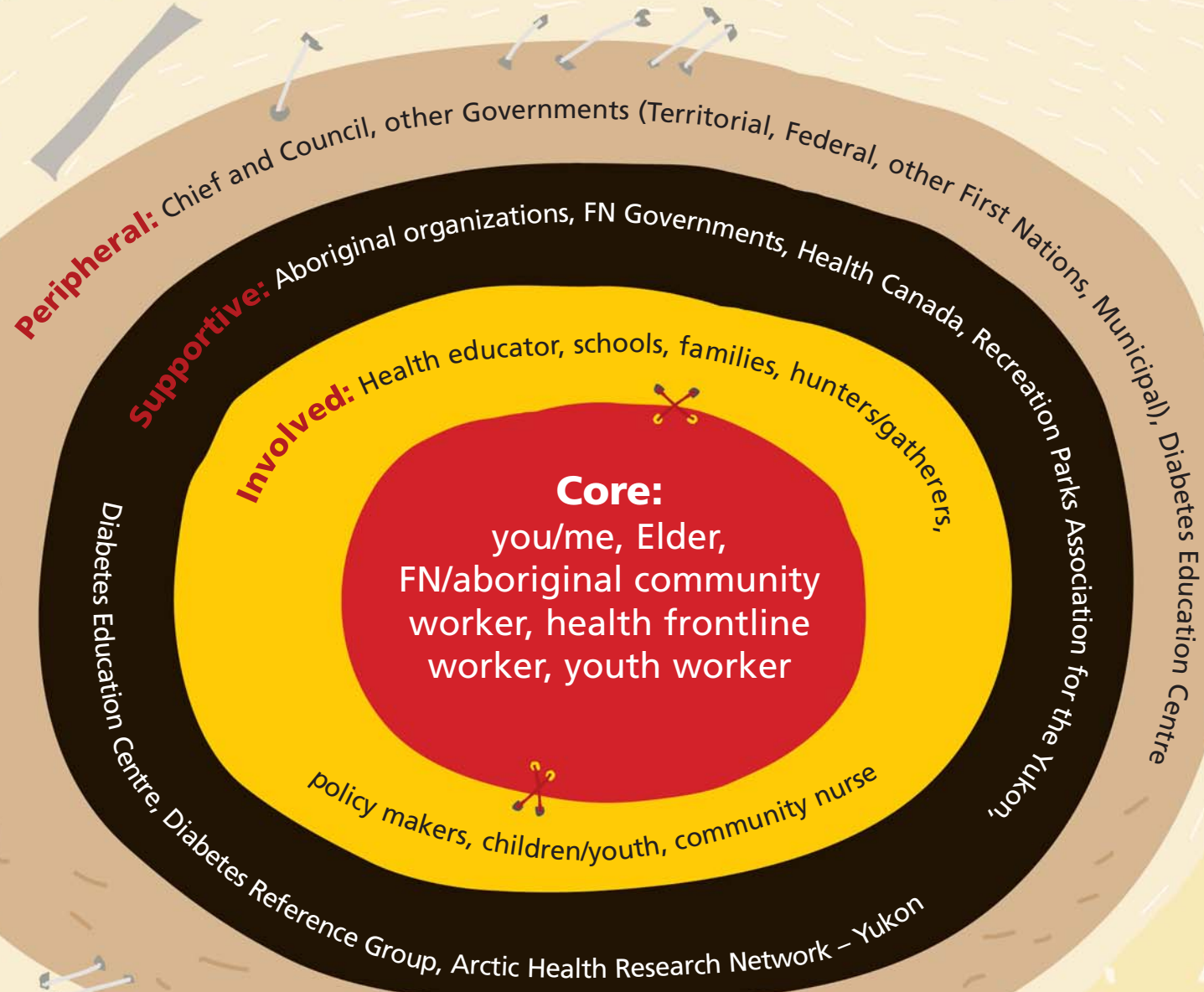


DIABETES

WHO IS INVOLVED



WHAT WE KNOW

RESEARCH AND DATA:

- Elders have the highest diabetes rates–Yukon Regional Health Survey (RHS).
- Many First Nations are eating traditional foods and living actively (RHS).
- Eating traditional foods improves health indicators.
- Aboriginal rates for Type 2 diabetes are 3 to 5 times greater than the general population and this trend is now being observed in aboriginal children (RHS).

COMMUNITY EXPERIENCE:

- Prenatal cooking classes are of great benefit.
- One community has a community freezer that supplies traditional meat for single moms and Elders.
- For example, Porter Creek Secondary school teaches students to cook healthy foods for the cafeteria and has removed pop machines.
- Community members want a survey in each community to learn how much traditional food people are currently eating, how they get it, store it, share it, etc.
- Community members want to know what the barriers to healthy traditional eating are.
- Diabetes and health are not seen as a priority.

GOAL

All community members are eating traditional and other healthy foods.

OBJECTIVES

- **All members harvest, preserve and store traditional foods.**
- **Traditional food is harvested and available to all community members in daycares, schools, homes and events.**
- **Yukon First Nations trade and share traditional foods with one another.**

DIABETES

WHAT DO WE HAVE TO DO?

EDUCATION STRATEGIES

COMMUNITY BASED

- Diabetes education to learn about traditional food value in preventing and treating diabetes- involving healthy, knowledgeable and strong Elders
- Youth 'on the land' experience providing physical activity and traditional food
- Community kitchens to learn how to prepare traditional foods
- High school curriculum about traditional foods
- Youth harvesting program
- Develop diabetes education for young women and mothers
- Educational kids puppet play

FAMILY BASED

- Traditional parenting involving Elders
- Adult and youth harvesting program
- Diabetes education to learn about traditional and market food value in preventing and treating diabetes
- Keep education projects on the forefront and sustainable



COMMUNITY LED ACTIVITIES

- Community cookbook with traditional foods
- Community freezers for traditional foods
- Harvest potluck
- Financial support
- Provide traditional and other nutritious food in daycares, schools, homes and events
- Community encourages physical activities

COMMUNITY POLICIES

- Community makes health issues a priority
- Implement traditional food strategies in each community
- Time off to hunt, harvest and share traditional food knowledge
- Trade a harvester program
- Share and trade traditional food with other First Nations
- Work with other First Nations
- Create community gardens, greenhouses and agriculture for long term use
- Re-establish ancient laws regarding traditional food as spirit food

EXAMPLES OF INDICATORS:

- Number of community members harvesting, preserving and storing traditional foods.
- Number of daycares, schools, homes and events serving traditional foods.
- Number of First Nations that share and trade traditional food with each other.
- Number of policies in place for a healthy community.
- Number of people with diabetes.

