

Department of Health and Social Services, Government of Nunavut

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Description:

Projects are supported through 16 sites across all three regions (Baffin, Kivalliq, Kitikmeot) in Nunavut. The Drop the Pop initiative challenges students to go “pop-free” for 5 consecutive days. The school with the most pop-free students per capita wins a week’s supply of health drinks. The number of schools participating in 2005 nearly doubled from 2004. A five-year Diabetes Strategic Plan for the prevention and control of Type 2 diabetes has been developed for Nunavut. The strategy proposes an integrated approach to diabetes services based on the “Closer to Home” concept. An intervention pilot project called Healthy Stores is currently underway in the Kitikmeot Region. Informally, through community feasts, presentations and workshops, the initial Healthy Stores Visits convey information on the importance of making healthy food choices. Physical activity programs, summer camps for children and youth, traditional on the Land trips, a healthy living trip from Clyde River to Hall Beach, cooking classes, events to share traditional knowledge and resources, and opportunities to share the wisdom of Community Elders.

