

Seniors Resource Centre Association of Newfoundland & Labrador

Building On Our Strengths: “Knowing What’s Good For Me” (Phase II)

Project # 6791-01-2001/3460044

Final Report - April 30, 2005

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Project sponsored by the Seniors Resource Centre Association of Newfoundland & Labrador and funded by the Canadian Diabetes Strategy, Health Canada

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## **1.0 Introduction**

Type 2 diabetes is on the rise and is reaching near epidemic proportions in Canada. This increase in diabetes is due in part to our aging population, but it is also due to increasing rates of obesity and inactivity. Type 2 diabetes is a significant health concern in Newfoundland and Labrador as the population is aging at a faster rate than any other province in Canada and rates of obesity and inactivity are among the highest in the country. Those aged 65 and over are expected to make up 13.5% of the population by 2006 and 26% of the population by 2026. Also, 59% of the adult population is obese or overweight and 53% are not physically active enough for health benefits. Therefore, perhaps it is not surprising that Newfoundland and Labrador has the highest provincial prevalence rate of diabetes and the rate of diabetes among seniors is especially high. In 2001/02, 19% of seniors in Newfoundland and Labrador were diagnosed with diabetes as compared to 12.6% of Canadian seniors.

There is a definite need for programs that will assist older adults in preventing and managing diabetes. However, despite the fact that older adults are at an increased risk of developing type 2 diabetes, they are seriously under-represented in diabetes prevention initiatives. The Seniors Resource Centre of

Newfoundland and Labrador has addressed this need through the diabetes project, *Building On Our Strengths: Knowing What=s Good For Me*.

During Phase I of the project (November 2001 - March 2004), the Centre worked with older adults throughout Newfoundland and Labrador to raise awareness about diabetes prevention and to build the capacity of communities to address this issue. The project focussed primarily on small rural and outport communities, many of which have limited health services. The project was successful in getting seniors involved in raising awareness about diabetes prevention. Seniors helped organize workshops and meetings in their communities and also shared the information they had learned with others following the workshops. In trying to build the capacity of communities to prevent type 2 diabetes, this project also mobilized seniors to develop active living opportunities and social support networks in their communities. In Newfoundland and Labrador, the proportion of seniors in rural communities is increasing due to out-migration and these seniors are facing decreasing family and community supports. Participation in recreation activities often leads to increased social support and a sense of belonging, which in turn enhances health.

However, in many rural communities, recreation programs for seniors are minimal or non-existent. Therefore, this project supported senior volunteers in developing their own programs. Volunteers were also encouraged to reach out to more socially isolated seniors and to try to reduce their barriers to participation in programs. With minimal support and training, senior volunteers were able to create and maintain affordable, supportive, active living opportunities for older adults.

During Phase II (April 2004 - March 2005), the Centre broadened the reach of the project to other communities but also continued to work with existing groups to try to enhance the long term sustainability of their activities. The project helped build the capacity of senior volunteers by connecting them to key community supports and by assisting them increase their knowledge about healthy living and further develop their leadership skills.

## **2.0 Goals and Objectives**

The goals and objectives of Phase II of the project were:

Goal 1: To raise awareness within the older adult population and within civic and service agencies about the incidence and risks for type 2 diabetes and the benefits of increased physical activity and healthy diets in the prevention of this disease.

Objective 1: To arrange a number of workshops/meetings led by volunteer seniors to create interest in the prevention of type 2 diabetes.

Objective 2: To create linkages among seniors and community service agencies to facilitate their working cooperatively to develop opportunities to prevent type 2 diabetes.

Goal 2: To create working groups, including representatives of the project's partners and other community and interest groups, to continue to promote prevention awareness regarding type 2 diabetes.

Objective 1: To determine extent of community groups' interest in supporting and developing preventive measures for older adults in combating type 2 diabetes.

Objective 2: To recruit interested community representatives and leaders to initiate more recreation activities for older adults.

Objective 3: To determine the extent that community organizations in positions to foster promotion and prevention of type 2 diabetes will participate in those initiatives.

Overall, the goals and objectives of the project were achieved. Evaluations show that the project did raise awareness about type 2 diabetes and the importance of healthy eating and active living in preventing this disease. The workshops that were completed did create interest in preventing diabetes and seniors were connected with key community supports. As a result, working groups were formed which promoted healthy living and created recreation opportunities for older adults. Some volunteers spread the news about healthy living by giving presentations to community groups and by starting diabetes support groups, while others started active living groups. Their activities included walking, line dancing, square dancing, aerobics, chair fitness, aquafitness, bowling and Tai Chi Chih. Some volunteers even reached out to seniors in nearby communities and helped them to start their own active living groups. A list of the working groups and their activities is included in Appendix A. Senior volunteers and their community partners are committed to continuing their work in the area of diabetes prevention.

### **3.0 Main Activities of the Project**

#### **3.1 Diabetes Workshops**

Six diabetes workshops were completed during this phase of the project. These

workshops reached 122 seniors, 3 middle-aged adults and 20 health professionals. The workshops were held in the following communities: Ramea, Isle aux Morts, Cow Head, Baie Verte, Twillingate and Cook=s Harbour. These communities were chosen because of their interest in the project and/or their geographical isolation. Requests for workshops came from both seniors and health professionals. Every attempt was made to recruit seniors groups to help organize the workshops but in three of these communities, seniors groups were simply not present. Therefore, these three workshops were organized with the help of local health professionals.

The purpose of these workshops was to raise awareness about diabetes prevention but also to create interest in the project and in building healthier communities. The workshops were day-long events with presentations on type 2 diabetes, healthy eating and active living for older adults. There were also opportunities for participants to take part in active living demonstrations so that they could see how easy it is to be active and how much fun it can be. At the end of each workshop, there was a group discussion about how participants could work together to prevent diabetes in their communities.

Feedback from the workshops was extremely positive. The evaluations reveal that all respondents were *Avery satisfied@* or *Asatisfied@* with the workshops overall. A large majority of participants reported learning quite a lot about the various topics and almost all said that the workshop would influence their lifestyle. The evaluation reports for each workshop are included in Appendix B.

In addition to raising awareness, the workshops were also successful in motivating seniors to work together to prevent diabetes and create healthier communities. In Ramea and Cook=s Harbour, seniors created new exercise and walking programs within their 50+ clubs. In Isle aux Morts, seniors were invited by a presenter at the workshop to join an existing exercise program offered at the school gym or to go there to walk while the group was exercising. Many of the members of the seniors club decided to take advantage of this opportunity rather than start their own program.

As in the first phase of the project, including seniors in the organizing process proved to be an effective strategy in terms of sparking interest in the project. The workshops that were organized by seniors groups were the ones that resulted in community action. The groups= investment in the project and feelings of ownership resulted in them wanting to be more involved. There was also the added benefit of having an existing group for follow-up after the workshop.

Overall, the workshops were found to be an excellent way of raising awareness about type 2 diabetes and creating interest in diabetes prevention. They helped motivate individual lifestyle changes as well as community efforts around healthy living. They also provided seniors with a wonderful opportunity to find out about available resources and programs in their communities and enabled

them to connect with health and recreation professionals in their area.

### **3.2 Supporting Volunteers**

The next step in the project was to support the volunteer seniors as they worked together to improve their health and the health of their communities. After the workshops, seniors who had expressed interest in being involved with the project were contacted by the project coordinator and offered support, assistance and resources. Where necessary, the coordinator connected seniors to key community supports in their area. Health professionals, town councils and community service agencies were also informed about the activities of the seniors groups and asked for their support. The coordinator offered to go back to these communities for follow-up meetings to discuss how seniors and community partners could work together to promote healthy living but none of the seniors groups felt that they needed a meeting at that time.

The coordinator also continued to provide support to volunteers who had been involved in the first phase of the project. Support was given in a number of different ways including, phone calls, provision of resources and a project newsletter. The newsletter is included in Appendix C. To keep walking groups motivated, a walking challenge was issued to all groups to see how far they could walk across the province. Pedometers were given as prizes to those who walked the farthest.

### **3.3 Planning Meetings**

In the original work plan, a Provincial Volunteer Conference for new and existing volunteers was intended to occur after the workshops and follow-up meetings were concluded. However, a large number of volunteers were unable to attend at that time so the conference was postponed until March. The project then progressed to the next step in the work plan which was to organize planning meetings with each working group and their community partners. These planning meetings were intended to assist volunteers in developing partnerships in their communities and in developing an action plan. It was considered essential for groups to have clear goals and a detailed action plan in order to continue their work after the end of the project. Also, although the Seniors Resource Centre planned to offer continuing support to project volunteers, it was recognized that having local supports in place would definitely help to ensure the sustainability of the groups. Community ownership of project activities greatly contributes to sustainability and it was anticipated that these meetings would help to foster those feelings of ownership.

All working groups were contacted to determine their interest in having a planning meeting. Those groups that were interested then identified their community partners as well as other potential partners and those partners were invited to attend. Community partners included local health professionals,

recreation professionals and representatives of town councils and community service groups. Some working groups decided that they already had the support they needed from their communities and chose not to invite anyone from outside their group.

The coordinator then traveled to each community to facilitate a meeting with the working groups and their partners to develop an action plan. After the coordinator provided a brief overview of the project, the group discussed strategies for preventing diabetes in their community, tips for recruiting new members, tips for keeping people motivated and possible sources of funding. The group then determined their particular goals and the steps they would take to meet those goals. They also identified the resources and supports in their community that would help them meet those goals. The agenda for these meetings is included in Appendix D.

Overall, these planning meetings were successful in helping working groups to develop action plans and strengthen community partnerships, thereby enhancing the sustainability of these groups. Eight planning meetings were held and all groups identified their goals and made plans for the future. Some groups decided to work on improving their existing programs while others decided to add new activities. All groups felt that they have the support needed to carry out their plans. The action plans for each group are included in Appendix E. These planning meetings also seemed to generate renewed excitement about the project. Some of the groups were beginning to lose momentum, but these meetings seemed to re-energize them. Also, having the planning meetings before the Provincial Volunteer Conference proved to be advantageous as volunteers were much more interested in coming to St. John=s for the conference after attending the planning meetings.

### **3.4 Provincial Volunteer Conference**

In order to celebrate the accomplishments of volunteers and help them prepare for the end of the project, two volunteers from each working group were invited to attend a two-day Provincial Volunteer Conference in St. John=s. Eighteen seniors attended the conference, representing nine communities throughout the province.

The objectives of this conference were:

- § to share success stories of the project
- § to enable volunteers to connect with other volunteers and learn from each other
- § to assist volunteers in further developing leadership and fitness skills

- § to increase knowledge about diabetes and healthy eating
- § to inform volunteers about available resources and supports
- § to create interest in influencing policy
- § to make plans for the future.

This conference had a very interactive, participatory approach and included active living demonstrations, cooking demonstrations and group discussions, as well as more formal presentations. The conference included presentations on diabetes prevention, reading nutrition labels, influencing policy and the new provincial Division of Aging and Seniors. Volunteers participated in a line dancing and Tai Chi Chih demonstration and a cooking demonstration at a nearby grocery store. Participants also broke into small groups to discuss their plans for the future and then shared them with the larger group. To assist volunteers in further developing leadership and fitness skills, there was an interactive session on leading an exercise program. Perhaps the most inspiring session of the conference was the sharing of success stories. Volunteers were given the opportunity to tell the group about their activities so that others could learn from their experiences. Fortunately, the Director of the Division of Aging and Seniors and the Parliamentary Secretary to the Minister of Health and Community Services were able to attend this session to hear about the work of volunteers throughout the province. They appeared to gain an appreciation for the valuable contributions these seniors are making to their communities. The agenda from the Provincial Volunteer Conference is included in Appendix F and the Summary of Proceedings is included in Appendix G.

The conference was considered to be a tremendous success. The evaluation of the conference reveal that all 18 participants were *Very satisfied* with the conference overall and all were either *satisfied* or *Very satisfied* with the various presentations and sessions. The evaluation report from the conference is included in Appendix H. Many participants commented that the conference really helped motivate them to continue their current activities and to try new ones as well. They also found it very beneficial to meet other volunteers and find out what was happening in seniors clubs across the province.

This conference demonstrated the value in bringing volunteers together and celebrating their accomplishments. It was very effective in building momentum and creating excitement about the project. Volunteers went back to their communities feeling proud of their accomplishments and committed to continuing with their efforts. It resulted in volunteers gaining new knowledge, ideas, skills and enthusiasm for their work.

## **4.0 Project Management**

This project was administered by a full-time project coordinator and supervised by the executive director of the Seniors Resource Centre. A project advisory committee provided direction and guidance. The advisory committee included seniors, a diabetes educator, a dietitian, recreation professionals, a representative from the Department of Health and Community Services and the Peer Advocate Manager from the Seniors Resource Centre. A member of the Board of Directors of the Centre acted as chair of the advisory committee and provided regular project updates at board meetings.

## **5.0 Conclusions and Recommendations**

The project, *Building On Our Strengths*, was successful not only in raising awareness among older adults about type 2 diabetes, but also in building the capacity of communities to address the issue of diabetes prevention. The project certainly demonstrated the value in providing such prevention initiatives for seniors. Generally, seniors were very interested in learning about diabetes and requested more opportunities to learn about different health issues. The project showed that many seniors are interested in making healthy lifestyle changes and are willing to take responsibility for improving their own health and the health of their communities. In this project, education did serve as a catalyst for change. The workshops were responsible for seniors coming together to promote healthy living and create active living opportunities in their communities. By then helping volunteers to develop essential skills, by informing them of available resources, by connecting them to community supports and by celebrating their accomplishments, the project was able to build on the strengths of seniors to address the issue of diabetes prevention. The end result was the creation of affordable, active living programs and social support networks throughout the province.

In terms of the long term sustainability of project activities, it is difficult to ascertain at this point how long working groups will be able to continue their efforts once funding ends. In the past, activity has declined in some communities when there has been less support. For example, when there was a delay in funding between Phase I and Phase II of the project, there was some loss of momentum. However, at the end of the project, a final evaluation revealed that volunteers felt their groups would be able to sustain their activities and that

they have the support of their community partners to carry out their plans. Many did comment that they will miss the support and encouragement they received from the project. The final evaluation report is included in Appendix I.

The main conclusions from this project are:

8. The approach of this project, which combined interactive workshops with capacity building activities and supports, is effective in raising the level of awareness about type 2 diabetes and in stimulating individual and collective behavioural change.

All evaluations reveal that seniors learned a great deal about type 2 diabetes and how it can be prevented. Education acted as a catalyst for change and seniors were motivated to take steps to improve their own health and the health of others in their communities.

9. Including seniors in all stages of project development and implementation helps foster feelings of ownership and increases seniors' commitment to the project.

Recruiting seniors groups to help organize workshops proved to be especially effective in terms of creating interest in the project, ensuring attendance at the workshops and enhancing the sustainability of project activities.

10. Interactive diabetes workshops which combine presentations, group discussions and active living demonstrations in a one day format appear to be a successful strategy for attracting seniors to participate and also for motivating individual lifestyle changes and community efforts.

The workshops were instrumental in creating interest in diabetes prevention and then mobilizing seniors to take action to address this issue. The active living demonstrations were especially effective in showing seniors that physical activity can be fun and that there are many activities they can do within their own seniors groups to increase their fitness level.

11. Providing networking opportunities for volunteers is an effective way of building momentum and also enhancing learning.

The provincial conference resulted in renewed excitement about the project. It also provided volunteers with an opportunity to connect with other volunteers and learn from their experiences. Volunteers reported that these learnings were invaluable.

12. Affirming and celebrating volunteers' accomplishments is an essential part of building community capacity.

The importance of recognizing and celebrating successes should not be overlooked as this helps volunteers maintain enthusiasm and remain committed to their work. Volunteers need to feel that what they are doing makes a difference if they are going to continue their efforts in the long term.

The Seniors Resource Centre plans to share the results of this project by posting this final report on the Centre=s website and distributing it to project partners and government officials, including:

- \$ the Minister of Health and Community Services
- \$ the Minister of Tourism, Culture and Recreation
- \$ the Director of the Division of Aging and Seniors
- \$ the Board Chairs and CEO=s of the Regional Health Authorities
- \$ the Chairs of the Regional Wellness Coalitions
- \$ the Office of Primary Health Care
- \$ the Canadian Diabetes Association - NL Division
- \$ the Newfoundland and Labrador Federation of Municipalities
- \$ the members of the Project Advisory Committee
- \$ the members of the Seniors Resource Centre=s Board of Directors

## 6.0 Next Steps

The Seniors Resource Centre is committed to building on the successes of this project. As one volunteer pointed out, AThe Diabetes Prevention Program has been of such great benefit to so many communities, seniors and whole families, that it would be a tragedy for it to end.@ The Centre will be seeking funding to develop a provincial wellness program that will work closely with seniors and community partners to promote healthy aging. The diabetes project demonstrated that seniors are very interested in learning about how to improve their health and they are willing to take action to create healthier communities. The wellness program will provide seniors with much needed education on various health issues and will support those wanting to promote healthy aging. Seniors will be encouraged to take on leadership roles in promoting healthy living, advocating for healthy public policies, creating supportive recreation opportunities and increasing the social inclusion of seniors. It is believed that the continued engagement of seniors in their communities will not only contribute to their own personal health and well-being but will also contribute to healthy,

vibrant communities.

# APPENDIX A

## WORKING GROUPS

### Working Groups (Phase II)

23. Trepassey
- § They started a walking/exercise group that meets 3 times per week.
  - § They started a Tai Chi Chih group that meets 3 times per week.
  - § They helped start walking groups in the neighboring communities of Portugal Cove South and St. Shott=s.
  - § They started a diabetes self-help support group that meets monthly. They received funding from Canadian Pensioners Concerned to finance this group.
  - § They joined the St. John=s Regional Wellness Coalition and obtained a grant from them to offer a diabetes workshop for seniors living on the Irish Loop.
  - § They were successful in getting New Horizons funding to improve the accessibility of their building.

2. Deep Bight
  - § They started a walking/exercise group for older adults that meets two mornings a week.
  - § When younger people expressed interest in their group, they started an exercise group in the evening as well. This group meets twice a week and includes all ages including children.
  - § They helped a church group in Clarendville start a walking program there.
  - § They have given presentations on healthy living to other groups in their community.
  - § They are working to find funding to build a walking trail in their community.
  
3. Marystown
  - § They started a walking/exercise group in their 50+ club that meets once a week
  
4. Burin
  - § They started a walking/exercise group in their 50+ club that meets once a week
  
5. Fortune
  - § They started a weekly walking program and bowling program in their seniors club.
  - § They have shared information on diabetes prevention with other community groups.
  
6. Grand Falls
  - § They started a weekly walking program in their 50+ club.
  - § They also offer aerobics, line dancing and carpet bowling to their members.
  - § One volunteer gave several presentations on diabetes prevention
  
7. Botwood
  - § They started doing chair fitness and aquafitness but are no longer doing this.
  - § They received funding from Canadian Pensioners Concerned and are using it to offer two more workshops on diabetes prevention. These workshops will be open to the entire community.
  
8. Port au Port West
  - § They started a weekly walking/exercise group in their 50+ club.
  - § They also have a weekly dance for the entire community.
  
9. Port au Port East
  - § They have a walking club that meets twice a week.
  - § They have weekly socials and monthly dances.

10. Cape St. George
  - § They started a walking group and step dancing group but these groups are no longer meeting. They plan to try line dancing.
  - § They continue to share information about diabetes prevention and healthy living with others in their community.
  
11. Ramea
  - § They started an aerobics group that meets twice a week.
  - § They started a walking group.
  - § They have monthly dances.
  
12. Cook=s Harbour
  - § They started a weekly walking/ exercise group.
  - § They received a grant from the International Grenfell Association and used it to buy exercise equipment.
  
13. St. Anthony
  - § They started a weekly walking group
  - § They have been giving presentations on diabetes prevention throughout their region and also have a information display which they have been bringing to community events.
  - § They helped seniors form 50+ clubs in Flowers Cove and Cook=s Harbour and helped other 50+ groups in their region to start walking groups..

In addition to the above groups, active living groups were also started in the following communities as a result of the efforts of volunteers:

- § Portugal Cove South
- § St. Shott=s
- § Clarenville
- § Flower=s Cove

# **APPENDIX B**

## **WORKSHOP EVALUATIONS**

### **Workshop Evaluation - Isle aux Morts**

A total of 17 participants completed the evaluation questionnaire at the end of the workshop. The results are presented below.

#### **Overall Satisfaction**

Most respondents (94.1%) indicated that they were *Asatisfied@* or *Avery satisfied@* with the workshop overall. One respondent indicated that she was very dissatisfied with the workshop, however, the rest of her responses contradict this answer. She responded that she learned quite a lot about all the topic areas, she

was very likely to change her lifestyle, and her comments were "A job well done".

<b>Overall Satisfaction with Workshop</b>		
	Frequency	Percent
Very Satisfied	15	88.2%
Satisfied	1	5.9%
Very Dissatisfied	1	5.9%
<b>Total</b>	<b>17</b>	<b>100.0</b>

### Learning Sessions

Respondents were asked to rate (on a scale of 1 to 5) how much they felt their knowledge had increased about the topics presented at the workshop, with 1 meaning that their knowledge had not increased at all and 5 meaning that their knowledge had increased quite a lot. The majority of participants surveyed indicated that their knowledge of the various topics presented at the workshop had increased quite a lot. These results are presented in more detail in the following tables.

<b>Ratings for Degree of Knowledge Change Following A Type 2 Diabetes Presentation</b>		
Rating	Frequency	Percent
5	16	94.1%
4	1	5.9%
<b>Total (mean rating 4.94)</b>	<b>17</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the A Active Living for Older Adults Presentation</b>		
Rating	Frequency	Percent

5	16	94.1%
4	1	5.9%
<b>Total (mean rating 4.94)</b>	<b>17</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the AHealthy Eating@ Presentation</b>		
Rating	Frequency	Percent
5	17	100.0
<b>Total (mean rating 5.0)</b>	<b>17</b>	<b>100.0</b>

<b>Ratings for Knowledge Change About the Services, Resources, or Programs that can be Developed to help Seniors Prevent Type 2 Diabetes</b>		
Rating	Frequency	Percent
5	14	93.3%
4	1	6.7%
<b>Total (mean rating 4.93)</b>	<b>15</b>	<b>100.0</b>

### **Lifestyle Change**

All respondents indicated that it was either Alikely@ or Avery likely@ that they will change their lifestyle as a result of participating in this workshop. These results are presented below along with two comments provided by participants.

<b>Change in Lifestyle</b>		
	Frequency	Percent
Very Likely	15	88.2%
Likely	2	11.8%
<b>Total</b>	<b>17</b>	<b>100.0</b>

- \$ AVery interested in exercising and improving eating habits@
- \$ AMore exercise, less sweets and fat in my diet, more fellowship@

**Additional Comments**

- \$ AEnjoyed it very much@
- \$ AI enjoyed all the topics@
- \$ AJob well done@
- \$ AVery informative@
- \$ ALots of information. Enjoyed much@

**Demographics**

<b>Age of Participants</b>		
	Frequency	Percent
Less than 50	0	0
Between 50 - 65	5	29.4%
Between 66 - 80	11	64.7%
Over 80	1	5.9%
<b>Total</b>	<b>17</b>	<b>100.0</b>

<b>Gender</b>		
	Frequency	Percent
Male	3	17.6%
Female	14	82.4%
<b>Total</b>	<b>17</b>	<b>100.0</b>

## **Workshop Evaluation - Ramea**

A total of 21 participants completed the evaluation questionnaire at the end of the workshop. The results are presented below.

### **Overall Satisfaction**

All respondents indicated that they were *satisfied* or *very satisfied* with the workshop overall.

<b>Overall Satisfaction with Workshop</b>		
	Frequency	Percent
Very Satisfied	16	76.2%
Satisfied	5	23.8%
<b>Total</b>	<b>21</b>	<b>100.0</b>

### **Learning Sessions**

Respondents were asked to rate (on a scale of 1 to 5) how much they felt their knowledge had increased about the topics presented at the workshop, with 1 meaning that their knowledge had not increased at all and 5 meaning that their knowledge had increased quite a lot. These results are presented in detail in the following tables.

<b>Ratings for Degree of Knowledge Change Following A Type 2 Diabetes Presentation</b>		
Rating	Frequency	Percent
5	12	57.1%
4	5	23.8%

3	3	14.3%
2	1	4.8%
<b>Total (mean rating 4.33)</b>	<b>21</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the AActive Living for Older Adults@ Presentation</b>		
Rating	Frequency	Percent
5	12	57.1%
4	3	14.3%
3	5	23.8%
2	1	4.8%
<b>Total (mean rating 4.24)</b>	<b>21</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the AHealthy Eating@ Presentation</b>		
Rating	Frequency	Percent
5	12	57.1%
4	3	14.3%
3	3	14.3%
2	3	14.3%
<b>Total (mean rating 4.14)</b>	<b>21</b>	<b>100.0</b>

<b>Ratings for Knowledge Change About the Services, Resources, or Programs that can be Developed to help Seniors Prevent</b>
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Type 2 Diabetes		
Rating	Frequency	Percent
5	10	50.0%
4	7	35.0%
3	1	5.0%
2	1	5.0%
1	1	5.0%
<b>Total (mean rating 4.2)</b>	<b>20</b>	<b>100.0</b>

### Lifestyle Change

Most respondents (90%) indicated that it was either *likely* or *very likely* that they will change their lifestyle as a result of participating in this workshop. Two respondents indicated that they are not likely to change their lifestyle because they are already living a healthy lifestyle. These results are presented below along with comments provided by participants.

Change in Lifestyle		
	Frequency	Percent
Very Likely	7	35.0%
Likely	11	55.0%
Not Likely	2	10.0%
<b>Total</b>	<b>20</b>	<b>100.0</b>

- \$ APlan to be more active@
- \$ AI follow most of this advice before as a heart patient@
- \$ AI=am staying healthy and active in my community and hopefully will stay active and healthy@
- \$ AWill be more careful about what and how much I eat and will check labels for nutrition values@
- \$ AI will try to exercise more and eat healthier@

### Additional Comments

§ AVery good. I enjoyed it. Come back again next year@

§ AVery interesting and informative@

§ AInteresting, but fairly routine. Not much new information@

### Demographics

Age of Participants		
	Frequency	Percent
Less than 50	3	14.3%
Between 50 - 65	11	52.4%
Between 66 - 80	6	28.5%
Over 80	1	4.8%
<b>Total</b>	<b>21</b>	<b>100.0</b>

Gender		
	Frequency	Percent
Male	4	19.0%
Female	17	81.0%
<b>Total</b>	<b>21</b>	<b>100.0</b>

## **Workshop Evaluation - Cow Head**

A total of 17 participants completed the evaluation questionnaire at the end of the workshop. The results are presented below.

### **Overall Satisfaction**

All of the respondents indicated that they were *Very satisfied* with the workshop overall.

<b>Overall Satisfaction with Workshop</b>		
	Frequency	Percent
Very Satisfied	17	100%
<b>Total</b>	<b>17</b>	<b>100.0</b>

### **Learning Sessions**

Respondents were asked to rate (on a scale of 1 to 5) how much they felt their

knowledge had increased about the topics presented at the workshop, with 1 meaning that their knowledge had not increased at all and 5 meaning that their knowledge had increased quite a lot. The majority of participants surveyed indicated that their knowledge of the various topics presented at the workshop had increased quite a lot. These results are presented in more detail in the following tables.

<b>Ratings for Degree of Knowledge Change Following A Type 2 Diabetes@ Presentation</b>		
Rating	Frequency	Percent
5	17	100%
<b>Total (mean rating 5.0)</b>	<b>17</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the A Active Living for Older Adults@ Presentation</b>		
Rating	Frequency	Percent
5	16	94.1%
2	1	5.9%
<b>Total (mean rating 4.82)</b>	<b>17</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the A Healthy Eating@ Presentation</b>		
Rating	Frequency	Percent
5	17	100.0
<b>Total (mean rating 5.0)</b>	<b>17</b>	<b>100.0</b>

<b>Ratings for Knowledge Change About the Services, Resources,</b>		
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<b>or Programs that can be Developed to help Seniors Prevent Type 2 Diabetes</b>		
Rating	Frequency	Percent
5	15	88.2%
3	1	5.9%
2	1	5.9%
<b>Total (mean rating 4.71)</b>	<b>17</b>	<b>100.0</b>

### **Lifestyle Change**

All respondents indicated that it was either *Alikely* or *Avery likely* that they will change their lifestyle as a result of participating in this workshop. These results are presented below along with some comments provided by participants.

<b>Change in Lifestyle</b>		
	Frequency	Percent
Very Likely	6	35.3%
Likely	11	64.7%
<b>Total</b>	<b>17</b>	<b>100.0</b>

- § *AI will try to be more active, more alert in shopping for foods. Will exercise more will power in my eating habits and exercise.*
- § *AI will try to be more active and eat more healthy.*
- § *AI will try to decrease my portions of food.*
- § *AI will attempt to choose healthier foods and choose smaller portions.*

### **Additional Comments**

- § *AEnjoyed this workshop*
- § *AIt was well organized. Each speaker spoke and explained with clarity and provided lots of reading information. Many thanks.*
- § *AVery informative. I learned how to prevent type 2 diabetes.*
- § *AIt was very nice to have you girls come in and visit us all. For myself, I have learned a lot today.*

§ AI really enjoyed all the speakers, the activities and getting all the literature. @

§ AIt was interesting, stimulating, informative, and a real treat to be served a delicious bowl of my favorite food, soup. @

### Demographics

<b>Age of Participants</b>		
	Frequency	Percent
Less than 50	0	0
Between 50 - 65	4	23.5%
Between 66 - 80	11	64.7%
Over 80	2	11.8%
<b>Total</b>	<b>17</b>	<b>100.0</b>

<b>Gender</b>		
	Frequency	Percent
Male	2	11.8%
Female	15	88.2%
<b>Total</b>	<b>17</b>	<b>100.0</b>

## Workshop Evaluation - Baie Verte

A total of 8 participants completed the evaluation questionnaire at the end of the workshop. The results are presented below.

### Overall Satisfaction

All of the respondents indicated that they were very satisfied with the workshop overall.

<b>Overall Satisfaction with Workshop</b>		
	Frequency	Percent
Very Satisfied	8	100%
<b>Total</b>	<b>8</b>	<b>100.0</b>

### Learning Sessions

Respondents were asked to rate (on a scale of 1 to 5) how much they felt their knowledge had increased about the topics presented at the workshop, with 1 meaning that their knowledge had not increased at all and 5 meaning that their knowledge had increased quite a lot. The majority of participants surveyed indicated that their knowledge of the various topics presented at the workshop had increased quite a lot. These results are presented in more detail in the following tables.

<b>Ratings for Degree of Knowledge Change Following A Type 2 Diabetes Presentation</b>		
Rating	Frequency	Percent
5	7	87.5
4	1	12.5
<b>Total</b>	<b>8</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the</b>
---

<b>Active Living for Older Adults@ Presentation</b>		
Rating	Frequency	Percent
5	7	87.5%
4	1	12.5%
<b>Total</b>	<b>8</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the Healthy Eating@ Presentation</b>		
Rating	Frequency	Percent
5	7	87.5%
4	1	12.5%
<b>Total</b>	<b>8</b>	<b>100.0</b>

<b>Ratings for Knowledge Change About the Services, Resources, or Programs that can be Developed to help Seniors Prevent Type 2 Diabetes</b>		
Rating	Frequency	Percent
5	5	62.5%
4	3	37.5%
<b>Total</b>	<b>8</b>	<b>100.0</b>

## **Lifestyle Change**

All respondents indicated that it was either *likely* or *very likely* that they will change their lifestyle as a result of participating in this workshop. These results are presented below along with some comments provided by participants.

--

Change in Lifestyle		
	Frequency	Percent
Very Likely	5	62.5%
Likely	3	37.5%
<b>Total</b>	<b>8</b>	<b>100.0</b>

- § more aware of warning signs and prevention/control of diabetes
- § helps me to change my eating habits and improve my physical activity
- § I am a diabetic and trying to follow most of these ideas now
- § exercising, healthy eating habits, efforts for healthy socializing
- § more exercising and eating healthy

### Additional Comments

- § Great day spent educating ourselves by professional who related to us in an awesome way.
- § It was well planned.
- § We need more of these meetings, perhaps an afternoon time.
- § It was very interesting to meet the resource people especially learning about the Seniors Resource Centre. It was also interesting that Mr. Burke used a little quiz to complete the day. It was very informative, enjoyable day! Keep up the good work.
- § Very interesting and knowledgeable and informative

### Demographics

Age of Participants		
	Frequency	Percent
Less than 50	1	12.5%
Between 50 - 65	4	50 %
Between 66 - 80	3	37.5%
Over 80	0	0
<b>Total</b>	<b>8</b>	<b>100.0</b>

<b>Gender</b>		
	Frequency	Percent
Male	0	0
Female	8	100 %
<b>Total</b>	<b>8</b>	<b>100.0</b>

### **Workshop Evaluation - Twillingate**

A total of 16 participants completed the evaluation questionnaire at the end of the workshop. The results are presented below.

#### **Overall Satisfaction**

All of the respondents indicated that they were *Very satisfied* or *Satisfied* with the workshop overall.

<b>Overall Satisfaction with Workshop</b>		
	Frequency	Percent
Very Satisfied	15	93.8%
Satisfied	1	6.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

#### **Learning Sessions**

Respondents were asked to rate (on a scale of 1 to 5) how much they felt their knowledge had increased about the topics presented at the workshop, with 1

meaning that their knowledge had not increased at all and 5 meaning that their knowledge had increased quite a lot. The majority of participants surveyed indicated that their knowledge of the various topics presented at the workshop had increased quite a lot. These results are presented in more detail in the following tables.

<b>Ratings for Degree of Knowledge Change Following A Type 2 Diabetes@ Presentation</b>		
Rating	Frequency	Percent
5	15	93.8%
4	1	6.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the A Active Living for Older Adults@ Presentation</b>		
Rating	Frequency	Percent
5	15	93.8%
4	1	6.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

<b>Ratings for Degree of Knowledge Change Following the A Healthy Eating@ Presentation</b>		
Rating	Frequency	Percent
5	15	93.8%
4	1	6.2%

<b>Total</b>	<b>16</b>	<b>100.0</b>
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<b>Ratings for Knowledge Change About the Services, Resources, or Programs that can be Developed to help Seniors Prevent Type 2 Diabetes</b>		
Rating	Frequency	Percent
5	13	81.3%
4	2	12.5%
3	1	6.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

## **Lifestyle Change**

All respondents indicated that it was either *A likely* or *A very likely* that they will change their lifestyle as a result of participating in this workshop. These results are presented below along with some comments provided by participants.

<b>Change in Lifestyle</b>		
	Frequency	Percent
Very Likely	7	43.8%
Likely	9	56.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

- § I=ll be more aware of my food choices and activity levels.
- § dieting with respect to fats; exercise
- § This workshop has given me more interest in my eating habits (especially fats)
- § staying active and eating healthy
- § I have a clearer view on what I should do to have a healthier eatinghabit
- § I have been a type 2 diabetic for 2 years and have been trying to follow the rules by walking

and cutting out foods I=m not supposed to eat.

§ I=m going to try to eat better

### Additional Comments

§ The speakers were great, very easy to understand

§ very interesting from beginning to end

§ Very informative, well presented. Our community is very fortunate to have professional people like we have heard from today.

### Demographics

Age of Participants		
	Frequency	Percent
Less than 50	2	12.5%
Between 50 - 65	8	50 %
Between 66 - 80	6	37.5%
Over 80	0	0
<b>Total</b>	<b>16</b>	<b>100.0</b>

Gender		
	Frequency	Percent
Male	0	0
Female	16	100 %
<b>Total</b>	<b>16</b>	<b>100.0</b>

### **Workshop Evaluation - Cook=s Harbour**

A total of 16 participants completed the evaluation questionnaire at the end of the workshop. The results are presented below.

#### **Overall Satisfaction**

All of the respondents indicated that they were *Avery satisfied@* or *Asatisfied@* with the workshop overall.



Rating	Frequency	Percent
5	15	93.8%
4	1	6.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

Ratings for Degree of Knowledge Change Following the AHealthy Eating@ Presentation		
Rating	Frequency	Percent
5	14	87.5%
4	2	12.5%
<b>Total</b>	<b>16</b>	<b>100.0</b>

Ratings for Knowledge Change About the Services, Resources, or Programs that can be Developed to help Seniors Prevent Type 2 Diabetes		
Rating	Frequency	Percent
5	13	81.3%
4	3	18.7%
<b>Total</b>	<b>16</b>	<b>100.0</b>

### Lifestyle Change

All respondents indicated that it was either Alikely@ or Avery likely@ that they will change their lifestyle as a result of participating in this workshop. These results are presented below along with some comments provided by participants.



<b>Change in Lifestyle</b>		
	Frequency	Percent
Very Likely	13	81.3%
Likely	3	18.7%
<b>Total</b>	<b>16</b>	<b>100.0</b>

- \$ I plan to be more careful about what I eat.
- \$ I'm going to try to walk more and eat better.
- \$ Will exercise more and cut down on the sweets.

### **Additional Comments**

- \$ The workshop was great! I learned so much.
- \$ Very interesting and informative.
- \$ There should be more things like this for seniors.

### **Demographics**

<b>Age of Participants</b>		
	Frequency	Percent
Less than 50	1	6.2%
Between 50 - 65	7	43.8%
Between 66 - 80	7	43.8%
Over 80	1	6.2%
<b>Total</b>	<b>16</b>	<b>100.0</b>

<b>Gender</b>		
	Frequency	Percent
Male	0	0

Female	16	100 %
<b>Total</b>	<b>16</b>	<b>100.0</b>

## **APPENDIX C**

### **PROJECT NEWSLETTER**









**APPENDIX D**  
**AGENDA FROM PLANNING MEETINGS**

# Planning for the Future

## Meeting Agenda

7. Welcome and Introductions
8. Overview of the Diabetes Project
9. Building a Healthier Community
  - § Active Living
  - § Healthy Eating
  - § Education / Promoting Healthy Living
  - § Tips for Keeping People Interested
  - § Tips for Recruiting New Members
  - § Possible Sources of Funding
4. **Developing an Action Plan**
  - § What is an action plan and why is it needed?
  - § What are your group=s goals?
  - § How are you going to accomplish your goals? What steps need to be taken?
  - § Who is going to do what?
  - § What supports or resources are available in your community to help you accomplish your goals?

5. Date of Next Meeting

## **APPENDIX E**

### **ACTION PLANS**

### St. Anthony Action Plan

Goals	Planned Activities
To recruit new members.	<ul style="list-style-type: none"> <li>\$ ask people to join, one-on-one encouragement</li> <li>\$ advertise activities in newspaper and church bulletins</li> </ul>
To keep members interested in attending walking program.	<ul style="list-style-type: none"> <li>\$ walk outside on walking trails, organize a 50+ walk</li> <li>\$ have a monthly potluck lunch so members can socialize (this could also be used as an opportunity to encourage healthy eating)</li> <li>\$ join the Cook=s Harbour 50+ club for hikes on the walking trail</li> </ul>
To try new activities.	<ul style="list-style-type: none"> <li>\$ start a line dancing group</li> <li>\$ do aquafitness during the summer, maybe rent the pool for the group</li> <li>\$ talk to recreation director about having a regular A senior swim@</li> <li>\$ play a softball game with children</li> </ul>
To acquire new equipment	<ul style="list-style-type: none"> <li>\$ apply for New Horizons funding</li> </ul>

### Community Partners

- \$ recreation director
- \$ public health nurse
- \$ mental health nurse
- \$ physiotherapist
- \$ nutritionist
- \$ United Church and Anglican Church
- \$ Lions club
- \$ town council.

### **Cook=s Harbour Action Plan**

<b>Goals</b>	<b>Planned Activities</b>
To continue current activities.	\$ meet weekly for walking/exercise program
To try new exercises / activities.	<ul style="list-style-type: none"> <li>\$ try different exercise videos (will borrow a TV and VCR from the Seniors Resource Centre)</li> <li>\$ go to St. Anthony during the summer for aquafitness</li> <li>\$ join St. Anthony 50+ club for hikes on walking trail</li> </ul>
To acquire new exercise equipment.	\$ apply for New Horizons funding

### **Community Partners**

- \$ public health nurse in St. Anthony
- \$ mental health nurse in St. Anthony
- \$ physiotherapist in St. Anthony
- \$ regional nutritionist
- \$ Anglican Church

§ town council.

### Port au Port West Action Plan

Goals	Planned Activities
To continue current activities.	§ meet weekly for walking/exercise program § organize weekly dances for the community
To try new activities.	§ start square dancing again on Wednesday evenings § start a line dancing group § invite group from Cape St. George to visit club and teach step dancing § start walking outside on walking trails, incorporating exercises along the way § buy snow shoes for members so they can be more active in winter § approach mayor about having places to exercise along the walking trail

### Community Partners

- § town council
- § RCMP
- § public health nurse

### **Cape St. George Action Plan**

<b>Goals</b>	<b>Planned Activities</b>
To promote healthy living.	<ul style="list-style-type: none"> <li>§ share information with others in the community about diabetes prevention and the importance of healthy active living</li> <li>§ visit Port au Port West 50+ Club to teach them step dancing</li> </ul>
To start new recreation programs.	<ul style="list-style-type: none"> <li>§ start a line dancing group</li> <li>§ organize social activities for seniors</li> <li>§ apply for New Horizons funding to finance these activities</li> </ul>

### **Community Partners**

- \$ French Centre
- \$ town council
- \$ RCMP
- \$ foot care nurse
- \$ pharmacist

### **Ramea Action Plan**

<b>Goals</b>	<b>Planned Activities</b>
To recruit new members to aerobics program.	\$ use one-on-one approach and ask people to join \$ put up posters in community
To start new exercise programs.	\$ start a bi-weekly walking group
To promote healthy living	\$ start a diabetes / healthy living support group
To reach out to socially isolated seniors in the community	\$ organize social activities (lunches, entertainment) and invite isolated seniors to attend

## Community Partners

- \$ public health nurse
- \$ Lions Club
- \$ town council

## Botwood Action Plan

<b>Goals</b>	<b>Planned Activities</b>
To promote diabetes prevention.	\$ will use funding from Canadian Pensioners Concerned to organize two workshop on diabetes prevention for the entire community

**Community Partners**

- \$ public health nurse
- \$ regional nutritionist
- \$ pharmacist
- \$ foot care nurse
- \$ town council
- \$ recreation instructor from community college in Grand Falls

**Deep Bight Action Plan**

<b>Goals</b>	<b>Planned Activities</b>
To recruit new members.	<ul style="list-style-type: none"> <li>\$ will ask friends to join, use one-on-one approach</li> <li>\$ advertise in church bulletin</li> </ul>
To keep members interested.	<ul style="list-style-type: none"> <li>\$ organize hikes and healthy picnics on the walking trail</li> <li>\$ organize a healthy meal to bring daytime group and</li> </ul>

	night-time group together
To start new activities.	\$ try line dancing again \$ talk to members about starting a community garden
To extend community walking trail.	\$ apply for funding from the Eastern Regional Wellness Coalition

**Community Partners**

- \$ recreation commision
- \$ town council
- \$ public health nurse

**Trepassey Action Plan**

<b>Goals</b>	<b>Planned Activities</b>
To continue current exercise and Tai Chi Chih programs and recruit new members (especially younger people).	\$ ask people to join, personal contact \$ advertise through posters and church bulletin

To promote healthy living.	\$ continue to organize monthly diabetes support group with guest speakers \$ use funding from St. John=s Regional Wellness Coalition to organize a diabetes workshop
To improve accessibility of building	\$ use New Horizons funding to fix steps and make building wheel chair accessible

### Community Partners

- \$ public health nurse
- \$ mental health counsellor
- \$ community nutritionist
- \$ recreation commission
- \$ town council
- \$ 4-H club
- \$ St. John=s Regional Wellness Coalition
- \$ Canadian Pensioners Concerned

# **APPENDIX F**

## **AGENDA FROM PROVINCIAL VOLUNTEER CONFERENCE**

**Building On Our Strengths: A Knowing What=s Good For Me@  
Provincial Conference  
Comfort Inn - Salon B  
Thursday, March 3, 2005**

## **Agenda: Day One**

- 9:00 am Welcome & Introductions  
Rosemary Lester, Executive Director of Seniors Resource Centre
- 9:20 am Review of Agenda & Goals of Meeting  
Jill Barron, Project Coordinator
- 9:30 am Preventing Diabetes  
Sheila Howell, Diabetes Educator
- 10:00 am Introduction of Ross Wiseman and Elizabeth Crawford  
Joan Dawe, Chair of the Seniors Resource Centre=s Board of Directors
- 10:05 am Sharing of Success Stories
- 11:00 am Nutrition Break
- 11:15 am The New Division of Aging and Seniors  
Ross Wiseman, Parliamentary Secretary to Minister of Health & Community Services
- 11:45 am Line Dancing Demonstration  
Josephine Waddleton, President of the Trepassey 50+ Friendship Club
- 12:30 pm Lunch
- 1:15 pm Leading an Exercise Program  
Eric Larkin, Fitness Leader
- 3:15 pm Nutrition Break
- 4:00 pm Cooking Demonstration (at the Dominion)  
Gina Wood & Kelly Sullivan, Dietitians
- 5:00 pm Dinner

## **Building On Our Strengths: AKnowing What=s Good For Me@ Provincial Conference Comfort Inn - Salon B**

## **Friday, March 4, 2005**

### **Agenda: Day Two**

- 9:00 am      Review of the Agenda  
                 Jill Barron
- 9:15 am      Influencing Policy: Making Changes in your Community  
                 Rosemary Lester
- 9:45 am      Future Plans - Small Group Discussions  
                 What plans do your group have for the future?  
                 Do you have the support needed to carry out these plans?  
                 What would you like to see included in a Provincial Wellness Program?
- 10:45 am     Nutrition Break
- 11:00 am     Reporting back from small group discussions
- 12:00 pm     Lunch
- 1:00 pm      Understanding New Nutrition Labels  
                 Maureen Leat, Community Nutritionist
- 1:30 pm      T=ai Chi Chih Demonstration  
                 Sheila Leonard, Accredited Instructor
- 2:30 pm      Closing Remarks  
                 Jill Barron & Rosemary Lester
- 3:00 pm      Wrap-up and Evaluation

# **APPENDIX G**

## **Summary of Proceedings from the Provincial Volunteer Conference**

# Summary of Proceedings

Provincial Conference

March 3 & 4, 2005

Seniors Resource Centre of Newfoundland and Labrador  
Diabetes Project

Building On Our Strengths: Knowing What=s Good For Me

Funded by the Canadian Diabetes Strategy of Health Canada

## **Conference Objectives**

89. To share success stories of the project.
90. To enable volunteers to connect with other volunteers and learn from each other.
91. To assist volunteers in further developing leadership and fitness skills.
92. To increase knowledge about diabetes and healthy eating.
93. To inform volunteers about available resources and supports.
94. To create interest in influencing policy.
95. To make plans for the future.

## Summary of Proceedings

### Preventing Diabetes

Sheila Howell, a Diabetes Nurse Educator with the Health Care Corporation of St. John=s, discussed the rising rates of type 2 diabetes, especially among older adults, and how it can be prevented or delayed. She also discussed the new criteria of the Canadian Diabetes Association for diagnosing diabetes and the main risk factors for developing type 2 diabetes. She stressed the importance of regular testing for diabetes and the importance of active living, healthy eating and taking medications if needed.

### Sharing of Success Stories

Participants shared with the group their activities and success stories.

#### St. Anthony

- § They have a walking club which meets weekly at the Lions Club. They recently had 6 new members join and more are expected to join.
- § They have delivered presentations on diabetes prevention and active living to other community groups in St. Anthony. They have also given presentations on how to start a walking program in other communities in their region, such as Port Saunders, Rocky Harbour, Parson=s Pond, St. Barbe and Roddickton.
- § They helped seniors in Flowers Cove and Cook=s Harbour to start their own 50+ clubs.

#### Cook=s Harbour

- § Their 50+ club just started in October, 2004 and has 23 members.
- § They helped organize a diabetes workshop in November, 2004.
- § They received a grant from the International Grenfell Association and used that money to buy exercise equipment.
- § They have started an indoor walking/exercise group.

#### Cape St. George

- § They have had a step dancing group and walking group.
- § They have a seniors night at their local carnival.
- § They share information on diabetes prevention and healthy living with others in their community.

### Port au Port East

- \$ They have a walking club that meets twice a week.
- \$ They have socials on Friday evenings and monthly dances.
- \$ They have pot lucks every 3 months.
- \$ They help isolated seniors in their community by bringing them to church, cards, bingo, etc.

### Port au Port West

- \$ They have a walking/exercise group that meets once a week.
- \$ They will be starting up their square dancing again when the weather improves.
- \$ They have a weekly dance.
- \$ They provide a lunch for seniors once a month.

### Ramea

- \$ After their workshop, they started an aerobics group that meets twice a week.
- \$ They have monthly parties/dances.
- \$ They recently started a walking group.

### Grand Falls

- \$ They are a very active group. They offer aerobics, line dancing, walking and carpet bowling.

### Deep Bight

- \$ After attending a workshop, Yvonne started exercising in her garage with a friend and then started a walking group in the community centre when it opened. Many younger people wanted to join but could not come in the mornings so they started an evening group. Almost three years later, the morning fitness group meets two mornings a week and the other group meets two evenings a week.
- \$ They walked 524 kms in the Walking Challenge.
- \$ Members have been losing weight and changing their eating habits.
- \$ They encourage families to come and bring children. They have children from the ages of 3 to 8 attending. They want to encourage men to come as well.
- \$ They have helped other groups in their area start walking programs by giving them walking tapes.
- \$ Judy was asked to speak about active living at the Rotary Seniors Information Night.

### Trepassey

- \$ They have an exercise class using the AWalk Away the Pounds@ video three days per week. They are attracting new, younger members and sometimes members bring their children/grandchildren.
- \$ They have a Tai Chi Chih class three times a week.

- § They have a monthly diabetes support group. They have guest speakers at each meeting. They have found these meetings to be very helpful and wished they had this information earlier because they may have been able to delay or avoid getting diabetes. This group is very important for those in the high risk group because they may be able to delay type 2 diabetes.
- § They have helped other groups get started by sharing videos. A group is meeting everyday in St. Shott=s and another group is meeting in Portugal Cove South.
- § They also visit the residents of a local seniors home and bring music and dancing.
- § They are working with the Irish Loop 50+ Association to plan another diabetes workshop in May.

### **The New Division of Aging and Seniors**

Ross Wiseman, the Parliamentary Secretary to the Minister of Health and Community Services, commended the volunteers for the valuable contributions they are making to their communities. He acknowledged the importance of their activities and the role they are playing in improving the health and vitality of their communities. Mr. Wiseman also discussed the newly created Division of Aging and Seniors within the Department of Health and Community Services. They will be working with seniors throughout the province and with the Seniors Resource Centre to look at how they can best support seniors and promote healthy aging.

### **Leading an Exercise Program**

Eric Larkin presented each participant with a new walking tape that he developed and demonstrated how they can incorporate different movements/exercises into their walking program. He also discussed the use of music in exercise programs and participants were given the opportunity to work together to develop short programs based on one particular piece of music.

### **Influencing Policy**

Rosemary Lester, the Executive Director of the Seniors Resource Centre, discussed the lessons learned by some seniors in Nova Scotia who were trying to impact policy. The 10 lessons learned by those seniors were:

96. Commit to your issue
97. Knowledge is power
98. Plan, prepare, strategize
99. There=s strength in numbers
100. You CAN overcome apathy
101. Meet with politicians whenever you can
102. Working for policy change develops skills
103. Participation builds confidence
104. Meeting and learning from others makes life interesting
105. Just do it!

## **Future Plans**

Participants broke into small groups to discuss the following questions:

- \$ What plans do your group have for the future?
- \$ Do you have the support needed to carry out these plans?
- \$ What would you like to see included in a Provincial Wellness Program?

### Port au Port West

This group plans to:

- \$ continue current activities (exercise group, weekly dance, square dancing)
- \$ start a line dancing group
- \$ invite someone from Cape St. George to come and teach them step dancing
- \$ start walking outside on the walking trail, incorporating exercises along the way
- \$ look at buying snow shoes for members so that they can be more active in the winter
- \$ approach the mayor about having places to exercise along the trail (similar to Ahealth trails@ in Germany)

This group has their own building and has the support of their town council, RCMP and public health nurse.

### Port au Port East

This group plans to:

- \$ start a line dancing group
- \$ have a 50<sup>th</sup> anniversary dinner
- \$ offer more social activities

This group has the support of their town council, RCMP and public health nurse.

### Cape St. George

This group plans to:

- \$ continue to share information about healthy living and diabetes prevention with others
- \$ start line dancing
- \$ organize social activities
- \$ arrange for one of their members to go to Port au Port West to teach them step dancing

§ apply for New Horizons funding

This group has access to the French Centre for meetings and has the support of their town council, RCMP, foot care nurse and pharmacist.

### Ramea

This group plans to:

- § continue their aerobics and walking programs and try to increase their numbers
- § explore starting a diabetes support group

This group has their own building and the school gym is available for their use. They have the support of their public health nurse, Lions Club, and town council.

### Trepassey

This group plans to:

- § continue their programs and increase their numbers (including younger people)
- § use their New Horizons funding to fix their steps and make the building wheel-chair accessible
- § use funding from the St. John=s Wellness Coalition to have a diabetes workshop in May

They have the support of their public health nurse, mental health counsellor, dietitian, town council, recreation commission, 4-H Club and Canadian Pensioners Concerned. They would like the support of the Canadian Diabetes Association.

### St. Anthony

This group plans to:

- § acquire new exercise equipment
- § recruit new members, especially men, by one-on-one encouragement and advertising
- § start line dancing and other exercises
- § walk outside on walking trails and organize 50+ walks
- § talk to recreation director about having 50+ swimming sessions
- § encourage seniors to join aquafitness
- § have potluck suppers for socializing and use as an opportunity to encourage healthy eating
- § apply for New Horizons funding
- § work with 50+ club in Cook=s Harbour eg; walking trail hikes, Ameet and eat@

This group has the support of their recreation director, public health nurses, mental health nurses, physiotherapists, nutritionist, churches, Lions club and town council.

### Cook=s Harbour

This group plans to:

- \$ continue walking and exercise programs
- \$ go to St. Anthony during summer for aquafitness
- \$ apply for New Horizons funding
- \$ work with 50+ club in St. Anthony, eg; walking trail hikes, Ameet and eat@

This group has the support of their public health nurse, mental health nurse, nutritionist, physiotherapist, town council and Anglican church.

### Grand Falls

This group plans to:

- \$ continue their current activities and recruit new members
- \$ try to raise interest in their aerobics group by trying new videos
- \$ use the new walking tape in their walking program
- \$ try to get a session on fitness added to the agenda of the provincial seniors conference which they are helping organize

They have the support of fitness professionals at the YMCA.

### Deep Bight

This group plans to:

- \$ continue their current activities and recruit new members
- \$ organize a meal to bring the daytime group and the night-time group together
- \$ walk outside on the trail and have healthy picnics
- \$ try line dancing again

They have the support of their recreation commission and town council which allows them to use the community centre free of charge.

### Provincial Wellness Program

The following are suggestions for a new provincial wellness program:

- \$ fitness training for group leaders
- \$ opportunities to learn new exercises and physical activities
- \$ funding support for education/training for leaders to train others in their community
- \$ recreation/fitness resources - tapes, videos, equipment, etc.
- \$ tips on how to motivate people to join and stay with groups
- \$ continue diabetes workshops

- \$ workshops on other topics such as affordable, healthy eating
- \$ more conferences (not always in St. John=s) - they help build enthusiasm and maintain interest
- \$ intergenerational activities, involve schools
- \$ healthy aging as part of school curriculum - invite seniors in
- \$ development of health trails
- \$ winter sports - snow shoeing and skiing
- \$ blood pressure clinics
- \$ hearing clinics
- \$ consult seniors at all stages of program development
- \$ affordable, accessible housing and more housing choices
- \$ home care

### **Understanding the New Nutrition Labels**

Maureen Leat, a community nutritionist with Health and Community Services, explained how to read the new nutrition labels that will soon be mandatory on almost all packaged foods. She then answered several nutrition questions from the audience.

#### **Participant List Provincial Diabetes Conference March 3-4, 2005**

#	Name	Community
1	Amelia Dunphy	St. Anthony
2	Violet Richards	St. Anthony
3	Bridget Benoit	Cape St. George
4	Bernadette Benoit	Cape St. George
5	Jerry Doucette	Port au Port West
6	Norma Doucette	Port au Port West
7	Stan MacDonald	Ramea
8	Rose MacDonald	Ramea
9	Deborah Decker	Cook=s Harbour
10	Eliza Saunders	Cook=s Harbour
11	Ruth Sanders	Grand Falls

12	Anne Hiscock	Grand Falls
13	Yvonne Ivany	Deep Bight
14	Hubert Ivany	Deep Bight
15	Judy Northcott	Deep Bight
16	Josephine Waddleton	Trepassesy
17	Alice O'Neill	Trepassesy
18	Eileen Hann	Port au Port East
19	Jill Barron	St. John=s
20	Rosemary Lester	St. John=s
21	Yvonne Jacobs	St. John=s
22	Eric Larkin	St. John=s
23	Maureen Leat	St. John=s
24	Sheila Howell	St. John=s
25	Lorraine Best	St. John=s
26	Ed Wade	St. John=s



# APPENDIX H

## Evaluation of the Provincial Volunteer Conference

### Evaluation Questionnaire

61. Overall, how satisfied were you with this conference?

very dissatisfied      dissatisfied      satisfied      very satisfied

G                              G                              G                              G

2. Please rate your level of satisfaction with the following presentations/sessions:

**Topic**                              **Rating**

Diabetes Prevention                              very dissatisfied      dissatisfied      satisfied      very satisfied

G                              G                              G                              G

Line Dancing                              very dissatisfied      dissatisfied      satisfied      very satisfied

	G	G	G	G
<u>Sharing of Success Stories</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G
<u>Leading an Exercise Program</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G
<u>Cooking Demonstration</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G
<u>Food Labeling</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G
<u>Influencing Policy</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G
<u>Future Plans</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G
<u>T=ai Chi Chih</u>	very dissatisfied	dissatisfied	satisfied	very satisfied
	G	G	G	G

3. Did the conference meet the following objectives?

To share success stories of the project Yes \_\_\_\_\_ No \_\_\_\_\_

To enable volunteers to connect with other volunteers and learn from each other.

Yes \_\_\_

—

No \_\_\_

—

To assist volunteers in further developing leadership and fitness skills. Yes \_\_\_\_\_  
No \_\_\_\_\_

To increase knowledge about diabetes and healthy eating. Yes \_\_\_\_\_ No \_\_\_\_\_

To inform volunteers about available resources and supports. Yes \_\_\_\_\_ No \_\_\_\_\_

To create interest in influencing policy. Yes \_\_\_\_\_ No \_\_\_\_\_

To make plans for the future. Yes \_\_\_\_\_ No \_\_\_\_\_

4. Did you identify some helpful ideas in terms of sustaining the activity in your community?

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Applicable \_\_\_\_\_

5. What did you like the most about this conference?

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6. Do you have any other comments?

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## **Evaluation of the Provincial Conference March 3-4, 2005**

A total of 18 participants completed the evaluation questionnaire at the end of the conference. The results are presented below.

7. Overall Satisfaction

Participants were asked to rate how satisfied they were with the conference overall. All 18 respondents indicated that they were **Very satisfied** with the conference overall.

8. Level of Satisfaction with Presentations/Sessions

Participants were asked to rate their level of satisfaction with each of the presentations/ sessions. Their choices were **Very satisfied**, **Satisfied**, **Dissatisfied** and **Very dissatisfied**. All respondents indicated that they were **Satisfied** or **Very satisfied** with the various presentations. These results are presented in more detail in the following table.

<b>Level of Satisfaction</b>		
<b>Topic</b>	<b>Very Satisfied</b>	<b>Satisfied</b>
Diabetes Prevention	18 (100%)	0
Line Dancing	15 (83.3%)	3 (16.7%)
Sharing of Success Stories	17 (94.4%)	1 (5.6%)
Leading an Exercise Program	15 (83.3%)	3 (16.7%)
Cooking Demonstration	18 (100%)	0
Food Labeling	13 (72.2%)	5 (27.8%)
Influencing Policy	13 (72.2%)	5 (27.8%)
Future Plans	13 (72.2%)	5 (27.8%)
T=ai Chi Chih Demonstration	17 (94.4%)	1 (5.6%)

3. Conference Objectives

Participants were asked if the conference met each of its objectives. All 18 participants responded Ayes@ that the conference met each of the following objectives:

- \$ To share success stories of the project.
- \$ To enable volunteers to connect with other volunteers and learn from each other.
- \$ To assist volunteers in further developing leadership and fitness skills.
- \$ To increase knowledge about diabetes and healthy eating.
- \$ To inform volunteers about available resources and supports.
- \$ To create interest in influencing policy.
- \$ To make plans for the future.

#### 4. Ideas for Sustainability

Participants were asked if they had identified some helpful ideas in terms of sustaining the activity in their community. All 18 participants responded Ayes@ to this question.

#### 5. What did you like the most about this conference?

- \$ AKnowledge of diabetes, healthy eating, leadership and fitness, learning from one another and plans for the future@
- \$ AMeeting with others, being motivated to continue our activities and to try new things. To see how much can happen when people get going! Thank you Jill and Seniors Resource.@
- \$ AComing together. Hearing how other communities have progressed since we met and all the knowledge that was passed out at this conference.@
- \$ AI enjoyed everything about the meeting. The nutrition presentation was really great.@
- \$ AEverything!@
- \$ ASharing sessions with each different group. Learning more about a healthy lifestyle. The entire workshop was very, very interesting.@
- \$ AVery informative on diabetes and the Resource Centre.@
- \$ AThe information that was presented by the leaders and which was shared by those attended.@
- \$ ACooking demonstration and Eric Larkins exercise.@
- \$ AThe interaction of people your own age and realizing that we all have the same concerns for our health.@
- \$ AGreat preparation and effort in organization! Thanks!@
- \$ AThis was a wonderful conference. I liked everything and learned a lot.@

\$ AThe information that was shared with each other, learning about the pros and cons of diabetes and what you could do it prevent diabetes. It=s been a wonderful two days. Thanks.@

## 6. Additional Comments

\$ AThe Healthy Living and Diabetes Prevention Program has been of such great benefit to so many communities, seniors and whole families, that it would be a tragedy for it to end. Hopefully funding will be allocated.@

\$ AWell planned. Good food and great success stories. Everything was excellent.@

\$ AThe project was so well planned. Wonderful and important discussions. The groups work together excellent. Stories were exciting. The meals were delicious. To all who were responsible, Jill especially, I=ll say congratulations for a wonderful project.@

\$ AShould be a yearly conference.@

\$ AFound all informative. Thanks for all your help. Feel motivated to keep going.@

\$ This has been my first conference. I enjoyed it immensely. Thank you for everything. It has been wonderful.@

\$ AI=m so glad that the Seniors Resource Centre is there for us to find out what=s available when we need help. It takes away the feeling of isolation.@

\$ AWould love to attend any future conferences such as this. I=d like to thank all you great people at the Seniors Resource Centre and especially congratulations to Jill. It was a wonderful success. A big thank you to Jill.@

**APPENDIX I**  
**FINAL EVALUATION REPORT**

## Final Evaluation

At the end of the project, the project coordinator conducted key informant interviews with senior volunteers and project partners.

Senior volunteers were asked the following questions:

- 106. What have you seen as the impacts of the Diabetes Project?
- 107. Do you think your group will be able to sustain their activities after the project is completed? (If no, why not?)
- 108. Do you feel you have the support you need from your community partners?
- 109. Would you recommend the approach that this project took? (workshops, planning meetings, provincial conference, ongoing support from coordinator)
- 110. Any suggestions for improvement?
- 111. Any other comments?

Project partners were asked the same questions as the senior volunteers with the exception of question 3 which was changed to "Will you be able to continue to support this group?"

### Results of Key Informant Interviews with Seniors

- 15. What have you seen as the impacts of the Diabetes Project?

Community	Response
Cape St. George	People are walking more and exercising more. People know more about diabetes.
Port au Port West	Older people are walking more and taking better care of themselves. People are

	more aware of diabetes and how serious it is. I convinced my own children to get tested because diabetes runs in my family.
Ramea	People have learned a lot about diabetes and made changes in their lifestyles. Personally, me and my husband have gotten more into exercise and healthy eating.
Grand Falls	Seniors know a lot more about type 2 diabetes now. We also had more exercise groups start after the workshop.
Deep Bight	It really has helped people of all ages in Deep Bight to get moving and improve their diets. People have improved their overall health. For example, people who had frozen shoulders for years can now move them. A woman with Parkinson=s is feeling much better and is not shaking as much. A lot of people are talking about how much better they feel. And word is getting out because now we have three ladies coming all the way from Clarenville to exercise.
Cook=s Harbour	Lots of information is getting out to people about what food we should be eating and how important exercise is. It has helped a lot of people. We are passing information along and can answer others questions. The project has been really helpful to our 50+ club. We have been able to try different exercise videos because of the TV and VCR we borrowed from you. The walking tapes were great too.
St. Anthony	Some attitudes have changed. Seniors are realizing how important it is for them to take responsibility for their health. People are getting more active and are paying more attention to what they=re eating. Walking groups have been started in St. Anthony and other 50+ clubs on the Northern Peninsula.
Fortune	People in Fortune and Grand Bank are more aware of diabetes and they=re talking about it. Seniors found out about the foot care clinics and now they are going more. A lot of people have gotten tested for diabetes and more people are going to the lifestyle clinics too. And people are eating healthier and exercising more. We now get together for walking and bowling in our seniors club every week and we have healthier food at our socials.
Trepassey	Because of the project we are exercising six times a week and we have our diabetes self-help group every month. People know a lot more about diabetes now and how they can prevent it. Some people have said that they wish they had this information years ago. It may have prevented them from getting diabetes. People are making changes because of this awareness. They are more active and they=re reading labels on food and paying more attention to what they are eating.

16. Do you think your group will be able to sustain your activities after the project is completed? If no, why not?

<b>Community</b>	<b>Response</b>
Cape St. George	Yes
Port au Port West	Yes
Ramea	Yes, definitely. We plan to keep it up as long as we can and get more people involved.
Grand Falls	Yes
Deep Bight	Yes, we're certainly planning to. But we will miss the positive reinforcement from the project. It really helps a lot.
Cook=s Harbour	Yes
St. Anthony	Yes, our group is growing all the time.
Fortune	Yes
Trepassey	Yes, but we will definitely miss all Jill=s help.

17. Do you feel you have the support you need from your community partners?

<b>Community</b>	<b>Response</b>
Cape St. George	Yes
Port au Port West	Yes
Ramea	Yes, but I would like people in our own club to get more involved and be more supportive.
Grand Falls	Yes
Deep Bight	Yes, we don=t have any problems in that regard.
Cook=s Harbour	Yes

St. Anthony	Yes, they are very helpful.
Fortune	Yes
Trepassey	Yes, our community has been great.

18. Does your group have plans to start any new activities in the future? (If yes, do you feel you have the support you need to carry out these plans?)

<b>Community</b>	<b>Response</b>
Cape St. George	Yes, we plan to start line dancing. Yes, we have enough support.
Port au Port West	Yes, we plan to start walking outside on the trail when the weather gets nicer and we also plan to start line dancing. Yes.
Ramea	Yes, we plan to use the new video to incorporate more exercises into our walking program. We have also invited other 50+ clubs to visit us during the summer and we will be going to visit the Port au Port West 50+ club.
Grand Falls	Yes, we plan to try some new videos in our aerobics class because people are getting bored with our current program and we are losing members.
Deep Bight	Yes, when the weather improves we=re planning to have some hikes and picnics. We=re also going to continue to look for funding for a community walking trail.
Cook=s Harbour	Yes, we=re going to keep trying different activities. Hopefully, we can get a group together to go to St. Anthony in the summer for aquafitness.
St. Anthony	Yes, we=re planning to try some new activities like line dancing. We=re also planning to have some outdoor activities in the summer.
Fortune	We=re going to continue with our walking and bowling.
Trepassey	Yes, we=re planning a diabetes workshop for the spring. Otherwise, we will just keep up our exercise programs and support group.

19. Would you recommend the approach that this project took? (workshops, planning meetings, provincial conference, ongoing support from coordinator)

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<b>Community</b>	<b>Response</b>
Cape St. George	Yes
Port au Port West	Yes, I learned an awful lot at workshops and meetings.
Ramea	Yes
Grand Falls	Yes
Deep Bight	Definitely. It=s really the only way to go. If you can=t bring people together to motivate them and give them suggestions as to things they can do, then nothing will happen.
Cook=s Harbour	Yes, definitely, 100%. It really helps people.
St. Anthony	Yes, it was a great project. I=d like to see it continue.
Fortune	Yes, especially the workshops.
Trepassey	Yes, definitely. It has been wonderful. And it=s great to have someone to call for help.

20. Any suggestions for improvement?

<b>Community</b>	<b>Response</b>
Cape St. George	No
Port au Port West	No, everything was great, especially the provincial meeting.
Ramea	No
Grand Falls	More opportunities to learn new exercises would be good. It would be helpful to have someone come to our club to teach us new activities.
Deep Bight	It would be great to have more regular workshops. It would also be great to have a big rally where people could come together from different communities for a fitness day.
Cook=s Harbour	Not really. Things were really good.
St. Anthony	No

Fortune	No
Trepassey	No

21. Any other comments?

<b>Community</b>	<b>Response</b>
Cape St. George	Everything was wonderful. The project was very well organized. Thank you especially for the wonderful trip. We enjoyed everything about it. We were one big family learning how to live a healthy lifestyle. We will try our very best to help pass on the information we learned. Sincere thanks for everything.
Port au Port West	Keep up the good work. The workshops were great, more people should go to them.
Ramea	We truly enjoyed being involved and thought it was great. We enjoyed the provincial meeting immensely. It was different than anything else we had ever done. It was great to see what is going on in other clubs. We brought the information back to others in our club.
Grand Falls	I thought the project was great. I'm really glad I came out to the meeting in St. John's. It was excellent. I learned so much.
Deep Bight	It was really a life changing thing for me. I realized that you can achieve so much more in your life just by being fitter and eating better. You have so much more energy and feel so much better about yourself. It's been a positive experience for me all around. I really enjoyed everything. I hope the Seniors Resource Centre can find a way to continue this work.
Cook's Harbour	I appreciate everything the Seniors Resource Centre has done for us, getting information out and helping people get involved. I really appreciate it.
St. Anthony	The project was a great success. It really has made a difference on the Northern Peninsula.
Fortune	We would love to be involved in any future projects.
Trepassey	Thank you so much for all your help and support. We couldn't have done it without you. I really hope you get more funding. It would be a shame for it to end.

## Results of Key Informant Interviews with Project Partners

22. What have you seen as the impacts of the Diabetes Project?

- § increased awareness about type 2 diabetes
- § increased knowledge about healthy eating and active living
- § increase in visits to foot care clinics and lifestyle clinics
- § more seniors exercising
- § exercise groups formed
- § support groups formed
- § increased confidence of seniors, especially those leading the groups

3. Do you think the group will be able to sustain their activities after the project is completed? (If no, why not?)

All respondents felt the groups would be sustainable.

4. Will you be able to continue to support this group?

All respondents said they would be able to continue to provide support.

5. Would you recommend the approach that this project took? (workshops, planning meetings, provincial conference, ongoing support from coordinator)

All respondents approved of the approach taken. Some of the comments included:

- § The workshops really helped to create interest in diabetes prevention.
- § The approach was effective in getting seniors to take on leadership roles.
- § I was impressed with how you motivated seniors to take action
- § The project was so successful because the contributions of seniors were truly valued and an informal, non-intimidating approach was used.

1.5\_ Any suggestions for improvement?

- § more emphasis on healthy public policy

1.6\_ Any other comments?

- § It was wonderful to see how seniors gained confidence and developed new skills as a result of

their involvement in the project.

§ Each member of the group brings a passion and commitment to support other members by sharing, learning, exercising and working together.

§ This is a model which would be useful for other communities to follow.