

National Aboriginal Diabetes Association

**Childhood Obesity &
Diabetes Prevention**

Who we are

NADA is a not-for-profit members-led organization established in 1995 as a result of the rising rates of diabetes among First Nations, Inuit and Métis Peoples in Canada

The National Aboriginal Diabetes Association envisions Diabetes-free healthy communities



Our Vision

- 2016 NADA BoD Strategic Planning Session -

The National Aboriginal Diabetes Association envisions diabetes-free healthy communities

To achieve this vision the National Aboriginal Diabetes Association will be an open, independent, grassroots prominent organization that is the driving force in:

- Raising awareness about diabetes and First Nations, Inuit and Métis Peoples in Canada
- Advocating for programs and services for First Nations, Inuit and Métis Peoples affected by diabetes
- Promoting healthy lifestyles to prevent the onset or complications of diabetes for First Nations, Inuit and Métis Peoples

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Presentation Objectives



Childhood
Obesity in
Canada &
Among
Aboriginal
Children



Childhood
Obesity
Risk
Factors &
Complications



Importance
of
Physical
Activity



Importance
of
Healthy
Eating

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Childhood Obesity in Canada

- Obesity is a complex disorder
- Although everyone has a unique body shape that is right for them, some people store excessive body fat
- Storing too much fat, especially around the abdominal area, can lead to such things as:
 - type 2 diabetes,
 - high blood pressure
 - heart disease
 - other complications
- According to Statistics Canada, almost 26% of children aged 2-17 are either overweight or obese

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Aboriginal Children of Canada

- Rates of childhood obesity **are higher for First Nations**, Inuit and Métis children compared to the Canadian born non-Aboriginal population
- Many factors that contribute to high rates of childhood obesity:
 - Colonization
 - Early life events
 - Family feeding practices
 - Food Insecurity
 - Inter-generational trauma



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Risk Factors

The most common causes of obesity in childhood include:

- **Sedentary behaviour**
- **Excessive caloric intake**
- **Genetics**



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Complications

- Being overweight or obese in childhood can result in serious **physical health complications** in adulthood including:
 - Type 2 Diabetes
 - Cardiovascular disease
 - High blood pressure
 - Cancer
 - Osteoarthritis
 - Sleep disorders
 - Skin infections



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Complications

- Being overweight or obese in childhood can result in **serious psychological difficulties**, these children:
 - Are more likely to be teased and bullied
 - Are more likely to bully others
 - May have poor self-esteem and may feel socially isolated
 - May be at increased risk for depression
 - May have poorer social skills
 - May have high stress and anxiety
 - May have behaviour and/or learning problems as a result of psychological difficulties related to childhood obesity



Complications: Diabetes

- There is a **close link** between **obesity** and the incidence of **diabetes**
- Rates have now reached **epidemic levels** in some Aboriginal communities
- Aboriginal individuals are generally **diagnosed at a younger age** than non-Aboriginal people

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Diabetes

- **Type 2 diabetes** is a lifelong condition in which the body is unable to properly regulate the amount of sugar in the blood. It develops when the body doesn't respond to the natural hormone *insulin*
- There are a number of complications associated with Type 2 diabetes including:

- Heart disease
- Stroke
- High blood pressure
- Nerve damage
- Kidney disease
- Blindness



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Signs of Type 2 Diabetes

- Signs to look for if your child may be developing Type 2 Diabetes:
 - Increased thirst
 - Going to that bathroom more
 - Blurred vision
 - Chronic fatigue
 - Sweet smelling breath
 - Yeast infections
- Talk to your doctor if you feel your child may be experiencing any of these warning signs



Prevention: Physical Activity

- Incorporating physical activity into your child's daily life not only prevents obesity but has many other benefits including:
 - strong muscles and bones
 - Improved self-esteem
 - decreased risk of developing type 2 diabetes
 - better sleep
 - a better attitude and outlook on life
- *Healthy, physically active kids also are more likely to be academically motivated, alert, and successful.*



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Physical Activity

- There is significant improvement in both physical and mental health when children and teenagers engaged in the required 60 minutes of physical activity per day. But more than half of 5-17 year olds are not reaching activity levels sufficient for optimal growth and development
- Ideas to help your child become more active:
 - Ensure activities are fun
 - Be active as a family
 - Involve children in household activities such as house cleaning, wood chopping, lawn mowing etc.
- For maximum benefits try to do both strengthening exercises and cardio



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Screen Time

The Canadian Community Health Survey has found that children who spend more than 2 hours in front of a screen (television, video games) have double the incidence of obesity than those who watch less than 1 hour.



Recommendations from the Canadian Community Health Survey

- Limit screen time to less than 2 hours per day (television, video games and computers)
- Children should not be allowed to watch television before the age of 2
- Keep televisions out of the bedroom, no matter the child's age

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- National Aboriginal Diabetes Association has helped launch the *national Just Move It* campaign in Canada
- The Just Move It campaign aims to improve the health and fitness among Indigenous communities in North America by showcasing Indigenous fitness champions, grassroots fitness projects and best practices
- *Just Move It* is a fast growing movement across the U.S and Canada with hundreds of Indigenous fitness champions joining the movement



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Prevention: Nutrition

- An active lifestyle requires fuel, **following a balanced diet** provides the energy needed to be active while reducing the risk of obesity

Some suggestions:

- **Fruits and vegetables** should replace high calorie foods from a child's daily food menu
- **Vegetables, fruit, and whole grains** should take up the largest portion of your dinner plate



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Nutrition :Fruits and Vegetables

- The Vegetable and Fruit Food Group is **the most prominent arc** on Canada's food guide because of their importance in a healthy diet
- Vegetables and fruit have important nutrients such as **fibre**, **carbohydrates**, **vitamins A and C**, **potassium**, **magnesium** and some **B vitamins** such as **folate**
- A diet rich in **vegetables and fruit** may help **reduce** the risk of cardiovascular disease diabetes and some types of cancer



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Nutrition: Fruit and Vegetables Recommendations

Recommended Serving Sizes:

- 1/2 cup **dark green** and **orange vegetables**
- ½ cup dark leafy greens and wild plants
- ½ cup of **berries**
- Try to eat at least one serving of dark leafy greens each day



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Nutrition: Cereals and Grain Recommendations

Recommended Serving Sizes

- 1 slice of bread
- 2 inch x 2inch x 1 inch piece of bannock
- ½ cup of cooked pasta
- ½ cup cooked, wild, brown rice



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Nutrition: Meat and Alternatives Recommendations

Serving Size recommendations

- 75g or 2 ½ oz or ½ cup wild game, traditional meats, chicken, lean meats
- 75g/ 2 ½ oz/ ½ cup fish and shellfish
- 2 eggs
- ¾ cup or 175 mL of beans



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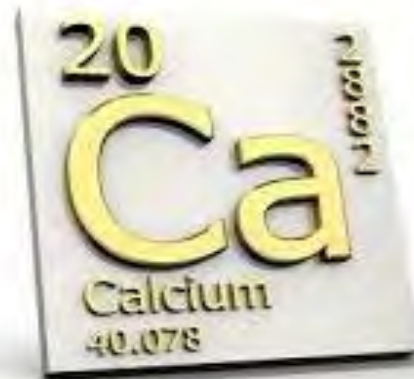
Nutrition: Calcium

Sources of Calcium:

- **Meats and Alternatives:**
 - Sardines, canned with bones
 - Salmon, canned with bones
 - Mackerel, canned
 - Beans
- **Vegetables and Fruit:**
 - Spinach, frozen, cooked
 - Collards, frozen, cooked
 - Turnip greens, frozen, cooked
 - Fortified orange juice

- **Dairy Milk Alternatives:**

- Fortified Cashew, Almond, Soy, Rice or Coconut Milk.



Nutrition:

Sugar Sweetened Beverages (SSB)

- Drinking Sugar Sweetened Beverages such as pop, juice, sports drinks, an flavored milk is associated with obesity, heart disease, diabetes and some cancers
- Drinking just one can of pop a day can increase the risk of developing diabetes by 22 percent!
- Each sugary beverage a child drinks each day increases the odds of becoming obese by 60 per cent

What to drink instead?

- Swap sugary drinks for water
- Limit consumption of sugar-loaded drinks to 500mL when eating out



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Nutrition: Drop the Pop Campaign NWT



- The Drop the Pop Campaign is designed to help students, families, schools and communities make healthier food and beverage choices
- They offer a variety of resources on their website for parents, children, schools and communities
- For more info check out: <http://dropthepopnwt.hss.gov.nt.ca/default.htm>

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Nutrition: Strategies for Your Family

- Prepare meals including all four food groups and offer a variety of nutritious foods
- Sit down at eat together
- Turn the television off during meals
- Let children participate in food related tasks such as setting the table or washing vegetables
- Be a role model for young children, they will be more likely to try what you try

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Nutrition: Healthy Snack Ideas

- Fresh, frozen or canned fruit with yogurt
- Whole wheat crackers and low fat cheese
- Vegetables and low fat dip
- Bannock or a slice of bread with peanut butter and a sliced banana
- Trail mix
- Air popped popcorn



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Nutrition: Indigenous Recipes

The Dietitians of Canada – Aboriginal Nutrition Network website has a great list of healthy Indigenous Recipes:

- Baked Walleye
- Bannock
- Birch Syrup Beans
- Char Antipasto
- Honey Garlic Moose

You can find the list at: <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Cooking/Indigenous-Recipes.aspx>

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Additional Resources For Healthy Living

- National Aboriginal Diabetes Association www.nada.ca
- Maestro Project www.maestroproject.com
- Just Move It www.justmoveit.com
- Childhood Obesity Foundation of Canada
www.childhoodobesityfoundation.ca
- Health Canada: Eating Well with Canada's Food Guide.
<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>
- Healthy Canadians – Kids <http://healthycanadians.gc.ca/healthy-living-vie-saine/obesity-obesite/risks-risques-eng.php>
- Canada Obesity Network www.obesitynetwork.ca

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Thank You!



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