



Learning to Live Well through Diabetes Education Programs in Haldimand-Norfolk

NEWS

November 7, 2016

November is National Diabetes Awareness Month and people in Haldimand-Norfolk with diabetes, pre-diabetes, or at risk of developing diabetes are encouraged to participate in a local Diabetes Education Program (DEP). DEPs support healthy lifestyles by sharing the knowledge and skills to prevent or manage diabetes. These programs help people experience better health outcomes including improved blood pressure readings, cholesterol levels, blood sugar and weight control; and help them prevent or minimize complications such as vision loss, heart attack, stroke, kidney disease, nerve damage and amputation.

DEPs provide education and management services for children and adults with Type 1, Type 2 and Gestational Diabetes. Services include insulin pump support, medication management, and individual and group education on healthy eating, nutrition label reading, and physical activity, and some programs offer French language and/or culturally appropriate and inclusive services. DEPs can also connect people with local community supports and services.

DEPs include a team of specially trained health care professionals including a registered nurse and registered dietician, and may also include a social worker, clinical psychologist, foot care specialist, physiotherapist, and pharmacist. This team works together with other members of the person's health care team to provide comprehensive and coordinated care.

In Haldimand-Norfolk, a DEP is offered at Norfolk General Hospital, West Haldimand General Hospital, and Haldimand War Memorial Hospital.

Throughout the Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN) including Burlington and most of Norfolk, there are 18 DEPs, many of which also provide outreach services in community locations. While any health care provider can make referrals to DEPs, a referral is not required and people may register directly. There is no cost to participate.

The HNHB LHIN Leaders in Diabetes Committee, comprised of representatives from all DEPs in the LHIN, works to support a more integrated, patient-centered system of diabetes care and services that are accessible, equitable, effective, and offers individuals the best value.

QUOTES

"Providing people with diabetes, pre-diabetes, and at risk of developing diabetes with the knowledge and skills to maintain a healthy lifestyle can greatly improve their quality of life, prevent serious related complications and support the sustainability of the health care system. That's why the Leaders in Diabetes Committee is committed to working together with health service providers, primary care providers, and the LHIN to ensure individuals have timely access to high quality diabetes care and services."

-Teresa Dupuis, Diabetes Program Coordinator, North Hamilton Community Health Centre; and Mary Keith, Executive Director, Garden City Family Health Team; Co-Chairs, HNHB LHIN Leaders in Diabetes Committee

"The Hamilton Niagara Haldimand Brant LHIN is working to help people in Haldimand-Norfolk and across our region to better manage diabetes at home and in the community, contributing to a better patient experience and the efficient use of health system resources. The LHIN continues to work with health service providers and primary care providers to improve the coordination, standardization and utilization among all Diabetes Education Programs in our area."

-Donna Cripps, CEO, HNHB LHIN

QUICK FACTS

- More than 143,000 adults or 12.1% of the population in the HNHB LHIN have diabetes and according to the Canadian Diabetes Association, diabetes rates are three to five times higher among Indigenous peoples.
- By 2025, the prevalence of diabetes in Canada is estimated to increase to 13.4% or 2.3 million people, from 1.5 million people in 2015, and the cost of diabetes is estimated to increase by 29% to \$7.7 billion, from \$6 billion in 2015, according to the Canadian Diabetes Cost Model.
- The Canadian Diabetes Association reports that people with diabetes are over three times more likely to be hospitalized with cardiovascular disease, 12 times more likely to be hospitalized with end-stage renal disease and over 20 times more likely to be hospitalized for a non-traumatic lower limb amputation compared to the general population.
- Diabetes complications are associated with premature death, and in 2008-09, one in 10 deaths in Canadian adults was attributable to diabetes, reports the Public Health Agency of Canada.

LEARN MORE

- Ruth, a 69-year-old Simcoe resident, has been living with Type 2 diabetes for over 20 years. Before joining the Haldimand Norfolk Diabetes Program at Norfolk General Hospital five years ago, she struggled with her weight, felt pain in her knees and feet after a walk around the block and was on multiple medications. Since joining the program, she has learned a new way of eating and the importance of exercise. She has lost 100 pounds, can walk comfortably, is on a lower dose of medication for blood pressure, and no longer needs medication to control her blood sugar. Ruth talks about her experience and how the program has changed her life in the Hamilton Niagara Haldimand Brant LHIN Voices in the Community video: <https://youtu.be/R-BTEMdDy0I>
- Visit the HNHB LHIN's website at www.hnhblhin.on.ca for a list of DEP locations and contact information.
- Find local programs and services related to diabetes by visiting the [HNHB Healthline](#).
- Learn to manage and maintain a healthy lifestyle with information from the [Ministry of Health and Long-Term Care](#).
- Visit the [Canadian Diabetes Association](#) website for more information about diabetes and to take the test to find out if you are at risk for Type 2 diabetes.

For more information:

Gerry Hamill
Communications Specialist
Norfolk General Hospital
519-426-0130 ext. 2454
ghamill@ngh.on.ca

or

Cindy Gekiere RN CDE
Haldimand Norfolk
Diabetes Program Coordinator
Norfolk General Hospital
519-426-0130 ext. 4472
cgekiere@ngh.on.ca