

Ontario's Diabetes Strategy

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A newsletter for diabetes
stakeholders

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Deployment of Diabetes Education Teams

With the objective of expanding diabetes services for individuals with diabetes across the province, Ontario has committed additional resources. Fifty-one new diabetes education teams (consisting of primarily one Registered Nurse and one Registered Dietitian) are being placed in multidisciplinary team-based settings. Ten of these teams will be located in Aboriginal Health Access Centres and Aboriginal Health Community Centres that currently do not have teams to serve the needs of Aboriginal communities.



Currently, there are 261 diabetes education teams providing services to approximately 310,000 Ontarians. New resources will be added over the next two years primarily in communities that are under-served and where priority populations exist.

Diabetes education teams offer health and nutrition counselling, and provide individuals living with diabetes with tools and resources to help them better manage their disease. Teams in multidisciplinary settings may work with a wide variety of other health professionals, including primary care providers, nurses, social workers, pharmacists, chiropodists and physiotherapists.

The new diabetes education teams are being placed in the following locations:

COMMUNITY HEALTH CENTRES (CHC)

North Simcoe Muskoka LHIN	Barrie Community Health Centre
Central LHIN	Black Creek Community Health Centre
Champlain LHIN	Centretown Community Health Centre
Toronto Central LHIN	LAMP Community Health Centre
Waterloo Wellington LHIN	Langs Farm Village Community Health Centre
Toronto Central LHIN	New Heights Community Health Centre
Erie St. Clair LHIN	North Lambton Community Health Centre

Central West LHIN
Toronto Central LHIN
Central East LHIN
Champlain LHIN

Rexdale Community Health Centre
South Riverdale Community Health Centre
West Hill Community Health Centre
Centre de santé communautaire de l'Estrie

FAMILY HEALTH TEAMS (FHT)

Waterloo Wellington LHIN	Guelph Family Health Team
Hamilton Niagara Haldimand Brant LHIN	Niagara Medical Group Family Health Team
Champlain LHIN	Six Nations FHT of the Grand River
	Ottawa Hospital – Family Health Team

COMMUNITY/HOSPITAL ORGANIZATIONS

Hamilton Niagara Haldimand Brant LHIN	Brant Community Healthcare System
Erie St. Clair LHIN	Chatham-Kent Health Care Alliance
	Windsor Regional Hospital
South West LHIN	Grey Bruce Health Services
	St. Joseph's Health Care (London)
	Tillsonburg District Memorial Hospital
Mississauga Halton LHIN	Halton Diabetes Program
Central East LHIN	Durham Region Diabetes Network (Lakeridge)
	Ross Memorial Hospital
South East LHIN	Lennox and Addington County General Hospital
Waterloo Wellington LHIN	North Wellington Health Care Corporation
North Simcoe Muskoka LHIN	Orillia Soldiers' Memorial Hospital
South East LHIN	Quinte Health Care
Central LHIN	Southlake Regional Health Centre
Mississauga Halton LHIN	Trillium Diabetes Management Centre
Central West LHIN	William Osler Health Centre
North East LHIN	Moose Factory Diabetes Education Program
	Sudbury Diabetes Education and Care Program
North West LHIN	Sioux Lookout Diabetes Education Program
	Thunder Bay Diabetes Education Program

ABORIGINAL/REMOTE-MOBILE

North East LHIN and North West LHIN	Diabetes Education Resources to complement the CNIB van currently servicing 30 remote communities in the North.
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Stand up to Diabetes

ABORIGINAL COMMUNITY HEALTH CENTRES

North East LHIN

Misiway Milopemahtesewin Community Health Centre

ABORIGINAL HEALTH ACCESS CENTRES

Champlain LHIN

Kanonkwa'tesheio:io Social

Wabano Centre for Aboriginal Health

Hamilton Niagara LHIN

De dwa da dehs nye>s Aboriginal Health Centre

South West LHIN

Ganaan De We O Dis ^Yethi Yenahwahse

North East LHIN

Noojmowin Teg Health Access Centre

N'Mninoeyaa: Community Health Access

Shkagamik-Kwe Health Centre

North West LHIN

Gizhewaadiziwin Access Centre

Anishnawbe-Mushkiki

News from one of our partners in the Ontario Diabetes Strategy

The Ontario Bariatric Network

The Ontario Bariatric Network aligns with the Ontario Diabetes Strategy (ODS) by expanding services and supports for people with morbid obesity to help reduce this major modifiable risk factor for diabetes.

In addition, there is evidence that individuals with more recent onset of diabetes (< 5 years), with satisfactory glycemic control on diet or oral hypoglycemic agents, and with greater weight loss, are more likely to achieve diabetes remission after bariatric surgery.^(1, 2)

More than 85 per cent of people with type 2 diabetes are overweight (NIDDK*). The Diabetes Prevention Program, a large clinical study sponsored by the National Institutes of Health, found that losing just 5 to 7 per cent of body weight and doing moderate-intensity exercise for 30 minutes a day, 5 days a week, may prevent or delay the onset of type 2 diabetes.

The Ontario Bariatric Network is pleased that all Bariatric Centres of Excellence sites are now performing surgeries and able to provide access to bariatric surgery in a timely manner. Wait times vary across sites but are as short as two weeks from referral date to first appointment at a Regional Assessment and Treatment Centre (RATC) with surgery following within a few weeks depending on the readiness of the patient and their co-morbidities.

Implementation of the Bariatric Strategy continues, and soon, additional RATCs will be launched in northern Ontario.

Click [here](#) for a listing of Bariatric Centres of Excellence.

Stand Up to Diabetes

The Government of Ontario is committed to working with the diabetes community and all health system partners involved with diabetes to improve care for Ontarians. For more information, please visit the Stand Up to Diabetes website at ontario.ca/diabetes. This website contains information about diabetes including prevention approaches, tools and resources to support individuals in effective self-management, diabetes education programs and links to external sources such as the Canadian Diabetes Association. Alternatively, email the Ontario Diabetes Strategy at diabetes@ontario.ca for more information.



To receive this newsletter, email diabetes@ontario.ca, and ask to be added to the distribution list.

*National Institute of Diabetes and Digestive and Kidney Diseases (USA)

1. Schauer PR, Burguera B, Ikramuddin S *et al.* Effect of laparoscopic roux-en-Y gastric bypass on type 2 diabetes mellitus. *Ann Surg* 2003;238:467-85.
2. Dixon JB, O'Brien PE. Health outcomes of severely obese type 2 diabetes subjects 1 year after laparoscopic adjustable gastric banding. *Diabetes Care* 2002;25:358-63.

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