



BACKGROUND

Why Health Care Renewal Matters: Lessons from Diabetes

Regional success stories in care and prevention of chronic health conditions

Examples of noteworthy practices or developments in chronic care management appear throughout the Health Council of Canada's first report on health outcomes, *Why Health Care Renewal Matters: Lessons From Diabetes*. These initiatives remind us that renewal is happening and is possible when leadership, determination and resources combine to strengthen our system. Here's a quick guide to those initiatives with page references.

British Columbia, Saskatchewan, Newfoundland and Labrador

Collaboratives improve health outcomes

Changing needs for health care require new models for delivery of primary health care, and these three provinces are leaders in developing collaboratives, which encourage a shift to more responsive team-based care. Healthier patients and lower health care costs are the result. **See p. 58.**

Manitoba

Island Lake dialysis centre becomes a “catalyst for change”

The Island Lake Regional Renal Health Program runs a six-station dialysis centre and focuses on bringing care closer to home and on diabetes prevention and education. For example, a dietitian works with local stores to improve the availability of fresh foods, community programs encourage home vegetable gardens, and a school-based screening program is in the works. **See p. 61.**

Ontario

London clinic translates diabetes care for immigrants

New approaches are required to serve Latin Americans and other ethnic groups known to be at higher risk of diabetes. The London InterCommunity Health Centre responded with the Latin American Diabetes Program, which provides care that recognizes cultural differences, be it through culturally appropriate dietary education materials or the use of foreign-trained health care professionals as lay educators. The centre also addresses broader social determinants of health such as income and environment. **See p. 62 and video news release.**

Quebec

Prevention slows diabetes trends in Kahnawake

At the Mohawk First Nations community of Kahnawake, a school-based diabetes prevention project has been in place since 1994, building awareness of preventing type 2 diabetes and focusing on reducing risk factors such as eating habits, body weight and physical activity. Recent research shows that the years of work may be paying off. Rates of new cases of diabetes are now closer to the Canadian average. **See p. 64 and video news release.**

British Columbia

ActNow BC supports healthy lifestyles

Through integrated action across all provincial ministries to encourage better eating, more exercise, smoking cessation, and alcohol and drug avoidance during pregnancy, ActNow BC hopes to reduce risks of common chronic diseases such as type 2 diabetes, cardiovascular disease, hypertension, fetal alcohol spectrum disorder and some types of cancer. **See p. 65.**

The full report, *Why Health Care Renewal Matters: Lessons from Diabetes* can be downloaded at www.healthcouncilcanada.ca.