

For Information

DATE: March 18, 2010

REPORT TITLE: **PEEL PUBLIC HEALTH DIABETES PREVENTION PILOT PROJECT**FROM: Janette Smith, Commissioner of Health Services  
David L. Mowat, MBChB, MPH, FRCPC, Medical Officer of Health**OBJECTIVE**

The purpose of the report is to inform Regional Council on the Peel Public Health Diabetes Prevention Pilot Project and its findings.

**REPORT HIGHLIGHTS**

- The prevalence of diabetes has risen rapidly over the past decade, and the prevalence rates in Peel exceed those of Ontario. The increase in prevalence is projected to continue due to factors such as an aging population, rising obesity rates, and changes in the ethnic mix of new immigrants.
- Peel Public Health received funding from the Ministry of Health Promotion (MHP), for the period of January, 2009 to March, 2010 to implement and evaluate a Diabetes Prevention Pilot Project within the South Asian community and selected workplaces in Peel.
- To date, evaluation of the program found that behavioural/attitudinal changes were made at the individual, community and organizational level specific to eating/food habits and physical activity levels. These findings were significant improvements given the length of the program.
- Peel Public Health has also received formal commitment from the South Asian Professional Network for Awareness (SAPNA) to continue on-going work on this important issue.
- Based on the success of the Peel Public Health Diabetes Prevention Pilot Project, ongoing Type 2 diabetes prevention programming should be developed by Peel Public Health.
- The Diabetes Prevention Pilot Project was funded entirely by a Ministry of Health Promotion grant of \$1,155,000 for the period of January, 2009 to March, 2010.
- Resources and funding need to continue to be invested into an ongoing Diabetes Strategy through the Peel Public Health four year plan and subsequent budgets to address the increasing prevalence of Type 2 diabetes in Peel.

**DISCUSSION****1. Background**

As follow-up to the General Committee Report submitted in January, 2009 for the initiation of the Diabetes Prevention Pilot Project, this report describes the Type 2 Diabetes Prevention Pilot Projects funded by the Ministry of Health Promotion (MHP). This 100 per

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cent provincial funding was provided from January, 2009 to March, 2010 and focussed on Type 2 diabetes prevention strategies within the Peel South Asian community and selected Peel workplaces.

Within Peel and Ontario, the prevalence of diabetes has risen rapidly over the past decade with prevalence rates in Peel exceeding those of Ontario. The increase in prevalence is projected to continue due to factors such as an aging population, rising obesity rates, and changes in the ethnic mix of new immigrants. Peel Public Health has focussed its efforts on implementing a Diabetes Prevention Pilot Project within both the South Asian community and workplaces in Peel as an appropriate way to begin addressing the health issue of Type 2 diabetes and associated risk factors.

### 2. Peel Public Health Diabetes Prevention Pilot Project

#### a) South Asian Community Diabetes Prevention Pilot Project

##### i) Diabetes Prevention Program

Peel Public Health partnered with four local South Asian community agencies in North East Brampton, Central Brampton, South West Mississauga and Malton. The program was a six week, two hour per week pilot program, held during the fall/winter of 2009. A total of five programs were implemented in the four community agencies.

Peel Public Health staff promoted diabetes prevention messaging (specifically physical activity and healthy eating) through a series of skill building workshops. External community educators provided culturally relevant education sessions to participants in their native language. Participants were screened for the risk factors associated with Type 2 diabetes using the Canadian Diabetes Risk Assessment Questionnaire (CANRISK) screening tool in addition to obtaining blood pressure, blood cholesterol, waist circumference, and BMI measurements. This was repeated at six weeks of the program and at three months following the program completion (physical measures only).

##### ii) Social Marketing Campaign

A diabetes social marketing campaign to raise awareness on diabetes and the risk factors for the broader Peel South Asian community will be implemented in March, 2010. A panel of 28 members from the Peel South Asian community (ages 25-55 years) were recruited to aid in the development and evaluation of the campaign. A media strategy is currently underway in order to implement Phase 1 of the campaign by the end of March, 2010.

#### b) Workplace Diabetes Prevention Pilot Project

##### i) Comprehensive Workplace Health Program

Peel Public Health staff worked with five pilot workplaces (eight worksites) to develop programs that would create sustainable workplace environments aimed to reduce disease risks. Based on the situational assessments and health plans developed, each worksite implemented health plans tailored to their specific needs. This included awareness raising and skill building strategies to promote behaviour change

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for employees, as well as policy changes to encourage workplace environmental supports (e.g. vending machine audits).

In addition, employees from the pilot worksites were screened for the risk factors associated with Type 2 diabetes using the CANRISK screening tool.

### 3. Findings

The Peel Public Health Diabetes Prevention Pilot Project was well received within the pilot South Asian community agencies and the pilot workplaces. The evaluation of the project found increased awareness for diabetes and associated risk factors. In addition, participants reported behaviour change specific to healthy eating and physical activity.

#### a) South Asian Community Diabetes Prevention Pilot Project

The Diabetes Prevention Program was evaluated using baseline and post-program focus groups, a post-program paper-based survey, and a three-month follow-up with program participants.

Thus far, evaluation of the program found that behavioural/attitudinal changes were made at the individual, community and organizational level specific to eating/food habits and physical activity levels. The community agencies and program participants recommended that similar programs such these continue to be provided. The collection/analysis of the results at three months following the completion of the program is currently underway at the time of writing this report. The social marketing campaign will be evaluated after its implementation.

#### b) Workplace Diabetes Prevention Pilot Project

Baseline and follow-up employee surveys were administered to determine participant changes in knowledge and behaviours specific to healthy eating and physical activity. Follow-up situational (observational) assessments were also conducted to determine changes to environmental supports/organizational culture since the completion of the project. Follow-up vending machine audits have been conducted to determine what changes have been made to the vending machine snack options since this initiative was completed. Results from the follow-up surveys/assessments are currently being collected at the time of writing this report.

### 4. Proposed Direction

Based on the pilot project findings, Peel Public Health will develop a Diabetes Strategy and related prevention programming. A final report and journal publication detailing the findings from the Workplace and Community Diabetes Prevention Pilot Project will also be completed. Peel Public Health has also received formal commitment from key organizations such as the South Asian Professional Network for Awareness (SAPNA) to continue ongoing work on this important issue.

As the prevalence of Type 2 diabetes continues to increase, there is a need for long term funding to be invested to develop diabetes prevention programming designed to create significant behaviour changes, especially among high-risk populations. In the Peel Public Health four year plan and subsequent budgets, funding requests to address the increasing prevalence of Type 2 diabetes will be included.

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**FINANCIAL IMPLICATIONS**

The Diabetes Prevention Pilot Project was funded entirely by a Ministry of Health Promotion grant of \$1,155,000 for the period of January, 2009 to March, 2010. As work with the South Asian Professional Network for Awareness (SAPNA) progresses, continued resources and funding will be needed through the Peel Public Health four year plan and subsequent budgets. Future budget requests will be presented as part of the annual budget process.

**CONCLUSION**

The Diabetes Prevention Pilot Project was successful in raising awareness of Type 2 diabetes and promoting behaviour change with respect to healthy eating and physical activity. Valuable partnerships with South Asian Community agencies and workplaces were developed during this timeframe, which will continue to be beneficial for future health programming within these settings.



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**Approved for Submission:**



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