



Strategic Health Alliance

June 2017

What is the Strategic Health Alliance?

The Strategic Health Alliance (SHA) is a partnership between the City of Kamloops and Interior Health (IH). Officially formed in 2008, the SHA brings together shared goals to promote exercise and healthy lifestyles for Kamloops residents. The SHA recognizes the role the community can play in health promotion and chronic disease prevention, building on the [Expanded Chronic Care Model](#), which identifies the community as a vital partner in chronic care management. The exercise programs offered via the SHA target middle-aged and older adults with, or at risk of, developing chronic conditions.

How did it get started and evolve over time?

Prior to 2008, the City of Kamloops and IH had partnered on several initiatives aimed at healthy lifestyles and chronic conditions. A key catalyst for the formalization of their partnership and development of the SHA, was the opening of the Tournament Capital Centre in 2007. While the Tournament Capital Centre was built primarily to expand sports tourism, the City and IH saw the potential for the TCC space (a 160,000 square foot recreation centre) to be used for fitness programming. Through the SHA, the following group fitness programs are offered at the TCC:

- *On Track*: primary prevention program for people at risk of cardiovascular disease (for more information about this program please see the [On Track Program Profile](#))
- *Vascular Improvement Program*: cardiac rehabilitation program (also offer *And the Beat Goes On Program* for graduates)
- *Pulmonary Rehabilitation Program*: for individuals with respiratory conditions (also offer *Breathe On Program* for graduates)
- *Sweet Moves*: diabetes education and fitness program
- *Sensational Survivors*: for women diagnosed with cancer

People interested in these programs need a referral from their physician to be able to participate. The programs are affordable – they are either free or charge a nominal fee.

How does the Alliance work?

The City of Kamloops and IH have varying degrees of responsibility for the different SHA programs. Generally, IH manages the clinical aspects of programs, while the City of Kamloops oversees the exercise components. Program staffing may include an IH multidisciplinary team (such as a nurse, occupational therapist and/or dietician), Program Coordinator and municipal exercise program staff. The City of Kamloops is responsible for providing and maintaining the facilities for the programs (i.e., Tournament Capital Centre).

The City of Kamloops receives approximately \$55,000 from IH each year for all SHA programs. The majority of this budget pays for staffing as well as other costs including marketing, professional development, evaluation, and sustainability. The part-time clinical staff are IH employees, and hence that cost is paid directly by IH.

How else does the Alliance support safe exercise in Kamloops?

The SHA also offers the *Keep on Moving* program, which provides education for fitness leaders on how to offer safer exercise programs for people with chronic conditions. This is a 2-3 hour program (with readings ahead of time) targeting community-based group fitness leaders and the graduates need to attend a two hour class each year to stay up-to-date. All the classes offered by these trained fitness leaders are listed on the [Keep on Moving website](#) and are also indicated with a specific icon in the City's leisure guide, allowing the public to easily find an instructor with this training. The SHA is working to expand *Keep on Moving* beyond municipal-based fitness classes to community organizations who offer fitness classes and so far two organizations have successfully acquired the Keep on Moving designation.