

## What are the benefits to participating in the study?

- ★ You will receive personalized information about your risk factors for diabetes.
- ★ You will learn about ways to prevent chronic diseases like diabetes.
- ★ You will receive information about community resources and will be given the option to participate in activities including nutrition, physical activity, & quit smoking programs
- ★ You will learn ways to keep yourself and your family healthy in your community.

## What are the risks to participating in the study?

- ★ The blood test may cause some temporary discomfort when the needle is inserted. There is a small risk of bruising, swelling and infection. Some people may feel faint or dizzy.
- ★ There is a risk that the questionnaire may classify you as at risk for diabetes when you are not, or it may predict that you are at low risk when you are not. This may cause you unnecessary worry.

## Want more information the study?

To find out more about the Prediabetes Research Project Please call Danielle Papineau at 604-267-4413

Or send an email to:  
[prediabetesresearch@vch.ca](mailto:prediabetesresearch@vch.ca)

The research project is funded by the Public Health Agency of Canada.



Vancouver Coastal Health

Public Health Agency of Canada

### HEALTHY LIVING PROGRAM

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A vertical poster with a green border. At the top is a map of Canada in blue. Below the map is a blue wavy banner with the word "CANRISK" in large, bold, white letters. Underneath the banner is the text "An Invitation to participate in a research study about your risk of developing type 2 diabetes." in blue. At the bottom is the Vancouver Coastal Health logo and the text "Vancouver Coastal Health Healthy Living Program".

**CANRISK**

An **Invitation** to participate in a **research study** about your **risk** of developing **type 2 diabetes**.

Vancouver Coastal Health  
Promoting wellness. Ensuring care.

**Vancouver Coastal Health  
Healthy Living Program**

# CANRISK *The* *Canadian Diabetes Risk* *Assessment Questionnaire*

The **Healthy Living Program** invites you to join a research study.

The research will help develop an "easy to use" questionnaire to predict the risk of developing Type 2 diabetes.

The information provided in this brochure can help you decide if you would like to participate in the study.

Participation is completely up to you and there is no cost.

Participants will receive a small amount of money to be involved in the study.

**The Healthy Living Program values your privacy. Your participation in the study & results will be kept confidential.**

## Who can take part in the study?

You may take part in the study if you answer **YES** to all of the following:

- You are between 30 and 74 years of age
- You do **NOT** have Type 1 or Type 2 Diabetes
- You are **NOT** pregnant
- You are willing to carefully read and sign the consent form to participate in the study.

## What will happen if you take part in the study?

If you agree to take part in the study you will be asked:

- ★ To fill out a short questionnaire about your risk factors for diabetes.
- ★ To have a blood test called an Oral Glucose Tolerance Test (OGTT). The test requires that you **fast overnight** (nothing to eat for at least 8 hours). You can drink water.
- ★ A blood sample will be taken from your arm. You will then be given a sweet orange drink and asked to **wait for 2 hours**. A second blood sample will then be taken from your arm.
- ★ Following the blood test, your physician or a health care professional will contact you to discuss the results of the test.