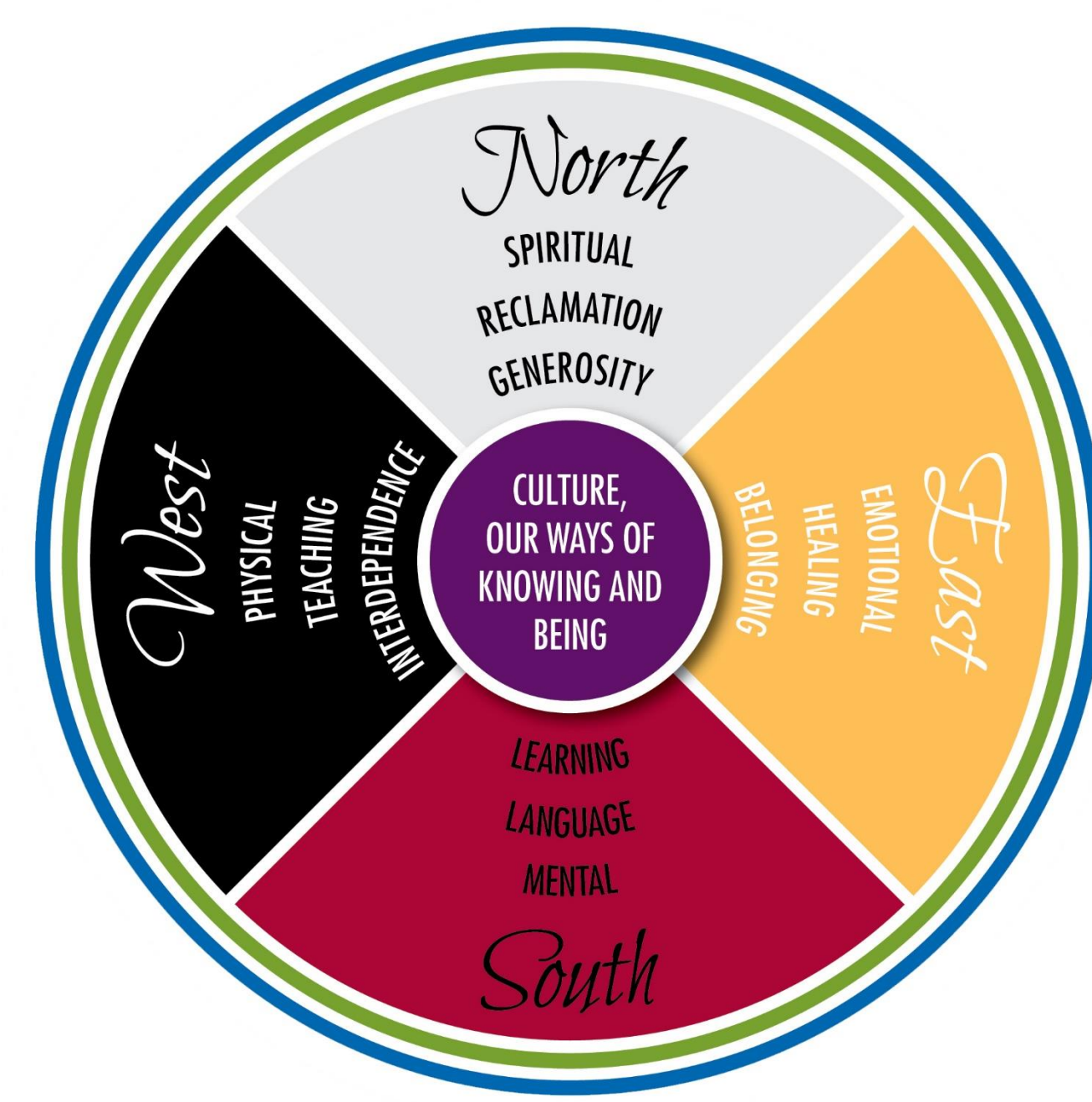




Social Prescribing for Climate Resilience: Connecting People to Nature and Community

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ALLIANCE MODEL OF HEALTH & WELLBEING



Through partnerships with community, these models championing transformative change for people and communities facing barriers to health, and aims to build safe and caring communities where everyone is valued and feels like they belong.

RACIALIZED & BLACK

INDIGENOUS

FRANCOPHONE

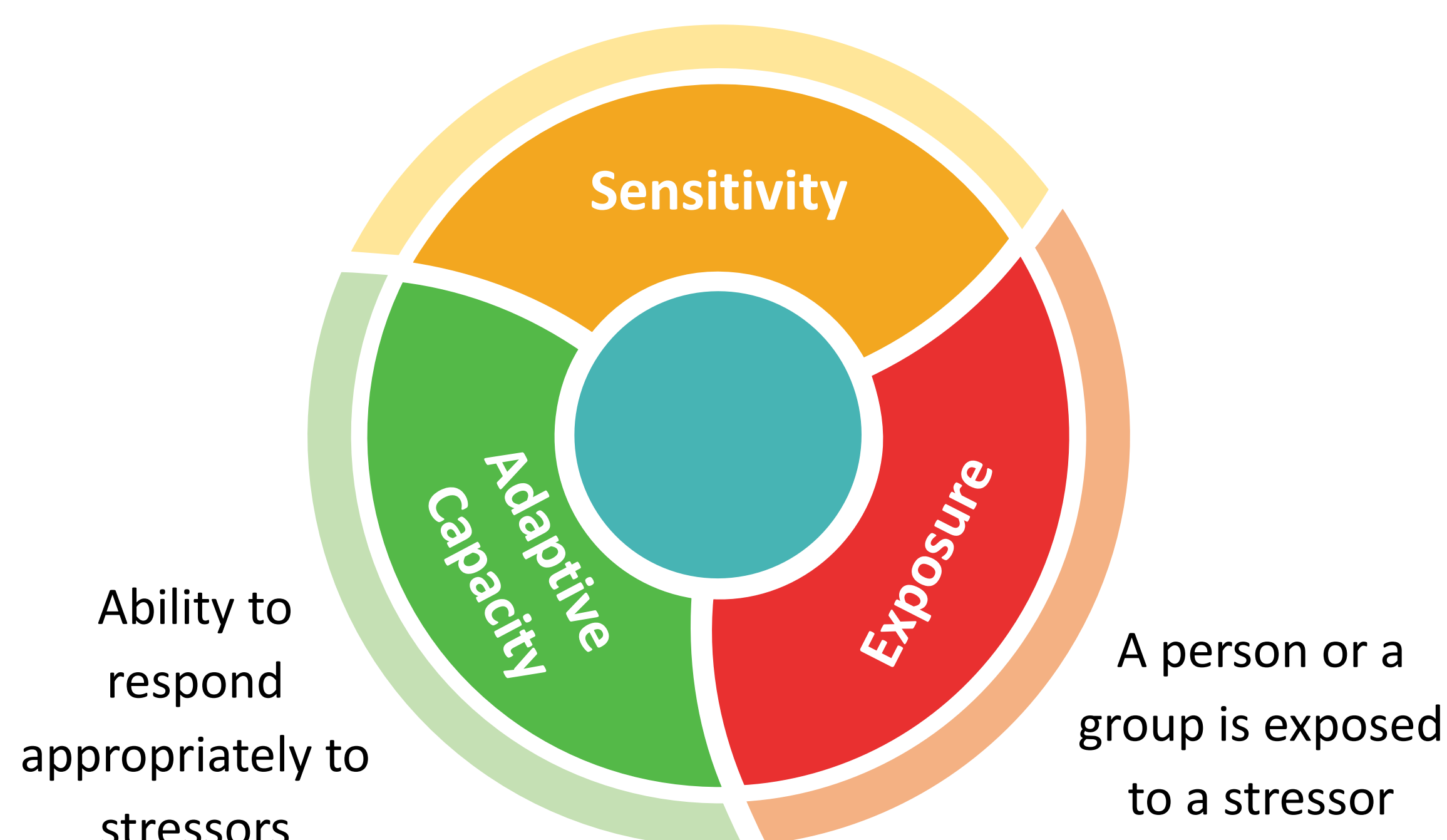
LGBTQ2S+

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**

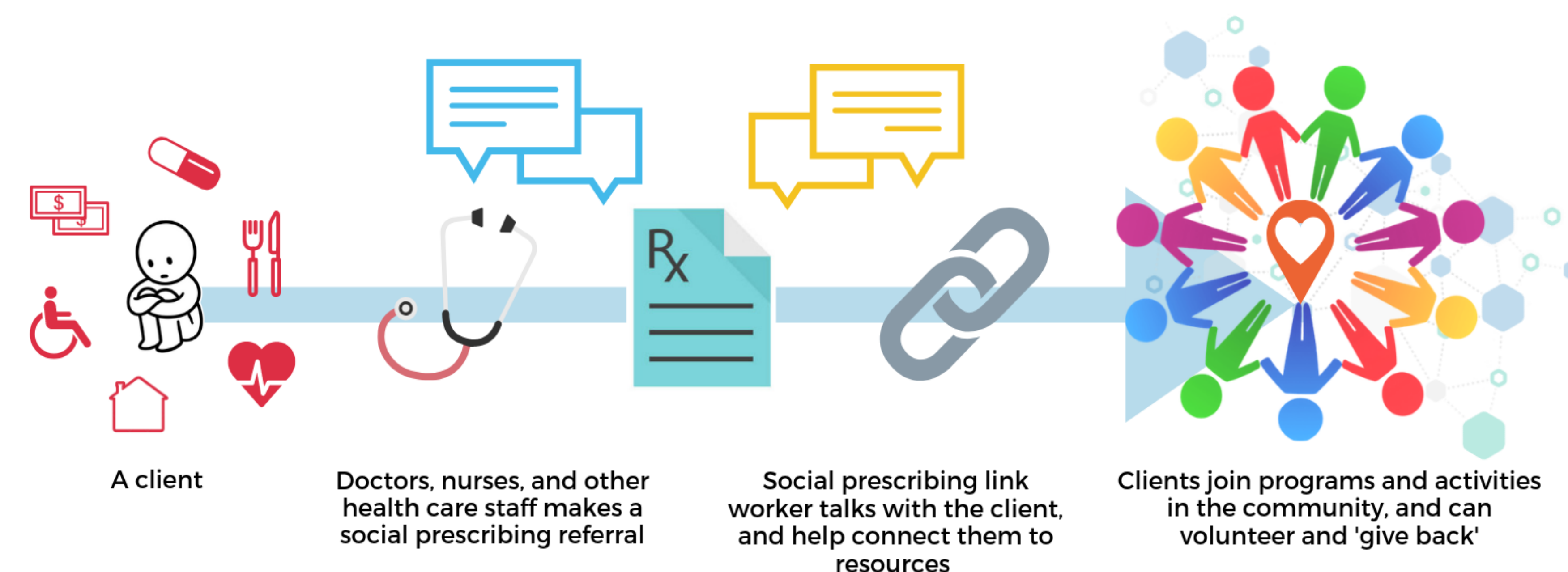
What makes a person or a group likely to be susceptible to the stressor



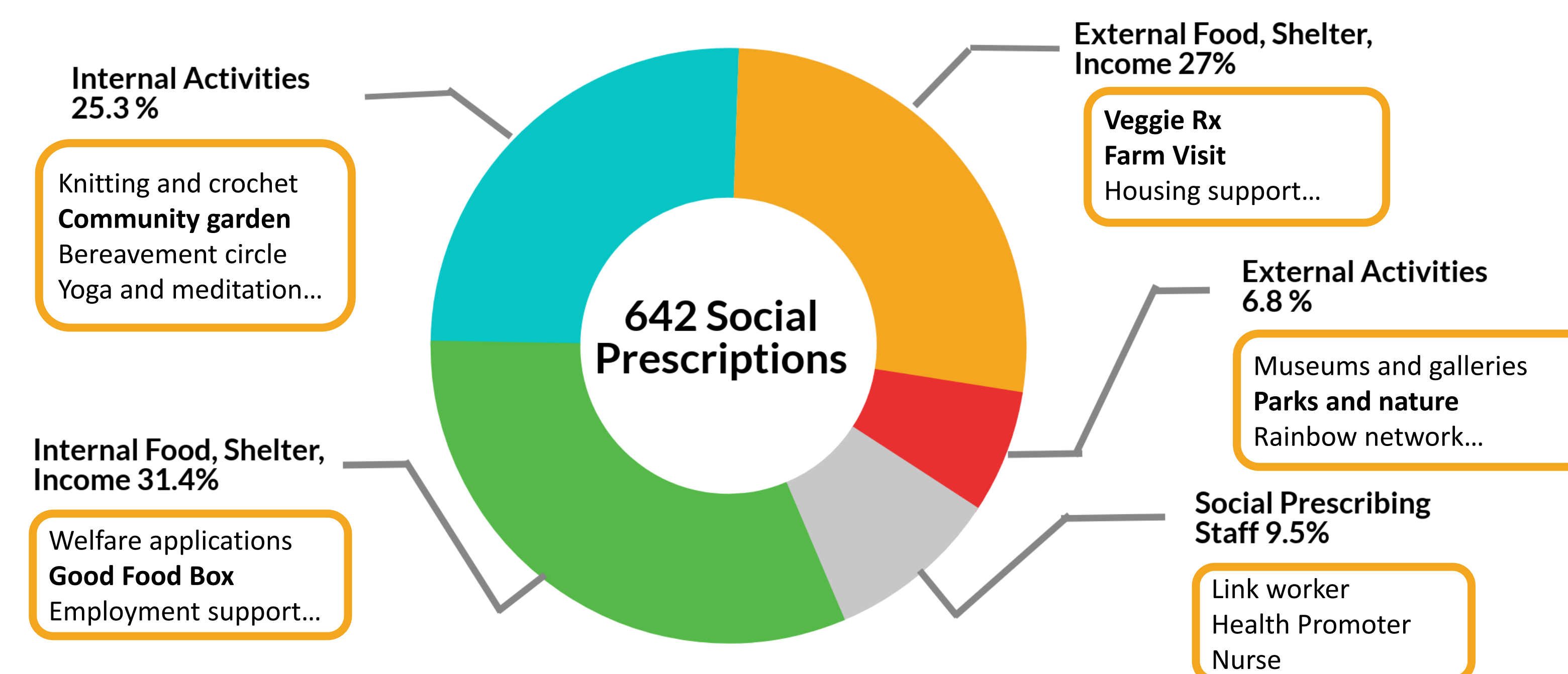
- Being active and spending time in nature improves physical and mental resilience, mitigating the negative health impacts associated with climate change.¹
- Purposeful activity, health, social support and self-esteem build individual and community resilience by supporting mental well-being.²
- Social prescribing initiatives can counter the social determinants of health inequity by encouraging social interaction and developing individual and community resources.²

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, 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 -- because you know that you've started that domino effect when people take responsibility for their wellbeing, they want to help themselves, and they want to help others. That's the most rewarding thing"

- Guelph Community Health Centre Peer Leaders



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

References:

1. 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.
2. 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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Advancing Health Equity in Ontario