

# ABORIGINAL

# Diabetes Initiative

# Newsletter

Fall is here and is a great time of year to be physically active. Get your community involved by organizing an end-of-year ADI baseball tournament. You can buy baseball bats, balls, gloves, bottled water and healthy snacks with your ADI budget. Why not host a friendly competition with neighbouring communities?

Not into baseball? Organize a walk-a-thon. See how many 'steps' your community can walk by keeping track with pedometers. You can use some of your ADI funds to purchase pedometers.

**ICEBREAKER**—'The Bathroom Tissue Game' courtesy of Melva Spence from Sandy Bay First Nation. Pass around a roll of bathroom tissue. Ask each member to take as much as they would like, but don't tell them why. Once everyone has tissue paper, let the group know that they have to answer a certain number of questions about themselves based on how many pieces of tissue paper they have taken. The person who has taken 1 piece only has to answer 1 question, meanwhile the person who takes 5 pieces has to answer 5 questions about him or herself. Here are sample questions: Your full name, favourite food, song, activity, celebrity, type of vehicle you wished you had, funniest or most embarrassing thing that's happened to you, etc.

Did you know that the average North American takes in about 2-3 lbs of sugar per week in products such as cereals, cookies and yogurts?



## Congratulations!

to our 8 ADI workers who have completed Yellowquill's Community Diabetes Prevention Worker Certificate training this month. The successful candidates are: Alfred Pruden, Pam Sumner, Darlene Woodhouse, Doreen Sumner, Rosemary Bruce, Denis Spence, Delma McClean and Helen Adamson.

Another 33 ADI workers from Manitoba Region are expected to graduate by November 2009.

## Food Corner:

Halloween is an exciting holiday for many children and adults, but can be an unhealthy one if you're not careful. Since most Halloween treats are loaded with fat and sugar, they can lead to weight gain if you eat too many of them. Being overweight increases your risk of developing type 2 diabetes. Practice moderation – even at Halloween. It's ok to allow your child (and yourself) treats, but make sure that most of the time it's healthy foods that are being served. Practice the 90-10 rule. Eat healthy 90% of the time and allow yourself to treats 10% of the time.

If you are planning an ADI Halloween party, incorporate healthy lifestyle choices such as activities that encourage physical activity and plan for healthy snacks such as fruit, vegetables and dip, cheese and crackers, yogurt, etc. Kids will get enough treats while going trick-or-treating.

# Recipe

## Creamy Squash Soup

Ingredients:

- 2 Tablespoons of vegetable oil
- 1 large onion, chopped
- 4 cups coarsely chopped butternut squash
- 4 cups chicken broth
- ½ teaspoons of salt and pepper
- ½ cup 2% milk



Directions:

1. In a saucepan, heat oil over medium heat.
2. Cook onion, stirring until softened.
3. Add squash, cook stirring for 5 minutes.
4. Add broth and bring to a boil.
5. Reduce heat, cover and simmer until squash is tender.
6. Mash until smooth and add remaining ingredients.

**Don't have any squash?  
Next spring plant some  
in your garden—it  
grows very well in  
Manitoba and is very  
healthy for you!**

## Community Success Story

### God's Lake Narrows

God's Lake Narrows' ADI program involves testing of the mind, body and spirit.

**MIND**—Prenatal presentations, as knowledge is the key to a better life-style.

**BODY**—Various activities such as Canoe Quest that went from God's Lake Narrows to Norway House; Bat-n-ball and Traditional hunting trips.

**SPIRIT**—Sweat lodges and tent meetings to help community members deal with various issues and give them a sense of belonging.

## UPCOMING EVENTS

### International Diabetes in Indigenous Peoples Forum

November 16-19, 2008 in Vancouver

This meeting brings together an interdisciplinary group of professionals who work in the field of Indigenous people's health

### Regional Diabetes Conference

November 25-27, 2008 in Winnipeg

Training opportunity for all ADI workers

### Geographical Training for FARHA communities

January 13-16, 2009 in Winnipeg

### Geographical Training for KTC communities

January 27-30, 2009 in Thompson

**"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt**

**Joke:**

What did one skeleton say to the other skeleton at lunch time? Bone-appétit!



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