



Sault College News Release

For immediate release

Sault College Partners with York University and Garden River in Diabetes Prevention

(Sault Ste. Marie, ON February 15, 2011) Sault College has partnered with York University and Garden River First Nation to deliver a pre-diabetes detection and physical activity intervention delivery program, also known as PRE-PAID.

The PRE-PAID project, funded by the Ministry of Health Promotion and Sport and Ontario Trillium Foundation, targets groups at high risk for diabetes and uses a community-based approach to engage them in the physical activities they enjoy. The York University study has been operational since November 2009 and several diverse ethnic neighbourhoods in the Toronto area have participated. The Sault College project will involve individuals of First Nations descent.

"The PRE-PAID team is very excited to partner with Sault College for this important initiative," states Chip Rowan, Researcher and Certified Exercise Physiologist at York University. "Through this partnership, we hope to extend our program to a community that has a well documented risk for developing type 2 diabetes. Through the provision of free screening and targeting individuals with pre-diabetes, we hope that our physical activity intervention program will prevent or delay the development of type 2 diabetes for as many people as possible."

Canadian Diabetes Association Regional Branch Co-ordinator, Janie Bringleston, says the statistics involving those with diabetes are alarming. Nearly 1 in 4 Canadians either has diabetes

or pre-diabetes and more than 20 people are diagnosed with the disease every hour of every day. The Health Council of Canada states that diabetes is much more common, and growing more quickly, among First Nations adults, who are two to eight times more likely to have diabetes than the overall Canadian population, depending on age group. Researchers hope to show participants the benefits of engaging in no cost, enjoyable physical activities. Second, it is hoped that the project will demonstrate the importance of investing in exercise to prevent diabetes. Through these interventions they expect to reduce diabetes by 60%.

"Garden River is excited to engage in this new partnership with Sault College and York University," states Andy Rickard, Manager of Recreation for the Garden River First Nation. "This will not only be exciting for our community members but also for those First Nation individuals within the surrounding communities. Statistics have shown that First Nations people are susceptible to diabetes and we hope that this project helps to establish the positive physical healthy changes that are needed."

The program will be of benefit to community members as well as to the students of the Sault College Fitness and Health promotion program. "We are pleased to be working with York University in this project," states Fran Rose, Dean of Community and Health Services at Sault College. "We thank Garden River First Nations for welcoming this project to their community and to York University for their interest in community health and wellness."

The Fitness and Health Promotion program at Sault College is seeking potential participants of First Nations descent including non-Garden River members and First Nations people of Sault Ste. Marie and the surrounding areas for this study. During screening, interested participants will have blood glucose tests performed as well as a brief risk assessment. Participants who are eligible will participate in a free 6-month supervised physical activity intervention. Initial screening will take place at the Garden River First Nations Recreation Centre on Tuesday, February 22nd from 11am-1 pm., Thursday, February 24th from 4-6pm and Saturday, February

26th from 12-2 pm. All physical activity programs related to the initiative will take place at the Garden River First Nations Education/Recreation Centre.

Anyone interested is asked to drop in at any of the times listed or to call Tania Hazlett at Sault College at 705-759-2554, ext. 2442.

-30-

About Sault College Fitness and Health Promotion Program

The Fitness and Health Promotion Program at Sault College is a 2 year Ontario College Diploma program that provides individuals with the skills to enter into the increasingly popular area of promoting healthy active living. Students will develop the expertise to safely assess, design, implement and evaluate personal, group and community fitness and health promotion programming and the leadership skills to facilitate and coach these programs. Sault College, located in Sault Ste. Marie, Ontario is one of 24 community colleges in Ontario. Visit our website at www.saultcollege.ca for more information.

Please contact:

Tessa Pino, Communications Officer

Sault College

705.759.2554 ext. 2830

www.saultcollege.ca