



MONTFORT

Équipe de santé familiale académique
Academic Family Health Team

DIABETES PREVENTION PROGRAM



Are you ready to take your health into your own hands?



Without lifestyle changes, 80% of people with impaired glucose tolerance and/or impaired fasting glucose will go on to develop type 2 diabetes.

What is impaired glucose tolerance and impaired fasting glucose?

Impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG) refer to blood glucose (sugar) levels that are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. These two conditions (IGT/IFG) are commonly known as pre-diabetes.

	Normal	Pre-diabetes	Diabetes
Fasting blood sugar	3.6 - 6.0	6.1 - 6.9	higher than 7
Blood sugar 2 hours after a meal	less than 7.8	7.8 - 11.0	higher than 11.1

If your blood glucose values fall within the values in the 'Pre-diabetes' column highlighted in orange in the table above, you might be eligible to participate in this program. Please talk to your healthcare provider for more information.

If your values fall within the 'Diabetes' column, talk to your healthcare provider about participation in our diabetes program.

If your values fall within the normal range and you would like more information on diabetes prevention, please consult the Canadian Diabetes Association website at: www.diabetes.ca

The Monfort Academic Family Health Team's

Diabetes Prevention Program

A person wearing a white lab coat and a stethoscope around their neck is holding a small, square chalkboard with a light-colored wooden frame. The chalkboard has the words "Diabetes Prevention 101" written on it in white chalk. The person's hands are visible at the bottom corners of the chalkboard. The background is a plain, light-colored surface.

Diabetes
Prevention 101

Our diabetes prevention program will empower you to manage your own health. With this **free** program, you will learn ways to better manage your blood glucose and prevent unfavorable health outcomes. Our multidisciplinary team of health care professionals will help you to increase your knowledge, skills, and confidence in adopting healthier lifestyle behaviors through:

- Group educational sessions with other participants who face similar challenges
- Interactive discussions and practical activities
- One-on-one clinical visits
- Medication review
- Risk assessment
- Individual goal setting

Overview of Educational Group Sessions

- *How Diabetes Works*

Overview of pre-diabetes and modifiable risk factors. Learn how to better self-manage your high blood glucose by setting 'SMART' goals for healthier lifestyle behaviors.

- *Healthy Eating with Pre-diabetes*

Overview of diet choices as they relate to pre-diabetes. Learn about meal timing, portion size, plate method and how to read nutrition labels to make better food choices at home and on the go.

- *Keeping Active and Healthy Weight Loss*

Discover the link between excess weight and inactivity as it relates to pre-diabetes. Explore strategies for healthy weight loss and learn about methods for staying motivated, coping with stress and dealing with negative thoughts.

- *Program recap*

Meet with the team of health professionals to have all your questions answered. Receive a summary of your progress.

Studies have proven that lifestyle modifications can decrease your risk of developing type 2 diabetes by almost **60%.**
(CDA 2013)

Join us to learn how to prevent diabetes!

- French and English sessions available.
- Sessions offered by a Registered Practical Nurse and a Registered Dietitian.
- A family member or friend is welcome to attend with you.
- Now accepting referrals.

Register today!

Talk to your health care provider to see if the Diabetes Prevention Program is a good option for you.

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