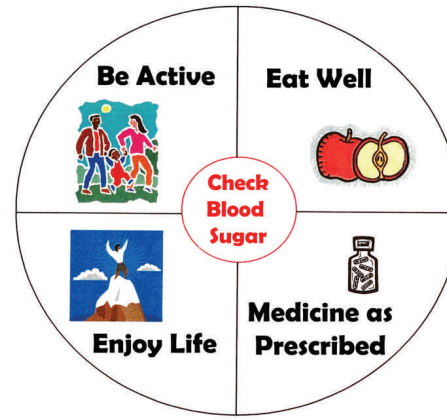


What can parents do to help their children prevent diabetes?

1. Children see parents as role models—try to live your life in a healthy way.
2. Encourage children to play outside rather than watching TV or playing video games.
3. Provide healthy choices for your children — less “junk” food; more fruits and vegetables.
4. Talk about the hazards of smoking as well as drug and alcohol abuse.
5. Take time to relax with them and enjoy life — walking or reading with them, for example.
6. Make sure your child goes to see the doctor for regular check-ups.
7. If you have questions about diabetes, talk to diabetes educators—call the Sioux Lookout Diabetes Program at 1-888-507-7701 or Windigo Diabetes at 807-737-1585. You can also talk to your doctor or local healthcare workers.

For young people with diabetes:



Diabetes is Serious — Take Action Now

Awareness is the first step...

Understanding is the second...

Wanting to make changes is the third...

BUT

Nothing will happen until you believe you can do it and actually take the first step...

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Hey Kids! Let's Prevent DIABETES

Windigo First
Nations Council

Aboriginal Diabetes Initiative
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How do we get diabetes?

The type of diabetes around here is mostly type 2 diabetes. That is sort of cool because type 2 diabetes can sometimes be prevented. But not totally cool because diabetes, no matter what kind, is serious.

So, how do people get diabetes?

It's not like the flu or anything. Diabetes usually (but not always!) happens when we don't move our bodies enough and eat too much of things like chips, chocolate, cheezies, wieners, fries, hamburgers, pizza and sugar drinks like pop, Tang™ or KoolAid™.

What can we do prevent it?

Since not moving our bodies enough and not choosing healthy foods can lead to diabetes, it makes sense that moving our bodies more and making healthier food choices can help us prevent diabetes!



Tips for healthy eating

All your body has to grow with is what you feed it. If we eat healthy foods, we can be as strong & healthy as possible.

- Treats like chips and pop are OK once or twice a week, but have healthier snacks the rest of the time.
- Ask for snacks like fruit, vegetables and nuts (you can even ask if you can help prepare them so that they are always ready to eat!) - frozen peas or blueberries make fun snacks. So does celery filled with peanut butter and raisins (ants on a log!)
- Traditional foods like fish and wild meat are really good for you! Try to eat them at least twice a week if they are around. Dip dry meat into applesauce or a healthier fat like canola oil, salad dressing or a soft margarine (such as Becel).



Here is a recipe to try with an adult:

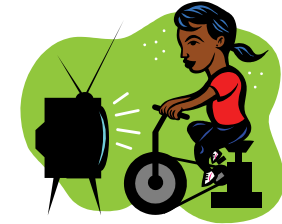
Crabby Patties:

- 1 can pink salmon, drained
- 4 potatoes, mashed (cooled down)
- 1 egg, raw
- Salt and pepper

Mix everything together and make into patties. Fry in a little canola oil. Yum!

Tips for being active

Our bodies are designed to move. If we don't move them enough every day, they won't be able to work properly when we want them to.



If you like video games or TV, try to limit them to 2 hours a day (after your homework is done!). The rest of the time, why not try the latest dance moves (by yourself or with friends)? You could also try:

- Swimming, biking, walking, catch, soccer, volleyball or baseball in the summer
- Sliding, skating, skiing, snowshoeing or building snowmen or snowforts is fun in the winter

You might also want to help an Elder with their snow, wood or water.

Offering to help out with chores around the house—sweeping, cleaning your room, doing dishes, helping with the wood and so on—is very thoughtful and also lets you move your body!