

**Community Health Teams** 



**Building Healthier Communities Together** 

Capital Health in collaboration with IWK and community partners

**Lisa Sutherland**  
Team Lead

**Sarah Manley**  
Team Lead

**Community Health Teams** 

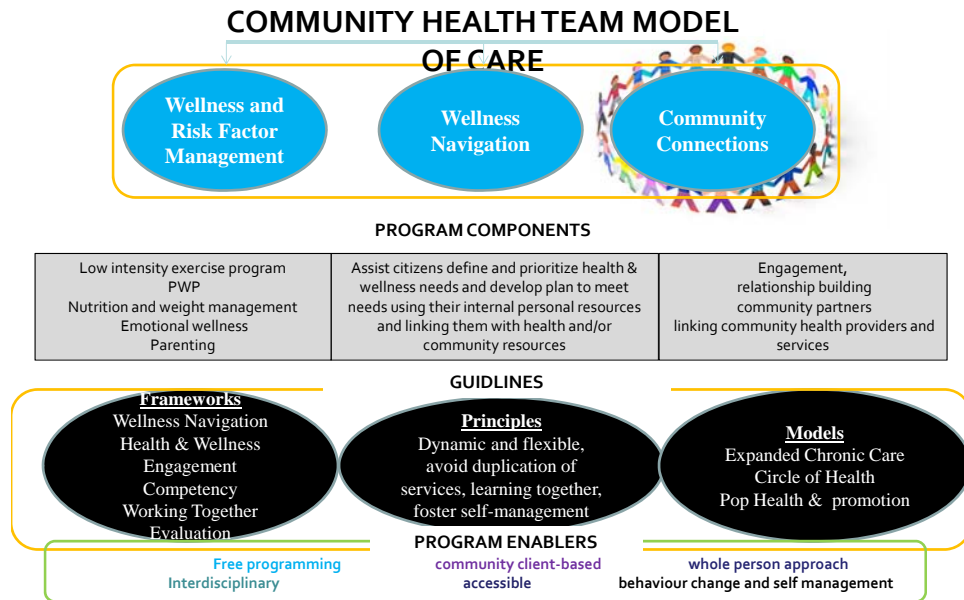
## CHT Goals

- **Improved citizen access** to healthcare & community resources.
- **Support** individuals and families to **build knowledge, skills and confidence.**
- **Engage community** and citizens and build capacity to support health.
- **Improve links and work together** with the partners in health care, community organizations, government, etc.
- **Demonstrate improvements in risk factor management and overall wellness** to prevent or better manage chronic disease.

## Community Health Teams

- CHT programs and services are grounded in **behaviour change** and **self management** to provide citizens with the skills and knowledge to achieve their optimal state of health.
- **Self referral**. Open to all citizens who live, work or have a family doctor in the catchment area.
- **Determinants of Health** lens in all work.
- **Accessible** (location & time of day) & **free**.
- Not disease specific – **common risk factors**.

## Community Health Teams





## Community Health Teams Capital Health

### Food bank Engagement

- Hands on cooking
- Food bank foods avoided – they did not know how to use them (beans etc)
- How to do more with foods they commonly get at the food bank – such as canned foods
- Chance to try new lower cost ingredients

## Community Health Teams Capital Health

### Cooking Low Cost Together

- Observation
- Small group work
- Individual
- Takes place after the food bank in the kitchen
- Have lunch together & leftovers to take home
- Worked with community group to provide transportation

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## Kick up a Can!



- Beefaroni
- TVP
- Canned tomatoes
- Corn niblets
- Pasta
- Italian seasoning
- Canned mushrooms



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## Hawaiian Chicken Casserole



- Mario's Chicken
- Cream mushroom soup
- Rice
- Pineapple tidbits
- Frozen vegetables



## Community Health Teams Capital Health

### Outcomes

- Expanded to seasonal programming
- Over 90 % participants agreed or strongly agreed that the session was valuable to them and they have a better understanding and a plan to improve their health as a result of the program completed.

## Community Health Teams Capital Health

