

# CHANGE Health Community Program impact summary



*We believe communities are strongest when they come together.*

The CHANGE Health Community Program helps families “re-learn” healthy living. Focusing on the areas of physical activity, nutrition, mental health and social connection, the program supports the health and wellness of Albertans across all ages and stages of life.

## REACH



**122 FAMILIES PARTICIPATED**

230 adults | 245 youths



**11 LOCATIONS**  
across Alberta

## ATTENDANCE



**76% AVERAGE**  
attendance rate

## RECOMMENDATIONS



**100%** OF PARTICIPANTS WOULD  
*join the program again  
and recommend it to  
their family and friends*

## OUTCOMES



**PHYSICAL ACTIVITY**

**60%**

*maintained activity levels*

**8% ↑**

*of adults meeting  
physical activity guidelines  
(150 min/week)*



**NUTRITION**

**23% ↑**

*in fruit and vegetable intake  
by one serving/day*

*Plates being half full  
of fruits and vegetables*

**ADULTS: AVERAGE 11% ↑**  
**YOUTHS: AVERAGE 18% ↑**



**MENTAL HEALTH**

*Maintained levels of  
resilience and stress  
over the pandemic*



**SOCIAL CONNECTION**

*Increased connection  
to community*



**POST-PROGRAM**

*Many participants  
are moving towards  
actioning change*

## ADOPTION/IMPLEMENTATION



**313**  
**PROGRAM BOXES**  
delivered



**23**  
**ADVENTURE CAMPS**  
delivered  
*(371 youth participated)*



**8 OF 11**  
**SITES**  
*have continued*  
**PROGRAMMING**



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