants</b> Helping Hands
<b>5 Sessions</b> <b>62 Participants</b> Sewing Skills and Socials	<b>4 Sessions</b> <b>46 Participants</b> English Conversation Circle

#### 2022/2023-Q3 2023/2024-Q3

<b>4 Sessions</b> <b>42 Participants</b> Shelldale Zumba	<b>8 Sessions</b> <b>158 Participants</b> Shelldale Zumba
<b>3 Sessions</b> <b>14 Participants</b> Shelldale Yoga	<b>8 Sessions</b> <b>111 Participants</b> Shelldale Yoga

Total participation rate has increased

**17x**  
since 2023

"I love this class and want to do it everyday. I can **learn** English and **make friends** here." - **Joo Park** (Participant of Beginner English Group, Helping Hands, Learn Skills and Socialize)

"I feel at **home** here. I make **friends** here. I need to do this **everyday**. I look forward to this group. I'm **grateful** that I learn English. I'm **happy** to be here." - **Kiyomi Ikari** (Participant of Beginner English Group, Helping Hands, Learn Skills and Socialize)

"I am very **happy** to be in this class and it is very useful for me and I hope the number of sessions per week will increase and I am very happy to join the English classes especially with Cynthia" - **Peimaneh** (Participant of Beginner English Group, Helping Hands, Learn Skills and Socialize, Global Groove)

"I love Zumba! It's such a great program, very **inclusive, ages, genders, ethnicities** etc"

"In this program, I noticed participants are **interacting**, helping each other, and most of all completing projects. An excellent **rewarding programme** skill of all languages. We have learned so much about each other's culture and we have taught so much about Canadian culture".

"Great instructor! Been coming for 1 year and my **balance has improved**"

"I got teacher help fixed my heavy coat. In the holidays season I wear the nice coat. I'm very **happy**. Thank you so much"-Judy (Participants of Helping Hands)

### General Satisfaction Survey Results

**35**

Health promotion program participants completed the survey

100%

Respondents noted the programs helped them create and strengthen social connections

91%

Respondents noted increased confidence

97%

Respondents noted the programs facilitated a positive change

97%

Respondents noted an improvement in their knowledge through programs

94%

Respondents noted increased community engagement

100%

Respondents noted the programs assisted them to learn new skills

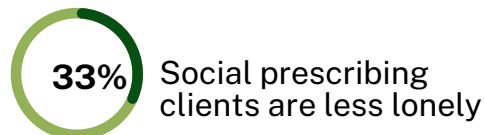
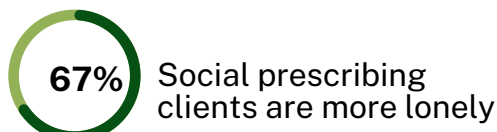
# Social Prescription (SRx) Data

## The UCLA Loneliness Scale Results

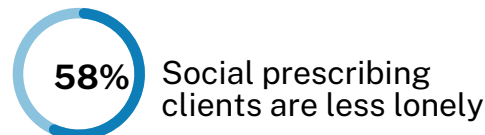
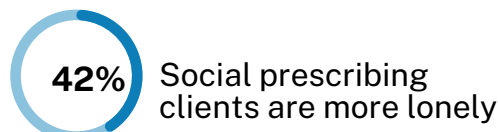
For the UCLA Loneliness Scale, a score of 6 or higher on the scale is classified as “More Lonely”, while a score of less than 5 is “Less Lonely”.

A comparison of summer 2023 to winter 2024 data indicates 25% of clients shifted from being “More Lonely” to “Less Lonely”.

### Summer 2023 Data Pull



### Winter 2024 Data Pull



## A Comparison of Canadian Index of Wellbeing Questions

For the Index of Wellbeing questions a comparison of summer 2023 to winter 2024 data reflects a slight improvement in social prescribing clients self reported are as follows:

Physical Health 5% Mental Health 4% Sense of Community Belonging 9%

# 24

Primary Care and Allied Health Providers made social prescriptions in the past year.

## Results of Guelph CHC Staff Survey for those who refer to SRx

### SRx Pathway, Related Processes and Resources



The majority of survey respondents agreed or strongly agreed that they felt confident referring clients to SRx and had the resources and supports needed to make SRx.



All participants agreed that they knew who to contact if they had questions about SRx.



The majority of participants felt the referral process was straightforward and that collaborating with other team members in SRx was helpful for supporting clients.

### Knowledge about SRx Pathway and Ability to Explain SRx to Clients



All survey respondents agreed or strongly agreed that they knew how SRx would help clients and how to explain SRx to clients.



Most participants agreed or strongly agreed that they understood the role of volunteers, while a small number of respondents, neither agreed nor disagreed or disagreed.

### Additional Comments & Opportunities for Improvement

Overall comments reflected support for the SRx program and valuing the benefits it has for clients.

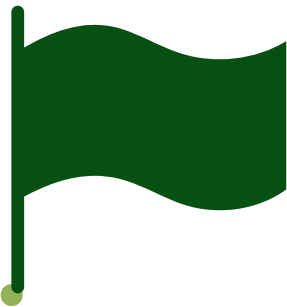
“Social prescribing is an essential aspect of holistic health care.”

“Social prescribing has been such a valuable resource for my clients, and the process for referring is simple and straightforward. I like that I don't have to know exactly what I want to connect my client to, I just have to identify the broad category of need.”



## HIGHLIGHTS

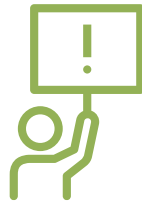
- Digital Access Guide created and distributed through 16 member organizations of the Guelph Wellington Digital Equity Coalition
- Pre-Postnatal Service Guide created
- Guelph CHC QI Toolkit created
- Guelph CHC Plain Language Policy and Guide created
- Alliance Transformative Change Award received by Guelph Wellington Digital Equity Coalition, co-chaired by Guelph CHC
- Guelph Wellington Digital Equity Presentation at 2023 Alliance Conference
- Guelph CHC Social Prescribing presentation at Alliance Social Prescribing Conference
- Received Social Prescribing for Better Mental Health funding from the Public Health Agency of Canada, through the Alliance for Healthier Communities and hired a Community Programmer



## Sustainability



Volunteerism has declined across the community and province since the pandemic. There are fewer peer leaders initiating programs or stepping forward to take leadership of staff-initiated programs.



In order to sustain and continue to grow community programs, social prescribing client interactions and health promotion admin work at the same level of support beyond March 2024 would require resourcing of 1FTE.

## Initiatives on the Horizon



- Opportunities to collaborate with partner agencies and community members to develop support for parents and guardians of youth.
- Potential for collaboration and building of health promotion programs and initiatives to compliment integrated partnerships with Permanent Supportive Housing, midwifery and/or gender-affirming care.
- Continue to share SRx highlights with OHT to demonstrate the impact of this preventative, cost-efficient, upstream work.
- Guelph Wellington Digital Equity forum in October 2024.



## Importance of Guelph CHC Health Promotion

- SRx and Health Promotion programming will assist Guelph CHC in achieving our strategic priority of building capacity in priority neighbourhoods, with a focus on the Onward Willow Neighbourhood.
- Health promotion is preventative and upstream, benefiting Guelph CHC clients, providers, communities, and the health care system.



## For Consideration

- Brant, Onward Willow and South end neighbourhoods were identified in program surveys as those having the highest percentage of participants. Suggest review of geographic areas where clients and equity deserving populations reside in order to ensure program locations meet community need.