

## PROJECT GOALS

*To work with First Nations communities to develop sustainable diabetes prevention programs that will:*

- Improve the availability of healthy foods in local stores.
- Promote the purchase and consumption of healthy food alternatives through schools, stores, and health/social services channels.
- Increase the levels of physical activity among all community members.
- Evaluate how successful the programs are in increasing knowledge and improving eating patterns and physical activity.



## ZHIWAAPENEWIN AKINO'MAAGEWIN

Teaching to Prevent Diabetes



A partnership between the Johns Hopkins Bloomberg School of Public Health, the University of Western Ontario, and First Nations communities.

Funded by  
Canadian Institutes of Health Research (CIHR)  
and the American Diabetes Association (ADA)



## HOW CAN YOU HELP YOUR COMMUNITY?

### HEALTH CHALLENGES

Diabetes, obesity, and heart disease are severe problems among First Nations. Most of these problems are related to changes in diet and physical activity. Our work with the Sandy Lake First Nation has shown that eating a diet that is low in sugar and fat and high in fibre, as well as increasing levels of physical activity are part of preventing and controlling these problems.

### PROJECT TIMELINE

- September 2005-June 2006: Round 1 of feasibility study is underway with program delivery in round 1 communities (Eabametoong, Naicatchewenin, Nicickousemencaning, and Seine River First Nations)
  - November 2005: Recruitment for an expanded trial will begin
- September 2006-June 2007: Round 2 delivery in Wabigoon Lake, Eagle Lake, and Bearskin Lake First Nations.



- June 2006: Submit application for funding for expanded trial in 18-20 First Nations and American Indian communities.
- September 2007: Proposed start of program delivery in Round 1 of expanded trial

### INTERVENTION COMPONENTS

#### School Program

- Based on the successful Sandy Lake school-based diabetes prevention program
- Utilizes 32-lesson third and fourth grade curriculum with family component
- Includes cooperative games and activities for physical education classes and recess

#### Food Store Program

- Modeled on the successful Apache Healthy Stores program
- Divided into five two-month phases, with each phase emphasizing a different set of activities and foods
- Will increase the availability of healthy choices (e.g., low fat milk, pretzels, etc.)
- Will promote healthy food choices through shelf labels, flyers, posters, taste tests, cooking demonstrations, and



- educational displays
- Will promote healthy cooking methods



#### Collaboration with Health & Social Services Programs

- Includes media component (i.e., radio drama, television, bulletin board, and band newsletter announcements), largely aimed at reinforcing other programs
- Incorporates community physical activity component (e.g., pedometer challenge)

### CONTACT US

We are currently recruiting communities to participate in the expanded trial. For more information about the project and how you can be involved, please contact the principal investigators:

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To learn more about our related programs, please visit [www.sandylakediabetes.com](http://www.sandylakediabetes.com) and [www.healthystores.org](http://www.healthystores.org).

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