



Media Backgrounder: Community Fitness for Diabetes Management

The Wellness Institute at Seven Oaks General Hospital and its partners YMCA-YWCA Winnipeg and Youville Center are launching a project to provide safe exercise and support for lifestyle change for people with type 2 diabetes.

The one-year project, which is funded with a grant from Winnipeg Foundation, is aimed at designing and testing a model for supporting diabetes self-management that can be offered with a minimum amount of expert support at any fitness facility.

Background

People with type 2 diabetes need to exercise and change their lifestyle in order to control their condition and avoid complications such as heart and kidney disease, but many don't know where to start. They aren't sure which exercises or how much exercise is effective and aren't confident they will be able to make the changes that will benefit their health.

Structured diabetes education is considered best practice but not all type 2 diabetes patients receive diabetes education, and while education programs include advice about increasing physical activity, most don't offer guided exercise.

A successful offshoot of the Diabetes Prevention Program in the United States, called the Deploy Study, brought together diabetes and exercise expertise to deliver guided exercise programs for controlling type 2 diabetes at YMCA-YWCA facilities.

In Winnipeg Youville Centre and Wellness Institute have been collaborating to trial exercise sessions for people with type 2 diabetes on a small scale, and looking for ways to sustain guided exercise and reach more people with type 2 diabetes.

Participants in the Community Fitness for Diabetes Management will be offered exercise and self-management counselling at 3 locations, the Wellness Institute at Seven Oaks Hospital, the West Winnipeg Y and a community site in southeast Winnipeg.

Program Components

- Group Education, exercise and lifestyle counselling/self-management skill development
- Exercise aligned with clinical practice guidelines to include cardiovascular exercise (i.e. brisk walking) resistance training using machines and/or bands/body weight.
- Action planning and goal setting around on-going physical activity/development of maintenance plan
- Group maintenance class 1 per month
- Phone counselling/follow-up for participants who do not attend maintenance class

Goals

The purpose of the project is to develop and provide supported exercise and education for diabetes fitness in community settings. The goals are to:

- Demonstrate that with an appropriate level of expert support expertise people with diabetes can learn to take charge of their own condition and improve their health status
- Develop and test a model for diabetes fitness based on medical evidence that can be replicated in almost any community setting in Winnipeg or Manitoba
- Demonstrate that the model is cost effective and sustainable and make the case for further funding including by the province of Manitoba
- Engage healthcare and community stakeholders to gather momentum for continuing and replicating the program

The Partners

Wellness Institute at Seven Oaks General Hospital is a medical fitness facility, specializing in guided exercise and education for clients who are managing chronic disease with programs such as Cardiac Rehabilitation, Pulmonary Rehabilitation, and Stroke Exercise/Neuro-Fit. It also has expertise in motivational counselling for lifestyle change.

Wellness Institute's role in developing the program and partnerships is part of Seven Oaks General Hospital's mandate as a member of the International Network of Health Promoting Hospitals. www.wellnessinstitute.ca

Youville Centre is a not-for-profit organization offering services focused on healthy living – from health care and wellness education to counselling and support.

Youville Diabetes Centre at 33 Marion Street in St. Boniface provides diabetes self-management education and support for the Winnipeg region. A second location at 845 Dakota Street delivers primary health care, health promotion and counselling to citizens of St. Vital. Both facilities are dedicated to working with the community and for the community. <http://www.youville.ca/>

YMCA-YWCA Winnipeg has provided thousands of children and adults with programs and services dedicated to personal growth and community development for over 125 years. The Y is best known for its work with youth and in promoting health, but also provides opportunities for people to develop leadership skills, philanthropic attitudes and a global perspective – many of the tools needed for value-based personal development.

Y Winnipeg operates facilities in several areas of Winnipeg that are considered accessible and welcoming by those communities and is a trusted provider of recreation and fitness opportunities for families.

<http://www.ymcaywca.mb.ca/>

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