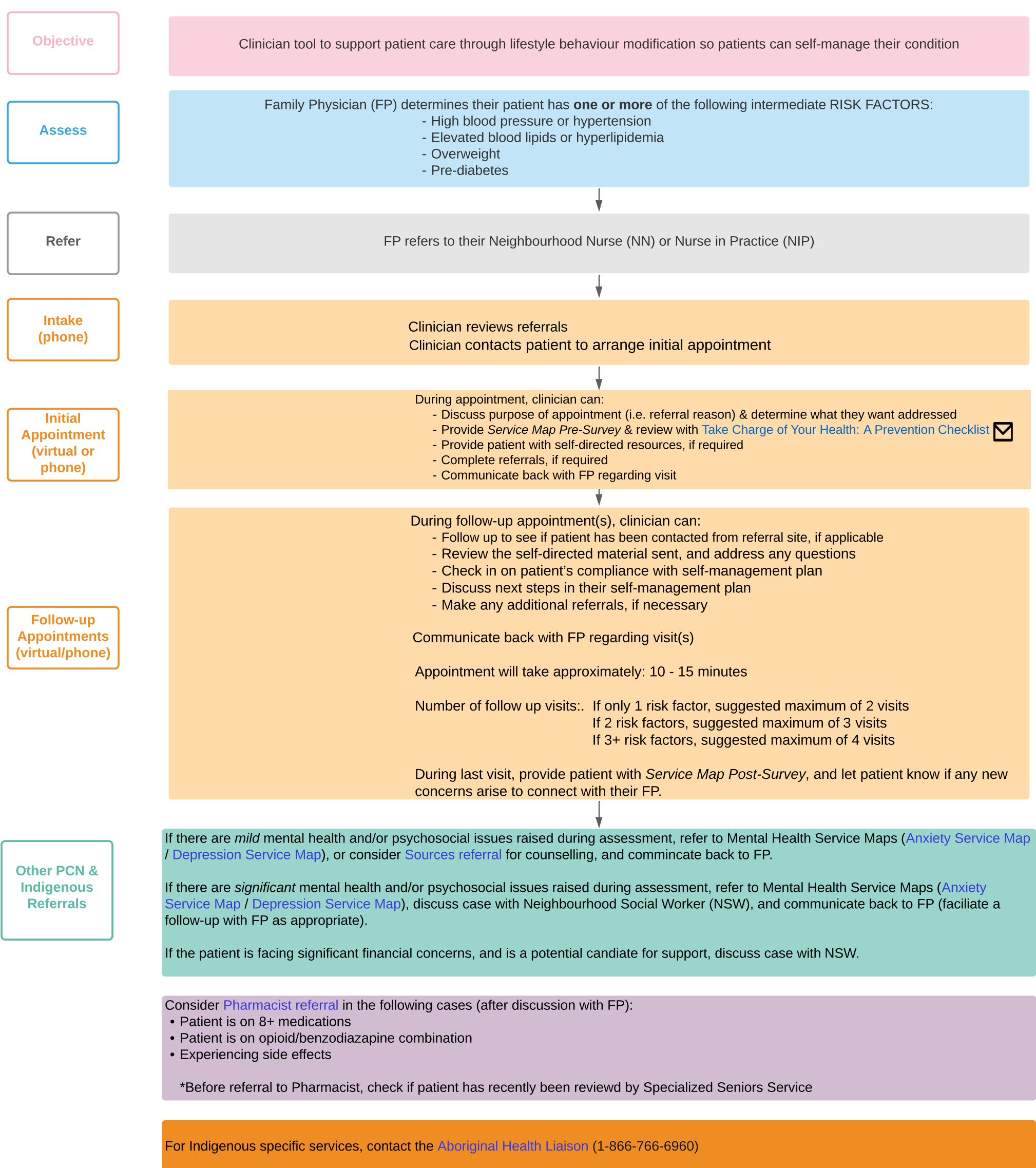


INTERMEDIATE RISK FACTORS OF CHRONIC DISEASES SERVICE MAP



INTERMEDIATE RISK FACTORS OF CHRONIC DISEASES SERVICE MAP CLINICIAN RESOURCES

Self Management Resources

BEHAVIOUR MODIFICATION

[Lifestyle Change](#)
[HealthSteps Program](#)
 - Coach works with participant to help develop a healthier lifestyle to improve their health & wellness, including creating a prescription in the areas of exercise levels, physical activity levels, healthy eating and mindfulness ([Brochure](#))
 - *Eligibility*: Any patient looking for lifestyle/behaviour change support (screened prior to enrollment to ensure it is safe for them to participate)
 - *Self-referral* by emailing health.e.steps@ubc.ca or call 604-822-7944
 - *Wait*: ~4 weeks

[Exercise to Prevent & Manage Chronic Disease and Diabetes Program](#)
 - Fee group based exercise class to support the primary and secondary prevention of chronic diseases facilitated by a Certified Clinical Rehab Specialist. Subsidy available to participants in financial need. First time participants will have an assessment performed prior to starting.
 - *Eligibility*: Patient is medically stable
 - *Referral*: **Required** & signed by a Health Care Professional
 - *Wait*: None

Handouts
 - [Fitness: Getting and Staying Active \(HealthLink BC\)](#)
 - [Physical Activity Goal Log \(HealthLink BC\)](#)
 - [Physical Activity Log \(printable\)](#)
 - [Walking Log](#)
 - [Meal Planning Log](#)
 - [Eating Well With Canada's Food Guide](#)
 - [Canada's Food Guide: Recipes](#)

[Smoking Cessation](#)

[Smoking Cessation Clinic at JPOCSC](#)
 - Free 12 week group program that helps patient become smoke-free with education, behavioral support and counselling (virtually only for now)
 - *Eligibility*: Anyone looking to quit or reduce tobacco use
 - *Referral* to be completed by FP/NP
 - *Wait*: several months (typically runs 1x per quarter)

[QuitNow BC](#)
 - Free program that offers personalized quit-smoking plans; one-on-one coaching and group support by phone, chat, email and video conferencing; and an online discussion form.
 - *Eligibility*: Patient looking to quit or reduce tobacco and/or e-cigarette use
 - *Referral*: Self-referral AND Health Professional can refer- [Online referral](#) (or [Paper referral form](#)- fax to 1-888-857-6555)
 - *Wait*: None

HIGH CHOLESTEROL

Self-Directed:
[Cholesterol: All you need to know](#)

What is Cholesterol? (video)
 How to Manage your Cholesterol with Lifestyle Changes:
 - [Video Overview](#)
 - [High Cholesterol: Making Lifestyle Changes](#)
 - [Dietary Fats and Cholesterol Nutrition Guide - Multilingual](#)

Services:

[Lipid Clinic - JPOCSC](#)
 - Patients will receive risk factor assessment and counselling on family history, lifestyle, nutrition, exercise and smoking cessation from a nurse educator, dietitian and cardiologist with follow-up
 - *Eligibility*: statin intolerance or familial hypercholesterolemia (FH)
 - *Referral* to be completed by FP/NP
 - *Wait*: 1 month

Heart Health Nutrition Education
 - Heart Health Education in a class setting with individual follow up available as requested. If class instruction is inappropriate (i.e. language barrier) then instruction will be provided individually
 - *Eligibility*: Diagnosed with hypercholesterolemia
 - *Referral* to be completed by FP/NP
 - *Wait*: ~ 1 month

HYPERTENSION

Self-Directed:
[A Guide for Patients: Diagnosis and Management of Hypertension](#)

How to Manage your Blood Pressure with Lifestyle Changes:
 - [Lifestyle Steps to Lower your High Blood Pressure](#) (multilingual)
 - [High Blood Pressure: Using the DASH Diet](#)

Checking Blood Pressure at Home:
 - [Handout](#)
 - [Video](#)
 - [Home Blood Pressure Measurement Log](#)

Services:

[Hypertension Clinic \(RCH\)](#)
 - Includes health behaviour modification, and access to dietitians, pharmacists, exercise specialists & behavioural medicine specialists
 - *Eligibility*: Anyone with HTN can be referred
 - *Referral* to be completed by FP/NP
 - *Wait*: Referrals are triaged
 - More urgent referrals: 2-4 months
 - For non-urgent referrals: 6-12 months

OVERWEIGHT

Self-Directed:
[Weight Management: Overview](#)
[What Affects your Weight](#)
[Getting to a Healthy Weight: Lifestyle Change](#)

[Weight & Wellbeing Service Map - Education Modules](#)
 1. Understanding Obesity
 a. My Iceberg
 2. Food & Nutrition Essentials
 a. Let's Talk about Weight: No Size Fits All
 3. Learned Eating
 4. Mindful Eating
 a. Let's Talk about Weight: No Size Fits All
 5. Managing Emotional Eating
 6. Physical Activity
 7. Sleep
 8. Stress Management

Nutrition/ Eating:
 - [Healthy Eating Tips](#)
 - [Recognizing your Hunger Signals](#)
 - [Changing your Eating Habits](#)
 - [Cutting Unhealthy Fats from your Diet](#)
 - [Adding Fruits and Vegetables](#)
 - [Making Healthy Choices when you Shop](#)
 - [Identifying Barriers and Setting Goals](#)
 - [Diets and Food Trends](#)

Physical Activity/Exercise:
 - [Healthy Activity](#)
 - [Physical Activity for Weight Loss](#)

PREDIABETES

Self-Directed:
[Prediabetes: An Overview Handout](#)
[Symptoms](#)
[Preventing Diabetes](#)
[Complications](#)

Questionnaire to determine your Risk for Developing Diabetes

[How to Manage your Pre-diabetes with Lifestyle Changes:](#)
 - [Just the Basics - Nutrition](#)
 - [Eating Away from Home](#)
 - [Planning for Regular Physical Activity](#)
 - [Benefits of Physical Activity](#)
 - [Aerobics Exercise](#)
 - Resistance training:
 - [Introduction to Resistance Training using resistance band](#)
 - [Resistance Training using dumbbells](#)

Programs:

[Canadian Diabetes Prevention Program](#)
 - 12 month wellness program that provides the patient with a personal health coach, online education modules, health tracking to help create small yet lasting changes, and monthly workshops
 - *Eligibility*:
 - Overweight, with metabolic disease or with prediabetes (A1C 6.0-6.4% and/or fasting glucose 6.1-6.9 mmol/l)
 - OR with chronic disease/diabetes risk factors (eligibility will be confirmed with **CANRISK**)
 - OR Age ≥ 45 and BMI ≥ 30
 - *Referral*:
 - Self-referral at [Canadian Diabetes Prevention Program - Diabetes Canada](#) by clicking on "Am I eligible"
 - Health Care Provider can also refer by way of the [referral form](#)
 - *Wait*: 1-2 weeks

[WRSS Outpatient Diabetes Health Centre for Education](#)
 - Pre-Self-education provided by a dietitian
 - Alternating day/evening (education classes are run monthly)
 - *Eligibility*: IFG of 6.1 to 6.9 mmol/L or an A1C of 6.0% to 6.4%
 - *Referral* required by FP
 - *Wait*: - 2-3 days for urgent referrals
 - 7-10 days for high priority
 - 1 month for routine

Clinician Resources

- [Self-Management Strategies of Chronic Conditions FHA Learning Hub Course #7612](#)

- [Canadian Cardiovascular Society Dyslipidemia Guidelines](#)
 - [Hypertension - Diagnosis and Management BC Guidelines](#)
 - [Diabetes Clinic Guidelines](#)

- [Special Authority Forms](#)

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