



MIWAYAN

DRIFTPILE DIABETES NEWS

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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

Cree Pride!

BRAID-Kids is off and RUNNING!

16 Kids: A great turnout in May

The BRAID-Kids project got a great start on May 29th and 30th, as 16 kids did the running test in the Driftpile School gym. The running test measures a person's fitness level. The children had their blood sugars checked, and their height, weight, waist size and blood pressure were checked, too. They also completed a questionnaire on physical activity and the foods they eat. A healthy breakfast was provided after the testing.

"It was great to see so many kids, and they really had fun doing the running test," says Trina Scott, BRAID-Kids' Research Assistant in Driftpile, "Lots of parents came out to encourage the kids, and some of the parents even did the running test with the kids!"

The BRAID-Kids project is looking at ways of preventing obesity and diabetes risk in Driftpile by working with families and children.

The children will be tested again when school starts in the fall of 2009, and again in spring 2010. BRAID-Kids still needs to sign-up more kids and families. If you'd like to sign-up for BRAID-Kids, please contact **Trina Scott** at the Health Center (780) 355-3931, or cell phone (780) 805-9374.

The Running Test

For this test, the kids have to run back and forth between orange cones set up on the gym floor. They have to get to an orange cone before the sound of the "beep". The beeps start out slowly, but soon the beeps get faster and faster. The kids have to run faster and faster, until they can't keep up with the beeps!

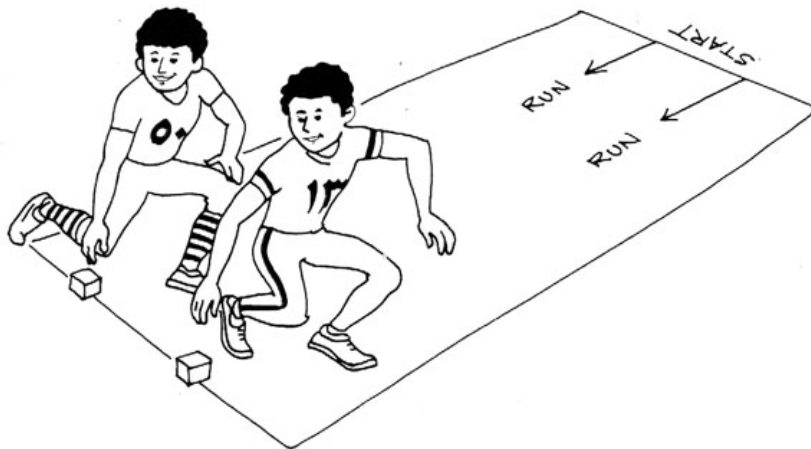


Illustration source: *The Sports Journal* (www.thesportjournal.org)



TRINA SCOTT
BRAID-Kids Project
Research Assistant

For more information on BRAID-Kids and Cree Pride, contact **Trina Scott** at the Health Center (780) 355-3931, or by cell phone (780) 805-9374.

Cree Pride Sessions

The BRAID-Kids project is testing the “Cree Pride” program to see if it can help prevent diabetes risk. “Cree Pride” will address the spiritual and emotional aspects of prevention, health and healing.

Session 1:	Definition of Cultures & Traditions
Session 2:	Grief & Recovery: Road to Our Cultures & Traditions
Session 3:	Who Are We? Definition of Woodland Cree
Session 4:	Hunting & Drymeat Making
Session 5:	Sweetgrass, Roots, Sage & Their Significance to Our Culture
Session 6:	Drumming & Music: What it Means to Our People
Session 7:	Autumn - Blue/Black - West – Grizzly
Session 8:	Handgames: How We Play & What it Means
Session 9:	Winter – White - North – Wolf
Session 10:	Traditional Medicine & Healers
Session 11:	Prayer & Pipe Ceremonies: What Are They & What do They Mean?
Session 12:	Spring - Yellow - East – Eagle
Session 13:	Traditional Parenting & The Tools To Do It
Session 14:	Basic Principles, Values, Morals, Traditions, Beliefs & Practices
Session 15:	Summer - Red - South – Buffalo
Session 16:	Taking back control over ourselves & our identities

If you would like to go to these sessions, please sign-up for the Cree Pride program. Contact Trina Scott at the Health Centre to see if you’re eligible, and to get for more information about the program and the Cree Pride sessions.

Meet Karie Quinn! Dietitian for BRAID-Kids



Watch for Karie around Driftpile!



Hello! My name is Karie Quinn and I am a **Registered Dietitian & Certified Diabetes Educator**.

I have been a dietitian for over 15 years, and before that I worked in Alternative Medicine. I have worked in many areas in the Peace Region, and I live in Grande Prairie.

I own my own business called “Nutrition by Karie”, which has allowed me to explore nutrition on a community level, such as the Diabetes Program at the Grande Prairie Friendship Centre.

Working with BRAID-Kids has given me the opportunity to work in the Driftpile Community. Learning more about Cree Pride and traditional ways and foods has been an extraordinary experience.

Helping people manage their diabetes important to me, and helping to prevent diabetes is just as important. If you would like to meet with me to discuss your nutrition, ways of helping your kids with healthier lifestyles, weight management or other nutrition concerns, I would be happy to meet with you on my visits to Driftpile.

Please contact the Health Centre (780-355-3931) to book an appointment with me, the BRAID-Kids Dietitian.



Sign-up for BRAID-Kids today!

June 22nd, 2009 is your last chance to be entered in the prize draw for a **Wii Console and Wii Fit!** The draw takes place @ 4:00pm on June 22nd.

DARE to be a BRAID-Kid!

Fill out this form and drop it off at the Health Centre or the BRAID-Kids booth at Treaty Days.

Name (Child)

Birth Date

Parent(s)/Guardian(s) Names

Home Phone Number

Address/PO Box #