



LINKS

Diabetes in the Yukon
www.yukondiabetes.ca

Public Health Agency of Canada
www.phac-aspc.gc.ca/ccdpc-cpcmc/diabetes--diabete/english/index.html

Canadian Diabetes Association
www.diabetes.ca

National Aboriginal Diabetes Association
www.nada.ca

Canada's Food Guide
www.healthcanada.gc.ca

Skookum Jim™ Friendship Centre
3159- Third Avenue
Whitehorse, Yukon
Y1A 1G1

www.skookumjim.com



CONTACT

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Health Canada



DIABETES PREVENTION
MÉTIS, OFF-RESERVE ABORIGINAL AND URBAN
INUIT PREVENTION AND PROMOTION PROGRAM

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The *Diabetes Prevention Program* addresses the high rates of Diabetes and its complications among urban Aboriginal people in Whitehorse by promoting a culturally appropriate approach to diabetes primary prevention and health promotion programs.

OBJECTIVES

- ☘ To increase the awareness of diabetes, diabetes risk factors and complications
- ☘ To promote strategies to prevent diabetes and diabetes complications
- ☘ To increase the practice of healthy eating and active living
- ☘ To increase ownership and capacity to combat diabetes



PROGRAMS

- ☘ Diabetes Education Sessions
- ☘ Community kitchens
- ☘ Active Living Activities
- ☘ Traditional Food Gathering Workshops
- ☘ Harvesting and Preserving Traditional Foods

