

Aboriginal Diabetes Resource Catalogue Primary Prevention

Resource Name	Resource Type	Target Group	Brief Description	ISBN or Item #	Supplier	Resource Cost
A Week of Healthy Meals & Recipes	brochure	Adult	suggestions for healthy meals and snacks for a week with a few recipes		http://www.windigo.on.ca/health/A%20Week%20of%20Menus%20and%20Recipes%20PDF%20Final.pdf	Free
An Elder's Teaching Helps Jerephine	Colouring book or Storybook in colour	JK to Grade 4	Diabetes prevention message based on healthy eating and active living. Illustrated by Aboriginal artist Derek Kenney.		Alex Wilson Coldstream Dryden ON (807)-223-2381	Free
Backyard Veggies & Recipes for Northern Ontario	booklet	Adult	an introduction to gardening some hardy vegetables in northern Ontario and how to store and cook the produce.		http://www.windigo.on.ca/health/Backyard%20Veggies%20&%20Recipes%20Final%20PDF.pdf	Free
Beating Diabetes	VHS or DVD	10-14 (fun for adults, too)			De dwa da dehs nye Aboriginal Health Centre Phone: 1-905-544-4320 x 257 Email: healthpromotion@cogeco.net	\$30.00
Beyond the Basics	Binder insert	All ages	Meal Planning for Healthy Eating, Diabetes Management and prevention. Very simple and easy to understand	211507	Canadian Diabetes Association, 522 University Avenue, Suite 1400 Toronto ON, M5G 2R5. 1-800-226-8464	\$29.95
Beyond the Basics posters	Poster	All ages	With a dietitian, individuals can use this poster to plan healthy meals and snacks	211505	Canadian Diabetes Association, 522 University Avenue, Suite 1400 Toronto ON, M5G 2R5 1-800-226-8464	\$40.00 (20 per package)
Carbohydrates	sheet	All ages	3 types of carbs		Joanne Guizzo Diabetes Education & Care Program 140 Durham Street Sudbury ON, P3E 6C3 1-800-735-3656, ext 2206	Free
Diabeaters Greatest Clips Volume 1	CD	Healthworkers or teachers	A collection of diabetes related clipart, including Myth Buster calendar cartoons. Clipart viewer included.	PSCA05	Karen Hanright, Diabeaters Inc, 11 Glendale Avenue, P.O. Box 430, Deep River ON, K0J 1P0 Tel: 1-866-342-2328	\$39.00

Aboriginal Diabetes Resource Catalogue Primary Prevention

Resource Name	Resource Type	Target Group	Brief Description	ISBN or Item #	Supplier	Resource Cost
Diabetes - Why Us?	Pamphlet	All ages	What has changed in our lifestyle; what does diabetes do; what can we do		Diabetes Health Thunder Bay 285A Memorial Drive, Thunder Bay ON, P7B 6H4 Tel: (807) 344-3422	\$0.30
Diabetes Medicine Bag	Bag	6 and under	Unique educational resource kit consisting of interactive, creative and culturally sensitive ideas		Change Makers 4th floor 313 Pacific Avenue Winnipeg MB R3A-0M2 1-888-532-6898 info@diabetesmedicinebag.com	\$299.00
Diabetes Medicine Bag 2	Bag	Ages 7-12	Unique educational resource kit consisting of interactive, creative and culturally sensitive ideas		Change Makers 4th floor 313 Pacific Avenue Winnipeg MB R3A-0M2 1-888-532-6898 info@diabetesmedicinebag.com	\$299.00
Dietary Fat & Your Heart	Booklet	All ages	Types of fat, choosing foods		Heart & Stroke Foundation 1-888-473-4636	Free
Do-It- Yourself Diabetes Prevention Activities – A Manual for Everyone	Guide	Health workers	This set of resources is aimed at increasing children’s awareness of type 2 diabetes and the importance of healthy lifestyles. It was designed to be age-appropriate and culturally relevant. Templates for “ready to use” diabetes prevention activities.		http://www.yukondiabetes.ca/assets/files/DIY-Workbook.pdf	Free
Drop the Pop - Teacher's Guide	Manual	Teachers	Adapted from Nunavut’s tool, this manual contains tools, activities and information to help teachers host a Drop the Pop challenge. The objectives of the challenge are to: promote water and milk as alternatives to sugary beverages; and to decrease consumption of sugary beverages. Adapted from Nunavut’s tool, this manual contains tools, activities and information to help teachers host a Drop the Pop challenge. The objectives of the challenge are to: promote water and milk as alternatives to sugary beverages; and to decrease consumption of sugary beverages.		http://creehealth.org/sites/default/files/DTP%202009%20Teachers%20Guide.pdf	Free
Fact Sheets & FAQ Sheets	Sheets	All ages	Label Reading		HESY Project www.healthyeatingisinstore.ca/program_resources	Free

Aboriginal Diabetes Resource Catalogue Primary Prevention

Resource Name	Resource Type	Target Group	Brief Description	ISBN or Item #	Supplier	Resource Cost
Healthy Habits Healthy Weight	Booklet	All ages	Covers virtually every aspects of weight loss		Heart & Stroke Foundation 1-888-473-4636	Free
Hey Kids! Let's Prevent Diabetes	Pamphlet	All ages	Gives some healthy tips to kids and parents for diabetes prevention		http://www.windigo.on.ca/health/pamphlet%20Preventing%20Diabetes%20PDF%20Final.pdf	Free
I can win over diabetes Sweet	Video game puzzle book	9 to 12 years	Puzzle book designed for students in grades 4-6		http://www.windigo.on.ca/health/videogame%20puzzle%20book%20with%20answers.pdf	Free

Aboriginal Diabetes Resource Catalogue Primary Prevention

Resource Name	Resource Type	Target Group	Brief Description	ISBN or Item #	Supplier	Resource Cost
I can win over diabetes Sweet	Lesson Plans	9 to 12 years	Six lesson plans & Supplementary activities		http://www.windigo.on.ca/health/puzzle%20book%20lesson%20plans%20-%20pilot%20draft.pdf	Free
Kahnawake School Curriculum	Binder	Ages 7-13	To prevent diabetes - easy to use format, many hands on activities, teacher friendly, numerous Aboriginal illustrations, culturally relevant, 5 major components; Understanding the Human Body, Diabetes, Lifestyles, Fitness, Nutrition		Shiela Arnold , Coordinator, Community Health Unit Kateri Memorial Hospital Centre, P.O. Box 10, Kahnawake Quebec, J0L 1B0 Tel: (450) 638-3930	\$325.00
Meals for Good Health	Cookbook	All ages	Healthy meal planning book with life-size photographs of meals and recipes	0-9696770-7-3	Karen Graham, 1-204-857-7365	\$24.99/copy (\$14.99 each if order 20 or more)
Northern Ontario - Eat well and save money	brochure	Adult	tips for eating well on a budget		http://www.windigo.on.ca/health/eat%20well%20&%20save%20money.doc	Free
RezRobics	DVD/VHS	Adult	Fun DVD with pow-wow and conventional warm ups, aerobics, strengthening, cool down and some personal opinions and thoughts.		Pam Belgarde, Dreamcatchers wellnative@hotmail.com	\$10.00
Sacred Circle Project	Story and Activity Book and DVD	Children aged 8-12 years	This set of resources is aimed at increasing children's awareness of type 2 diabetes and the importance of healthy lifestyles. It was designed to be age-appropriate and culturally relevant.		Alberta Native Friendship Centres Association 10336 - 121 St. Edmonton, Alberta T5N 1K8 T: (780) 423-3138 x203 Fax. (780) 425-6277	Free (pay for shipping and handling)
Sandy Lake Diabetes Prevention School Curriculum	Binders	Grades 3 & 4	17 lessons on healthy eating & physical activity in the prevention of diabetes		Mariam Naqshbandi, The University of Western ON, Suite 245-100 Collip Circle London ON, N6G 4X8 Tel: 519-661-2111 Ext. 22115 email: mnaqshb2@uwo.ca	\$100.00 2 binders
Stocking a Pantry to Create Healthy Meals Anytime	Pamphlet	All ages	Describes basic kitchen equipment and pantry food to keep in cupboards, fridges and freezers to create a large variety of healthy meals. A few recipes are provided.		http://www.windigo.on.ca/health/pamphlet%20Creating%20a%20Pantry%20final%20PDF.pdf	Free

Aboriginal Diabetes Resource Catalogue Primary Prevention

Resource Name	Resource Type	Target Group	Brief Description	ISBN or Item #	Supplier	Resource Cost
Sugars & Sweeteners	Tear Sheets	All ages	Information on nutritive & non-nutritive words to look for	111020	Canadian Diabetes Association 522 University Avenue, Suite 1400 Toronto ON M5G 2R5 Tel: 1-800-226-8464 orders.diabetes.ca	Free
Sweetgrass Fitness Video	DVD/VHS	Adult	Fitness for beginners		www.soadi.ca	DVD \$25.00 VHS: \$20.00
The Diabetes Food Guide (Aboriginal)	Tear Sheet	All ages	Medicine Wheel version of Diabetes Food Guide		Centretown Community Health Centre P:613-233-6655 F:613-233-6713 http://www.centretownchc.org/Diabetes%20order%202006.htm	\$50 /pad of 100 (\$50 off when order 500+)
The Gift of Diabetes	DVD/VHS	Adult	A man's journey to understand his past and regain his health - includes Medicine Wheel teachings	153C9105114	Veronica Barton, National Film Board of Canada, 3155 Cote-de-Liesse, Saint-Laurent, Quebec, H4N 2N4 email: v.barton@nfb.ca 1-514-283-2962	\$20.00
The Glycemic Index Tool	Tear Sheet	All ages	Explanation & short list of foods	111018	Canadian Diabetes Association 522 University Avenue, Suite 1400 Toronto ON M5G 2R5 Tel: 1-800-226-8464 orders.diabetes.ca	Free
The Nature of Diabetes	Pamphlet	All ages	Provides basic information about what diabetes is, why there is so much of it, types of diabetes, why diabetes is serious and what to do about it.		http://www.windigo.on.ca/health/pamphlet%20The%20Nature%20of%20Diabetes%20PDF%20Final.pdf	Free
What's in your drink?	Chart	All ages	Demo with packages sugar + 8oz glass; sugar for each drink (juice, pop) 14" x 22" Laminated	SB38574G	Spectrum Ed. Supplies Ltd., 150 Pony Dr New Market ON, L3Y 7B6 1-800- 668-0600	\$21.70