



IN STRIDE

INSIDER INSIGHT

YMCA staff deliver Small Steps for Big Changes with high fidelity!

Type 2 diabetes (T2D) affects around 463 million people worldwide and another 374 million people are at risk of this condition. According to Diabetes Canada (2021), around 29% of Canadians live with diabetes or prediabetes. To address this concern prevention has become a priority for the health sector. Diet and exercise are key targets to help individuals reduce their risk of developing T2D. Numerous diabetes prevention programs targeting diet and exercise have been developed in research settings under strict laboratory conditions. However, to impact the millions of Canadians who are at increased risk of T2D, programs must be effectively implemented into local community locations, using local resources, where individuals can more easily access them. In this new setting, it is essential to understand whether the programs are implemented the way they were intended to be implemented.

To better understand these dynamics, Tineke E. Dineen, Ph.D. student with the Diabetes Prevention Research Group (DPRG), together with co-researchers from DPRG (Tekarra Banser, Dr. Corliss Bean, and Dr. Mary E. Jung), evaluated the delivery of and engagement with Small Steps for Big Changes (SSBC) when delivered by fitness facility staff within two local community organization sites (Kelowna Downtown YMCA and Kelowna Family YMCA).

Ten fitness facility staff were trained to implement the program and they facilitated 26 clients between August 2019 and March 2020. To understand whether the program was implemented as planned, staff self-report checklists were reviewed and scored by the research team and compared to audio-recorded sessions to ensure accuracy of reporting. To examine if clients received the program as intended, researchers assessed the clients' self-created goals



to ensure they aligned with program content. To examine whether clients put the knowledge and skills discussed during the program into action, researchers assessed whether clients later achieved their goals.

Overall, results showed that staff implemented the program as intended by completing 90% of all tasks on the checklists. Clients set goals aligned with the program content and clients achieved 78% of their goals and partially achieved another 15%! In other words, the Small Steps for Big Changes program is being delivered as intended by fitness facility staff at two local YMCA sites, and clients are engaging as intended with the program.

You can read the complete research article [here](#).



From the World Diabetes Day' series event, here are some tips for Holiday eating that Dr. Mary Jung prepared for you!

1. Acknowledge the challenges ahead of you. Take pride in the fact that you're already thinking of yourself!
2. Be realistic. Choose your goal wisely; set one or two targeted behaviours to focus on this season.
3. Make an action plan: specific, progressive, visible, and achievable.
4. Have action "triggers". Trigger the new behaviour with a cue.
5. Be consistent. Small change done repeatedly is more powerful than sparsely completed "failure".
6. Plan for setbacks. It is more important how you respond to setbacks than whether you will have one.
7. When you "fail", preplan a response that is filled with self-compassion.

And remember, IF YOU DO 1 THING...PLAN!

Have you had doubts about what sweeteners to consume?

Nowadays, there are many different options on the market to substitute sugar and make healthy versions of our favourite sweet meals; however, it can be a little confusing deciding how to select the best options. That is why knowing the ingredients that substitute sugar in these products is helpful to make healthier choices.

A study conducted by Higgins et al. (2019) compared body weight, food consumption behaviours, and glucose tolerance effects (i.e., the way your body processes sugar) of four low-calorie sweeteners and sucrose (table sugar) in 154 adult participants. In the twelve-week study, participants were divided into one of five groups. Each group was assigned to consume daily between 1.25 and 1.75 L of beverages sweetened with one of the following options: sucrose (table sugar), aspartame (commonly used in fruit spreads, purees, sauces, yogurts, and cereals), saccharin (widely found in canned fruit, gum, and frozen desserts), sucralose (known as Splenda), or rebudioside A or Reb A (derived from Stevia).

Participants who consumed beverages sweetened with sucrose (table sugar) and saccharin gained, on average, 3.34 lbs over the 12 weeks. There was no change in body weight for those consuming beverages sweetened with aspartame or Reb A (stevia). Those who consumed beverages sweetened with sucralose (Splenda) experienced a slight reduction in their body weight of 1.72 lbs.

You can read the research article [here](#) and learn more about what products contain what type of sweetener [here](#).

RECIPE: PUMPKIN CHEESECAKE



Ingredients:

- Crustless Pumpkin Pie Cups
- 1 3/4 cup pumpkin puree
- 1 cup heavy cream
- 2 eggs
- 2 1/2 tbsp pumpkin pie spice
- 1/2 cup Lakanto Monkfruit (sugar alternative)
- 1/4 tsp salt
- Optional: whipped cream and cinnamon/nutmeg for garnish

Directions:

1. Mix the pumpkin puree and eggs.
2. Make a well and stir in the cream.
3. Add the remaining ingredients and mix well.
4. Spray a muffin tin with cooking spray and fill it with the mixture.
5. Bake at 425 degrees F for 10 minutes, reduce heat to 350 degrees and bake for 30-40 minutes. Insert a wooden toothpick.
6. When it comes out dry the cups are done.

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

After a long pause due to COVID-19, we are delighted to be back up and running our evidence-based diabetes prevention program! We are here to help, the program is free, and the YMCA staff at all three locations are ready to serve you! If you or someone you know is interested in participating in our virtual Small Steps for Big Changes program, or just want to learn more about our program, let us know by emailing small.steps@ubc.ca

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