



# National Aboriginal Diabetes Association



Prevention is Key

Aboriginal people were active hunters and ate foods off the land, diabetes was not a concern.

Type 2 diabetes is when your body does not produce enough insulin or when your body does not use the insulin it produces.

People who are active and have a healthier diet are less likely to develop type 2 diabetes.

Type 2 diabetes can be prevented or managed with proper nutrition, physical activity and healthier lifestyle.



Personal Responsibility

It is my responsibility to find out how I can prevent type 2 diabetes. Parents show your children.

Studies show that type 2 diabetes can be prevented with healthy eating, physical activity and maintaining optimal weight.

Everyone is responsible for his/her health. It is our responsibility to show our children how to live a healthier lifestyle to prevent type 2 diabetes.

## Prevention of Type 2 Diabetes is The Key



Healthy eating is important for overall health & well-being. If you eat the right amount of healthy foods, you are less likely to develop type 2 diabetes.

Healthy eating means consuming the right quantities of food from all food groups in order to prevent type 2 diabetes.

Examples of healthy foods are fruit & vegetables, whole wheat starches, wild rice, and lean meats.

If you are physically active, you are less likely to develop type 2 diabetes.

People who are physically active live longer, healthier lives as opposed to those who are sedentary.

Physical activity relieves stress, and delivers oxygen and important nutrients to our body.



Healthy Eating



Active Living

### National Aboriginal Diabetes Association

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