



TOWN OF STRATFORD

RESOLUTION

No. REC004-2020 CHANGE Program Room Donation

Motion Carried ✓
 Motion Lost
 Motion Withdrawn

Council Chambers
 Town Hall
 August 12, 2020

Committee Recreation, Culture & Events
 Moved by Councillor Steve Gallant
 Seconded by Councillor Derek Smith

WHEREAS the CHANGE (Canadian Health Advanced by Nutrition and Graded Exercise) Program is a free 12 month lifestyle program UPEI is offering to the residents of Stratford who are at risk for, or have Metabolic Syndrome; and

WHEREAS the CHANGE Program was created by leading health professionals at Metabolic Syndrome Canada to provide family medicine clinics with the tools they need to offer effective, lasting lifestyle intervention to patients with metabolic syndrome. Based on evidence from diet and exercise research, the CHANGE Program focuses on long-term changes and overall well-being. It simultaneously targets the conditions that often progress to high blood pressure, heart disease, stroke, and diabetes, while reducing the need for medication; and

WHEREAS a national study has examined participant outcomes in the CHANGE program. Prior to enrolling, approximately 60% of participants had underlying conditions to metabolic syndrome that were not adequately managed with medication. While taking part in the study, 19% of patients experienced a reversal of one or more metabolic syndrome conditions, and a further 42% demonstrated improvement in their diet and exercise scores. Participating in the CHANGE program was associated with a reduction in the 10-year risk of having a heart attack; and

WHEREAS CHANGE is a group facilitation based program. Each session consists of nutrition education with a registered dietitian, followed by physical activity with a kinesiologist; and

WHEREAS the CHANGE program was created by Metabolic Syndrome Canada, a not-for-profit organization founded in 2011 to improve the long-term health of Canadians through effective direct and exercise lifestyle intervention. The program at UPEI is funded by donors to the UPEI Community Outreach Fund; and

WHEREAS in accordance with Section 5.7 of the Grants and Donation Bylaw, Council may by resolution provide a fee rebate for a purpose that aligns with the town’s objectives.

BE IT RESOLVED that the Town donate room rental space to the CHANGE program for a one-year period at a value of \$2430.