SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

Are you at Risk of Diabetes?

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You could be one of the 1.8 million Canadians who have diabetes and don't know it. It's important to know the risk factors, symptoms and get tested so you can get the support you need to live well.

Know your Risk → **Spot the Symptoms** → **Get Screened**

Risk Factors

Understand your personal risk factors by taking the CANRISK test & get personalized suggestions on how to reduce your risk

www.healthycanadians.gc.ca/en/canrisk

Type 1

- Having a parent or sibling with type 1 diabetes

Type 2

- Family history of diabetes
- Over the age of 40
- Being of African, Arab, Asian, Hispanic, Indigenous, or South Asian descent
- High blood pressure, chloresteral or BMI
- Having conditions such as prediabetes, PCOS, schizophrenia, depression, bipolar disorder, obstructive sleep apnea

Gestational (during pregnancy)

- 35 years of age or older
- Being of African, Arab, Asian, Hispanic, Indigenous, or South Asian descent
- Use corticosteroid medication
- Gave birth to a baby that weighed more than 9 pounds
- A BMI of 30 or higher before pregnancy
- Having prediabetes or had gestational diabetes in a previous pregnancy
- Having a parent, brother or sister with type 2 diabetes
- Having PCOS

Symptoms of diabetes

Symptoms of diabetes show up differently in everyone. Spot the signs so you can advocate for yourself.

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Frequent tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection
- Diabetes ketoacidosis (DKA)

If you suspect you have symptoms of diabetes, seek medical attention as soon as possible. These signs could lead to a serious life-threatening situation.

Screening

Regular screening is important as you may have no symptoms, especially in the early stage of diabetes. The earlier you are diagnosed, the sooner you can take action and get the support you need.

Types of Screening Tests

Your provider can test for diabetes one of four ways.

1. Fasting blood glucose test
2. Random blood glucose test
3. A1C test
4. Oral glucose tolerance test

When to be screened

Anyone over the age of 40 should be screened for diabetes every three years. If you have one or more risk factors, you should be screened earlier and more frequently.

Need a local family doctor?

Join the Health Care Connect waitlist (You do not need to leave your family physician to join).

Ontario.ca/healthcareconnect

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Have you been diagnosed with Diabetes or Pre-Diabetes?

Don't worry! There are many supports available for you across South Georgian Bay. Flip the page to explore our pathway to support and find free programs, education and services to help you live well with diabetes.

Version 1: Last updated October 2026

Living Well with Diabetes

Your pathway to support in South Georgian Bay

Free programs, education and services to help you manage your diabetes and improve your health.

View document online

Are you...
- Living with diabetes
- At risk for diabetes
- A family member or caregiver

Get the support that's right for you
Explore free programs, education and resources available in South Georgian Bay

Better health, stronger you.
Build knowledge, confidence and skills to live well with diabetes.

Diabetes Education Programs

Work one-on-one with diabetes educators

Georgian Bay Family Health Team

186 Erie St., Suite 100
Collingwood

705 - 444 - 5885

South Georgian Bay Community Health Centre

14 Ramblewood Dr., Suite 202
Wasaga Beach

705 - 422 - 1888

Services Include:
- Individual consultations
- Blood glucose monitoring education
- Medication & insulin support
- Healthy eating & nutrition counselling
- Physical activity guidance
- Diabetes self-management education
- Insulin pump education & funding

Education and Peer Support Groups

Learn, connect and share with others

Discussing Diabetes

Workshops covering topics related to managing prediabetes and diabetes including medications, exercise, nutrition, mental health and preventing complications

Living a Healthy Life with Chronic Conditions

6 week virtual skill building program to manage diabetes and other chronic conditions

New programs are offered regularly. Check with the South Georgian Bay Community Health Centre for current offerings

www.southgeorgianbaychc.ca/programs/

705 - 422 - 1888

Additional Resources

Other options for support

Diabetes Canada

Find trusted information, resources, advocacy and support

www.diabetes.ca

1-800-BANTING (226-8464)

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Connect with a navigator to learn about additional supports available in your area.

www.211ontario.ca

2-1-1

South Georgian Bay Navigation

Explore 3 different ways to connect to local resources on our navigation page

www.southgeorgianbayoht.ca/community-wellness/

Community Paramedicine Home Visit Program

Community paramedics provide comprehensive in-home assessments

www.simcoe.ca/residents/paramedic-services/community-paramedicine/

When to seek emergency medical attention:

The following symptoms can signal "Diabetes Ketoacidosis" (DKA), which can be very dangerous, and even life-threatening:
- Being very thirsty.
- Urinating often.
- Having belly pain.
- Feeling a need to throw up and throwing up.
- Being weak or tired.
- Being short of breath.
- Having fruity-scented breath.
- Being confused.

Most Services are FREE and available to everyone in South Georgian Bay

Ask your healthcare provider for more information

Version 1: Last updated October 2026

DIABETES PROGRAMS & SUPPORTS IN SOUTH GEORGIAN BAY

Information for Patients, Families, Caregivers and Community Partners

Living Well with Diabetes

If you are living with diabetes, pre-diabetes, or gestational diabetes, a variety of free programs and services are available throughout South Georgian Bay to help you manage your health, build confidence, and connect with professional support. Services are available to residents of Collingwood, Wasaga Beach, Clearview Township, and The Blue Mountains.

You Are Not Alone

Managing diabetes can be challenging, but support is available. Diabetes educators, dietitians, healthcare providers, and community organizations throughout South Georgian Bay are here to help you live well with diabetes.

Diabetes Education Programs

Diabetes Education Programs provide support for individuals living with:

- Pre-diabetes
- Type 1 Diabetes
- Type 2 Diabetes
- Gestational Diabetes

Services Include:

✓ Individual consultations
✓ Blood glucose monitoring education
✓ Medication and insulin support
✓ Healthy eating and nutrition counselling
✓ Physical activity guidance
✓ Diabetes self-management education
✓ Insulin pump education and funding support

Georgian Bay Family Health Team

Register through self-referral or referral from primary care provider

705-444-5885 ext. 6203

186 Erie Street, Collingwood

www.gbfht.ca/diabetes-main/

South Georgian Bay Community Health Centre

Register through referral from primary care provider

705-422-1888

14 Ramblewood Drive, Unit 202, Wasaga Beach

www.southgeorgianbaychc.ca/services/client-services/

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SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

Education and Peer Support Groups

Community-based education and peer support opportunities may be available throughout the year.
Benefits include:
✓ Learning from others living with diabetes
✓ Sharing experiences and practical tips
✓ Building confidence in self-management
✓ Access to healthcare professionals and educators

Living a Healthy Life with Chronic Conditions

- Offered virtually through ZOOM. Pre-registration using the link or phone number below required.
- 6 week program for anyone living with a chronic condition including diabetes, heart, & lung disease.
- Learn skills to help better manage symptoms and support daily activities. Topics include fatigue management, mind-body connection, action plans, problem-solving, dealing with difficult emotions, physical activity and preventing falls, healthy eating, pain management, communication skills, planning for the future and more.

www.southgeorgianbaychc.ca/program/9/ 705-422-0900 ext. 5108

Discussing Diabetes

- In-person group workshop covering topics related to managing prediabetes and diabetes including new developments in diabetes care, medications, exercise, nutrition, mental health and preventing complications.

www.southgeorgianbaychc.ca/programs/ 705-422-1888

Additional Resources

Diabetes Canada

Diabetes Canada offers:
✓ Educational resources
✓ Online learning opportunities
✓ Peer support information
✓ Advocacy and community resources
✓ Information about financial assistance programs

www.diabetes.ca
1-800-BANTING (226-8464)

2-1-1

Connect with a provincial navigator to learn about additional supports available in your area.

www.211ontario.ca
2-1-1

SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

South Georgian Bay Navigation Support

Explore 3 different ways to connect to local resources.

1. Search our local directory for resources and services based on keyword, topic or location
2. Call a provincial helpline
3. Contact our community navigator to get personalized suggestions for local resources or join our local waitlist for a family doctor

www.southgeorgianbayoht.ca/community-wellness/

705-444-5885

Community Paramedicine Home Visit Program

This program supports patients with chronic conditions to stay healthy and independent in their own homes by offering integrated, in-home care by Community Paramedics.
Community Paramedics work in collaboration with the patients primary care provider to perform:

- Wellness Checks
- Physical Assessments
- Vital Signs (including ECG)
- Patient Education
- Symptom Relief
- Remote Patient Monitoring
- Blood Work (Electrolytes, Blood Urea Nitrogen, Creatinine, Glucose, Hemoglobin, Hematocrit, INR, A1C)
- COVID-19 Testing
- Influenza and COVID-19 Vaccinations
- Medication Compliance and Administration

www.simcoe.ca/residents/paramedic-services/community-paramedicine/

Did you find this pathway to support helpful?
Scan the QR code to share your feedback or visit:
https://forms.cloud.microsoft/r/ECLBDvc4hZ

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