



***The National Aboriginal
Diabetes Association (NADA)***
envisions diabetes-free people.

As many lifelong habits are formed during a person's early years, it is important to teach our children that by eating healthy and being physically active they can prevent Type 2 diabetes.

Eagle Books Series

The Eagle Books Series is a four part culturally- relevant book series that uses storytelling to teach children what Type 2 diabetes is and how they can prevent it by eating healthy and being active.

The Eagle Book Series was developed in the United States by the Native Diabetes Wellness Program who allowed NADA to print and distribute it for Aboriginal children in Canada.

This brilliantly illustrated story captures and holds the attention of its audience – Aboriginal children in the preschool and primary grades as it teaches them that they can make healthier choices in their daily lives to prevent Type 2 diabetes.

Teaching our children to prevent diabetes

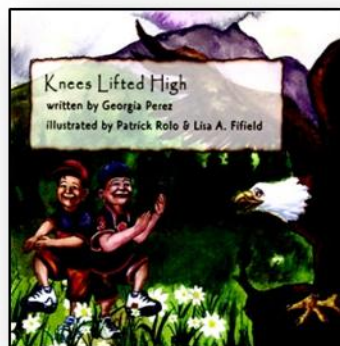
Maintaining a balanced lifestyle through daily physical activity and eating healthy can significantly reduce the risk of getting diabetes.

Mr. Eagle, Miss Rabbit and Coyote help the children to better understand diabetes



“Through the Eyes of Eagle” is the first book of the series. This story teaches children what diabetes is and how it affects our people.

“Knees Lifted High” is the next story which teaches children different ways to stay active. The children are taught that by being physically active, they can prevent diabetes.



“Plate Full of Colour” is the third book that shows children a wide assortment of fruits and vegetables

and encourages them to try different varieties.



“Tricky Treats”, the last book of the series teaches children the difference between healthy and unhealthy snacks



Educating our children on healthy living for a diabetes-free future.

The Eagle Book Series is available to purchase for \$55.00 per set (including shipping). To purchase this valuable educational resource, please contact:

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