



WISADA

SOUTHERN ONTARIO ABORIGINAL DIABETES INITIATIVE



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Our Logo...

The Mantis Flower represents man and woman, balance within oneself. Persons living with diabetes have to find and maintain balance with food intake and exercise. The Four Directions are made up of glucose meters. The red is blood and strength of all Our People. The Sweet grass, the unity of Mind, Body and Spirit, reminds us to support one another. The Seven Feathers, represent the seventh generation and Seven Fires to assist us with growing awareness of diabetes and management. The pipes, our Prayers and healing of Our People with diabetes.

Summertime Greetings from SOADI

We hope that everyone is having a great summer and enjoying all of the activity that goes along with warm weather. We must make the most of it, since the cold weather keeps us indoors for so many months.

The SOADI team was very sad to hear about the passing of Fort Erie community member, LuVerna Clause. LuVerna was the winner of the naming of our newsletter competition and her selection "WISADA" is our proud newsletter. We would like to dedicate this issue of WISADA to LuVerna, a very active community member and respected Elder. She will be greatly missed by all who knew her.

When we talk about being active, what does that mean? If your doctor tells you "you must be active!" What do you do about that? There are many ways to get active and stay active. By bringing physical activity into your daily lifestyle, you are lowering your risk of Diabetes and other health concerns.

There is a very interesting study being conducted at University of Western Ontario called the Nutrition & Exercise Lifestyle Intervention Program (NELIP) for pregnant and post-partum women. There is a culturally sensitive component of this program for Aboriginal women with the aim of preventing diabetes. As we all know, the rates of diabetes for our people is 3-5 times greater than the national average.

The program hopes to reduce the amount of weight gained during pregnancy and help the women to make healthy lifestyle choices regarding their diet and exercise. These lifestyle choices will be passed onto their children, thus helping the children to reduce their risk of getting diabetes.

They are always looking for women to get involved in this study, so if you are interested and live in Southwestern Ontario, please call Dr. Michelle Mottola, 519-661-2111 extension 88366 or call the SOADI head office at 1-888-514-1370 for more information. They are looking for women who are;

- Pregnant
- Less than 20 weeks gestation
- Currently not exercising
- Overweight
- At risk for gestational diabetes
- OR 8 weeks post partum

(Continued on page 2)

SOADI NEWS

(Continued from page 1)

They are collaborating with Aboriginal dieticians from the surrounding communities. You can read more about Dr. Motolla's study on the SOADI website at www.soadi.ca.

Last year SOADI released a video called the "Sweetgrass Exercise Video" Level one. Hopefully most of you have had a chance to view the video and even better, to use the video. We would like to get your feedback so that we can produce resource materials that are relevant for the communities that we service. If you would like to tell us what you think, please visit; <http://www.zoomerang.com/survey.zgi?p=WEB2MG5RR32H>.

We greatly appreciate your input and suggestions so that SOADI can continue to assist communities to lower the risk of Diabetes and its complications. If you have yet to see the video, please contact the Regional Diabetes Worker in your area and they will be pleased to help you. If you do not have access to complete the survey online, please call the toll free number and we can tell you how to get a copy of the survey. Thanks to everyone in advance for helping us with this important evaluation.

So when health workers tell you to do things do you think to yourself "do you do that too?" Well those of us at SOADI are prepared to "walk the talk" so to speak. We have begun a physical activity and healthy weight loss program amongst our staff! There are 7 of us at SOADI we have decided to use an incentive to get us on the right track to beginning and most importantly, maintaining healthy lifestyles. Last week we all weighed ourselves and called in the weights to head office. We have begun doing something physical as a regular part of our workweek, like walking, going to the gym, or anything that gets us moving! We all paid \$25 to begin the contest and each week we will weigh in. If you lose weight, you don't pay, BUT if you gain weight you pay a toonie for every pound. At the end of 8 weeks, the person who has lost the most wins the money. This encourages a steady a slow weight loss as we are only aiming to take off about 10 pounds each.

Some of our workers will also track their blood sugar levels before and after working out or what ever activity they chose. We will keep you posted in the next issue of WISADA about how we are all doing! If this type of activity sounds like something you could do at work or with friends and you would like some help setting it up, please call the RDW in your area and we will be pleased to share the information with you.

So in closing, we hope that this issue of WISADA finds you and your loved ones in great health and great spirits. Keep passing the message of healthy living onto our young ones so that they can enjoy a full life, without the complications of Diabetes to affect them. Don't forget to contact the SOADI regional worker in your area to find out about our services.

In Friendship and Health,

Roslynn Baird
SOADI Program Administrator

!!COMMUNITY ANNOUCEMENT!!

(From Barb Whiteye Western RDW)

Wampur Belt walk from Sarnia to Kettle & Stoney Point has been rescheduled
from June 16-18/04 to September 2004.

Exact dates TBA

DIABETES FACTS

INSULIN RESISTANCE

WHAT IS INSULIN RESISTANCE?

Insulin resistance occurs when the normal amount of insulin secreted by the pancreas is not able to unlock the door to the cells. To maintain a normal blood glucose, the pancreas secretes additional insulin. In some cases (about 1/3 of the people with insulin resistance), when the body cells resist or do not respond to even high levels of insulin, glucose builds up in the blood resulting in high blood glucose or type 2 diabetes. Even people with diabetes who take oral medications or require insulin injections to control their blood glucose levels can have higher than normal blood insulin levels due to insulin resistance.

INSULIN RESISTANCE AND THE DEVELOPMENT OF TYPE 2 DIABETES.

- When food enters your digestive system it is broken down into a number of elements, including a sugar called glucose. Glucose is your body's main source of energy.
- The pancreas produces a hormone called insulin. After digestion, insulin and glucose enter the bloodstreams, and insulin enables glucose to enter your body cells.
- In some people, the insulin made by the body just can't be used properly by the body's cells. This is called **insulin resistance**.

Insulin resistance causes glucose to build up in the blood stream. If not controlled, blood sugar levels rise over time and type 2 diabetes may develop. This can take years to happen, which is why many people don't learn they have diabetes until they're middle-aged or older.

CONDITIONS THAT CAN LEAD TO INSULIN RESISTANCE.

Being overweight ◦ High blood sugar ◦ High blood pressure ◦ Low 'good' cholesterol ◦ Physical inactivity ◦ History of diabetes during pregnancy ◦ Family history of diabetes ◦ Age (40+) ◦ Smoking

PROBLEMS ASSOCIATED WITH TYPE 2 DIABETES AND INSULIN RESISTANCE.

Heart disease ◦ Impairment or loss of vision ◦ Kidney disease ◦ Nerve damage ◦ Circulation and foot problems which may lead to amputation

Achieving good blood sugar levels plays a large part in preventing complications. If you think you could have insulin resistance, visit your doctor and ask about treatment options to reduce your insulin resistance and control your blood sugar levels at the same time.

Your doctor can tell you about ways to reduce insulin resistance that's right for you. Insulin resistance is often treated with diet, exercise and/or medication.

Taken in part from www.diabetesheadstart.ca

NUTRITION

Role and Source of Essential Nutrients

NUTRIENT	ROLE	FOOD SOURCE
PROTEIN	<ul style="list-style-type: none"> • builds and repairs body tissues • builds antibodies to fight infection • supplies energy 	Game, fish, birds, meat, cheese, mild, beans, peas, lentils, nuts seeds, wild birds egg
FAT	<ul style="list-style-type: none"> • supplies energy • aids in the absorption of fat soluble vitamins A,D,E, and K • supplies essential fatty acids for transport of fats, healthy cell walls 	Fish oil, seal fat, ooligan grease, bologna, lard, margarine, butter, oil, grease rendered from wild game
CARBOHY- DRATE	<ul style="list-style-type: none"> • supplies energy • helps to metabolize fats 	Berries, roots, bannock, potato, breads, cereals, macaroni, sugar
CALCIUM	<ul style="list-style-type: none"> • helps to build strong bones and teeth • promotes healthy nervous system and normal blood clotting 	Milk and milk products, soft bones, canned salmon with bones, sardines, oysters, dark greens
FIBRE	<ul style="list-style-type: none"> • helps to prevent constipation • some types of fibre help to reduce blood cholesterol/lipids and maintain normal blood glucose levels 	Berries, roots, fruit, vegetables, wild greens, whole grain cereals, bran, dried peas, beans
IRON	<ul style="list-style-type: none"> • essential to transporting oxygen and carbon dioxide in blood 	Liver, red meats, seal, whole grain or enriched cereals or bread, beans, peas, lentils, dried fruit
VITAMIN A	<ul style="list-style-type: none"> • promotes normal bone and tooth development • promotes good night vision • maintains the health of skin and mucous membranes • helps fight infection 	Liver, dark wild greens, seaweed, ooligan grease, eel, crab, eggs, butter, margarine, yellow and dark green vegetables
VITAMIN D	<ul style="list-style-type: none"> • helps to absorb calcium for strong bones and teeth 	Milk, fish liver oils, margarine
VITAMIN E	<ul style="list-style-type: none"> • helps maintain healthy cell walls • protects red blood cells 	Wheat germ, vegetable oils, egg yolk, nuts, green leafy vegetables, whole grain cereals

NUTRITION

NUTRIENT	ROLE	FOOD SOURCE
VITAMIN C	<ul style="list-style-type: none"> maintains healthy teeth and gums maintains strong blood vessel walls 	Berries, rosehips, fireweed, oranges, cabbage, turnip, raw liver, oysters
THIAMIN (VITAMIN B1)	<ul style="list-style-type: none"> releases energy from carbohydrate aids normal growth and appetite essential for healthy nervous system 	Bannock, nuts, seeds, beans, peas, lentils, dried caribou, ptarmigan, organ meats
RIBOFLAVIN (VITAMIN B2)	<ul style="list-style-type: none"> maintains healthy skin and eyes maintains a normal nervous system releases energy to body cells during metabolism 	Whole grain flour, milk, organ meats, seaweed
NIACIN (VITAMIN B3)	<ul style="list-style-type: none"> promotes normal growth and development maintains a normal nervous system and digestive tract 	Legumes, Nuts, organ meats, game, birds, seal
VITAMIN B6	<ul style="list-style-type: none"> aids in protein metabolism development of antibodies and red blood cells 	Fish, organ meats, cabbage, bran and germ, milk
VITAMIN B12	<ul style="list-style-type: none"> aids in red blood cell formation 	Fish, milk, eggs, organ meats, game, birds, shell fish
FOLIC ACID	<ul style="list-style-type: none"> aids red blood cell formation and formation of new cells 	Dark greens, organ meats, beans, peas, lentils, nuts, eggs, fish
WATER	<ul style="list-style-type: none"> helps to promote normal digestion, absorption, circulation and elimination 	
IODINE	<ul style="list-style-type: none"> helps thyroid gland to function normally 	Iodized salt, seafood

Source: *Native Foods and Nutrition, Health Canada*

TIP OF THE DAY

TO BEAT THE HEAT AND STAY SAFE WHILE EXERCISING....

- Make sure you drink enough fluids before you exercise or do any kind of physical activity. Drink eight to 10 ounces of water, 10 to 20 minutes before starting a light workout.
- If you're exercising or playing a sport for an hour or more, make sure you take breaks to drink water. You should be drinking three ounces of water every 20 minutes.
- Don't use salt tablets.
- Wear a hat or some other type of head covering that protects your head from the sun.
- If you start to overheat, sponge or spray water on your skin to assist your body's cooling process. The water on your skin helps dissipate heat.

HEALTH & FITNESS

GOOD CARBS, BAD CARBS (Excerpts from "NOT ALL CARBS ARE CREATED EQUAL" By Diane Peters)

Foods with a high glycemic index (GI) can make your blood sugar levels spike, which can make your body store fat and encourage you to overeat. Others help stabilize your blood sugar and come loaded with nutrients and fibre—which fill you up, give you longer lasting energy and keep your digestive system humming.

Bad Carbs

- **White bread** High GI rating, zero fibre, few nutrients
- **White bagel** Same as white bread, plus an average bagel equals as many as four servings of bread
- **Potatoes** High GI rating, lends itself to frying or loading with butter and other toppings
- **White cereals** High GI rating, no fibre, often loaded with sugar
- **Soft drinks** GI rating through the roof, calories galore, zero nutrients, don't fill you up
- **Ice cream** High GI rating, loaded with fat and sugar
- **"Light" and "fat-free" foods** High GI rating; manufacturers often fill these salad dressings, yogurts and other low-fat foods with sugar for taste
- **Instant white rice** No fibre means a sky-high GI rating
- **Bananas and melons** High GI rating because of their sugar content; eat in moderation as these tasty fruits are a good source of vitamins

Good Carbs

- **Whole-grain bread** Moderate GI rating, filling, loaded with fibre
HOW TO EAT IT WELL: EAT AS TOAST WITH A LOW-SUGAR JAM, IN A SANDWICH FILLED WITH TUNA (MADE WITH LOW-FAT MAYO AND LOTS OF VEGGIES) OR SLICES OF ROAST TURKEY
- **Legumes** Lentils, kidney beans, chick peas and the like are both a protein and a carb; low GI rating, full of nutrients and fibre
HOW TO EAT THEM WELL: MIXED WITH VEGETABLES AND SOME CURRY SAUCE ON BROWN RICE, ROLLED INTO A WHOLE-WHEAT WRAP
- **Brown rice** Moderate GI rating
HOW TO EAT IT WELL: THE SAME WAY YOU WOULD EAT WHITE RICE, SERVED WITH CURRIES, MEAT AND VEGGIES AND IN SUSHI
- **Sweet potatoes** Moderate GI rating, plenty of nutrients and fibre, great taste
HOW TO EAT THEM WELL: THE SAME WAY YOU WOULD EAT REGULAR POTATOES—MASHED, BAKED OR BARBECUED WITH SPICES AND A DASH OF OLIVE OIL, CHOPPED UP IN A SOUP, CHILI OR CURRY
- **Pasta** Low GI rating, especially whole-grain varieties
HOW TO EAT IT WELL: BUY WHOLE-GRAIN PASTA WHENEVER POSSIBLE, COOK AL DENTE AND KEEP YOUR SERVING SIZE BETWEEN HALF A CUP AND ONE CUP (125 TO 250 ML).
- **Apples, pears, grapefruit** Low GI rating, nutrient- and fibre-rich
HOW TO EAT THEM WELL: WHOLE RATHER THAN JUICED. ALTHOUGH YOU ALWAYS WANT TO EAT A VARIETY OF FRUIT, FOCUS ON THESE LOW-GI VARIETIES IF YOUR WEIGHT IS AN ISSUE.
- **Lettuce, broccoli, spinach, celery** Low GI rating, minimal calories and lots of fibre
HOW TO EAT THEM WELL: AT ALMOST EVERY MEAL, TOSS LOW-CAL VEGETABLES ONTO YOUR PLATE TO FILL UP YOUR STOMACH AND GIVE YOU LOTS OF NUTRIENTS; EAT SALADS FREQUENTLY.

SOADI-LICIOUS

WHOLE WHEAT BANNOCK

INGREDIENTS:

- 5 c. whole wheat flour
- 3 tbs. baking powder
- ½ c. vegetable oil
- ½ c. skim milk powder
- 1 c. water

DIRECTIONS:

- Mix together whole wheat flour, baking powder and powdered milk.
- Blend in vegetable oil until mixture looks crumbly.
- Add water. Stir until evenly blended.
- Put into pan and shape.
- Poke with fork and bake in 200° C. (400° F.) oven for 25 minutes.

Strawberry Smoothie

- 1 carton (8 ounces) plain nonfat yogurt
- 1/4 cup skim milk
- 1 teaspoon EQUAL® MEASURE™ or 3 packets EQUAL® sweetener or 2 tablespoons EQUAL® SPOONFUL™
- 3 cups frozen strawberries
- 1 cup ice cubes

Combine yogurt, milk and EQUAL® in blender container. With blender running, add berries, a few at a time, through opening in lid. Blend until smooth; add ice cubes one at a time through opening in lid, blending until slushy. Pour into glasses.

Makes 4 (6 ounce) servings

Nutrients per serving: Calories: 82, Fat: 0g, Protein: 4g, Carbohydrates: 17g, Cholesterol: 1 mg, Sodium: 58 mg

Dietary Exchanges: 1/2 Milk, 1 Fruit.

- √ Using whole wheat flour increases fibre intake, which helps to reduce cholesterol and blood glucose levels.
- √ By reducing your cholesterol levels, you are preventing heart disease.
- √ By reducing your blood glucose levels, you are preventing complications of diabetes.
- √ Heart disease is a complication of diabetes.

Banana & Chocolate Chip Pops

Three ounce paper cups can be used in place of popsicle molds. Spoon yogurt mixture into paper cups, insert wooden stick in center of each and freeze. To prevent popsicles from tipping over, simply stand cups in a muffin pan after filling. To unmold, peel paper cup away.

- 1 small ripe banana
- 1 carton (8 ounces) banana nonfat yogurt
- 1/8 teaspoon ground nutmeg
- 2 tablespoons mini chocolate chips

Slice banana; place in food processor with yogurt and nutmeg. Process until smooth. Transfer to small bowl; stir in chips.

Spoon banana mixture into 4 plastic popsicle molds. Place tops on molds; set in provided stand. Set on level surface in freezer; freeze 2 hours or until firm. To unmold, briefly run warm water over molds until each pop loosens.

Makes 4 servings.

Nutrients per Serving: Calories: 103 (14% Calories from Fat), Total Fat: 2g., Saturated Fat: trace, Protein: 3 g., Carbohydrate: 20 g, Cholesterol: 1 mg, Sodium: 37 mg, Fiber: trace, Sugar: 16 g

Dietary Exchanges: 1 1/2 Fruit

A LITTLE ABOUT US

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Visit us at

www.soadi.ca

Vision

*Through SOADI's continual efforts to eradicate the devastating effects of Diabetes, Aboriginal** peoples will once again enjoy the good health of our ancestors.*

** By 'Aboriginal', we mean all people and communities who identify themselves as First Nations, Non-Status, Métis and Inuit.

Mission

SOADI supports Aboriginal communities working to decrease the high incidence of Diabetes and its complications through prevention, intervention and management activities.

The Board of Directors is comprised and of members from the following organizations. These members are accountable to the Aboriginal Organizations and communities of Southern Ontario.

Ontario Federation of Indian Friendship Centres

Carol Burke, President

Ontario Métis Aboriginal Association

Linda Rochon, Vice-President

Métis Nation of Ontario

Tammy Wintle, Secretary/Treasurer

Union of Ontario Indians

Carol Taylor, Board Member

Association of Iroquois & Allied Indians

Carolyn Doxtator, Board Member

Ontario Native Women's Association

Elaine Brant, Board Member

Independent First Nations

Lyndia Jones, Ex-Officio

Elder, Bill Messenger

Elder, Lillian McGregor

WISADA, THE MEANING

WIS*

Aboriginal

Diabetes

Associations/Initiatives

*WIS (Meaning 5 in Cayuga. Also represents SOADI's 5 Regions)

REGIONS

