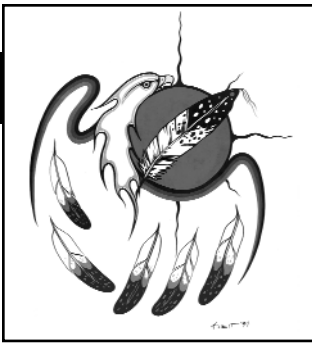


Table of Contents

Introduction	3
Acknowledgments	4
Diabetes Projects in Canada:	
Alberta	7
British Columbia	29
Manitoba	67
New Brunswick	89
Newfoundland/Labrador	95
Northwest Territories	99
Nova Scotia	101
Nunavut	105
Ontario	107
Prince Edward Island	137
Quebec	139
Saskatchewan	151
Yukon	165
“How To” Section:	167
A. Awareness Activities:	
1. Diabetes Belt Walk	169
2. National Sneaker Day / Poker Walk Challenge	171
3. Ecological Garden	173
B. How to set up a 100-Mile Club	174
C. Planning an Exercise Program for Persons with Type 2 Diabetes	179
D. What is a Community Kitchen	186
E. Planning a Diabetes Support Group	194
Glossary	201



Introduction

Dear NADA Members,

The National Aboriginal Diabetes Association (NADA) is pleased to provide you with the enclosed Resource Directory “*Sharing Successes*” Updated January 2006. The directory is intended to continue to support your work in diabetes prevention and education.

The original Resource Directory distributed in 2001 was done in partnership with the National Indian and Inuit Community Representative Organization (NIICHO). We have included their initial acknowledgement letter. Special thanks to Margaret Horn, Linda Lazare, Star Horn and Lylee Williams; the great work they did with the original made updating a smooth process.

The updating of the Resource Directory was truly a group effort that combined the skills and knowledge of many people. To all those who gave of their time to share information about their community work and experiences, we thank you for your contribution.

It is our hope that this directory will continue to grow as more community diabetes programs are developed. We invite you to provide NADA with updated information so we can keep our directory current. A listing of community diabetes programs and activities will be maintained on NADA’s website, www.nada.ca.

In Unity,

Kandice Léonard
Executive Director
National Aboriginal Diabetes Association

Acknowledgements

This Resource Directory on diabetes initiatives in Canada has been a truly combined effort between numerous people across Canada, many being front-line workers and volunteers in diabetes programming. The Researchers/Writers would like to acknowledge the contributions made by the following persons:

Computer Programmer **Matthew Otter** for his design of the database and provision of technical support.

Star Horn for the wonderful job she did in designing the graphics and layout of the final product.

For her assistance in conducting telephone interviews with project leaders in French and for translating French text into English, we tip our hats to **Natalie Beauvais**.

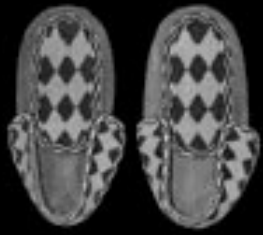
With heartfelt thanks, we would like to thank the many people working or volunteering in diabetes prevention, management and treatment who agreed to be interviewed in-depth to share their insights into diabetes programming. We had a huge well of information, but due to time constraints, could not include all of the project descriptions in the “How To” section of the directory. Appreciation is extended to the following persons:

Ruth Ann Cyr, Penny Williams, Sylvia Mayo, Janice Linton, Lorna Chief, Eliza McGregor, Kim Akiwenzie, Joelle Savard, Joe Jacobs, Kathleen Cardinal, Patricia Wilson, Susan Mark Mianskum, Jackie Sinclair, Brenda Sanderson, Ellen Diabo-Alfred, Debbie Hamilton, Pascale Huard, Joanne Doucet, Kateri Delisle-Riddell, Helen Mathieson, Barbara Flaherty, Eleanor Debassige, George Robbins, Nanette Gropp, Lisa Bowler, Eileen Sanderson, Cindy McAdam, Shelly Polson, Alex McComber, Lorraine Bear, Marie Sylvie Lapointe, Denise Paul, and the many, many people who good heartedly and patiently responded to our requests for clarifications to the survey questionnaire that was faxed to them.

Sincerely,

Lylee Williams,
Researcher/Writer

Linda Lazare,
Assistant Coordinator



DIABETES PROJECTS



