



## **MEDIA RELEASE**

### **Black Creek Community Health Centre Recognized by Government of Canada for Innovative Type 2 Diabetes Prevention Program**

**Northwest Toronto, May 2026...**Black Creek Community Health Centre and Kinvia were named as Grand Prize Winners, receiving \$1.25 million each, from the Public Health Agency of Canada, for the Canada's Diabetes Prevention Challenge.

On behalf of the Minister of Health, the Honourable Sonia Sidhu, MP, Brampton South, announced two grand prize winners: Black Creek Community Health Centre and Kinvia, who are recognized for the long-term potential of their diabetes prevention programs to support people at risk of developing type 2 diabetes.

Diabetes is a common chronic condition, and the risk of developing type 2 diabetes can be attributed to multiple factors, including social, economic, environmental, and genetic factors. Type 2 diabetes persistently ranks among the top three chronic diseases in Northwest Toronto.

As a community health centre, Black Creek CHC connects clients with programs and services addressing health and social needs by collaborating with local community partners. Black Creek CHC launched the digital Health Coaching to Wellness program, which is co-designed with the community, in partnership with NexJ Health, and delivered by peers with lived experience, to help prevent type 2 diabetes in the community. NexJ Health trained and supervised Community Health Coaches, equipping them with tools and support to deliver effective, evidence-informed care.

The program connected more than 200 community participants to trained peers, with more than 300 video coaching calls and 8000 secure messages exchanged between community coaches and clients. Participants were enthusiastic about the program and their diabetes risk scores, as measured by the CANRISK tool, which produced measurable reductions.

This work builds upon lessons learned during the pandemic - trusted community voices save lives, and culturally responsive outreach is essential to achieving health equity. Community Health Coaches are trained in motivational interviewing to provide community clients with practical, culturally relevant coaching guidance which is rooted in trust.

Cheryl Prescod, Executive Director, Black Creek Community Health Centre accepted the recognition on behalf of the staff, partners, health coaches, and community members who continue to shape this important work.

*“This recognition validates what communities have always known - health solutions are most effective when they are built in collaboration with community, rooted in trust, and designed to reflect people’s real lives and realities. This model works well in this community, and it will work well in any community.”*

- Cheryl Prescod, Executive Director, Black Creek CHC

### **About Black Creek Community Health Centre**

Black Creek Community Health Centre (BCCHC) is a respected multi-service agency serving Toronto’s Northwest and adjacent communities since 1989. BCCHC partners with individuals, families, and organizations to deliver comprehensive healthcare services and programs, providing high-quality care where it’s needed most. Known for its holistic approach, BCCHC collaborates with government, healthcare, and community partners to meet the unique needs of its diverse community in a culturally responsive and safe manner.

### **About NexJ Health**

NexJ Health Inc., is a provider of patient-facing population health management solutions, specializing in personalized health coaching and self-management tools. Our AI-enabled platform, NextJ Connected Wellness, empowers individuals to take control of their health by offering tailored interventions, goal-setting, and real time support across various health conditions. With a focus on improving outcomes and reducing costs, NexJ Health integrates evidence-based practices with cutting edge technology to deliver a seamless experience for patients, healthcare providers, and organizations. For more information about NexJ Health, visit [nexjhealth.com](http://nexjhealth.com), email [info@nextjhealth.com](mailto:info@nextjhealth.com), or call 416-227-3700.

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***(left to right) Daniela Liggio, NexJ Health; Michelle Westin, Black Creek CHC; Program Representative, Kinvia; Mapy Villaudy, Kinvia; Hon. Sonia Sidhu, MP, Brampton South; Cheryl Prescod, Black Creek CHC; Hon. Judy Sgro, MP, Humber River-Black Creek; Noah Wayne, NexJ Health.***