



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?

Visit us in person:

Find a location near you by visiting our website:

www.smallstepsforbigchanges.com

Email us directly:

smallsteps.bigchanges@ubc.ca

This free program is supported through a partnership between local community centres 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).



Diabetes Prevention
Research Group

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SMALL STEPS
FOR **BIG CHANGES**



Decrease your risk of developing type 2 diabetes

An evidence-based behaviour change program in [community], BC

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

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