

SMALL STEPS FOR BIG CHANGES

Newsletter

JUNE 2024



Welcome to the latest update from Small Steps for Big Changes (SSBC)! In this email edition, we're excited to share links to national news coverage, more information about site launches across Canada with our partners at the YMCA, our new website, and more.

www.smallstepsforbigchanges.com

SMALL STEPS FOR BIG CHANGES LAUNCHES NATIONWIDE

Exciting news! Small Steps for Big Changes has officially launched at the John W. Lindsay YMCA in Halifax Nova Scotia!

In June, the program will expand to four locations in Winnipeg, as well as to the A.R. Kaufman Family YMCA in Kitchener and the Castle Downs YMCA in Edmonton. Stay tuned for the official launch dates of our remaining 2024 locations, scheduled for the fall.

Initial Delivery Sites:



Looking ahead to 2025, our second phase of the project will see us extending to an additional 33 sites across Canada.

In The News



The Urban Scale Up received nationwide coverage following a Press Conference in Toronto on April 10, 2024. Dr. Jung and Principal and Deputy Vice-Chancellor of UBC, Lesley Cormack flew to Toronto to announce the national rollout of Small Steps for Big Changes alongside the Senior Vice President of Diabetes Canada, and the Vice President of Toronto Central YMCA.

The announcement generated significant public interest resulting in a surge of registrations for the program across the country. See more about the press release [here](#).

[Infotel](#)

[CIHR Institute of Nutrition, Metabolism and Diabetes](#)

[CIHR Access Newsletter](#)

[YMCA News](#)

PROJECT MILESTONES

As SSBC expands to more locations, we are studying how the program is being delivered, any challenges faced while implementing it in unique settings, and how the program influences the health of those participating.



- **Measures:** With the help of our various project committees, we have been planning and reviewing our study measures and timepoints. Selecting these measures is a critical step to understanding SSBC's impact. We have involved multiple perspectives in this process by collaborating with project partners, patient partners, and researchers. We have now received institutional ethical approval and are ready to start gathering this valuable information.
- **Planning Documents:** To support the project's overall success, we have developed a data management plan, arranged sub-contracts, and

- **Implementation Toolkit:** Dr. Jung's research team has been diligently working over the last four months to develop an implementation toolkit for sites. This toolkit includes various tools such as standard operating procedures, data collection tools, and recruitment materials to help set each site up for success.
- **Adaptation and Implementation Workshops:** Site workshops are underway! These workshops include a comprehensive and collaborative meeting with each site to assist with planning and preparation for SSBC delivery. As each site is unique, adaptations consider scheduling protocols, available equipment, accessibility to space, and community factors. Each site knows the needs of their clientele and community best, so we work sites to tailor SSBC accordingly.
- **Governing Guiding Principles:** Since December 2023 the Canadian and Australian research teams have been collaborating on a comprehensive SSBC Urban Scale Up Project Governing Principles document. This reference guide aims to outline key information that research team members will need throughout the project.



COMMITTEES

We've devoted significant effort to establishing our four project committees. In collaboration with our members, including patient partners, researchers, and YMCA senior leadership, we've crafted a terms of reference for each committee. Visit our website [here](#) to see a comprehensive list of committee members.

- **Advisory Committee:** Our Advisory Committee had their first annual meeting on February 22nd, 2024. Dr. Jung presented an overview of the project, followed by great discussion from members about the function of the group, overarching recruitment ideas, and ways to communicate throughout the project.
- **Program Evaluation Committee:** On April 8, 2024, the Program Evaluation Committee convened to review project evaluation plans. This committee adopted a two-phased strategy, with the lead initially consulting SSBC Alumni to refine surveys before involving other members. The research team members reviewed the research questions and discussed approaches to analysis within our sub-study.
- **Sex, Gender and Inclusivity Committee:** The Sex, Gender and Inclusivity Committee met on May 16, 2024 and reviewed relevant research questions and objectives. The committee deliberated on suitable cultural sensitivity and inclusivity training for all team members, as well as strategies to promote and recruit in an accessible and equitable manner. Additionally, they discussed future considerations for the group.

- **Patient Engagement Committee:** The Patient Engagement Committee met on June 10, 2024. The group had great discussion and useful tools were shared to inform future patient engagement plans.



- **Dr. Jung's Site Visit:** In March 2024, Dr. Jung travelled to Queensland, Australia, to meet with Dr. Genevieve Healy and the Australian research team. This visit encompassed trips to each of the five SSBC delivery sites, as well as crucial meetings with the research and delivery teams to lay the groundwork for the Australian arm of the project.
- **Australia and Canada Collaboration:** Dr. Jung's and Dr. Healy's research teams continue to meet monthly to discuss project progress, timelines, and research updates. Both teams collaborate closely to plan for implementation of the program within the distinctive local contexts of each country.

NEW WEBSITE LAUNCH

Our new official Urban Scale Up website has launched and is ready for you to explore!

There are various features available on the website including information about the program, testimonials from past clients, recipes in line with the SSBC program, and a virtual community of practice for SSBC coaches. You can also find more information about our team and partners.

This website will be an important recruitment tool for SSBC clients to learn more about SSBC, find their closest participating location, and determine their eligibility for the program.

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[Identification of Intervention Characteristics Within Diabetes Prevention Programs Using the Template for Intervention Description and Replication: A Scoping Review](#)

[Designing and Developing Online Training for Diabetes Prevention Program Coaches Using an Integrated Knowledge Translation Approach: Development and Usability Study](#)

[Development of a Small Steps for Big Changes Diabetes Prevention App: Application of the Development Phase of FASTER](#)



For more research and diabetes related news, visit the research page of our website [here](#).

MEET OUR REGIONAL COORDINATORS

Our regional coordinators are currently working hard to prepare YMCA sites for delivery by hosting workshops to discuss logistics, adapt the program to the local context of each community, and discuss recruitment strategies. In sites that have launched, our coordinators work to support program delivery.



Western Coordinator
Helen Pic



Central Coordinator
Paige Alliston



Eastern Coordinator
Aderoju Lawal



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