

SEPTEMBER 2022–JULY 2023

CHANGE Health Community Program impact summary



We believe communities are strongest when they come together.

The CHANGE Health Community Program (CHCP) helps families “re-learn” healthy living. Focusing on 4 major pillars, the program supports the health and wellness of Albertans across all ages and stages of life.

REACH



101 FAMILIES PARTICIPATED

139 adults | 148 youths



11 LOCATIONS
across Alberta

ATTENDANCE



79% AVERAGE
attendance rate

RECOMMENDATIONS



100% OF PARTICIPANTS WOULD
would recommend
CHCP to others

OUTCOMES



PHYSICAL ACTIVITY

8% ↑

of adults meeting
physical activity guidelines
(150 minutes per week)

Sedentary time decreased
by more than one hour a day



NUTRITION

10% ↑

Plates half full
of fruits and vegetables

Participants tried new recipes
and foods while developing their
cooking skills



MENTAL HEALTH

Increased levels
of resilience and
maintained levels of
stress over the program



SOCIAL CONNECTION

Increase in participants
reporting communities
meet their needs



POST-PROGRAM

Many participants
are moving towards
actioning change

ADOPTION/IMPLEMENTATION



5
FAMILY HEALTH
RETREATS
DELIVERED



7 TIPI TEACHINGS AND 5
ENGAGEMENT SESSIONS
were held with Indigenous
communities

2 INDIGENOUS ADAPTATIONS
were completed



50%
OF PROGRAM
SITES
have continued
PROGRAMMING