

NOVA SCOTIA

Diabetes Management & Support Resources

Bear River First Nation Health Centre

The band offers fitness programs, nutrition programs, school diabetes programs, diabetes awareness, healthy lifestyle promotion, foot care clinics, diabetes support groups, glucose monitoring, screening and medical follow-ups.

Tel: (902) 467-4197, Fax: (902) 467-0951

http://www.bearriverfirstnation.ca/Bear_River_First_Nation/Health_Centre.html

Caregivers of Nova Scotia

Caregivers Nova Scotia provides programs, services, information, and advocacy for caregivers. With ongoing support from the board of directors, allied organizations, and caregivers themselves, they are dedicated to providing recognition and practical assistance to friends and family giving care.

Tel: (902) 421-7390, Toll-Free: 1-877-448-7390, Fax: (902) 421-7338

Email: info@caregiversns.org

<http://caregiversns.org/>

Diabetes Care Program of Nova Scotia (DCPNS)

DCPNS is a trusted and respected program that values partnerships and supports integrated approaches to the prevention and management of diabetes. They envision a Nova Scotia where there are fewer cases of diabetes, complication rates for those with diabetes are reduced, and where all Nova Scotians with diabetes have access to the resources they need to live well.

Tel: (902) 473-3219, Fax: (902) 473-3911, Email: info@dcpens.nshealth.ca

<https://diabetescare.nshealth.ca/>

Eskasoni Community Health Centre

The centre provides various health services such as monitoring and optimizing weight, blood pressure, and glucose levels for Aboriginal people living with diabetes. As well, the clinic provides education sessions on diabetes complications prevention and general diabetes care.

Tel: (902) 379-3200, Email: info@eskasonihealth.ca

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

Health Connections

Health Connections is a service of the Guysborough Antigonish Strait Health Authority (GASHA). The website below hosts program links and current advocacy work. The goal is to connect you and your family to community health services, programs and resources. Also, the website features a wide range of services for all age groups, that promote ways to stay healthy and provide support and education for those with chronic conditions.

Tel: (902) 587-2991, <http://gashahealthconnections.ca>



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Health Data Nova Scotia

Formerly known as the Population Health Research Unit (PHRU). Health Data Nova Scotia (HDNS) is a cost recovery unit which acts as a resource to access provincial administrative health datasets aimed at facilitating research on health services, population health and clinical epidemiology.

Tel: (902) 473-5629

www.phru.dal.ca/index.cfm

Health and Wellness Department of Nova Scotia

The Department of Health and Wellness provides better health care for Nova Scotians and their families by offering programs and services that protect and promote health, and treat illness. The mission is to provide leadership to the health system for the delivery of care and treatment, prevention of illness and injury, and promotion of health and healthy living.

Tel: (902) 424-5200, Toll-Free: 1-800-670-4357, Fax: (902) 424-0720

<http://novascotia.ca/DHW/>

IWK Health Centre

The IWK Health Centre provides quality care to women, children, youth and families in the Maritime provinces and beyond. In addition to providing highly specialized (tertiary) care, the IWK centre also provides primary care services. The IWK is also engaged in leading-edge research; works to promote healthy lifestyles for families; and supports education opportunities for health care professionals and other learners.

Tel: (902) 470-8888, Toll-Free: 1-888-470-5888

<http://www.iwk.nshealth.ca/>

Native Council of Nova Scotia-Aboriginal Diabetes Awareness Program

The program's goal is to raise awareness and educate off-reserve Aboriginal peoples throughout Nova Scotia regarding diabetes prevention and management.

Tel: (902) 895-1523-ext:225, Toll-Free: 1-800-565-4372

<http://bit.ly/1wLe4tR>

North End Community Health Centre

The centre was founded in 1971 by a group of local residents in response to a need for health care services in North End Halifax. Located on Gottingen Street, they are in the heart of a unique and culturally diverse community.

The centre partners with many local community organizations and service providers to support community health. The centre also serves as an educational learning environment for students in the health profession.

Tel: (902) 420-0303, Fax: (902) 422-0859, Email: comms@nechc.com

<http://nechc.com/>



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Nova Scotia Klubs for Kidz

This youth program is operated by Millbrook First Nation. It includes a variety of activities for school children between the ages of 6-12 years old.

This program has been operating for 5 years with up to 52 children involved in one club. Tel: (902) 897-9199, Toll-Free: 1-800-693-3112, Fax: (902) 893-4785

<http://www.millbrookfirstnation.net/>

Nova Scotia Pharmacare

If people with diabetes can't afford the medications and supplies they need, there is a greater risk of developing complications. This program seeks to reduce that risk by assisting with the cost of diabetes medication and supplies, and by promoting a healthier, more active lifestyle.

Tel: (902) 429-6565, Toll-Free: 1-800-544-6191

<http://bit.ly/10W55ql>

Paqtnkek Health Centre

A variety of community health promotion, education and prevention programming are successfully delivered to the community at this bright, culturally distinct, inviting building Monday through Friday.

Tel: (902) 386-2048, Fax: (902) 386-2828

<http://paqtnkek.ca/community/departments/health/health-centre/>

Phoenix Youth Centre

Phoenix is a not-for-profit, community based organization located in Halifax which offers at-risk and homeless youth (ages 12 – 24) the opportunity to break the cycle of homelessness and find a better path. Phoenix Youth Centre supports at-risk and homeless youth with a range of programs and services, including healthy living, crisis intervention, counselling and housing support.

Tel: (902) 420-0667, Toll-Free: 1-866-620-0667, <http://phoenixyouth.ca>

Self Help Connection

The Self-Help Connection is a registered charitable organization established in 1987 to assist Nova Scotians to take control of their health by increasing their knowledge, skills, and resources for individual and collective action.

Tel: (902) 466-2011, Toll-Free: 1-866-765-6639, Fax: (902) 404-3205

Email: selfhelp@eastlink.ca, <http://selfhelpconnection.ca/>

Waycobah First Nation-Theresa Cremo Memorial Health Centre

The band offers nutrition programs, diabetes awareness, healthier lifestyle promotion resources, foot care clinic, diabetes support groups, glucose monitoring as well as operates a clinic to screen, educate and help patients manage type 2 diabetes.

Tel: (902) 756-2156, Fax: (902) 756-3263

<http://www.waycobah.ca/ProgramsAndDivisions/2/>



Physical Activity, Nutrition, Healthy Weights

Active Living for Early Childhood

Nova Scotia Health Promotion developed this resource for child care operators and staff, in cooperation with the Early Childhood Development Services' section of the Department of Community Services. Its purpose is to encourage child care staff to help young children of Nova Scotia lead an active lifestyle to enhance health and well-being.

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

Healthy Eating Nova Scotia

Healthy Eating Nova Scotia is a strategic plan to address nutrition-related health issues. The document provides a framework for comprehensive action on healthy eating, one of the four areas of emphasis recommended in the Nova Scotia Chronic Disease Prevention Strategy.

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

Nova Scotia Dietetic Association

The Nova Scotia Dietetic Association is the regulatory body for dietitians and nutritionists in Nova Scotia. Provincial legislation, the Professional Dietitian Act, authorizes NSDA to engage in registration, activities to promote continuing competency, and when necessary, the discipline of dietitians in Nova Scotia to ensure safe, ethical and competent dietetic practice.

Tel: (902) 493-3034

Email: info@nsdassoc.ca

<https://www.nsdassoc.ca/>

Nova Scotia Fitness Association (NSFA)

NSFA provides news and information on fitness training and workshops. They provide workshops to educate the public on benefits of Physical Activity with a goal to improve the health of the residents of Nova Scotia.

Email: info@sportnovascotia.ca

<http://nsfitness.ca/>

Bonus Resources

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

Diabetic Foot in Nova Scotia Report

This report, developed by the Diabetes Care Program of Nova Scotia, provides information on the rate of foot complications associated with diabetes and identifies needs and strategies around prevention and management of foot complications.

<http://bit.ly/1y0CSmJ>



Bonus Resources

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

Heart and Stroke Foundation of Nova Scotia

The foundation envisions healthy lives free of heart disease and stroke by supporting prevention activities, saving lives and promoting recovery.

Tel: (902) 423-7530, Toll-Free: 1-800-423-4432, Fax: (902) 492-1464

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

Lung Association of Nova Scotia

The Lung Association of Nova Scotia improves quality of life by controlling and preventing lung disease through research, advocacy, patient services & education. Email: info@ns.lung.ca

Tel: (902) 443-8141; Toll-Free in NS: 1-888-566-5864, Fax: (902) 445-2573

<http://www.ns.lung.ca/site/>

Mental Health Services in Nova Scotia

The province is committed to improving mental health care for Nova Scotians. Health and Wellness is working with partners across health care, communities and government to improve mental health services. This work is done through the department's Mental Health, Children's Services, and Addiction Treatment branch.

<http://novascotia.ca/dhw/mental-health/>

Moving Toward a Tobacco Free Nova Scotia

The Comprehensive Tobacco Control Strategy is a call to action for all those concerned about tobacco use in Nova Scotia and builds on the progress that Nova Scotia has made over the past decade. The strategy outlines the key actions and directions Nova Scotia will need to take over the next five years to further reduce tobacco use, improving the lives of Nova Scotians.

<http://bit.ly/11yKhg8>

Nova Scotia Renal Program

The program's scope addresses the continuum of kidney disease and management from early identification of individuals at risk for kidney disease, through the various treatment options for management of end stage kidney disease including end of life care.

Tel: (902) 473-5656, Fax: (902) 425-1752, Email: info@nsrp.gov.ns.ca

<http://www.nsrp.gov.ns.ca/>

