

Aboriginal Diabetes Initiative to continue, with more funding

In July 2010, The Honourable Leona Aglukkaq, Minister of Health, announced \$110 million in new funding for the Aboriginal Diabetes Initiative (ADI) over the next two years (2010-2012). ADI began in 1999 to help Aboriginal communities deal with high rates of diabetes.

"Our Government remains committed to reducing the prevalence of type 2 diabetes and its complications in Aboriginal people," said Minister Aglukkaq. "The Aboriginal Diabetes Initiative supports a range of health promotion, prevention, screening and care activities that are community-based and culturally appropriate."

For 2010-2012, ADI will focus on:

- > Initiatives for children, youth, parents and families;
- > Diabetes in pre-pregnancy and pregnancy;
- > Community-led food security plans to improve access to healthy foods, including traditional foods; and,
- > Enhanced training for home and community care nurses on clinical practice guidelines and chronic disease management strategies.

Community activities funded through ADI may include walking clubs, diabetes workshops, fitness classes, community kitchens, community gardens and healthy school food policies, and traditional activities such as traditional food harvesting and preparation, canoeing, drumming, dancing, and traditional games.

ADI will continue its support to off-reserve communities such as the Métis Settlements. In the past, ADI's Métis, Off-reserve Aboriginal and Urban Inuit Prevention and Promotion (MOAUIPP) program has supported primary prevention and health promotion activities, such as the Eastern Métis Settlements Diabetes Prevention Program (EMSDPP).

ADI was part of the Canadian Diabetes Strategy announced in 1999, and received \$58 million in federal funding over five years. ADI was renewed in 2005 for another five years, with \$190 million in funding. The \$110 million committed to ADI for the next two years (2010-2012) is a big increase in funding, which shows the federal government's commitment to addressing diabetes in Aboriginal communities across Canada.

For more information, visit the ADI web site:

<http://www.hc-sc.gc.ca/fniiah-spnia/diseases-maladies/diabete/index-eng.php#a7>

Local skills may better address health issues:

Health Promoters for the Communities

Poor health and chronic diseases are linked to many social and cultural issues that individuals and communities face. For the Aboriginal communities that MDSi visits, these issues include unresolved traumas and disempowerment that have been experienced as a result of colonization.

Representatives from the Métis Settlements came to a gathering in Edmonton in March 2010, hosted by MDSi (BRAID Research Group). The purpose was to share the results to-date and come up with some new ideas for effective diabetes prevention. Results to-date are showing that diabetes risk factors are hard to change. One idea discussed was to have Health Promoters working in each of the communities. The communities indicated they would like to try to find funding for Health Promoters. The BRAID Research Group will be assisting them to apply for grants.

Phase 1 would be a test of the Health Promoter program in certain communities. If the program shows success, it would be expanded to other communities in Phase 2.

Another gathering for Métis Settlement representatives will be held in Edmonton this fall, to start planning for the Health Promoter program. MDSi will also be travelling to each of the Settlements for discussion of Community results to-date and consultation meetings regarding grant applications. Dates will be announced soon.

MDSi Community Visit Schedule

Sept 13th-16th: Conklin
 Sept 20th-23rd: Buffalo Lake
 Sept 27th-29th: Paddle Prairie
 Sept 30th-Oct 2nd: Ft Vermilion
 Oct 4th-7th: La Crete
 Oct 25th-28th: Peerless Lake
 Nov 1st-4th: Elizabeth
 Nov 15th-18th: Grande Cache
 Nov 22nd-25th: Fishing Lake
 Nov 29th-Dec 2nd: Hinton FC*
 Dec 6th-9th: Kikino
 Dec 13th-16th: Bent Arrow FC*

*FC = Friendship Centre

Please contact your Settlement or Community office to book an appointment.



Mobile Diabetes Screening Initiative (MDSi)
 4100, 8308 - 114 St., Edmonton, AB T6G 2V2
 Phone: 780.407.1627 • Fax: 780.407.1715
 Email: mdsi@ualberta.ca

Visit MDSi online @
www.braidm.ca



The MDSi Moccasin

Alone, we are one drop... Together, we are a river

Paddling on the North Saskatchewan



Before returning to the communities this fall, MDSi staff took part in a team-building canoe trip. They paddled for more than 16 kilometres along the North Saskatchewan River, starting at Laurier Park near the Edmonton Valley Zoo, and ending at Capilano Park east of Gretzky Drive.

"It's probably the most tired my arms have ever been!" said Joanna Dydula, one of MDSi's dietitians. "I can't believe we went so far!"

"We already work so great together as a team, but a canoe trip seemed like a great way for MDSi to build up some extra team work," says Tracy Connor, MDSi's manager.

"Sometimes, by getting together in a non-work environment like this, it reminds people how much they depend on each other, and how much they appreciate each other," Tracy said. "Plus, it's really great exercise!"

Remember Kari Meneen?

We are happy to welcome KARI back to the MDSi team!



If you have diabetes, Kari may have taken pictures of your eyes. Kari worked for MDSi from 2005 to 2007, as our retinal photographer, checking people's eyes for damage from diabetes.

Kari left MDSi in 2007 to return to school, and she has recently completed her degree in nursing. **We are so proud of you, Kari!**

While studying to be a nurse, Kari gained practical experience working for Alberta Health Services at the Northeast Health Centre in Edmonton. Her work included involvement in injury prevention initiatives, such as a carseat safety program. Kari is passionate about family and community health, and is especially interested in health care in rural areas.

Kari also has a degree in psychology. Before working with MDSi, Kari worked with the Head Start program to deliver health screening, health services and health education services to children and their families.

Kari is from Tall Cree, near Fort Vermilion.

Watch for Kari in your community soon!

Thinking about studying at the U of A?

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National Aboriginal Diabetes Association

Get involved - Become a Member

- > Receive regular newsletters
- > Receive information and updates about diabetes
- > Have input about how to address diabetes among Aboriginal Peoples
- > Be informed of conferences that are being held across the county
- > Be eligible to vote at NADA's Annual General Assembly

Membership Options:
Community Member \$5/year
Health Professional \$40/year
Corporate \$75/year

www.nada.ca
diabetes@nada.ca
Phone: 204.927.1220