

The goal of the Anishnawbe Diabetes Awareness and Prevention Program is to increase awareness by providing families with information , resources and support to control and prevent diabetes within the Aboriginal community.

What you should know about Diabetes:

- The diet of First Nations people is thought to one of the causes of diabetes. As traditional hunters and gatherers, Aboriginals do not efficiently process the rich foods we eat today.
- People of Aboriginal descent are 3 to 5 times more likely to develop diabetes.
- 2 of every 3 affected persons are female.
- First Nation children as young as 5 years old are being diagnosed with Type 2 diabetes.
- Women with gestational diabetes are at a higher risk for developing diabetes later in life.

The project has been funded by the Ontario Ministry of Health and Long Term Care.

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ABORIGINAL DIABETES EDUCATION PROJECT



*A Voice for Aboriginal Women
and their Families*

ABORIGINAL DIABETES AWARENESS

At one time, diabetes was unknown to First Nations, Métis and Inuit Communities. Now, more and more Aboriginal people have diabetes.

This has resulted in an increase:

- in the rate of cardiovascular disease, heart attacks, strokes, etc.
- in dialysis starts with kidney disease
- in the rate of lower extremity amputations
- in the rate of blindness

Signs That May Indicate Diabetes:

- Lack of energy
- Unusual and extreme thirst
- Frequent urination, blurred vision or unusual weight loss
- Frequent infections
- Cuts and bruises that heal slowly

Early diagnoses is important. Have your health provider perform a diabetes screening test today!

THE THREE TYPES OF DIABETES

Type 1: is when your body cannot make insulin and happens mostly in children. People with Type 1 diabetes must administer daily injections and carefully monitor their blood sugar levels, physical activity and food intake.

Type 2: is when your body either does not make enough insulin or for some reason cannot properly use the insulin it makes. Most people who have diabetes have Type 2. Management of diabetes includes healthy eating, regular physical activity and monitoring of blood sugar levels. People with Type 2 diabetes may also require daily oral diabetes medication and/or insulin by injection.

Gestational diabetes: occurs when the body is not able to properly use insulin during pregnancy. It is a temporary condition and goes away after the baby is born. However, both mother and child are at risk of developing Type 2 diabetes.

OBJECTIVES:

Our objectives are:

- To increase awareness of diabetes and its affect on Aboriginal people and their communities
- To develop and implement education programs for diabetes awareness
- To develop and provide resources in a culturally appropriate manner
- To assist in developing support groups for First Nations people



Management of Diabetes includes an active lifestyle, eating healthy meals, a positive attitude and walking a balanced life.