



Diabetes Initiative

Community led and culturally appropriate initiative aimed to reduce diabetes in the community. The services aim to increase awareness about how to prevent and manage diabetes and the risk factors associated with it.

SERVICES PROVIDED

- Diabetes screening
- Foot care clinics
- Prevention and health promotion
- Food security programs

DIABETES SCREENING

- Diabetes related screening is provided several times per year.
- Screening is provided by nurses.

FOOTCARE CLINICS

- Provided to those living with diabetes.
- Offered every 2 months by a nurse.
- Physician referral letters can be faxed to the Diabetes Coordinator.
- Self-referrals accepted.
- Referrals to other providers can be coordinated (i.e. chiropodist).





PREVENTION AND HEALTH PROMOTION

- Activities that raise awareness about diabetes prevention, promote physical activity and healthy eating as part of a healthy lifestyle.
- On Diabetes Awareness Day each year there is a Community Poker Walk/Health Fair.

FOOD SECURITY PROGRAMS

The Diabetes Program collaborates with many community departments to offer food security initiatives.

MNO-MIJIM MIISHKIMOD (GOOD FOOD BAG)

- Monthly fruit and vegetable program to increase access to fresh and affordable healthy produce.
- \$15 per month (paid to band office the first Friday of the month).
- Free for Ontario Works (OW), Ontario Disability Support Program (ODSP) and Old Age Security (OAS) clients.
- Free for families with children ages birth - 6 years and pregnant women.

REZ-EATS

- Free, healthy meal delivery kits to encourage home cooked, diabetes friendly meals.
- Improve food security in households.
- A collaborative project funded by various community departments.
- Sign-up with Diabetes Coordinator.

ACCESSING SERVICES

- Contact the Diabetes Coordinator to access these services.