

# Diabetes: Windigo Diabetes Health is Taking it Seriously


## *Windigo Diabetes Program*

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ADI 2004-5

# Outline

- Why is diabetes serious?
  - Why is working hard now to prevent diabetes so important?
  - How to prevent diabetes
  - Windigo Diabetes Programs' Response
- 

# Why is diabetes serious?

- Diabetes is not “normal” – there is no safety in numbers.
- Diabetes is silent but can be deadly if it isn't taken seriously – and not just for older people.
- Some people in the Sioux Lookout Zone are having heart attacks in their 30's. There are some kids in their 20's going blind and some are on dialysis.

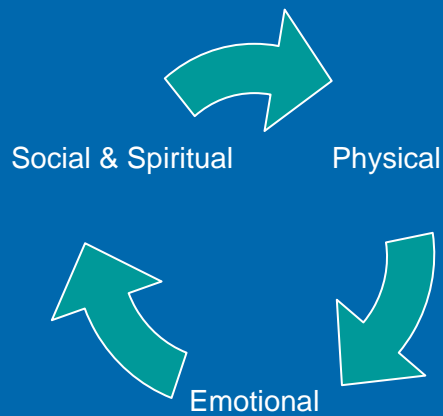


# Some “Complications” of Diabetes

- Heart attacks
- Strokes
- Loss of legs
- Kidney failure
- Blindness
- Impotence
- Infections
- Stillbirth
- Birth defects
- Depression



# Why is working hard NOW to prevent diabetes so important?



# Some Numbers: % with Diabetes (2004)



# Focus on the community in 10-15 years if nothing is done...

- Imagine 1 out of 4 people with diabetes (1/2 for women over 50 years old)
- Ramps for wheelchairs
- Rampant blindness
- Dialysis unit in community or go to city
- Lots of infection and sick days
- Few people looking after many in need
- Massive financial and social burden

# The good news!

## Diabetes can be prevented!



- 150 minutes of walking a week
- Eating less fat
- Losing about 7% of body weight (a 230 lb person could still weigh 214 lbs) can cut the risk of diabetes to less than  $\frac{1}{2}$ . People over 60 years old can cut their risk by almost  $\frac{3}{4}$ !

# Sandy Lake: Risk factors for diabetes



- Low levels of physical activity
- Low levels of fiber and vegetables
- High levels of fat
- Being overweight – especially around the middle

# The other good news? Diabetes can be managed!



- 30 minutes of walking 5-7 days a week
- Eating less fat, less “sugar” and more fiber
- Losing about 5-10% of body weight
- Reducing stress/relaxing
- Taking medications as required
- Making sure complications are monitored at least 1 x year

# Windigo Diabetes Health: Who are we?

- Our goal is to support diabetes prevention & control in the Windigo communities
- Funded by the “On-Reserve” branch of the Aboriginal Diabetes Initiative (a FNIHB program)
- Year by year funding
- Managed by Sadie Maxwell, Windigo Health Director
- Coordinated by Natalia Morrison, registered dietitian and certified diabetes educator

# Windigo Diabetes Program

2000 – 3 day Basic Diabetes Workshop

2001 – 2 day Program Planning Workshop  
& Community Visits

2002 – Action Plan Binder & Radio Diabetes CD

2003 – Resource Development as per  
identified needs (youth; people  
with diabetes) & Footcare Visits

2004 – Resource Development as per identified  
needs (footcare video; youth  
workshop manual; lesson plans; teacher  
workshop; newsletters)

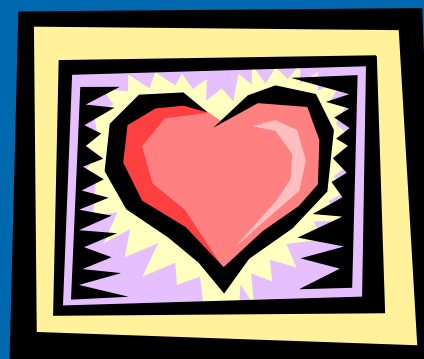
# Resources we've developed!

Goal: All-in-one action plan binder. Focuses on 5 priorities Windigo communities identified:

- *Diabetes is serious.*
- *Diabetes can be prevented and controlled.*
- *Physical Activity.*
- *Save your feet.*
- *If you dedicate 3 months to preparing for a healthy pregnancy and 9 months to having a healthy pregnancy, you can set your baby up for a whole lifetime of health.*

Windigo First Nations Council  
- Aboriginal Diabetes Initiative 2002-3 -

Community Diabetes Program Binder



Created by: Natalia Morrison MSc RD CDE  
Windigo Diabetes Liaison

With many thanks to Windigo Health Director,  
Sadie Maxwell

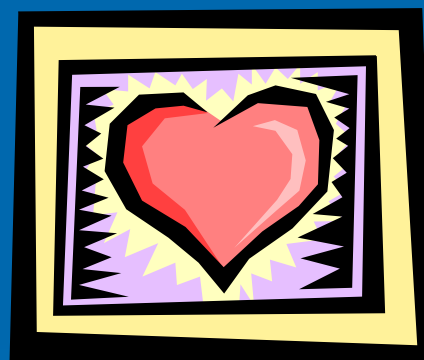
# Resources we've developed!

Goal: All-in-one action plan binder. Each binder section contains:

- *Radio shows (& CD)*
- *Posters (laminated colour copy & b/w to photocopy)*
- *School lesson plans*
- *Handouts*
- *Community activity ideas*

Windigo First Nations Council  
- Aboriginal Diabetes Initiative 2002-3 -

Community Diabetes Program Binder

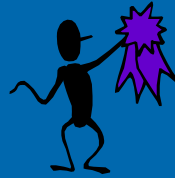


Created by: Natalia Morrison MSc RD CDE  
Windigo Diabetes Liaison

With many thanks to Windigo Health Director,  
Sadie Maxwell

# Resources we've developed!


- Winner of CDA's 2004 "Practical Diabetes Resource" Award
- *Goal: To motivate First Nations children to make healthy living choices for diabetes prevention.*



I can win over diabetes?  
Sweet!



- A video game puzzle book -



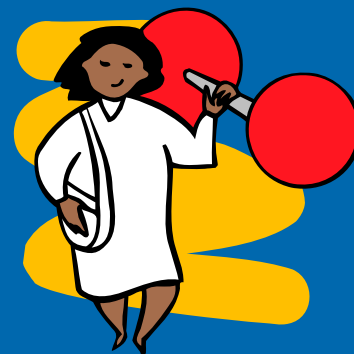
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Developed by: Natalia Morrison, Nutrition & Diabetes Educator  
Windigo First Nations Council  
Aboriginal Diabetes Initiative 2003-4

# Resources we've developed!

- *Goal: To serve as a user-friendly and comprehensive local resource for both health care providers and people living with diabetes.*

## Diabetes Resource Guide



*With the right tools, you can be stronger than diabetes*

Windigo Diabetes Program

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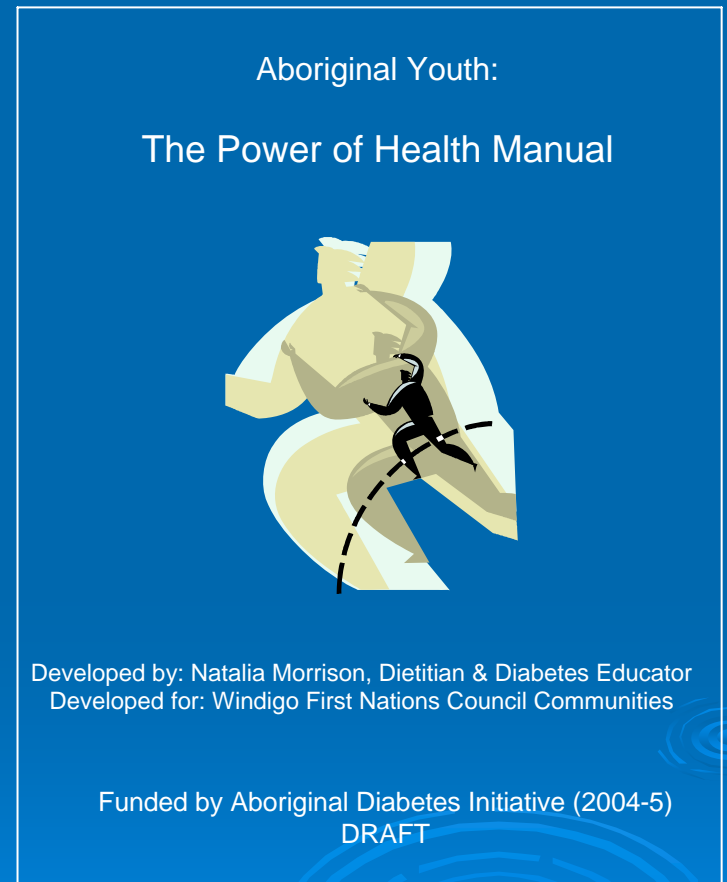
Developed by: Natalia Morrison, Nutrition & Diabetes Educator

Aboriginal Diabetes Initiative 2003-4

# Resources we've developed!

## Goal:

To provide youth, educators and health care providers with a reference manual relevant to the health care needs of young people.



# Resources we've developed!

## Goal:

To provide people with diabetes, their caregivers and health care providers with a locally relevant reference video for basic self-care and safety of feet.

Taking Care of Your Feet At Home:  
A Video Resource for People with Diabetes



Developed by: Windigo Diabetes Health  
Funded by Aboriginal Diabetes Initiative (2004-5)

# We've also developed...

- Newsletter on being young with diabetes and the importance of preventing it
- Newsletter on coping with the feelings of diabetes
- Posters on cinnamon & diabetes; alcohol & diabetes; nuts & diabetes; NEAT (how any kind of body movements can help weight loss efforts); dipping dry meat
- Wawatay newspaper articles.

# As of March 2005, we've also ...

- Left a video in each community about a young woman with diabetes & her story of taking diabetes seriously
- Sent copies of a colouring story book called "An Elder's Teaching Helps Jerephine" to each community
- Sent resources such as diseased feet; sugar tubes; fat models; pedometers; weights...to each community
- Visited each community and hosted stress management workshops; healthy eating nights; school visits; youth nights; radio shows; store visits and so on
- Hosted a workshop at WEA's teacher orientation
- Developed a set of lesson plans to accompany the videogame puzzle book
- Sent a foot care doctor to each community
- Hosted support teleconferences for CHRs and HCC