

NUMBERS GOALS

11 COMMUNITY PARTNERS

- Timiskaming Diabetes Program (NL & KL)
- Kirkland & District Family Health Team
- Englehart & District Family Health Team
- Great Northern Family Health Team
- Haileybury Family Health Team
- Temagami Family Health Team
- Temiskaming Hospital
- Kirkland & District Hospital
- Canadian Mental Health Association
- Town of Kirkland Lake
- Janet MacDowall, Registered Physiotherapist

22 1-hr WEEKLY SESSIONS (over a 10 month period)

Note: Due to the COVID-19 pandemic, the last 5 sessions took place online (via Zoom).

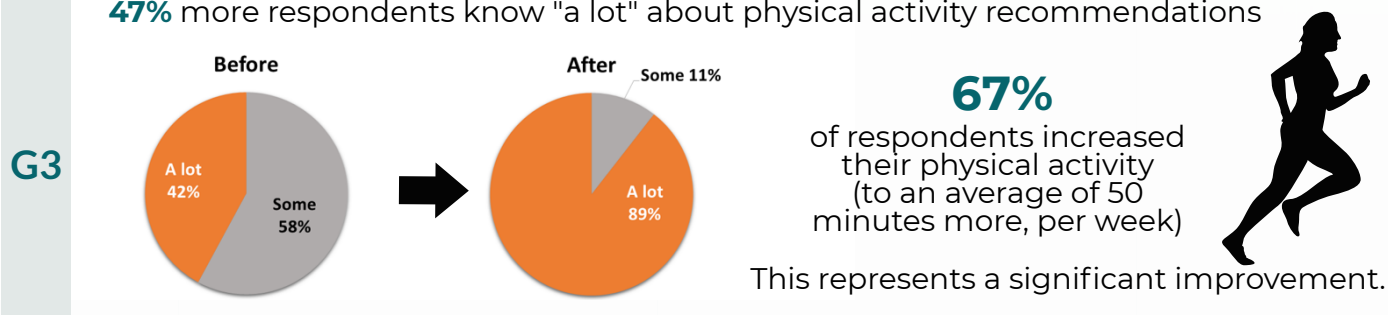
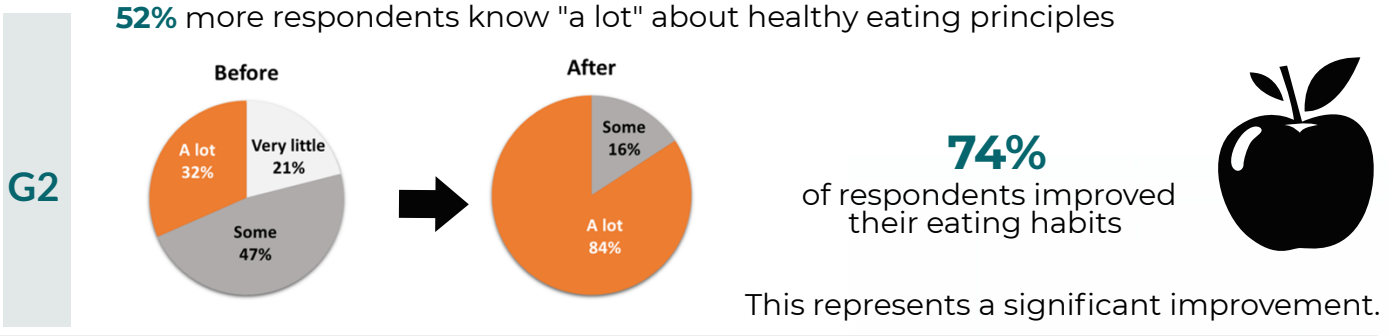
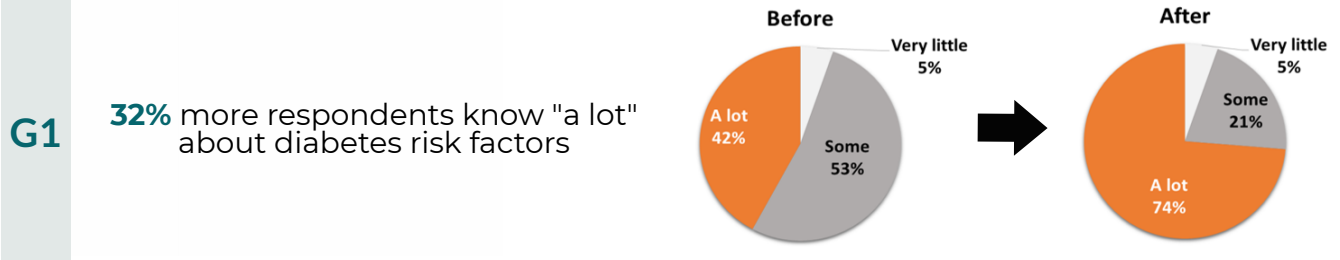
41 PARTICIPANTS



Average age: 47 years old
Drop-out rate: 29%

- G1.** Increase knowledge of type 2 diabetes risk factors and how to reduce risk.
- G2.** Improve eating habits.
- G3.** Increase physical activity.
- G4.** Improvement towards healthy weight.
- G5.** Increase knowledge and skills to make healthy lifestyle changes.
- G6.** Improve physical and mental health.

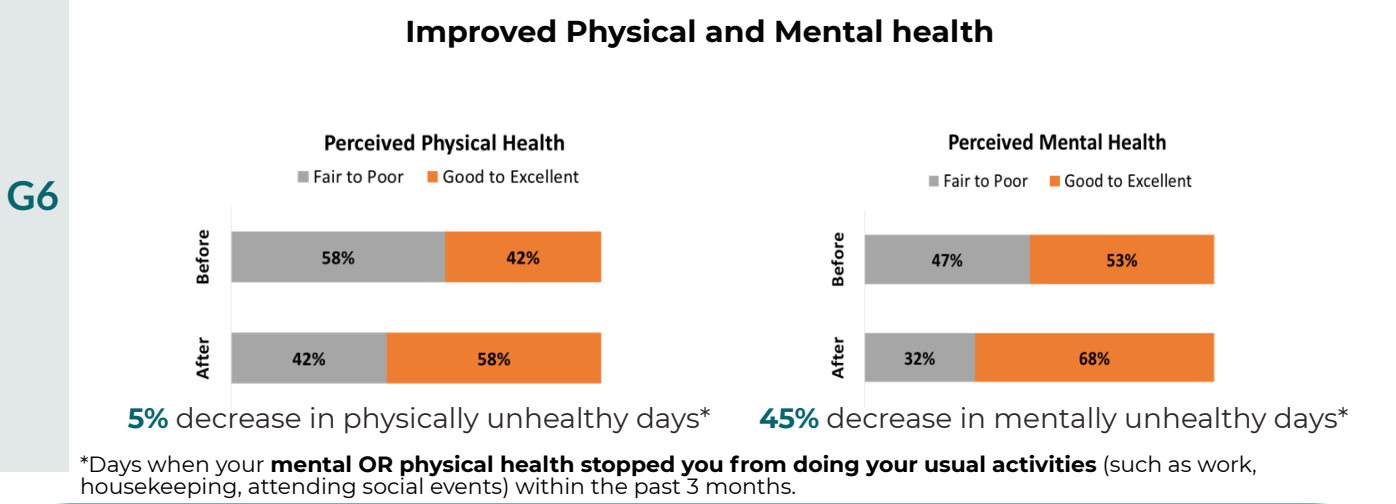
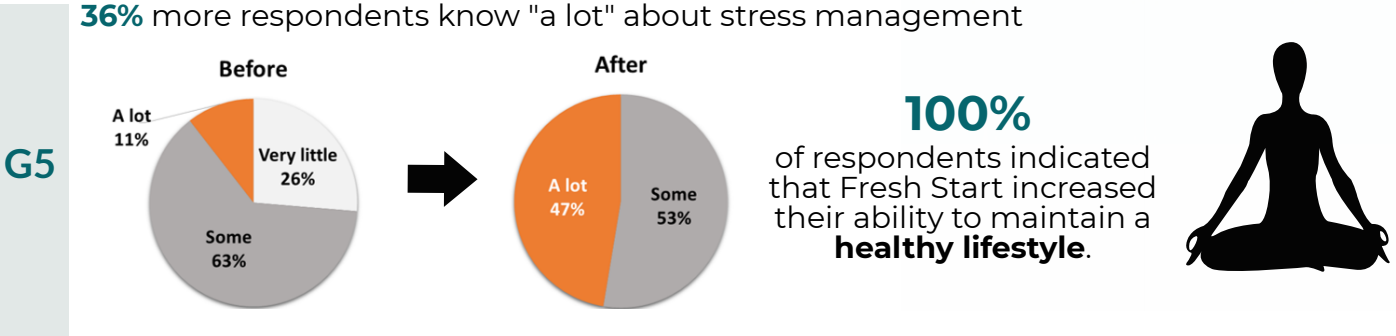
RESULTS



The results shared in this infographic reflect the behaviour change for 19 out of the 28 participants that answered both pre and post-questionnaire ("respondents").

RESULTS

G4 Due to the COVID-19 pandemic it was not possible to take respondents measurements and assess changes in body weight, blood pressure and weight circumference.



FEEDBACK

"I really enjoyed the program and have made lifestyle changes that will keep me healthy!"

"All in all a great and fabulous program!"

"I enjoyed it very much and learned many different things about myself."

Due to the COVID-19 pandemic the Fresh Start program will take a break in 2020.

Check www.timiskaminghu.com/435/fresh-start-program for updates.

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