



## Nomination

### The “How to” stream

#### Northumberland FHT and Loyalist FHT

#### Empowering patients to improve their diet and exercise habits to reduce cardiometabolic risk



Successfully implemented an intensive, interprofessional program involving medical monitoring and nutrition and exercise counselling that resulted in reducing patient cardiometabolic risk. The preliminary successes in the Northumberland FHT and Loyalist FHT supported adoption of the CHANGE program by the Pacific Northwest Family Medicine Division in British Columbia (CHANGE BC) and led to

an award of excellence received by the program Family MDs in rural BC. Additionally, through the results and experiences of these early adopting teams, there have been three successful grant applications that are assisting with the expansion and enhancement of the program to other FHTs in ON.

Both teams have modified the program delivery model to meet their patient's needs and enhance use of their professional resources. Patient information sessions that help patients gauge their level of readiness before enrollment have been delivered and are open to caregivers. Group education sessions employ adult learning principles and individualized goal setting and involvement of caregivers has been encouraged by both teams. Both teams have been able to offer the program to varying ages groups (less intensive to senior patients) and at different times to accommodate varied patient/caregiver schedules. See patient testimonials in supporting documentation.