

# Prince Edward Island

## Diabetes Awareness and Prevention Program, Native Council of Prince Edward Island

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### **Description:**

The objective of the program is to raise awareness of diabetes, its risk factors and the value of healthy lifestyle practices. Produce and distribute a directory of provincial resources on diabetes prevention and healthy lifestyles. Co-ordinate 3 workshops on diabetes prevention and health promotion. Set up displays at as many events as possible, to hand out promotional material. Maintain and expand the Resource Centre on diabetes prevention and health promotion. Provide information on diabetes prevention, lifestyles, and the importance of screening for diabetes. Develop and distribute resources on diabetes, home visits to members, passing out promotion materials and the importance of screening for diabetes, walking Club, physical Exercise, shopping Tours, Nutrition Seminars, Organize six Community Kitchen Programs, where participants will meet with a dietician and project coordinator to plan, prepare and share healthy meals.

