

Social Prescribing: The Gateway to Community Well-Being¹

What is it?²

Social prescribing is a way for community members in medical and community settings to identify and understand their social needs that-

go beyond traditional medicine. Community members can then address aspects of their health that might otherwise be ignored or only addressed once poor mental or physical health is already affecting them. People can then be appropriately connected to the resources or services that can help to improve and strengthen their well-being.



Why is it beneficial?³



Addresses Unmet Needs



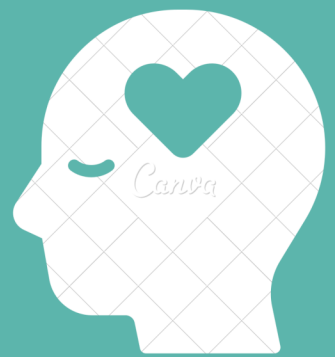
Reduces Health Inequalities



Supports the Creation of Resilient Communities



Empowerment in healthcare



Did you know?

20% of patients consult their Family Doctor for non medical needs.⁴

Social prescribing complements our current healthcare approaches, helping to reduce burden on our healthcare system, and allowing doctors to focus physical health needs.

Core principles of Social Prescribing³

1

Holistic

2

Promotes Health

3

Addresses Barriers

4

Community

5

Agency

References

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2. Rehel, J. (n.d.). Social Prescribing: Your doctor's office is a new gateway to community ... Alliance Ontario Social Prescribing Release. https://www.allianceon.org/sites/default/files/documents/Social%20Prescribing_release_2018_12_06_EN.pdf
3. Office for Health Improvement and Disparities. (n.d.). Social Prescribing: Applying All Our Health. GOV.UK. <https://www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health#:~:text=Social%20prescribing%20enables%20all%20local,personalised%20care%20and%20support%20planning.>
4. Dowden, A. (2019). How social prescribing can benefit patients and prescribers. Prescriber, 30(4), 21-24.