

RESOURCES AND ASSETS LIST for BC

VERSION 2 JULY 2019

Reversing the Course of Type 2 Diabetes



**Institute for
Health System
Transformation
& Sustainability**

Jurisdiction	Colour
British Columbia	Yellow
National or other Canadian province	Red
International or other country/region	Blue

Asset	Organization	Description
Prevention		
BC Food Security Gateway	PHSA, PHABC	An online community resource to link communities to food security projects and initiatives.
HealthLinkBC	Ministry of Health	24-hour non-emergent healthy information and advice, online and through the 811 help line, including access to a dietician.
Healthy living policy	BC Alliance for Healthy Living Society	Works with government to advance healthy public policy.
Community alliance	Metro Vancouver Alliance	A broad-based alliance working together for the common good.
South Asian Health Institute	Fraser Health	A health promotion program for Fraser Valley South Asian population.
Small Steps for Big Changes	UBC Okanagan	A free lifestyle modification program for individuals with prediabetes that uses motivational interviewing techniques.
SCOPE (Live 5-2-1-0)	BC Children's Hospital	SCOPE endorses and coordinates the evidence-based Live 5-2-1-0 message.
Family Healthy Living Program	Childhood Obesity Foundation	A free, 10 week family-based program held in communities across BC.
Project Bhangra	VCH	Provides free after school Bhangra dance classes to help children get moving.
Mithaas	Cities Changing Diabetes	A program that aims to shift norms around consumption of sugar in South Asian communities.
PlanH	BC Healthy Communities Society	Facilitates local government learning, partnership development and planning for healthier communities.
Food Skills for Families	BCCDC	Hands-on curriculum focusing on healthy eating, grocery shopping and cooking for vulnerable population groups.
Chronic Disease Dashboard	BCCDC	A dashboard that provides the most up-to-date chronic disease surveillance data, including geographical breakdown.

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Carrot rewards program	Carrot Rewards	A healthy living app with small incentives for making daily step goals. Program has recently been cancelled.
BC Healthy Built Environment Alliance (HBEA)	BCCDC	Supports the creation of BC communities that promote health.
Partners for healthier communities	BC Healthy Communities Society	Partner organizations committed to improving the health of communities.
BC Physical Activity for Health Collaborative	BC Healthy Living Alliance	Advocacy and support for a policy agenda to address the common risk factors of chronic disease and underlying determinants of health.
BC Physical Literacy for Communities	Sport for Life Society	Seeks to improve the development of physical literacy in British Columbia, which leads to increased physical activity, positively impacting health and well-being.
Aboriginal Healthy Living Activities	ISPARC Indigenous Sport, Physical Activity & Recreation Council	Provincially funded program designed to bring together community leaders and individuals who are passionate about health and wellness.
Healthy Schools BC	DASH	Provides students with the opportunity to foster their healthy physical, mental, social and intellectual development.
Live Well Exercise Clinics	Live Well	Helping people with complex health issues overhaul their lifestyles and get their health back.
Farmer's Market Nutrition Coupon Program	BCCDC	Provides farmers' market coupons to lower-income families, pregnant women and seniors.
BC School Fruit and Vegetable Nutrition Program	BCCDC	Provides fresh servings of fruits and vegetables every other week — 12 times in the school year — to over 500,000 students.
Farm to School BC	BCCDC	Promotes, supports, and links schools and communities with healthy, local, and sustainable food.
Informed Dining	BCCDC	A voluntary program that helps food service establishments provide their guests with nutrition information before or at the point of ordering.
Cook it, Try it, Like it	Interior Health	A after school program designed to promote healthy eating habits by providing students with hands-on experience cooking and tasting nutritious foods.

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Healthy Linkages Toolkit	BCCDC	A toolkit to support the inclusion of health considerations within community planning and design.
Appetite to Play	Child Health BC	Supports early years providers to promote and encourage physical activity and healthy eating.
Radius Health Promotion Lab	SFU	Social innovation hub and venture incubator that aims to promote healthy lifestyles through innovative ventures, models and partnerships.
South Asian physical activity support	SPACE	"Supporting physical activity, a community effort' through expert advice, exercise videos, healthy eating advice and accountability.
Pan-Canadian Public Health Network Council	Federal, provincial and territorial governments	A national network of individuals from many levels of government looking to strengthen public health.
Activate	Heart and Stroke Foundation	An intervention program designed to improve eating, exercise and stress management.
Community-based health resources	Canada India Network Society	Provides resources and videos for healthy living and nutrition. Also offers an integrated approach to health rehabilitation.
Practice-based evidence in nutrition	Dieticians of Canada	Provides evidence and knowledge synthesis related to nutrition.
Cities Changing Diabetes	Global partnership	A partnership aiming to challenge cities to hold the rise of diabetes prevalence at 10.0% globally.
Diabetes Prevention Programme	NHS	Identifies those at high risk and refers them to a behaviour change programme.
Walk Score online resource	Redfin	Generates walkability scores for any property.
Plant-based diet app and website	Fork Over Knives	Provides resources for to support those looking to switch to a plant-based diet.
Nutritionfacts.org	Nutritionfacts.org	Online resources to support healthy living including support for type 2 diabetes remission.
Individual virtual diabetes prevention support	Blue Mesa Health	Our culturally tailored, mobile-first digital diabetes prevention program based on the landmark CDC National Diabetes Prevention Program.
Lifestyle and preventable disease advocacy	True Health Initiative	A global coalition fighting fake facts and combating false doubts to create a world free of preventable diseases.

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Management		
Specialized diabetes care and research clinic	Diabetes BC	A private clinic in Vancouver specializing in diabetes care and research.
Diabetes in the School Setting	Child Health BC	Integrated, evidence-based approaches to diabetes care in the school setting.
Self-Management BC	UVic	A network to promote self-management for chronic disease across the province.
Psychological support for children and families	BC Children's Hospital	Coping resources for families and children with diabetes.
Health Authority Diabetes Clinics	BC Health Authorities	Classes and educational counselling to support healthy eating, self-management, exercise, weight management and staying healthy for referred diabetes patients.
Medical Weight Management Program	Dr. Michael Lyon	A program that assesses and treats patients with obesity by physician referral.
Change British Columbia	Metabolic Syndrome Canada	Provides family medicine clinics tools to offer lifestyle interventions to patients with metabolic syndrome.
Revive Reversal Program	Revive Lifestyle Medicine	An internal medicine clinic using holistic evidence-based principles to treat cardiac and metabolic illnesses.
Lifestyle Medicine Clinic. Diabetes Reversal Program	Wellness Garage	A lifestyle medical practice offering leading-edge health assessments and physician-led personal coaching to help meet individual health goals
Team Based Care Calculator	Abbotsford Division of Family Practice	Calculates the Health Human Resource composition needed to support patient-centered care.
CHANGE BC	Pacific Northwest Division of Family Practice	Canadian Health Advanced by Nutrition and Graded Exercise is a year-long physician-led lifestyle change program.
2-1-1 Help Line	bc211	Specializes in providing information and referral regarding community, government and social services.
Type 2 Diabetes dialogue and leadership	Institute for Health System Transformation and Sustainability	Supports and promotes dialogue to investigate leading practices in T2D management, prevention and reversal.
Empower patients and patient education lectures	Burnaby Division of Family Practice	Patient education lecture series, posters, handouts and videos.

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Home health monitoring	Island Health	Support from clinicians allowing patients to monitor their diabetes in their homes.
Virtual care	Health authorities	Pilot projects to support diabetes patients virtually, for instance in transition from pediatric to adult care.
S.U.C.C.E.S.S.	Vancouver Chinese Diabetes Education Centre	For individuals with diabetes and their families to learn about diabetes management
Pediatric Diabetes System Planning (Tiers of Service)	Child Health BC	A system planning framework outlining the Tiers of Service for pediatric diabetes services.
Shapedown BC	BC Children's Hospital	A weight management program for children.
BC Ambulance Paramedical Program	BC Ambulance	Teaches referred clients in indigenous communities management of diabetes.
Support for therapeutic diets	Diet Doctor	Supports intermittent fasting and low carb diets for treating people with type 2 diabetes.
Priority health equity indicators	BCCDC	A suite of priority health equity indicators including diabetes incidence.
Community health data website	BCCDC	A health atlas and community profiles that include data on diabetes incidence and prevalence in local health areas.
Front line care givers	Doctors of BC	A voluntary association of 14,000 physicians, residents and medical students in British Columbia.
Healthy living support for those living with cancer	Inspire Health	Aims to provide the best care possible for people living with a diagnosis of cancer.
Therapeutic nutrition	Canadian Clinicians for Therapeutic Nutrition	Focuses on promoting low-carb, high fat diets, especially eliminating high sugar and processed foods.
Health Quality Ontario	Government of Ontario	Provides evidence to improve care across a host of diseases and health areas.
Therapeutic nutrition	Institute for Personalized Therapeutic Nutrition	Promote a "food first" culture in Canada for treating chronic disease.
Diabetes, Obesity and Nutrition Strategic Clinical Network	Alberta Health Services	Improves the health of individual Albertans and communities through good nutrition coupled with physical activity.
First Nations diabetes pilot	Sioux Lookout First Nation Health Authority	A pilot based on work in Africa training community health workers to deliver interventions.

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National Aboriginal Diabetes Association	Winnipeg Regional Health Authority	Advocates and provides culturally relevant resources for First Nations, Inuit and Métis Peoples.
The FORGE AHEAD clinical readiness consultation tool	FORGE AHEAD	Assesses the readiness of clinical teams working on-reserve in First Nations communities to participate in quality improvement to enhance diabetes care.
Lifestyle change program	Clinique Reversa	Provides a rigorously-evaluated therapeutic nutrition program and associated resources for patients in Quebec.
Diabetes Wellness	Indigenous Diabetes Health Circle	Supports indigenous communities, families and individuals by promoting holistic wellness models.
Lifestyle medicine training and advocacy	Canadian Academy of Lifestyle Medicine	Promotes a philosophy of care that focuses on effective lifestyle choices as the first line of treatment and prevention.
Clinical Practice Guidelines	Diabetes Canada	Prevention, management and treatment guidelines for all forms of diabetes.
Diabetes.co.uk global diabetes community	Diabetes Digital Media Ltd	A health platform and patient-support network for diabetes patients.
Omada Health digital platform	Kaiser Permanente	A digital health program to help participants lose weight.
Diabetes – think, check, act	Healthcare Improvement Scotland	A toolkit designed to help teams improve inpatient care for people with diabetes in acute hospitals.
Diabetes telehealth support coaching	Cecelia Health (Formerly Fit4D)	Provides personalized diabetes support remotely over the phone
Reverse Diabetes2 Now	Louis Bolk Institute	A pilot programme providing intensive counselling on nutrition and lifestyle, a digital coaching and education platform, physician-guided medication management and cooking classes in the Netherlands.
Lifestyle medicine physician education	American College of Lifestyle Medicine	Medical professional society providing education to those dedicated to the practice of Lifestyle Medicine.
Lifestyle medicine physician certification	American Board of Lifestyle Medicine	Examination board providing certification to those dedicated to the practice of Lifestyle Medicine.
CHIP Complete Health Improvement Program	Lifestyle Medicine Institute	Provides research tested, intensive lifestyle medicine intervention solutions for organizations and individuals.

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Type 2 diabetes reversal program	Virta Health	A complete diet and lifestyle program designed to reverse type 2 diabetes.
Capacity-building programs for providers	Centre for Collaboration, Motivation & Innovation	Helps individuals and organizations create partnerships that improve health and well-being by working collaboratively to inspire new ways of thinking and teaching practical skills.
Psychological support for those living with T2D	Behavioral Diabetes Institute	Helps people with diabetes live healthier and happier lives by addressing the psychological aspects of diabetes.
Plant-based diet capacity building for providers	The Plantrician Project	Educates, equips and empowers physicians and healthcare practitioners with knowledge about the benefits of plant-based nutrition.
Policy and Reports		
BC Diabetes Care Guidelines	BC Ministry of Health	Provides prevention, diagnosis and management guidelines for adult diabetes patients.
BC's Guiding Framework for Public Health	Ministry of Health	Articulates a long-term vision for public health incorporating all major public health strategies.
BC Provincial Diabetes Evaluation: A quantitative & qualitative environment scan of diabetes care management in BC	Ministry of Health	A scan of the current diabetes care environment in BC, with a focus on providers.
Walking + Cycling in Vancouver 2017 report card	City of Vancouver	Reports on the outcomes of the city's focus on cycling infrastructure and support.
My Community My Health Survey	UBC	A survey that studies the health and lifestyle of Metro Vancouver residents.
Active People, Active Places: BC Physical Activity Strategy	Healthy Families BC	Designed to guide and stimulate policies, practices and programs in physical activity that will improve the health and well-being of British Columbians and their communities.
Canadian Diabetes Strategy Community-Based Program Report	Government of Canada	Report on community-based diabetes programs developed and delivered by the Canadian government as part of the former national diabetes strategy.
Diabetes 360 ^o : A Framework for a Diabetes Strategy for Canada	Diabetes Canada	Advocates for a new 7-year long task force to help provinces and territories implement tailored approaches to achieving a national diabetes strategy.

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Provincial Diabetes Plan	Government of Saskatchewan	Provides a framework for care team management alongside self-management for diabetes.
A Comprehensive Diabetes Strategy for New Brunswickers 2011-2015	New Brunswick Department of Health	A provincial strategy in which NB aims to have one of the lowest incidences of diabetes in Canada.
Ontario Diabetes Strategy	Government of Ontario	An inactive diabetes strategy in Canada's largest province.
The Canadian Diabetes Strategy: History, Evolution, Moving Forward	Government of Canada	Provides the history and evaluation of a Canadian Diabetes Strategy that cost \$115 million and was active 1999-2005.
Centre for Chronic Disease Prevention: Strategic Plan 2016–2019	Public Health Agency of Canada	A strategic plan for overall chronic disease prevention in Canada.
Diabetes Care Program of Nova Scotia Strategic Plan	Nova Scotia Health Authority	A diabetes plan presented in IAP2 framework in which all of the priorities are tested through a survey.
A Diabetes Strategy for Canada	Parliamentary Standing Committee on Health	A report that resulted from the committee's research and consultations with experts which supports the advocacy for a national diabetes strategy.
EAT-Lancet Commission on Food, Planet, Health	The Lancet	Aims to bring together eminent scientists from around the globe to reach a scientific consensus that defines a healthy and sustainable diet.
Expert Forum on diabetes: Genetics, nutrition and the future of diabetes management	Swiss Re	A conference in 2017 that welcomed experts to discuss type 2 diabetes prevention and reversal.
National Institute for Health and Care Excellence (NICE)	UK Department of Health and Social Care	Responsible for developing quality standards in public health and social care.
NHS Action for Diabetes	National Health Service	An action plan targeting improved quality and decreased variability in diabetes care across England.
Diabetes Epidemic and Action Report	Washington State Department of Health	Washington's plan to address the diabetes epidemic through prevention, self-management and monitoring.
Innovation report	National Institute of Diabetes & Digestive & Kidney Diseases	

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Tipping the scales: why preventing obesity makes economic sense	Cancer Research UK	A report that encourages a national strategy to tackle children's obesity.
Confronting Obesity in Europe: Taking action to change the default setting	The Economist Intelligence Unit	A report that reviews the strategic landscape for obesity in Europe.
The Global Syndemic of Obesity Policy Brief	Lancet Commission on Obesity	A policy brief summarizing the main results and recommendations from the full The Global Syndemic of Obesity, Undernutrition and Climate Change: The Lancet Commission report.
A Diabetes Strategic Framework	Northern Ireland Department of Health	A diabetes strategy that focuses on the drivers for change.
A Healthier Future – Framework for the Prevention, Early Detection and Early Intervention of type 2 diabetes	Scottish Government	Provides a specific care pathway for those identified as at risk, including both genetic factors and overweight.
Prevention before cure Prioritising population health	British Medical Association	A strategy that aims to increase the priority of prevention at the strategic level in the UK.
The role of diet in type 2 diabetes prevention and management	Western Australia Education and Health Standing Committee	A report that highlights the reversal possibility of type 2 diabetes, with a focus on strategies that will result in remission.
Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report	American Diabetes Association	A report that highlights Medical Nutrition Therapy (MNT) as a fundamental for diabetes prevention and management.
Climate emergency movement	Various	Organizations promoting policy focused on active transport and an unhealthy food system that is destroying people and societies.
Consensus Statement for Diagnosis of Obesity, Abdominal Obesity and the Metabolic Syndrome for Asian Indians	Association of Physicians of India	Presents revised guidelines for diagnosis of obesity, abdominal obesity, the metabolic syndrome, physical activity, and drug therapy and bariatric surgery for obesity in Asian Indians.
Research		
Community Health Research Team (CoHearT)	SFU	Studies population health and the environmental determinants of health of obesity, heart disease and other chronic diseases.
LIVWELL	SFU	Researchers doing work to encourage living well with chronic disease.

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BC Diabetes Research Network	UBC, UBCO, UNBC, SFU, UVic	A province-wide network for diabetes researchers.
Research in the Exercise Metabolism and Inflammation Laboratory and Cell Biology Laboratory	UBC School of Health and Exercise Sciences	Leads a number of studies related to prediabetes and type 2 diabetes out of a laboratory at UBCO.
Research network	BC Academic Health Sciences Network	Aims to connect and integrate research, teaching and professional support across a learning health system.
Research funding	Michael Smith Foundation for Health Research	BC's health research funding agency.
Diabetes Research Group	UBC	A group looking to conduct world-class research with the goal of curing diabetes.
Patient-oriented research (SPOR)	BC SUPPORT Unit	The Support for People and Patient-Oriented Research and Trials Unit helps health care research be more relevant and meaningful to patients, so that they get the best possible health care.
Clinical trials support and advocacy	Clinical Trials BC	Maximizes the health, educational, and economic benefits of clinical trials to the citizens of BC.
Research ethics support	Research Ethics BC	Supports a province-wide, harmonized system for research ethics reviews.
Canucks for Kids Fund	BC Children's Hospital	A leader in childhood research for diabetes.
NaMaSTe-Diabetes trial	UBC	A randomized controlled trial to assess the impact of a culturally tailored lifestyle and medication adherence intervention in South Asian diabetes patients.
UK-Canada Diabetes Research Team Grants	Canadian Institutes of Health Research	Grants to accelerate diabetes research into mechanisms and translational solutions to improve the lives of people with diabetes.
Diabetes Action Canada	Canadian Institutes of Health Research	A Strategic Patient Oriented Research (SPOR) network dealing with diabetes and its complications.
The SPOR Evidence Alliance	Canadian Institutes of Health Research	An organization aiming to create a rapid-learning health system.

Asset	Organization	Description
Diabetes Research Envisioned & Accomplished in Manitoba (DREAM)	University of Manitoba	Research focused on obesity and diabetes in youth.
Cardiometabolic health, Diabetes and Obesity Research Network	Fonds de recherche Sante Quebec	A granting and researching organization that includes a researcher database, resources for researchers, training programs and other events.
The Institute of Nutrition, Metabolism and Diabetes	Canadian Institutes of Health Research	Supports research related to primary causes, prevention, screening, treatment and support systems for illnesses including diabetes.
Impact investing	Lawson Foundation	Investment in organizations and research designed to improve early child development, encourage physical activity and improve the environment.
PROOF food insecurity research	U of T	An interdisciplinary research team seeking to identify effective policy approaches to reduce household food insecurity.
Research and program grants	Robert Wood Johnson Foundation (RWJF)	A health philanthropy in the USA that places well-being at the center of every aspect of life through grant programs.
Priority Setting Partnerships	The James Lind Alliance	An organization that establishes and implements a system for building Priority Setting Partnerships (PSP) to prioritize research by identifying the top research questions in specific fields.