



Small Steps for Big Changes is an evidence-based counselling program designed to help you make lasting diet and exercise changes to lower your risk of developing type 2 diabetes.

Learn how to incorporate physical activity into your daily routine, and to make sustainable dietary changes.



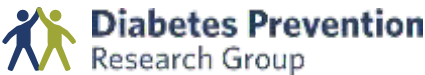
Are you 18 years or older?

Would you like to learn more about the program or determine if you are at risk for type 2 diabetes?

Talk to your doctor or contact us directly.

Visit us in person.
Saint John Regional YMCA, 191 Churchill Blvd
Give us a call.
506-646-2100
S.fitzgerald@yswnb.ca

This free program is supported through a partnership between Saint John Regional YMCA and the Diabetes Prevention Research Group at UBC. This promotion pamphlet is for recruitment into the research study titled "Implementing an evidence based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung).



SMALL STEPS FOR BIG CHANGES



Decrease your risk of developing type 2 diabetes

An evidence-based behaviour change program in Saint John, NB

Ask yourself five questions.

1

Are you inactive?

2

Are you overweight?

3

Do you have high blood pressure?

4

Do you have a parent or a sibling with type 2 diabetes?

5

Were you diagnosed with diabetes during pregnancy?

If you answered 'yes' to any of the above questions, you could be at risk for type 2 diabetes.



Understanding prediabetes

Prediabetes is a condition where your body has high blood sugar levels but not high enough for diagnosis of type 2 diabetes: it is a warning sign that you are at risk of developing type 2 diabetes.

Type 2 diabetes is a chronic disease where blood sugar levels are high. Excess sugar damages blood vessels and can cause permanent damage to organs and nerves. Over time this can lead to heart disease, kidney disease, loss of vision, lower limb amputation and stroke.

Now is the time to act!

You may not notice any symptoms of high blood sugar, but making diet and exercise changes now can decrease your risk of developing type 2 diabetes and lower your blood sugar levels.

References

Diabetes Canada: www.diabetes.ca

American Diabetes Association: www.diabetes.org

How can I participate?

This free program with YMCA membership is offered at Saint John Regional YMCA, 191 Churchill Blvd .

Program intake

- Contact us to determine your eligibility for this program!
- Or, complete the following survey to determine if you are eligible: tiny.cc/ssbccanada



Training phase

- 6 sessions of 1-on-1 exercise and dietary change counselling with a trained coach over 4 weeks

Support phase

- Accountability check-ins with your coach at 12-, and 24-months following completion of the program

SMALL STEPS FOR BIG CHANGES



Decrease your risk of developing type 2 diabetes

About the Program

Small Steps for Big Changes is an evidence-based counselling program designed to help you make lasting diet and exercise changes to lower your risk of developing type 2 diabetes.

How can I participate?

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- Or, complete the following survey to determine if you are eligible:



Training phase

- 6 sessions of 1-on-1 exercise and dietary change counselling with a trained coach over 4 weeks

Support phase

- Accountability check-ins with your coach at 12-, and 24-months following completion of the program
- Seamless transition to YThrive fitness program

Now is the time to act!

You may not notice any symptoms of high blood sugar, but making diet and exercise changes now can decrease your risk of developing type 2 diabetes and lower your blood sugar levels before irreversible damage occurs.

Would you like to learn more about the program?

This program is supported by the Diabetes Prevention Research Group at UBC for recruitment into the research study titled "Implementing an evidence-based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung).

August, 2024

Ask yourself five questions.

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Give us a call.
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**Diabetes Prevention
Research Group**

**9 out of 10 people don't realize
they have prediabetes.**

SMALL STEPS
FOR **BIG CHANGES**

is a **FREE** program that helps individuals
make lasting diet and exercise changes to
reduce their risk Of developing type 2
diabetes.

Want to learn more?
Come meet the SSBC coaches in Saint John
Regional YMCA

Drop by September 24, 2024 between 10 am- 1 pm.

191 Churchill Blvd

ARE YOU AT RISK FOR
TYPE 2 DIABETES?

Diabetes Risk Test

- 1

How old are you?
Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)
- 2

Are you a man or a woman?
Man (1 point) Woman (0 points)
- 3

If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- 4

Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- 5

Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- 6

Are you physically active?
Yes (0 points) No (1 point)
- 7

What is your weight status?
(see chart at right)

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

If you scored 5 or higher, you may be at risk of developing type 2 diabetes and may be eligible for the **Small Steps for Big Changes** program to help reduce your risk.

If you scored 5 or over you are eligible to participate in the Small Steps for Big Changes program!

You can sign-up by scanning the QR code,
OR
take this page to Saint John Regional YMCA.

Learn more about the Small Steps for Big Changes-program on our website smallstepsforbigchanges.com



THE UNIVERSITY OF BRITISH COLUMBIA

SMALL STEPS
FOR BIG CHANGES



tiny.cc/ssbccanada



Do you have a patient at risk of developing type 2 diabetes?

Refer them to **SMALL STEPS**
FOR **BIG CHANGES**

Small Steps for Big Changes is an evidence- and community-based diabetes prevention program that helps people make lasting diet and exercise changes.

The program consists of 6 one-on-one sessions with a trained coach over 1 month. Patients receive personalized exercise training and autonomy-supportive counselling informed by motivational interviewing.

Small Steps for Big Changes results in lasting changes.

Across nearly 400 patients enrolled in the program thus far, 85% of patients no longer have prediabetes and no one progressed to type 2 diabetes (based on HbA1c scores 1 year after completion of the program). Other benefits to patients include:

- Increased physical activity months after the program ends
- Reduced weight and waist circumference
- Improved fitness levels
- Reduced blood pressure
- Maintained weight loss and fitness improvements for 1 year after program



Diabetes Prevention
Research Group

Refer your patient to this FREE program if:

1

They are at risk for diabetes: recent HbA1c level in range of 5.7-6.4% (ADA guidelines) or ADA risk score ≥ 5 , and,

2

They are medically safe to exercise (e.g., cleared for exercise after MI, stroke, chronic heart failure, peripheral artery disease, uncontrolled hypertension, or COPD).

Referral options

- For your patients with HbA1c results in the range of 5.7-6.4%, directly refer them to Small Steps for Big Changes by providing them with program contact information or the program brochure.
- Display Small Steps for Big Changes brochure available to all patients so that they may contact us.
- Ask your patient to complete the online intake form:



This free program is supported through a partnership between Saint John Regional YMCA and the Diabetes Prevention Research Group at UBC. This promotion pamphlet is for recruitment into the research study titled "Implementing an evidence-based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung).

Please contact the research team if you have any questions: Phone: 250-807-8419 // Email: smallsteps.bigchanges@ubc.ca

Version August, 2024

SMALL STEPS FOR BIG CHANGES

About the Program

Developed by the [Diabetes Prevention Research Group](#) at the University of British Columbia and tested with >140 people at risk for type 2 diabetes, [Small Steps for Big Changes](#) is an evidence-based program that helps people make lasting diet and exercise changes. The program consists of 6-sessions with personalized 1-on-1 motivational interviewing informed counselling sessions and exercising training.

Program History

In 2017, the YMCA of Okanagan requested Small Steps be delivered in their facilities. YMCA noted a high 'return on investment' (e.g., new memberships, referrals, staff training). We co-created a long-term plan to ensure continued delivery with Small Steps embedded into their suite of programs.

Staff Training

Train-the-trainer certification enables YMCA staff with no prior counselling experience to effectively deliver Small Steps. In 2020, the train-the-trainer workshop was upgraded into a state-of-the-art virtual, interactive educational learning platform. We worked with Indigenous scholars to ensure cultural safety, and YMCA staff to ensure organizational receptivity.

QUICK FACTS

REACH

219 clients enrolled to date.
95% of completion rate.
15 YMCA staff trained.

IMPACT

85% no longer have prediabetes & 0 progressed to type 2 diabetes.

On average clients:

- Lost 7.4lbs & 4.2cm in waist circumference
- Walked 41.3m further on a walk-test

RETURN ON INVESTMENT

28% did and 17% planned to purchase a YMCA membership.

59% referred an average of 3 people to the YMCA.

100% of staff felt strongly that having Small Steps is useful in a YMCA facility

Saint John **HEALTH ASSESSMENT DAY**

September 24, 2024

**Saint John Regional YMCA
191 Churchill Blvd**

Time: 10 am- 1 pm

*Come assess your heart and muscle health,
and risk of developing type 2 diabetes at
Saint John Health Assessment Day. Brought
to you by Small Steps for Big Changes!*

*For more information contact:
smallsteps.bigchanges@ubc.ca*

**Enter to win prizes
including a fitbit!**



**Opportunity for all
adults in the
community to come
and get their physical
health checked**

Blood pressure

Fitness Test Stations

Height

Weight

Waist circumference

Resting heart rate

SMALL STEPS
FOR **BIG CHANGES**  **Diabetes Prevention**
Research Group



SMALL STEPS FOR BIG CHANGES

Small Steps for Big Changes is an evidence-based counselling program designed by the Diabetes Prevention Research Group at the University of British Columbia. The program aims to help individuals make sustainable diet and exercise behaviour change.

READY TO GET STARTED?



- Meet with your coach for six one-to-one 60-minute sessions over 4 weeks
- Discuss topics related to diet and exercise behaviour and learn techniques that will help you stick with the best exercise plan for your needs
- Track and measure your progress along the way
- Check in with your coach at 12-, and 24 months after you complete the program
- Seamless transition to YThrive fitness program

Get booked in at your local facility today!

Visit us at:



@DPRGUBC



@smallstepsforbigchanges



@SSBCUBC



smallstepsforbigchanges.com



Diabetes Prevention
Research Group





Become a coach with **SMALL STEPS** FOR **BIG CHANGES**

The Small Steps for Big Changes program helps adults reduce their risk of developing type 2 diabetes through diet and exercise behaviour change.

Small Steps for Big Changes offers evidence-based, individualized exercise sessions and one-on-one behaviour change counselling. All coaching sessions are informed by motivational interviewing. These sessions explore and support individuals' self-regulatory skills that enable lifelong involvement in healthy lifestyle activities.



What are the benefits of becoming a coach?



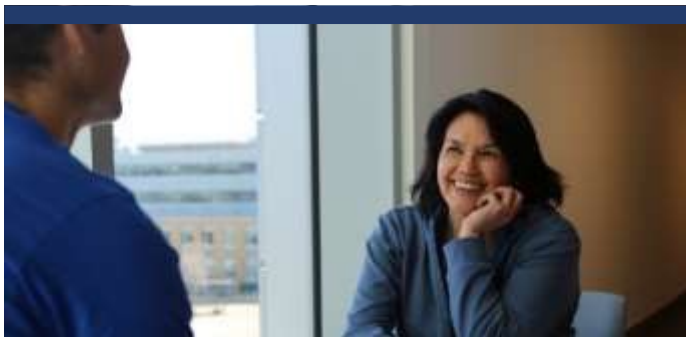
Make meaningful connections with your community

- Help improve the health and quality of life of those at risk of developing type 2 diabetes
- Be an advocate for community members making new lifestyle changes



Gain invaluable life experience and education

- Learn Motivational Interviewing and how to apply it to your coaching practice
- Learn transferable skills that will help you as a trainer, in future occupations, and in everyday life
- Learn how to help people reduce the risk of developing type 2 diabetes, and stick to behaviour change goals long term
- Receive continuing education credits by completing the Small Steps for Big Changes coaching training program



How can I become a Small Steps coach?

1. Complete online training modules (~5 hrs)

- Learn the science of behaviour change techniques, Motivational Interviewing (MI), and how to deliver a culturally safe coaching session
- Access to a comprehensive resource center with information about MI, prediabetes, and tools to help you be successful as a coach

2. Practice with a mock session (~1hr)

- Reinforce MI skills with one of our expert coaches
- Receive evaluation and supportive feedback

3. Final Steps Training (~1hr)

- Learn the platforms we use to support you in delivering SSBC!

4. Receive your Small Steps coach certification!

"The ability to communicate with someone better, to understand them and connect and feel connected, as well as understood, is really important."

- SSBC Coach

"I really like getting to know the participant. It's very rare that we would spend this much 1-on-1 time with the same client for weeks in a row. You really get to know them and really, really learn about them. It's not just the surface stuff. You really build a good relationship with these participants. I'm pretty sure if they keep coming to the Y, I'll stay connected with them for a long time.."

- SSBC Coach

Coaching with Small Steps for Big Changes

1. Match with a client based on your availability.

2. Conduct 6 coaching sessions 1-on-1 with your client over the course of their 4-week training period.

3. Coaching sessions consist of a 30-40 min discussion about diet, exercise, and goal setting, followed by 20-30 minutes of guiding the client through exercise

4. Coaching sessions are delivered to clients in-person at the YMCA

5. Meet with your client for 30-min follow-up appointments to check in on their progress

Sign me up!

Contact your staff manager to learn more and sign up to become a Small Steps coach!

Appendix A: Social Media Toolkit

Through this toolkit, this project aims to recruit men and women 18+ that are at risk of developing type 2 diabetes for a lifestyle intervention program.

Small Steps for Big Changes is an evidence-based lifestyle program that can help people make lasting lifestyle changes to lower your risk of developing type 2 diabetes. Eligible clients learn how to incorporate physical activity into their daily routine, and to make sustainable dietary changes.

Social Media Hashtags

The following hashtags or tagged organizations can be added to any post as you see fit – feel free to use other hashtags or organizations that seem appropriate to the context.

Example Hashtags	Example Partner orgs (username varies by platform)
#diabetesprevention #smallstepsforbigchanges #prediabetes #type2diabetes #lowcarb #lowcarbdiet #okanagan #lifestylechange #actionplanning #motivationalinterviewing #walking	Diabetes Canada BC Diabetes Research Network UBC Okanagan UBC School of Health and Exercise Sciences UBC Okanagan News

1.Sample Recruitment Social Media Post

The following advertisement could be used to promote the program for your area.

Are you ready to improve your health?

The Diabetes Prevention Research Group at the University of British Columbia and Saint John Regional YMCA are looking for individuals who may be at risk of developing type 2 diabetes to participate in Small Steps for Big Changes; a free evidence-based lifestyle change program run in the community at Saint John, NB.

Through one-on-one appointments, learn how to incorporate physical activity into your daily routine, and to make sustainable dietary changes.

For more information and to learn whether you may be eligible, visit our website at smallsteps.ok.ubc.ca or email us at rural.smallsteps@ubc.ca.

Photo to go along with the ad:



2.Sample Recruitment Social Media Post

Are you in the Saint John area and at risk of developing type 2 diabetes? You may be eligible to take part in a FREE lifestyle change program!

The Diabetes Prevention Research Group at the University of British Columbia and Saint John Regional YMCA are looking for individuals who may be at risk of developing type 2 diabetes to participate in Small Steps for Big Changes; a free evidence-based lifestyle change program run in the community at Saint John, NB.

Small Steps for Big Changes is an evidence-based lifestyle program designed to help you make lasting lifestyle changes to lower your risk of developing type 2 diabetes. Through one-on-one appointments, learn how to incorporate physical activity into your daily routine, and to make sustainable dietary changes.

You may be eligible if you are:

 *18+*

 *At risk of developing type 2 diabetes*

 *Can commit to the Small Steps for Big Changes program*

For more information and to learn whether you may be eligible, visit our website at smallsteps.ok.ubc.ca or email us at rural.smallsteps@ubc.ca.

#prediabetes #diabetesprevention #type2diabetes

@saintjohnregionalyymca #saintjohnregionalyymca

3.Sample Recruitment Social Media Post

Are you ready to improve your health?

The Diabetes Prevention Research Group at the University of British Columbia and Saint John Regional YMCA are looking for individuals who may be at risk of developing type 2 diabetes to participate in Small Steps for Big Changes; a free evidence-based lifestyle change program run in the community at Saint John, NB.

Small Steps for Big Changes is an evidence-based lifestyle program designed to help you make lasting lifestyle changes to lower your risk of developing type 2 diabetes. Through one-on-one appointments, learn how to incorporate physical activity into your daily routine, and to make sustainable dietary changes.

For more information and to learn whether you may be eligible, visit our website at smallsteps.ok.ubc.ca or email us at rural.smallsteps@ubc.ca.

*#prediabetes #diabetesprevention #type2diabetes
@saintjohnregionalyymca #saintjohnnb*

SMALL STEPS
FOR **BIG CHANGES**

4.Sample Recruitment Social Media Post

By popular demand, the #smallstepsforbigchanges #diabetesprevention program has expanded to Saint John Regional YMCA!

The Diabetes Prevention Research Group at the University of British Columbia and Saint John Regional YMCA are looking for individuals who may be at risk of developing type 2 diabetes to participate in Small Steps for Big Changes; a free evidence-based lifestyle change program run in the community at Saint John, NB.

Small Steps for Big Changes is an evidence-based lifestyle program designed to help you make lasting lifestyle changes to lower your risk of developing type 2 diabetes. Through one-on-one appointments, learn how to incorporate physical activity into your daily routine, and to make sustainable dietary changes.

You may be eligible if you are:

 *18+*

 *At risk of developing type 2 diabetes*

 *Can commit to the Small Steps for Big Changes program*

For more information and to learn whether you may be eligible, visit our website at smallsteps.ok.ubc.ca or email us at rural.smallsteps@ubc.ca.

*#smallstepsforbigchanges #prediabetes #diabetesprevention
#type2diabetes #saintjohnregionalyymca #saintjohnnb*

SMALL STEPS
FOR **BIG CHANGES**

5. Sample Recruitment Social Media Post

Are you at risk of developing type 2 diabetes?

*You may be eligible to take part in a FREE lifestyle change program
at @ Saint John Regional YMCA*



*The Diabetes Prevention Research Group at the University of British
Columbia and Saint John Regional YMCA are looking for individuals who may
be at risk of developing type 2 diabetes to participate in Small Steps for Big
Changes; a free evidence-based lifestyle change program run in the
community at Saint John, NB*

*Small Steps for Big Changes is an evidence-based lifestyle program designed
to help you make lasting lifestyle changes to lower your risk of developing
type 2 diabetes. Through one-on-one appointments, learn how to incorporate
physical activity into your daily routine, and to make sustainable dietary
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*For more information and to learn whether you may be eligible, visit
our website at*

smallsteps.ok.ubc.ca or email us at rural.smallsteps@ubc.ca.

#smallstepsforbigchanges #prediabetes

#diabetesprevention #type2diabetes

#saintjohnregionallymca #saintjohnnb

Sample photos to go along with posts

The Small Steps for Big Changes team can work with your organization to revise these recruitment advertisements!

SMALL STEPS
FOR **BIG CHANGES** is expanding to
***insert community name*!**

You may be eligible to take part in
this FREE lifestyle program!



 For more information please visit:
smallsteps.ok.ubc.ca

SMALL STEPS
FOR **BIG CHANGES** is expanding to
***insert community name here*!**

**You may be
eligible to take
part in this FREE
lifestyle change
program!**



 For more information please visit: smallsteps.ok.ubc.ca

**Decrease your risk of living
with type 2 diabetes**
with SMALL STEPS
FOR **BIG CHANGES**

A FREE lifestyle change program in ***insert
community name***



 For more information, please visit: smallsteps.ok.ubc.ca

**Are you in *community name* and
at risk of developing type 2
diabetes?**

**You may be
eligible to take
part in this FREE
lifestyle change
program!**



 For more information
please visit:
smallsteps.ok.ubc.ca

SMALL STEPS
FOR **BIG CHANGES**

SMALL STEPS
FOR **BIG CHANGES**

**Are you in *community
name* and at risk of
developing type 2 diabetes?**

You may be eligible to take part in a FREE
lifestyle change program!



For more information, please visit:
smallsteps.ok.ubc.ca



SMALL STEPS
FOR **BIG CHANGES**

**Decrease your risk of
developing type 2 diabetes
with SMALL STEPS
FOR BIG CHANGES**

a FREE lifestyle change program in
community name!



For more information, please visit:
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