



NEWFOUNDLAND AND LABRADOR

Diabetes Management & Support Resources

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 in each province.

<http://bit.ly/1t3rhwg>

Centre for Health Information

The centre provides health and statistical information to health care professionals, general public, researchers, and decision-makers within the health system of the province.

Tel: (709) 752-6000, Fax: (709) 752-6011, Email: communications@nlchi.nl.ca

<http://www.nlchi.nl.ca/>

Cost of Diabetes in Newfoundland and Labrador

This report provides information on economic costs of diabetes in the province, including the impact of lost productivity on the economy. The report also evaluates the potential benefits of initiatives designed to delay or prevent the onset of type 2 diabetes and reduce the occurrence and severity of complications arising from the disease.

<http://bit.ly/11vwQ16>

Department of Health and Community Services

The department provides information on many chronic diseases including diabetes. The information is relevant to health care professionals working in the field of diabetes and for Aboriginal people living with diabetes. Tel: (709) 729-4984, Email: healthinfo@gov.nl.ca

<http://www.health.gov.nl.ca/health/links/index.html>

Diabetes in Newfoundland and Labrador Report

The goal of this report is to provide information and specific data on prevalence of diabetes and its complications in the province.

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

Eastern Health Newfoundland and Labrador

Eastern Health is the largest integrated health organization in Newfoundland and Labrador. They provide a wide range of health services to a regional population of more than 300,000 and are responsible for a number of unique provincial programs.

Healthline: 1-888-709-2929

www.easternhealth.ca





Diabetes Management & Support Resources

First Nations of Quebec and Labrador Health and Social Services Commission

This organization provides information on healthy living and chronic disease management. The information on the website can be used by health care professionals and Aboriginal people living with diabetes.

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

Inuit Community of Makkovik Health Program

The organization administers nutrition programs, awareness, promotion, foot care clinics, community kitchens, glucose monitoring, and pre-natal education.

Tel: (709) 923-2221, Email: info@makkovik.ca

<http://www.makkovik.ca/home/>

Newfoundland and Labrador HealthLine

HealthLine – a new way to help you manage your health. HealthLine will connect you with an experienced, registered nurse. It is available 24 hours a day, 7 days a week, and 365 days a year. The team of registered nurses will give you the health advice and information you need when you need it.

Toll-Free: 1-888-709-2929

<http://yourhealthline.ca/en/index.html>

Newfoundland and Labrador Centre for Applied Health Research (NLCAHR)

NLCAHR's mission is to contribute to the effectiveness of the health and community services system of Newfoundland and Labrador and to the physical, social, and psychological health and well-being of the province's population by supporting the development and the use of applied health research.

Tel: (709) 777-6993, Fax: (709) 777-6734, Email: nlcahr@mun.ca

<http://www.nlcahr.mun.ca/>

Newfoundland and Labrador Dental Association

The association serves the interests and goals of its members through advocacy, professional development and knowledge exchange to advise the dental profession. The association may also help you find a dentist.

Tel: (709) 579-2362, Fax: (709) 579-1250, Email: nfdental@nfld.net

www.nlda.net

Newfoundland and Labrador Public Health Association

The Newfoundland & Labrador Public Health Association (NLPHA) is an independent, voluntary, not-for-profit provincial advocacy group comprised of health care professionals, community members, and affiliated organizations who promote and support public health.

Tel: (709) 364-1589, Email: info@nlpha.ca

www.nlpha.ca





Diabetes Management & Support Resources

Nunatukavut

The organization administers walking clubs, fitness programs, nutrition programs and promotes diabetes awareness and healthy lifestyles.

Tel: (709) 896-0592, Fax: (709) 896-0594, Email: admin@nunatukavut.ca

<http://www.labradorMétis.ca/home/74>

NunatuKavut - Learning for Life - Preventing Diabetes Project

The project aims to raise awareness of the seriousness of type 2 diabetes and its risk factors, prevent type 2 diabetes by promoting healthy lifestyle choices and offer culturally appropriate programs and services. The overall goal is to engage community residents and provide them with education on how they can live a healthier life and prevent this horrible disease from ever happening to them.

http://www.nunatukavut.ca/home/aboriginal_diabetes.htm

Western Health Links

This is a web portal of various health links and information on healthy living as well as resources to prevent chronic disease such as type 2 diabetes.

<http://www.westernhealth.nl.ca/index.php/Partners/links>

Youth Retention and Attraction Strategy

The strategy is designed to engage young people to help maintain and strengthen the quality of life from early on and increase access to services for them across all regions and communities in Newfoundland and Labrador.

<http://youth.gov.nl.ca/strategy/quality-of-life.html>

Physical Activity, Nutrition and Healthy Weights

Aboriginal Sport and Recreation Council's You Go Girl...!

You Go...Girl! is a community based program designed to provide young Aboriginal girls with opportunities to participate in physical activity within their communities. You Go... Girl! is offered through the Aboriginal Sport and Recreation Council of Newfoundland and Labrador.

Tel: (709) 896-9218, Fax: (709) 896-9211

Email: asrcnl@nf.aibn.com

<http://www.asrcnl.ca/home/>





Physical Activity, Nutrition and Healthy Weights

Eat Great and Participate

Eat Great and Participate aims to raise awareness about the importance of physical activity and healthy eating and to increase the availability of healthy food and beverage choices in recreation, sport and community facilities and at events across Newfoundland and Labrador.

Tel: (709) 729-4432, Fax: (709) 729-7778

<http://www.livinghealthyschools.com/eatgreat.html>

Food Education Action – St. John’s (FEASt)

FEASt is all about bringing change from the ground up to our local food system. Please take some time to check out the website – learn more about who we are, our projects & events, and how YOU can get involved! Visit the website for lots of inspirational and useful information about everything urban gardening related. FEASt is a collective, collaborative, community effort.

Email: local.feast@gmail.com

www.feastnl.ca

Food Security Network of Newfoundland & Labrador (FSN)

FSN is a provincial, membership-based, not-for-profit organization which was founded in 1998 in response to growing concerns about hunger and poverty in the province. FSN’s mission is to actively promote comprehensive, community-based solutions to ensure physical and economic access to adequate and healthy food for all.

Tel: (709) 237-4026, Fax: (709) 237-4231, Email: info@foodsecuritynews.com

www.foodsecuritynews.com

Newfoundland and Labrador College of Dietitians

The Newfoundland and Labrador College of Dietitians (NLCD) regulates and ensures competence of 160 registered dietitians in Newfoundland and Labrador. NLCD is dedicated to ensuring that the public receives ethical, competent care and service.

Tel: (709) 753-4040, Toll-Free: 1-877-753-4040, Fax: (709) 781-1044

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

Recreation Newfoundland and Labrador (RNL)

This is a province-wide, not-for-profit organization established in 1971 to promote the values and benefits of recreation. In partnership with volunteers and the professional recreation community, RNL has worked to improve the quality of recreation for Newfoundlanders and Labradorians for over 40 years.

Tel: (709) 729-3892, Fax: (709) 729-3814

Email: info@recreationnl.com

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





Bonus Resources

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

Kidney Foundation of Canada - Atlantic Canada

The Kidney Foundation of Canada is the national volunteer organization committed to reducing the burden of kidney disease. The local chapter of the organization is committed to reducing and preventing kidney disease for citizens of the province.

Tel: (506) 453-0533, Toll-Free: 1-877-453-0533, Fax: (506) 454-3639

Email: kidneyatlantic@kidney.ca

<http://www.kidney.ca/page.aspx?pid=2187>

Newfoundland and Labrador Heart Health Program

The program aims to improve and reduce the rate of heart disease in the province.

Tel: (709) 729-3939, Fax: (709) 729-5824

Email: NHHP@infonet.st-johns.nf.ca

<http://www.cwhn.ca/en/node/16847>

Newfoundland & Labrador Lung Association

The association assists, educates, and empowers individuals living with, or caring for others, with lung disease. The local chapter has many effective programs and services available to citizens of the province.

<http://www.nf.lung.ca/>

Mental Health and Addictions Division

The Mental Health and Addictions Division is responsible for providing leadership in the planning, development, implementation and evaluation of provincial policies and programs related to mental health and addictions in Newfoundland and Labrador.

Tel: (709) 737-4668, Toll-Free: 1-888-737-4668

<http://www.health.gov.nl.ca/health/mentalhealth/>

Podiatry Associates

Podiatry is a field of medical specialists who focus on the foot and ankle ailments of the lower extremities. Their area of expertise includes diagnosis, treatment and helping you to keep your feet healthy. These resources provide information on foot care services and on how to improve the foot health of citizens of the province. Tel: (709) 739-3338, Fax: (709) 739-4214, Email: admin@doyourfeethurt.ca

<http://www.doyourfeethurt.ca/podiatry/>

