

Partnering toward Sustainability



THIS SPRING, Dr. Corliss Bean, PhD and Dr. Mary Jung, PhD were awarded the **Social Sciences and Humanities Research Council of Canada's Partnership Engage Grant** in collaboration with the YMCA of Okanagan. This one-year grant allows the partners to work together to pilot the Small Steps for Big Changes program in two YMCA sites (Downtown YMCA and Kelowna Family YMCA) with the program being delivered by YMCA frontline coaches. Etienne Levesque, Health and Fitness Membership Coach

at the YMCA of Okanagan shared his excitement about being trained to deliver the Small Steps for Big Changes program: "I would love to be a part of this program, being able to advertise that we have the skills and tools, the best ones available, is something huge for me personally in my own development". This grant is an opportunity to shift the YMCA's focus to a more health-focused organization and work toward building a sustainable lifestyle change program in the Okanagan region.

Tips and Tricks

When going to a restaurant to eat, you can look up the menu on the restaurant's website and/or nutritional food information on a Smartphone app (such as **HealthWatch 360** or **My Fitness Pal**) before going. For example, check out the nutritional info on White Spot's website [here](#). To find new recipes and helpful tips and hints about Diabetes in Canada check out [this link](#).



Low Carbohydrate Breakfast = High Reward

In a recent research article, Dr. Jonathan Little, professor at the University of British Columbia recommended that those with or at risk of type 2 diabetes consider a low-carb breakfast. Eating a low-carb breakfast like a spinach and cheese omelette can help control the large insulin spike that occurs in the morning for those with type 2 diabetes. Having a low-carb breakfast was also found to help control insulin spikes throughout the day and minimize the desire to eat sweet foods. **For more about this research study, click here.**

In the Lab—Kaela Cranston

KAELA CRANSTON, a graduate student in Dr. Mary Jung's Diabetes Prevention Research Group successfully defended her Master's thesis in July 2019. She has played a lead role in facilitating Small Steps for Big Changes and evaluating its delivery related to the use of motivational interviewing as a counselling method for trainers. We sat down with Kaela to find out more about her Master's research and the important role motivational interviewing plays in behaviour change programs.

I: Kaela can you tell us more about motivational interviewing?

K: Motivational interviewing is a client-centered and collaborative counselling style that aims to strengthen a client's commitment and motivation to change. Motivational interviewing has shown to be effective in helping individuals make lifestyle changes.

I: How is this type of interviewing being examined by the research team at UBC?

K: The objective of my Master's was to examine the motivational interviewing counselling skills of newly trained coaches delivering the Small Steps for Big Changes program up to six-months after their initial training.

I: What did the results show?

K: The coaches were able to deliver the Small Steps for Big Changes program with effective counselling skills and these skills were maintained for at least six months after their training was completed.

I: Why are these results important?

K: This is important because it shows that coaches with no previous counselling background can learn and maintain effective counselling skills.



Recipe

Tomato and Black Bean Salad

INGREDIENTS

- 2 tbsp chopped coriander/parsley
- 4 cups mixed salad
- 1 can black beans, drained and rinsed
- 1 ½ cups shredded light cheddar cheese
- 1 cup cooked corn kernels
- 1 cup chopped tomato
- ¼ cup chopped onion and cucumber
- 3 tbsp balsamic vinaigrette
- Salsa (optional)

DIRECTIONS

- 1 Divide greens equally among 4 salad plates.
- 2 In microwave-safe casserole, heat beans on high (100%) for 2 minutes or until hot.
- 3 Divide warm beans, cheese, corn, tomato, onion, cucumber, coriander and vinaigrette equally overtop each salad.
- 4 Add salsa, if using.

For full recipe, [click here](#).

WEEKLY WALKING GROUP

Head to a new trail each week, followed by a visit to a local coffee shop. A great way to stay active and supported! Keep informed via our **social media avenues** or email Lois at lghourston@gmail.com.

MONTHLY MEETINGS

Anyone is welcome to join the monthly meetings held on the last Tuesday of every month from 6-7 PM at the Downtown YMCA (1011-505 Doyle Ave)! This is a chance for current Small Steppers and alumni to share experiences, learn from each other, and even engage in a cooking class!

GET IN TOUCH

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