

# Sahara Health Promotion and Prevention Program

The Sahara Health Promotion and Prevention (SHPP) program is a community-based initiative at Punjabi Community Health Services, funded by Ontario Health. It offers culturally responsive health interventions, promotes healthy living, and fosters community engagement. SHPP builds strong partnerships with local stakeholders, including healthcare providers and community organizations, to enhance health outcomes through outreach, evidence-informed decision-making, and preventive care planning.

Our program components include: Preventative Care, a Locally Driven Population Health Model (LDPHM) that encompasses Diabetes Health Promotion and Prevention, Mental Health and Addictions Case Management, Primary Care Attachment, and Connection to Wraparound Supports.

## Preventative Care Program

- Chronic disease prevention (including diabetes and cancer prevention)
- Importance of early detection and regular screening
- Preventive Care Plans
- Healthy lifestyle changes
- Access to health services in the community



## Type- 2 Diabetes Awareness & Prevention

- Community based Diabetes Education Program
- Access to seminars on different topics of diabetes
- Personalized diabetes prevention and support plans



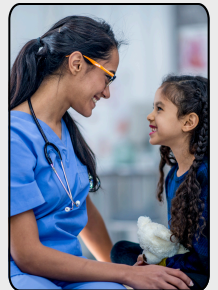
## Mental Health & Addictions

- Education about Mental Health & Addictions
- Access to individual assessment and care plans
- Workshops available for Mental Health & Addictions support



## Primary Care Attachment

- Facilitate access to primary care/ family doctor
- Follow-up with participants to assess progress in connecting with a family doctor



## Service Navigation

- Help navigating resources available within the community, including health care, mental health & addiction services, food security, housing, or financial assistance
- Access to culturally responsive services



## Requirements for Program

- Resident of Region of Peel (Brampton, Caledon & Mississauga)
- Anyone 18 or older, regardless of status, can access these services

## Funded By

