

NATIONAL INDIGENOUS DIABETES ASSOCIATION FALL 2024 NEWSLETTER



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EXECUTIVE DIRECTOR MESSAGE

Taanishi. (hello in michif)

Please enjoy this edition of
the Fall NIDA newsletter.

Maarsii. (thank you in michif)



NATIONAL INDIGENOUS DIABETES ASSOCIATION FALL 2024 NEWSLETTER

Happy Fall from the National Indigenous Diabetes Association Board of Directors and Staff!

As we send out this fall edition in December, we want to acknowledge what a busy and exciting season it has been!

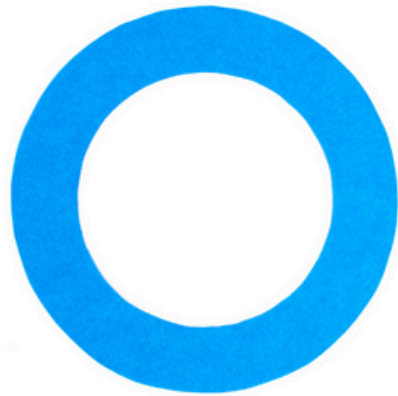
This fall brought countless opportunities to engage with Indigenous Peoples across the country, foster meaningful relationships, and make progress in our shared mission of supporting diabetes prevention and wellness. One of the highlights has been our continued collaboration with the Public Health Agency of Canada (PHAC) on the Distinction-Based Indigenous Diabetes Framework. This vital project involved visiting multiple Health Centers in PEI and Cape Breton Island to gather perspectives from First Nations, Inuit, and Métis on what a culturally relevant and wholistic approach to diabetes care, treatment and prevention should look like. We have gathered over 70 perspectives in only 9 engagement days. The insights shared during these sessions are shaping a stronger framework that reflects Indigenous ways of knowing and being. We thank everyone who participated and are eager to hear from many more individuals across Canada as we continue this important work. Do not hesitate to reach out if you would like to have us visit your area.

In addition to these engagements, we've participated in conferences, advanced critical projects, and laid the groundwork for the next phase of our work at NIDA. This newsletter highlights opportunities to participate in research projects and includes details about our upcoming National Indigenous Diabetes Conference. Be sure to check it all out!

It has been a season full of growth and connection, and we are incredibly grateful for your continued support. We look forward to sharing more updates as we prepare for the year ahead. Wishing you all a safe and healthy winter season.

All my relations,
Celeste Theriault

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World Diabetes Day
November 14



WWW.NADA.CA



2025 NATIONAL INDIGENOUS DIABETES CONFERENCE

MAY 7-9, 2025

DELTA HOTEL WINNIPEG, MB

JOIN NIDA AND CELEBRATE 30 YEARS



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HELP WITH RECRUITEMENT - RESEARCH

Health and well being website
Perinatal & Diabetes



Hello, we are researchers at the Research Institute of the McGill University Health Centre and we need **your help to recruit potential candidates** who are interested in participating in a study starting **very soon**

The aim is to create a new website to offer scientific-based information and strategies to enhance emotional well-being, and adopt healthier lifestyle habits during perinatal period

A FEW FACTS

The perinatal period spanning from pregnancy planning to birth is a time filled with joy, but also with an **increased risk of experiencing both anxiety and depression**

This risk is higher for individuals living with diabetes (type 1 and 2) due to having to rigorously monitor blood glucose levels in addition to the roles and responsibilities that come with infant care

Similar websites have already proved effective for people living without diabetes during the perinatal period



ELIGIBILITY CRITERIA

- Women/birthing persons who have at least 18 years of age
- Diagnosed with **diabetes prior** to pregnancy
- Planning a pregnancy within the next 2 years/ pregnant/ have given birth within the last 2 years
- Able to communicate in French or English
- Various socio-demographic profiles

PARTICIPATE MEANS:

- Completing an online survey about personal information and resource needs
- Invited to participate in a 45-60 minutes video interview with a research professional

Participants will receive a \$20 gift card for completing the survey and a \$50 gift card if selected for and completing an interview

Please let us know if your organization is interested in supporting us in this project, and we will send you the recruitment material for your local and social media

oMerci

Dr Deborah Da Costa (Chercheure principale) et Nadia Deville-Stoetzel (Associée de recherche)

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September 30, 2024 National Day for Truth and Reconciliation



NATIONAL INDIGENOUS DIABETES ASSOCIATION FALL 2024 NEWSLETTER

Indigenous Veterans Day
November, 8, 2024



NATIONAL INDIGENOUS DIABETES ASSOCIATION FALL 2024 NEWSLETTER

Celeste Theriault Executive Director National Indigenous Diabetes Association, testified at the Standing Committee on Health meeting on Bill C-64, An Act Respecting Pharmacare.



NATIONAL INDIGENOUS DIABETES ASSOCIATION FALL 2024 NEWSLETTER

National Indigenous Diabetes Association Board Chair Marisa Cardinal shares her experience living with Type 2 Diabetes and the Dexcom G7 continuous glucose monitoring system.

With a long history of type 2 diabetes in her family, Marisa Cardinal knew there was a high possibility she would be faced with it as well. Having had gestational diabetes with 5 of her 6 children, she knew it was likely and when she was officially diagnosed with type 2 diabetes, it took her awhile to get serious about it. Once she made the decision to take charge of her health, she decided to try the Dexcom G7 continuous glucose monitoring system and was surprised at how easy it was to use. Being able to see the impact of exercise, different foods and medication on her glucose levels in real time was a game-changer! She became passionate about exercise and today enjoys weightlifting and playing golf while feeling strong and confident about her diabetes management. Marisa likes being able to easily track her glucose levels on the Dexcom G7 app and feels proud of her type 2 diabetes management and progress. She is inspired to live a long and healthy life and set an example for others in her community and beyond.

[Marisa Lives a Healthy Life with Type 2 Diabetes](#)



Marisa Lives a Healthy Life with Type 2 Diabetes

Diabetes Management Program



Group Education

Fun and interactive small virtual group education sessions

Individual counselling

Individual counselling of lifestyle strategies



Type of education

Education customized to your needs, concerns, and culture

We speak your language

Services available in English, French, Spanish, Arabic and many South Asian Languages



Our Team

Our Team consist of Certified Diabetes Educations, ie: Registered Nurses, Registered Dietitians, and Registered Pharmacist

What you will learn

This program promotes self-management and improves quality of life. Our team provides the education that allows you to take control and empower you to make the changes you need.

You will learn:

- What Diabetes is and how it affects your body
- How to check and interpret your blood sugars
- What your medications are and how they work
- How lifestyle such as diet, and exercise can affect you sugar
 - How to choose a healthy diet
 - The importance of regular exercise

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CONTINUUM

Mike Alexander

Opening Night

Oct. 18, 5-8pm



ANDCO

1575 West Georgia St.

Oct 18, 2024—May 18, 2025

Sponsored by the Native Renaissance Art Foundation

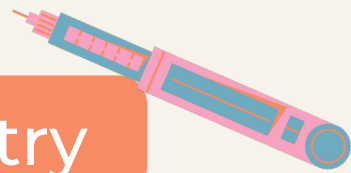


Type 1 diabetes
Therapies
Technologies
Hypoglycemia



Do you, or your child, live with type 1 diabetes in Canada?

Share your reality !
Participate in the BETTER registry



Why should I participate?

- 1 To enable a **better representation of type 1 diabetes** (e.g. problems encountered, impact of certain treatments or technologies)
- 2 To **improve access to new therapies and technologies**
- 3 To have **a chance to win \$500**



www.type1better.com

JDRF

CIHR IRSC

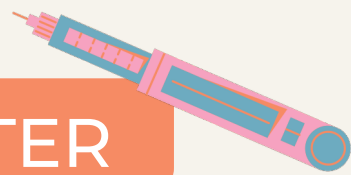


Diabète de type 1
Traitements
Technologies
Hypoglycémies



Vous, ou votre enfant, vivez avec le diabète de type 1 au Canada ?

Partagez votre réalité !
Inscrivez-vous au registre BETTER



Pourquoi s'inscrire?

- 1 Pour permettre une **meilleure représentation du diabète de type 1** (p.ex. problèmes rencontrés, impact de certains traitements ou technologies).
- 2 Pour **améliorer l'accès aux traitements et aux technologies**
- 3 Pour courir la chance de gagner **500\$**



www.type1better.com

FRDJ





INDIGENOUS DISABILITY CANADA



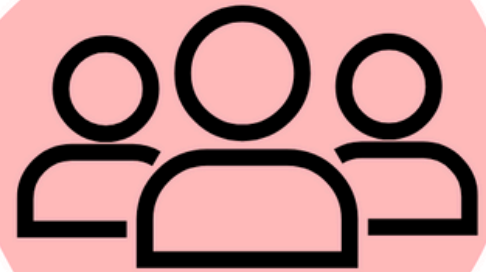
DTC Navigators work with Indigenous individuals living with disability(ies) all across Canada

- Status / Non-Status / Metis / Inuit
- Between the ages of 18 and 64



DISABILITY TAX CREDIT (DTC) NAVIGATION PROGRAM

A time limited program that is currently running until March 31, 2025. This program aims to assist Indigenous individuals living with disability(ies) across Canada to apply and qualify for the Disability Tax Credit



This program aims to assist individuals in qualifying for the Disability Tax Credit (DTC) in preparation for the new Canada Disability Benefit that is beginning in July 2025.

**CONTACT US FOR MORE
INFORMATION**

dtc@bcands.bc.ca 





Free Community Membership

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Stay up to date
join the NIDA Membership today!

Please visit www.nada.ca

