

# Community Health Teams



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

# Community Health Teams



## Community Health Teams

**FREE**  
**HEALTH &  
WELLNESS  
PROGRAMS**  
**902-460-4560**



Photo courtesy of John Archambault

**March - August 2017**

Register now

**How to Register:**

- 902-460-4560
- Drop in
- [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

Visit us online  
[CommunityHealthTeams.ca](http://CommunityHealthTeams.ca)

[facebook.com/communityhealthteams](https://www.facebook.com/communityhealthteams)

[@CHT\\_NSHA](https://twitter.com/CHT_NSHA)



**in PARTNERSHIP with**



## 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: [cht@nshealth.ca](mailto:cht@nshealth.ca)
- Website: [www.communityhealthteams.ca](http://www.communityhealthteams.ca)