2020

COMMUNITY **PARTNERS**

- Timiskaming Diabetes Program (NL & KL)
- Kirkland & District Family Health Team
 - Kirkland & District Hospital Englehart & District Family Health Team Canadian Mental Health Association
 - Great Northern Family Health Team Town of Kirkland Lake Haileybury Family Health Team
- Temagami Family Health Team
- Janet MacDowall, Registered Physiotherapist

Temiskaming Hospital

22 1-hr WEEKLY SESSIONS (over a 10 month period)

Note: Due to the COVID-19 pandemic, the last 5 sessions took place online (via Zoom).

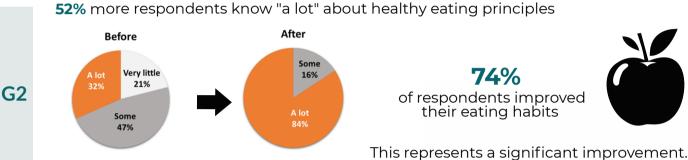
PARTICIPANTS



Average age: 47 years old **Drop-out rate: 29%**

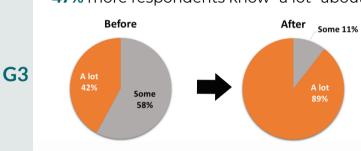
- G1. Increase knowledge of type 2 diabetes risk factors and how to reduce risk.
- **G2.** Improve eating habits.
- **G3.** Increase physical activity.
- **G4.** Improvement towards healthy weight.
- Increase knowledge and skills to make healthy lifestyle changes.
- G6. Improve physical and mental health.

After **Before** Very little Very little 32% more respondents know "a lot" G1 about diabetes risk factors 53%



74% of respondents improved their eating habits

47% more respondents know "a lot" about physical activity recommendations

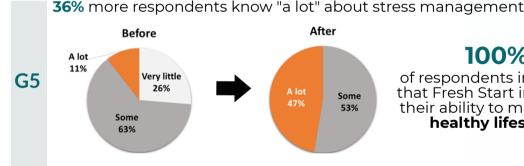


67% of respondents increased their physical activity (to an average of 50 minutes more, per week)

This represents a significant improvement.

The results shared in this infographic reflect the behaviour change for 19 out of the 28 participants that answered both pre and post-questionnaire ("respondents").

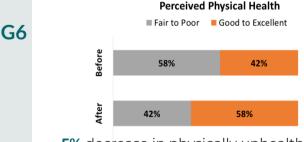
Due to the COVID-19 pandemic it was not possible to take respondents measurements and assess changes in G4 body weight, blood pressure and weight circumference.



100% of respondents indicated that Fresh Start increased their ability to maintain a healthy lifestyle.



Improved Physical and Mental health



Perceived Mental Health ■ Fair to Poor ■ Good to Excellent 47% 53% 32% 68%

5% decrease in physically unhealthy days*

45% decrease in mentally unhealthy days*

Days when your **mental OR physical health stopped you from doing your usual activities** (such as work, housekeeping, attending social events) within the past 3 months.

"I really enjoyed the program and have made lifestyle changes that will keep me healthy!"

"All in all a great and fabulous program!"

"I enjoyed it very much and learned many different things about myself.'



program will take a break in 2020. Check www.timiskaminghu.com/435/fresh-start-program for updates.

Due to the COVID-19 pandemic the Fresh Start

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