

Appendix 7.11

Finding Health Promotion Resources in Your Community

During the assessment of your community, the Local CHAP Coordinator needed to do an environmental scan of the community. Referring to the community profile that was developed at this time may help you to find local health promotion resources in your community. Here are some additional ideas to obtain health promotion resources for participants at CHAP sessions.

- The Heart Health Coordinator at the Local Public Health Unit

Every Local Public Health Unit has a Heart Health Coordinator that supports a local Heart Health coalition. The Heart Health program is part of the Ontario Government's comprehensive cardiac strategy that is delivered through local public health units and their local partners. This program focuses on the three key risk factors linked to cardiovascular disease. The program supports people in making healthy lifestyle choices -- avoiding tobacco use, eating a healthy diet with plenty of fruits and vegetables and staying active throughout their lives. To find out more information about your community's Heart Health Coalition, contact your local public health unit and visit the Ontario Ministry of Health and Long Term Care Heart Health Update website http://www.health.gov.on.ca/english/public/updates/archives/hu_03/hu_hearthealth.html

- The Manager or Coordinator of the Regional, District, or Secondary Prevention Stroke Centre that services your community.

There are 9 Regional Stroke Centres, 3 Enhanced District Stroke Centres, 5 District Stroke Centres, 19 Secondary Prevention Clinics, and 5 Community Secondary Prevention Clinics in the province of Ontario, which is part of the Ontario Stroke Strategy initiative. The Ontario Stroke Strategy aims to decrease the incidence of stroke through improvements across the continuum of care including health promotion and primary prevention, recognition of symptoms, acute care, secondary prevention, rehabilitation, and long-term and community care.

Local community disease agencies, including the local branch of the Heart and Stroke Foundation of Ontario, Canadian Diabetes Association, and Kidney Foundation of Canada.

Most of these organizations have staff or volunteers dedicated to public education and client services. Many also offer health promotion programs and resources specific to healthy living.

- Local Seniors Centres or Seniors Groups.

Community Support Organizations such as VON, Red Cross, Community Care and Access Centre.

The Ontario Community Support Association represents the home and community support sector in Ontario. OCSA members are community based not-for-profit organizations that provide services to help people live at home. The Ontario Community Support Association website <http://www.ocsa.on.ca/> can perform a search by community name and list all the agencies that serve your community.

- Local Community Centre, Recreation Centre or Municipality.
- Other Fitness Centres. For example, YMCA, Good Life Fitness Club, and Loblaws/Zehrs/SuperStore Community Rooms.

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Resources to request:

1. Educational pamphlets or 1-page information sheets;
2. Flyers/information sheets about their programs and services.

Examples of Health Promotion Topics:

- Preventing Heart Disease and Stroke
- Healthy Living
- Physical Activity
- Healthy Eating
- Smoking Cessation
- Reducing Stress

Examples of Programs/Services (try to get information targeted to or appropriate for the Senior population):

- Fitness classes
- Healthy cooking classes
- Walking clubs
- Dance classes or groups
- Free swim times at the pool
- Crisis telephone lines