



NORTHWEST TERRITORIES

Diabetes Management & Support Resources

At the Tipping Point: ***Diabetes in the Northwest Territories***

This report provides much needed statistics on diabetes and outlines best practices in the Northwest Territories. It is a very good source of information for health care professionals and researchers.

<http://bit.ly/1tSx84>

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/1xEBoAt>

Caring for Our People

This resource provides information on how the health and social services system is moving from multiple, regional health and social services authorities to an integrated system with regional representation and input.

http://www.hss.gov.nt.ca/sites/default/files/plans_to_improve_the_nwt_hss_system.pdf

Choose Northwest Territories

'Choose' is about the choices we can all make to be safer, feel better and enjoy life in the Northwest Territories. On this website you will find information about programs that the Government of the Northwest Territories supports to help residents make healthier choices.

Tel: (867) 920-3061, Toll-Free: 1-877-481-3035

Email: elaine_look@gov.nt.ca

<http://chosenwt.com>

Department of Health and Social Services

The Department of Health and Social Services contains links to various health websites and resources as well as information on chronic disease such as diabetes.

www.hlthss.gov.nt.ca/

Government of Northwest Territories

This resource provides information and resources regarding general health and accessing health services in the Northwest Territories.

GNWT Switchboard: (867) 873-7500

www.gov.nt.ca/



Diabetes Management & Support Resources

Institute for Circumpolar Health Research (ICHR)

ICHR focuses specifically on bringing people, facilities, and resources to bear on health-related research in the Northwest Territories, as well as on raising health and wellness issues throughout the region's communities and the broader circumpolar world.

Tel: (867) 873-9337, Fax: (867) 873-9338

www.ichr.ca

Northwest Prenatal Nutrition Program (CPNP)

CPNP supports the nutritional health of pregnant and breastfeeding women, with the goal of having healthy babies in the Northwest Territories.

www.nwtprenatal.ca

Not Us!

Not Us! is a program of the Government of the Northwest Territories' Department of Justice. It provides funding and support for groups who envision drug-free, healthy communities. It is designed to empower and support communities to combat local substance use and abuse. Launched in March 2010, Not Us! has funded campaigns in Hay River, Inuvik, Dettah, N'dilo, Fort Smith and Fort Liard.

Email: not-us@gov.nt.ca

<http://not-us.ca/>

NWT Health Authorities

This resource provides information on regional health authorities and services in areas which they cover.

www.hlthss.gov.nt.ca/english/our_system/authorities/default.htm

Physical Activity, Nutrition, Healthy Weights

Arctic Winter Games (AWG)

AWG is a primary organization responsible for organizing competitive games in Canada's north.

www.arcticwintergames.org/

Drop the Pop - Northwest Territories

The Drop the Pop Campaign encourages students and their families to consume healthier beverages and foods, learn new skills and knowledge for healthy eating, and to promote long-term healthier food intakes that maintain and improve overall well-being, and prevent obesity and chronic diseases later in life.

Tel: (867) 873-7925, Fax: (867) 873-3585, Email: healthpromotion@gov.nt.ca

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





Physical Activity, Nutrition, Healthy Weights

Food First Foundation

The Food First Foundation is a registered charity whose mission is to support nutrition education programs in schools with the goal to encourage a healthier population of children and youth for future generations.

Tel: (867) 444-8330, (867) 446-3785, Email: coordinator@foodfirst.ca

<http://foodfirst.ca/>

Get Active NWT

Get Active NWT is a program that encourages people to be more physically active by organizing or participating in local fun and enjoyable events. Community organizations can apply for small grants to organize and deliver physical activity events in their communities. The application form can be downloaded from the website below.

Tel: (867) 873-7757, Fax: (867) 920-6467

<http://chosenwt.com/programs/get-active-nwt-2/>

Northern Games Society (NGS)

NGS is a not-for-profit organization headquartered in Inuvik, Northwest Territories, that helps keep the Inuit (Inuvialuit) traditions of celebration, gathering, and sharing alive through the eponymous Northern Games.

Tel: (867) 777-7039, Fax: (867) 777-4023, Email: northerngames@gmail.com

<http://www.northerngames.org/>

NWT Sport and Recreation Council

This is an important organization in the Northwest Territories with the goal to increase physical activity among Northern residents as a means to combat chronic disease such as diabetes.

Tel: (867) 669-8383, Fax: (867) 669-8387

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

Sport North

Sport North represents the territorial sport organizations of the Northwest Territories. They are dedicated to the development of sport at every level of participation.

Tel: (867) 669-8326

<https://sportnorth.com/>

Taking the First Step: Deciding to Be Physically Active

This resource will help you think about your reasons for deciding to be more physically active and finding the motivation to stay active.

<http://chosenwt.com/wp-content/uploads/2013/12/nwt-physical-activity-toolkit.pdf>



Physical Activity, Nutrition, Healthy Weights

YWCA Yellowknife

YWCA Yellowknife builds safe and equitable communities where women, families and people living with disabilities and/or chronic disease can realize their full potential.

Tel: (867) 920-2777, Fax: (867) 873-9406, Email: info@ywcanwt.ca

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

Bonus Resources

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

A Shared Path Towards Wellness

This resource is a mental health and addictions action plan for the Northwest Territories for the years 2012-2015. <http://bit.ly/1ucYlqO>

Elders in Motion Training Gathering Program

The Elders in Motion Training Gathering Program brings together elders, recreation leaders, health care professionals, volunteers, youth and others interested in the physical fitness and well-being of older adults.

Tel: (867) 669-8375, Fax: (867) 669-6791, Email: admin@nwtrpa.org

<http://www.nwtrpa.org/elders-in-motion/training-gathering.htm>

Northwest Territories Health Status Report

This resource provides information about the state of people's well-being within the Northwest Territories population. The information contained in the report is intended for use by researchers, decision makers, NGOs, and general public. http://www.hss.gov.nt.ca/sites/default/files/nwt_health_status_report.pdf

Our Ancestors Never Smoked

This resource contains Elders' reflections about how tobacco has affected many Inuit communities and what can be done about it.

<http://bit.ly/1y1p2pa>

Patient Education Booklet Assembly Instructions

This resource consists of 4 pages of sketches that, when assembled properly, will create a booklet with proper foot care information and instructions.

<http://www.hrsa.gov/hansensdisease/pdfs/leappatientbooklet.pdf>