

<p>IN THIS ISSUE:</p> <ul style="list-style-type: none"> Peel Public Health Diabetes Prevention Pilot Project 	<p>FROM: David L. Mowat, MBChB MPH FRCPC Medical Officer of Health</p>
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Diabetes Prevention Pilot Project

Peel Public Health received funding from the Ministry of Health Promotion to implement a diabetes project within the South Asian community and workplaces in Peel. Four South Asian community agencies and eight worksites are currently involved in the Peel Public Health Diabetes Prevention Pilot Project. The project will run until March 2010.

Physicians may experience an increase in the number of patients coming for follow-up testing for diabetes as result of this project.

The components of the project involve:

Diabetes Screening

- During September –December 2009, adults in the pilot workplaces and the South Asian community agencies will be screened for the risk factors associated with Type 2 diabetes.
- The Canadian Diabetes Risk Assessment Questionnaire (CANRISK) will be the screening tool used.
- The CANRISK survey is designed for adults aged 40 to 74 years who have not been diagnosed with diabetes and are not pregnant. The survey consists of questions related to risk factors for diabetes such as age, family history of diabetes, ethnicity, physical activity and diet.
- Screening also includes the following physical measurements: body mass index, waist circumference, blood pressure and blood cholesterol.
- Through the diabetes screening, participants will be able to identify personal risk factors

enabling them to make healthy lifestyle changes with the goal of diabetes prevention.

- **Based on screening results, participants identified as having risk factors will be given a letter for their physician.**

Diabetes Prevention Program

- This program will be provided at the four South Asian community agencies and will be implemented during the fall/winter 2009. It is a 6-week, 2 hour/week pilot program.
- This pilot program will provide diabetes screening, education and skill building activities to address diabetes risk factors and prevention strategies including healthy eating and physical activity.

Comprehensive Workplace Health Program

- This component is tailored to each pilot workplace and involves screening and education on healthy eating, physical activity and diabetes.

Social Marketing Campaign for the Peel South Asian Community

- A diabetes awareness media campaign for the South Asian community will be implemented in Peel during the winter of 2010.

If you require more information related to the diabetes project, please do not hesitate to call Peel Public Health at 905-799-7700.