

The CHANGE Program & Fall Prevention

The CHANGE Program

The [CHANGE Program](https://www.metabolicsyndromecanada.ca/change-program) i.e. Canadian Health Advanced by Nutrition and Graded Exercise, is a one-year diet and exercise program aimed at those with metabolic syndrome (MetS). MetS is defined as having high blood pressure, sugars, blood lipids and a large waist circumference, and it increases the risk of diabetes, heart disease and strokes. The CHANGE Program was created by leading health professionals at [Metabolic Syndrome Canada](https://www.metabolicsyndromecanada.ca), a not for profit organization.

The CHANGE Program and Fall Prevention

By adopting a team-based approach of a family doctor/nurse practitioner, a dietitian and an exercise specialist, the CHANGE Program focuses on long-term changes through diet and exercise. Participants are seen by a dietitian and exercise specialist every week for the first three months followed by monthly visits for the remaining year. Through group exercise classes and ongoing assessments, they are encouraged to continue exercising on their own to reach the recommended exercise guidelines of 150 minutes of moderate to vigorous aerobic activity per week. By exercising regularly with an exercise specialist, many participants have noticed improvements in their cardiovascular fitness, strength, endurance and flexibility. Although the CHANGE Program was not designed with the specific intent of fall prevention, by completing the prescribed regular aerobic and resistance training, many have noticed positive changes in their strength and balance. Increases in self-efficacy and confidence related to physical activity and exercise have also been reported by participants.

The program is currently being offered in several family health teams across ON and as of September 2019, more than 300 patients have been placed in the program. In Amherstview, ON, the Loyalist Family Health Team has partnered with VON Greater Kingston to offer the CHANGE Program. The VON offers exercise and fall prevention classes to seniors and specialty populations, and their kinesiologist brings this knowledge and experience into the CHANGE program.

To learn more about the CHANGE program visit our website:

<https://www.metabolicsyndromecanada.ca/change-program> or contact Rupinder.dhaliwal@metasc.ca

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