



NUNAVUT

Diabetes Management & Support Resources

Are You at Risk of Type 2 Diabetes?

This Nunavut specific resource raises awareness and provides information explaining if you are at risk for getting type 2 diabetes and what you can do to minimize the risk.

<http://bit.ly/1vFv2ta>

At the Tipping Point: Diabetes in Nunavut

This resource provides key statistics regarding diabetes in Nunavut. The information can be of great value to researchers and policy analysts working in the field of diabetes.

<http://bit.ly/166urfo>

Be the Difference - Nunavut Nurses Portal

The web portal offers information for Aboriginal people seeking a nursing career in Nunavut.

Tel: (867) 975-5730

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

Cambridge Bay Community Wellness Centre

The Cambridge Bay Community Wellness Center's mission is to help people achieve their full potential to become independent, healthy and safe. The health centre achieves this by delivering educational programs and counselling services that promote freedom from addiction and violence and encourage positive lifestyle choices.

<http://www.cambridgebay.ca/services/wellness-centre>

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/1vJ2hfv>

Department of Health

Staff at the Department of Health work to improve the health and well-being of Nunavummiut by addressing the differing needs of each community through culturally appropriate programs and services.

Tel: (867) 975-5700, Fax: (867) 975-5705

<http://www.hss.gov.nu.ca/en/Home.aspx>



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Health Trends, Nunavut

This is a Statistics Canada resource that contains information on health situation and trends in Nunavut from 2003-2013. This information is particularly useful for researchers and policy analysts.

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

Inuit Wellness Programs in Nunavut

This is a report on government funded Inuit specific wellness programs in Nunavut.

<pubs.aina.ucalgary.ca/health/61935.pdf>

Nunavut Research Institute

The Nunavut Research Institute's mandate is to develop, facilitate, and promote scientific research as a resource for the well-being of people in Nunavut.

Tel: (867) 979-7280, Fax: (867) 979-7109

www.nri.nu.ca

Nunavut Roundtable for Poverty Reduction

The Makimaniq Plan reflects our common understanding of the priorities for reducing poverty that most matter at this present stage in the development of Nunavut. Implementing The Makimaniq Plan is about community groups, organizations, government, businesses, and individuals acting in mutual support to achieve poverty reduction goals in our communities.

Email: nrpr@makiliqta.ca

www.makiliqta.ca

Qaujigiartiit - Health Research Centre

The centre's goal is to enable health research to be conducted locally, by northerners, and with communities in a supportive, safe, culturally-sensitive and ethical environment, as well as promote the inclusion of both Inuit and Western epistemologies and methodologies (ways of knowing and doing) in addressing health concerns, creating healthy environments, and improving the health of Nunavummiut.

www.qhrc.ca

What is Type 2 Diabetes?

This Nunavut specific resource provides information on type 2 diabetes and its signs and symptoms.

<http://bit.ly/1IBC38k>



Physical Activity, Nutrition, Healthy Weights

Hunger in Nunavut—Local Food for Healthier Communities

This eye-opening resource highlights the many struggles and challenges faced by the population of Nunavut when it comes to proper nutrition and affordability of healthier foods.

<http://bit.ly/12vmQVo>

Nunavut Food Guide

This Nunavut specific resource explains what traditional foods you should be eating that may help prevent chronic disease such as diabetes.

<http://pubs.aina.ucalgary.ca/health/61940E.pdf>

Nutrition in Nunavut—A Framework for Action

The Framework for Action provides the rationale, goals and objectives to assist the Department of Health and Social Services (H&SS) in supporting Nunavummiut to achieve and maintain a level of niqittivaknik nirinasuaqniq (healthy eating) that will promote optimal health and well-being.

<http://www.gov.nu.ca/sites/default/files/files/Nutrition%20Framework.pdf>

Physical Activity and Diabetes

This is a great resource for the people of Nunavut, that provides tips to get active and start living a healthier lifestyle.

<http://bit.ly/12vGSiy>

Recreation & Parks Association of Nunavut

The Recreation and Parks Association of Nunavut (RPAN) is a not-for-profit organization established in 2012 and led by a volunteer Board of Directors. RPAN is committed to supporting the health and well-being of individuals, organizations, recreation professionals and community organizations in Nunavut. Recreation and Parks Association of Nunavut is funded through Sport and Recreation Nunavut, a division of the Government of Nunavut.

Tel: (613) 876-0491, Email: dcurrie@rpan.ca

www.rpan.ca



Bonus Resources

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

Canadian Association of Wound Care

This organization provides a number of resources on foot care. Much of the information and resources are provided in Aboriginal languages.

Tel: (416) 485-2292, Fax: (888) 710-2289, Email: info@cawc.net

<http://cawc.net/oj/index.php/public/feet/foot-care-pro/>

Child and Youth—Mental Health and Wellness

The purpose of this report is to communicate the results of the data collected for the child and youth mental health intervention, research and community advocacy project in Nunavut at the Quajigiartiit Health Research Centre.

http://www.qhrc.ca/sites/default/files/QHRC%20MentalHealthWorkers_English.pdf

Circle of Hearts Family Support Network

The organization aims to provide emotional and educational support to those who are in need. It also provides networking for families whose children are affected by heart disease. The network works in Manitoba, Nunavut and Eastern Saskatchewan.

Tel: (204) 231-0797, Fax: (204) 787-2004, Email: circleofhearts@hotmail.com

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

Isaksimagit Inuusirmi Katujjiqatigiit – Embrace Life Council

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council was established in January 2004 as a result of partnership efforts between the Government of Nunavut, Nunavut Tungavik Incorporated, the Royal Canadian Mounted Police, and many others. Efforts to create the council began in 2003 with the recognition that there needed to be a coordinated initiative in addressing the high suicide rates in Nunavut.

Tel: (867) 975-3233, Toll-Free: 1-866-804-2782, Fax: (867) 975-3234, Email: embracelife@inuusiq.com

www.inuusiq.com

Nunavut Kamatsiaqtut Help Line

Nunavut Kamatsiaqtut Help Line provides anonymous and confidential telephone counselling and contact service for northerners who need to talk about personal problems or who are in crisis. It has proved to be a valuable service. Services are provided 7 nights a week, 7 pm to midnight.

Tel: (867) 979-3333, Toll-Free: 1-800-265-3333

<http://www.ementalhealth.ca/index.php?m=record&ID=9968>



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Smoking and Diabetes

Smoking causes many health problems and these problems can be even more serious for people with diabetes. This resource explains what complications smoking can cause for people with diabetes.

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

Thinking of Quitting? This Guide Can Help!

This handbook will guide you through the first months of your quit. It will help you beat the craving, cope with side effects of quitting, and prepare you to stand tall and break free of this addiction once and for all. If you need to chat with someone to prepare yourself or just want a little bit of help, you can call this free and confidential service available in Inuktitut, Inuinnaqtun, English and French at 1-866-368-7848.

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

Value of Inuit Elders Storytelling to Health Promotion

This is a great report that provides information on changes as a result of climate change and the introduction of modern fast food. It contains Elders' voices and perspectives that help promote the well-being of Aboriginal people through storytelling.

<http://www.fao.org/docrep/018/i3144e/i3144e09.pdf>