

Appendix 10: ADI Resource Form

To order ADI resources, contact one of the ADI team members at FNIHB by phone or fax your order in to 1-204-984-0471

Please note that some resources may be on backorder at any given time, so please order resources as soon as possible

Your Name: _____ Community : _____

| Health Canada and Public Health Agency of Canada | Maximum Order Number | How Many Would You Like to Order? |
|---|-----------------------------|--|
| Physical Activity Guidebooks | 25 | |
| Manitoba First Nations Diabetes Committee Calendar | 50 | |
| Preserving and Canning Cookbook | 5 | |
| Powdered Milk | 30 | |
| Fitness dice | 1 | |
| yoga DVDs and books | 1 | |
| portion size plates | 1 | |
| Kids In The Kitchen Manual | 1 | |
| Diabetes in pregnancy booklets | 50 | |
| My healthy helpings plate (geared towards kids) | 1 | |
| Pedometers | 5 | |
| tumble and teach fitness dice | 1 | |
| Karen Graham cookbooks | 5 | |

Additional ADI Resources That Can Be Ordered via the Internet

| Resource Name | Where it's from | How to Order This Resource |
|--|---|---|
| Pulses Cookbook | Pulses Canada | http://www.pulsecanada.com/about-us/contact |
| First Nations resources | Heart and Stroke Foundation | http://www.heartandstroke.mb.ca (click on "multicultural resources on top right) |
| Various resources | Dairy Framers of Manitoba | http://www.milk.mb.ca/teachers/ |
| Healthy eating resources | Egg Producers of Canada | http://www.mbegg.mb.ca/resource-s-nutrition-order.html |
| Metis Cookbook | National Aboriginal Health Organization | http://www.naho.ca/metis/research/health-promotion/ |
| Eco Calendar | Green Manitoba | http://greenmanitoba.ca/ecocalendar/ |
| Types of Insulin | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Type 1 Diabetes Basics | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Type 2 Diabetes Basics | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Sugars and Sweeteners | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Healthy Eating For School-Age Children | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Managing Weight and Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Eating Away From Home | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Managing Your Blood Glucose | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |

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| The Prevalence and Cost of Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Foot Care for Diabetics | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Pre Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Staying Healthy with Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Basic Carbohydrates Counting | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Glycemic Index Tool | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| You are at Risk | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Cholesterol and Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Alcohol and Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Just the Basics | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Blood Pressure and Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Staying Healthy for Aboriginal Canadians | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Maintaining Healthy Eyes with Diabetes | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Diabetes Focused Visit | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |

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| Smoking Cessation | Canadian Diabetes Association | https://orders.diabetes.ca/cda/find.asp?find%5Fcategory=BEM |
| Canada Food Guide for First Nations, Inuit and Metis | Health Canada | http://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng& |
| First Nations and Inuit Health Food Guide in Cree and Ojibway languages | Health Canada | http://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng& |
| Physical Activity Guidelines for the Early Years 0-4 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Physical Activity Guidelines for Children 5-11 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Physical Activity Guidelines for Youth 12-17 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Physical Activity Guidelines for Adults 18-64 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Physical Activity | Canadian Society for | Download: http://www.csep.ca/english/view.as |

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| Guidelines for Older Adults ≥65 years | Exercise Physiology | p?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Sedentary Behaviour Guidelines for the Early Years 0-4 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Sedentary Behaviour Guidelines for Children 5- 11 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Sedentary Behaviour Guidelines for Youth 12-17 years | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |
| Canadian Physical Activity and Sedentary Behaviour Guidelines Handbook | Canadian Society for Exercise Physiology | Download: http://www.csep.ca/english/view.asp?x=804 Order: http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Order-Form.pdf |