

Conne River - Miawpukek Mi'kamawey Mawi'omi

Address Conne River - Miawpukek Mi'kamawey Mawi'omi
PO Box 160, Conne River Reserve
Micmac Territory, Newfoundland and Labrador A0H 1J0



Contact: Theresa O'Keefe, Director

Telephone: 709-882-2710 **Website:**

Fax: 709-882-2836 **E-Mail:**

Description:

A community-based diabetes program is in development, implementation and evaluation. This program has a strong emphasis on the creation and maintenance of an environment which makes healthy lifestyle choices easy options for all people. Organize walks and walking clubs, fitness and nutrition programs, school diabetes program, awareness promotion, traditional herb/medicine workshop, foot care clinic, support group, glucose monitoring and pre-natal education.

Labrador Métis Nation - Learning for Life ~ Preventing Diabetes Project

Address Labrador Métis Nation - Learning for Life ~ Preventing Diabetes Project
PO Box 59
Charlottetown, Newfoundland A0K 5Y0

Contact: Melita Paul, Diabetes Awareness Assistant

Telephone: 709-949-0292 **Website:**

Fax: 709-949-0546 **E-Mail:** mpaul@nf.aibn.com

Description:

We work in Labrador Métis communities. Our project is mandated to promote awareness of type 2 diabetes and how it can be delayed and even prevented. We do various activities with youth as schools and Family Resource Centres focusing on living a healthier lifestyle. We also make available a lot of resources in our communities around diabetes. Organize walks, fitness programs, awareness promotion, community kitchens, recipe exchanges, pre-natal education, pamphlets, Diabetes Month Activities and Elder / Youth Event.

Labrador Métis Nation - Learning for Life ~ Preventing Diabetes Project

Address Labrador Métis Nation - Learning for Life ~ Preventing Diabetes Project
PO Box 460, Station C
Happy Valley Goose Bay, Newfoundland A0P 1C0

Contact: Darlene Wall, Diabetes Awareness Coordinator

Telephone: 709-896-0592 **Website:**

Fax: 709-896-0594 **E-Mail:** dwall@labmetis.org

Description:

We work in Labrador Métis communities. Our project is mandated to promote awareness of type 2 diabetes and how it can be delayed and even prevented. We do various activities with youth as schools and Family Resource Centres focusing on living a healthier lifestyle. We also make available a lot of resources in our communities around diabetes. Organize walks, fitness programs, awareness promotion, community kitchens, recipe exchanges, pre-natal education, pamphlets, Diabetes Month Activities and Elder / Youth Event.

Mi'Kmaq People of the Federation of Newfoundland Indians

Address Mi'Kmaq People of the Federation of Newfoundland Indians
Box 294
St. George's, Newfoundland A0N 1Z0

Contact: Shelley Garnier

Telephone: 709-647-3009 or **Website:** www.fni.nf.ca
866-647-3009

Fax: 709-647-3509 **E-Mail:** shelly@fni.nf.ca

Description:

The program "Pathway to a Healthier Lifestyle" focuses on diabetes prevention and promotion. We have been in operation since 2001 and have had a large number of activities each year. This year we have a walking challenge, "Healthy Eating" workshops, fact sheets, information articles, contests, cookbook/healthy tip booklet and other such programs. Walking clubs, awareness promotion and recipe exchanges. We are always looking for new and innovative ways to help promote healthy living.

Makkovik Health Centre

Address Makkovik Health Centre
Box 105
Makkovik, Newfoundland and Labrador A0P 1J0

Contact: Kim Anderson, Community Health Worker-Trainee

Telephone: 709-923-2340 **Website:**

Fax: 709-923-2146 **E-Mail:**

Description:

Nutrition programs, awareness promotion, foot care clinics, community kitchens, glucose monitoring and pre-natal education.

Rigolet Health Centre

Address Rigolet Health Centre
Box 234
North West River, Newfoundland and Labrador A0P 1M0

Contact: Dolores Flowers, Registered Nurse

Telephone: 709-947-3328 **Website:**

Fax: 709-947-3412 **E-Mail:**

Description:

Our diabetes programs focuses on care, treatment, and prevention at school and community level. There are walking clubs, fitness programs, school diabetes program, awareness promotion, foot care clinics, recipe exchanges, glucose monitoring, and pre-natal education.

Rigolet, Labrador Inuit Health Commission

Address Rigolet, Labrador Inuit Health Commission
General Delivery
Rigolet, Newfoundland and Labrador A0P 1P0

Contact: Dolores Flowers, Registered Nurse

Telephone: 709-947-3312 **Website:**

Fax: 709-947-3412 **E-Mail:**

Description:

Since the Rigolet Diabetes Project started in 1999, all persons with diabetes receive blood sugar monitoring, foot care, while blood sugar and blood pressure clinics are held a minimum of four times a year. Nutrition counseling and diabetes management offered on a one-on-one basis. There is a weekly walking group at the gym for 16+. Workshops are given to Grades K-6 using Diabetes Module developed by Kahnawake, Quebec. Diabetes education is offered to grade 7 as well. There is an Annual Health Fair with a focus on diabetes. Diabetes education is offered at community gatherings and we provide pre-natal education.