

# Fresh Start

...a lifestyle balance program

2017  
-  
2018

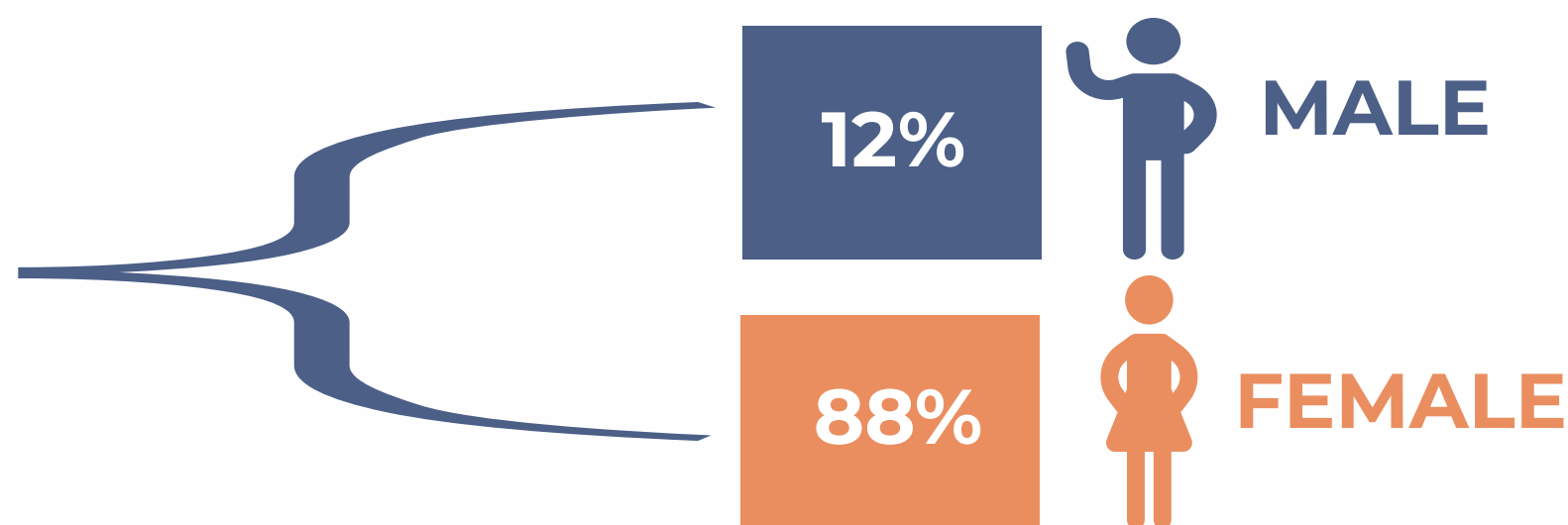
NUMBERS

**11**  
COMMUNITY PARTNERS

- Timiskaming Diabetes Program (NL & KL)
- Canadian Mental Health Association
- Great Northern Family Health Team
- Haileybury Family Health Team
- Temagami Family Health Team
- Town of Kirkland Lake
- Temiskaming Hospital
- Kirkland Lake Hospital
- Shardul Kara Physiotherapy & Massage Therapy
- Balanced in Motion
- King Street Fitness
- Temiskaming Shores Pool and Fitness Centre

**22** 1-hr WEEKLY SESSIONS (over a 6 month period)

**33** PARTICIPANTS



Group age average:  
66 years

15% drop-out rate

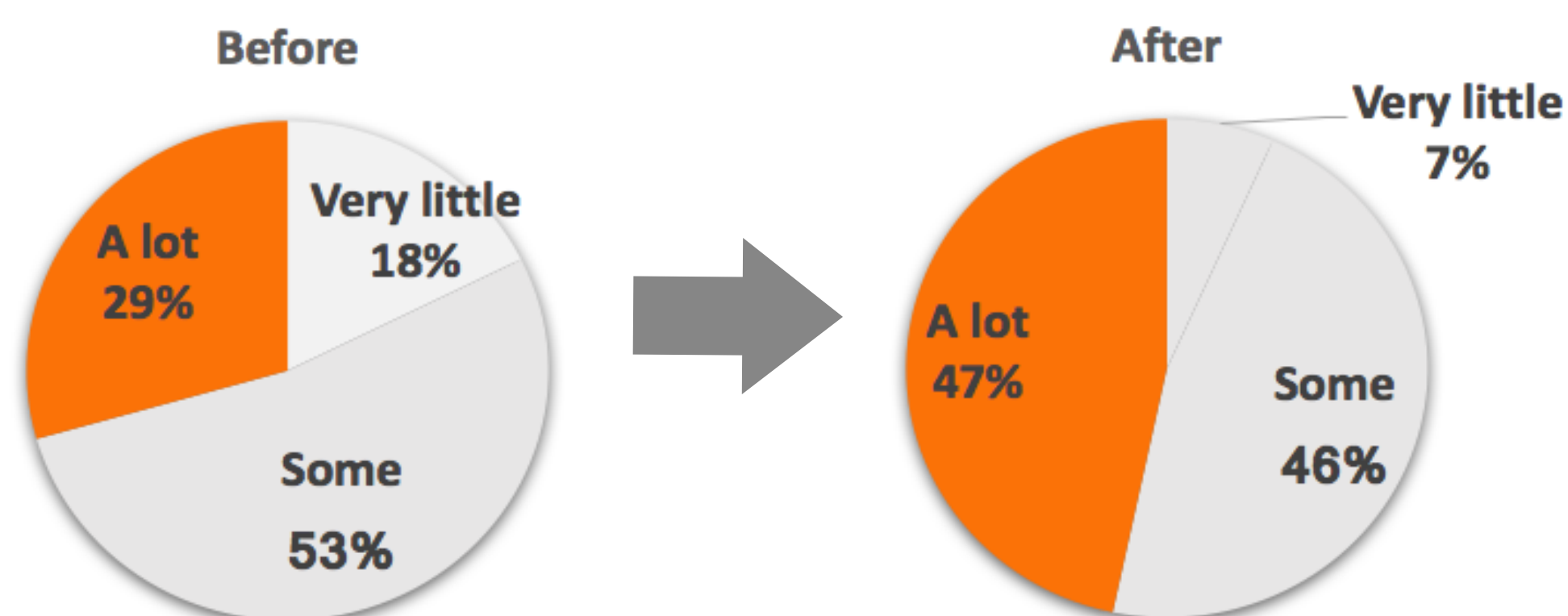
GOALS

- G1.** Increase knowledge of type 2 diabetes risk factors and how to reduce risk.
- G2.** Increase food literacy and improve healthy eating.
- G3.** Increase physical literacy and moderate physical activity to >150 mins/week.
- G4.** Decrease body weight by 5-7%.
- G5.** Increase knowledge and motivation to make healthy lifestyle changes.
- G6.** Improve quality of life indicators.

RESULTS

G1

**18%** more people know "a lot" about diabetes risk factors



G2

**32%** more people know "a lot" about healthy eating principles

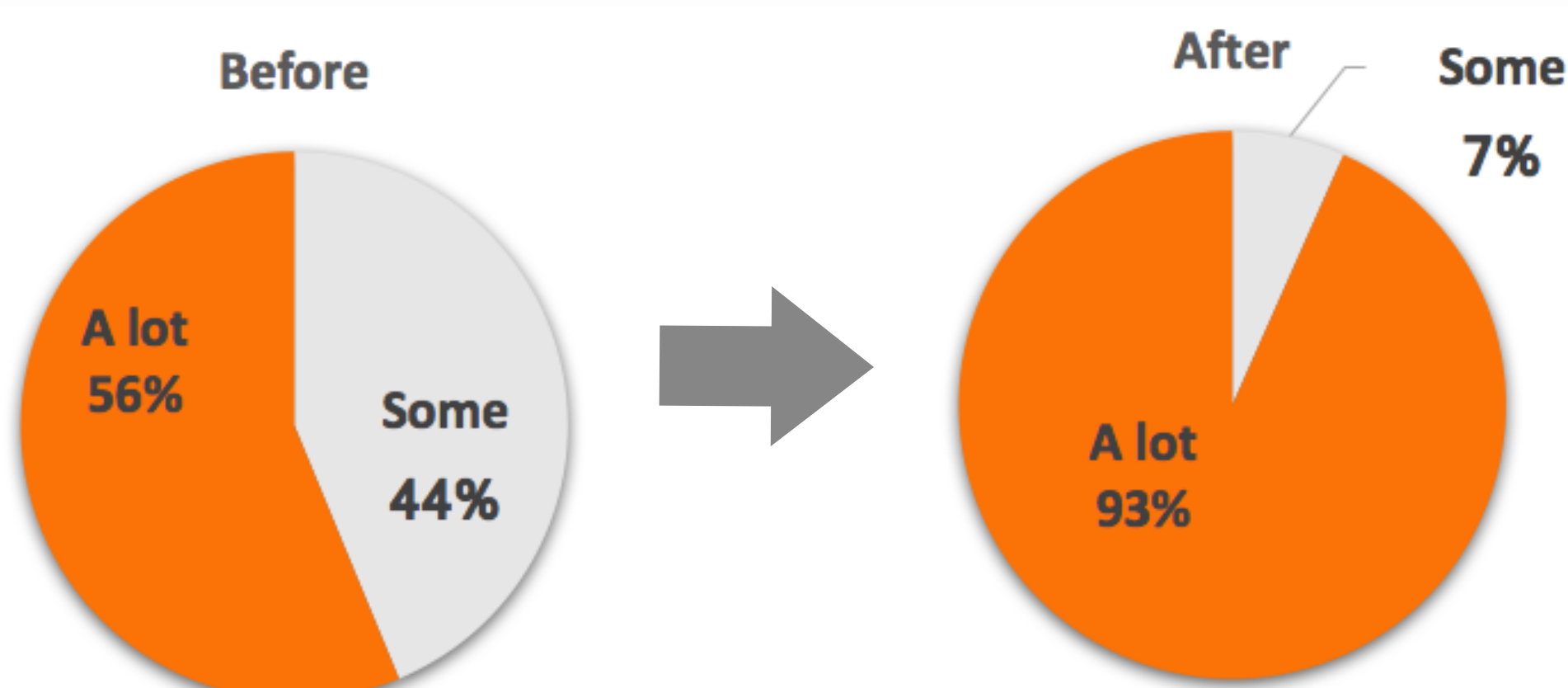


**70%**  
improved their eating habits



G3

**37%** more people know "a lot" about physical activity recommendations



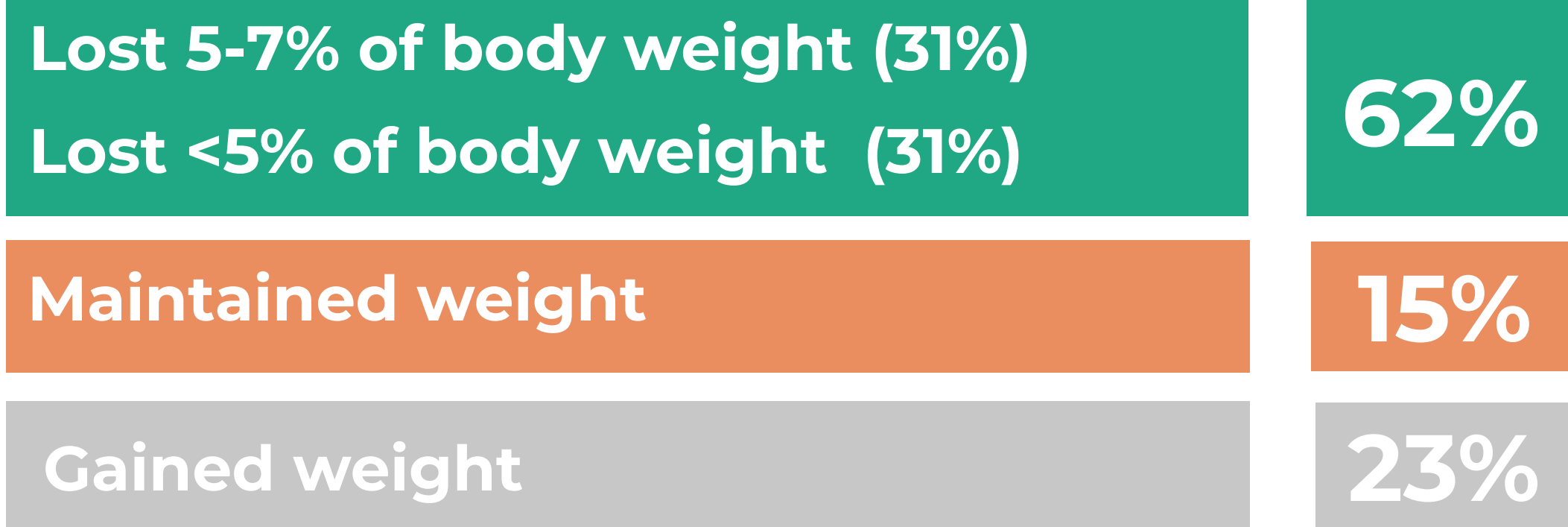
**80%**  
changed their attitude/beliefs about physical activity.



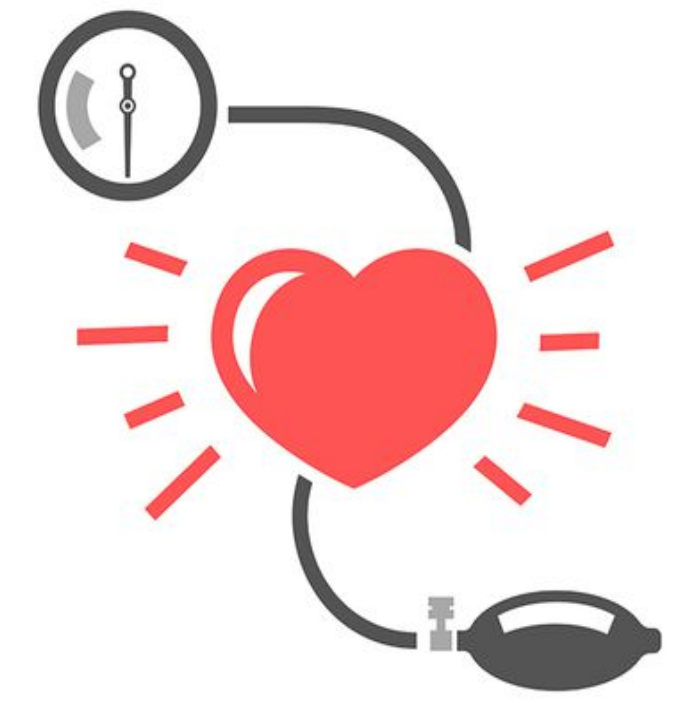


Improvement Towards Healthy Weight\*

G4



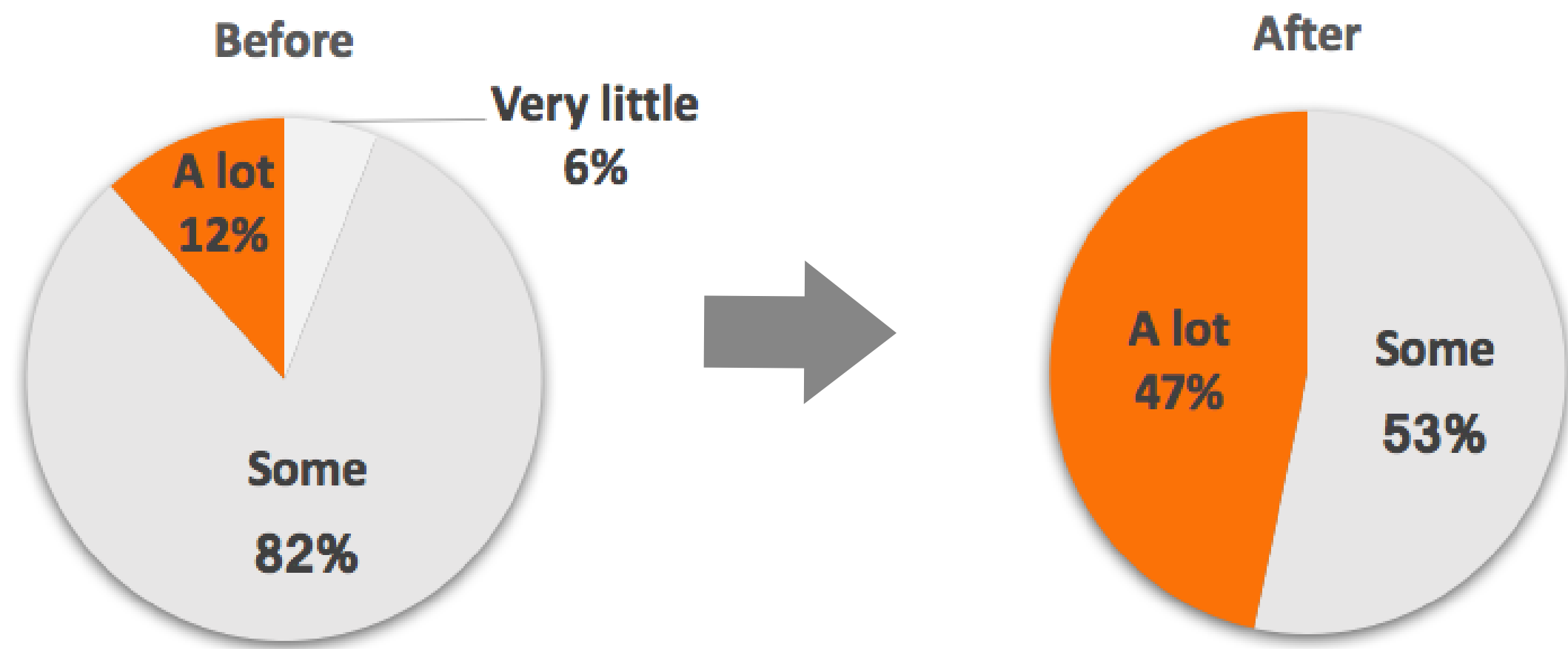
**67%**  
decreased their  
blood pressure.



\*Different lifestyle goals among participants (lose, maintain or gain weight; records of personal goals were not kept)

35% more people know "a lot" about stress management

G5

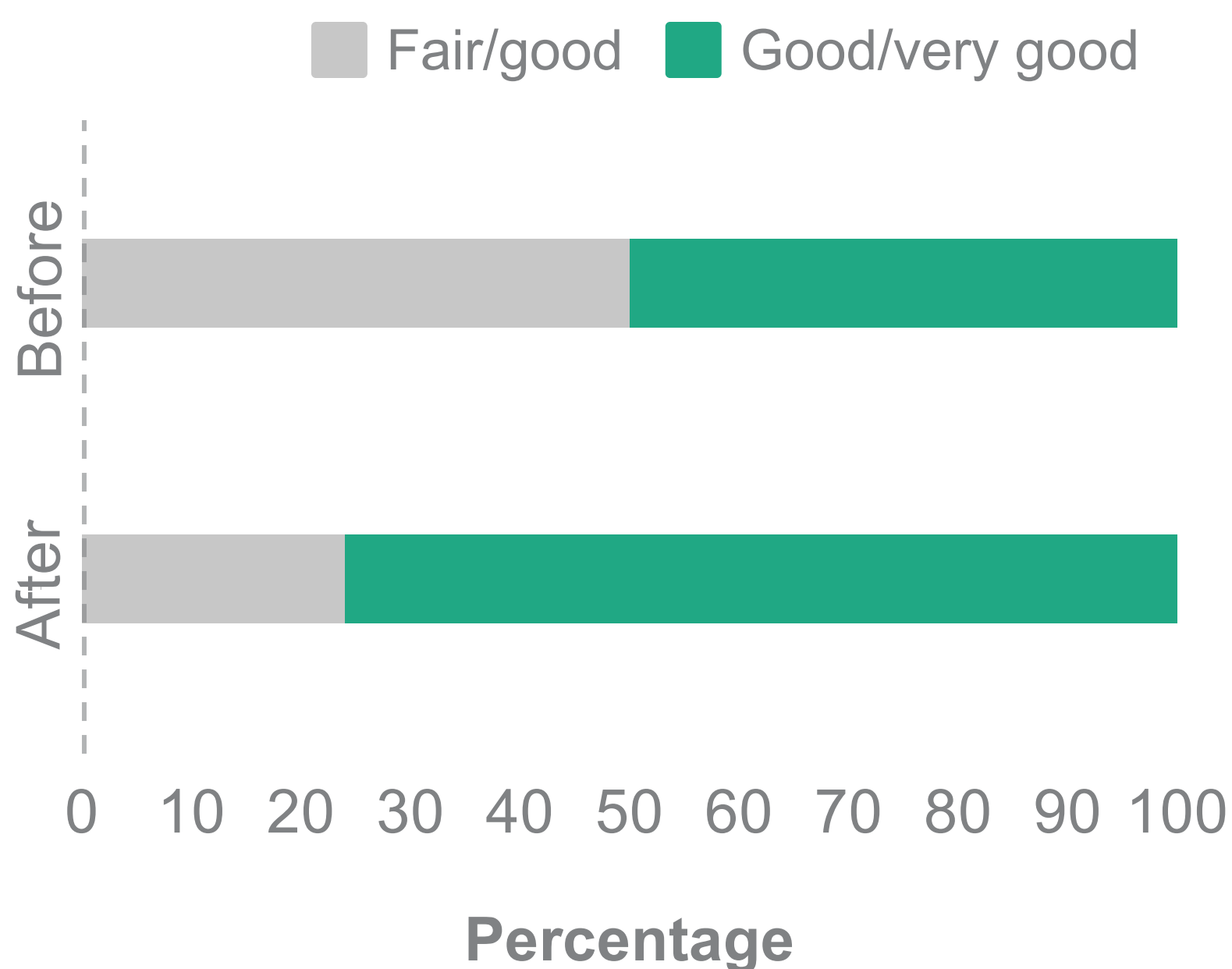


**100%**  
indicated that Fresh  
Start motivated them  
to make **changes in**  
their **lifestyle**.

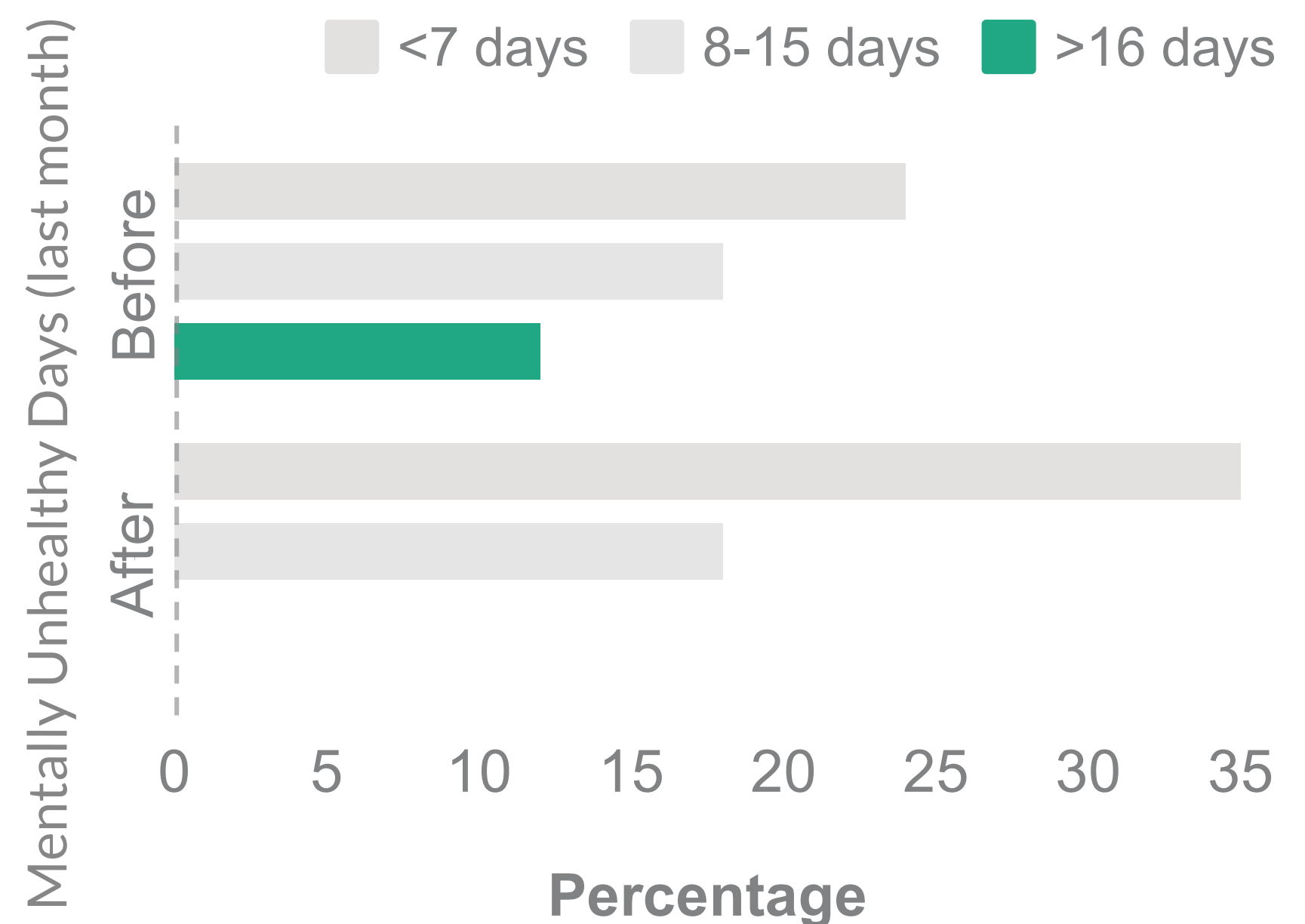


Better Perceived General Health

G6



More Days of Good Mental Health

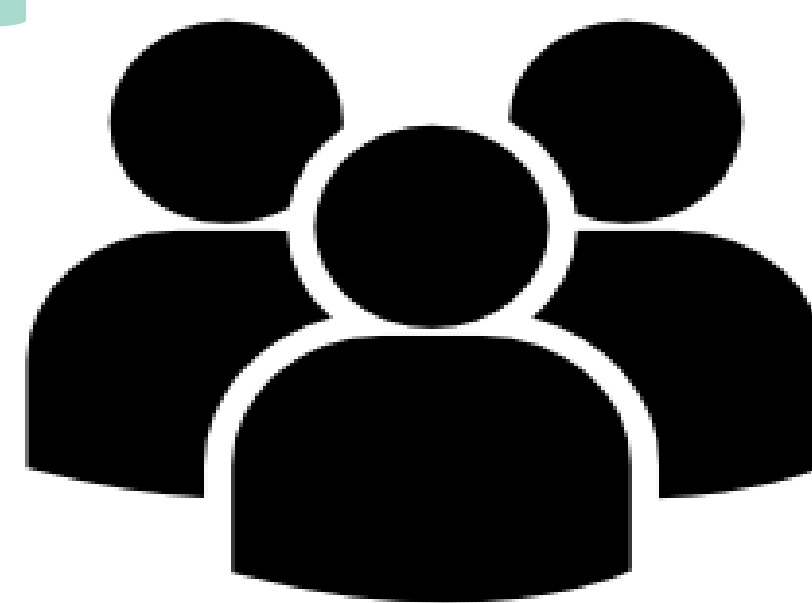


"I became more aware of how good nutrition can have a positive effect on the body & reduces chances of chronic illness."

"Great group of staff and great group of clients!"

"I am more aware of my health and believe I am going to the future with much more knowledge."

Over 85% agreed that facilitators were: well prepared, stimulated learning, related content to real-life situations and held attention.



- Improve tracking and evaluation methods.
- Recruit the target population for the program.
- Ensure the venue is conducive to learning.

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