

○ FALL

○ 2009

# Aboriginal Diabetes Initiative

# newsletter

## Upcoming Events

### **Northern Harvest Forum in Thompson**

October 22 and 23, 2009

For more information call: 689-2063

### **Tribal Council Training for SCTC communities**

October 27-29, 2009 in The Pas

### **Regional Diabetes Conference hosted by WRTC**

November 3-5, 2009 in Winnipeg

Training opportunity for all ADI workers

**November 13, 2009 World Diabetes Day** (WDD) takes place on November 14th every year and is celebrated worldwide! Last month all ADI workers received a package of WDD resources and fun activities to help promote WDD in their community.

Celebrate WDD in your community on Friday November 13th and help to bring awareness, education and prevention to diabetes. For more information about WDD, go to [www.worlddiabetesday.org](http://www.worlddiabetesday.org).

### **Tribal Council Training for DOTC communities**

November 17-19 location to be determined

### **Tribal Council Training for KTC communities**

December 1-3, 2009 in Thompson



## Contact information:

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## Community Success Story!

November 14, 2008, Alfred Pruden (ADI worker), Amanda McLean (Community Diabetes Representative for IRHA) and Janice Lowry (Nurse-in-charge) celebrated World Diabetes Day with 226 students from Pinaymootang School. The Interlake Regional Health Authority purchased hula hoops and challenged the students to hula hoop for 2 minutes. Everyone had lots of fun while being physically active! The group later went to the school gym to hear about diabetes and eat a healthy lunch.



*Joke : What do you get if you divide the circumference of a pumpkin by its diameter?  
Pumpkin pi.*

## Physical Activity

It's that time of year again where the kids have gone back to school, the seasons are changing and everyone has had time to adjust to their new routines. What better time to start new physical activity programs? Here are three easy tips to get your community more active this fall:

Renew interest in walking programs by pairing the physical benefits with the spiritual benefits of getting out in nature and enjoying the change in seasons.

Try a new sport in the community. Ultimate Frisbee, is an activity that can be played indoor or outdoor, can be played by any age and only requires one equipment - a Frisbee. Each community will be receiving a Frisbee and the rules for Ultimate Frisbee during the Tribal Council Training.

Encourage community members to increase physical activity in small ways, such as doing one of Manitoba In Motion's Energizers during coffee and lunch breaks. Downloaded for free at [www.manitobainmotion.ca](http://www.manitobainmotion.ca)



## Aspartame

Did you know that aspartame does not increase blood sugar levels and has been approved safe by Health Canada when taken in moderation? The acceptable daily intake for aspartame is 40 mg/kg of body weight per day. For example, a 50 kg (110 lb) person could have 2000 mg of aspartame per day. One can of diet pop contains about 200 mg of aspartame.

Aspartame is also safe during pregnancy and while breastfeeding. However, the healthiest beverage especially for pregnant and breastfeeding women is milk and water. Diet pop does not provide any nutrients and most of them contain caffeine.

## Recipe Corner: Spicy Lentil Soup

### Ingredients

1 lb ground meat  
1 onion, chopped  
3-4 cloves garlic  
2 celery stalks, chopped  
2 potatoes, chopped  
1 teaspoon thyme (optional)  
½ cup tomato paste  
4 cups chicken stock  
2 cups water  
1 cup lentils, rinsed  
Salt and pepper to taste

### Directions

1. Place ground meat into large frying pan and cook over medium heat until juices run clear.
2. Once browned, add:
  - Onion
  - Garlic
  - Celery
  - Potato
  - Thyme (optional)
  - Tomato paste
3. Cook, stirring frequently for about 5 minutes.
4. Add stock and 2 cups of water.
5. Turn heat up to high and bring to a boil.
6. Add the lentils and stir.
7. Turn heat down to medium and simmer for 30-40 minutes, until lentils are tender.

## Attention CPNP Workers!

If you are also a CPNP Worker in your community, please note that the smoothie recipe challenge deadline has been extended to December 4, 2009. Blenders and smoothie challenge information was mailed to each CPNP program in June. Every recipe received will be put into a draw to win a gift basket full of teaching tools for your program. For more information contact Lana Kusmack at 983-4966.

## Healthy Schools

### Partnering with the School to Increase Physical Activity!

“Healthy Schools” is Manitoba’s comprehensive school health initiative designed to promote the physical, emotional, and social health and wellness. This year’s campaign focuses on PHYSICAL ACTIVITY.

Participating schools will receive \$100.00 plus an additional \$0.35 per student in the school population for an activity that promotes physical activity in their school community.

Any school representative can apply until November 13, 2009. We encourage all ADI workers to contact their local schools to help them apply! You can apply on line at:

<http://www.gov.mb.ca/healthyschools/campaigns/pac09.html>

Here’s a great idea! The school can use the funding received from this physical activity campaign towards a physical activity initiative for the Healthy Bodies, Healthy Minds (HBHM) challenge. All ADI workers were sent information about the HBHM’s **Healthy Eating & Active Living Challenge** in September. Should you have any questions, contact Jessica Cordeiro @ 984-3092

## ADI success stories!

This summer ADI workers were encouraged to submit their success stories to FNIH for a chance to win \$500 worth of physical activity resources for the community ADI program. In total, 12 communities submitted their stories and Mathias Colomb First Nation’s was the randomly drawn winner! Congratulations!



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