HANS KAI is a community-led health program developed and delivered by NorWest Co-op Community Health. It empowers community-led groups to influence their health through healthy eating, physical activity, social support and physical health.

HOW TO JOIN
To find out more about HANS KAI, or to join, call 204-938-5900 or email mkirkbride@norwestcoop.ca or tnasuti@norwestcoop.ca.

HOW TO REFER
To refer clients call 204-938-5900 or fax 204-938-5994.

Physicians’ offices with Community Accoro can make a referral by toggling NorWest and sending directly to Tammy Nasuti or Mike Sadlowski.

BENEFITS OF HANS KAI
Cost effective program with minimal resources needed to sustain or improve health in the community.

Addresses and improves management of chronic conditions such as diabetes, heart disease, depression and anxiety, and obesity without additional strain on health care system.

Research shows that participation in HANS KAI has statistically significant improvements on mental health, physical activity levels, social connectedness and health knowledge.

Because of the cost effectiveness of HANS KAI, the proven results, and the peer-led component, HANS KAI has been successfully adapted by health co-ops and community health centres across Canada.
HANS KAI provides information to small groups about factors that influence their health such as diet, physical activity, social support and physical health and gives groups the tools and knowledge to improve or maintain their own health.

HOW DOES HANS KAI WORK?

HANS KAI gives participants the tools, skills and knowledge they need to take control of, and improve, their own physical and mental health while building a healthier, stronger community.

Participants attend a 9 session health school delivered by trained facilitators. Each focuses on healthy eating, fitness, stress management, physical health markers and empowerment.

After completing the health school, HANS KAI groups meet independently, enjoy a healthy snack, take part in exercise, check their health indicators, and socialize with the group.

TOPICS COVERED IN A HEALTH SCHOOL

GENERAL OVERVIEW OF HANS
What is it, who benefits, and how to implement it.

INTRODUCTION TO HANS
Including core components of HANS KAI, health info tracking, information gathering, goals setting and general health discussions.

NUTRITION
Introduction to healthy eating, food safety, meal planning, grocery shopping and cooking demo.

FITNESS
Includes goal setting, fitness plans, mobility and strength and cardio activities and information.

HEALTH INDICATORS
Teaching participants to track their blood pressure, blood sugar, and waist circumference and why as well as how to record it.

SLEEP AND STRESS
Impact of sleep and stress on health, mental health overview, stress management plans, sleep plan.

PRIMARY CARE THROUGH THE YEARS 1 hour
General health overview.

WORKING TOGETHER
Discussion includes conflict management, boundaries, consensus and review of core principles.

LAUNCHING A GROUP
Giving the group a toolkit and helping them plan how they will run after the health school, selecting Group Champions (aka leaders), and how to practice core HANS KAI principles.

REVIEW OF HANS
Q&A and development of implementation plan.

Participation in HANS KAI resulted in a statistically significant improvement in mental health scores.

66 percent of HANS KAI participants made health and behavioral changes as a result of their involvement.