

# NATIONAL INDIGENOUS DIABETES ASSOCIATION WINTER 2024 NEWSLETTER



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## EXECUTIVE DIRECTOR MESSAGE

Taanishi. (hello in michif)

Please enjoy this edition of the Winter NIDA newsletter.

Maarsii. (thank you in michif)



# NATIONAL INDIGENOUS DIABETES ASSOCIATION WINTER 2024 NEWSLETTER

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

We extend our sincerest wishes to you and your loved ones for a season filled with joy and peace. As we gather around warm fires, sharing stories and traditions, let us remember the importance of taking care of our health, especially in the face of diabetes.

In this season of giving, let us also give ourselves the gift of wellness. Whether it's through traditional foods, staying active in the snow, or connecting with community resources, let's prioritize our well-being together this winter season.

In our upcoming Winter Newsletter, you can expect exciting updates and highlights from the past few months, including:

- Our meeting with The Honourable Minister of Health, Mark Holland, at Vascular 2023.
- Insights from the 2023 National Indigenous Diabetes Conference in Enoch, AB.
- Recognition of Tamara Beardy from Tataskweyak Cree Nation, MB, as the recipient of the 2023 Caroline Daigneault Award.
- Publication of our Diabetes Kinship Circle Interactive Report, marking the end of phase one of our engagement activities with the National Framework for Diabetes in Canada, and the announcement of phase two for establishing distinctions-based pathways.
- Dr. Natalie Riediger and MB partners' publication on Sugar Sweetened Beverages in the Canadian Journal of Diabetes.
- Opportunities for research funding through CIHR (Canadian Institutes of Health Research).
- A Farm to Cafeteria grant opportunity for a school food program.
- The upcoming conference in Banff, AB, focusing on Obesity and Hypertension.
- The Northern Ontario Home and Community Care Network gathering in Thunder Bay from Feb 13-15.

Stay tuned for these updates and more as we continue our journey together. May this season bring you warmth, health, and prosperity.

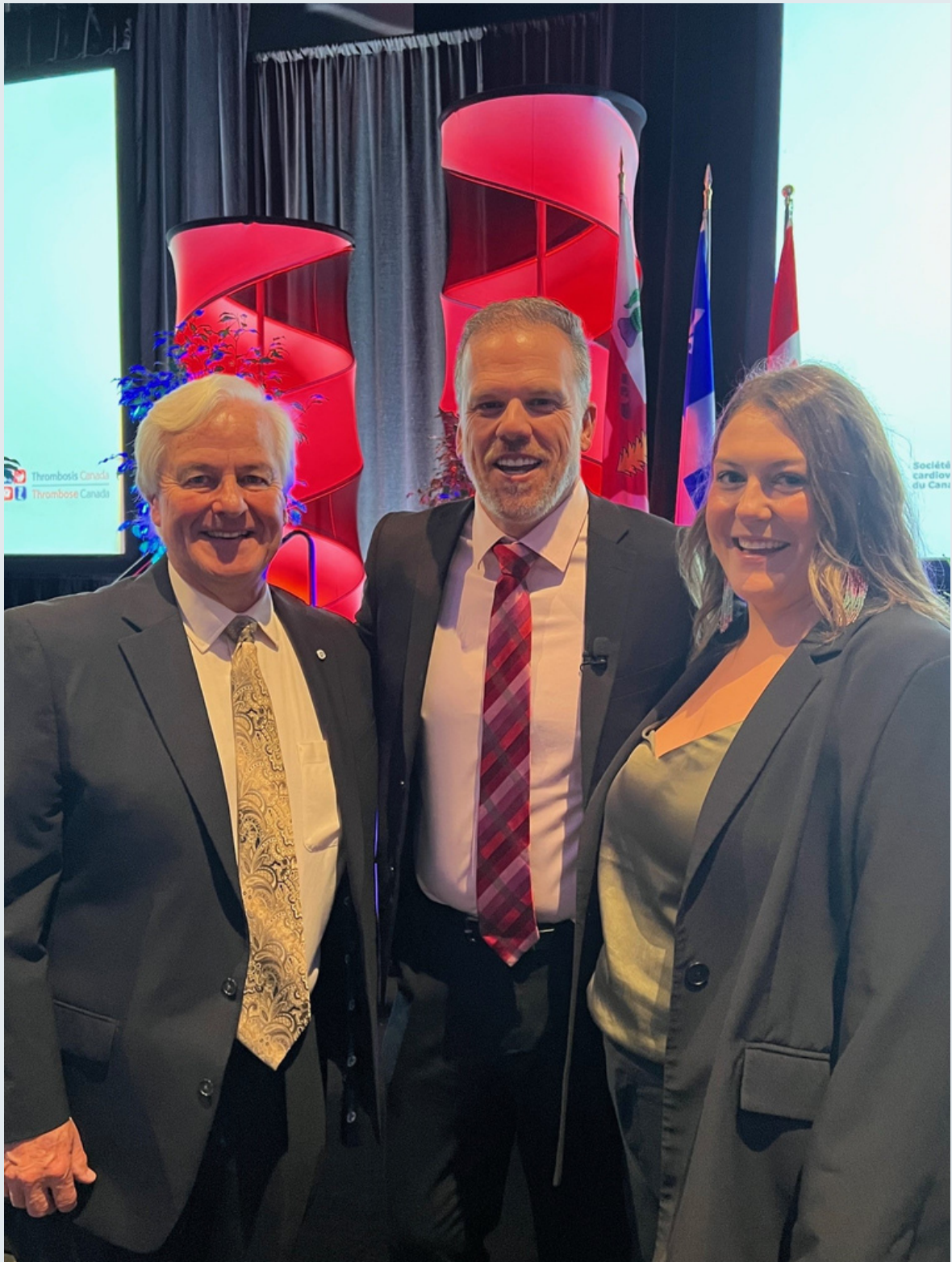
All my relations, Celeste Theriault





## 2023 VASCULAR CONFERENCE

Russell Williams, Senior Vice-President Mission at Diabetes Canada  
The Honourable Mark Holland Canada's Minister of Health  
Celeste Theriault National Indigenous Diabetes Association Executive Director



## 2023 CAROLINE DAIGNEAULT SHKAABE AWARD

In honour of Caroline Daigneault, the National Indigenous Diabetes Association created the annual Caroline Daigneault Diabetes Shkaabe Award to recognize individuals and/or communities that are leading the way in diabetes prevention and management for their Peoples.

This year the 2023 Caroline Daigneault Shkaabe Award recipient is Tamara Beardy from Tataskweyak Cree Nation in Manitoba.





18 January 2024

Dear Selection Committee,

It is my utmost pleasure to nominate Tamara Beardy for the Caroline Daigneault Diabetes Shkaabe Award. Ms. Beardy is very passionate about this diabetes prevention and awareness among Indigenous youth. To date she has been involved as a leader for Canada's largest diabetes prevention program for Indigenous youth. This program reached thousands of Indigenous children across Manitoba and supported hundreds of teens to get involved in leading and organizing prevention activities in their communities.

As a mother of a young woman living with type 1 diabetes, diabetes has been a part of Tamara's life for over 15 years. Ms. Beardy is a very diligent advocate for diabetes prevention and support in Indigenous communities: not only did she work for 5 years as the provincial coordinator for Indigenous Youth Mentorship Program, but she also joined two CIHR SPOR patient advisory committees to ensure the Indigenous patient voices are prioritized in clinical research. In these roles, Tamara helped design and record patient video narratives from Elders, caregivers and youth to share they journey and organize multiple meetings to determine patient priorities across Canada.

Tamara expanded on this amazing work by organizing and completing a 905km run with two other runners to raise awareness for diabetes in First Nations communities. Over 3 weeks in August in 2023, Tamara ran from her home community of Tataskweyak Cree Nation to the Forks in Winnipeg. Along the way Tamara inspired thousands of Indigenous people and raised money for diabetes prevention in her community.

In closing, let me reaffirm that Ms. Tamara Beardy is an incredible mother, advocate and champion for communities, making her the ideal candidate for this award.

Best regards,

Jonathan McGavock, PhD  
CIHR Applied Chair in Resilience and Childhood Obesity  
Department of Pediatrics and Child Health,  
511B JBRC, Children's Hospital Research Institute of  
Manitoba Phone: (204) 480-1359 Email:  
JMcGavock@chrim.ca

# 2023 NATIONAL INDIGENOUS DIABETES CONFERENCE: WORKING TOGETHER TOWARDS WELLNESS.



The 11th National Indigenous Diabetes Conference, A Diabetes Journey: Working Together Towards Wellness was hosted by the National Indigenous Diabetes Association in Enoch Alberta at the River Cree Resort and Casion November 21st - 23rd 2023. The conference is hosted bi-annually and aims to bring together lived experienced individuals, Aboriginal Diabetes Initiative Workers, Indigenous front-line workers, leadership, Community Diabetes Prevention Workers, diabetes educators, health managers, dietitians, nutritionists, nurses, researchers, industry, and government representatives to learn about and share practices in diabetes prevention and self-management among Indigenous Peoples in Canada. The conference served as a platform to exchange knowledge, discuss innovative strategies, and explore culturally appropriate solutions for diabetes prevention and management within Indigenous communities. It was great to be able to host this gathering in-person again and we look forward to seeing everyone in Winnipeg Manitoba 2025. Follow us on social media or join the NIDA Membership (Community Membership is FREE) to stay up to date!

Congratulations to our conference attendee winner who received an iPad for our Door Prize!

**NOVEMBER 14, 2023**  
**WORLD DIABETES DAY**





# DIABETES KINSHIP CIRCLE INTERACTIVE REPORT



The National Indigenous Diabetes Association is pleased to present the Diabetes Kinship Circle Interactive Report.

Indigenous peoples were asked to contribute ideas and we came together in kinship to create a vision for a future based on Indigenous ways of knowing and being.

There were three ways to participate - a survey, engagements sessions and through art.

Although the engagement process has ended NIDA would like to continue the commitment to honour those voices.

If you would like to share further, or submit art or music that expresses your vision, please send to [nationalengagement@nada.ca](mailto:nationalengagement@nada.ca)

Please click [HERE](#) to view the report.

# CERCLE DE PARENTÉ DU DIABÈTE

## RAPPORT INTERACTIF



L'association nationale autochtone du diabète (ANAD) a le plaisir de présenter le rapport interactif du cercle de parenté sur le diabète.

Tous les peuples autochtones ont été invités à proposer des idées et nous nous sommes réunis en parenté pour créer une vision pour l'avenir basée sur les modes de connaissance et d'existence autochtones.

Il y avait trois façons de participer - une enquête, des sessions d'engagement et de l'art.

Bien que le processus d'engagement soit terminé, ANAD souhaite poursuivre son engagement afin d'honorer ces voix.

Si vous souhaitez en savoir plus ou soumettre des œuvres d'art ou de la musique qui expriment votre vision, veuillez les envoyer à [nationalengagement@nada.ca](mailto:nationalengagement@nada.ca)

Veuillez cliquer [ICI](#) pour consulter le rapport.

# NATIONAL INDIGENOUS DIABETES ASSOCIATION INC. REQUEST FOR PROPOSAL (RFP)



## NATIONAL INDIGENOUS DIABETES ASSOCIATION INC. REQUEST FOR PROPOSAL (RFP)

NIDA is seeking proposals to engage Indigenous People on a national and distinction-based level (First Nations, Métis, Inuit) to inform an Indigenous National Framework for Diabetes.

Please see posting [HERE](#) for more details.



# **PERCEPTIONS OF BEVERAGES WITH NON-NUTRITIVE SWEETENERS AMONG INDIGENOUS ADULTS LIVING IN MANITOBA AND IMPLICATIONS FOR TYPE 2 DIABETES**

Please click [HERE](#) to view an article where NIDA was featured in the Canadian Journal of Diabetes.

The logo for the Canadian Journal of Diabetes (CJD) features the letters 'CJD' in a large, bold, dark blue sans-serif font. The 'C' is a simple open circle, the 'J' has a curved bottom, and the 'D' is a solid block letter.

Canadian Journal of Diabetes

# EMBRACING DIVERSITY TO ACHIEVE PRECISION AND INCREASE HEALTH EQUITY

Don't miss the chance to submit your letter of intent for the Team Grants: Embracing Diversity to Achieve Precision & Health Equity #FundingOpportunity

Apply by February 1: [ResearchNet](#) - [RechercheNet](#)

**Embracing diversity to achieve precision and increase health equity**



Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada



 Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

**Canada**

**La diversité au profit de la précision et de l'équité en santé**



Instituts de recherche en santé du Canada  
Canadian Institutes of Health Research



 Instituts de recherche en santé du Canada  
Canadian Institutes of Health Research

**Canada**

## FARM TO SCHOOL CANADA GRANTS FOR 2024-2026 ACTIVITIES

Applications will be accepted online beginning February 5, 2024.  
Completed applications must be submitted by April 5, 2024.

For more information, please click [HERE](#)





# OBESITY AND HYPERTENSION CONFERENCE - APRIL 3-6, 2024 IN BANFF, AB



Early Bird Rates Until Feb 16

## Obesity + Hypertension in Canada

#sciencetosolutions

APRIL 3-6, 2024  BANFF, ALBERTA

obesity canada  obésité canada 



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obesity canada  obésité canada 



## Obesity + Hypertension in Canada

#sciencetosolutions

 APRIL 3-6, 2024  
BANFF, ALBERTA

Don't miss this opportunity to be at the forefront of the dialogue shaping the future of healthcare.

**REGISTRATION OPEN**  
Early bird registration ends Feb 16

obesity canada  obésité canada 

# Obesity + Hypertension in Canada

#sciencetosolutions



APRIL 3-6, 2024 BANFF, ALBERTA

## PROMOTIONAL TOOLKIT



obesity  
canada



obésité  
canada



Hypertension  
CANADA

## Background

From April 3rd to 6th, Obesity Canada and Hypertension Canada will co-host the *Obesity and Hypertension in Canada: From Science to Solutions* conference. The event will explore recent advancements in the fields of obesity, hypertension, and the intersections between both chronic diseases. The content will span from bench research, clinical care, and health system dynamics to emerging therapies and integrated healthcare. This is a live event only, so attending in-person is a must to access cutting-edge information and stay connected through networking opportunities.

We don't want anyone to miss out. Help us spread the word about the conference to make it the best learning and networking event possible.

## Objectives

- Æ Promote the Obesity and Hypertension Conference as a 'must attend' scientific event.
- Æ Encourage colleagues and friends to register [here](#).
- Æ Promote leading edge science in the fields of both obesity and hypertension.

## Who Should Attend

- Æ Colleagues and friends who work in obesity and hypertension.
- Æ Clinicians
- Æ Researchers
- Æ Physicians

## Tips and Tricks

- Æ Make sure you tag your colleagues or organizations who are on social media by mentioning them in your post or tagging them in your picture.
- Æ Make sure you mention or tag Obesity Canada and Hypertension Canada so we can reshare your post (see handles on pages 5).
- Æ You can use one of the sample posts or tell your own story.
- Æ Post on as many social media platforms as you can – Twitter (X), Facebook, Instagram, or LinkedIn.
- Æ Include #sciencetosolutions in your posts.
- Æ Include the following hashtags #obesity #hypertension #obesitymanagement #obesitycpd #hypertensioncpd

## Graphics

We've attached a few sample graphics in your email for you to use in social media or newsletters.

If you need any other size, don't hesitate to email me at [danielle@garnetcommunications.ca](mailto:danielle@garnetcommunications.ca)



## Key Messages

The following are just a few messages that can be used when referring to the conference in social media posts, newsletter content, websites, etc. See the conference website <https://obesitycanada.ca/sciencetosolutions/> for more information.

- Æ The Obesity and Hypertension in Canada: From Science to Solutions conference is a collaboration between Obesity Canada and Hypertension Canada.
- Æ Join your colleagues from across the country from April 3rd to the 6th, 2024 at the Fairmont Banff Springs Hotel.
- Æ The program topics are fully integrated. It promises inspiring plenary sessions and cutting-edge research showcases.
- Æ The conference theme explores recent advancements in obesity and hypertension and the intersections between both chronic diseases.
- Æ Sessions will cover bench research, clinical care, health system dynamics, emerging therapies, and integrated healthcare.
- Æ The conference is a live event only, so attending this event is a must if you wish to access cutting-edge information and unique networking opportunities.
- Æ A full trainee program focuses on skills essential for their future careers and networking opportunities where lifelong connections will be made.
- Æ By registering for the conference, you are able to attend the New Investigator Research Training day at no cost.
- Æ The first-ever *Calibre* training will be offered in person – practical tools you need to manage obesity, tomorrow, in your clinic. This program is accredited by College of Family Physicians of Canada.
- Æ If you work in primary care, are a pharmacist, nurse, nurse practitioner, dietitian, cardiologist, nephrologist, researcher, hypertension specialist, obesity specialist, or allied health professional, this conference is for you.

## Sample Social Media Messages

### Sample Tweets (X)

*Cut and paste one or both of the following posts between now and the conference, depending on your role as a delegate and/or speaker.*

- Æ Join me at #sciencetosolutions from April 3-6 in #Banff for the Obesity and Hypertension in Canada: Science to Solutions conference. The scientific content you need, + connections with friends, colleagues & industry leaders.  
Register: <https://bit.ly/sciencetosolutions> @obesitycan @HTNCanada
- Æ Interested in [topic of presentation]? You can find me, along with Canadian leaders in obesity and hypertension, speaking at #sciencetosolutions.  
Register today to join me: <https://bit.ly/sciencetosolutions>

### Sample Instagram post

*Copy and reshare or share in your own story as well! Feel free to post a personal video inviting colleagues to join you in Banff!*

Æ The Canadian Obesity Summit and the Hypertension Conference are coming together from April 3-6, 2024. As co-hosts of the Obesity and Hypertension in Canada: From Science to Solutions conference, they will explore recent advancements in the field of obesity, hypertension, and the intersections between both chronic diseases. It promises all the features you've come to depend on, but better.

We look forward to welcoming health professionals from all disciplines, researchers, policy makers, and industries related to obesity and hypertension in beautiful #Banff.

Register at <https://bit.ly/sciencetosolutions> and be part of the transformative discussions that will drive science to solutions.

See you there! #obesity #hypertension

Post a short personal video and or post the following message

Æ Attending #sciencetosolutions? I can't wait for you to join in the conversation with me and my colleagues. Learn more about the scientific program here: <https://site.pheedloop.com/event/sciencetosolutions/program>

Æ Not sure what to say in your video? Consider the following points:

Hi, my name is (name). I'm a (role) at (location).

I've already registered to attend the Science to Solutions Conference and invite you to join me.

What I gain at this conference, I can't get anywhere else.

Give an example of something you are looking forward to learning.

Give an example of the value of networking and sharing experiences, sparking new collaborations.

Or give an example of how you can put in practice with your clients, what you learn at the conference.

### Sample Facebook Post

*Cut and paste this content or adapt with your thoughts or promote a session you are looking forward to seeing.*

Æ From April 3rd to the 6th, 2024, more than 700 health professionals from all disciplines, researchers, policy makers, and industries related to obesity and hypertension as well as people with lived experience will gather in beautiful Banff, Alberta for the Obesity and Hypertension in Canada: Science to Solutions conference. By coming together, delegates can look forward to more cross-functional content and create life-long connections.

Register today at <https://bit.ly/sciencetosolutions> and be a the forefront of the dialogue shaping the future of healthcare.

New to this conference is the first-ever in-person Calibre training – practical tools you need to manage obesity in your clinic. This program is accredited.

## Obesity Canada and Hypertension Canada Communities

### Social Media Handles

When you post, consider adding handles from other partners in the obesity and hypertension communities to help expand our reach. Consider including other handles of colleagues and partners.

Name	Association	Social Media Platform	Social Media Handle
	Obesity Canada	Twitter	@ObesityCan
	Obesity Canada	Instagram	@obesitycanada
	Obesity Canada	Facebook	@Obesity Canada - Obésité Canada
	Obesity Canada	Linkedin	@Obesity Canada - Obésité Canada
	Hypertension Canada Hypertension	Facebook	@Hypertens Canada
	Canada Hypertension	Twitter (X)	@HTNCanada
	Canada Hypertension Canada	Linkedin	@Hypertension Canada
Dr. Ross Tsuyuki	Hypertension Canada	Twitter (X)	@Ross_Tsuyuki
Dr. Dylan Burger	Hypertension Canada	Twitter (X)	@DSchnekenB
Dr. Swapnil Hiremath	University of Alberta	Twitter (X)	@hswapnil
Tim Caulfield		Twitter (X)	@CaulfieldTim
Andre Picard	Glebe and Mail	Twitter (X)	@picardhealth
Carolyn Pullen	CCS	Twitter (X)	@SCC_CCS_CEO



Name	Association	Social Media Platform	Social Media Handle
	CACPRS	Twitter (X)	@CACPR_1
	Ottawa Heart Institute	Twitter (X)	@heartInstitute
	Canadian Liver Foundation	Twitter (X)	@CdnLiverFdn
	Canadian Medical Association	Twitter (X)	@CMA_Docs
	Association of Canadian Nurses	Twitter (X)	@canadanurses
	Association of Canadian Pharmacists	Twitter (X)	@CPhAAPhC
	Heart & Stroke	Twitter (X)	@heartandstroke
	Diabetes Canada	Twitter (X)	@DiabetesCanada
	Thrombosis Canada	Twitter (X)	@ThrombosisCan
Dietitians of Canada	Twitter (X)	@DietitiansCAN	
Canadian Nutrition Society	Twitter (X)	@CNS_SCN	

Thank you for helping us promote Obesity and Hypertension in Canada: From Science to Solutions. If there is other information or assets that would be helpful, please contact Danielle Coté at [danielle@garnetcommunications.ca](mailto:danielle@garnetcommunications.ca)

**HEALTH INFORMATION FAIR REGISTRATION FORM**  
**NOHCCN GATHERING – OUR HOME CARE SUCCESSES**  
**FEBRUARY 13-15, 2024**  
**VALHALLA – THUNDER BAY**



Northern Ontario Home and Community Care Network (NOHCCN) is hosting the 4th Annual Gathering – Our Home Care Successes at the Valhalla Hotel & Conference Centre in Thunder Bay from Tuesday, February 13 to Thursday, February 15, 2024.

If you are interested in having a table at the Gathering, please email Marianne Bortolin, [info@podium-events.com](mailto:info@podium-events.com) by Wednesday, January 31, 2024.

See the registration package below.



## NOHCCN Gathering 2024 & Health Information Fair

Dear Health Care Organization,

We wish to invite your organization to set up an information display at the Northern Ontario Home and Community Care Network's 4th Annual Gathering: Our Home Care Successes. This year the Gathering will be hosted on February 13, 14 & 15, 2024 at the Valhalla Hotel & Conference Centre in Thunder Bay, Ontario.

Your organization's access to health services and program information is very important in the Home Care Sector. As the targeted audience strives to collaborate and coordinate efforts within their Home Care services delivery, offering information displays with key contacts to answer any questions, assists in establishing linkages and further nurtures working relationships.

Enclosed you will find general information which includes the registration form, schedule, exhibitor expectations and location details. To book a table, please complete and return the form as soon as possible. **Deadline to register is Wednesday, January 31, 2024.**

Should you have any questions or require additional information please do not hesitate to email Marianne Bortolin, Podium Events & Consulting Inc [info@podium-events.com](mailto:info@podium-events.com) .

We look forward to hearing from your organization!

Sincerely,

Northern Ontario Home and Community Care Network



## **Health Information Fair Details**

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### **NOHCCN Gathering – Our Home Care Successes**

**February 13-15, 2024**

**Valhalla – Thunder Bay**

## **Health Information Display NOTES**

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- It's a great opportunity to show that your organization supports and celebrates excellence in the health care field. This is an excellent opportunity to network and make connections with health care organizations.
- Although Home Care staff do not always make the major purchases for their programs, they definitely influence the buying decisions. Consider providing new supplies, equipment, product samples, pamphlets, and a variety of information at your booth.
- Please make sure you have contact information for the participants to reach you after the forum.
- Gathering participants love presents! Freebies, health promotion items, and mini-contests and draws at exhibitor booths are a great way to entice participants to your exhibit and to get contact coordinates.
- We are currently projecting 150 attendees from Thunder Bay and Northern communities for this event. It should be a great turn out!





## **Vendor Details:**

### **Space Allocation**

Preference is given to those whose applications were received before the deadline **Wednesday, January 31, 2024**. Exhibitors are responsible for providing staff to be present in their booth at the designated times (9:30am to 4:30pm)

### **Set-Up**

Each display area includes one 6' table with two (2) chairs. If your exhibit exceeds these limits or requires special equipment and/or attention, please specify this on the form.

### **Set-up**

- Set up begins at 9:30am and should be completed by 10am.
- Vendors tables will be located in the hallway outside of the event space.
  - Tables will be assigned to each vendor; each table will have a “vendor name” on it to easily identify your table.
- Please note peak times for foot traffic from Gathering attendees will be during the scheduled AM/PM breaks and during the lunch hour.

### **Tear-down**

Dismantling, loading, and departure of displays must be accomplished no later than 4:30pm.

### **Please note:**

Unfortunately, there will be no storage space other than the table area. Please remove all items at the end of the day. NOHCCN and Valhalla are not liable for lost or missing articles during the Health Information Fair, nor any damage costs associated with transportation, warehousing, handling of merchandise, tear down and cleaning of exhibit.

**Miigwech for joining us!**



