

NEW BRUNSWICK

Diabetes Management & Support Resources

A Comprehensive Diabetes Strategy for New Brunswickers 2011-15

This comprehensive report provides rationale and main aspects of the Long-Term Diabetes Strategy developed for New Brunswick.

<http://www.gnb.ca/0053/phc/pdf/2011/8023-e.pdf>

Boucoucher First Nation-Maternal Child Health Program

The goal of the program is to reach out to parents and caretakers in the community and offer support and resources needed to promote healthy childhood growth and development.

Tel: (506) 627-4611, Fax: (506) 627-4613

<http://www.nsmc.ca/mch.html>

Canadian Diabetes Association – New Brunswick

The Canadian Diabetes Association leads the fight against diabetes by helping people with diabetes live healthier lives while working to find a cure.

<http://bit.ly/1JmMU6S>

Canadian Institute for Health Information

The Canadian Institute for Health Information provides a series of interactive websites designed for different audiences to help them understand how well Canada's health system is performing.

<http://bit.ly/1utRLbz>

Diabetes Care Map of New Brunswick

This is an interactive website that contains various diabetes services and resources across the province for Aboriginal people living with diabetes.

caremapnb.ca/caremap

Eel Ground Health Wellness Centre

The Eel Ground Health Center services the Micmac (Mi'kmaq) community with a population of approximately 900 members (approximately 600 on-reserve residents) located on the Miramichi River in Northern New Brunswick.

The community comprises of three reserves: Eel Ground #2, Big Hole Tract #8 (south half), and Renous #12.

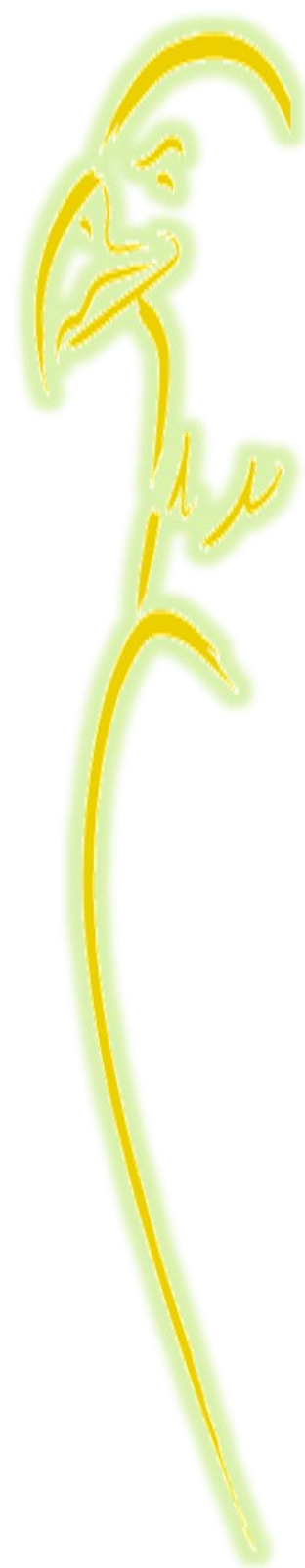
Tel: (506) 627-4664, Fax: (506) 627-4715, www.eelgroundhealthcentre.com

Fort Folly First Nation

This band provides organized walks, nutrition programs, diabetes awareness and healthy lifestyle promotion activities, foot care clinics, and recipe exchanges.

Tel: (506) 379-3400, Fax: (506) 379-3408

www.fortfolly.nb.ca/



Diabetes Management & Support Resources

Health Publications and Statistics of New Brunswick

This website provides public health publications and statistics from A to Z. The website hosts 'Comprehensive Diabetes Strategy' and 'Chronic Disease Framework' documents developed by the province.

<http://www.gnb.ca/0051/pub/index-e.asp>

Madawaska Maliseet First Nation

The community offers nutrition programs, foot care clinics, diabetes screening and management programs and many diabetes prevention activities.

www.madawaskamaliseetfirstnation.com/welcome.html

New Brunswick Health Indicators

A population health bulletin published by the Office of the Chief Medical Officer of Health, June 2012.

<http://bit.ly/1yMQCDO>

New Brunswick Health Council

The New Brunswick Health Council fosters transparency, engagement, and accountability by engaging citizens in a meaningful dialogue, measuring, monitoring, and evaluating population health and health service quality, informing citizens on health system's performance and recommending improvements to the Minister of Health.

Tel: (506) 869-6870, Toll-Free: 1-877-225-2521, Fax: (506) 869-6282

Email: info@nbhc.ca

<http://www.nbhc.ca>

St. Mary's First Nation Health Services

The community provides workshops for Aboriginal people living with diabetes on diabetes prevention/management and administers primary health services.

Tel: (506) 458-9511, Toll-Free: 1-888-445-6644, Fax: (506) 462-9491

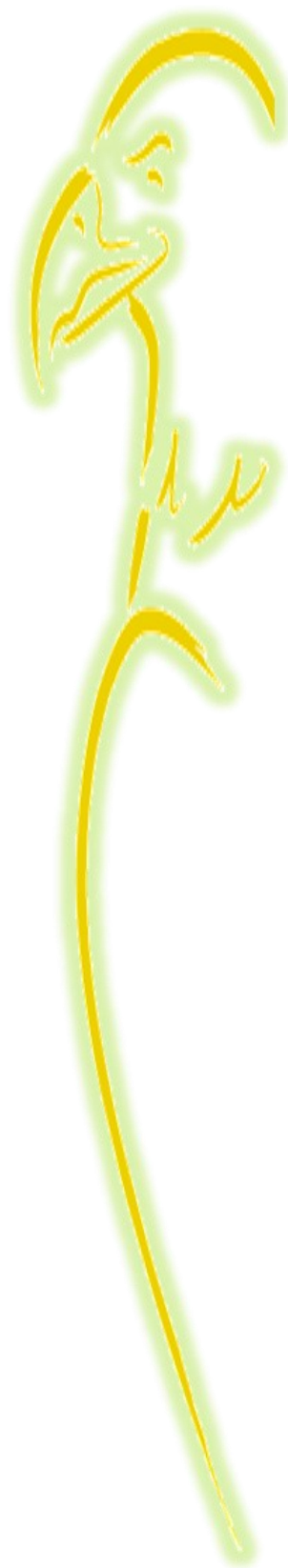
www.stmarysfirstnation.com/

Woodstock First Nations Health Centre

The health centre organizes diabetes workshops and administers foot care clinics, nutrition programs and walking clubs.

Tel: (506) 328-3303, Fax: (506) 328-2420

<http://www.woodstockfirstnation.com/>



Physical Activity, Nutrition, Healthy Weights

Building Opportunities Opening Students Tomorrows (BOOST)

BOOST is a collaboratively built school-year program. The program was developed with the help of university students from the Faculty of Kinesiology at the University of New Brunswick who assisted teachers and staff at the Chief Harold Sappier Memorial in St. Mary's First Nation to develop and implement physical education during school hours as well as physical activity during lunch and after school hours.

Tel: (506) 447-3231, Fax: (506) 543-3511, email: tymowski@unb.ca

Fitness New Brunswick

Fitness New Brunswick is a not-for-profit organization that develops and promotes certification in fitness while being an advocate for active living and physical activity as a means of disease prevention.

Tel: (506) 453-1094, Fax: (506) 453-1099

<http://fitnessnb.ca/>

Healthy Eating Physical Activity Coalition (HEPAC)

Founded in 2003, HEPAC is a network of organizations and individuals working together to promote healthy active lifestyles for the people of New Brunswick.

Email: info@hepac-csaap.ca

<http://hepac.ca/>

New Brunswick Aboriginal Sport and Recreation Authority (NBASRA)

NBASRA is committed to guiding, mobilizing, and promoting a healthy active lifestyle by developing sport and recreation opportunities for Aboriginal People in New Brunswick.

nbasra.ca/

Oromocto First Nations-Wel-a-mook-took Health Centre

The health centre provides nutrition programs for Aboriginal people living with diabetes. Physical activity programs are also available.

Tel: (506) 357-2083, Fax: (506) 357-2628

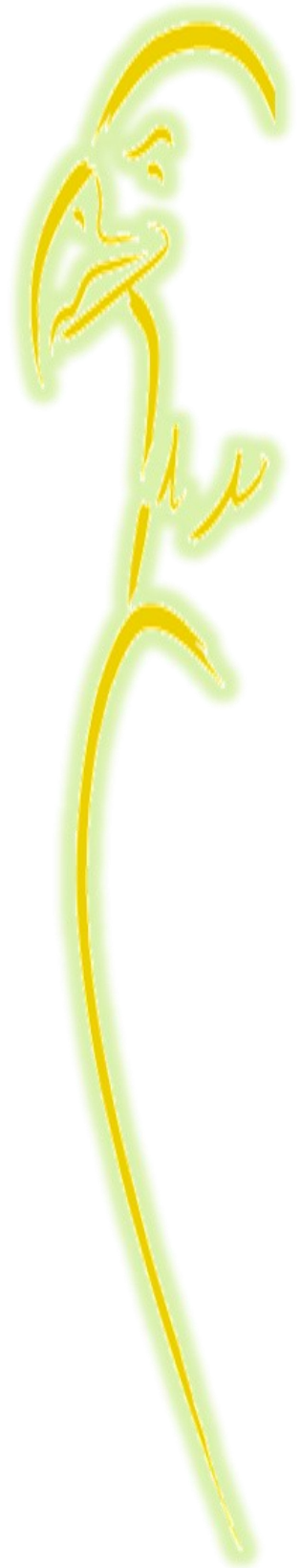
<http://www.ofnb.com/healthcentre.html>

Tobique Wellness Centre

The centre offers Physical Activity campaigns and nutrition workshops, and has fitness facilities on site. Community health kitchens are also available.

Tel: (506) 273-5430, Fax: (506) 273-5428, Email: twcentre@nb.aibn.com

www.tobiquehealthcenter.ca/



Bonus Resources

•Tobacco, Smoking & Diabetes, •Mental Health, •Foot Care
•Kidney Health, •Healthy Heart

Brunswick Podiatry Inc.

From routine checkups to treatments for surgery, Brunswick Podiatry, Inc. is equipped to handle all of your podiatric needs.

Tel: (506) 472-3668

<http://www.frederictonpodiatrist.com/library/1800/DiabetesandYourFeet.html>

Capital Region Mental Health and Addictions Association

The Capital Region Mental Health & Addictions Association is a strong advocate for persons with mental illness and their families.

Tel: (506) 458-1803, Fax: (506) 443-9001

<http://www.crmhaa.ca/>

Heart and Stroke – Taking Control

Taking Control is a resource developed by Heart & Stroke Foundation of Canada that raises awareness of risk factors for heart disease and stroke and provides tips to lower these risks.

<http://bit.ly/1C97g11>

Lung Association – New Brunswick

The New Brunswick Lung Association is a charitable organization dedicated to good health through the prevention of lung disease and the promotion of wellness by advocacy, with education, and through research.

Tel: (506) 455-8961, Toll-Free: 1-800-565-5864, Fax: (506) 462-0939

Email: info@nb.lung.ca

http://www.nb.lung.ca/html/Programs/Smoking/smoking_cessation.htm

Mental Health Services of New Brunswick

Mental Health Services oversees the operation of 14 Community Mental Health Centres, and administers purchase-of-service contracts with regional hospital corporations for eight psychiatric units, one child and adolescent psychiatric unit and two institutions throughout the province.

<http://www.gnb.ca/0055/mental-health>

YMCA Fredericton – Y's Hearts

The Y's Hearts Program is designed for those who have been diagnosed with heart disease and/or those with one or more risk factors for heart disease. This heart-healthy program focuses on preventing coronary heart disease and reducing associated risk factors through improved fitness and general health.

Tel: (506) 462-3000 ext: 0, Fax: (506) 462-3007

<http://bit.ly/1A1tJMJ>

