

Appendix 7: Sample ADI work plan and budget

Community: Beautiful Bay First Nation	Contact: Mary Jane Smith	Position: ADI worker	
Proposed Start Date: April 1, 2016-March 31, 2017			
Total Funding: \$50,000	Telephone: (204) 555-5555	Fax: (204) 444-4444	Total Funding: \$50,000

The overall goal of ADI: To prevent and delay diabetes and its complications in First Nations individuals, families and communities through healthy eating, physical activity and healthy lifestyles.

The ADI objectives:

- *Increase awareness of diabetes, risk factors and complications as well as ways to prevent diabetes.*
- *Support activities targeted at healthy eating and food security.*
- *Increase physical activity as a healthy living practice.*
- *Increase the early detection and screening for complications of diabetes in First Nations and Inuit communities.*
- *Increase capacity to prevent and manage diabetes.*
- *Increase knowledge development and information-sharing to inform community-led evidence-based activities.*
- *Develop partnerships to maximize the reach and impact of health promotion and primary prevention activities.*

Priority	Activities	Time Frame	Partners	Budget	How will the community benefit from this activity?
Diabetes Awareness & Education Activities	Write quarterly ADI newsletter	April July October January	Band Nursing station CPNP BF/BHC	Paper and ink to print newsletter taken from admin fee.	Community members will be aware of ADI activities taking place in the community (greater attendance at events).
	Celebrate World Diabetes Day by hosting a 5km diabetes walk, healthy lunch and information booth.	November 14th	All community programs RCMP Recreation	Healthy lunch: \$600 Reusable water bottles \$10 x 50 = \$500 TOTAL: \$1100	
School Health	Provide nutrition education at the school to grades K-9. Sessions include playing nutrition bingo, healthy living jeopardy game, sugar shock game, etc.	Once/month	BF/BHC Nurse	Each child will receive 1 fruit per session. 200 kids x \$1/fruit = \$200 per session - 10 sessions TOTAL: \$2000	Children are more aware of what is healthy eating. Children bring more fruit to school as part of their lunches.

Priority	Activities	Time Frame	Partners	Budget	How will the community benefit from this activity?
Gestational Diabetes	Collaborate with CPNP to offer a session on gestational diabetes for prenatal women living with or at risk of gestational diabetes.	April January	CPNP Nursing	Healthy snacks \$150 per session. Will share cost with CPNP TOTAL: \$150	Healthy pregnancy outcomes for women living with gestational diabetes.

SAMPLE

Priority	Activities	Time Frame	Partners	Budget	How will the community benefit from this activity?
Food Security	<p>Collaborate with local store to offer healthy foods in the grocery store at a reasonable price.</p> <p>Support community members in starting their own garden.</p> <p>Host cooking classes for the general public.</p> <p>Host Kids in the Kitchen sessions.</p>	<p>On-going</p> <p>Start planning in April.</p> <p>Support community members during the summer/fall as they grow and harvest their gardens.</p> <p>Once a month on Wednesdays.</p> <p>Once a month on Fridays.</p>	<p>Local store</p> <p>Community members</p> <p>Community programs</p> <p>Local store BF/BHC CPNP, NNADAP</p> <p>Local store, school, BF/BHC</p>	<p>No cost</p> <p>tools: \$400 Seed: \$200 Soil/fence: \$1000</p> <p>\$150/class X 12 classes = \$1800</p> <p>\$125x12 classes = \$1500</p> <p>TOTAL: \$4900</p>	<p>Healthy foods are lower.</p> <p>More community members are purchasing healthy foods such as fruit, vegetables, whole grain products and lean protein choices.</p> <p>Many community members have their own garden and eat off of it all summer, fall and part of winter.</p> <p>Community members are learning how to cook healthy foods for themselves and their families.</p> <p>Kids are learning about healthy eating, learning to cook and as a result bringing in healthier lunches at school.</p>

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Physical Activity	<p>Have open gym nights Tuesday and Thursday evening from 6-9 pm.</p> <p>Host a weekly walking club.</p> <p>Purchase sports equipment for community members to use during the summer in the community.</p>	<p>Tuesdays and Thursdays all year.</p> <p>Monday afternoons</p> <p>Summer and on-going</p>	<p>School NNADAP, BF/BHC</p> <p>CPNP</p> <p>Recreation</p>	<p>No cost</p> <p>No cost</p> <p>Baseballs, gloves, bats, = \$500 Soccer balls \$100 Frisbees \$100 Basketballs hoops \$500 Volleyballs & net; \$500 skipping ropes, balls; \$306 TOTAL: \$2006</p>	<p>More families are active. Community members have something to do in the evening twice a week and as a result are staying out of trouble.</p> <p>More community members are walking in the community.</p> <p>Community members are more active and engaging in more physical activities.</p>
Screening Activities	Encourage at risk community members to get screened for type 2 diabetes by the nurse	On-going	Nursing	No cost	More community members are being screened for type 2 diabetes.

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Cultural Activities	Host 2 traditional workshops for children. This work shop will teach children how to fish, filet a fish, berry picking, how to cook on an open fire, medicine picking, etc.	April October	Local hunters and fishermen Elders Community volunteers BF/BHC Recreation School	Honorarium for hunters, fishermen and Elders = \$100/day x 5 people; \$500 Fishing rods (\$40) x 5; \$200 X 2 workshops = \$1400 TOTAL: \$1400	Children are learning the traditions and cultures of the community. Children are learning skills needed to eat off the land to be healthy.
Other(s) (provide explanation)					
ADI Worker's Salary & Benefits	Salary (\$15/hour) and benefits (12%)	April 1, 2013 – March 31, 2014		\$31,200 \$3,744 TOTAL: \$34,944	
Admin Fee (max 10%)	For office space, phone, fax, office supplies (paper, pens)			\$3,500	
Total Budget				\$50,000	

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Please briefly describe how you will incorporate the following ideas/principles into your activities:

How is tradition & culture included in your ADI program?	All activities will include a cultural component. Involving opening prayers, traditional foods or cooking methods in cooking classes or traditional activities as part of physical activity sessions. We will also rely on the knowledge and teaching of our Elders at the sessions.
How will you increase your knowledge as an ADI worker?	I will attend ADI training opportunities offered by FNIHB or my Tribal Council. I will look for relevant conferences when funds are available such as Grow Local, Northern Harvest Forum or Manitoba Fitness Council Conference.
How will you evaluate the impact of the ADI program in your community?	We will partner with nursing to assess impact on health (BMI, blood pressure, A1C), do surveys of the community to see how they evaluate their knowledge of diabetes, and their ability to make healthy choices.

Prepared by:	Date:	Supervisor's Signature (if required):
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