















#### Building Healthier Communities Together

Nova Scotia Health Authority in collaboration with IWK and community partners



#### What We Know!

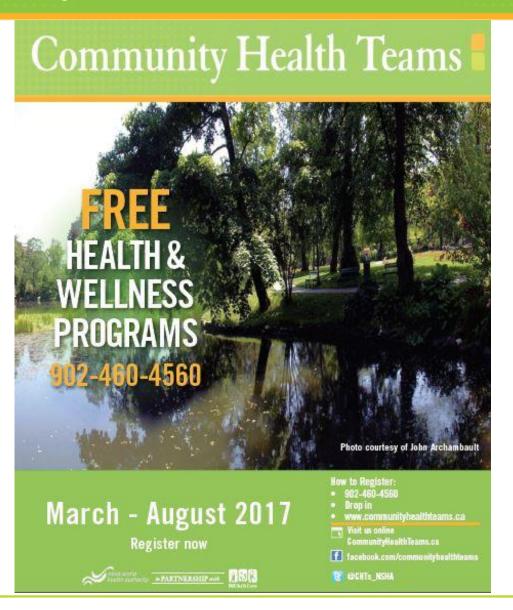
- 33% of Canadians have at least one chronic condition
- 50% of people with chronic condition have more than one
- Nova Scotia = highest rates of chronic disease and disability in Canada



# **CHT Guiding Principles**

- Grounded in behaviour change and self management
- Self referral
- Not disease specific
- Determinants of health lens
- Accessible & free
- Avoid duplication







# The CHT is **NOT** where I go to...

...to get one on one assessment or counseling

... to see a family doctor, or get medical care

...to get my blood taken or have other medical tests

... to get disease specific programming



### **Video Testimonial**



Samantha and Angelina



# **Always the Right Door**





Always Listening...

Listening Learning



#### **How to Contact Us**

• Call 902-460-4555

• Email: <a href="mailto:cht@nshealth.ca">cht@nshealth.ca</a>

• Website: <u>www.communityhealthteams.ca</u>