

# BRIGHT LIGHTS AWARDS



2019

## **Nomination**

### **Comprehensive team-based care**

**Trent Hills Family Health team**

#### **Trent Hills Family Health Team Nutrition Program, Helping people prevent or reverse lifestyle disease**



Through the use of whole minimally processed foods and behavioural change we have been able to help people lose weight and reverse lifestyle disease including but not limited to diabetes, high blood pressure, inflammatory disease and cholesterol panel, through the use of whole minimally processed food, lifestyle change and intermittent fasting . One of our Nurse Practitioner recently conducted research on how to best provide obesity and lifestyle disease care in the primary care setting with nutrition programming. In collaboration with other Mds and Nps and nutrition coach, she has created this very effective program