

Going Digital during COVID-19 and beyond

CLOSURE OF YMCA FITNESS FACILITIES ACROSS CANADA due to COVID-19 provided an unprecedented opportunity to improve the reach of Small Steps for Big Changes (SSBC) through virtual program delivery for those who need the program the most. By offering a virtual SSBC program into Canadian homes regardless of geographical location, this program can support clients in a time of need while facilities are closed. The virtual program can continue to support those who may be at high risk and do not feel safe to physically visit YMCA facilities once re-opened. Dr. Mary Jung and Dr. Corliss Bean teamed up with Simon Adams and Sharon Peterson from the YMCA to develop the YHealth Diabetes Prevention Series, housed on the new YMCA at Home platform.



This fall, the team successfully secured a Social Sciences and Humanities Research Council's (SSHRC) Partnership Engage Grant through the COVID-19 Special Initiative. This grant will address an urgent need and provide a unique opportunity to transition the in-person evidenced-based behaviour change counseling program for people with prediabetes into a telehealth community program that is sustainable during and beyond the COVID-19 pandemic. The team is excited about this opportunity and are in the process of developing the online platform to house SSBC. Stay tuned for more information!



SSHRC  **CRSH**



Diabetes Awareness Challenge

Small Steps for Big Changes is launching a Diabetes Awareness Challenge in the month leading up to World Diabetes Day on November 14! Join us this month as we challenge ourselves and each other to make healthy lifestyle changes and raise awareness about diabetes and prediabetes. There will be prizes! Watch for further information on our social media and the Small Steps blog coming soon!

Staying Active — Finding an Exercise Buddy

Regular physical activity plays a vital role in the management and prevention of diabetes, but it can be tough sticking to an exercise regimen. It can be made a little easier if you have an exercise buddy, as this can help with:



- **Accountability:** It is a lot easier to skip a workout when it's just you, but knowing someone is relying on you to exercise together keeps you more accountable and more motivated to engage in your exercise regime. You and your buddy can also challenge each other to push yourselves to get more out of your workout.
- **Boredom:** Doing the same exercises over and over can get boring but having an exercise buddy makes it more fun. The time dedicated to exercise can be doubled as a time to catch up with your exercise buddy. Your buddy may also encourage you to try new activities, new routes, or just keep it exciting with great conversation
- **Safety:** an exercise buddy is a great form of safety, especially when exercising outdoors, or in a rural area.

Think this may work for you? Small Steps can help! Join our fabulous Weekly Walking Group! Weekend walks are announced regularly on our Facebook page and via e-mail. We typically walk for 1 hour followed by the always-welcomed cup of coffee. Fellowship, companionship, laughs and a bit of sweat guaranteed. Contact Lois (lghourston@gmail.com).



RECPIE Carrot Ginger Soup

Fall means delicious local vegetables!



INGREDIENTS

- 1 lb of carrots, chopped
- 1 can coconut milk
- 1 onion, chopped
- Several cloves of garlic, diced (to taste)
- 1.5 tbsp grated ginger (or to taste)
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 2.5 cups vegetable broth or water + bullion

NOTE. This soup can be made either in the instant pot or on a stove top.

DIRECTIONS

1. Saute ginger, onion, and garlic until softened and fragrant
2. Add remainder of ingredients. If using instant pot, cook on high pressure for 5 minutes with natural release. If using stovetop, simmer until carrots are soft (about 30 minutes).
3. Use an immersion blender directly in the pot and blend until smooth. Or, blend in batches using regular blender.
4. Serve hot and garnish as desired (cilantro, sour cream, or pesto work well for this recipe).

Provided by Amanda Wanner, Diabetes Prevention Research Group

7 Ways to Eat More Vegetables:

1. Add veggies and fruits to breakfast
2. Eat more veggie soup
3. Snack on vegetables
4. Turn vegetables into noodles
5. Make wraps with lettuce
6. Turn your vegetables into chips
7. Add vegetables to smoothies



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