

# Northern Ontario Aboriginal Diabetes Initiative

## Diabetes Prevention & Management Community-Based Workplan & Evaluation Form – SAMPLE ACTIVITIES

Project Title: \_\_\_\_\_

<b>Goal</b> <i>(Prevention or Management or both)</i>	<b>Target Group</b> <i>(Who is the activity for e.g. students in JK-5), adults etc.</i>	<b>Activity</b> <i>(What do you plan to do? Use a separate line for each activity)</i>	<b>Funding Requirement</b> <i>(Money needed i.e. materials, space, advertising, etc.)</i>	<b>Expected Completion Date</b>	<b>Expected Outcome(s)</b> <i>(How many people will come; what will change for them because of the activity)</i>	<b>Actual Outcomes</b> <i>(What actually happened versus what you expected? Use the comments form on the back to give more details)</i>
Prevention	Students – JK to 3	Diabetes Prevention School Visit by Diabetes Education Team ☺ Read “An Elder’s Teaching Helps Jerephine” & distribute Jerephine colouring books ☺ Healthy snacking discussion with snack preparation/taste-testing ☺ Fun, active games				
Prevention	Students – 4 to 8	Diabetes Prevention School Visit by Diabetes Education Team ☺ Discuss diabetes – what is it; why is it serious; how to prevent/delay diabetes ☺ Local guest speaker with diabetes sharing experiences (challenges and triumphs) of living with diabetes ☺ Healthy snacking discussion with snack preparation/taste-testing ☺ Fun, active games ☺ Play “Diabetes Jeopardy” type game				

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Prevention	Students – High School	Diabetes Prevention School Visit by Diabetes Education Team <ul style="list-style-type: none"> <li>☺ Show DVD – Gift of Diabetes</li> <li>☺ Healthy meal planning discussion with community kitchen featuring “power-boosting favourite foods”</li> <li>☺ Discuss value of walking – check into setting up high-school walking group with pedometers</li> </ul>				
Prevention	Community	Community Fun Day for Diabetes Awareness: <ul style="list-style-type: none"> <li>☺ Teams of 8 people (2 each of children, teens, adults and Elders) challenge each other at various fun traditional games/activities each of which is coordinated by a different agency or organization in town – each participant receives a diabetes awareness t-shirt</li> <li>☺ The Diabetes Education team will set up booths re: screening, complications awareness, diabetes prevention, healthy snacking and meal preparation with taste testing</li> <li>☺ Healthy feast for team members in the evening (menu and recipes by the diabetes team in conjunction with community members; catered by community members); have recipes with</li> </ul>				

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		diabetes prevention tips available for team members ☺ Evening – peer speaker re: diabetes is serious and how the community can work together to support healthy living				
Prevention	Community	Boardwalk ☺ Community will donate land and volunteers will use purchased wood, nails and tools to build 3 km loop boardwalk (with 1 and 2 km “shortcut” options) to use as a community walking, running, snowshoeing and skiing trail ☺ Radio messages, posters and an “open house” will be held to let community members know how this can help them prevent diabetes				
Prevention	Community	Blueberry Walks/Community Kitchens ☺ Diabetes Education Team and/or community members host a series of three blueberry picking walks with community kitchens. Diabetes prevention tips will be provided throughout the walks and cooking ☺ For example, prepare and share “light” blueberry jam and higher fibre bannock; dry blueberries and use previously dried berries in making healthy choices;				

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		freeze blueberries without sugar and use frozen berries in preparing healthy choices ☺ Make a collection of blueberry related stories, recipes and photos – send to graphic designer and print professionally for distribution to community members and for posting on the community's (and NDHN) websites				
Management	Children and Youth	One Week Youth Camp ☺ Rent camp for 12 children and youth (and parent or guardian) with diabetes ☺ Arrange transportation ☺ Order food ☺ Hire guide and rent/borrow canoes and equipment for two night canoe trip ☺ Diabetes Education Team will host community kitchens and awareness sessions ☺ Hire local Aboriginal artists to share skills in arts workshops ☺ Hikes, swimming, games ☺ Hire lifeguard and instructors ☺ Hire local practitioner to host yoga breathing and relaxation sessions				
Management	Adults	Complications Screening Event ☺ Invite chiropodist and ophthalmologist/optometrist (travel, accommodation, meals, honorarium) ☺ Invite all community members				

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		<p>with diabetes to be screened for complications by chiropodist; ophthalmologist or experienced optometrist; and Diabetes Education Team</p> <p>🍷 Evening session – show “Gift of Diabetes” and have a speakers panel “Secondary Prevention of Complications” – peer with diabetes; chiropodist; ophthalmologist/optometrist; Diabetes Education Team</p>				