

ABORIGINAL DIABETES INITIATIVE



Managing & Understanding
Your Diabetes and Nutrition



A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre^{INC.}

What is the Aboriginal Diabetes Initiative?

The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens.

We focus on:

- healthy eating
- physical fitness
- risk factors
- screening
- diabetes management

Why do I need ADI?

Your diabetes is not going to go away, and if you ignore it, it will be difficult to live a fun and fulfilled life. Diabetes can cause many difficulties, and even death. But with proper care and attention to your diabetes, you can live happy and healthy.

What is diabetes?

Diabetes is a disease in which the body does not make or use the insulin hormone properly. This inability affects the blood sugars in your body, and can cause many difficulties, including heart and eye diseases, stroke, kidney damage and nerve damage.

The good news is you can manage diabetes through a healthy lifestyle and, possibly, medication. Even better, it's often possible to avoid diabetes through a healthy lifestyle, including nutritious food, active habits, and stress management.

It's important to visit us if you or a family member have common diabetes symptoms, such as:

- unusual thirst
- frequent urination
- extreme fatigue
- blurred vision
- tingling or numbness in hands or feet
- problems with erections
- cuts and bruises that heal slowly

ADI objectives:

When you know how to take care of your body, it's possible to live a happy life with diabetes. The treatment and care we offer is in accordance with Manitoba Diabetes Care guidelines. We'll teach you what's happening in your body, and how to maintain healthy blood sugar levels.

We can also provide support in Cree!

ADI services include:

- nutrition, exercise and wellness advice
- foot care referrals and retinal screening
- telehealth services
- home visits

ADI highlights:

We focus on diabetes in a number of ways. We conduct workshops in our schools, youth centre and at the Wellness Centre. We have group activities, contests and challenges. Diabetes management should be educational and fun!

ADI participants enjoy:

- the NCN Biggest Loser Competition
- raised gardening beds for community use
- free healthy breakfasts
- free NCN gym memberships
- friendship and support from other diabetic Citizens

As of 2017, 155 NCN Citizens have registered themselves as diabetic with the ADI program. 56 are men and 99 are women.



About The NCN Family and Community Wellness Centre and the Diabetes Program

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

**Call: (204) 484-2341
or visit: www.ncnwellness.ca**



How do I learn more about the Aboriginal Diabetes Initiative?

Please visit us at the NCN Family Wellness Centre. Or call us at (204) 484-2341.

We'll set up an appointment to determine how we can help you and your family.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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