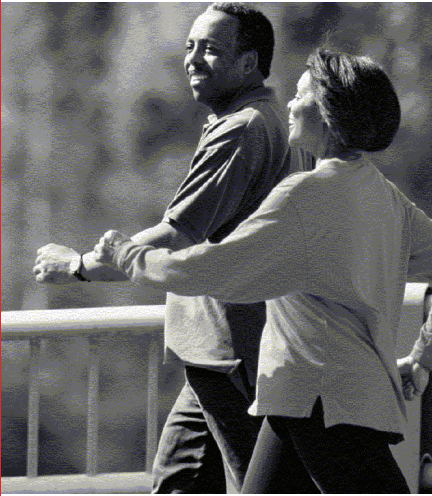


Who We Are

The project team members are experts on; diabetes, physical activity, fitness and health psychology from York University. Our team has all the tools required to provide your community with the highest level of diabetes prevention.



CONTACT US

To learn more and get involved, please contact;

Chip Rowan
at York University
647-378-6777

stopdiab@yorku.ca

DIABETES PREVENTION

**for SOUTH ASIANS and
AFRICAN or AFRICAN-
CARIBBEANS**

Are you age 40-64?

**Are you physically
inactive?**

**If you answer “yes”
you may be at HIGH
RISK for developing
diabetes**

WE CAN HELP!

FREE RISK ASSESSMENT



*Physical Activity
and Chronic Disease Unit
York University*

Physical Activity

Physical activity is very important in preventing diabetes and other chronic diseases such as heart disease, cancer and stroke.

Research has shown that doing 150 minutes of moderate intensity physical activity each week can greatly reduce your risk of developing diabetes...even more than taking pills. PHYSICAL ACTIVITY CAN HELP YOU LIVE LONGER AND HEALTHIER.

Half of the participants in this project will take part in FREE physical activity programs that are culturally preferred and supervised by highly qualified physical activity professionals. The other half will be taught diabetes prevention Self-Management.

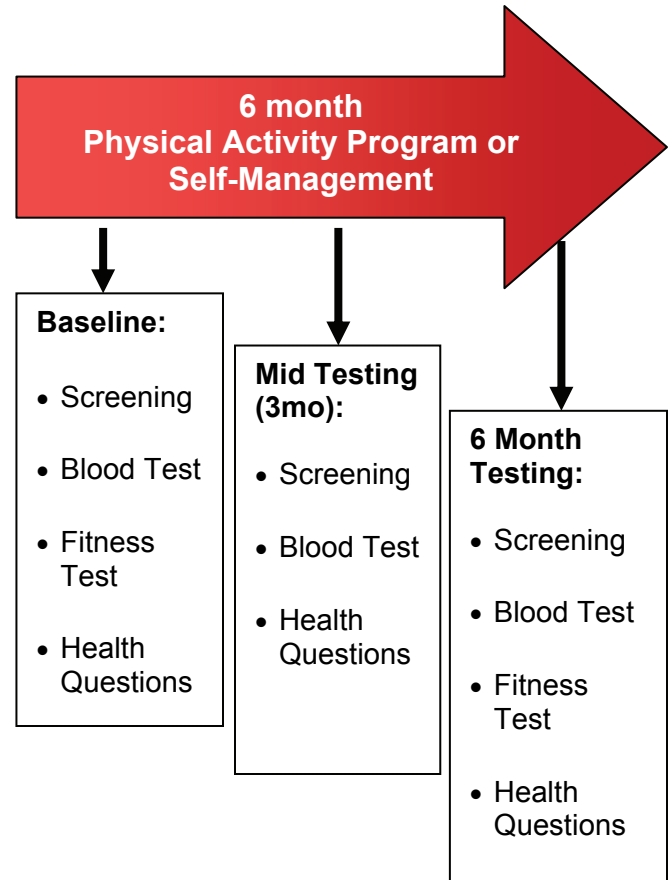
Self-Management

Self-Management education gives you the tools needed to manage your own health to help you LIVE LONGER AND HEALTHIER.

These project participants will attend FREE Self-Management Workshops (2 hours per week for 6 weeks). Topics will include diet and physical activity as well as many others.



What's Involved



RISK FACTORS

Age
Ethnicity
Overweight
Family History
Smoking Status
Symptoms of Diabetes
History of Diabetes during Pregnancy
Impaired Fasting Glucose
Impaired Glucose Tolerance
High Blood Pressure
High Cholesterol