

Chebucto Community Health Team Community Conversations



Building
Healthier
Communities
Together 

Capital Health Primary Health Care
in collaboration with IWK Health
Centre and community partners

Reporting to You: Community Health Team Community Conversations

Capital Health has promised to support people and communities to be healthy and well. We are doing this by working with others to create healthy environments, supporting healthy behaviours, and providing health programs and services focused on the needs of people in our communities. One way that we are supporting those who live in the Spryfield-Sambro loop area is through a new Community Health Team.

Basic programs and services of the Community Health Team will be free.



Shaping the Chebucto Community Health Team

Every community has its own health and wellness needs. To learn about the needs of citizens in the Spryfield-Sambro loop area, we looked at information that told us about the health of the people who live in this community. We then held conversations with over 300 community members and organizations, family physicians, and health care providers. We are very grateful to all those who shared their thoughts on how to support the health and wellness of the Spryfield-Sambro Loop area. These thoughts will shape the programs and directions of the Community Health Team for this area.

What We Know

The Spryfield-Sambro loop area is part of the Chebucto West Community Health Board. In May 2009, a survey (www.ourhealthsurvey.ca) took place to better understand the health and wellness of the people (15 years of age and older) in the Chebucto West area. This survey found:

- 65% had a chronic condition (such as arthritis, mood disorders, or diabetes)
- 65% did not have a healthy weight
- 65% did not eat enough fruits and vegetables
- about two-thirds were stressed in their life and work
- 42% were not physically active
- 34% had a weak sense of belonging
- 22% talked to a health professional about their emotional or mental health in the past year
- 20% smoked
- **76% felt they should make changes to improve their health**



What the Community Said

The Spryfield-Sambro loop community let us know how much they care about the health and wellness of their community. They shared with us their stories and talked about their needs. We heard a number of priorities for programs and services, which included:

- Healthy eating
- Mental health / emotional health
- Addictions
- Life skills
- Sexual health for teens
- Physical activity
- Community capacity building

We heard that seniors, youth, and parents were the groups that could benefit the most from programs and services of the Community Health Team.

The community voiced concern that it might be difficult for some people to take part in Community Health Team activities (as well as other programs and services in the community / other areas). We heard that some of the reasons why people may not be able to fully participate would be because they do not have transportation, childcare, or may not know about the programs and services.

Wellness navigation, which is helping people connect with programs and services that they need, was also said to be very important for the community.

What We Are Doing

The Chebucto Community Health Team will offer the following components:

► Wellness Navigation and Coordination

The Community Health Team will work with community members and partners to help people connect with the programs and services that they need. Some of the programming areas that the Community Health Team will partner with others on include:

- becoming a place to find information and resources on health and wellness
- partnering and linking with existing community health programs and services (such as mental health and addictions supports, youth supports)
- supporting individuals and families to link to existing health, wellness, and social supports
- supporting community-capacity building

► Wellness Programs

The Community Health Team will lead or partner with community and other programs and services to provide:

- Nutrition education
- Emotional wellness education and supports
- Education sessions (such as parenting)
- Physical activity
- Assessments (personal and family wellness profile)
- Personal wellness education (risk factor management)
- Peer support to manage your own health



“ We need to have a way for people to help themselves – to teach them how to turn around and help their peers ”

In order to best serve the community, a number of the priority areas for programs and services will need support from different services, departments, and organizations.

The Community Health Team will link, collaborate, and partner with different groups to deliver programs and services for the Spryfield-Sambro loop area. Capital Health will need the support of others to make the Community Health Team everything it can be.

Programs and services will be phased in over time as they are available.

The Community Health Team will be flexible and responsive to the changing needs of the community.

