Social Prescribing for Climate Resilience: Connecting People to Nature and Community
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Read our interim progress report to learn more! https://www.allianceon.org/Rx-Community-Social-Prescribing

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.

BUILDING CONNECTIONS FOR RESILIENCE

Sources of resiliency are COMMUNITY-CONNECTEDNESS and CONNECTION TO NATURE

- 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 change.
- Key factors such as purposeful activity, health, social support and self-esteem were seen to build individual and community resilience by supporting mental well-being.
- Social prescribing initiatives can counter the social determinants of health inequity by offering purposeful activities that encourage social interaction and develop individual and community resources.

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.

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

A person or a group is exposed to a stressor.

Sensitivity

Ability to respond appropriately to stressors

References: