Purpose
- To evaluate PEP Talk: Diabetes, Healthy Feet and You in terms of impact on self-management behaviours and foot complications; development of a network of dedicated Peer Leaders and HCPs; knowledge gained; satisfaction with community workshops; and portal use.

Methods
With ongoing input from a national interprofessional Expert Advisory Group (EAG)
- HCPs and Peer Leaders were recruited in 12 communities in 10 provinces
- Curriculum was developed for the training event for HCPs and Peer Leaders for the community workshops
- A face-to-face training event was conducted
- A web portal was developed
- Peer Leaders and HCPs
- Developed individualized outreach action plans for their communities and conducted regular community educational workshops
- Were supported throughout the program by the PEP Talk team through conference calls, email, e-tips.

Results
62 workshops were conducted in 12 sites in 10 provinces within the 12 months of the program
- Self-management behaviour change:
  97% of interviewed workshop participants indicated that they altered specific self-management behaviours, e.g., checking their feet more frequently, wearing shoes inside the house, checking their blood sugar.
- Impact on foot complications:
  Of the community workshop participants who provided feedback up to a year after attending a workshop, only one person (3%) developed an ulcer and no one had an amputation.

Dedication of the Peer Leaders and HCPs:
- Peer Leaders and HCPs were volunteers and highly committed to bringing the program to their communities.

Participants’ knowledge:
- Community workshop participants’ knowledge increased from 7.6 to 8.4 out of 10 from pre- to post-workshop (based on combined feedback from 294 participants from 45 sites).

Community workshops valued:
- Community workshop participants endorsed the program and were enthusiastic about the opportunity to hear the stories of the Peer Leaders and to learn about self-management from them.

Future plans for PEP Talk
A licensing model has been developed for PEP Talk, Healthy Feet and You to expand it across Canada and train more volunteers in different communities.

References