



IN STRIDE

THE RIGHT WORDS TO GET THE RIGHT ACTIONS, THE SUPPLEMENT FOR YOUR DIABETES PREVENTION PROGRAM

What would be the perfect words to receive in those moments when exercising seems hard? What could help keep you motivated and engaged with your dietary and exercise goals?

To answer those questions, Megan MacPherson, Ph.D. candidate at the Diabetes Prevention Research Group (DPRG), together with researchers Kaela Cranston, Dr. Sean Locke, Jessica Bourne, and Dr. Mary Jung, developed 124 text messages to help people to stick with long-term diet and physical activity changes. These messages were developed using the Behaviour Change Wheel (a method for developing effective behaviour change interventions formed by 19 behaviour change frameworks) and Behavioral Change Techniques (28 strategies that assist an individual in changing a particular behaviour). Content of the text messages was based on previous interviews conducted by PhD candidate Tineke Dineen in which past Small Steps for Big Changes participants identified factors that make it harder or easier to stick with a behaviour.



Since diet and physical activity are difficult to engage in long-term but necessary to prevent chronic conditions such as type 2 diabetes, affordable strategies are needed to improve these habits. Text messages are a cost-effective intervention to facilitate behavior change following a diabetes prevention program to promote life-long healthy lifestyle actions.

As a result, the creation of these 124 text messages, focused on techniques such as goal setting, social support, and action planning, among others, could be used to support people at risk of type 2 diabetes, to succeed in promoting lasting diet and physical activity changes.

INSIDER INSIGHT CONVERSING WITH SHARILYNN UPSDELL



Sharilynn is a Small Steps for Big Changes participant, a healthcare worker, and undoubtedly an example of resilience and perseverance. Unfortunately, she got a foot injury at the end of last year, and this, together with heavy workloads and high-stress levels, made it difficult to stay active. However, in her best and admirable attempt to stick to her physical activity routine, Sharilynn had to evaluate and rethink her goals. Her original objective included staying active to keep up with her grandkids. When they moved away, *"That took the wind out of my sails! I had to remember, it was more about getting fit for me"* she said. She also took up a new outdoor hobby, bird photography, that kept her moving gently even when her foot was still sore.

She hopes she can run again soon, now that her foot is healing. However, Sharilynn is starting slowly by walking in hallways on her breaks at work and with late evening walks after the sun goes down. When it is not too hot, she walks around Munson Pond every lunch break, and she now gets 8000+ steps most days!

Finally, we took the opportunity to ask her what she advises to her program mates who are struggling with sticking to their exercise routine. Sharilynn said, *"If you have crashed in your efforts due to injury or exhaustion, give yourself a bit of time to rest... then begin again slowly, taking the first steps you remember, slow but sure. Don't beat yourself up for a setback, we all have them. Just remember it's never too late to take steps to be healthier."*



HEAT AND DIABETES, WHAT TO DO?

Did you know people with type 1 and type 2 diabetes feel the heat more intense?

There are several reasons why this happens, such as diabetes alterations, dehydration, and the way the body uses insulin. For this, it is imperative people with these conditions stay well hydrated during days with elevated temperatures.

Some ways to stay safe from heat are:

1. Drink enough water
2. Test your blood sugar
3. Keep medical supplies in a cool space
4. Stay inside, preferably with air conditioning, when it is hottest
5. Wear lightweight clothing
6. Seek medical attention for heat-related conditions
7. Make a plan for power outages
8. Pack an emergency bag in case of evacuations

What can we do to stay safely active during hot weather days?

Although staying active outside is an enjoyable activity, we must be very careful during extreme heat days to avoid heat-related illnesses, such as heat exhaustion, and heatstroke, among others.

That is why experts suggest taking the following actions:

1. Take a cold shower before exercising.
2. Stay well hydrated with adequate liquids, such as water and electrolytes
3. Wear light clothing
4. Use sunscreen
5. Exercise at a proper time when it is not too hot
6. Exercising indoors
7. Know your body and your limits



Resource Centre. You can find more information [here](#) and [here](#).

RECIPE: LOW-CARB THAI SHRIMP SPRING ROLLS



Ingredients for 2 servings

Wraps:

- 2 large collard greens leaves
- 8 cooked shrimps
- 2 tbsp of grated carrots
- 1/4 small sliced thin cucumber
- 2 mini sliced bell peppers
- 2 radishes, thinly sliced
- 1/4 sliced avocado
- 2 tbsp of diced red onion

Dipping Sauce:

- 2 tbsp of soy sauce
- 2 tbsp of rice wine vinegar
- 3 tbsp of olive oil
- 1 tbsp of sesame oil
- 1/2 tbsp of grated ginger root
- 1 crushed clove garlic

Directions:

1. Take one of the collard greens leaves and slice the thick part of the stem horizontally to make the leaf flatter. Also cut a "V" at the bottom to take out more of the stem.
2. Rinse the leaf and place it in a large skillet. Cover with a lid and cook for 1 - 2 minutes to make the leaf more pliable.
3. Add your ingredients in the middle of the leaf towards the bottom.
4. Fold up the leaf to cover the filling. Fold in the sides and tuck under the filling.
5. Roll up as tightly as you can.
6. To make the sauce, whisk all the ingredients in a separated small bowl. Ready to serve.

You can find the full recipe [here](#).

Tell your friends, family and neighbours!

We are excited to announce the relaunch of Small Steps for Big Changes and so excited to welcome new members to the Small Steps community!

Inquire about eligibility and availability [here](#).

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