



YUKON

Diabetes Management & Support Resources

Bringing Youth Towards Equality (BYTE)

BYTE began to surface out of Yukon's need to have an organization with youth ideas, plans, and initiatives at its core. BYTE unites and strengthens youths to take action and bring about a positive change for the well-being of everyone.

Tel: (867) 667-7975, Email: info@yukonyouth.com

www.yukonyouth.com

Champagne & Aishihik First Nations

The Health and Social Department of Champagne & Aishihik First Nations provides a wide range of services and programs for community members including diabetes and chronic disease prevention and management support.

Hanes Junction Tel: (867) 634-4200, Whitehorse Tel: (867) 456-6888

www.cafn.ca/health

Chronic Conditions Support Program

The program assists doctors, nurses and other health care professionals in working together with patients to achieve the best possible care in diabetes and other chronic diseases. Email: shannon.duke@gov.yk.ca

Tel: (867) 393-7487, Fax: (867) 667-3096, <http://www.hss.gov.yk.ca/ccsp.php>

Chronic Diseases & Disability Benefits Program

Chronic Disease and Disability Benefits Program provides advocacy and benefits for Yukon residents who have a chronic disease or a serious functional disability.

Tel: (867) 667-5092, Toll-Free: 1-800-661-0408, local 5092 (Yukon only)

http://www.hss.gov.yk.ca/chronic_disease.php

D-Chat Diabetes Peer Mentoring Program

The Canadian Diabetes Association's D-Chat program is a free and confidential personal mentor program available for people in British Columbia and Yukon communities. D-Chat is an empowering program and tool that goes beyond the basics and gets participants onto the right path towards healthy living.

Toll-Free: 1-800-BANTING (226-8464)

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

Diabetes Education Centre

The Yukon Diabetes Education Centre provides individual outpatient appointments and group sessions. They also provide teaching and ongoing support to adults diagnosed with diabetes, including persons diagnosed with type 1, type 2 and gestational diabetes. Tel: (867) 393-8711, Fax: (867) 393-8942

Email: diabetes.centre@wgh.yk.ca, Website: <http://bit.ly/1dGCYcm>





Diabetes Management & Support Resources

Diabetes in the Yukon

This website has been developed by the Diabetes Reference Group to coordinate and provide local information about diabetes as well as inform the residents of Yukon about available diabetes services and resources.

<http://www.yukondiabetes.ca>

Diabetes in the Yukon Resources

This section of the website of the Yukon Diabetes Reference Group highlights information and resources on raising awareness about diabetes and promoting healthy living.

<http://www.yukondiabetes.ca/resources/>

Do-It-Yourself: Diabetes Prevention Activities — A Manual for Everyone

This is an excellent resource with great activities, that can be used as a teaching tool. This manual is made up of 20 different activities. Each activity is designed to focus on a specific function of diabetes prevention.

<http://www.yukondiabetes.ca/assets/files/DIY-Workbook.pdf>

First Nations Health Programs—Yukon Hospital Corporation

The hospital offers various diabetes related services such as nutrition counselling, physical activity advice, diabetes management and treatment plans.

Tel: (867) 393-8758, Fax: (867) 393-8750

<http://www.yukonhospitals.ca/firstnationhealthprogram/>

Healthier U

Healthier U provides various resources and information on how to keep a human body healthy. This specific resource provides information on how to make healthier choices when it comes to living a healthier life.

Toll-Free: 1-877-YK STYLE (1-877-957-8953)

<http://www.bettertoknow.yk.ca/healthieru>

Yukon Community Health Centres

This website provides information and listing of health centres based out of Yukon.

<http://www.hss.gov.yk.ca/healthcentres.php>

Yukon Diabetes Resource Guide

This diabetes resource guide was put together by the Diabetes Reference Group and its partners as an aid for people living with diabetes and their families. This guide covers a variety of topics such as diabetes management, healthy eating, physical activity and foot care.

<http://bit.ly/1tO2QDz>





Diabetes Management & Support Resources

Yukon Diabetes Strategy Renewal—Strategic Response to Diabetes

This report contains strategies, services and resources for diabetes prevention and care. An effective response will support the well-being of people living with a risk of diabetes while minimizing long-term complications.

<http://www.yukondiabetes.ca/assets/files/strategic-response.pdf>

Yukon Health and Social Services

This is a government website that has plenty of information for Aboriginal people living with diabetes, especially in regard to medical services and diabetes resources that they can access in Yukon.

Toll-Free in Yukon: 1-800-661-0408-ext:4, Email: hss@gov.yk.ca

<http://www.hss.gov.yk.ca/>

Yukon Publications on Healthy Living

The website provides various resources on healthy living and information on active lifestyle for Aboriginal people living with diabetes and for health care professionals working to minimize the impact of diabetes.

http://www.hss.gov.yk.ca/pr_healthyliving.php

Physical Activity, Nutrition, Healthy Weights

Nutrition Publications and Resources

This website provides information and resources on nutrition for Aboriginal people who live with a chronic disease such as diabetes.

http://www.hss.gov.yk.ca/pr_nutrition.php

On the Path Together—Wellness Plan for Yukon's Children and Families

This is a great resource to help Yukon children and families live a healthier life. There is no better focus than supporting families and communities to raise healthier and happier children.

<http://www.yukonwellness.ca/pdf/wellnessplan.pdf>

Recreation and Parks Association of the Yukon (RPAY)

RPAY is a not-for-profit organization that works in partnership with Yukon groups, agencies, and individuals to promote and support healthier, active lifestyles in Yukon. Established in 1993, RPAY has grown from a small volunteer board to a staff of four. The Recreation and Parks Association of the Yukon is a group of individuals who empower Yukon's people and communities to adopt healthier lifestyles.

Tel: (867) 668-3010, Toll-Free: 1-866-961-WALK (9255), Fax: (867) 668-2455, Email: rpay@rpay.ca

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





Physical Activity, Nutrition, Healthy Weights

Sport Yukon

Sport Yukon is a not-for-profit organization run by a volunteer board of directors. Its member organizations are territorial sport governing bodies, clubs and associations who offer a variety of sport, recreation and other community based programs. Sport Yukon is an organization that enhances opportunities for all people of Yukon in their pursuit of excellence and in their enjoyment of participation.

Tel: (867) 668-4236, Fax: (867) 667-4237, Email: news@sportyukon.com

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

Yukon Aboriginal Sport Circle (YASC)

YASC is a Whitehorse based not-for-profit society dedicated to the advancement of Aboriginal recreation and sport in Yukon. They provide support to Aboriginal athletes as well as Arctic Sports, Dene Games, Archery and Lacrosse activities in Whitehorse but also in all of the Yukon communities.

Tel: (867) 668-2840, Fax: (867) 668-6577,

Email: aboriginalsport@yasc.ca

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

Yukon Food for Learning Association (YFFLA)

YFFLA is a not-for-profit organization dedicated to the nutritional needs of the youth & the community of Yukon. YFFLA vision is a Yukon where every student has access to nutritious healthy food while at school. YFFLA supports school-based nutrition programs and encourages lifelong healthy eating programs.

Tel: (867) 393-6902, Fax: (867) 393-7458

Email: ykfoodforlearning@gmail.com

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

Yukon Grown

This website provides information and resources on improving food security in Yukon by growing fruit and vegetables indoors and outdoors and working with Yukon organic farmers.

<http://yukongrown.yukonfood.com/>

Yukon Food for Thought

Yukon Food For Thought is a healthy eating program that encourages students, teachers, parents, and daycares to think outside the box in fostering and promoting healthy eating messages and activities.

Tel: (867) 456-6160, Fax: (867) 456-6502

Email: health.promotion@gov.yk.ca

<http://www.yukonfoodforthought.ca>





Physical Activity, Nutrition, Healthy Weights

Yukon Hand Games Society

The Annual Yukon Hand Games Tournament continues to promote the sport of hand games in Yukon and provides an opportunity for competition for both youth and adults.

Vice President Theresa Sidney

Tel: (867) 333-9427, Email: mrsqsidney@hotmail.com

Yukon Nutrition Programs

This website provides information on various resources and teaching tools available to educate the general public of Yukon on nutrition and healthy eating practices.

<http://www.hss.gov.yk.ca/nutrition.php>

Bonus Resources

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

Heart and Stroke Foundation – BC and Yukon

The Heart & Stroke Foundation has been promoting heart health and preventing heart disease for the citizens of Yukon through awareness and education. They provide many resources on improving heart health and living a healthier lifestyle.

Tel: (778) 372-8000, Toll-Free: 1-888-473-4636, Fax: (604) 736-8732

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

Presentation on Foot Care

NADA has developed a free downloadable PowerPoint presentation on foot care. This presentation can be used at community workshops and beyond.

<http://www.nada.ca/download/3743/>

QuitPath to Smoking

QuitPath is here to help you quit smoking. Whether you're considering quitting smoking, or have made the decision to quit smoking already, the help you are looking for is right here!

Whitehorse Tel: (867) 667-8393, Toll-Free: 1-866-221-8393

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



Bonus Resources

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

Salt Shake Up

Sodium is an essential nutrient that is found in table salt and many other foods. However, we only need a small amount of sodium to regulate fluids and blood pressure, and to keep muscles and nerves running smoothly. This resource teaches about optimal consumption of sodium without overindulging.

Email: yukonwellness@gov.yk.ca, Fax: (867) 667-3096

<http://www.yukonwellness.ca/saltshakeup.php#.VIDYj3vG-ws>

Yukon First Nation Mental Wellness Workbook

The workbook is divided into eight sections. Each section has tools that you can print out and use for case management, client assessment, planning programs, and writing proposals. The work sheets are designed to be copied or modified to best suit the needs of individual First Nations people.

<http://bit.ly/15R8TmW>

