

Small Steps for Big Changes (SSBC) Australia

An evidence-based diabetes prevention program

Program Overview

SSBC Australia is a diabetes prevention program supporting adults at risk of type 2 diabetes to make practical, sustainable physical activity and healthy eating changes. The program, developed in Canada, is currently being evaluated as part of a funded research trial to understand how well it works in an Australian context. SSBC Australia is being delivered by The Y and UQ Health Care in partnership with The University of Queensland.

What does the program involve?

SSBC Australia is offered **free** as part of the research trial. It involves:

- ✓ Six individual sessions with a SSBC health coach across a ≈4-6 week timeframe
- ✓ Supervised exercise sessions at one of five locations
- ✓ Measurement of progress

Participants are also asked to complete surveys and simple physical assessments to understand the short and longer term (12 months) impacts.

Who is the program for?

Adults may be eligible if they are:

- Aged 18+ years and not currently pregnant
- At an increased risk of type 2 diabetes:
 - AUSDRISK score of 12 or higher or a score of 6-11 with at least one modifiable risk factor
 - Self-reported prediabetes OR
 - HbA1c 5.7-6.4% OR
 - Fasting blood glucose 5.6-6.9 mmol/L
- Able to attend a participating site and provide informed consent.

Participants can express their interest (EOI) and determine their eligibility by completing a brief online screening questionnaire.

What are we asking from you?

We are asking you to refer potential participants to the program. Participants can sign up to the program through completing an online expression of interest (EOI) available via the QR code or link below.

Participating sites

SSBC Australia is currently being delivered at five community sites in South-East Queensland:

- The Y Bowen Hills
- The Y Caloundra
- The Y Victoria Point
- The Y Warwick
- Logan Healthy Living (UQ Health Care)

Participant expression of interest (EOI) link



<https://redcap.link/ssbc-eoi>

Further information

The SSBC Australia research study is a single-arm effectiveness-implementation trial. The primary outcomes are changes pre-post program in moderate- to vigorous-intensity physical activity and implementation fidelity. The research has been approved by The University of Queensland Human Research Ethics Committee (2022/HE001455). The protocol paper can be found [here](#).

Contact us: ssbc@uq.edu.au

"Doing this program gave me the confidence, knowledge and motivation to make positive lifestyle changes to get my prediabetes under control, stopping it from progressing. My coach was amazing and I really enjoyed the classes and will continue to do them and follow healthy guidelines. Well worth the effort to change my health for the better, I am feeling fantastic!" **SSBC Australia Participant – Sally Amana**