

# Social Prescribing: A Tool to Address the Health & Social Needs of Young Adults



Canadian Institute  
*for* Social Prescribing



# The social determinates of young people's health



Dahlgren, G. and Whitehead, M. (1991). Policies and Strategies to Promote Social Equity in Health.  
<https://www.publichealthgreybruce.on.ca/Your-Environment/Healthy-Communities/Health-Equity>

## Impact of COVID-19 on Mental Health and Substance Use



Click on the items below to see the corresponding *Mental Health and Substance Use* data.



**25.10%<sub>§</sub>**

previous period: 19.00%

experienced  
moderate to severe

**Anxiety**



**25.40%**

previous period: 26.50%

engaged in

**Binge drinking**



**24.10%<sub>§</sub>**

previous period: 18.80%

felt

**Lonely**



**22.30%<sub>§</sub>**

previous period: 18.60%

felt

**Depressed**

CAMH COVID-19 National Survey Dashboard  
<https://www.camh.ca/en/health-info/mental-health-and-covid-19/covid-19-national-survey>



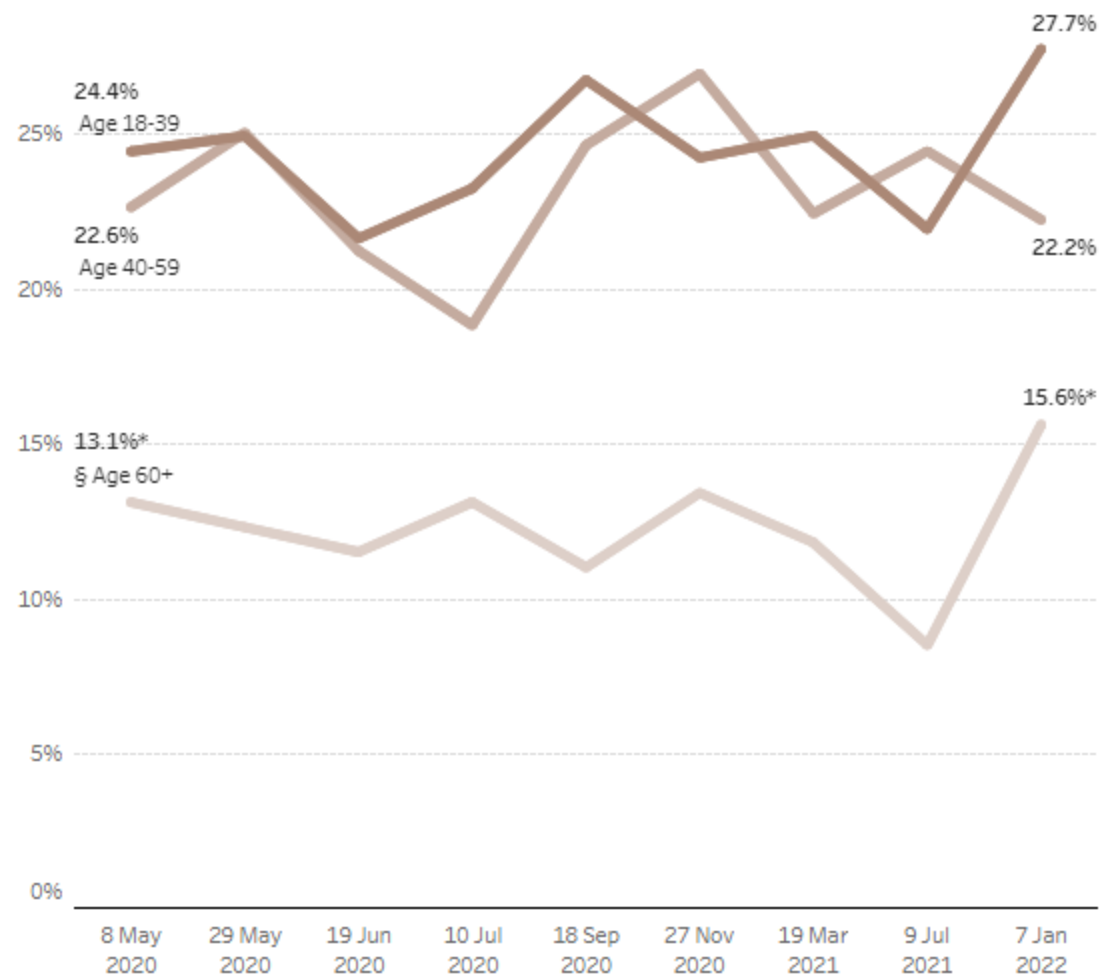
## Age

Percentage who felt lonely among each of the three age groups



## Age

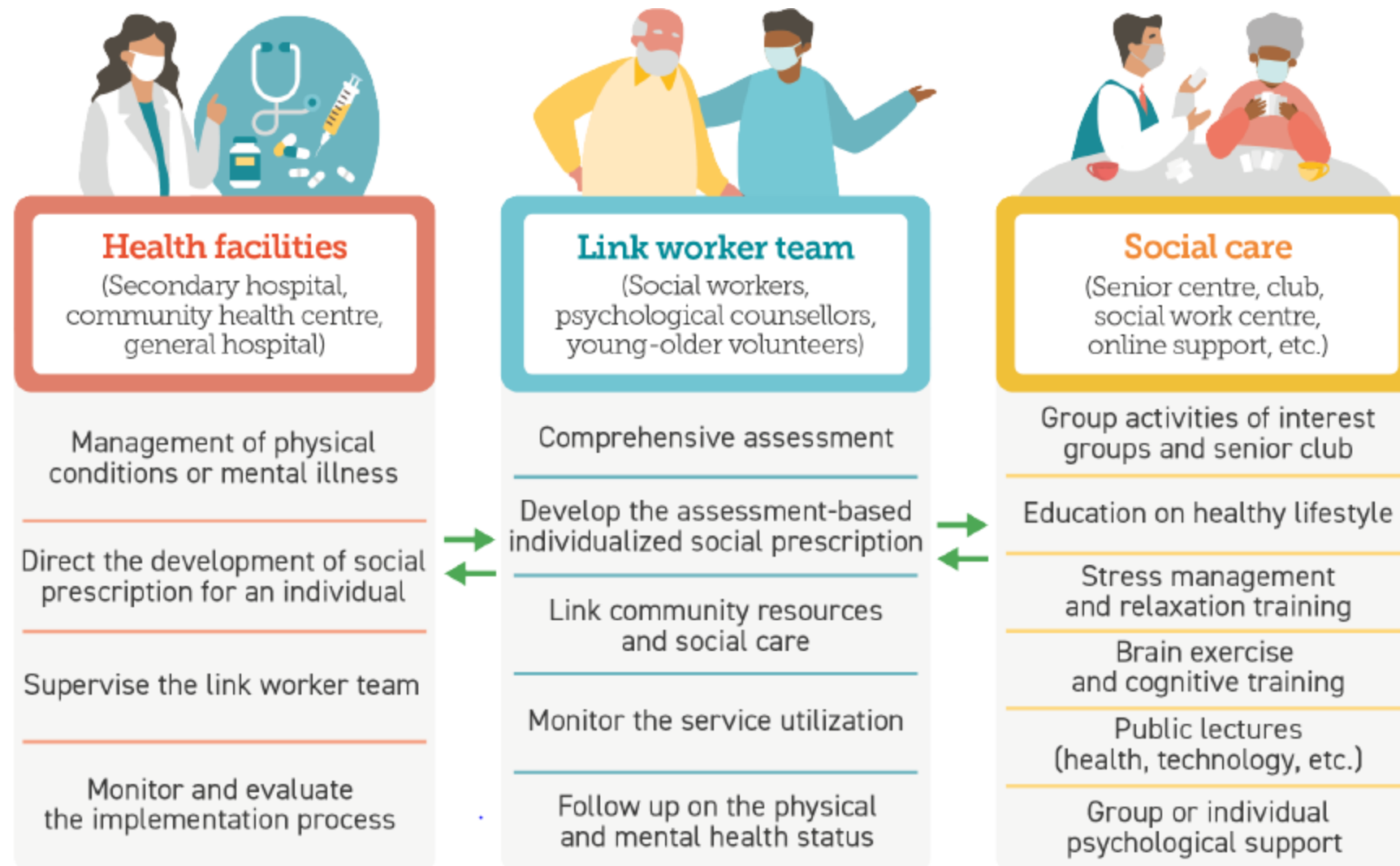
Percentage who felt depressed among each of the three age groups



# Social Prescribing = Basic Needs + Mental Health + Wellbeing



# Example of a Social Prescribing Model



A toolkit on how to implement social prescribing, WHO Western Pacific:  
<https://www.who.int/western-pacific/publications-detail/9789290619765>



General	Physical	Psychological	Welfare	Spiritual	Social
General wellbeing	Blood Glucose	Anxiety	Volunteering & employed	Sense of purpose	Reduced loneliness
Quality of life	Blood pressure	Depression	Education/ qualifications/ skills	Fulfilling potential	Reduced social isolation
Selfcare	Cholesterol	Self-esteem	Feel well informed	Relaxation	Increased independence
Social adjustment	CVD risk score	Confidence	Ability to access services	Broadening horizons	Increased social identity
Empowerment	Drug use: tobacco	Suicide ideation	Ability to do everyday activities	Enlightened	Builds self-worth
Social connectedness	Aches / pains	Trust	Housing / debts/ benefits	Inspired	Feeling supported & listened to
	BMI weight: waist circumference	Hope for future	Coping with bereavement/ separation	Enjoyment: happiness	Increased self-awareness
	Alcohol	Sense of control	Improved relationships; friendships;		Builds knowledge
	Illegal drug	Anger	Concern about family/carers		Friendship
	Prescription drug	Motivation	Sense of achievement		Connectedness
	Quality of sleep/ less fatigue	Ability to concentrate	Better management/ coping with long term conditions		
	Healthier diet	Personal resilience/ ability to cope	Ability to identify and address problems		
	Physical activity: exercise activation	Positive decision making			
	Stamina	Feeling positive			
		Cheerful			
		Relaxed			
		Absorbed			
		Encouraged			
		Pride in appearance			

What does successful social prescribing look like?  
Mapping meaningful outcomes  
Polley et al. 2020

# Global Movement and Canadian Initiatives

## **Growing momentum across Canada and around the world:**

- At least 20 countries worldwide are engaged in SP in primary, secondary, rehabilitation, acute care, home care and community sectors
- Canada is a leader in the International Social Prescribing Network & Global Social Prescribing Alliance

## **In Canada, social prescribing innovations are currently being led by:**

- Community organizations (United Way BC, Ontario 211, OACAO, Canadian Red Cross Quebec & Atlantic)
- Health systems & regional health authorities (Island Health, Newfoundland & Labrador Health Accord)
- Primary health care teams (Alliance for Healthier Communities in Ontario)
- Acute care (UHN Social Medicine, Ontario)
- Others using different terminology or related approaches

**However, there is currently no systems-level investment in social prescribing in Canada**



# The Canadian Institute for Social Prescribing (CISP)

- New national hub to foster, share, and celebrate practices that connect people between health care and non-clinical supports for psychosocial, material and wellbeing needs rooted in the social and structural determinants of health.
- Focal point for SP in Canada and for Canadian SP in the world.
- Grounded in and committed to equity, community leadership and collaboration.
- Website: <https://www.socialprescribing.ca>
- Twitter: [@CISP\\_ICPS](https://twitter.com/CISP_ICPS)

