



**Abstract Title:** Collaborating to promote healthy living: Community recreation and chronic conditions

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## **Introduction/Background**

The number of people living with a chronic physical or mental health condition (such as arthritis, diabetes, heart disease, lung disease, bipolar disorder, depression) is growing. The Expanded Chronic Care Model (ECCM) (Barr et al, 2003) is a framework used locally and across Canada for conceptualizing services that support people living with chronic conditions to live well with their condition(s). In addition to focusing on health services (such as developing people's skills to self-manage their condition), the ECCM integrates community-based health promotion principles that recognise the importance of healthy public policy, community action, and supportive community environments as important to achieving health outcomes. Although this model recognizes community supports and services as essential in supporting people to live well in their communities with their chronic conditions, few programs implement community interventions (Jenkins et al., 2010) and there is limited literature that provides practical, community-oriented approaches to support living well in the community with a chronic condition. One important but underutilized resource for living well with a chronic condition is community recreation, which offers people opportunities for meaningful engagement in physical and social activities that can promote health.

## **Purpose**

The purpose of this presentation is to explore how community recreation provides a unifying context for collaboration between the health and recreation sectors in order to support people with chronic conditions to live well with their conditions in the community.

## **Approach**

Drawing on the ECCM as a theoretical framework, we briefly review the benefits of community recreation in relation to chronic condition management. Then, we identify where community recreation can be located with the model, providing examples from the literature and our own work of what collaborations around community recreation could look like and who might be involved (Authors, 2017a; Authors, 2017b). Lastly, we provide recommendations for how health and recreation service providers can prepare for such collaborations.

## Outcomes

A way of conceptualizing community recreation as part of the Expanded Chronic Care model is presented, along with strategies for strengthening collaboration between the health and recreation sectors. Participants will understand the potential role of recreation in the ECCM and identify strategies for collaboration.

## Conclusion

Innovative, community-based strategies for living well with a chronic condition are needed. Community recreation provides an innovative arena for supporting collaboration between health and recreation that can strengthen chronic condition management in the community.

## References

Authors, 2017 a.

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