



ZHIWAAPENEWIN AKINO'MAAGEWIN: TEACHING TO PREVENT DIABETES PROJECT UPDATE NEWSLETTER

It's Easy to Shop Wisely and Eat Five Fruits or Vegetables a day! (Phase 4)

Inside this issue:

| | |
|-------------------|---|
| Phase 4 wrap up | 1 |
| NADA presentation | 1 |
| Phase 5 preview | 2 |
| Expanded study | 2 |
| We're hiring! | 3 |
| ZA:TPD training | 3 |
| Recipe | 4 |

Events coming soon:

- Store tours or label reading workshop (week of May 2nd in Eabametoong First Nation)
- Healthy snacks taste tests (week of April 24th in Fort Frances area communities, week of May 2 in Eabametoong First Nation)
- Exercise breaks (happening in an office near you in May!)

Our research shows that the members of our communities are only getting about one serving of fruits and vegetables a day, when the recommended amount is 5 to 10 servings a day. One serving is a medium sized piece of fruit, 1/2 cup of chopped fruit or vegetables, or 1 cup of leafy vegetables. Phase 4 focuses on increasing fruits and vegetables in fun, easy, and affordable ways and learning to shop wisely by reading food labels. Phase 4 kicked off during the second week of March at health fairs held in the communities where we served fruit smoothies and



Promoting 5 a Day on the air in Fort Frances!

veggies with low-fat dip (see back page for recipes).

It is easy to increase your servings by adding extra vegetables to soups, eating a piece of fruit at breakfast, or having a salad before dinner. Remember, if fresh produce is not available, frozen and

canned fruits and vegetables are a great option.

Remember to read food labels to find the healthiest options. A simple rule to follow is that for unhealthy things like fat and sugar, each serving should have less than 10% of your daily value. For healthy things, like fibre, one serving should have more than 10% of the recommended daily value.

Two volunteers from Naicatchewenin First Nation recorded radio announcements for Phases 4 and 5. Listen to B93.1 in the Fort Frances area in April and May to hear them.

Baseline results presented at the National Aboriginal Diabetes Association Conference in Winnipeg

Winnipeg, MB—Dr. Joel Gittelsohn presented results from the ZA:TPD baseline survey conducted in summer 2005 at the National Aboriginal Diabetes Association conference on February 14 2006. Over 80 people attended the ses-

sion. There was much interest in ZA:TPD and we sent out over 30 information packets about the expanded study (see page 2 for info on the expanded study).

One hundred and thirty-

two complete surveys were done in seven First Nations with the primary food preparer/shopper in randomly selected households.

Twenty-seven percent of people said they had diabetes, and more than half said

Cont. on page 2

Take a healthy break: Exercise and Healthy Snacks to add to your routine (Phase 5)

Phase 5 starts in May 2006 and focuses on healthy snacks and exercise breaks. Having unhealthy snacks every day can add a lot of unnecessary fat to your diet. It is so easy to grab a bag of chips or popcorn as a snack, but switching to lower fat versions can help you be healthier. Lowering the fat in your diet along with other healthy lifestyle changes such as increasing exercise may help you lose weight and reduce your risk of heart disease and diabetes.

In Phase 5 look out for healthy snack taste tests featuring lower fat baked chips and light popcorn, as well as demonstrations of fat comparisons in different snack foods. If lower fat versions

of your favorite snack foods are not available at your local stores, ask the store owners to order these things.

ZA: TPD staff are organizing more walking and exercise activities now that it is spring. Look for announcements for these events and ask your local staff how you can participate. Prizes will be offered for walking challenge winners, and we need motivated walkers to encourage the whole community to get active.



Student in Eabametoong First Nation working on school lesson.

"Now [students are] talking about grandparents and other family members who are diagnosed already with diabetes..." - Teacher using the ZA:TPD curriculum

Still seeking communities for expanded study!

We are still seeking First Nations to participate in an expanded trial of the ZA:TPD program in 16 communities.

We will be submitting a funding proposal for the project in June 2006. If you are interested in participating, we will need a letter of collabo-

ration from Council by May 15, 2006. For more information, please visit our website at:

<http://www.healthystores.org/ZAcommunity.html>

Or contact:

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Baseline results: continued from front page

they had one or more parent with diabetes. Over 50% of people had a body mass index greater than 30, indicating they were obese. In the general Canadian population only 23% of people are obese, half the rate we found in the ZA:TPD communities.

We measured physical activity in about half of the people and found that almost

no one engaged in vigorous activity. Most people were sedentary (inactive) for almost half their day.

We hope that the ZA:TPD program is helping people to improve their diet and physical activity, thereby reducing their risk for obesity and diabetes.



Dr. Gittelsohn speaking with NADA conference attendee at the ZA:TPD display table in Winnipeg.

Nutrition and diabetes education training conducted for ZA:TPD staff



Janet Drennan conducting community kitchen

In February ZA:TPD staff met at the Health Access Centre in Fort Frances for additional training and discussion of the project.

Shannon Kabatay, Ruby Boshkaykin, and Raechel Snowball were in attendance.

Tracey Roach, Certified Diabetes Educator, presented information on diabetes.

Staff members learned that complications from high blood sugar include blindness, kidney disease, high blood pressure, impotence, heart disease, and nerve damage in the limbs. Tracey emphasized that following a healthy, regular meal plan as well as exercising on a regular basis can help control diabetes. Exercise helps by controlling blood sugar,

maintaining a healthy body weight, and increasing muscle mass while decreasing body fat.

Janet Drennan, Registered Dietitian, gave basic nutrition and meal-planning infor-



ZA:TPD staff training

mation. Janet explained the six major nutrients in food: carbohydrates, fat, protein, fibre, vitamins and minerals, and water. She emphasized that a diet high in fibre and low in sugar and fat can help keep everyone healthy, diabetic or not. Saturated and trans fats as well as unnecessary sugar should especially be avoided. A good guideline for meals is to cover half

of your plate with vegetables, one-quarter with protein (like meat or fish), and one-quarter with carbohydrates (like pasta or rice). Reading the nutrient content and ingredients on food labels can help you make informed decisions about your diet. Referring to the Canada Food Guide can also help.

Joel Gittelsohn, Principal Investigator for ZA:TPD, spoke with employees about communicating nutrition, working in food stores, and planning events for communities. Joel pointed out that fibre, which is found in whole-grain foods, helps our bodies digest food and regulate blood sugar. The 10% rule can make label reading easier—look for <10% of things you do not want (like fat) and >10% of good things (like vitamins, minerals, protein, and fibre). Other helpful tips were given, so talk to your local ZA:TPD staff to learn more.

ZA:TPD COMMUNITIES AND STAFF:

Eabametoong—*Donald Meeseetawageesic*
 Naicatchewenin—*Raechel Snowball*
 Nigigoonsiminikaaning
 Seine River—*Shannon Kabatay, Ruby Boshkaykin*
 Bearskin Lake
 Wabigoon Lake
 Eagle Lake

Follow up surveys to begin June 2006 — Now hiring data collectors!

Follow up surveys will be conducted in all 7 ZA:TPD First Nations starting in June. If you participated last summer, we will be contacting you to complete the follow up and you will be entered into a drawing again when you complete the survey.

We are seeking motivated individuals to conduct in Eagle Lake, Wabigoon Lake,

Nigigoonsiminikaaning, Eabametoong, and Naicatchewenin First Nations. Paid training will be in Fort Frances, June 8-12. Travel, meals, and lodging will be covered. Data collectors will conduct surveys on 10 to 20 community members who completed a similar survey last summer.

Compensation: \$35 per sur-

vey, pending successful completion of at least 10 surveys. Please send a resume/CV and letter of interest to:

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CANADA

Yummy, frozen
Fruit smoothies

Serves 1-2
Ingredients:
1 banana
1/2 - 1 cup frozen fruit
1/4 to 1/2 cup skim milk

1. Put fruit in blender.
2. Add milk. Blend well.
3. Add more liquid if needed and blend again.
4. Variations: use 100% juice instead of milk, add some ice cubes, or use a frozen banana (cut up into 1 inch pieces before freezing) and any kind of fresh fruit.



ZHIWAAPENEWIN AKINO'MAAGIWIN
TEACHING TO PREVENT DIABETES
Eat Well, Stay Strong, Live Long

Try this Fun Snack with your kids! Veggies and Dip!

Serves 4

Ingredients:

Raw veggies (carrots, celery, peppers, broccoli, tomatoes, cucumbers)

1/2 cup fat free or low-fat yogurt

1 1/2 tablespoons light mayonnaise

1/4- 1/2 package onion soup mix

1. Put the yogurt and mayonnaise in a bowl.
2. Add the onion soup and mix well.
3. Chop the veggies into bite-sized pieces and arrange on a plate.
4. Dip the veggies in the dip and enjoy!