



**National  
Aboriginal  
Diabetes  
Association**



# **NADA Diabetes Resource Directory 2016**





# Table of Contents

Acknowledgements .....	2
National Resources .....	3
British Columbia .....	15
Alberta .....	24
Saskatchewan .....	31
Manitoba .....	39
Ontario.....	47
Quebec .....	56
New Brunswick .....	61
Newfoundland and Labrador .....	65
Nova Scotia .....	70
Prince Edward Island.....	75
Yukon .....	81
Northwest Territories.....	87
Nunavut .....	91



## ACKNOWLEDGEMENTS

The National Aboriginal Diabetes Association (NADA) is a not-for-profit organization established in 1995 as a result of the rising rates of diabetes in Aboriginal communities. NADA is an open, independent, grass roots organization that is the driving force in raising awareness about diabetes and Aboriginal Peoples; advocating for programs and services for Aboriginal Peoples affected by diabetes; and promoting healthy lifestyles to prevent the onset or complications of diabetes for all Aboriginal Peoples.

This publication has become possible with the work of Executive Director Anita Ducharme and Project Assistant Alisher Kabildjanov. This year NADA confirmed the phone numbers and web links for newly added Physical Activity, Nutrition, Healthy Weights, Tobacco/Smoking & Diabetes, Mental Health, Kidney Health, Foot Care and Healthy Heart resources. Also, we have made the resources available by province on our website at [www.nada.ca/resources/resource-directory/](http://www.nada.ca/resources/resource-directory/). In addition, we have developed a mobile app for this directory for Android and iPhone devices. NADA would like to offer you this directory as an easy go-to guide for locating many resources and supports across Canada.

NADA would like to thank many Aboriginal and non-Aboriginal organizations for their contribution to this directory. NADA would also like to acknowledge the following organizations' websites for the use of the pictures throughout this directory: Maxine Noel's art work for Alberta Native News, Hillsborough River Association, Northwest Territories Tourism, Northwest Territories Industry, Tourism, and Investment, Initiative Pour Les Autochtones, Aboriginal Diabetes Awareness Program, Newfoundland and Labrador Heritage, Aboriginal Pedagogy, Aboriginal Business Service Network Society, Lyubava Fartushenko Design, Quebec Native People Tsonontwan Centre, The Healing Journey, Indigenous People, White Earth Land Recovery Project, Deviant Art, and The Penultimate Word.



The National Aboriginal Diabetes Association envisions diabetes free people!



# NATIONAL RESOURCES

## Diabetes Management & Support Resources

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### Your Health Matters Calendar—Tips for a Healthier Life

NADA has collaborated with 9 partners to deliver this 15-month interactive calendar. Health tips are provided each month and a reflection statement appears for you to determine your readiness to set a goal for that month. In addition, each month has space for you to write in your blood glucose levels (if you are a person with diabetes) and a special area to keep track of your activities. <http://www.nada.ca/download/3307/>

### 2011 Diabetes in Canada: Facts and Figures from a Public Health Perspective

This report developed by the Public Health Agency of Canada is a great resource that helps to understand the scope of the diabetes situation in Canada.

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

### Aboriginal Health Access Centres (AHACs)

AHACs are Aboriginal community-led, primary health care organizations that provide a combination of health programs and services to First Nations, Métis and Inuit communities both on and off-reserve, in urban, rural and northern locations.

<http://otn.ca/en/programs/aboriginal-health-access-centres>

### Assembly of First Nations (AFN)

One of the main objectives of the AFN is to promote diabetes awareness, prevention and management. Their website features various health resources that are useful to health care professionals, researchers, health policy makers and Aboriginal people living with diabetes.

Tel: (613) 241-6789, Toll-Free: 1-866-869-6789, Fax: (613) 241-580

[www.afn.ca](http://www.afn.ca)

### Canadian Diabetes Association (CDA)

CDA is leading the fight against diabetes by helping people with this disease to live healthier lives while working to find a cure. For more information, go to the following website.

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

[www.diabetes.ca](http://www.diabetes.ca)

### Canadian Public Health Association (CPHA)

CPHA is the national, independent, not-for-profit, voluntary association representing public health in Canada. CPHA's members believe in universal and equitable access to the basic conditions which are necessary to achieve health for all Canadians.

Tel: (613) 725-3769, Fax: (613) 725-9826

[www.cpha.ca](http://www.cpha.ca)





# Diabetes Management & Support Resources

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## Canadian Women's Health Network (CWHN)

CWHN was created in 1993 as a voluntary national organization to improve the health and lives of girls and women in Canada and the world by collecting, producing, distributing and sharing knowledge, ideas, education, information, resources, strategies and inspirations.

Email: [cwhn@cwhn.ca](mailto:cwhn@cwhn.ca)

[www.cwhn.ca](http://www.cwhn.ca)

## CANRISK Questionnaire

This comprehensive questionnaire developed by the Public Health Agency of Canada is an excellent tool to assess risk factors for diabetes. This tool can be used by health care professionals for their patients, or independently by individuals who want to know if they are at risk.

<http://bit.ly/1J318cw>

## Canadian National Institute for the Blind (CNIB)

CNIB is a registered charity, passionately providing community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

CNIB Helpline: 1-800-563-2642, email: [info@cnib.ca](mailto:info@cnib.ca)

[www.cnib.ca/en/](http://www.cnib.ca/en/)

## Diabetes and My Nation Foundation

Diabetes and My Nation Foundation is a not-for-profit organization aimed to promote a community based chronic disease prevention and management model called "Diabetes and My Nation".

[www.dmnf.org](http://www.dmnf.org)

## Diabetes Fact Sheets

The fact sheets developed by Health Canada are a great resource for community health centres and clinics. They clearly explain what diabetes is and what its risk factors are. They can easily be printed and distributed using this web link.

<http://bit.ly/10Zju7K>

## Diabetes Hope Foundation

Diabetes Hope Foundation's mission is to improve and enhance the quality of life for children and adolescents living with type 1 and type 2 diabetes. The foundation helps them achieve their full potential in education, self-management, and future independence.

Tel: (905) 670-0557, Fax: (905) 565-7296

[www.diabeteshopefoundation.com](http://www.diabeteshopefoundation.com)



# Diabetes Management & Support Resources

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## Four Weeks to a Healthier Lifestyle

NADA has completed another project entitled Four Weeks to a Healthier Lifestyle. This challenge can be started any time and multiple times throughout the year. Each day is different and we have provided many hyperlinks to help you discover new and/or important information to help you accomplish a healthier lifestyle.

<http://www.nada.ca/download/3304/>

## Health Canada - ADI

ADI funds hundreds of diabetes programs and projects across Canada. Its funding is crucial for Aboriginal programming and positive health outcomes in Aboriginal communities. This year is the 15<sup>th</sup> anniversary of ADI. Support its renewal by making your voices heard.

[www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php](http://www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php)

## Health Education and Training Inc. (HEAT)

HEAT has been serving the healthcare industry for over 17 years. Their customers include nursing schools, health care organizations, hospitals, pharmaceutical companies and pharmacy chains. HEAT is not only a leading global developer and distributor of content and programs, but it also provides innovative services to the health care industry and develops education resources such as type 2 diabetes management tools.

Tel: (416) 538-9898, Toll-Free: 1-800-757-4868, Fax: (416) 538-7166

[www.heatinc.ca](http://www.heatinc.ca)

## iMD Health Global

iMD Health is the preeminent digital patient engagement platform from within examination rooms across Canada. iMD Health is a complete digital solution that contains medical illustrations, treatment resource documents /videos and many digital – first to market – innovative solutions (referral networks, clinical trials, enrollment services, travel vaccine map and a toolbox full of diagnostic assessments), systems at retail pharmacy and closing the loop at home, truly impacting the patients understanding of their condition, and empowering them to manage their own health.

Tel: (647) 776-2044, Fax: (647) 931-5031, Email: [info@imdhealth.com](mailto:info@imdhealth.com)

[www.imdhealth.com](http://www.imdhealth.com)

## Inuit Diabetes Network Bingo Cards

Responding to rising rates of obesity and diabetes among Inuit, ITK, in collaboration with national and regional Inuit organizations, has created a series of bingo cards to educate Inuit about country foods, healthy activities, cultural items and kinship terms.

<https://www.itk.ca/front-page-story/world-diabetes-day>



# Diabetes Management & Support Resources

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## Inuit Tapiriit Kanatami (ITK)

ITK is the national Inuit organization in Canada, representing four Inuit regions – Nunatsiavut (Labrador), Nunavik (Northern Quebec), Nunavut, and the Inuvialuit Settlement Region in the Northwest Territories. ITK has a specific goal to fight diabetes by raising awareness of diabetes prevention and management in Inuit communities.

Tel: (613) 238-8181, Toll-Free: 1-866-262-8181, Fax: (613) 234-1991

[www.itk.ca](http://www.itk.ca)

## Juvenile Diabetes Research Foundation (JDRF)

JDRF is a research foundation dedicated to raising funds for research aimed to find a cure for diabetes.

Tel: (647) 789-2000, Toll-Free: 1-877-287-3533, Fax: (416) 491-2111

Email: [general@jdrf.ca](mailto:general@jdrf.ca)

[www.jdrf.ca](http://www.jdrf.ca)

## Mentoring Programs for Aboriginal Youth

This is an on-line PDF document that outlines exploration and comparison of mentoring concepts from both mainstream and Aboriginal perspectives.

[www.pimatisiwin.com/uploads/953417969.pdf](http://www.pimatisiwin.com/uploads/953417969.pdf)

## Métis National Council (MNC)

MNC's central goal is to secure a healthy space for the Métis Nation's on-going existence within the Canadian federation. It also has a health component to promote awareness and prevention of type 2 diabetes.

Tel: (613) 232-3216, Toll-Free: 1-800-928-6330, Fax: (613) 232-4262

Email: [info@metisnation.ca](mailto:info@metisnation.ca)

[www.métisnation.ca](http://www.métisnation.ca)

## National Aboriginal Diabetes Association (NADA)

NADA is a leader in diabetes awareness and prevention among Aboriginal Peoples. We develop and provide high quality resources and information to Aboriginal communities, and we are a national voice that ensures diabetes remains a top priority health issue on Canada's health agenda.

Tel: (204) 927-1221, Fax: (204) 927-1222

[www.nada.ca](http://www.nada.ca)

## Native Women's Association of Canada (NWAC)

NWAC represents Aboriginal women, particularly First Nations and Métis women. NWAC participates in meetings of Canadian leaders and is generally viewed as the national voice for Aboriginal women in Canada. NWAC has a strong component on diabetes prevention and promotion of healthier lifestyles for Aboriginal women.

[www.nwac.ca](http://www.nwac.ca)



# Diabetes Management & Support Resources

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Public Health Agency of Canada (PHAC)

PHAC is a federal organization that promotes and protects the health and safety of Canadians through leadership, partnership, innovation, and action in public health.

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

Vision Institute of Canada

The Vision Institute of Canada is a charitable organization dedicated to the preservation, promotion, and advancement of optimal vision and excellence in eye care through education, research and specialized clinical services. It has a strong focus on working with Aboriginal populations in Canada.

Tel: (416) 224-2273, Fax: (416) 224-9234

[www.visioninstitute.optometry.net](http://www.visioninstitute.optometry.net)

## Tobacco, Smoking & Diabetes

Your Health Matters Calendar—Tips for a Healthier Life

NADA has collaborated with 9 partners to deliver this 15-month interactive calendar. Health tips are provided each month and a reflection statement appears for you to determine your readiness to set a goal for that month. As well, each month has space for you to write in your blood glucose levels (if you are a person with diabetes) and a special area to keep track of your activities. <http://www.nada.ca/download/3307/>

Aboriginal Tobacco Program (ATP)

ATP works with Aboriginal communities to decrease and prevent the misuse of tobacco. Many Aboriginal communities have a unique and sacred relationship with Traditional Tobacco. In those communities, the Aboriginal Tobacco Program is not seeking to create "tobacco free" communities; rather they want to create "tobacco wise" communities that use tobacco in a sacred way and do not feed a powerful and deadly addiction. On this website you will find many culturally appropriate resources to help prevent the misuse of tobacco.

Email: [tobaccowise@cancercare.on.ca](mailto:tobaccowise@cancercare.on.ca)

<http://www.tobaccowise.com/resources/>

An Exploration of Smoking Cessation and Prevention Interventions for Aboriginal Youth

This is a comprehensive report that explores options and strategies to prevent the misuse of tobacco among Aboriginal youth.

<http://www.pimatisiwin.com/uploads/1384477680.pdf>

Atii! Reduce Second-Hand Smoke

This guide developed by the Pauktuutit Inuit Women's Association, incorporates Inuit specific material and resources that focus on second-hand smoke harm reduction based on the Action on Women's Addictions-Research and Education (AWARE) program called Start Thinking about Reducing Second-Hand Smoke (STARSS).

<http://bit.ly/1ta1F4L>



# Tobacco, Smoking & Diabetes

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## Breathing Easy – Tobacco Recovery Resource Materials

This resource developed by Pauktuutit the Inuit Women's Association, is designed to be used by community health care professionals, teachers, addictions workers, etc. This resource will help you learn about tobacco addiction, how to recover from it, and how to help others.

<http://bit.ly/1I7VJ6v>

## Cultural Approach to Addiction and Recovery for Aboriginal Youth

This manual is for people seeking help in recovering from tobacco addiction. It is developed for those who seek a deeper understanding of the nature of their own addiction. This manual will provide information to those who want to make changes and become emotionally independent of smoking.

<http://nechi.com/sites/default/files/publications/Smokingmanualsummary.pdf>

## Dangers of Waterpipe Tobacco Smoking

This report produced by the World Health Organization explores regulations concerning tobacco products used in waterpipes and highlights dangers with smoking tobacco through waterpipe.

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

## Health Canada –Tobacco Resources

On the Health Canada website, there are many interesting tobacco use statistics, reports, publications and resources that help one quit smoking. You will also find helpful videos and specific information related to one's province.

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php>

## Health Consequences of Smoking – 50 Years of Progress

This resource is the Executive Summary of the Report of the Surgeon General of the United States which highlights old and new threats of smoking to public health. The report contains evidence that smoking causes diabetes.

<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/exec-summary.pdf>

## Just Breathe: Becoming and Remaining Smoke-Free

This publication developed by the Heart & Stroke Foundation provides information, facts and tips to help people quit smoking. This is a great resource that can be printed and easily distributed.

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

## Lung Association of Canada

The Lung Association works at the national, provincial and community levels to improve and promote lung health with a focus on chronic lung disease like asthma and COPD, Infectious diseases like TB, flu, and pneumonia as well as providing resources to reduce smoking in Canada.

Tel: (613) 569-6411, Toll-Free: 1-888-566-5864 (within Canada)

[http://www.lung.ca/home-accueil\\_e.php](http://www.lung.ca/home-accueil_e.php)





# Tobacco, Smoking & Diabetes

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## On the Road to Quitting-Guide to Becoming a Non-Smoker

This guide will give you the information and skills you need to successfully stop smoking. Spending some time reviewing this booklet to consider your options, understanding what to expect during your quit attempt and learning tips to help you along the way will be beneficial for you.

<http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/orqa-svra/index-eng.php>

## Pauktuutit, Inuit Women of Canada—Tobacco Cessation Resources

Here is a variety of great culturally relevant resources for tobacco cessation and smoking prevention that contain Elders' perspectives and opinions.

<http://pauktuutit.ca/health/tobacco-cessation/>

## Physicians for a Smoke-Free Canada

Physicians for a Smoke-Free Canada (PSC) is a unique organization of Canadian physicians who share one goal to reduce tobacco-caused illness through reduced smoking and reduced exposure to second-hand smoke. They provide research materials, fact sheets and resource to advocate for a smoke-free Canada.

Tel: (613) 600-5794, Fax: (613) 728-9049

<http://www.smoke-free.ca/>

## Smokers' Helpline

Smokers' Helpline is a free, confidential service operated by the Canadian Cancer Society offering support and information about quitting smoking and tobacco use.

Toll-free helpline: 1-877-513-5333

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

## Tobacco Use in Canada: Patterns and Trends 2014 Edition

This is a comprehensive report that sheds light on the current situation of tobacco use in Canada as well as patterns and trends. This report uses data from national surveys conducted by Health Canada and Statistics Canada.

[http://www.mantrainc.ca/assets/tobaccouseincanada\\_2014.pdf](http://www.mantrainc.ca/assets/tobaccouseincanada_2014.pdf)

## Tobacco Informatics Monitoring System (TIMS)

TIMS is an innovative web-based application designed to provide easy access to reliable, up-to-date data on key tobacco control indicators. You can search hundreds of key indicators, customize your results, select data from key national and provincial sources and use results for reports and presentations.

<http://tims.otru.org/>

## Youth Coalition Against Smoking

YCAS is a youth movement for 11-17 year-olds, both smokers and non-smokers, who want to prevent and reduce tobacco use in their school, youth centre or society in general. The website provides education and awareness and social media platform.

<http://www.lagangallumee.com/en/>



# Physical Activity, Nutrition, Healthy Weights

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## Your Health Matters Calendar—Tips for a Healthier Life

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## Aboriginal Physical Activity & Cultural Circle

The goal of the organization is to establish relationships between individuals engaged in physical activity by improving access to resources and promoting exposure to health and wellness opportunities.

Tel: (604) 269-3771

[www.a-pacc.com](http://www.a-pacc.com)

## Active For Life

Active for Life is the place where parents go to learn about how to make a difference in the health and happiness of their children. Research shows there's a right way and a right time to develop the fundamental movement and sport skills that benefit kids for their entire lives. <http://activeforlife.com/physical-literacy/>

## Active Circle

The Active Circle website features national Physical Activity programs and resources that aim to improve the health outcomes of Aboriginal Peoples in Canada. They support Aboriginal youth and communities by making them vibrant, active, and healthy through sport and recreation.

[www.activecircle.ca](http://www.activecircle.ca)

## Canadian Society for Exercise Physiology (CSEP)

CSEP is the principal regulatory body for physical activity standards, health and fitness research, and personal training in Canada.

Tel: (613) 234-3755, Toll-Free: 1-877-651-3755, Fax: (613) 234-3565

Email: [info@csep.ca](mailto:info@csep.ca)

[www.csep.ca](http://www.csep.ca)

## Dietitians of Canada (DC)

DC is the national professional association for dietitians, representing almost 6000 members at the local, provincial and national levels. DC is one of the largest organizations of dietetic professionals in the world.

Tel: (416) 596-0857, Fax: (416) 596-0603

Email: [contactus@dietitians.ca](mailto:contactus@dietitians.ca)

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



# Physical Activity, Nutrition, Healthy Weights

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## First Nations Health Council

The council advocates and promotes active lifestyles for Aboriginal people. Their message is that this is something that was enjoyed in the past and disrupted by the advent of western civilization but it can easily be re-acquired.

Tel: (604) 693-6500, Toll-Free: 1-866-913-0033, Fax: (604) 913-2081

Email: [info@fnhc.ca](mailto:info@fnhc.ca)

[www.fnhc.ca](http://www.fnhc.ca)

## Healthy Living Activities for Grades 4-6

The Healthy Living Activities for Grades 4 to 6 book was developed by the National Aboriginal Diabetes Association. It is a fun activity book made for educators to teach children on how to live healthier to help prevent type 2 diabetes.

<http://www.nada.ca/download/3225/>

## Just Move It (JMI)

JMI started in the U.S. by the Healthy Native Communities Partnership (HNCP) and adopted in Canada by AFN, ITK, and NADA. JMI is an interactive on line tool that allows communities to share their successes in Physical Activity. Programs are able to share information, learn from each other and track progress on Physical Activity programming.

[www.justmoveit.org](http://www.justmoveit.org)

## Motivate Canada

Motivate Canada is a charitable organization that specializes in improving the lives of young people by fostering civic engagement, social entrepreneurship, and leadership among youth. They do so by encouraging sports and physical activity.

Tel: (613) 789-3333, Toll-Free: 1-866-378-3361, Fax: (613) 789-9204

[www.motivatecanada.ca](http://www.motivatecanada.ca)

## Native Way Training Services (NWTs)

NWTs specializes in creating, adapting and delivering health, fitness & sport training resources in both English and French for First Nations, Inuit and Métis populations across Canada. They are committed to building capacity in Aboriginal Communities by training, certifying and supporting Aboriginal Fitness Professionals through their adapted Canfitpro certification courses, the Canadian Parks and Recreation 'Everybody Gets to Play' Community Mobilization Workshops, as well as the Aboriginal Sport Development Training inspired by the Long-Term Athlete Development model.

Tel: (613) 818-2196, Email: [info@nativewaytrainingservices.com](mailto:info@nativewaytrainingservices.com)



# Physical Activity, Nutrition, Healthy Weights

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## Obesity in Canada

This report highlights new analyses of the prevalence, determinants, and impact of obesity in Canada. It contains new analysis of the determinants of obesity, using an innovative measure of risk, and the impact of modifying determinants as well as an updated estimate of the health and economic costs of obesity.

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/oic-oac/assets/pdf/oic-oac-eng.pdf>

## On The Move

On the Move is a national initiative designed to increase opportunities for inactive girls and young women (ages 9-18) to participate and lead in sports and physical activity.

Tel: (613) 562-5667, Fax: (613) 562-5668, Email: [caaws@caaws.ca](mailto:caaws@caaws.ca)

[www.caaws.ca/onthemove/e](http://www.caaws.ca/onthemove/e)

## Physical & Health Education Canada (PHE Canada)

PHE Canada is a premier professional organization for physical and health educators striving to achieve their vision by supporting schools in becoming "Health Promoting Schools" that include the provision of Quality Daily Physical Education and fostering healthy school communities. They support schools through a range of programs, resources and initiatives.

Tel: (613) 523-1348, Toll-Free: 1-800-663-8708, Fax: (613) 523-1206

Email: [info@phecanada.ca](mailto:info@phecanada.ca)

<http://www.phecanada.ca>

## School Milk Program

The School Milk Program (SMP) is an easy way to provide milk for your child at school. With 16 essential nutrients, milk helps provide children many of the nutrients they need to stay active and ready to learn.

Email: [schoolmilk@dfc-plc.ca](mailto:schoolmilk@dfc-plc.ca)

<http://www.dairygoodness.ca/milk-in-school/>

## Urban Poling Inc.

Urban Poling is a Vancouver, BC based company founded in 2003. Their core philosophy is to promote fitness through education in communities and distribute the best Nordic walking poles in Canada. They are very proud that top fitness trainers and physical therapists consistently choose their poles because of their superior effectiveness, performance, and quality.

Toll-Free: 1-877-499-7999

Email: [info@urbanpoling.com](mailto:info@urbanpoling.com)

<http://urbanpoling.com>



## Bonus Resources

·Mental Health, ·Foot Care, ·Kidney Health, ·Healthy Heart

### Anxiety Disorders Association of Canada

The mission of the association is to promote prevention, treatment, and management of anxiety disorders and to improve the lives of people who suffer from these conditions.

Email: [contactus@anxietycanada.ca](mailto:contactus@anxietycanada.ca)

[www.anxietycanada.ca](http://www.anxietycanada.ca)

### Cardiac Health Foundation of Canada

The newly re-branded Cardiac Health Foundation of Canada is a charitable organization dedicated to supporting cardiac rehabilitation and the advocacy of prevention and education across Canada.

Tel: (416) 730-8299, Fax: (416) 730-0421, Email: [info@cardiachealth.ca](mailto:info@cardiachealth.ca)

<http://www.cardiachealth.ca>

### Canadian Association of Wound Care (CAWC)

CAWC is a non-profit organization of health care professionals, researchers, corporate supporters, patients, and caregivers dedicated to the advancement of wound care in Canada. They put a lot of emphasis on foot care complication related to diabetes.

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

[www.cawc.net](http://www.cawc.net)

### Heart and Stroke Foundation of Canada

The Heart and Stroke Foundation is a volunteer-based health charity that leads in eliminating heart disease and stroke and reducing their impact through healthy lifestyle promotion, research, and advocacy.

Tel: (613) 569-4361, Fax: (613) 569-3278

[www.heartandstroke.com](http://www.heartandstroke.com)

### Kidney Disease Fact Sheet

This is an excellent resource that raises awareness of kidney disease and provide information and tips how to prevent and/or better manage kidney disease.

<http://www.kidney.ca/document.doc?id=5878>

### Kidney Foundation of Canada

The Kidney Foundation advocates and promotes healthy lifestyles and healthy living in general to prevent kidney disease in Canadians.

Tel: (514) 369-4806, Toll-Free: 1-800-361-7494, Fax: (514) 369-2472

Email: [info@kidney.ca](mailto:info@kidney.ca)

[www.kidney.ca](http://www.kidney.ca)





## Bonus Resources

·Mental Health, ·Foot Care, ·Kidney Health, ·Healthy Heart

### Mood Disorders Society of Canada (MDSC)

MDSC is a national not-for-profit consumer driven voluntary health charity committed to ensuring that the voices of consumers, family members, and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness, and other associated mood disorders.

Tel: (519) 824-5565, Fax: (519) 824-9569, Email: [info@mooddisorderscanada.ca](mailto:info@mooddisorderscanada.ca)  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)

### Multicultural Mental Health Resource Centre (MMHRC)

MMHRC aims to improve the quality and availability of appropriate mental health services for people from diverse cultural and ethnic backgrounds, including immigrants, refugees, and members of established ethnocultural communities.

Tel: (514) 340-8222 - ext: 2193, Fax: (514) 340-7503

<http://bit.ly/14p5YkP>

### Pedorthic Association of Canada

Canadian Certified Pedorthists – C. Ped (C) – are foot orthotic and orthopaedic footwear experts. They are one of the few health care professionals trained in the assessment of lower limb anatomy and muscle and joint function.

Tel: (888) 268-4404, Fax: (877) 947-9767, Email: [info@pedorthic.ca](mailto:info@pedorthic.ca)  
<http://www.pedorthic.ca/>



# BRITISH COLUMBIA

## Diabetes Management & Support Resources

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### BC Children's Hospital Diabetes Clinic

The hospital provides health services for infants, children, and adolescents with type 1 and 2 diabetes, as well as children at high risk of developing diabetes.

Tel: (604) 875-2868, Fax: (604) 875-3231

[www.bcchildrens.ca](http://www.bcchildrens.ca)

### BC Healthy Communities

A Healthy Community encompasses a variety of settings including workplaces, schools, health service centres, and communities and entails collaborative partnerships and capacity building across a spectrum of multisectoral organizations and institutions. BC Healthy Communities works closely with communities and local governments using an upstream approach to address the range of the risk factors that are connected to creating healthier places to live, work, learn and play.

Tel: (250) 356-0876, Fax: (250) 356-5119, Email: [bchc@bchealthycommunities.ca](mailto:bchc@bchealthycommunities.ca)

[www.bchealthycommunities.ca](http://www.bchealthycommunities.ca)

### BC Health Links

BC Health Links is an on-line directory of health services available in the province of British Columbia. The links are easily accessible for Aboriginal people living with diabetes.

Call 8-1-1 Toll-Free in BC or 7-1-1 for the hearing impaired

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

### BC Healthy Living Alliance (BCHLA)

BCHLA is a group of organizations that have come together with a mission to improve the health of British Columbians through leadership that enhances collaborative action to promote physical activity, healthy eating and living smoke-free. As an advocacy group, BCHLA works with government and holds them accountable to promote wellness and prevent chronic disease.

Tel: (604) 629-1630, Fax: (604) 629-1633, Email: [info@bchealthyliving.ca](mailto:info@bchealthyliving.ca)

[www.bchealthyliving.ca](http://www.bchealthyliving.ca)

### Carrier Sekani Family Support Services

This program provides mobile diabetes care services to remote rural communities. The program offers health check-ups, vision testing, and screening for Aboriginal people at risk of diabetes.

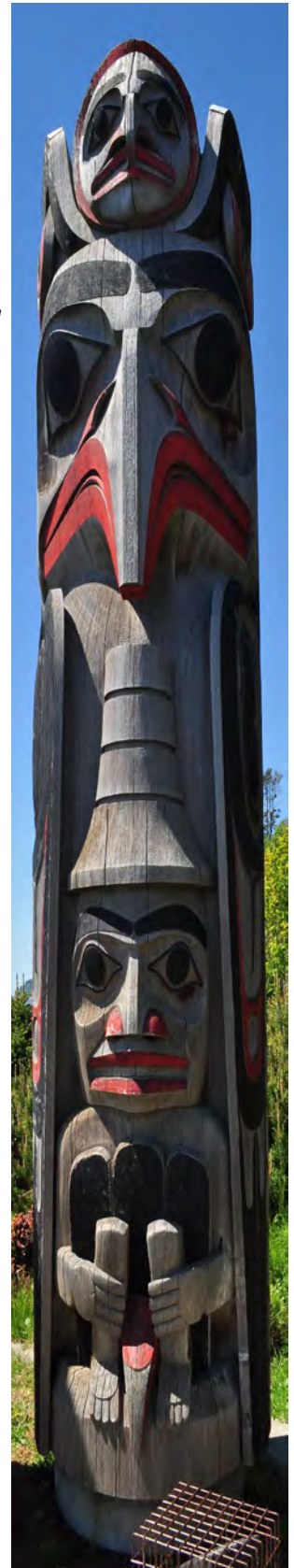
Tel: (250) 563-1281, Fax: (250) 563-1748

[www.csfs.org](http://www.csfs.org)

### 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.

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



# Diabetes Management & Support Resources

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## Comox Valley Nursing Station

The nursing station provides individual health assessments and health services to pregnant women who have diabetes or women with gestational diabetes.

Tel: (250) 331-8502, Fax: (250) 331-8503

[www.viha.ca/comox\\_valley\\_nursing\\_centre](http://www.viha.ca/comox_valley_nursing_centre)

## 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.

Email: [dchat@diabetes.ca](mailto:dchat@diabetes.ca) or call 1-800-BANTING (226-8464)

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

## Diabetes Clinic - Lax Kw'alaams Band

This diabetes clinic provides diabetes education services with a focus on prevention. Also, they offer home visits from the community health nurse to monitor clients' blood sugar levels, weight, and general well-being.

Tel: (250) 625-3331, Toll-Free: 1-877-725-3293

<http://www.laxkwalaams.ca/community/index.php>

## First Nations Health Authority

This newly established health authority has taken over federal health programs and services previously delivered by Health Canada's First Nations Inuit Health Branch – Pacific Region to work with the province and First Nations to address service gaps through new partnerships, closer collaboration, and health systems innovation.

Tel: (604) 693-6500, Toll-Free: 1-866-913-0033, Fax: (604) 913-2081

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

## Fort Nelson First Nation Health, Wellness and Family Services

The program provides diabetes education to increase awareness & prevention and helps Aboriginal individuals with diabetes manage their condition effectively. They assist Aboriginal people with all types of diabetes; including type 1, type 2, gestational, and pre-diabetes.

Tel: (250) 744-2300

<http://www.fortnelsonfirstnation.org/health-wellness--family.html>



# Diabetes Management & Support Resources

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## Gitanyow Community Health Services

The band provides diabetes services and general health care such as home visits, one-on-one group counselling, blood pressure, and sugar monitoring.  
Tel: (250) 849-5572

<http://www.health.gitanyow.com/communityhealth.htm>

## Gitsegukla Health Centre Aboriginal Diabetes Clinic

The clinic provides prevention information and education about diabetes, and offers home visits from the Community Health Nurse to monitor clients' blood sugar levels, weight, and deliver general health services  
Tel: (250) 849-5231, Fax: (250) 849-52-35

[www.gitsegukla.org](http://www.gitsegukla.org)

## Karen Graham's blog

Karen Graham is an award winning author of many diabetes books and resources including Meals for Good Health and Complete Guide to Type 2 Diabetes. Her blog provides valuable information and advice on diabetes management and plenty of diabetes resources and tools to live healthier with diabetes.

[www.karengraham.ca](http://www.karengraham.ca)

## Living Systems Counselling

The program provides professional counselling for individuals, couples, and families to address a range of issues, including chronic health and medical issues such as diabetes.

Tel: (604) 926-5496, Fax: (604) 973-0272

Email: [info@livingsystems.ca](mailto:info@livingsystems.ca)

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

## Mobile Diabetes Clinic, Carrier Sekani Family Services (CSFS)

CSFS offers patient education programs throughout the province that provide information and teach practical skills on managing type 2 diabetes. The program imparts the skills needed for day-to-day management of diabetes and prevention of complications.

Tel: (250) 567-2900

<http://www.csfs.org/files/mobile-diabetes-clinic.php>





# Diabetes Management & Support Resources

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## North Shore Neighbourhood House

North Shore Neighbourhood House (NSNH) is building safe, healthy and strong communities, welcoming all ages, abilities and cultures - one where everyone has access to support, everyone is included, and where everyone matters. NSNH has various physical activity programs for injury prevention and rehabilitation as well as diabetes prevention.

Tel: (604) 987-8138, Fax: (604) 987-2107

Email: [frontdesk@nsnh.bc.ca](mailto:frontdesk@nsnh.bc.ca)

[www.nsnh.bc.ca](http://www.nsnh.bc.ca)

## Osoyoos Indian Band Health Services

The program provides diabetes screening & assessment as well as offers education through diabetes management classes. They also offer individual assessment, family-based classes, counselling, and diabetes management supplies.

Tel: (250) 498-3444 - ext: 132, Toll-Free: 1-888-498-3444

<http://oibdc.ca/>

## Providence Health Care (PHC)

PHC provides a variety of diabetes education and disease management programs to people with diabetes and their caretakers, including diabetes education classes as well as self-care and caretaker-oriented sessions.

Tel: (604) 806-9090, Email: [communications@providencehealth.bc.ca](mailto:communications@providencehealth.bc.ca)

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

## Penticton Indian Band

The band provides basic health services including diabetes screening, health assessment, and prevention of diabetes complications.

Tel: (250) 492-3154, Fax: (250) 492-3164

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

## Public Health Association of BC (PHABC)

PHABC is a not-for-profit organization whose mission is to preserve and promote the public's health. The association works toward this mission through its activities in disease and injury prevention, health promotion, health protection, and advocacy for healthy public policy. The association was founded in 1953 and is a provincial branch of the Canadian Public Health Association (CPHA).

Tel: (250) 595-8422, Fax: (250) 595-8622

<http://www.phabc.org>





# Diabetes Management & Support Resources

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## Self-Management BC

This website provides information on self-management of health conditions for the general public and health care professionals who work with patients.

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

## Taku River Tlingit First Nation

The band provides basic health support for the community residents but also designs individual health and wellness plans for Aboriginal people living with chronic health conditions such as diabetes.

Tel: (250) 651-7900, Fax: (250) 651-7909, Email: [trtfn@gov.trtfn.com](mailto:trtfn@gov.trtfn.com)

<http://trtfn.yikesite.com/>

## Tillicum Lelum Aboriginal Friendship Centre Diabetes Program

The program offers one-to-one exercise rehabilitation sessions for individuals following illness, injury or sustained period of inactivity. It is especially designed for motor vehicle or work-related injuries, many types of chronic illnesses such as diabetes, cardiac conditions, post-surgical rehabilitation, fracture or joint replacement and other musculoskeletal disorders.

Tel: (250) 753-4417, Fax: (250) 754-8122

[www.tillicumlelum.ca](http://www.tillicumlelum.ca)

## Vancouver Coastal Health Authority Diabetes Clinic

The clinic helps Aboriginal people with diabetes to live healthier through a range of services and support systems including educational programs and individual counselling.

Tel: (604) 736-2033, Toll-Free: 1-866-884-0888, Email: [feedback@vch.ca](mailto:feedback@vch.ca)

[www.vch.ca/home/](http://www.vch.ca/home/)

## Vancouver Island Health Authority (VIHA)

VIHA provides health care to more than 765,000 people on Vancouver Island, the islands of the Georgia Strait, and in the mainland communities north of Powell River and south of Rivers Inlet.

Tel: (250) 370-8699, Toll-Free: 1-877-370-8699, Email: [info@viha.ca](mailto:info@viha.ca)

<http://www.viha.ca>

## Vancouver Native Health Society (VNHS)

VNHS delivers unique programs and services from the four quadrants of the medicine wheel: the physical, the emotional, the spiritual and the mental aspects of the individual.

Tel: (604) 254-9949, Fax: (604) 254-9948, Email: [admin@vnhs.net](mailto:admin@vnhs.net)

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



# Physical Activity, Nutrition, Healthy Weights

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## BC Action Schools

BC Action Schools develops and provides diabetes resources to educators and youth, encouraging and increasing physical activity at schools.

Tel: (604) 738-2468, Toll-Free: 1-800-565-7727, Fax: (604) 333-3579

Email: [info@actionsschoolsbc.ca](mailto:info@actionsschoolsbc.ca)

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

## BC Food Security Gateway

The Food Security Gateway is designed to be a “one stop” web resource for food security practitioners and others in British Columbia who want to make “healthy eating the easy choice” and build food-secure communities. The Gateway is meant to inform and link you to projects, initiatives and organizations in British Columbia as well as publications, tools, guides, news and events – so that you, too, can contribute to building a healthier BC.

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

## BC Northern Health

The BC Northern Health website contains individual nutrition counselling information and education material aimed to meet specific needs of Aboriginal people living with diabetes.

Tel: (250) 565-2649, Fax: (250) 565-2640

Email: [hello@northernhealth.ca](mailto:hello@northernhealth.ca)

[www.northernhealth.ca](http://www.northernhealth.ca)

## Diabetes Workshop - Moricetown Band

The band provides diabetes prevention information and education. They offer literature, posters, and written information for communities and also encourage them to attend organized cooking classes, community kitchens, the Footsteps Walking program, monthly diabetes prevention meetings, and Heart Health Fairs.

Tel: (250) 847-2133, Toll-Free: 1-800-881-1218, Fax: (250) 847-9291

Email: [mtb.reception@moricetown.ca](mailto:mtb.reception@moricetown.ca)

[www.moricetown.ca](http://www.moricetown.ca)

## Edible Garden Project

The Project is a network of organizations and community agencies, and North Shore residents who work together to increase land use for local food production, and donate/distribute fresh locally grown produce to organizations who service community members at risk of being food insecure.

Tel: (604) 987-8138 – ext: 231

<http://www.ediblegardenproject.com>



# Physical Activity, Nutrition, Healthy Weights

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## First Nations Health Council Healthy Food Guidelines

These guidelines are intended to support community members in educating each other about better food and drink choices to offer in schools, meetings, homes, cultural and recreational events and in restaurants.

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

## First Nations Traditional Foods Fact Sheets

This resource provides information on traditional food use, traditional harvesting, recipes and nutrition messages.

<http://bit.ly/1v0AGXF>

## Gitwangak Education Society

The organization is committed to providing and promoting respect for Gitksan Ayook (laws), greater unity in the community, the opportunity for life-long learning that support traditional/cultural values, healthy lifestyles and progressive technology.

Tel: (250) 849-5330, Toll-Free: 1-800-207-3441, Fax: (250) 849-5607

Email: [reception@gitwangak.ca](mailto:reception@gitwangak.ca)

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

## Haisla Health Centre

This centre organizes walks, health clubs, fitness programs, and diabetes management and prevention activities. The program has a Certified Diabetes Educator/Registered Nurse who helps with overall health of clients.

Tel: (250) 639-9361, Toll-Free: 1-888-842-4752, Fax: (250) 632-3686

<http://haisla.ca/council/contact/haisla-health-centre/>

## North Vancouver Recreation Commission (NVRC)

NVRC programs offer an amazing variety of recreational activities for people of all ages - from gardening to hiking, swimming to soccer, bridge to belly dancing. Whether you're interested in sports, arts, fitness, health and wellness, or personal development, they have something for you.

Tel: (604) 987-7529

<http://www.northvanrec.com>

## Seabird Island Nutrition Counselling (SINC)

SINC provides nutrition counselling services to the Aboriginal communities of Fraser Valley. Services include diabetes & nutrition clinics, strategies to manage blood sugar levels, education on the impact of diet and exercise, individual nutrition education, and group or individual menu analysis and planning.

Tel: (604) 796-2177, Fax: (604) 796-3729

<http://www.seabirdisland.ca/page/home>





## Bonus Resources

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

### BC Foot Care Program

The program provides assessment of clients with type 1 and type 2 diabetes. Educational sessions cover: gestational diabetes, insulin initiation and on-going insulin adjustments, diabetes diet and oral medication adjustments. They are primarily out-patient but will attend in-patient diabetes as required for initial teaching of newly diagnosed clients.

Tel: (604) 984-5752, Fax: (604) 904-6172, Email: [feedback@vch.ca](mailto:feedback@vch.ca)  
[http://www.vch.ca/403/7676/?program\\_id=431](http://www.vch.ca/403/7676/?program_id=431)

### Bounce Back Program: Reclaim Your Life

The program promotes good mental health for British Columbians and supports the resilience and recovery of people experiencing mild to moderate depression and/or anxiety.

Toll-Free: 1-866-639-0522

Email: [info@cmha.ca](mailto:info@cmha.ca)

[www.cmha.bc.ca/bounceback](http://www.cmha.bc.ca/bounceback)

### BC Lung Association

The association has been promoting lung health and lung disease prevention for British Columbians through awareness and education. They provide many resources on quitting smoking and have culturally relevant resources for Aboriginal people.

Tel: (604) 731-5864, Toll-Free: 1-800-665-5864, Fax: (604) 731-5810

Email: [info@bc.lung.ca](mailto:info@bc.lung.ca)

<http://www.bc.lung.ca/index.html>

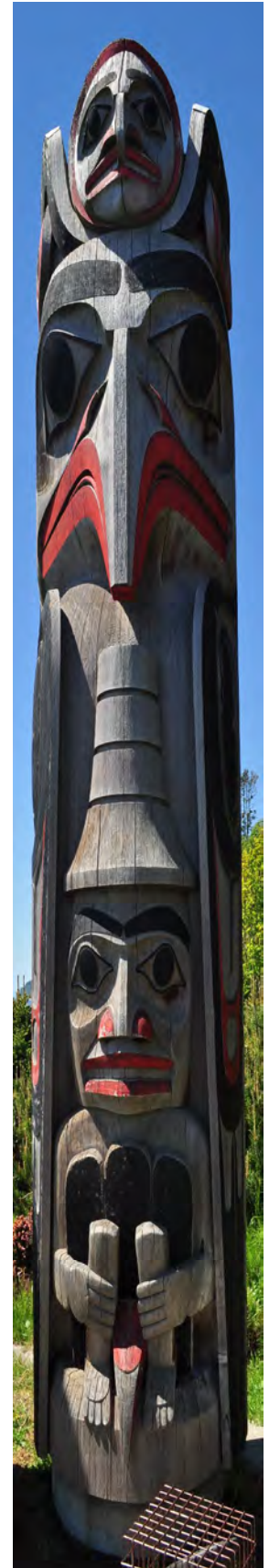
### BC Mental Health Crisis Line

310-6789 is a provincial line. No area code needed. Answered 24/7/365, it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns. See the website for more information:

Toll-Free in BC: 1-800-661-2121, Fax: (604) 688-3236

Email: [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca)

<http://www.heretohelp.bc.ca/>



## Bonus Resources

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

### BC YMCA Healthy Heart Program

BC YMCA Healthy Heart is a community-based cardiac prevention, rehabilitation and maintenance program, in partnership with the Fraser Health Authority and local health agencies. Since 1976, the YMCA Healthy Heart Program (formerly known as the YMCA CARE Program) has been providing a structured program for primary and secondary prevention of cardiovascular disease. It is designed to help cardiovascular patients and those at risk of developing heart disease live longer and improve the quality of their lives.

[www.vanymca.org](http://www.vanymca.org)

### Healthy Families BC

The program helps British Columbians to better manage their own health and reduce chronic disease such as heart disease and diabetes, focusing on four key areas: proper nutrition, healthy lifestyles, and resources for parents, and fostering healthy communities.

Email: [healthyfamiliesbc@gov.bc.ca](mailto:healthyfamiliesbc@gov.bc.ca)

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

### Heart and Stroke Foundation – BC and Yukon

The foundation has been promoting heart health and preventing heart disease for British Columbians through awareness and education. They provide various resources on improving heart health.

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

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

### Kelty Mental Health Resource Centre

This centre's mission is to help educate the public and provide professional help for many mental health disorders affecting British Columbians.

Tel: (604) 875-2084, Toll-Free: 1-800-665-1822, Fax: (604) 875-3688

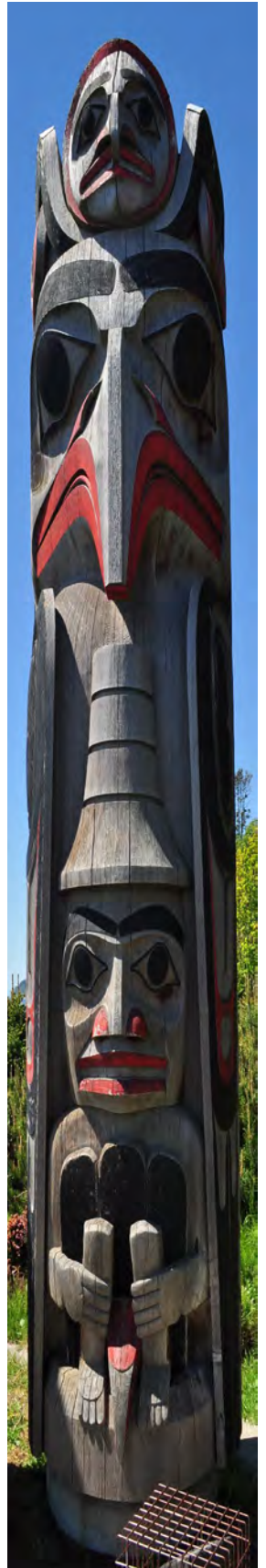
Email: [keltycentre@bcmhs.bc.ca](mailto:keltycentre@bcmhs.bc.ca)

<http://keltymentalhealth.ca>

### Read the Label

This resource, developed by the Vancouver Island Health Authority, raises awareness of healthy nutrition to avoid high sugar and/or high sodium foods in order to protect kidneys.

<http://www.nada.ca/wp-content/uploads/1224.pdf>





# ALBERTA

## Diabetes Management & Support Resources

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### Alberta Diabetes Atlas

The Alberta Diabetes Atlas provides information on the number of people living with diabetes in Alberta, their related health conditions, and the health services they use. The Atlas offers health care providers and policy makers with up-to-date information on the scope of diabetes in Alberta and vital information necessary for program planning and development.

<http://www.albertadiabetes.ca/documents/AtlasWeb.pdf>

### Alberta Diabetes Foundation (ADF)

ADF is devoted to raising money for diabetes research. Through their fundraising efforts, they directly support scientific research which yields extremely positive results. To date, ADF has raised over \$ 11.8 million in support of cure-related diabetes research.

Tel: (780) 492-6537, Toll-Free: 1-800-563-2450, Fax: (780) 492-6046

Email: [info@abdiabetes.com](mailto:info@abdiabetes.com)

[www.afdr.ab.ca](http://www.afdr.ab.ca)

### Alberta Diabetes Institute

The Alberta Diabetes Institute is a research facility dedicated to discovering new methods to prevent, treat, and cure diabetes through scientific excellence and teamwork.

[www.adl.med.ualberta.ca](http://www.adl.med.ualberta.ca)

### Alberta Diabetes Surveillance System (ADSS)

ADSS produces a number of publications which help disseminate important diabetes information to policy makers, health care professionals, primary care networks and general public.

Tel: (780) 248-1010, Fax: (780) 492-7455, Email: [achord@ualberta.ca](mailto:achord@ualberta.ca)

[www.albertadiabetes.ca](http://www.albertadiabetes.ca)

### Alberta Health Advocates

Alberta's health system is complex and people don't always find the kind of care they are looking for. The office of Alberta Health Advocates brings together Alberta's Mental Health Patient Advocate and the new Health Advocate and Seniors' Advocate. It's a place where Albertans can come for advice and help in dealing with an issue of various health conditions.

Tel: (780) 422-1812, Fax: (780) 422-0695

Email: [healthadvocates@gov.ab.ca](mailto:healthadvocates@gov.ab.ca)

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



# Diabetes Management & Support Resources

## Alberta Health Services

Alberta Health Services provides information on health services in Alberta as well as various resources and chronic disease management tools.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Alberta Innovates Health Solutions

Alberta Innovates Health Solutions supports top-quality, internationally competitive health research. This research seeks to further the understanding of health and disease, and to produce results that will make a difference to the health, economy and societal well-being of Albertans and people around the world.

Tel: (780) 423-5727, Toll-Free: 1-877-423-5727, Fax: (780) 429-3509

Email: [health@albertainnovates.ca](mailto:health@albertainnovates.ca), <http://www.aihealthsolutions.ca/>

## Athabasca Tribal Council Health Division

The Athabasca Tribal Council Health Division works with First Nation members in the following health programs: Medical Transportation, Aboriginal Interpreting/Liaison, Indian Residential School Support, Aboriginal Health Transition Fund Programs, and General Health services.

Tel: (204) 780-791-6538, Fax: (780) 791-0946

[atc97.org/health-social-programs](http://atc97.org/health-social-programs)

## College of Physicians and Surgeons of Alberta (CPSA)

CPSA regulates the practice of medicine in Alberta. The privilege of self-regulation is granted through Alberta's Health Professions Act (HPA). This website is especially helpful for aspiring future health care professionals.

Tel: (780) 423-4764, Fax: (780) 420-0651, Email: [publicinquiries@cpsa.ab.ca](mailto:publicinquiries@cpsa.ab.ca)

<http://www.cpsa.ab.ca/Homepage.aspx>

## 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 including Alberta.

<http://bit.ly/1tyw7TT>

## Diabetes and Homelessness -Calgary Drop-In & Rehab Centre

Diabetes Prevention and Management Pilot Project was launched at the Calgary Drop-In & Rehab Centre (DI) with the focus of helping homeless individuals and those living in poverty prevent and/or manage their diabetes. The goal of the project is to engage staff and clients of the DI in identifying barriers and integrating best strategies for a sustainable diabetes program.

Tel: (403) 266-3600, Fax: (403) 234-0677

Email: [nfo@thedi.ca](mailto:nfo@thedi.ca), [www.thedi.ca/diabetes-and-homelessness](http://www.thedi.ca/diabetes-and-homelessness)



# Diabetes Management & Support Resources

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## Health Link Alberta

Health Link Alberta provides health advice and information through a toll-free to all Albertans. Access is 24 hours, 7 days a week and support is provided by experienced registered nurses and other health care professionals.

Toll-Free: 811

<http://www.albertahealthservices.ca/223.asp>

## Kehewin Health Services (KHS)

KHS provides access to the Health Nurse-in-Charge, Community Health Representatives, Medical Transportation, Dental Hygienists and other qualified professionals. Further, memberships utilize the services from a variety of medical physicians, opticians, dentists and emergency services surrounding the community as well as specialized health care professionals in other urban areas.

Tel: (780) 826-3333, Fax: (780) 826-2355

[www.kehewincreation.ca](http://www.kehewincreation.ca)

## Little Red River First Nation Health Department

The health department of Little Red River First Nation raises community health status through high quality health services and programs offered according to local priorities and needs.

Tel: (780) 759-3912, Fax: (780) 759-3780

[lrrcn.ab.ca/departments/health.shtml](http://lrrcn.ab.ca/departments/health.shtml)

## Maskwacis Health Services

The Maskwacis Health Board, with the support of the Maskwacis leadership, competent staff and adequate financial resources, will apply the medicine chest clause to provide the highest quality health care services to the Maskwacis Peoples.

Tel: (780) 585-3830, Fax: (780) 585-2203

[www.maskwacishealth.ca](http://www.maskwacishealth.ca)

## My Health Alberta

My Health Alberta is a Government of Alberta initiative in partnership with Alberta Health Services. The information and tools you will find on My Health Alberta were developed in consultation with health care professionals, and Albertans like you. The goal is to create a single place for you to go for health information and useful health tools—a site that is made in Alberta for Albertans.

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)





# Diabetes Management & Support Resources

## NECHI Training, Research & Health Promotion Institute

The NECHI Training, Research and Health Promotion Institute offers specialized training to addictions counsellors working in Indigenous communities. Our teaching model applies theory to practice through role-playing, experiential learning and group work.

Tel: (780) 459-1884, Toll-Free: 1-800-459-1884, Fax: (780) 458-1883

[www.nechi.com](http://www.nechi.com)

## Siksika Health Services

Siksika Health Services has various health care professionals and competent staff to help provide services to those in need including Aboriginal people living with diabetes.

Tel: (403) 734-5686, Fax: (403) 734-3916

[www.siksikahealth.com](http://www.siksikahealth.com)

## Physical Activity, Nutrition, Healthy Weights

### Alberta Centre for Active Living

The Alberta Centre for Active Living is a key advocate of physical activity and physical activity expertise as well as a primary source of research and education on physical activity for practitioners, organizations, and decision-makers. The Centre's mandate is to improve the health and quality of life for all people through physical activity. This website has a number of useful physical activity resources translated in many different languages including a Physical Activity Counselling Toolkit for practitioners.

Tel: (780) 427-6949, [www.centre4activeliving.ca](http://www.centre4activeliving.ca)

### Alberta Future Leaders Program

This program is for selected communities throughout Alberta and is operated by the Alberta Sport, Recreation, Parks, and Wildlife Foundation.

<http://albertasport.ca/sport/future-leaders-program.aspx>

### Canadian Obesity Network (CON) - University of Alberta

The mission of CON is to act as a catalyst for addressing obesity in Canada and to foster knowledge translation, capacity building, and partnerships among stakeholders so that researchers, health care professionals, policy makers and other interested parties may develop effective solutions to treat, and to prevent obesity.

Tel: (780) 492-8361, Fax: (780) 492-9414

Email: [info@obesitynetwork.ca](mailto:info@obesitynetwork.ca)

[www.obesitynetwork.ca](http://www.obesitynetwork.ca)





## Physical Activity, Nutrition, Healthy Weights

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### Edmonton Sport Council

The Edmonton Sport Council is a not-for-profit society, serving and representing the Edmonton community that strengthens sport and facilitates a better sport environment in the province.

Tel: (780) 497-7678, Fax: (780) 426-3634, [www.edmontonsport.com](http://www.edmontonsport.com)

### Healthy Eating and Active Living for Pregnancy

If you are expecting pregnancy, this is a resource to help you prepare yourself. It provides valuable information to expecting mothers.

<http://healthyalberta.com/HEALPregnancy-Sept2012.pdf>

### Healthy U

Healthy U was developed as a public information and education campaign to support and encourage Albertans to lead healthier lifestyles by providing them with access to information on healthy eating and active living. This resource will introduce you to the programs, events and resources provided to the province of Alberta by Healthy U.

<http://www.healthyalberta.com>

### Indigenous Sport Council – Alberta (ISC)

ISC Alberta views sport and recreational activity as an integral part of the Indigenous communities' health and wellness model. Sport and physical activity promotes positive lifestyles, develops individual life-skills, encourages youth leadership, and reinforces family and cultural values.

Tel: (403) 202-6539, Email: [info@aboriginalsports.org](mailto:info@aboriginalsports.org)

[www.aboriginalsports.org/home.html](http://www.aboriginalsports.org/home.html)

### InMotion Network Alberta

InMotion Network is a not-for-profit organization dedicated to promoting physical activity for girls and women in Alberta.

Tel: (780) 644-5613, Fax: (780) 644-8404

Email: [info@inmotionnetwork.org](mailto:info@inmotionnetwork.org)

[www.inmotionnetwork.org](http://www.inmotionnetwork.org)

### Provincial Fitness Unit of Alberta

The Provincial Fitness Unit is Alberta's longest-standing not-for-profit organization. They work at the grass roots to promote healthy, active lifestyles for all Albertans. Established in 1982, they opened Canada's first Fitness Appraisal Centre and worked to develop provincial and national partnerships to support active living.

Tel: (780) 492-4435, Toll-Free: 1-866-FIT-UNIT, Fax: (780) 455-2264

Email: [info@provincialfitnessunit.ca](mailto:info@provincialfitnessunit.ca)

<http://www.provincialfitnessunit.ca/about/>



## Bonus Resources

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

### Active Airdrie

The goal of the program is to promote active living and to get more citizens physically active. They encourage and promote activities that support a healthier lifestyle.

<https://www.facebook.com/ActiveAirdrie>

### Alberta Tobacco Reduction Strategy 2012-2022

The strategy outlines a long range plan to help Albertans avoid and quit using tobacco products in the next 10 years.

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

### College of Podiatric Physicians of Alberta

The program provides comprehensive information on podiatry in Alberta and assists in finding foot care services from a licensed podiatrist. Ample information is provided for Aboriginal people living with diabetes with tips and recommendations for preventing foot complications while living with this disease.

<http://www.albertapodiatry.com>

### Diabetes and Mental Health Disorders in Alberta

The objective of this resource is to compare prevalence of diagnosed mental health disorders in people with or without diabetes in Alberta.

[http://www.albertadiabetes.ca/pdf/atlas/09/Atlas-9\(web\).pdf](http://www.albertadiabetes.ca/pdf/atlas/09/Atlas-9(web).pdf)

### Edmonton Aboriginal Seniors Centre

The centre is a great resource for Aboriginal people living in Alberta. The centre provides a variety of programming to enhance quality of life. The programs include foot care and promotion of active healthy lifestyles.

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

### Kidney Foundation of Canada, Northern Alberta

The Kidney Foundation of Canada is committed to patient services, public education, organ donation awareness and communications. They offer a range of services that includes information and referral, educational materials, practical assistance and short-term, emergency financial support.

Tel: (780) 451-6900, Toll-Free: 1-800-461-9063

<http://www.kidney.ca/page.aspx?pid=266>



## Bonus Resources

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

### My Mental Health—Canadian Mental Health Association

The primary goal of the My Mental Health campaign is to increase awareness of mental illness to eliminate the misconceptions surrounding it. Perceptions about mental illnesses need to be changed. Stereotypes given to those living with a mental illness can be debilitating. With misconceptions removed, those who need help will be better able to reach out for it.

Tel: (780) 482-6576, Fax: (780) 482-6348

Email: [alberta@cmha.ab.ca](mailto:alberta@cmha.ab.ca)

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

### YMCA of Northern Alberta

YMCA of Northern Alberta creates life-enhancing opportunities for the growth and development of all people in spirit, mind, and body. YMCA of Northern Alberta pays special attention to improving cardiovascular health of the citizens of Alberta.

[www.edmonton.ymca.ca](http://www.edmonton.ymca.ca)







## SASKATCHEWAN

### Diabetes Management & Support Resources

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#### Aboriginal Women Share Their Stories

This is an on-line report on diabetes and Aboriginal women developed by the University Institute for Social Research in Saskatoon.

<http://www.usask.ca/cuisr/sites/default/files/Dressler.pdf>

#### ADI Meadow Lake Tribal Council

The council offers dietary counselling, education, diabetes classes and diabetes prevention activities. The program also provides resources that health care professionals can use for their patients.

Tel: (306) 236-5654, Fax: (306) 236-6301

[www.mltc.ca](http://www.mltc.ca)

#### Agency Chiefs Tribal Council

The council provides workshops on diabetes management, prevention, exercise, and nutrition as well as diabetes resources.

[www.agencychiefs.com/departments/rec\\_services.php](http://www.agencychiefs.com/departments/rec_services.php)

#### Ahtahkakoop Health Centre

The centre provides classes that cover different topics related to diabetes management and prevention.

Tel: (306) 468-2747, Fax: (306) 468-2967

[www.ahtahkakoop.ca/health.html](http://www.ahtahkakoop.ca/health.html)

#### Battlefords Tribal Council Indian Health Services

The council administers a diabetes education program and diabetes nurse educators readily available for Aboriginal people newly diagnosed or living with diabetes.

Tel: (306) 937-6700, Fax: (306) 445-8355

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

#### 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.

<http://bit.ly/1ygPt6O>

#### CRU – Connection & Resources for U

Welcome to the CRU Youth Wellness Centre. Follow the website to learn more about CRU, the services they provide and information and resources to foster healthier youth.

Tel: (306) 978-0391, Fax: (306) 657-3951

<http://cru-youth-wellness-centre.sk.xsask.com/>







## Diabetes Management & Support Resources

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### File Hills Qu'Appelle Tribal Council

The council provides information and resources on nutrition, physical activity, health services, and diabetes prevention and management.

Tel: (306) 332-8216, Fax: (306) 332-3790

<http://fhqtc.com/health/>

### Government of Saskatchewan Health Website

This website provides information on diabetes, health care systems in Saskatchewan, and how to access medical services and resources to deal with chronic disease such as diabetes.

Tel: (306) 787-0889, Email: [info@health.gov.sk.ca](mailto:info@health.gov.sk.ca)

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

### Heartland Health Region

This organization has a diabetes education program and diabetes nurse educators readily available to assist Aboriginal people living with diabetes.

Tel: (306) 882-4111, Fax: (306) 882-1389

Email: [heartland@hrha.sk.ca](mailto:heartland@hrha.sk.ca)

<http://www.hrha.sk.ca/>

### Keewatin Yatthe Regional Health Authority

The organization has a Diabetes Education Program and diabetes nurse educators who work with Aboriginal people living with diabetes. Diabetes information and resources are also provided.

Tel: (306) 235-2220, Fax: (306) 235-4604

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

### Kelsey Trail Health Regional Authority

The health authority has a diabetes education program and diabetes nurses to help Aboriginal people newly diagnosed or living with diabetes live a healthier life.

Tel: (306) 873-6600, Fax: (306) 873-6605, Email: [TDemarsh@kthr.sk.ca](mailto:TDemarsh@kthr.sk.ca)

<http://www.kelseytrailhealth.ca/Pages/default.aspx>

### Lac La Ronge Indian Band Health Services

The band administers various diabetes prevention programs including fitness, foot care, community kitchen, and pre-natal education.

Tel: (306) 425-3600, Fax: (306) 425-5520

<http://llrib.com/departments/health-services/>





## Diabetes Management & Support Resources

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### Live Well Chronic Disease Management Program

The Live Well Chronic Disease Management Program provides comprehensive care and education services for many chronic diseases including diabetes. The team consists of family doctors, internists, exercise physiologists and psychologists just to name a few.

Tel: (306) 655-7500

<https://www.saskatoonhealthregion.ca/livewell>

### Mamawetan Churchill River District Health Authority

The health authority promotes awareness, foot care clinics, support groups, pre-natal education as well as provides diabetes prevention and management skills classes.

Tel: (306) 425-2422, Fax: (306) 425-5513

Email: [information@mcrhealth.ca](mailto:information@mcrhealth.ca)

<http://www.mcrrha.sk.ca/>

### ***Miyo-Māhcihowin*** — a Report on Indigenous Health in Saskatchewan

This report provides important information on the health status of Aboriginal people in the province and is based upon a series of consultations with Indigenous people in the province of Saskatchewan, and highlights the words and experiences of people engaged in the work of Indigenous health including community and band health directors, managers, workers, and other health staff, Indigenous academics, and Indigenous key “advisors” in various positions within the Saskatchewan health network.

<http://ahrnets.ca/files/2011/02/Miyo-Mahcihowin.pdf>

### Peter Ballantyne Cree Nation Health Services

The program provides diabetes resources and is the first point of medical contact for Aboriginal people living with diabetes in the area.

Tel: (306) 953-4400

[www.peterballantyne.ca/health.html](http://www.peterballantyne.ca/health.html)

### Prairie North Health Region

The organization manages a number of diabetes education centres as well as diabetes nurse educators and dietitians available to assist Aboriginal people living with diabetes.

Tel: (306) 446-6606 or (306) 820-6181

[www.pnrha.ca/bins/index.asp](http://www.pnrha.ca/bins/index.asp)





## Diabetes Management & Support Resources

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### Prince Albert Grand Council Diabetes Program

The program organizes walks, nutrition classes, diabetes awareness and management, foot care, home visits, community kitchen with recipe exchanges, glucose monitoring, and breakfast and lunch programs for Aboriginal people living with diabetes.

<http://www.pagc.sk.ca/health/programs-and-services/chronic-disease/>

### Saskatchewan Branch — Canadian Diabetes Association

The Saskatchewan branch of the Canadian Diabetes Association provides a lot of support and advocacy for people living with diabetes in the province. The website hosts recent news, diabetes walks and initiatives as well as provides new developments in the field of diabetes.

South - Tel: (306) 584-8445, Toll-Free: 1-800-297-7488, Fax: (306) 586-9704

North - Tel: (306) 933-1238, Toll-Free: 1-800-996-4446, Fax: (306) 244-2012

<http://www.diabetes.ca/contact/regional-offices/saskatchewan-regional-offices>

### Saskatchewan Diabetes Directory

This directory will help health care professionals and general public find diabetes contacts in each health region as well as in First Nations communities. The information in the directory will be of value to new or long-term Saskatchewan residents who need to find out about diabetes services and resources, or health care professionals looking for contact information for a client or for themselves.

<http://bit.ly/1K5nPMm>

### Saskatchewan Health Line

Health Line is a confidential, 24-hour health information and support telephone line, staffed by Registered Nurses, Registered Psychiatric Nurses and Social Workers. The professionals who work at Health Line are experienced and specially trained to help you make decisions about your health care options.

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

### Saskatchewan Health Research Foundation (SHRF)

SHRF funds the work of researchers, supports efforts that grow the province's research enterprise, and promotes knowledge that results from health research. As the lead agency for the provincial government's health research strategy, SHRF works as a catalyst, supporting the work of individual researchers and research groups.

Tel: (306) 975-1680, Toll-Free: 1-800-975-1699, Fax: (306) 975-1688

[www.shrf.ca](http://www.shrf.ca)





## Diabetes Management & Support Resources

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### Saskatoon Health Region Website

The website provides information on diabetes prevention/management and diabetes education centres as well as information on how to find a diabetes nurse and/or dietitian.

Tel: (306) 655-7500

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

### Saskatoon Women's Health Centre

Saskatoon Health Region's Women's Health Centre opened in Saskatoon City Hospital in October 2010. The centre consolidates existing women's health procedures into one location to transform the care and service experience through fewer patient transfers and shorter day procedure stays.

Tel: (306) 655-7681

[https://www.saskatoonhealthregion.ca/locations\\_services/Services/Women-Health](https://www.saskatoonhealthregion.ca/locations_services/Services/Women-Health)

### SunCountry Health Region

This organization provides information on diabetes prevention and management as well as operates a diabetes education centre, and has diabetes nurses and dietitians on staff.

Email: [info@schr.sk.ca](mailto:info@schr.sk.ca)

<http://www.suncountry.sk.ca/>

### Sunrise Health Regional Authority

The health authority provides information on diabetes prevention and management and has a diabetes education centre with diabetes nurses and dietitians on staff.

<http://www.sunrisehealthregion.sk.ca/>

### Thunderchild First Nation

The band provides fitness and nutrition classes, traditional medicine workshops, community kitchens, support groups, and recipe exchange opportunities.

Tel: (306) 845-4300, Toll-Free: 1-866-395-8888, Fax: (306) 845-3230

Email: [info@thunderchild.ca](mailto:info@thunderchild.ca)

<http://www.thunderchild.ca/Departments/Health>

### Yorkton Tribal Council

The council provides nutrition programs, diabetes awareness, prevention and management, foot care clinics, support groups, and glucose monitoring services.

Tel: (306) 782-3644, Fax: (306) 786-6264

<http://fpyktri.sasktelwebhosting.com/>







## Physical Activity, Nutrition, Healthy Weights

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### Aboriginal Summer Program for Youth in Recreation

This program is run by the Saskatchewan Parks and Recreation Association and is aimed to encourage Aboriginal youth, including post-secondary students to increase physical activity.

Tel: (416) 426-7176, Fax: (416) 426-7371, Email: [info@lin.ca](mailto:info@lin.ca)

<http://lin.ca/success-stories/aboriginal-summer-program-youth-recreation-aspvr>

### Cost of Obesity in Saskatchewan

This resource provides information and statistics on obesity in Saskatchewan. It is great for organizations, health care professionals and people who need such data for reports and/or presentations.

<http://www.gpiatlantic.org/pdf/health/obesity/sask-obesity.pdf>

### Ehrlo Sport Venture Program (ESVP)

ESVP is a community outreach program of Ehrlo Community Services in Regina, Saskatchewan, promoting physical activity in the province.

Email: [inquiries@ranchehrlo.ca](mailto:inquiries@ranchehrlo.ca)

<http://www.ehrlo.com/community-services/ehrlo-sport-venture/>

### Food Secure Saskatchewan

Food Secure Saskatchewan is a coalition of individuals and groups working toward, or interested in, achieving food security for all Saskatchewan citizens by way of a healthy and sustainable food system. This coalition includes community-based organizations, nutritionists, health care professionals, hunger groups, First Nations residents, government departments, community leaders, farmers, producers, and many others.

Email: [info@foodsecuresaskatchewan.ca](mailto:info@foodsecuresaskatchewan.ca)

[www.foodsecuresaskatchewan.ca](http://www.foodsecuresaskatchewan.ca)

### Prince Albert Parkland Health Regional Authority

The health authority operates diabetes education centres as well as provides information and training for diabetes nurse educators and dietitians.

Tel: (306) 765-6400, Fax: (306) 765-6401

[www.princealbertparklandhealth.com/menu\\_pg.asp](http://www.princealbertparklandhealth.com/menu_pg.asp)

### Regina Qu'Appelle Health Region

This regional health authority provides information on diabetes prevention and management and has a diabetes education centre with diabetes nurses and dietitians on staff.

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





## Physical Activity, Nutrition, Healthy Weights

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### Healthy Foods for My School

This guide helps schools provide healthier food options for students. Use the Nutrition Facts as minimum standards for selecting packaged foods in each food group, and use the Tips for Making the Best Choices for suggestions on how to make even healthier food choices.

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

### Saskatchewan in Motion

Saskatchewan in Motion is an exciting movement of parents, leaders, teachers and decision makers who are taking action to get kids moving.

Tel: (306) 780-9248, Toll-Free: 1-866-888-3648

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

### Bonus Resources

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

### Chronic Kidney Disease Program of Regina Qu'Appelle Health Region

This is a resource that helps people understand more about kidney disease and adjust to treatment or management that is required to live well with chronic kidney disease.

[https://www.rqhealth.ca/diy\\_pubhealth/pdf\\_files/ceac386.pdf](https://www.rqhealth.ca/diy_pubhealth/pdf_files/ceac386.pdf)

### Heart & Stroke – Saskatchewan Cardiac Program and Groups

This program gives great information and offers encouragement and support to people and their families following a heart attack, heart surgery or the diagnosis of a cardiac condition. The information is intended for people who are looking for a support group.

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

### Heart and Stroke Foundation of Saskatchewan—SK Cardiac Resources

The Heart and Stroke Foundation provides information on heart disease and stroke based on the best science available today. They welcome your inquiries and comments, but please contact your doctor with any questions you may have about your personal health.

Toll-Free: 1-888-HSF-INFO (473-4636), Fax: (306) 664-4016

<http://bit.ly/16Prv1z>





## Bonus Resources

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

### Northern Saskatchewan Health Services – Chronic Disease Network and Access Program Website

This website has been designed to be a practical resource for health care professionals working with clients living with chronic disease such as diabetes, cardiovascular disease, hypertension, and chronic obstructive pulmonary disease (COPD) in Northern Saskatchewan.

Tel: (306) 953-7248, Fax: (306) 763-6611, <http://ehealth-north.sk.ca>

### Nutrition Tips for Those with Diabetes and Chronic Kidney Disease

This resource is intended for people diagnosed with early stage chronic disease. It provides much information and tips to properly manage chronic disease and prevent complications.

<http://bit.ly/1Be4FyE>

### Regina Qu'Appelle Health Region

This resource provides health services and information on how to get counseling for people experiencing severe difficulty coping and those who show significant deterioration in their level of functioning and mental health. Tel: (306) 332-3300

[https://www.rqhealth.ca/finding/fort\\_quappelle/fort\\_cent.shtml](https://www.rqhealth.ca/finding/fort_quappelle/fort_cent.shtml)

### Saskatchewan Lung Association

The association's role is to improve respiratory health and overall quality of life through programs, education, research, training, treatment, and prevention of lung disease.

Toll-Free: 1-888-566-5864, Email: [info@sk.lung.ca](mailto:info@sk.lung.ca)

<http://www.sk.lung.ca/>

### Tobacco-Free for You and Me

This resource is great for educators to teach prevention and provide information on the dangers of tobacco and smoking. The resource provides a captivating story that can capture children's attention and teach an important lesson of living smoke free.

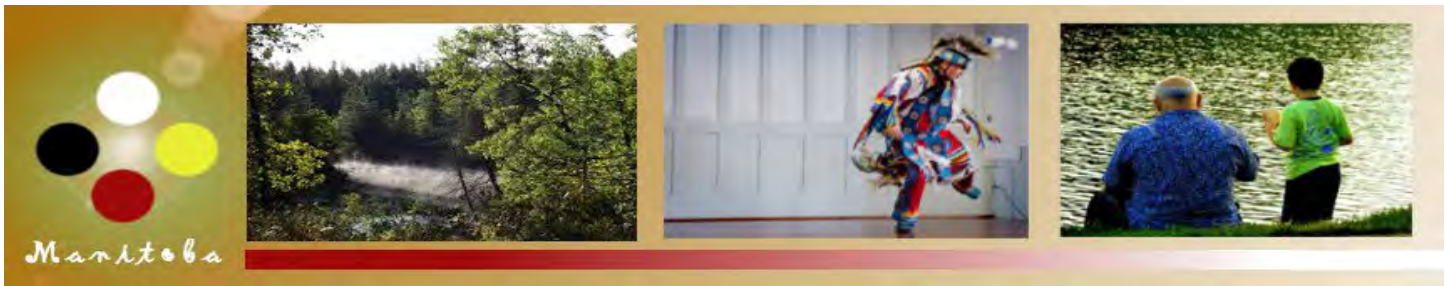
<http://bit.ly/1Hw9tEq>

### Why People with Diabetes Need to Take Care of Their Feet

This resource provides a quintessential care sheet for people with diabetes and explains the importance of proper foot care.

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





## MANITOBA

### Diabetes Management & Support Resources

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#### Aboriginal Health and Wellness Centre

The Aboriginal Health and Wellness Centre is a community-based health and wellness resource centre committed to serving the Aboriginal community of Winnipeg. The philosophy of the program is founded on traditional values and perspectives, where services and programs are part of a continuum of resources made available to identify and support the aspirations, needs, and goals of individuals, families, and thus, the community through access to both Traditional and Western resources.

Tel: (204) 925-3700

<http://www.ahwc.ca/page%202.html>

#### Aboriginal Health Program – Winnipeg Regional Health Authority

Aboriginal Health Program is a program operating under the auspices of the Winnipeg Regional Health Authority with three branches that include Health Services, Workforce Development and Health Education including education and resources for prevention of type 2 diabetes.

Tel: (204) 926-7000, Fax: (204) 926-7007

<http://www.wrha.mb.ca/aboriginalhealth/about.php>

#### Aboriginal Seniors Resource Centre

The centre is a not-for-profit organization whose primary focus is to support Aboriginal seniors by providing education and access to resources aimed at improving quality of seniors' life including education and resources on prevention and management of type 2 diabetes.

Tel: (204) 586-4595, Fax: (204) 586-3283

<http://manitoba.cioc.ca/record/VMB2620?UseCICVw=124&>

#### Brandon Regional Health Authority

The Brandon Regional Health Authority is fully accredited body that offers a wide range of health services and programs to the citizens of Brandon and rural municipalities of Cornwallis, Elton and Whitehead, along with being a regional referral centre for the "Westman" area.

Tel: (204) 578-2300, Fax: (204) 578-4969, Email: [dlawrence@pmh-mb.ca](mailto:dlawrence@pmh-mb.ca)

<http://www.brandonrha.mb.ca/en/about/>

#### 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/1BiT7N7>







## Diabetes Management & Support Resources

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### Diabetes Education Centre (DEC) - Winnipeg Health Sciences Centre

The education team of specially prepared nurses and dietitians offers diabetes education to people with type 1, type 2, and gestational diabetes. Individual sessions are offered only at the DEC while classes are offered at both the DEC and the Wellness Institute.

Tel: (204) 787-7852, Fax: (204) 787-3786

<http://www.wrha.mb.ca/healthinfo/a-z/diabetes/directory-diabetes-educational-centre.php>

### Diabetes Education Resource for Children and Adolescents (DERCA)

The centre has a diabetes team that performs clinical testing, provides treatment plans and helps children manage their diabetes well from early on to ensure high quality of life. They also provide healthy lifestyle education, parents' support, diabetes research and much more.

Tel: (204) 787-3011, Fax: (204) 787-1655

<http://www.hsc.mb.ca/>

### Diabetes Integration Project (DIP)

DIP operates under the auspices of the Four Arrows Regional Health Authority. It is a mobile diabetes screening program that uses specially trained nurses for the "finger stick" blood testing of patients for haemoglobin A1C, lipids (total cholesterol, HDL cholesterol, triglycerides and calculated LDL cholesterol), glucose, and the testing of urine for the determination of the microalbumin/creatinine ratio.

Tel: (204) 956-7174, Fax: (204) 956-7245

Email: [info@diabetesintegrationproject.ca](mailto:info@diabetesintegrationproject.ca)

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

### Four Arrows Regional Health Authority

The purpose of the Four Arrows Healing & Wellness Program is to help front line staff and community members recognize and apply their talents and wisdom to the challenging work of bringing healing and wellness into community life.

Tel: (204) 947-2397, Toll-Free: 1-866-653-3441, Fax: (204) 982-3359

[www.fourarrowsrha.ca](http://www.fourarrowsrha.ca)

### Ginew Wellness Centre

The Ginew Wellness Centre provides health and wellness programs and services for the Roseau River Anishinabe First Nation, a population of 1,600 (of which 50% are off-reserve) including services for chronic diseases such as diabetes.

Tel: (204) 427-2384, Toll-Free: 1-866-801-8399, Fax: (204) 427-2484

Email: [info@ginewwellness.ca](mailto:info@ginewwellness.ca)

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





## Diabetes Management & Support Resources

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### Health Action Centre

The Health Action Centre is a WRHA Community Health Centre located in the downtown area of Winnipeg providing comprehensive health services to the members of the surrounding community. The Health Action Centre is a member of the Winnipeg Regional Health Authority.

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

### Health Services Directory in Winnipeg

This is a comprehensive directory of medical services, health resources, and diabetes support centres in the city of Winnipeg.

[http://www.wrha.mb.ca/healthinfo/directory/files/healthservices\\_directory.pdf](http://www.wrha.mb.ca/healthinfo/directory/files/healthservices_directory.pdf)

### Klinic Community Health Centre

The centre has a variety of programs for Aboriginal people living with diabetes including individual diet counselling, healthy cooking classes, and health kitchens.

Tel: (204) 784-4090, Fax: (204) 784-4013, Email: [klinic@klinic.mb.ca](mailto:klinic@klinic.mb.ca)

<http://www.klinic.mb.ca/>

### Maestro Project

The project provides transition resources, education, and support for young adults with type 1 and type 2 diabetes. Tel: (204) 789-3719

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

### Manitoba Diabetes Care Recommendations

The Manitoba Diabetes Care Recommendations are an adaptation of the national clinical practice guidelines, for province-wide use in Manitoba. Additional information has been added to provide practical details in specific areas.

<http://www.wrha.mb.ca/professionals/familyphysicians/files/mdcr.pdf>

### Manitoba Retinal Screening Vision Program (MRSVP)

MRSVP is a partnership between the Misericordia Eye Care Centre for Excellence, the J.A.Hildes Northern Medical Unit, the Burntwood Regional Health Authority and the Northern Regional Health Authority to provide retinal screening by specially trained nurses to persons diagnosed with diabetes living in remote and northern communities in Manitoba. Retinal specialists review digital images of individuals' eyes which allows for the early detection of diabetic retinopathy as well as other conditions without requiring the patient to travel to Winnipeg.

J.A.Hildes Northern Medical Unit Retinal Screening Program, University of Manitoba, T: 204-789-3711, F: 204-774-8919, website: <http://bit.ly/1CZsfDW>

Burntwood Regional Health Retinal Screening Program (Thompson) T: 204-677-1767, F: 204-778-1758

Northern Health Authority Retinal Screening Program (The Pas) T: 204-623-9552 F: 204-627-8285



## Diabetes Management & Support Resources

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### Mount Carmel Clinic

The Mount Carmel Clinic is a not-for-profit secular community health centre whose purpose is to create and promote healthy inner city communities. The clinic has a variety of medical and education resources to support and foster healthy communities including treatment and prevention of diabetes.

Tel: (204) 582-2311, Fax: (204) 582-6006

Email: [info@mountcarmel.ca](mailto:info@mountcarmel.ca)

<http://www.mountcarmel.ca>

### Neil John Maclean Library/University of Manitoba

The library has Aboriginal Health Collection that includes resources on various aspects of Aboriginal wellness, chronic disease management, and general resources about health and well-being.

Tel: (204) 789-3464, Fax: (204) 789-3922

Email: [healthlibrary@umanitoba.ca](mailto:healthlibrary@umanitoba.ca)

<http://libguides.lib.umanitoba.ca/health/>

### NorWest Co-op Community Health Centre

The centre provides a wide range of health and support services including diabetes care for various communities in Manitoba with a major focus on remote Northern communities.

Tel: (204) 938-5900, Fax: (204) 938-5994

<http://www.norwesthealth.ca>

### Northern Health Region

This organization provides diabetes education on management of diabetes and its complications, and offers diabetes assessment and treatment to people living with type 2 diabetes.

<http://www.brha.mb.ca/>

### Peguis Health Centre

The centre organizes Physical Activity campaigns, nutrition programs, diabetes awareness and prevention activities as well as provides diabetes screening and management support.

Tel: (204) 645-2169, Fax: (204) 645-2874

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





## Diabetes Management & Support Resources

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### TeleCARE Manitoba

TeleCARE Manitoba is a telephone-based program that helps Manitobans with heart failure or type 2 diabetes to manage their condition. TeleCARE Manitoba is built on the successful congestive heart failure program operating since 2005 out of the Provincial Health Contact Centre. This program is targeted at Manitobans with limited access to chronic disease management services and support.

Tel: (204) 788-8688, Toll-Free: 1-866-204-3737

[www.gov.mb.ca/health/primarycare/telecare](http://www.gov.mb.ca/health/primarycare/telecare)

### Wellness Institute

The Wellness Institute at Seven Oaks General Hospital is a state-of-the-art medical fitness facility dedicated to improving the health of the community through health promotion, disease prevention, and rehabilitation services. Their vision is to lead a shift toward illness prevention and wellness in the healthcare system and to inspire members of our community - particularly those de-conditioned by illness, injury or inactivity - to adopt healthy lifestyles and learn to be well.

Tel: (204) 632-3900, Fax: (204) 697-2412

Email: [info@wellnessinstitute.ca](mailto:info@wellnessinstitute.ca)

<http://www.wellnessinstitute.ca/about>

### Yellowquill College Diabetes Program

This is a school-based education program that teaches students about diabetes as well as diabetes prevention and management. The program prepares students for careers in the field of diabetes.

Tel: (204) 953-2800, Fax: (204) 953-2810, Email: [administration@yellowquill.org](mailto:administration@yellowquill.org)

[yellowquill.org](http://yellowquill.org)

### Youville Diabetes Centre

Youville Diabetes Centre is a diabetes self-management education centre in Winnipeg that provides one-on-one day and evening appointments for clients. The centre also provides group diabetes education sessions and cooking classes.

St. Boniface Tel: (204) 233-0262, Fax: (204) 233-1520

St. Vital Tel: (204) 255-4840, Fax: (204) 255-4903

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







## Physical Activity, Nutrition, Healthy Weights

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### Doctors Manitoba

Healthy eating and activity are central elements of healthy living for school-age children.

Establishing good habits and routines in childhood is also important for future adult well-being.

In Manitoba, over the past few years there has been increasing concern about poor nutrition in children.

It is related to overweight and obesity on one hand, and hunger and food security on the other.

Tel: (204) 985-5888, Fax: (204) 985-5844

[https://www.docsmb.org/index.php?option=com\\_content&view=article&id=251&Itemid=4](https://www.docsmb.org/index.php?option=com_content&view=article&id=251&Itemid=4)

### Exploring Food and Healthy Eating

This report assesses food security challenges faced by newcomers in Winnipeg as well as barriers accessing healthy and culturally acceptable food.

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

### Food Matters Manitoba

Food Matters Manitoba is a registered charity that engages Manitobans towards healthy, sustainable and fair food for all. Food Matters Manitoba cultivates community food skills, provides public education and builds partnerships and networks.

Tel: (204) 943-0822, Toll-Free: 1-800-731-2638, Fax: (204) 943-0823, Email: [info@foodmattersmanitoba.ca](mailto:info@foodmattersmanitoba.ca)

[www.foodmattersmanitoba.ca](http://www.foodmattersmanitoba.ca)

### Manitoba Fitness Council Inc.

The Manitoba Fitness Council Inc. is a not-for-profit organization dedicated to promoting quality in fitness leadership in order to provide Manitobans with safe, effective and enjoyable physical activity programs.

Tel: (204) 235-1245, Fax: (204) 235-1273

[www.manitobafitnesscouncil.ca](http://www.manitobafitnesscouncil.ca)

### Manitoba School Nutrition Handbook

Establishing good habits and routines in childhood is also important for future adult well-being.

In Manitoba, over the past few years there has been increasing concern about poor nutrition in children. It is related to overweight and obesity on one hand, and hunger and food security on the other.

<http://www.gov.mb.ca/healthyschools/foodinschools/documents/handbook.pdf>

### North West Company

The North West Company assists customers in Northern communities in improving their lifestyle with better nutrition, developing healthier food options, and maintaining food security.

Tel: (204) 943-0881

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





## Physical Activity, Nutrition, Healthy Weights

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### Nutrition Programs and Services in Your Area

This resource provides a listing of departments and their phone numbers as well as nutrition resources across Manitoba. <http://www.gov.mb.ca/healthyliving/hlp/nutrition/programs.html>

### Reh-Fit Fitness Centre

The Reh-Fit Centre is a not-for-profit organization with the mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

Tel: (204) 488-8023, Fax: (204) 488-4819

Email: [reh@fit.com](mailto:reh@fit.com)

[www.reh-fit.com](http://www.reh-fit.com)

### Sport Manitoba

Sport Manitoba is the lead planning, programming and funding agency for the development of amateur sport in Manitoba. The primary focus of Sport Manitoba is on the development of athletes, coaches, officials and volunteers. They believe that sport is a healthy and positive tool to build strong and vibrant citizens and communities.

Tel: (204) 925-5600, Fax: (204) 925-5916, Email: [info@sportmanitoba.ca](mailto:info@sportmanitoba.ca)

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

### Bonus Resources

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

### Canadian Footwear

Do you have a question about footwear, shoe sizing, or a foot condition? Do you have hard to fit feet? Canadian Footwear has got the answers! Canadian Footwear. They will fit you!

Toll-Free: 1-888-997-4849, <http://www.canadianfootwear.com/home>

### Heart & Stroke Foundation, Manitoba Region

The Foundation's health promotion and advocacy programs across the country are saving lives every day. Working together, employees, volunteers, donors and world-class researchers have made the Heart and Stroke Foundation what they are today: Canada's most widely recognized and trusted authority on cardiovascular health. Tel: (204) 949-2000, Fax: (204) 957-1365

<http://www.heartandstroke.mb.ca>





## Bonus Resources

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

### Kidney Foundation of Manitoba

The foundation cares about your kidney health. Learn how important your kidneys are, warning signs & how to prevent kidney disease.

Tel: (204) 989-0800, Toll-Free: 1-800-729-7176

<http://www.kidney.ca/manitoba>

### Manitoba Lung Association

The Manitoba Lung Association strives to improve lung health in Manitobans and to be the recognized leader, voice and primary resource in lung health to enable all people to breathe with ease.

Tel: (204) 774-5501, Toll-Free: 1-888-566-5864, Fax: (204) 772-5083

Email: [info@mb.lung.ca](mailto:info@mb.lung.ca)

<http://www.mb.lung.ca/>

### Mental Health Education Resource Centre of Manitoba

This centre is a public lending library of resources including books, print materials and video tapes on a wide range of topics on mental health and illness including depression, anxiety, eating disorders, substance use disorders and suicide prevention.

Tel: (204) 942-6568, Toll-Free: 1-855-942-6568, Fax: (204) 942-3223

Email: [info@mherc.mb.ca](mailto:info@mherc.mb.ca)

<http://www.mherc.mb.ca>

### North End Women's Centre

The North End Women's Centre is a community based organization that provides women with support, knowledge, and opportunity as they move forward on their journey towards independence and healthier lifestyle.

Tel: (204) 589-7347, Fax: (204) 586-9476, Email: [info@newcentre.org](mailto:info@newcentre.org)

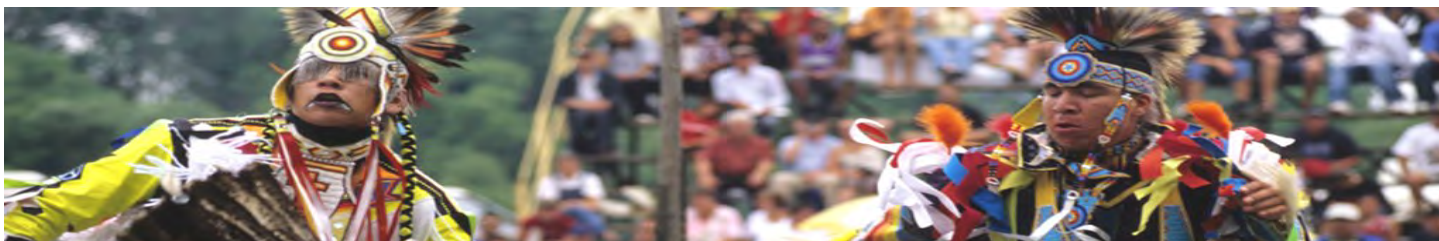
<http://www.newcentre.org>

### Rising to the Challenge – A Strategic Plan for the Mental Health and Well-Being of Manitobans

This 6-point strategic plan is aimed at improving the mental health of Manitobans.

<http://www.gov.mb.ca/healthyliving/mh/docs/challenge.pdf>





## ONTARIO

### Diabetes Management & Support Resources

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#### Anishnawbe Mushkiki Health Centre

Anishnawbe Mushkiki is an Aboriginal Community Health Centre established as a primary health care facility within the District of Thunder Bay. The centre promotes healthy eating with a primary focus on Aboriginal people living with diabetes.

Tel: (807) 343-4843, Fax: (807) 343-4728

<http://mushkiki.com/>

#### Association of Family Health Teams of Ontario (AFHTO)

Family Health Teams are committed to meeting the Ontario government's strategy to improve access to comprehensive primary health care for Ontarians by reducing the number of unattached patients in Ontario, keeping Ontarians healthy, reducing hospital wait times, and providing better access to primary health care services. Tel: (647) 234-8605, General Inquiries: [info@afhto.ca](mailto:info@afhto.ca)

[www.afhto.ca](http://www.afhto.ca)

#### Association of Ontario Health Centres (AOHC)

Working hand in hand with our members, AOHC works in many different ways to promote community health and well-being across Ontario. The association advocates for increased focus, healthier public policy and a more effective, equitable and comprehensive primary health care system that addresses the determinants of health.

Tel: (416) 236-2539, Fax: (416) 236-0431, Email: [mail@aohc.org](mailto:mail@aohc.org)

[www.aohc.org](http://www.aohc.org)

#### Beausoleil Family Health Centre

The centre provides a variety of health services including health information, dental clinic, counselling services, nutrition services, aging at home support program, healthy babies program, the Christian Island Addiction and Mental Health Program, as well as transportation to medical appointments.

Tel: (705) 247-2035, Email: [bfhc@bfhc.ca](mailto:bfhc@bfhc.ca)

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

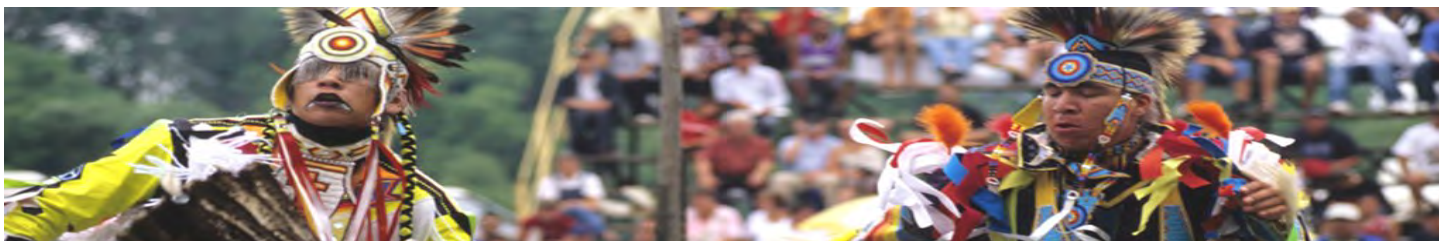
#### Canadian Institute for Health Information

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/179SydD>







## Diabetes Management & Support Resources

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### Blind River District Health Centre

This centre provides diabetes education, prevention, and diabetes care services including diabetes screening and management support.

Tel: (705) 356-2265, Fax: (705) 356-1220

<http://www.brdhc.on.ca/>

### De Dwa Da Dehs Nye>S - Aboriginal Health Centre

This centre offers healthy lifestyle education services, nutrition counselling and fitness advice.

Hamilton Location: Tel: (905) 544-4320, Fax: (905) 544-4247, Brantford Location: Tel: (519) 752-4340

Fax: (519) 752-6096, Email: [info@aboriginalhealthcentre.com](mailto:info@aboriginalhealthcentre.com), [www.aboriginalhealthcentre.com/](http://www.aboriginalhealthcentre.com/)

### Dokis First Nation Health Centre

The centre's health services delivery focuses on a holistic approach offering western and traditional healing choices. The complimentary relationship between the two healing traditions impacts on disease prevention, facilitation of recovery from illness and enhancement of well-being.

Tel: (705) 763-2200, Fax: (705) 763-2087

Email: [info@dokisfirstnation.com](mailto:info@dokisfirstnation.com), <http://www.dokisfirstnation.com/index.php?page=health-services>

### Doreen Potts Health Centre—Temagami First Nation

The Doreen Potts Health Centre delivers many services for Temagami First Nation members. Programs include Medical Transportation (On-Reserve), Diabetes Prevention, Community Health Nurse, Community Health Representative, Healthy Babies - Healthy Children, Drug and Alcohol Worker, Health Promotion and Safety Worker and Community Support Services including Elders, Disabled and Youth, etc.

Tel: (705) 237-8900, Toll-Free: 1-866-262-2862, Fax: (705) 237-8912, Email: [dphc@temagamifirstnation.ca](mailto:dphc@temagamifirstnation.ca)

<http://bit.ly/1xeiK0G>

### Dryden Diabetes Centre

The centre provides diabetes prevention and intervention services to Aboriginal people with diabetes including screening and support for management of diabetes complications.

Tel: (807) 223-7406

[www.diabetesdryden.ca/](http://www.diabetesdryden.ca/)

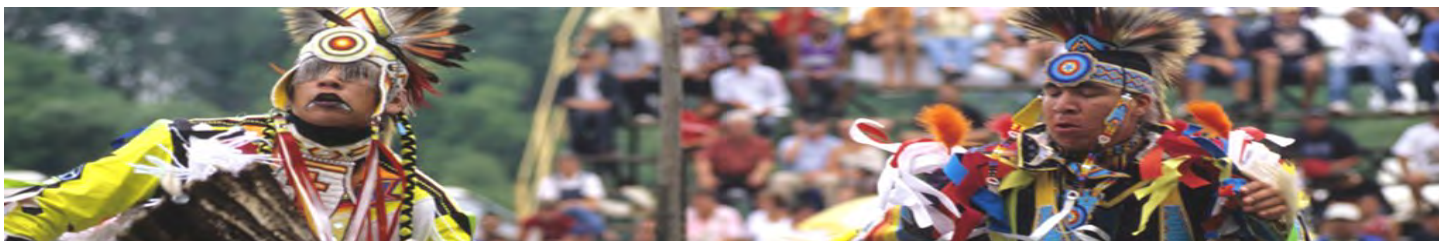
### Dryden Native Friendship Centre

The Dryden Native Friendship Centre (DNFC) was incorporated on November 13, 1984, and became a member of the Ontario Federation of Indian Friendship Centres (OFIFC) on October 22, 1988. Their programs and resources include Akwe:go, Apatisiwin, Community Wellness, Health Outreach, Life Long Care, Urban Aboriginal Healthy Living, and Wasa-Nabin.

Tel: (807) 223-4180, Fax: (807) 223-6275, Email: [dnfc@drytel.net](mailto:dnfc@drytel.net)

<http://www.ofifc.org/centre/dryden-native-friendship-centre>





## Diabetes Management & Support Resources

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### Eagle Lake Health and Resource Centre

Eagle Lake Health and Resource Centre provides community-based health services to members of Eagle Lake First Nation. Service delivery is client-centered and is based on cultural values and practices of Eagle Lake First Nation. Their programs focus on the holistic approach to wellness.

Tel: (807) 755-1157, Fax: (807) 755-1161

Email: [elhrc@migisi.ca](mailto:elhrc@migisi.ca)

Website: <http://www.eaglelakefirstnation.ca/eagle-lake-health-centre/>

### Institute for Clinical Evaluation Sciences (ICES)

The institute provides research and statistics on diabetes, including prevalence, number of diabetes cases and diabetes health outcomes.

<http://www.ices.on.ca/>

### Native Canadian Centre of Toronto

The centre provides diabetes education and encourages diabetes prevention through physical activity, healthy eating and optimal mental health.

Tel: (416) 964-9087, Fax: (416) 964-2111, Email: [Pierrette@ncct.on.ca](mailto:Pierrette@ncct.on.ca)

[www.ncct.on.ca/](http://www.ncct.on.ca/)

### Ontario Ministry of Health and Long-Term Care

The Ministry of Health and Long-Term Care is working to establish a patient-focused, results-driven, integrated and sustainable publicly funded health system. Its plan for building a sustainable public health care system in Ontario is based on helping people stay healthy, delivering good care when people need it, and protecting the health system for future generations.

Toll-Free: 1-866-532-3161

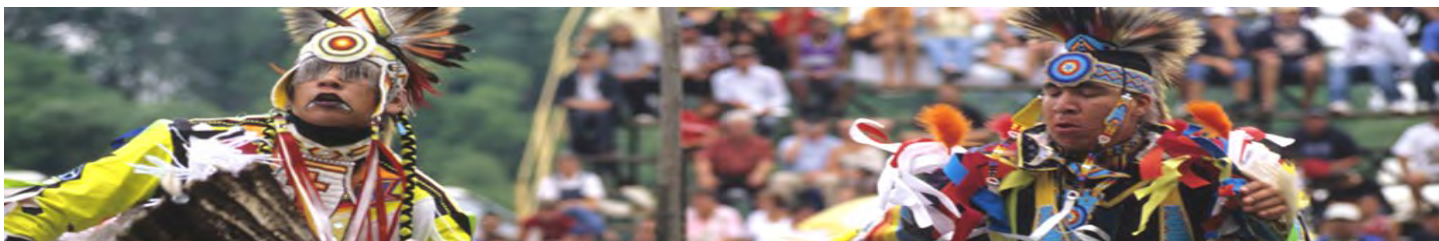
[www.health.gov.on.ca/en/ms/diabetes/pdf/newsletters/nl\\_ods\\_4.pdf](http://www.health.gov.on.ca/en/ms/diabetes/pdf/newsletters/nl_ods_4.pdf)

### Ontario Aboriginal Diabetes Strategy

Traditionally, Aboriginal people led physically active lifestyles and ate nutritious food that was abundant from the land. Over the past 50 years, lifestyles in Aboriginal communities have changed dramatically. Aboriginal people now lead much more sedentary lives and eat a more Western diet. This strategy sets up a long term approach to diabetes prevention, care and treatment, education, research and coordination that can be implemented both now and in the future.

<http://bit.ly/1z1Muuf>





## Diabetes Management & Support Resources

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### Ontario Native Women's Association

The Ontario Native Women's Association (ONWA) is a not-for-profit organization that was established in 1972 to empower and support Aboriginal women and their families throughout the province of Ontario including promoting healthy living among Aboriginal women with a major focus on diabetes prevention.

Tel: (807) 623-3442, Toll-Free: 1-800-667-0816, Fax: (807) 623-1104

Email: [onwa@onwa.ca](mailto:onwa@onwa.ca); Website: <http://www.onwa-tbay.ca/>

### Paawidigong First Nations Forum

The organization provides education and services for the prevention, management and treatment of diabetes in North Western Ontario.

Tel: (807) 223-5080, Fax: (807) 807-223-5012, Email: [info@pfnf.ca](mailto:info@pfnf.ca)

<http://search.211north.ca/record/TBY1692>

### Preferred Health Care Services

Preferred Health Care Services is an experienced and reputable health care provider. The company is an active member of the Ontario Home Care Association, an organization of home health and social care service providers that act as the voice of home care in Ontario.

Tel: (905) 771-2766, Toll-Free: 1-877-924-8800, Fax: (905) 771-2763

<http://www.prefhealthcare.com/phc/>

### Public Health Ontario

Public Health Ontario (PHO) is a crown corporation dedicated to protecting and promoting the health of all Ontarians and reducing inequities in health. PHO links public health practitioners, front-line health workers and researchers to the best scientific intelligence and knowledge from around the world.

Tel: (647) 260-7100, Toll-Free: 1-877-543-8931, Email: [communications@oahpp.ca](mailto:communications@oahpp.ca)

[www.publichealthontario.ca](http://www.publichealthontario.ca)

### Registered Nurses Association of Ontario

The Registered Nurses' Association of Ontario (RNAO) is the professional association representing registered nurses in Ontario. They are the strong, credible voice leading the nursing profession to influence and promote healthy public policy.

Tel: (416) 599-1925, Toll-Free: 1-800-268-7199, Fax: (416) 599-1926, Website: <http://rnao.ca/>

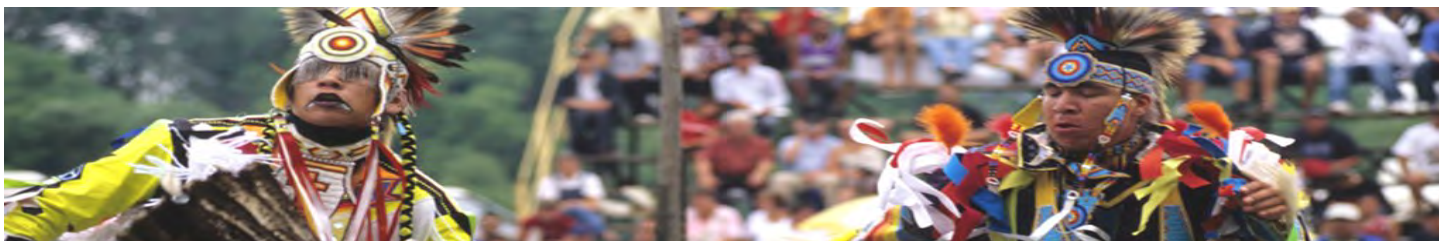
### Shkagamik-kwe Health Centre

Shkagamik-Kwe Health Centre (SKHC) is an Aboriginal Health Access Centre (AHAC) dedicated to providing equal access to quality health care for all Aboriginal, Métis and Inuit Peoples in the City of Greater Sudbury, as well as individuals and families from partner First Nations; Wahnapiatae, Henvey Inlet and Magnetawan.

Tel: (705) 675-1596– ext: 216; Website: [www.skhc.ca](http://www.skhc.ca)







## Diabetes Management & Support Resources

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### Southern Ontario Aboriginal Diabetes Initiative (SOADI)

SOADI provides education on prevention and management of diabetes in Aboriginal communities, both on and off-reserve. The high prevalence of diabetes in Aboriginal society in Southern Ontario has placed it among the top health priorities. SOADI is a front line organization providing diabetes support at the grassroots level.

Tel: (888) 514-1370, Fax: (866) 352-0485, Email: [officeadministrator@soadi.ca](mailto:officeadministrator@soadi.ca)

[www.soadi.ca/](http://www.soadi.ca/)

### Southwest Ontario Aboriginal Health Access Centre (SOAHAC)

SOAHAC offers a diabetes education and management program at both the Chippewa and London sites. They offer classes and individual sessions with specially trained nurses and dietitians. This program offers support and education to Indigenous people with type 2 diabetes, pre-diabetes or Aboriginal people interested to learn more.

[www.soahac.on.ca/](http://www.soahac.on.ca/)

### Timmins Native Friendship Centre—Urban Aboriginal Healthy Lifestyles Program

The Urban Aboriginal Healthy Lifestyles Program (UAHLP) is designed to increase participation in sport, physical fitness and to provide nutrition and smoking prevention/cessation supports for healthier living amongst urban Aboriginal people.

Tel: (705) 268-6262, Fax: (705) 268-6266

Email: [reception@tnfc.ca](mailto:reception@tnfc.ca), Website: <http://www.tnfc.ca/index.html>

### Unison's Live Free...Prevent Diabetes

Funded by the Toronto Central LHIN, Live Free...Prevent Diabetes is a diabetes prevention project dedicated to reducing the onset of diabetes in Toronto's North West communities.

Tel: (416) 799-0812, Fax: (416) 787-3761

Email: [ana.sanchez@unisonhcs.org](mailto:ana.sanchez@unisonhcs.org)

<http://unisonhcs.org/health-promotion/chronic-disease-prevention/diabetes/>

### Unison Health & Community Services

The program provides screening at various community locations. It promotes healthy lifestyles through a series of seminars that teach tools for leading a healthier lifestyle.

[www.unisonhcs.org](http://www.unisonhcs.org)

### Wabano Centre for Aboriginal Health

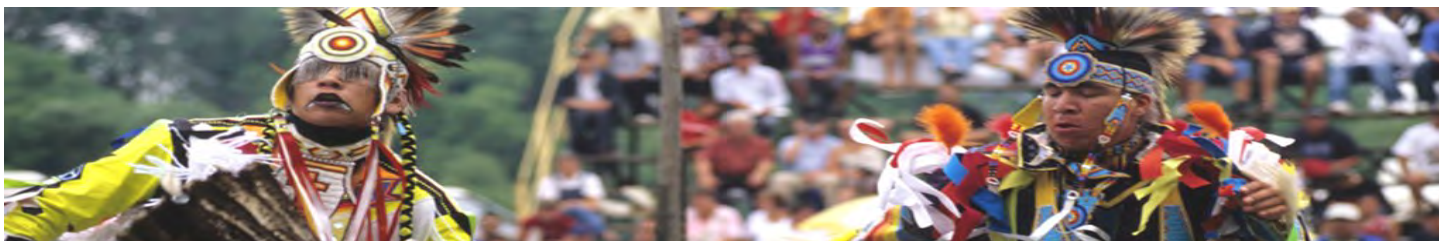
The centre provides diabetes support and counselling to groups and individuals. Diabetes screening and overall diabetes care is also available on site.

Tel: (613) 748-0657, Fax: (613) 748-9364

[www.wabano.com/](http://www.wabano.com/)







## Physical Activity, Nutrition, Healthy Weights

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### Breakfast for Learning—Ontario

Breakfast for Learning is a national charity that educates and empowers communities to deliver school based nutrition programs, helping children and youth realize their full potential in life.

Tel: (416) 487-1046, Toll-Free: 1-800-627-7922, Fax: (416) 487-1837

[www.breakfastforlearning.ca](http://www.breakfastforlearning.ca)

### Eat Right Ontario

The Eat Right Ontario website offers reliable and printable resources for Ontario residents with regard to proper nutrition and eating healthier foods.

[www.eatrightontario.ca](http://www.eatrightontario.ca)

### Lemon Cree

Lemon Cree is a Fitness and Wellness organization that is shaping our people, building our Nation.

Tel: (416) 518-8820

Email: [lemoncree@gmail.com](mailto:lemoncree@gmail.com)

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

### Nutrition Resource Centre (NRC)

NRC was established in 1999 by the Ontario Public Health Association (OPHA), and is a Health Promotion Resource Centre that strengthens the capacity of health care professionals across all care settings and in all communities across Ontario through policy development support, knowledge exchange, transfer and translation, and serves as a centre of excellence for healthy eating and nutrition tools and resources.

Tel: (416) 367-3313, Toll-Free: 1-800-267-6817

<http://opha.on.ca/Nutrition-Resource-Centre/>

### Ontario Fitness Council (OFC)

OFC has been operating for 30 years. Today OFC continues to be a vital service for the fitness industry, providing the resources and training essential to enhancing fitness leader performance and stimulating their ongoing growth and success.

Tel: 1-800-671-4632

<http://ontariofitnesscouncil.com/>

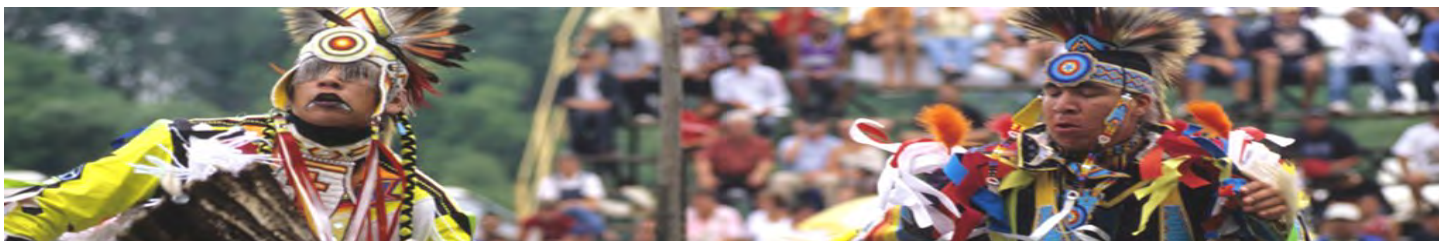
### ParticipACTION

ParticipACTION is the national voice of physical activity and sport participation in Canada. Originally established in 1971, ParticipACTION was re-launched in 2007 to help prevent the looming inactivity crisis that faces Canada.

Tel: (416) 913-1511, Email: [info@participaction.com](mailto:info@participaction.com)

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





## Physical Activity, Nutrition, Healthy Weights

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### Second Harvest

Second Harvest, through many of its projects, provides upwards of 20,000 meals to those in need in Toronto and helps foster community engagement as they strive to realize the visions that no one needs to ever go hungry in the communities.

Tel: (416) 408-2594, Fax: (416) 408-2598

<http://secondharvest.ca/impact>

### Bonus Resources

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

### 2004 Chief Medical Officer of Health Report

The report provides comprehensive information on the current state of obesity in Canada and offers recommendations and strategies to address obesity.

[http://www.mhp.gov.on.ca/en/heal/healthy\\_weights.pdf](http://www.mhp.gov.on.ca/en/heal/healthy_weights.pdf)

### Eat Right Ontario – A Matter of Taste

This resource contains valuable information on spice substitutions for salt and the dangers of too much added sodium in our diet.

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

### Half Your Plate

Half Your Plate is a new healthy living initiative that empowers Canadians of all ages to eat more fruits and veggies to improve their health. Half Your Plate focuses on providing simple and practical ways to add a variety of fruits and veggies to every meal and snack.

<http://halfyourplate.ca/>

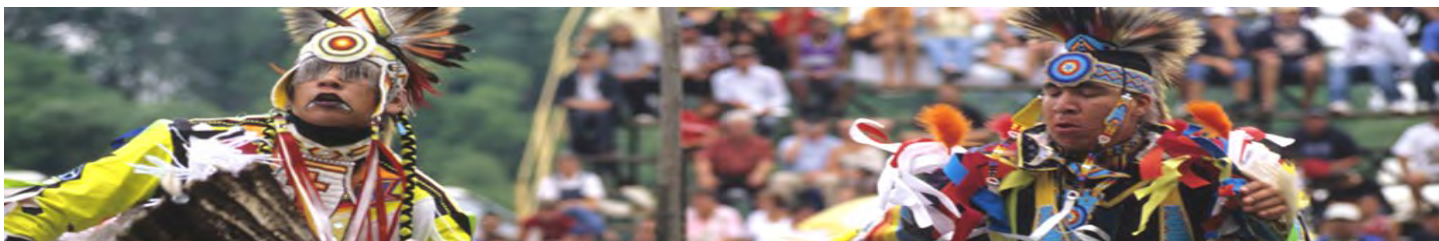
### Lung Association of Ontario

The association strives to improve lung health of Ontarians and to be the recognized leader, voice and primary resource in lung health to enable all people to breathe with ease and disease free.

Toll-Free: 1-888-344-5864, Email: [olalung@on.lung.ca](mailto:olalung@on.lung.ca)

<http://www.on.lung.ca/>





### Managing Your Feet Fact Sheet

Foot problems are common in people with diabetes and can lead to serious complications. As always, prevention is the best medicine. A good daily foot care regimen will help keep your feet healthy.

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

### Open Minds, Healthy Minds

This is Ontario's Comprehensive Mental Health and Addictions Strategy. This resource offers a unique approach to transforming the mental health system through a clear mission, forward-thinking vision and long-term strategies for change.

<http://bit.ly/13kSbKM>

### Ontario Tobacco Research Unit

The Ontario Tobacco Research Unit has a long standing, integrated program of knowledge exchange and translation that includes ongoing communications with the Ontario Ministry of Health and Long-Term Care and other tobacco control stakeholders as well as development and dissemination of a variety of knowledge exchange/translation publications, data tools and training opportunities including webinars/seminars.

Tel: (416) 978-4538

Email: [info@otru.org](mailto:info@otru.org)

<http://otru.org/>





## QUEBEC

### Diabetes Management & Support Resources

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#### Assembly of the First Nations of Quebec and Labrador

The organization provides technical support and is actively involved in developing strategies aimed to support the implementation of culturally appropriate community initiatives that address the needs of Aboriginal people including their well-being and health.

Tel: (418) 842-5020, Fax: (418) 842-2660, Email: [apnql@apnql-afnql.com](mailto:apnql@apnql-afnql.com)

<http://www.apnql-afnql.com/en/apropos/historique.php>

#### 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.

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

#### Cree Board of Health & Social Services of James Bay

The organization has a variety of healthy lifestyle support services available such as walking clubs, nutrition counselling, healthy breakfast & lunch programs, and diabetes screening.

Tel: (819) 855-2744, Fax: (819) 855-2098, Email: [ccsssbj-cbhssjb@ssss.gouv.qc.ca](mailto:ccsssbj-cbhssjb@ssss.gouv.qc.ca)

<http://creehealth.org/>

#### Diabetes Quebec

This is a great organization that provides information, reports and advocacy regarding diabetes in Quebec with a mission to inform, raise awareness and prevent diabetes.

Tel: (514) 259-3422, Toll-Free: 1-800-361-3504, Fax: (514) 259-9286

<http://www.diabete.qc.ca/>

#### Diabetes in Quebec- At the Tipping Point

This is a great report that provides important statistics and information on the diabetes situation in Quebec. This report is very useful for health care professionals who are looking to write project proposals and apply for diabetes grants in Quebec.

[http://www.diabetes.ca/17620\\_Diabetes\\_Prog\\_Report\\_Quebec\\_3.pdf](http://www.diabetes.ca/17620_Diabetes_Prog_Report_Quebec_3.pdf)

#### Eagle Village First Nation Health Program

This program has a health centre to educate communities on diabetes prevention and provide primary health care services.

Tel: (819) 627-9060, Fax: (819) 627-1885

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







## Diabetes Management & Support Resources

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### JDRF – Montreal Branch

JDRF Montreal Branch implements many projects in Montreal area to raise funds for the purpose of finding the cure to diabetes. To find more information on Montreal-based activities and initiatives, visit the website below. Tel: (514) 744-5537, Toll-Free: 1-877-634-2238, Fax: (514) 744-0516

Email: [montreal@jdrf.ca](mailto:montreal@jdrf.ca); Website: <http://www.jdrf.ca/locations/quebec-region/montreal>

### Kahnawake Schools Diabetes Prevention Project (KSDPP)

KSDPP designs and implements intervention activities for schools, families, and communities to prevent type 2 diabetes through the promotion of healthy eating, physical activity and positive attitude for present and future Kahnawake's and for other Aboriginal communities.

Tel: (450) 635-4374, Toll-Free: 1-877-635-4374

Email: [info@ksdpp.org](mailto:info@ksdpp.org); Website: [www.ksdpp.org/contact/index.php](http://www.ksdpp.org/contact/index.php)

### Kanesatake Health Center Inc.

The centre provides primary health services for Aboriginal people living with diabetes and implements school-based diabetes programming.

Tel: (450) 479-6000, Fax: (450) 479-8313

Email: [info@kanesatakehealthcenter.ca](mailto:info@kanesatakehealthcenter.ca); Website: <http://www.kanesatakehealthcenter.ca/>

### Montreal Diabetes Research Center

The goal of the centre is to understand the mechanics of diabetes and to contribute to its prevention, treatment and cure. <http://www.montreal-diabetes-research-center.org/en/index.asp>

### Montreal Health

Montreal Health provides various resources and information on chronic disease including diabetes.

Tel: (514) 286-6500, Fax: (514) 286-5669

<http://bit.ly/141ZW8Q>

### Programs and Services for Seniors of Quebec

This comprehensive report provides detailed information on the quality of health services, types of health services and medical services contact information for Quebec seniors.

<http://bit.ly/1H16gdz>

### Quebec En Forme

Quebec En Forme is an organization that supports healthy living among Aboriginal children and youth through various education projects with a strong focus on remote Aboriginal communities in Northern Quebec. Tel: (819) 370-6688, Toll-Free: 1-866-370-6688, Fax: (819) 370-6664

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





## Diabetes Management & Support Resources

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### Santé at Services Sociaux

The mission of Santé at the Services Sociaux is to maintain and enhance the health and welfare of the citizens of Quebec, by making integrated and quality health services and social services accessible to them, with a view to contributing to the social and economic development of Québec.

[www.msss.gouv.qc.ca/en/](http://www.msss.gouv.qc.ca/en/)

### Timiskaming First Nation Health Centre Diabetes Program

The health centre offers fitness programs, nutrition programs as well as diabetes screening and prevention initiatives aimed to support Aboriginal people living with diabetes.

Tel: (819) 723-2260, Fax: (819) 723-2272

[https://timiskamingfirstnation.ca/Health\\_Center.html](https://timiskamingfirstnation.ca/Health_Center.html)

### Ungava Tulattavik Health Centre

The centre serves vulnerable Aboriginal communities in Northern Quebec with a wide range of health services including prevention and management of diabetes as well as promoting healthy eating and physical activity.

Tel: (819) 964-2905, Fax: (819) 964-2071

<http://www.ungava.info>

## Physical Activity, Nutrition, Healthy Weights

### Diabetes Quebec—Physical Activity Recommendations

This resource provided by Diabetes Quebec outlines exercise recommendations, benefits of starting exercise and information on what to do before and after physical activity.

<http://bit.ly/1Jh755V>

### Egale Action

The organization promotes the participation of Aboriginal women of all ages in sport and physical activity and ensures equality of participation.

Tel: (514) 252-3114, Fax: (514) 254-9621, Email: [info@egaleaction.com](mailto:info@egaleaction.com)

[www.egaleaction.com](http://www.egaleaction.com)

### Fast and Female Kuujjuaq

Fast and Female Kuujjuaq is a national not-for-profit organization with a mandate to promote the empowerment of young women through sport, with an emphasis on cross-country skiing.

A Fast and Female cross-country skiing group was created in Kuujjuaq for girls aged 9-17 years old.

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





### Meal Planning for People with Diabetes

This is an excellent resource on meal planning for people with diabetes from Diabetes Quebec.

<http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2010/10-215-02A.pdf>

### Bonus Resources

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

### Canadian Mental Health Association – Quebec Region

The association provides resources and information about mental health and addictions in Quebec.

Tel: (514) 849-3291, Fax: (514) 849-8372

Email: [info@acsm.qc.ca](mailto:info@acsm.qc.ca)

[www.acsm.qc.ca](http://www.acsm.qc.ca)

### Diabetes Quebec-Foot Care

This is a resource on what to look for and what to do when it comes to foot care including information on foot care examination, what socks and shoes to wear, and what to do if a problem occurs.

<http://bit.ly/1wKNx4p>

### Head & Hands

Since 1970, Head & Hands has been committed to the physical and mental health of the Montreal community youth. Today, this organization offers a number of medical, social, and legal services.

Tel: (514) 481-0277, Fax: (514) 481-2336, Email: [info@headandhands.ca](mailto:info@headandhands.ca)

[www.headandhands.ca](http://www.headandhands.ca)

### Heart and Stroke Foundation – Quebec

The Heart and Stroke Foundation of Québec is dedicated to the advancement of research and the promotion of heart health in order to reduce disabilities and the number of deaths attributed to cardiovascular disease and stroke.

<http://bit.ly/1wt5oNw>

### Heart at Work

Heart at Work is a turn-key program offering simple, effective ideas for encouraging healthy eating and regular physical activity in the workplace.

<http://aucoeurdutravail.org/>





## Bonus Resources

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

### Kidney Foundation of Canada – Quebec

The Kidney Foundation of Canada is committed to patient services, public education, organ donation awareness and communication. Assistance is available to help kidney patients locate the information and resources they need to learn more about how they can manage kidney disease.

<http://www.kidney.ca/page.aspx?pid=503>

### My Mental Health

My Mental Health provides information, raises awareness and offers contact information for mental health services in Quebec.

<http://www.mymentalhealth.ca/tabid/1087/default.aspx>

### Santé et Services Sociaux Quebec

This resource provides information on the prevalence of smoking in Quebec. The report shows a breakdown of what segments of the population have high rates of smoking. The website also contains resources on smoking awareness and cessation.

Toll-Free: 1-877-416-8222

<http://bit.ly/1r7xnBl>





# NEW BRUNSWICK

## Diabetes Management & Support Resources

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### A Comprehensive Diabetes Strategy for New Brunswickers 2011-15

This comprehensive report provides rationale and main aspects of the Long-Term Diabetes Strategy developed for New Brunswick.

<http://www.gnb.ca/0053/phc/pdf/2011/8023-e.pdf>

### Bouctouche First Nation-Maternal Child Health Program

The goal of the program is to reach out to parents and caretakers in the community and offer support and resources needed to promote healthy childhood growth and development.

Tel: (506) 627-4611, Fax: (506) 627-4613

<http://www.nsmdc.ca/mch.html>

### Canadian Diabetes Association – New Brunswick

The Canadian Diabetes Association leads the fight against diabetes by helping people with diabetes live healthier lives while working to find a cure.

<http://bit.ly/1JmMU6S>

### 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.

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

### Diabetes Care Map of New Brunswick

This is an interactive website that contains various diabetes services and resources across the province for Aboriginal people living with diabetes.

[caremapnb.ca/caremap](http://caremapnb.ca/caremap)

### Eel Ground Health Wellness Centre

The Eel Ground Health Center services the Micmac (Mi'kmaq) community with a population of approximately 900 members (approximately 600 on-reserve residents) located on the Miramichi River in Northern New Brunswick.

The community comprises of three reserves: Eel Ground #2, Big Hole Tract #8 (south half), and Renous #12.

Tel: (506) 627-4664, Fax: (506) 627-4715, [www.eelgroundhealthcentre.com](http://www.eelgroundhealthcentre.com)

### Fort Folly First Nation

This band provides organized walks, nutrition programs, diabetes awareness and healthy lifestyle promotion activities, foot care clinics, and recipe exchanges.

Tel: (506) 379-3400, Fax: (506) 379-3408

[www.fortfolly.nb.ca/](http://www.fortfolly.nb.ca/)



## Diabetes Management & Support Resources

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### Health Publications and Statistics of New Brunswick

This website provides public health publications and statistics from A to Z. The website hosts 'Comprehensive Diabetes Strategy' and 'Chronic Disease Framework' documents developed by the province.

<http://www.gnb.ca/0051/pub/index-e.asp>

### Madawaska Maliseet First Nation

The community offers nutrition programs, foot care clinics, diabetes screening and management programs and many diabetes prevention activities.

[www.madawaskamaliseetfirstnation.com/welcome.html](http://www.madawaskamaliseetfirstnation.com/welcome.html)

### New Brunswick Health Indicators

A population health bulletin published by the Office of the Chief Medical Officer of Health, June 2012.

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

### New Brunswick Health Council

The New Brunswick Health Council fosters transparency, engagement, and accountability by engaging citizens in a meaningful dialogue, measuring, monitoring, and evaluating population health and health service quality, informing citizens on health system's performance and recommending improvements to the Minister of Health.

Tel: (506) 869-6870, Toll-Free: 1-877-225-2521, Fax: (506) 869-6282

Email: [info@nbhc.ca](mailto:info@nbhc.ca)

<http://www.nbhc.ca>

### St. Mary's First Nation Health Services

The community provides workshops for Aboriginal people living with diabetes on diabetes prevention/management and administers primary health services.

Tel: (506) 458-9511, Toll-Free: 1-888-445-6644, Fax: (506) 462-9491

[www.stmarysfirstnation.com/](http://www.stmarysfirstnation.com/)

### Woodstock First Nations Health Centre

The health centre organizes diabetes workshops and administers foot care clinics, nutrition programs and walking clubs.

Tel: (506) 328-3303, Fax: (506) 328-2420

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



## Physical Activity, Nutrition, Healthy Weights

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### Building Opportunities Opening Students Tomorrows (BOOST)

BOOST is a collaboratively built school-year program. The program was developed with the help of university students from the Faculty of Kinesiology at the University of New Brunswick who assisted teachers and staff at the Chief Harold Sappier Memorial in St. Mary's First Nation to develop and implement physical education during school hours as well as physical activity during lunch and after school hours.

Tel: (506) 447-3231, Fax: (506) 543-3511, email: [tymowski@unb.ca](mailto:tymowski@unb.ca)

### Fitness New Brunswick

Fitness New Brunswick is a not-for-profit organization that develops and promotes certification in fitness while being an advocate for active living and physical activity as a means of disease prevention.

Tel: (506) 453-1094, Fax: (506) 453-1099

<http://fitnessnb.ca/>

### Healthy Eating Physical Activity Coalition (HEPAC)

Founded in 2003, HEPAC is a network of organizations and individuals working together to promote healthy active lifestyles for the people of New Brunswick.

Email: [info@hepac-csaap.ca](mailto:info@hepac-csaap.ca)

<http://hepac.ca/>

### New Brunswick Aboriginal Sport and Recreation Authority (NBASRA)

NBASRA is committed to guiding, mobilizing, and promoting a healthy active lifestyle by developing sport and recreation opportunities for Aboriginal People in New Brunswick.

[nbasra.ca/](http://nbasra.ca/)

### Oromocto First Nations-Wel-a-mook-took Health Centre

The health centre provides nutrition programs for Aboriginal people living with diabetes. Physical activity programs are also available.

Tel: (506) 357-2083, Fax: (506) 357-2628

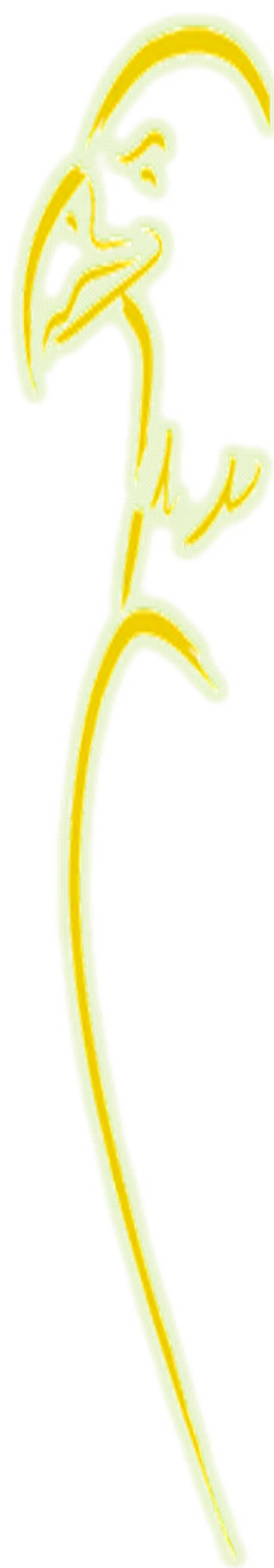
<http://www.ofnb.com/healthcentre.html>

### Tobique Wellness Centre

The centre offers Physical Activity campaigns and nutrition workshops, and has fitness facilities on site. Community health kitchens are also available.

Tel: (506) 273-5430, Fax: (506) 273-5428, Email: [twcentre@nb.aibn.com](mailto:twcentre@nb.aibn.com)

[www.tobiquehealthcenter.ca/](http://www.tobiquehealthcenter.ca/)



## Bonus Resources

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

### Brunswick Podiatry Inc.

From routine checkups to treatments for surgery, Brunswick Podiatry, Inc. is equipped to handle all of your podiatric needs.

Tel: (506) 472-3668

<http://www.frederictonpodiatrist.com/library/1800/DiabetesandYourFeet.html>

### Capital Region Mental Health and Addictions Association

The Capital Region Mental Health & Addictions Association is a strong advocate for persons with mental illness and their families.

Tel: (506) 458-1803, Fax: (506) 443-9001

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

### Heart and Stroke – Taking Control

Taking Control is a resource developed by Heart & Stroke Foundation of Canada that raises awareness of risk factors for heart disease and stroke and provides tips to lower these risks.

<http://bit.ly/1C97g11>

### Lung Association – New Brunswick

The New Brunswick Lung Association is a charitable organization dedicated to good health through the prevention of lung disease and the promotion of wellness by advocacy, with education, and through research.

Tel: (506) 455-8961, Toll-Free: 1-800-565-5864, Fax: (506) 462-0939

Email: [info@nb.lung.ca](mailto:info@nb.lung.ca)

[http://www.nb.lung.ca/html/Programs/Smoking/smoking\\_cessation.htm](http://www.nb.lung.ca/html/Programs/Smoking/smoking_cessation.htm)

### Mental Health Services of New Brunswick

Mental Health Services oversees the operation of 14 Community Mental Health Centres, and administers purchase-of-service contracts with regional hospital corporations for eight psychiatric units, one child and adolescent psychiatric unit and two institutions throughout the province.

<http://www.gnb.ca/0055/mental-health>

### YMCA Fredericton – Y's Hearts

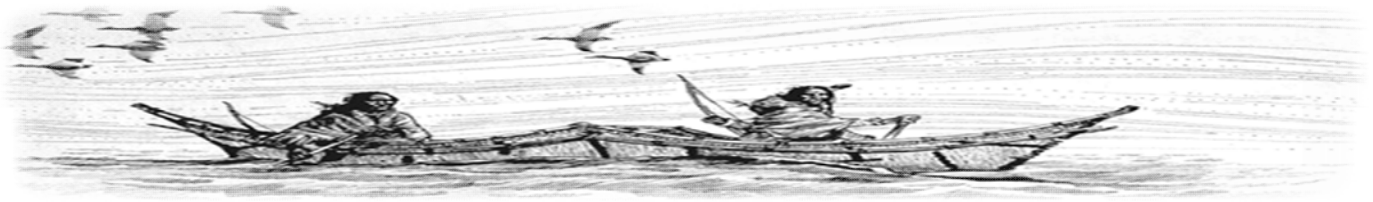
The Y's Hearts Program is designed for those who have been diagnosed with heart disease and/or those with one or more risk factors for heart disease. This heart-healthy program focuses on preventing coronary heart disease and reducing associated risk factors through improved fitness and general health.

Tel: (506) 462-3000 ext: 0, Fax: (506) 462-3007

<http://bit.ly/1A1tJMj>







## NEWFOUNDLAND AND LABRADOR

### Diabetes Management & Support Resources

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#### 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/1t3rhwg>

#### Centre for Health Information

The centre provides health and statistical information to health care professionals, general public, researchers, and decision-makers within the health system of the province.

Tel: (709) 752-6000, Fax: (709) 752-6011, Email: [communications@nlchi.nl.ca](mailto:communications@nlchi.nl.ca)

<http://www.nlchi.nl.ca/>

#### Cost of Diabetes in Newfoundland and Labrador

This report provides information on economic costs of diabetes in the province, including the impact of lost productivity on the economy. The report also evaluates the potential benefits of initiatives designed to delay or prevent the onset of type 2 diabetes and reduce the occurrence and severity of complications arising from the disease.

<http://bit.ly/11vwQ16>

#### Department of Health and Community Services

The department provides information on many chronic diseases including diabetes. The information is relevant to health care professionals working in the field of diabetes and for Aboriginal people living with diabetes. Tel: (709) 729-4984, Email: [healthinfo@gov.nl.ca](mailto:healthinfo@gov.nl.ca)

<http://www.health.gov.nl.ca/health/links/index.html>

#### Diabetes in Newfoundland and Labrador Report

The goal of this report is to provide information and specific data on prevalence of diabetes and its complications in the province.

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

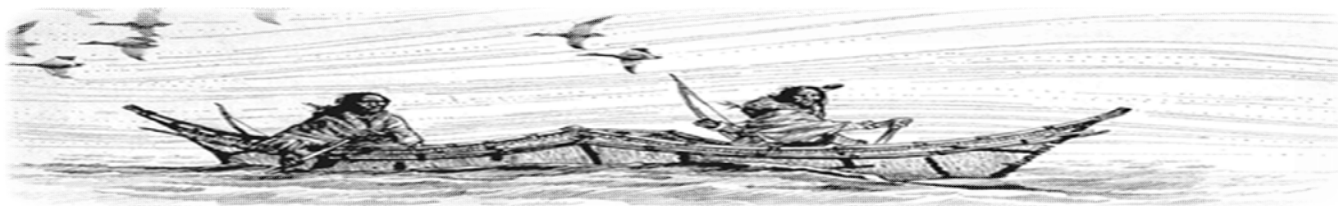
#### Eastern Health Newfoundland and Labrador

Eastern Health is the largest integrated health organization in Newfoundland and Labrador. They provide a wide range of health services to a regional population of more than 300,000 and are responsible for a number of unique provincial programs.

Healthline: 1-888-709-2929

[www.easternhealth.ca](http://www.easternhealth.ca)





## Diabetes Management & Support Resources

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### First Nations of Quebec and Labrador Health and Social Services Commission

This organization provides information on healthy living and chronic disease management. The information on the website can be used by health care professionals and Aboriginal people living with diabetes.

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

### Inuit Community of Makkovik Health Program

The organization administers nutrition programs, awareness, promotion, foot care clinics, community kitchens, glucose monitoring, and pre-natal education.

Tel: (709) 923-2221, Email: [info@makkovik.ca](mailto:info@makkovik.ca)

<http://www.makkovik.ca/home/>

### Newfoundland and Labrador HealthLine

HealthLine – a new way to help you manage your health. HealthLine will connect you with an experienced, registered nurse. It is available 24 hours a day, 7 days a week, and 365 days a year. The team of registered nurses will give you the health advice and information you need when you need it.

Toll-Free: 1-888-709-2929

<http://yourhealthline.ca/en/index.html>

### Newfoundland and Labrador Centre for Applied Health Research (NLCAHR)

NLCAHR's mission is to contribute to the effectiveness of the health and community services system of Newfoundland and Labrador and to the physical, social, and psychological health and well-being of the province's population by supporting the development and the use of applied health research.

Tel: (709) 777-6993, Fax: (709) 777-6734, Email: [nlcahr@mun.ca](mailto:nlcahr@mun.ca)

<http://www.nlcahr.mun.ca/>

### Newfoundland and Labrador Dental Association

The association serves the interests and goals of its members through advocacy, professional development and knowledge exchange to advise the dental profession. The association may also help you find a dentist.

Tel: (709) 579-2362, Fax: (709) 579-1250, Email: [nfdental@nfld.net](mailto:nfdental@nfld.net)

[www.nlda.net](http://www.nlda.net)

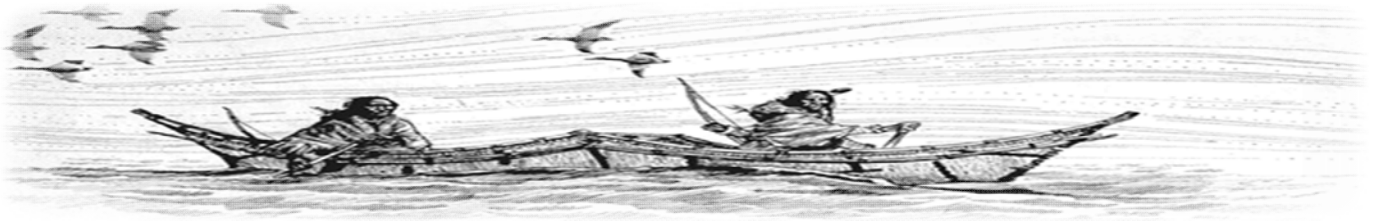
### Newfoundland and Labrador Public Health Association

The Newfoundland & Labrador Public Health Association (NLPHA) is an independent, voluntary, not-for-profit provincial advocacy group comprised of health care professionals, community members, and affiliated organizations who promote and support public health.

Tel: (709) 364-1589, Email: [info@nlpha.ca](mailto:info@nlpha.ca)

[www.nlpha.ca](http://www.nlpha.ca)





## Diabetes Management & Support Resources

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### Nunatukavut

The organization administers walking clubs, fitness programs, nutrition programs and promotes diabetes awareness and healthy lifestyles.

Tel: (709) 896-0592, Fax: (709) 896-0594, Email: [admin@nunatukavut.ca](mailto:admin@nunatukavut.ca)

<http://www.labradorMétis.ca/home/74>

### NunatuKavut - Learning for Life - Preventing Diabetes Project

The project aims to raise awareness of the seriousness of type 2 diabetes and its risk factors, prevent type 2 diabetes by promoting healthy lifestyle choices and offer culturally appropriate programs and services. The overall goal is to engage community residents and provide them with education on how they can live a healthier life and prevent this horrible disease from ever happening to them.

[http://www.nunatukavut.ca/home/aboriginal\\_diabetes.htm](http://www.nunatukavut.ca/home/aboriginal_diabetes.htm)

### Western Health Links

This is a web portal of various health links and information on healthy living as well as resources to prevent chronic disease such as type 2 diabetes.

<http://www.westernhealth.nl.ca/index.php/Partners/links>

### Youth Retention and Attraction Strategy

The strategy is designed to engage young people to help maintain and strengthen the quality of life from early on and increase access to services for them across all regions and communities in Newfoundland and Labrador.

<http://youth.gov.nl.ca/strategy/quality-of-life.html>

## Physical Activity, Nutrition and Healthy Weights

### Aboriginal Sport and Recreation Council's You Go Girl...!

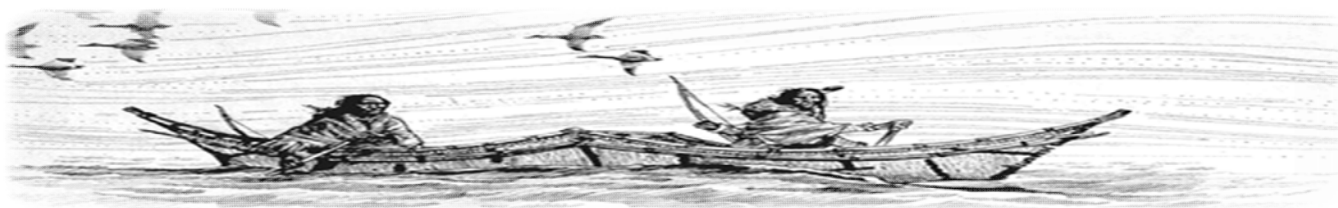
You Go...Girl! is a community based program designed to provide young Aboriginal girls with opportunities to participate in physical activity within their communities. You Go... Girl! is offered through the Aboriginal Sport and Recreation Council of Newfoundland and Labrador.

Tel: (709) 896-9218, Fax: (709) 896-9211

Email: [asrcnl@nf.aibn.com](mailto:asrcnl@nf.aibn.com)

<http://www.asrcnl.ca/home/>





## Physical Activity, Nutrition and Healthy Weights

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### Eat Great and Participate

Eat Great and Participate aims to raise awareness about the importance of physical activity and healthy eating and to increase the availability of healthy food and beverage choices in recreation, sport and community facilities and at events across Newfoundland and Labrador.

Tel: (709) 729-4432, Fax: (709) 729-7778

<http://www.livinghealthyschools.com/eatgreat.html>

### Food Education Action – St. John's (FEAST)

FEAST is all about bringing change from the ground up to our local food system. Please take some time to check out the website – learn more about who we are, our projects & events, and how YOU can get involved! Visit the website for lots of inspirational and useful information about everything urban gardening related. FEAST is a collective, collaborative, community effort.

Email: [local.feast@gmail.com](mailto:local.feast@gmail.com)

[www.feastnl.ca](http://www.feastnl.ca)

### Food Security Network of Newfoundland & Labrador (FSN)

FSN is a provincial, membership-based, not-for-profit organization which was founded in 1998 in response to growing concerns about hunger and poverty in the province. FSN's mission is to actively promote comprehensive, community-based solutions to ensure physical and economic access to adequate and healthy food for all.

Tel: (709) 237-4026, Fax: (709) 237-4231, Email: [info@foodsecuritynews.com](mailto:info@foodsecuritynews.com)

[www.foodsecuritynews.com](http://www.foodsecuritynews.com)

### Newfoundland and Labrador College of Dietitians

The Newfoundland and Labrador College of Dietitians (NLCD) regulates and ensures competence of 160 registered dietitians in Newfoundland and Labrador. NLCD is dedicated to ensuring that the public receives ethical, competent care and service.

Tel: (709) 753-4040, Toll-Free: 1-877-753-4040, Fax: (709) 781-1044

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

### Recreation Newfoundland and Labrador (RNL)

This is a province-wide, not-for-profit organization established in 1971 to promote the values and benefits of recreation. In partnership with volunteers and the professional recreation community, RNL has worked to improve the quality of recreation for Newfoundlanders and Labradorians for over 40 years.

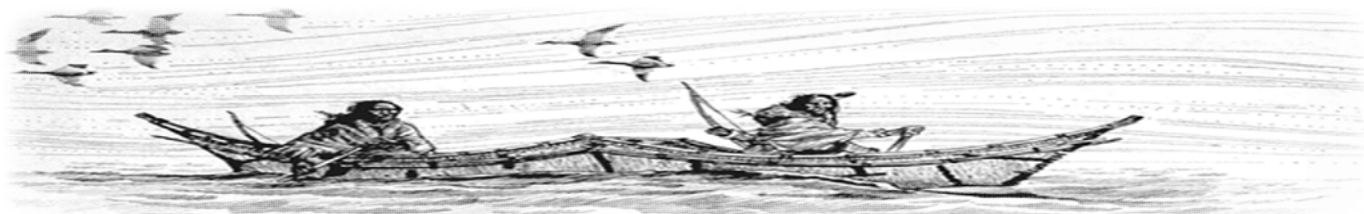
Tel: (709) 729-3892, Fax: (709) 729-3814

Email: [info@recreationnl.com](mailto:info@recreationnl.com)

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







## Bonus Resources

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

### Kidney Foundation of Canada - Atlantic Canada

The Kidney Foundation of Canada is the national volunteer organization committed to reducing the burden of kidney disease. The local chapter of the organization is committed to reducing and preventing kidney disease for citizens of the province.

Tel: (506) 453-0533, Toll-Free: 1-877-453-0533, Fax: (506) 454-3639

Email: [kidneyatlantic@kidney.ca](mailto:kidneyatlantic@kidney.ca)

<http://www.kidney.ca/page.aspx?pid=2187>

### Newfoundland and Labrador Heart Health Program

The program aims to improve and reduce the rate of heart disease in the province.

Tel: (709) 729-3939, Fax: (709) 729-5824

Email: [NHHP@infonet.st-johns.nf.ca](mailto:NHHP@infonet.st-johns.nf.ca)

<http://www.cwhn.ca/en/node/16847>

### Newfoundland & Labrador Lung Association

The association assists, educates, and empowers individuals living with, or caring for others, with lung disease. The local chapter has many effective programs and services available to citizens of the province.

<http://www.nf.lung.ca/>

### Mental Health and Addictions Division

The Mental Health and Addictions Division is responsible for providing leadership in the planning, development, implementation and evaluation of provincial policies and programs related to mental health and addictions in Newfoundland and Labrador.

Tel: (709) 737-4668, Toll-Free: 1-888-737-4668

<http://www.health.gov.nl.ca/health/mentalhealth/>

### Podiatry Associates

Podiatry is a field of medical specialists who focus on the foot and ankle ailments of the lower extremities. Their area of expertise includes diagnosis, treatment and helping you to keep your feet healthy. These resources provide information on foot care services and on how to improve the foot health of citizens of the province. Tel: (709) 739-3338, Fax: (709) 739-4214, Email: [admin@doyourfeethurt.ca](mailto:admin@doyourfeethurt.ca)

<http://www.doyourfeethurt.ca/podiatry/>



# NOVA SCOTIA

## Diabetes Management & Support Resources

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### 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](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](mailto: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@dcpsns.nshealth.ca](mailto:info@dcpsns.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](mailto: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>



# Diabetes Management & Support Resources

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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](http://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](mailto:comms@nechc.com)

<http://nechc.com/>





## Diabetes Management & Support Resources

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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](mailto: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

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## 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](mailto: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](mailto: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](mailto: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](mailto:info@nsrp.gov.ns.ca)

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





## PRINCE EDWARD ISLAND

### Diabetes Management & Support Resources

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#### Aboriginal Affairs Secretariat of PEI

The Aboriginal Affairs Secretariat offers a centralized point of contact for First Nations, Aboriginal organizations, and government departments in Prince Edward Island. The Secretariat's main role is to manage and coordinate government activities related to Aboriginal Affairs and to provide a means by which to promote inter-departmental communication and cooperation on governmental matters and issues of public interest. Tel: (902) 368-6895

<http://www.gov.pe.ca/aboriginalaffairs/>

#### Community Resource Guide —Services for Those Living with Diabetes

This guide provides information about diabetes and diabetes specific services in PEI available to those living with diabetes and those who are at risk of getting diabetes.

[http://www.gov.pe.ca/photos/original/hpei\\_diabresour.pdf](http://www.gov.pe.ca/photos/original/hpei_diabresour.pdf)

#### Diabetes Strategy of Prince Edward Island

The PEI Diabetes Strategy for 2014-2017 focuses on three overarching priority areas identified by key stakeholders: enhanced prevention, detection and management of diabetes. The strategy provides a high level road map for diabetes care in PEI.

[http://www.gov.pe.ca/photos/original/hpei\\_diabst\\_17.pdf](http://www.gov.pe.ca/photos/original/hpei_diabst_17.pdf)

#### Government of Prince Edward Island

This government website has a wealth of health resources on healthy living and leading a healthier lifestyle. The information is relevant to both health care professionals and Aboriginal people living with diabetes.

<http://www.gov.pe.ca/>

#### Government of PEI—Department of Health & Wellness

Health and Wellness is overseen by a Minister of the Crown who is accountable for departmental performance and providing results to the rest of the government and to the citizens of the province. One of the roles of the department is to provide leadership in maintaining and improving the health and well-being of PEI citizens.

<http://www.gov.pe.ca/health/>





## Diabetes Management & Support Resources

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### Health PEI

Health PEI is responsible for the operation and delivery of publicly funded health services in Prince Edward Island. The creation of Health PEI in July 2010 was a major step towards realizing a One Island Health System that can provide Islanders with the right care, by the right provider, in the right place. Since then Health PEI has worked to improve access to safe, quality health care for all Islanders.

Tel: (902) 368-6130, Fax: (902) 368-6136, Email: [healthinput@gov.pe.ca](mailto:healthinput@gov.pe.ca)

[www.healthpei.ca](http://www.healthpei.ca)

### Mi'kmaq Confederacy of PEI

This website offers a wealth of information on diabetes programs and services offered to the members of PEI First Nations living on and off reserve.

Toll-Free: 1-877-884-0808

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

### Mi'kmaq Family Resource Centre

The centre provides critical resources to families and is sponsored by the Aboriginal Women's Association of Prince Edward Island and is funded by the Community Action Program for Children and the Canada Prenatal Nutrition Program through Public Health Agency of Canada, in agreement with the Province of Prince Edward Island.

Tel: (902) 892-0928, Fax: (902) 894-3854

Email: [mfrfc@pei.aibn.com](mailto:mfrfc@pei.aibn.com)

<http://mikmaqfamilyresources.ca/>

### Native Council of Prince Edward Island

The council offers information and resources on diabetes prevention and management as well as healthy living practices to prevent or manage type 2 diabetes.

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

### PEI Family Resource Centres

The Family Resource Centres across Prince Edward Island offer programs for children and families including parent education and support groups, parent resources, prenatal nutrition programs, drop-in play, toy-lending libraries, and outreach for smaller Island communities.

Tel: (902) 438-4130, Fax: (902) 438-4062

[www.gov.pe.ca/eecd/index.php3?number=1036506&lang=E](http://www.gov.pe.ca/eecd/index.php3?number=1036506&lang=E)







## Diabetes Management & Support Resources

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### Prince Edward Island Diabetes Trends

This is a very interesting on-line document outlining diabetes trends and statistics in the province.

[http://www.gov.pe.ca/photos/original/dohw\\_epi\\_diab10.pdf](http://www.gov.pe.ca/photos/original/dohw_epi_diab10.pdf)

### Prince Edward Island Strategy for Healthy Living

This document represents a significant amount of consultation undertaken to address the development, implementation and evaluation of a 5-year comprehensive strategy for healthy living. Chronic disease is the major cause of death in PEI, as well as a contributor to hospitalization and reduction in quality and length of life. [http://www.gov.pe.ca/photos/original/hss\\_hl\\_strategy.pdf](http://www.gov.pe.ca/photos/original/hss_hl_strategy.pdf)

### Provincial Diabetes Program

The Provincial Diabetes Program of Prince Edward Island provides leadership and expertise in diabetes to maintain or enhance the quality of life for people affected by this disease.

<http://www.peidiabetes.pe.ca/>

## Physical Activity, Nutrition, Healthy Weights

### Active Living Alliance of PEI

The Active Living Alliance for Canadians with a Disability is a national network that was created in 1989 to motivate and assist Canadians with a disability to become more physically active. While an active lifestyle is important for all Canadians, it is particularly important for those with a disability. Research has demonstrated that active individuals can enjoy better overall health, improved quality of life, elevated self-esteem, prolonged independent living and increased mobility in later life.

Tel: (613) 244-0052, Fax: (613) 244-4857, Email: [ala@ala.ca](mailto:ala@ala.ca)

[www.ala.ca/Content/Prov-Terr/PrinceEdwardIsland/PEIHomePage.asp?langid=1](http://www.ala.ca/Content/Prov-Terr/PrinceEdwardIsland/PEIHomePage.asp?langid=1)

### Aboriginal Sport Circle of PEI (ASPEI)

ASCPEI's mandate is to increase grassroots participation in sport and recreation for First Nations on Prince Edward Island and to help improve the health of this group through appropriate and effective health promotion activities. ASCPEI also offers technical advice on sport programs in First Nation communities.

Tel: (902) 436-5101, Fax: (902) 626-3386

[http://www.mcpei.ca/Aboriginal\\_Sport\\_Circle](http://www.mcpei.ca/Aboriginal_Sport_Circle)

### Cycling PEI

Cycling PEI provides education and leadership that contributes to a vibrant and healthy cycling experience in the province. Cycling is a great physical activity that is beneficial for the well-being of Islanders.

<http://cpei.ca/>





## Physical Activity, Nutrition, Healthy Weights

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### Go! PEI

Go! PEI is a community-based healthy living program that offers free physical activity and healthy eating programs for Islanders across PEI. Go! PEI is designed around providing information and support all Islanders in making simple changes to their lifestyle to improve their overall health and quality of life.

[www.gopei.ca/](http://www.gopei.ca/)

### Healthy Eating Alliance of PEI

The PEI Healthy Eating Alliance works collaboratively to improve healthy eating habits of all Islanders through public education and supportive environments.

Tel: (902) 368-6844, Fax: (902) 368-4548

[www.healthyeatingpei.ca/index.php](http://www.healthyeatingpei.ca/index.php)

### Nutrition Section of Provincial Diabetes Program

This resource contains information on nutrition with a focus on label reading, fibre consumption, cholesterol management and much more.

<http://www.peidiabetes.pe.ca/index.php?number=1031310>

### PEI Dietitians Registration Board

The PEI Dietitians Registration Board is the regulatory body for dietitians in PEI. Provincial legislation authorizes the PEI Dietitians Registration Board to engage in registration, quality assurance, and when necessary, the discipline of dietitians in PEI to ensure safe, ethical and competent dietetic practice.

[www.freshmediapei.ca/about.php](http://www.freshmediapei.ca/about.php)

### PEI Flavours

PEI Flavours helps people to easily recognize local food products. PEI Flavours connects growers, producers, processors, chefs, restaurants, tourism operators and other culinary industry stakeholders through a single, united voice.

Tel: (902) 368-6208, Email: [peiflavours@gov.pe.ca](mailto:peiflavours@gov.pe.ca)

<http://peiflavours.ca/>

### PEI Food Security Network

The PEI Food Security Network is an education and action based organization committed to achieving food security in Prince Edward Island for all citizens.

<https://peifoodsecurity.wordpress.com/category/uncategorized/>





## Physical Activity, Nutrition, Healthy Weights

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### PEI Roadrunners

The PEI Roadrunners Club is an organization whose objective is to promote and encourage running as a sport and healthy exercise.

[www.peiroadrunners.pbworks.com/w/page/15597259/PEI RoadRunners Club](http://www.peiroadrunners.pbworks.com/w/page/15597259/PEI%20RoadRunners%20Club)

### Recreation PEI

Recreation PEI is a volunteer, not-for-profit, provincial association dedicated to promoting, coordinating and encouraging all facets of recreation, physical activity and facility management in Prince Edward Island. They encourage the increase of physical activity and recreation in many settings in order to ensure the health of the Islanders.

Tel: (902) 892-6445, Fax: (902) 368-4548

[www.recreationpei.ca](http://www.recreationpei.ca)

### Sport PEI

Sport PEI is a not-for-profit sport federation under the guidance of a volunteer Board of Directors and professional staff, representing more than 50 member sport organizations within Prince Edward Island.

Tel: (902) 368-4110, Fax: (902) 368-4548, Email: [sports@sportpei.pe.ca](mailto:sports@sportpei.pe.ca)

[www.sportpei.pe.ca](http://www.sportpei.pe.ca)

### Bonus Resources

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

### Canadian Mental Health Association of PEI

CMHA PEI's mission is to promote the mental health of all persons on the Island by enabling individuals, groups and communities to increase control over and enhance their mental health. To carry out this mission, CMHA PEI provides programs and services, education and information, research, advocacy and the development of social policy.

Tel: (902) 566-3034, Fax: (902) 566-4643

<http://pei.cmha.ca/>

### Capital Health Renal Program

The Capital Health Renal Program provides care to patients with kidney disease within the Capital Health as well as other health districts in Nova Scotia and Prince Edward Island.

Tel: (902) 473-7545, Fax: (902) 473-4168

<http://www.cdha.nshealth.ca/renal-program>





## Bonus Resources

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

### Diabetes Foot Care Canada

This organization presents a number of resources and services available for people with foot care complications as a result of living with diabetes.

Tel: (416) 485-2292

<http://bit.ly/1AgaDQ0>

### Heart and Stroke Foundation of PEI

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

Tel: (902) 892-7441, Fax: (902) 368-7068

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

### Lung Association of PEI

The PEI Lung Association is a community-based, charitable organization committed to assisting Islanders to promote, improve, and participate in their lung health through education, advocacy and research.

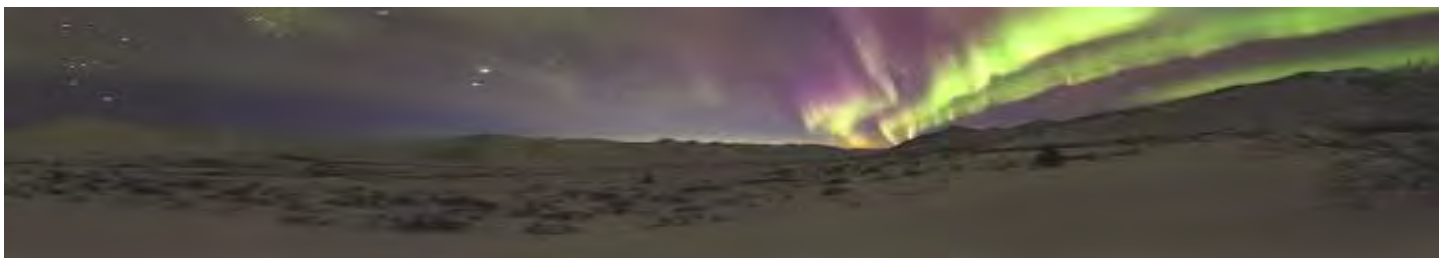
Tel: (902) 892-5957, Toll-Free in PEI only: 1-888-566-LUNG (5864), Fax: (902) 566-9901

Email: [info@pei.lung.ca](mailto:info@pei.lung.ca)

<http://pei.lung.ca/>







## YUKON

### Diabetes Management & Support Resources

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#### 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](mailto:info@yukonyouth.com)

[www.yukonyouth.com](http://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](http://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](mailto: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](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)

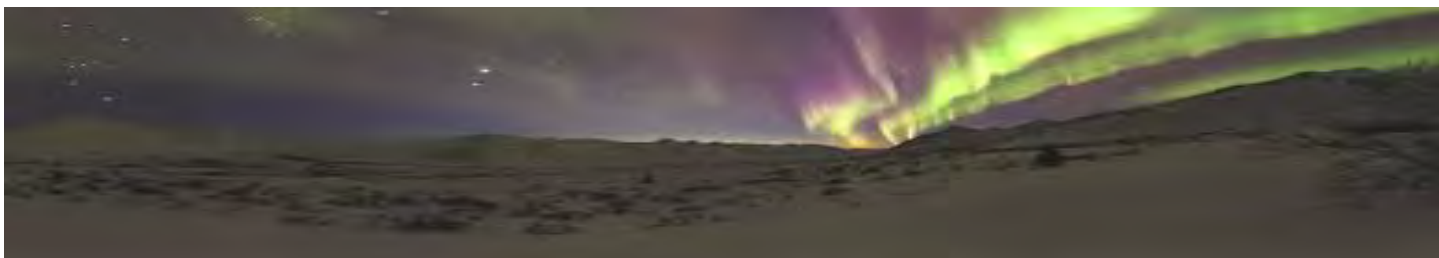
<http://bit.ly/1AyxDve>

#### 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](mailto:diabetes.centre@wgh.yk.ca), Website: <http://bit.ly/1dGCYcm>





## Diabetes Management & Support Resources

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### 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.

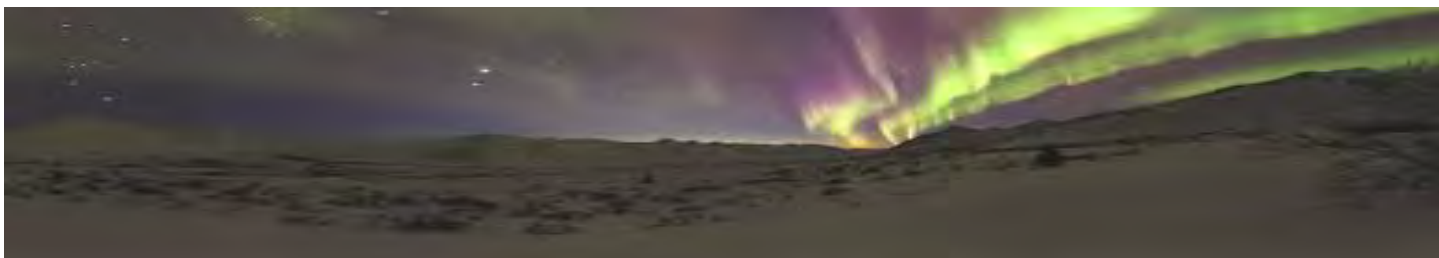
<http://www.hss.gov.yk.ca/healthcentres.php>

### 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

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### 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](mailto: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](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](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>

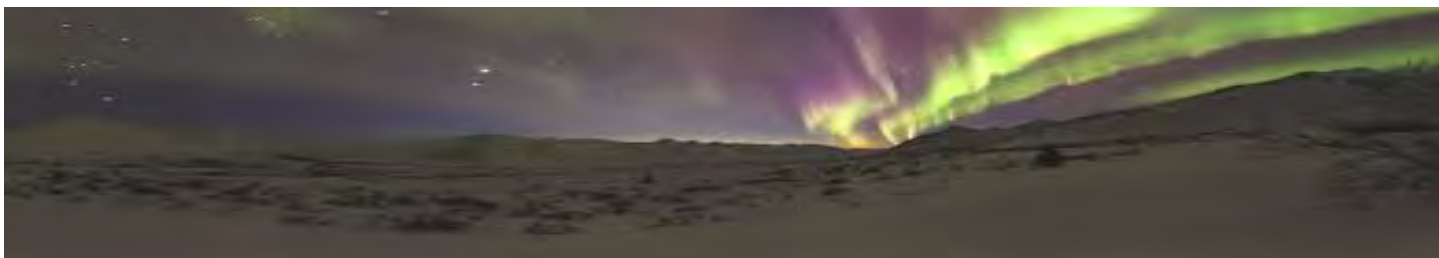
### Recreation and Parks Association of the Yukon (RPAY)

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](mailto:rpay@rpay.ca)

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





## Physical Activity, Nutrition, Healthy Weights

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### 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](mailto: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](mailto: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](mailto: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.

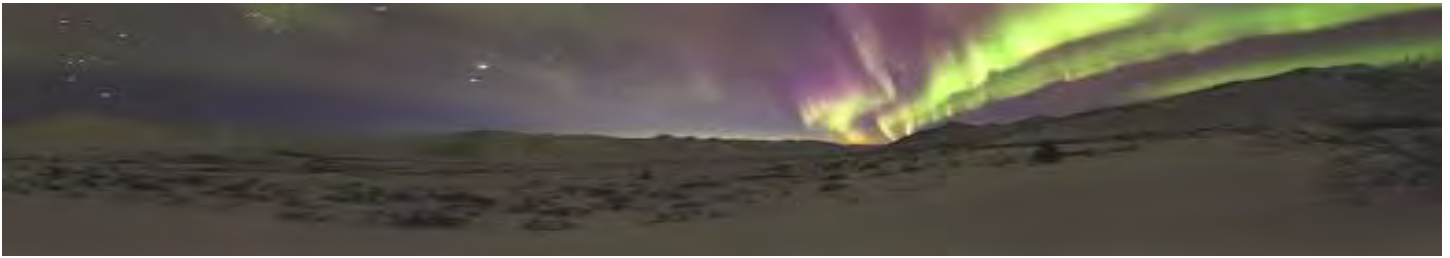
Tel: (867) 456-6160, Fax: (867) 456-6502

Email: [health.promotion@gov.yk.ca](mailto:health.promotion@gov.yk.ca)

<http://www.yukonfoodforthought.ca>







## Physical Activity, Nutrition, Healthy Weights

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### 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: [mrsgsidney@hotmail.com](mailto:mrsgsidney@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/1etgqIU>

### 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.

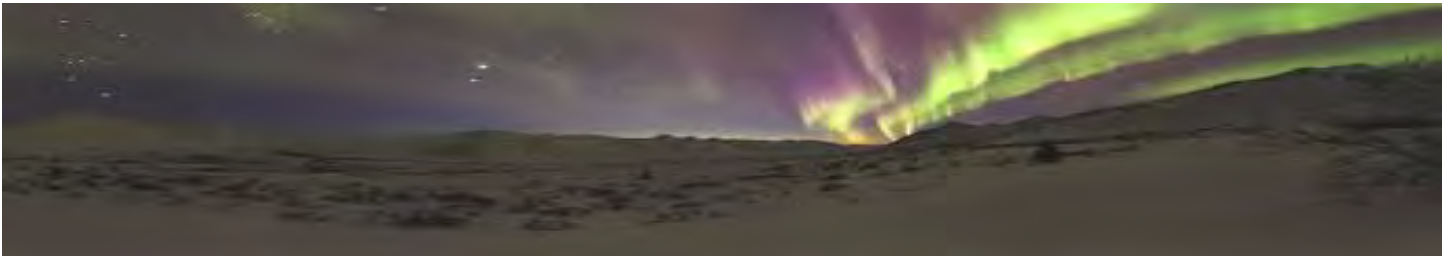
<http://www.nada.ca/download/3743/>

### 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](mailto: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>





## NORTHWEST TERRITORIES

### Diabetes Management & Support Resources

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#### At the Tipping Point: ***Diabetes in the Northwest Territories***

This report provides much needed statistics on diabetes and outlines best practices in the Northwest Territories. It is a very good source of information for health care professionals and researchers.

<http://bit.ly/1tSAx84>

#### 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/1xEBoAt>

#### Caring for Our People

This resource provides information on how the health and social services system is moving from multiple, regional health and social services authorities to an integrated system with regional representation and input.

[http://www.hss.gov.nt.ca/sites/default/files/plans\\_to\\_improve\\_the\\_nwt\\_hss\\_system.pdf](http://www.hss.gov.nt.ca/sites/default/files/plans_to_improve_the_nwt_hss_system.pdf)

#### Choose Northwest Territories

'Choose' is about the choices we can all make to be safer, feel better and enjoy life in the Northwest Territories. On this website you will find information about programs that the Government of the Northwest Territories supports to help residents make healthier choices.

Tel: (867) 920-3061, Toll-Free: 1-877-481-3035

Email: [elaine\\_look@gov.nt.ca](mailto:elaine_look@gov.nt.ca)

<http://choosenwt.com>

#### Department of Health and Social Services

The Department of Health and Social Services contains links to various health websites and resources as well as information on chronic disease such as diabetes.

[www.hlthss.gov.nt.ca/](http://www.hlthss.gov.nt.ca/)

#### Government of Northwest Territories

This resource provides information and resources regarding general health and accessing health services in the Northwest Territories.

GNWT Switchboard: (867) 873-7500

[www.gov.nt.ca/](http://www.gov.nt.ca/)



## Diabetes Management & Support Resources

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### Institute for Circumpolar Health Research (ICHR)

ICHR focuses specifically on bringing people, facilities, and resources to bear on health-related research in the Northwest Territories, as well as on raising health and wellness issues throughout the region's communities and the broader circumpolar world.

Tel: (867) 873-9337, Fax: (867) 873-9338

[www.ichr.ca](http://www.ichr.ca)

### Northwest Prenatal Nutrition Program (CPNP)

CPNP supports the nutritional health of pregnant and breastfeeding women, with the goal of having healthy babies in the Northwest Territories.

[www.nwtprenatal.ca](http://www.nwtprenatal.ca)

### Not Us!

Not Us! is a program of the Government of the Northwest Territories' Department of Justice. It provides funding and support for groups who envision drug-free, healthy communities. It is designed to empower and support communities to combat local substance use and abuse. Launched in March 2010, Not Us! has funded campaigns in Hay River, Inuvik, Dettah, N'dilo, Fort Smith and Fort Liard.

Email: [not-us@gov.nt.ca](mailto:not-us@gov.nt.ca)

<http://not-us.ca/>

### NWT Health Authorities

This resource provides information on regional health authorities and services in areas which they cover.

[www.hlthss.gov.nt.ca/english/our\\_system/authorities/default.htm](http://www.hlthss.gov.nt.ca/english/our_system/authorities/default.htm)

## Physical Activity, Nutrition, Healthy Weights

### Arctic Winter Games (AWG)

AWG is a primary organization responsible for organizing competitive games in Canada's north.

[www.arcticwintergames.org/](http://www.arcticwintergames.org/)

### Drop the Pop - Northwest Territories

The Drop the Pop Campaign encourages students and their families to consume healthier beverages and foods, learn new skills and knowledge for healthy eating, and to promote long-term healthier food intakes that maintain and improve overall well-being, and prevent obesity and chronic diseases later in life.

Tel: (867) 873-7925, Fax: (867) 873-3585, Email: [healthpromotion@gov.nt.ca](mailto:healthpromotion@gov.nt.ca)

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







## Physical Activity, Nutrition, Healthy Weights

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### Food First Foundation

The Food First Foundation is a registered charity whose mission is to support nutrition education programs in schools with the goal to encourage a healthier population of children and youth for future generations.

Tel: (867) 444-8330, (867) 446-3785, Email: [coordinator@foodfirst.ca](mailto:coordinator@foodfirst.ca)

<http://foodfirst.ca/>

### Get Active NWT

Get Active NWT is a program that encourages people to be more physically active by organizing or participating in local fun and enjoyable events. Community organizations can apply for small grants to organize and deliver physical activity events in their communities. The application form can be downloaded from the website below.

Tel: (867) 873-7757, Fax: (867) 920-6467

<http://choosenwt.com/programs/get-active-nwt-2/>

### Northern Games Society (NGS)

NGS is a not-for-profit organization headquartered in Inuvik, Northwest Territories, that helps keep the Inuit (Inuvialuit) traditions of celebration, gathering, and sharing alive through the eponymous Northern Games.

Tel: (867) 777-7039, Fax: (867) 777-4023, Email: [northerngames@gmail.com](mailto:northerngames@gmail.com)

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

### NWT Sport and Recreation Council

This is an important organization in the Northwest Territories with the goal to increase physical activity among Northern residents as a means to combat chronic disease such as diabetes.

Tel: (867) 669-8383, Fax: (867) 669-8387

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

### Sport North

Sport North represents the territorial sport organizations of the Northwest Territories. They are dedicated to the development of sport at every level of participation.

Tel: (867) 669-8326

<https://sportnorth.com/>

### Taking the First Step: Deciding to Be Physically Active

This resource will help you think about your reasons for deciding to be more physically active and finding the motivation to stay active.

<http://choosenwt.com/wp-content/uploads/2013/12/nwt-physical-activity-toolkit.pdf>





## Physical Activity, Nutrition, Healthy Weights

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### YWCA Yellowknife

YWCA Yellowknife builds safe and equitable communities where women, families and people living with disabilities and/or chronic disease can realize their full potential.

Tel: (867) 920-2777, Fax: (867) 873-9406, Email: [info@ywcanwt.ca](mailto:info@ywcanwt.ca)

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

### Bonus Resources

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

### A Shared Path Towards Wellness

This resource is a mental health and addictions action plan for the Northwest Territories for the years 2012-2015. <http://bit.ly/1ucYlgQ>

### Elders in Motion Training Gathering Program

The Elders in Motion Training Gathering Program brings together elders, recreation leaders, health care professionals, volunteers, youth and others interested in the physical fitness and well-being of older adults.

Tel: (867) 669-8375, Fax: (867) 669-6791, Email: [admin@nwtrpa.org](mailto:admin@nwtrpa.org)

<http://www.nwtrpa.org/elders-in-motion/training-gathering.htm>

### Northwest Territories Health Status Report

This resource provides information about the state of people's well-being within the Northwest Territories population. The information contained in the report is intended for use by researchers, decision makers, NGOs, and general public. [http://www.hss.gov.nt.ca/sites/default/files/nwt\\_health\\_status\\_report.pdf](http://www.hss.gov.nt.ca/sites/default/files/nwt_health_status_report.pdf)

### Our Ancestors Never Smoked

This resource contains Elders' reflections about how tobacco has affected many Inuit communities and what can be done about it.

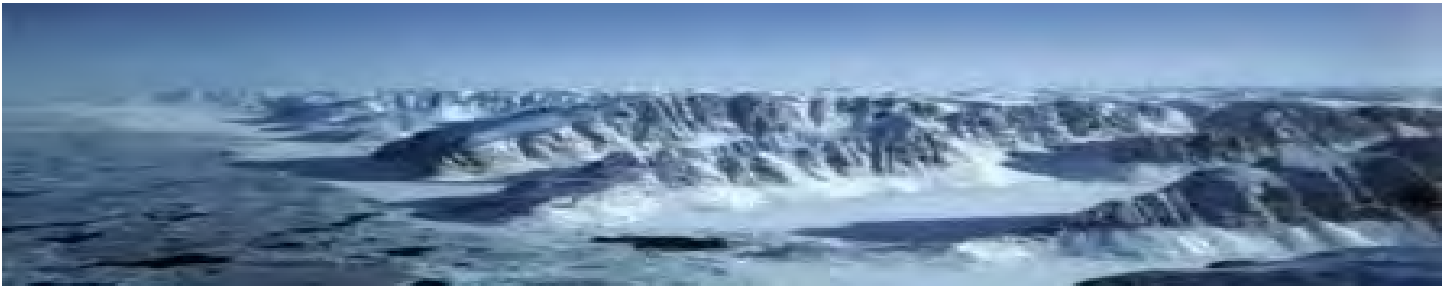
<http://bit.ly/1yIp2pa>

### Patient Education Booklet Assembly Instructions

This resource consists of 4 pages of sketches that, when assembled properly, will create a booklet with proper foot care information and instructions.

<http://www.hrsa.gov/hansensdisease/pdfs/leappatientbooklet.pdf>





## NUNAVUT

### Diabetes Management & Support Resources

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#### 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.

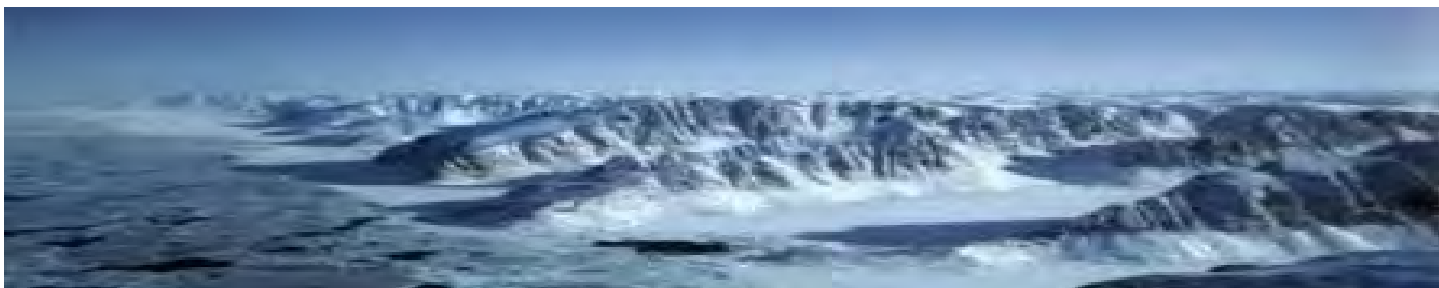
<http://bit.ly/1vJ2hfv>

#### 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>



## Diabetes Management & Support Resources

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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](http://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](mailto:nrpr@makiliqta.ca)

[www.makiliqta.ca](http://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](http://www.qhrc.ca)

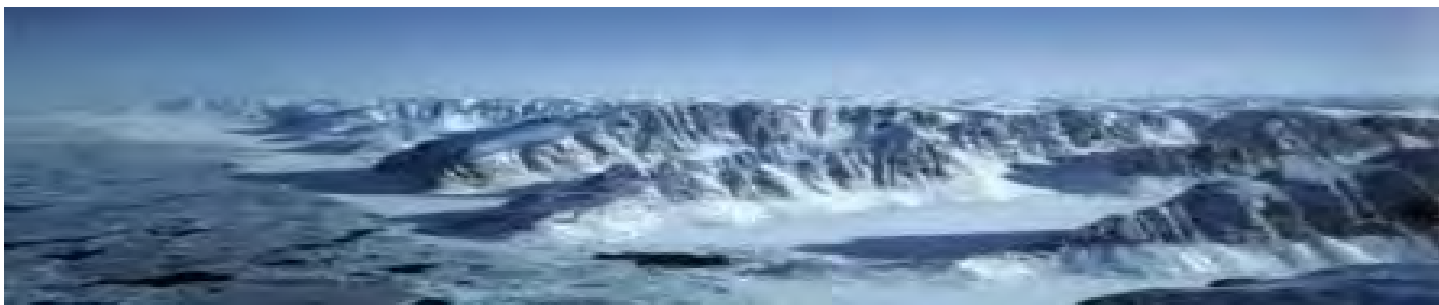
### What is Type 2 Diabetes?

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

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







## Physical Activity, Nutrition, Healthy Weights

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### 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 niqittiaavaknik 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.

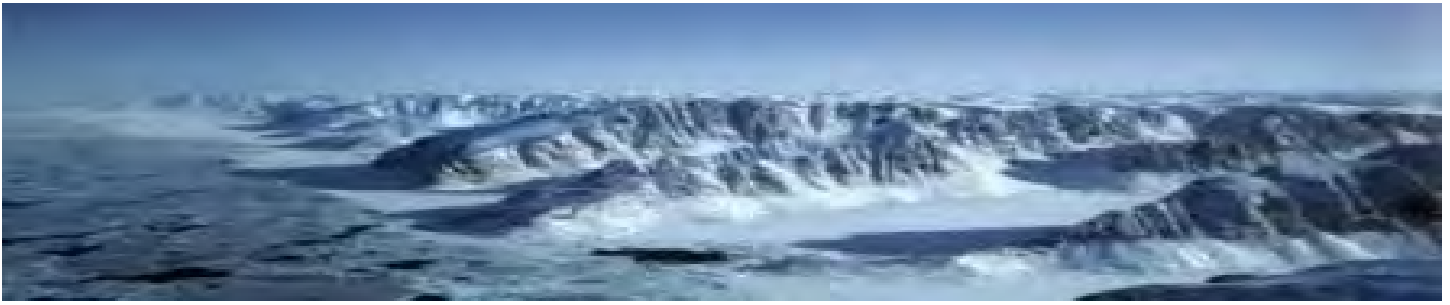
<http://bit.ly/12vGSiy>

### 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](mailto:dcurrie@rpan.ca)

[www.rpan.ca](http://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](mailto: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](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](mailto: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](mailto:embracelife@inuusiq.com)

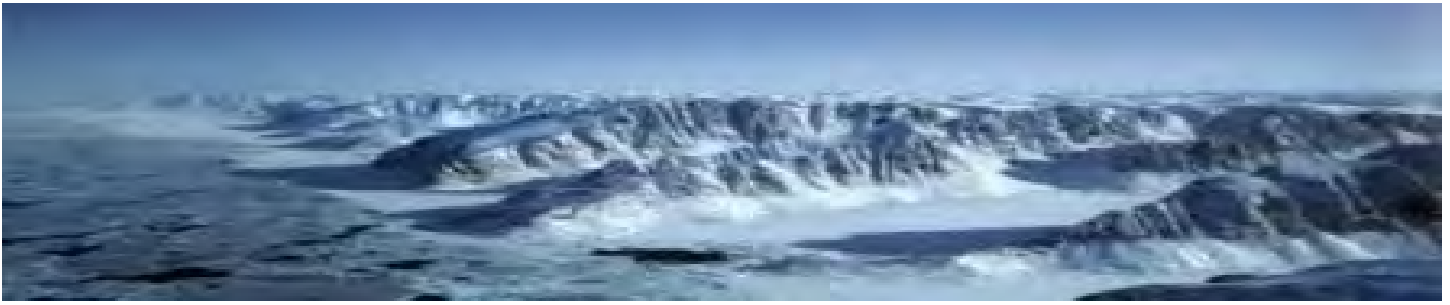
[www.inuusiq.com](http://www.inuusiq.com)

### 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>



## Bonus Resources

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

### 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>

