



BRAID-Kids initial RESULTS:

Tests indicate Kids in Driftpile could be at risk

"It's all about teaching our kids, so they can teach their kids and grandchildren. We are responsible for the next generations. It starts in the home, with the family... We need to do something."

- Trina Scott,
BRAID-Kids Coordinator

The BRAID-Kids program has been running in Driftpile since March 2009. This was after the first BRAID study showed the Community had significant risks for diabetes and its complications, including heart disease, kidney disease, and foot and eye problems.

BRAID-Kids is testing the health of kids in Driftpile and trying to decrease the Community risk of diabetes and its complications.

So far, the results show that kids in Driftpile are not as healthy as average children in Canada. We also compared results for Driftpile kids to results for Cree children in James Bay, Quebec. More children in Driftpile were overweight or obese, compared to children in James Bay (*determined by BMI: Body Mass Index*). Many children with a healthy weight still had what is called "central adiposity".

What is "central adiposity"? It means the person's waist circumference is excessive. They have too much bulk around their middle. A child or adult with central adiposity is at higher risk for diabetes

and cardiovascular disease, even if they are at a healthy weight.

BRAID-Kids also looks at children's fitness level. The kids do a shuttle run (running back-and-forth), and this shows how fit they are. More kids in Driftpile had unhealthy fitness levels than kids in James Bay.

Some Driftpile kids have been tested twice, and overall their results haven't improved. See page 2 for detailed results of BRAID-Kids testing.

The Cree Pride program is part of BRAID-Kids. Cree Pride incorporates traditional Cree beliefs and values surrounding health, well-being and lifestyle. We want to see if kids' testing results will improve if their parents/guardians take part in the Cree Pride program. The Cree Pride sessions are just getting started, so we haven't been able to test this yet.

More BRAID-Kids testing and shuttle runs will be done during the Nutrition Carnival on April 11th & 12th. There's still time to sign up! Contact Trina Scott @ (780) 805-9374.

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

DRIFTPILE SPRING CARNIVAL

Theme: Health & Nutrition

Sunday April 11th @ 11:00 a.m.

Monday April 12th @ 12:30 p.m.

Location: Mihtatikow Sipi School

Pancake Breakfast!
Sunday April 11th



On Sunday April 11th, get your carnival "passport". Get your passport stamped at 9 carnival stations. When get all 9 stamps, you will get 9 coupons to enter prize draws. Only passports with all 9 stamps will be eligible for the **GRAND PRIZE DRAW**:

One (1) Ab Circle Pro
and a Good Food Grocery Hamper



How do children in Driftpile compare to Cree children in James Bay?

Except for average weight, the results for children in Driftpile were generally worse compared to results for Cree children in James Bay, Quebec.

However the numbers of children tested were much smaller in Driftpile and these results are NOT statistically significant. This means that even though the health center staff and the BRAID-kids researchers are worried, we cannot know for sure what these results mean. We would like to see more children and do more tests.

	BRAID-Kids (Driftpile children)	James Bay Cree children
Average age	9.4 years	10.6 years
Average weight	50.1 kg	51.7 kg
Average waist circumference*	87.0 cm	78.1 cm
Children with "central adiposity" <i>(high waist circumference for their height)</i>	94%	52%
Average BMI (Body Mass Index)	24.5	-
<i>Average BMI of children with central adiposity</i>	48.4	26.9
<i>Average BMI of children without central adiposity</i>	28.6	18.9
Children with an unhealthy BMI* <i>(overweight or obese)</i>	74%	65%
Average shuttle run time	1 minute, 52 seconds	2 minutes, 30 seconds

*Waist circumference is the size of the waist measured at the hip, at about the same level as the belly button.

Even children with healthy weight may be at risk for diabetes because of their waist size:

	Healthy Weight (BMI)		Unhealthy Weight (BMI)	
	BRAID-Kids (Driftpile children)	James Bay Cree children	BRAID-Kids (Driftpile children)	James Bay Cree children
Children without central adiposity	7%	34%	0%	14%
Children with adiposity	19%	1%	74%	51%

Test results over time:

	Children tested in April/May 2009	Children re-tested in October 2009
Average Blood Sugar Levels <i>(5.5 or under is "normal")</i>	5.4 mmol/L	5.5 mmol/L
Central adiposity	83%	94%
Average BMI	24.4 kg / m sq?	24.9 kg/m sq
At risk for obesity	61%	66 %
At risk for overweight	22%	28 %
Normal weight	17%	12%
Average shuttle run time	1 minute, 42 seconds	1 minute, 41 seconds
Adequate fitness level	6%	0%
Inadequate fitness level	94%	100%