



MIWAYAN

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Miwayan provides community members with information on the BRAID diabetes project and other health research going on in Driftpile First Nation.

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~ in collaboration with ~

Driftpile First Nation
and the
Driftpile Diabetes Program,
Maggie Willier Wellness Centre

**Congratulations
Cassie Okimaw!**



**Cassie won the Wii Fit
BRAID-Kids Prize Draw
at Treaty Days**

BRAID-Kids Diabetes Prevention Lessons to be Taught in Driftpile School, Starting in October

The BRAID-Kids lessons will teach kids how diet and exercise affect their health, and how a healthy lifestyle can help prevent obesity and diabetes. (If your child doesn't attend Driftpile School, there will be after school and weekend diabetes lessons available. Contact Trina Scott at the Health Centre for details.)

The kids and their parent/guardian filled out a questionnaire about the kids' physical activity and eating habits. Some kids did the running test and had their blood sugars measured in May and July. The running test and blood sugar testing will be done again in October.

Here are some of the questionnaire results:

| Questions | % children |
|--|------------|
| Watches 4+ hours of TV on Saturdays | 10% |
| Child's TV viewing is limited in household | 51% |
| Family member(s) encourage child to be physically active | 57% |
| Belonged to a team last summer | 42% |
| Played outside everyday that week | 63% |
| Walked everyday that week | 53% |
| Vegetables 4+ times that week | 47% |
| Fresh fruit 4+ times that week | 63% |
| Pop/sweetened drink 4+ times that week | 51% |
| Pizza 2+ times that week | 33% |
| Fried bannock 2+ times that week | 16% |
| Pasta 2+ times that week | 49% |
| Wild meat 4+ times that week | 22% |
| Fries and/or chips 2+ times that week | 61% |
| Restaurant/fast food 3+ times that week | 33% |



Portion-size displays used for teaching healthy eating

How Much Sugar?

BRAID-Kids Dietitian (Karie Quinn) used sugar cubes to show the amount of sugar in different foods. Karie gave the kids a limited number of sugar cubes that they could "spend" when they chose their breakfast of fruit, cereal, yogurt, milk and/or juice. By "budgeting" their sugar cubes, the kids learned:

- How much sugar was in the breakfast they chose;
- The maximum amount of sugar they should eat at breakfast;
- How to choose breakfast foods with less sugar; and
- How much exercise (running) they need to "burn off" the sugar they eat.



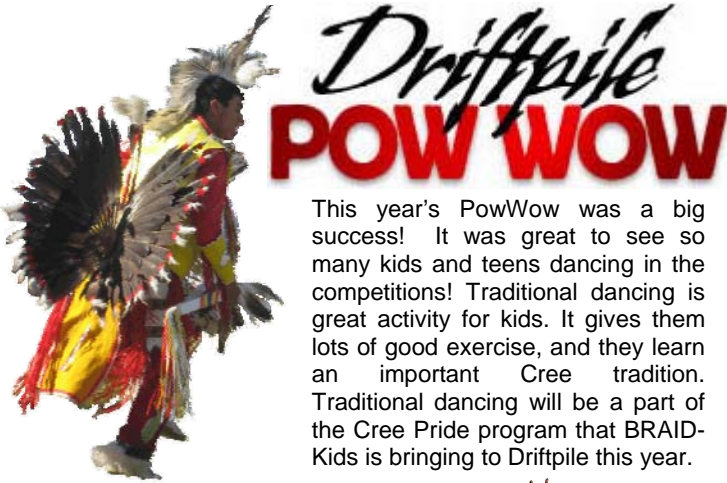
Shuttle Run Testing at the new Community Hall in Driftpile



Trina Scott, showing her "Cree Pride"!

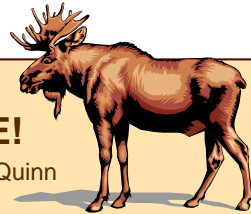
Next BRAID-Kids testing dates

October 25th and 26th
Location: Driftpile School Gym
Contact Trina @ 780-355-3931



Driftpile POW WOW

This year's PowWow was a big success! It was great to see so many kids and teens dancing in the competitions! Traditional dancing is great activity for kids. It gives them lots of good exercise, and they learn an important Cree tradition. Traditional dancing will be a part of the Cree Pride program that BRAID-Kids is bringing to Driftpile this year.



Driftpile Nutrition Corner –

KARIE “MEATS” A MOOSE!

In October, BRAID-Kids Dietitian Karie Quinn took part in a moose preserving event in the Driftpile Community.

“Everyone worked so hard, skinning, cleaning, cutting and preparing the moose for canning,” Karie says. “When someone does that much work, they burn off a lot of calories!”

When you buy meat at the store, it's already cut, cleaned and packaged, so you don't have to do much work. Store-bought meat may also have more fat. But lean wild meat, such as moose meat, has much better nutritional value than store-bought meat, and the traditional ways of processing and preparing wild meat involves a lot of healthy physical activity. Wild game is an excellent source of lean protein, Vitamins A & B, Calcium, and Iron.

“I also had so much respect for the fact that everything is used, nothing goes to waste.” Karie said. “And the canned meat is very healthy, low in fat, and low in salt.”



| Species | Protein % | Fat % | Cholesterol (mg/100g*) | Calories (Kcal/100g*) |
|---------------------|-------------|------------|------------------------|-----------------------|
| Beef (store bought) | 22.7 | 2.0 - 6.5 | 69 - 72 | 152 - 180 |
| Moose | 22.1 | 0.5 | 71 | 130 |
| Deer | 23.7 | 1.4 | 107 - 116 | 145 - 149 |
| Elk | 22.8 | 0.9 | 67 | 137 |
| Goose | 22.7 | 3.6 | 142 | 121 |
| Grouse | 23.8 | 0.7 - 1.1 | 101 - 105 | 140 - 142 |
| Rabbit | 21.9 | 2.4 | 77 - 131 | 144 - 153 |

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Sessions Start in October

Has your family signed up for the BRAID-Kids and Cree Pride project yet? Contact Trina Scott at the Health Centre (Phone: 780-355-3931 or 780-805-4067)

Cultural Pride & Self-discipline



Tools for escaping poverty and violence



Hobbema Cadets Learn What Life is Like in Jamaica's Ghettos

On April 9th, 22 members of the Hobbema Community Cadet Corps program traveled to Jamaica to spend 10 days in the community of Spanish Town, and saw some of Jamaica's poorest neighbourhoods.

The Hobbema Cadets (boys and girls, ages 12-17) were welcomed by the Jamaica Police Cadets, who showed them neighborhoods ravaged by gang warfare, drugs and poverty. They saw garbage in the streets, bullet holes in building walls, and portraits of murdered gang members displayed in public.

But cultural pride has helped the Jamaican Cadets to escape the poverty, drugs and violence that surround them everyday. The Jamaican Cadets greeted their visitors with performances of traditional songs and dance. The Hobbema Cadets in turn performed traditional dancing at the Jamaican Cadet's 9th Anniversary celebration.

RCMP Sgt. Mark Linnell leads the Hobbema Cadets. He took the kids to Jamaica to show them that what happens in Hobbema also happens other places in the world. The trip was meant to inspire the kids.

In August 2009, 32 of the Jamaica police Cadets came to Hobbema for an 11-day visit.

>See pictures of the trip on the Hobbema Cadets' web site:

www.hobbemacadets.net/apps/photos/album?albumid=5352758

>A CBC reported travelled to Jamaica with the group. You can watch the CBC "Pride Beyond Poverty" documentary online at:

www.cbc.ca/sunday/2009/05/051009_4.html

Hobbema Cadets Captain Trent Young is presented with Jamaican Police Cadet Epaulettes, in recognition of Captain Young's leadership.



Photos and graphics courtesy of the Hobbema Community Cadet Corps.

Did you know...? Driftpile has its own Police Cadets program. The Cadets meet on Wednesday nights from 6:00-8:00pm at the new Community Hall. BRAID-Kids is working in partnership with the Cadets program to reach out to Driftpile's youth.