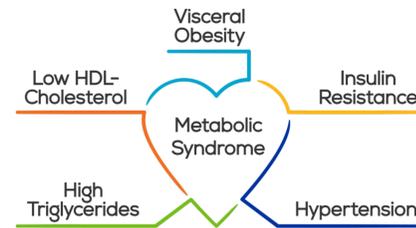


Metabolic Syndrome Canada Team: Rupinder Dhaliwal RD FDC, Director of Operations; Doug Klein MD MSc, Dept of Family Medicine, University of Alberta
Northumberland Family Health Team: Adrienne Bell-Smith BA MHsc, Clinical Program Manager; Christine McCleary RD CDE; Theo Barker MPT BPHE NSCA-CSCS; Michelle Verbeem RN & Angel Targon RN CDE
Loyalist Family Health Team: Josh Cowan, Executive Director; Maria McGill RD MSc; Jane Glassco MD; Carolyn Tereszowski RD MSc; Meighen Hogden R. Kin, VON Greater Kingston Site
CHANGE British Columbia Team: Colleen Enns, RD, Executive Director Pacific Northwest Division of Family Practice, British Columbia

Background

Metabolic syndrome (MetS) is a group of conditions (high blood pressure, high blood lipids, high blood sugars, insulin resistance, large waist size, see figure) that increases the risk of heart disease, stroke and diabetes⁽¹⁾



Diet and exercise trials have shown the potential to improve clinically relevant outcomes and lifestyle modification is being emphasized as key therapy in primary care⁽²⁾

However, the uptake of a team based diet and exercise preventive care is limited in Canadian primary care⁽³⁾. A team based efficacious diet and exercise intervention aimed at improving MetS is needed in primary care

Evidence

The CHANGE program (Canadian Health Advanced by Nutrition and Graded Exercise), is an evidence based diet and exercise program created by experts at Metabolic Syndrome Canada (MetSC, www.metsc.ca) to reverse MetS in primary care settings

In a recent feasibility study^(4, 5), the CHANGE program was associated with:

- improved blood pressure, blood sugars, lipids and waist circumference
- a 19% reversal rate in MetS at 12 months
- improved diet quality and fitness (p<0.0001)
- a 17% relative risk reduction in the 10 yr. risk of acute myocardial infarction
- enhanced caregiver and patient experiences

The CHANGE program has the potential to halt the progression of metabolic syndrome to diabetes, stroke and heart attacks, hence it's adoption in primary care has the potential to have a major impact on wellbeing and healthcare.

CHANGE Program: Why is it so different?



Metabolic Syndrome Canada, a non profit organization, is working with multiple partners to make the CHANGE program mainstream in Canadian primary care
www.metsc.ca

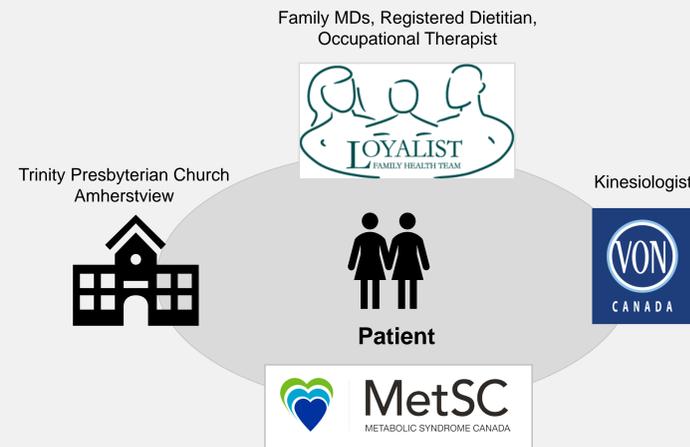
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- Klein J, Brauer P et al. Patient experiences of a lifestyle program for metabolic syndrome offered in family medicine clinics: A mixed methods study (in submission 2017)



Unique Partnerships created to implement CHANGE

Loyalist Family Health Team, Amherstview, ON



Program started March 2017
 Total patients enrolled: 10
 Program evaluation in progress



Left to right: Meighen Hogden, VON Kinesiologist; Maria McGill, Registered Dietitian; Dr. Jane Glassco, Family Physician & Josh Cowan, Executive Director



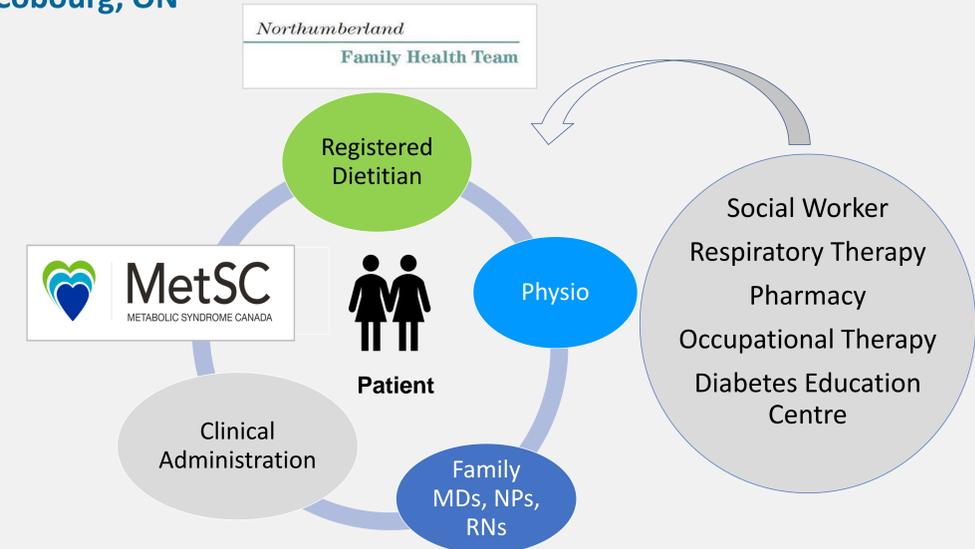
Carolyn Tereszowski, Registered Dietitian

Northumberland Family Health Team, Cobourg, ON

Program started March 2017
 Total patients enrolled: 23
 Program evaluation in progress



Left to right: Adrienne Bell-Smith, Clinical Program Manager; Angel Targon, RN; Christine McCleary, Registered Dietitian; Theo Barker, Physiotherapist; Nicole Colley, Administration; Tanis Twiddy, Nurse Practitioner & Ester Odermatt, Social Worker



Connexion FHT Ottawa, Brockton and Area FHT Walkerton & Manitouwadge FHT

Currently exploring local partnerships to implement the program in late 2017- early 2018

CHANGE Alberta

- Implementing CHANGE across 40 clinics
- Funding: Alberta Cancer Legacy & MetSC
- Employee Wellness programs
- CHANGE Adventure Camp - outreach to children and families
- More details at www.changealberta.net



Dr. Doug Klein, Family MD

CHANGE British Columbia

- Implementing CHANGE across 3 remote clinics in Northwest BC
- Partially funded by MetSC
- Partnerships with Pacific Northwest Division of Family Practice, UBC School of Kinesiology & other local agencies



Colleen Enns, ED