

HealtheSteps™ Program Overview

HealtheSteps™, developed by Dr. Robert Petrella and his team at University of British Columbia and Western University, was created in response to the growing need for practical, evidence-based tools to address the growing epidemic of chronic disease found in all populations and communities across Canada.

Who are HealtheSteps™ participants?

HealtheSteps participants are 18 years and older and looking to make changes to their lifestyle to reduce their risk of chronic disease.

HealtheSteps™ and UBC

We have partnered with UBC MD Undergrad Education (4th year medical students) and UBC School of Kinesiology (4th year kinesiology students) as our HealtheSteps coaches. Family physicians and UBC Recreation in partnership with Human Resources (HR) will be our primary recruitment sources for participants. Family physicians can refer, or patients can self-refer if interested; we are also partnering with UBC Recreation/HR - Workplace Wellbeing Ambassador Program to assist in the recruitment of UBC faculty and staff interested in the program.

How does the HealtheSteps™ Program work?

All HealtheSteps sessions and activities occur virtually. Participants are recruited for the program through social media, family physician referral or other avenues of outreach at UBC. Participants are screened prior to being enrolled in the program to ensure it is safe for them to participate. After the screening session, participants are matched with a coach and the sessions begin. The first session is an introductory (baseline) session focusing on preparing the participants for the next 6 sessions over the next 6 months. The sessions are highly interactive, with the coach working with the participant to create prescriptions (Rx) in the areas of:

1. **Exercise Levels** – By completing an innovative STEP™ Test, the coach and participant will identify the participant's personal fitness level and work towards improving this by increasing time spent doing moderate to vigorous activity.
2. **Physical Activity Levels** – Participants will work towards increasing their daily step counts by small increments up to 10,000 steps/day.
3. **Healthy Eating** – Using the Mediterranean Diet Pyramid and Canada's Food Guide, participants will work towards meeting recommendations for healthy eating
4. **Mindfulness** – Participants work through various mindfulness techniques with their coach to improve their mental and physical wellbeing.

Each session has evidence-based resources to support the participant making changes to their lifestyle.

How do you refer your patients?

If you are interested in referring your patients to our program, we will provide you with recruitment assets (i.e. digital waiting room posters, social media posts, handouts) that you can provide to your patients. Your patients can then contact the research team directly to join the program!

Have further questions? Please contact the HealtheSteps research team at:

health.e.steps@ubc.ca