



ENTSISEWATA'KARI:TEKE

You Will Become Healthy Again

*Diabetes Prevention Program
Participant Manual*



'AMANAKI FO'OU



NEW HOPE FOR THE FUTURE

www.hopefordiabetes.org

Acknowledgement of Thanksgiving

"Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people."

—Sakokwenionkwas, Bear Clan, Mohawk Nation, Elder Tom Porter

We give thanks to all who have contributed to the creation of this program. Through the wisdom and generosity of many, this program has been designed to bless current and future generations.

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Oakridge Acres, Mark Gerber, Cambridge, Ontario

Six Nations of the Grand River, Chiefswood Park

We give thanks to the Creator for all things that have contributed to the creation of this program. It was not our intention to leave anyone or anything out. If something was forgotten, we leave it to each individual to give thanks in their own way.

'Amanaki Fo'ou

The Tongan word '**Amanaki**' brings together the sense of hope, faith, and high expectation. It contains spiritual overtones as well as logical reasons to look forward to a good or even better result. Adding the word **Fo'ou** (meaning new or fresh) creates a sense of high anticipation and hope based on new knowledge, experience, or information. In context, the two strong positive words inspire a more optimistic outlook going forward than we've ever had before.

Nya:wëh sgë:nö'

We come from a heritage of holistic living which celebrates harmony in mind, body, and spirit. We honor the interconnectedness between the creations of the land, the water, the sky, and our bodies. We recognize the relationship between our great grandparents, grandparents, parents, ourselves, our children, grandchildren, and great grandchildren. And finally, we give thanks for Creator and our sacred relationship with Creator. Our place is significant, and should be carefully preserved.

Unfortunately, destructive influences have crept into our culture. Changes in eating and decreased physical activity have robbed our minds, bodies, and even spirits of their ability to be strong and active. These changes have progressed, causing a rise in preventable diseases such as heart disease and diabetes. Diabetes was virtually non-existent a few generations ago, but today it affects twice as many among the indigenous population as among their white counterparts. People in our communities are suffering from the negative effects of diabetes — loss of eyesight, serious wounds that often lead to amputations, kidney failure, and even death.

But these effects will only happen only if we let them. Today, you have the power to change the path of this disease. It will be a journey, but just like our ancestors, we will take the journey together as we create a new vision for the future.

This program was made possible and funded through the generous donation of The Church of Jesus Christ of Latter-day Saints. It was created by 'Amanaki Fo'ou, a diabetes prevention organization that has been working with the Indigenous people of the South Pacific for the past 7 years. Its name means "A New Hope" in the Tongan language. As you participate in these lessons, you will find there is much to hope for and to work for. It is the hope of The Church of Jesus Christ, 'Amanaki Fo'ou, and all of the other partners involved that this program will be a catalyst for community support, personal healing, and intergenerational building.

Niawen'kó:wa - thank you very much (Mohawk)

The 'Amanaki Fo'ou Team



The Hiawatha Belt: Now our flag, the Hiawatha Belt is our wampum of the Haudenosaunee confederacy as united nations. Named after Hiawatha, the wampum treaty shows our five, later to be six, nations surrounding the Great Tree of Peace. We are joined in one council to govern in peace, with one heart and one mind.

From left to right:

Mohawk Kanien'kehá:ka—"People of the Flint"—Keepers of the Eastern Door

Oneida On Nyote?a'ká—"People of the Standing Stone"

Onondaga, or Onoñda'gega'—"People of the Hills"—Keepers of the Central Fire

Cayuga, or Gayogghó:nq'—"People of the Great Swamp"

Onödowa'ga:'—"People of the Great Hill"—Keepers of the Western Door



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1 Beginning the Journey

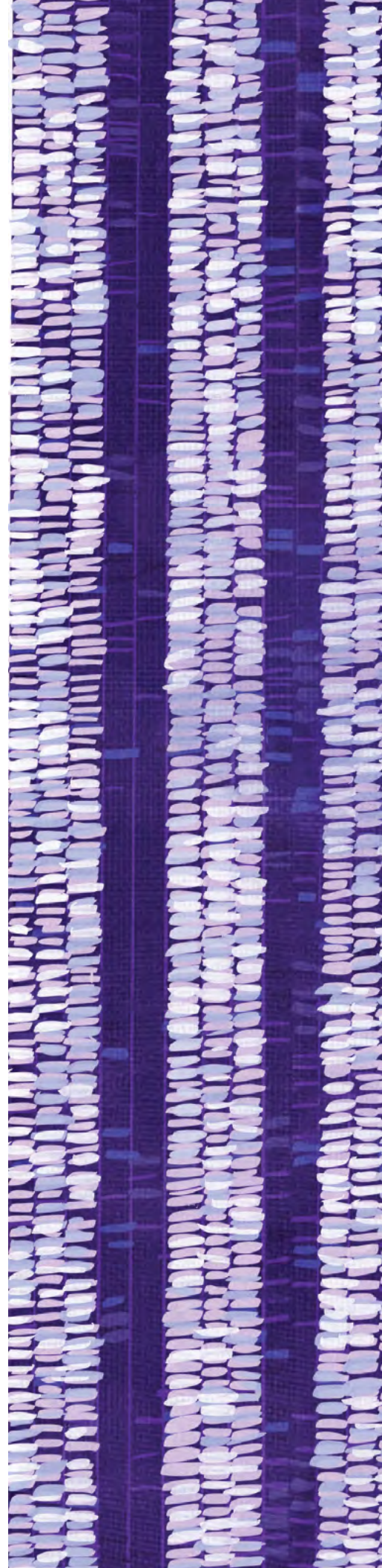
The Sun

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.



Now our minds are one.

Two Row Wampum: *Guswenta or Kaswetha is our Two Row Wampum, deeply revered and respected as embodying principles of peace and non-interference. The Guswenta is an exchange and agreement of the distinct identities of two people mutually agreeing to coexist in peace without interference in the affairs of the other. It was used in history as a treaty with settlers to denote equal, peaceful, and coexisting relations.*



Why?

Before we begin our journey, it is important to identify why each of us is on this journey.

Our reason for taking this journey - simply called our “WHY” - is the long term vision that will keep us moving forward towards our ultimate goal of a healthy lifestyle and freedom from disease (diabetes). Our WHY will motivate us, give us hope and encourage a positive attitude so that we will be successful in our efforts.

Examples of “WHY” include:

I want to live a healthier lifestyle...

- so that I can get up and move around without my body hurting
- to be able to play with my children or grandchildren
- in order to serve others and contribute to my community
- to pay tribute to my ancestors

Choose Change

As we progress along this journey, you will be required to make changes in order to reach your goals. Although there will be people on your journey who can help you, this is your personal responsibility.

As you progress through the program you will notice that the lessons follow a pattern:



The pattern shows that we achieve desired outcomes as we act on true principles. Watch for this pattern as we take this journey of change together.

LESSON PREPARATION FOR NEXT WEEK:

Next week we will be highlighting the strength and vitality of our ancestors. Come prepared to share about one of your ancestors who practiced these principles of healthy living. How long did they live?

CONSIDER: Create a culture of acting and not being acted upon.

COMMIT: During the week, ponder on your vision board. Write down your long-term vision, and add short-term goals to help you get there.

Complete your vision board, and place it in a visible location. Identify those things that are stopping you from achieving your vision. Identify what actions you can take now to achieve your dreams and goals.



My Journey Journal

Write down what you learned this week about Agency. (KNOWLEDGE)

Explain what went into the creation of your vision board and why. (ACTION)

Describe how you plan to share your vision board and your targeted outcomes with others. (OUTCOME)

2 My Heritage My Culture

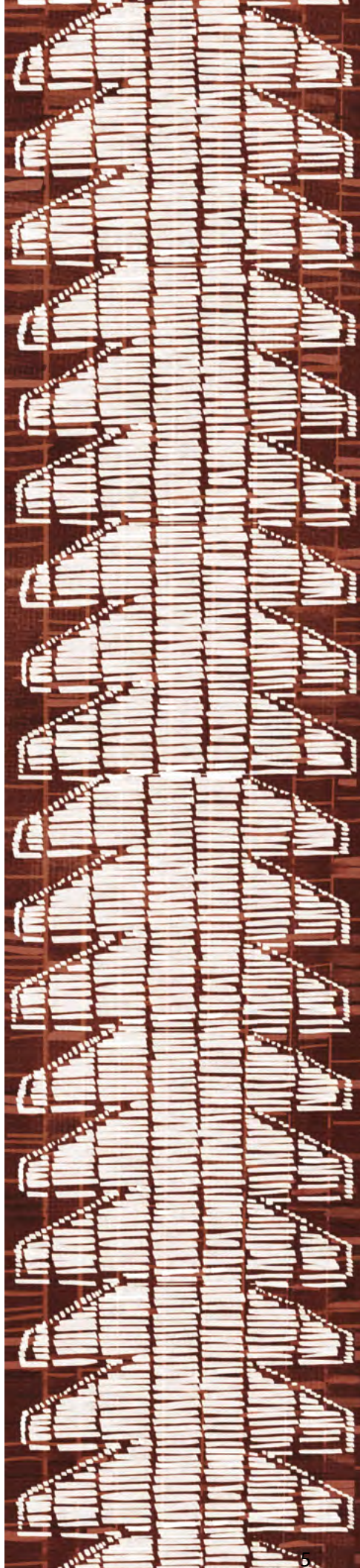
The Trees

We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. Many people of the world use a Tree as a symbol of peace and strength. With one mind, we greet and thank the Tree life.



Now our minds are one.

Dust Fan Belt: *Using the everlasting Tree of Peace as a symbol, this wampum reminds our confederacy to make peaceful decisions for the betterment of our people, and faces yet to come. The Dust Fan is a symbol of sweeping away dust to see the best path forward, and a reminder of the everlasting nature of our confederacy and desire for peace. Here, the Dust Fan belt depicted is aged and shown as brown rather than the original purple and white.*



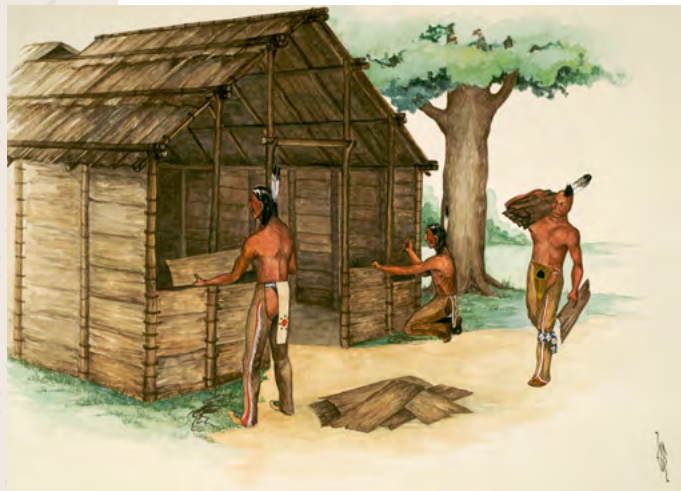
My Heritage

Physical activity was the basis of all aspects of our ancestors' lifestyle. Gathering food, hunting, tending crops, building longhouses, and playing Lacrosse all required a great deal of physical exertion. Their food came from the source.

Boys learned to hunt at a very young age. Clan uncles taught them how to make and use the bow and arrow, the traditional first hunting tools. The boys practiced by hunting small game like rabbits and birds.

Girls helped their mothers, grandmothers and aunts with women's responsibilities such as leadership, helping clan mothers, farming, cooking, weaving and sewing. Women worked together to harvest more than one million kilos of corn each year.

Left: Longhouse Under Construction
 Right: Gathering Artichokes
 Art by Ernest Smith, Rochester Museum
 Used with permission



Pre-Colonial and Post-Colonial Diet

With the influence of colonial cultures, many new foods were introduced. Traditional foods such as fish, wild game, berries, and vegetables were replaced by processed foods such as canned meats and vegetables, and white flour.

<p>PRE-COLONIAL DIET</p>	<p>3 SISTERS Corn, Beans, Squash, Berries, Fish, Game</p> 
<p>POST-COLONIAL DIET</p>	<p>5 WHITE DEVILS Flour, Sugar, Lard, Salt, Baking Soda</p> 

CONSIDER: Create a culture of shared vision for a healthier future.

COMMIT: Think of ways to share these principles with other people.

My Journey Journal

**Review new insights you gained through the discussions about your culture.
(KNOWLEDGE)**

**Identify things about your culture that contribute to your life in a positive way.
What cultural practices have a negative impact? (ACTION)**

**What cultural practices could you improve in your circles of influence?
(OUTCOME)**

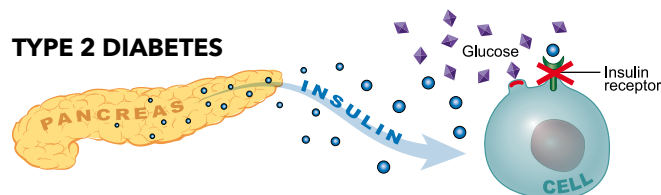
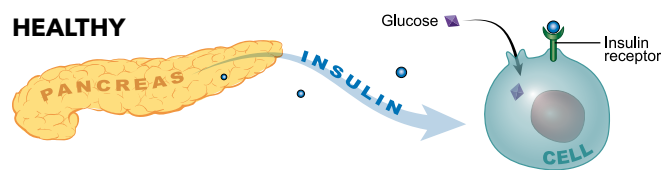


3 What is Diabetes

The Medicine Herbs

Now we turn to all the Medicine herbs of the world. From the beginning they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us those special few who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the Keepers of the Medicines.

Now our minds are one.



Friendship Belt: A symbol of friendship, peace, and unity this wampum belt shows dedication and commitment to friendship and diplomacy. By interlocking arms and making a human chain with a clear path between figures, it represents clear and honest communication and an open path of peace. This wampum is also called the Covenant Chain and has been used to mark treaties with the British Crown and then later, George Washington. Here is a depiction of the George Washington Belt, aged and shown as green rather than the original purple and white.

Understanding Diabetes

IN TYPE 2 DIABETES, the body does not use insulin well. People who have type 2 diabetes can sometimes manage their diabetes with significant lifestyle modifications. When this does not work, oral and injectable medications must be used.

GLUCOSE

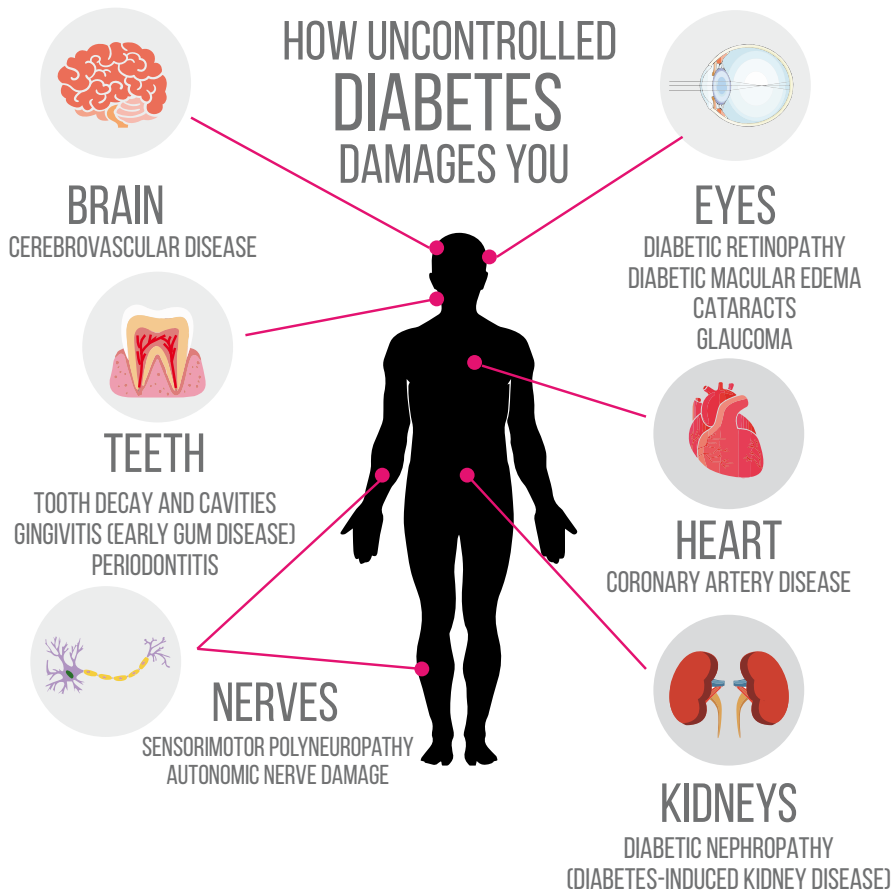
is a type of sugar that comes from the food you eat.

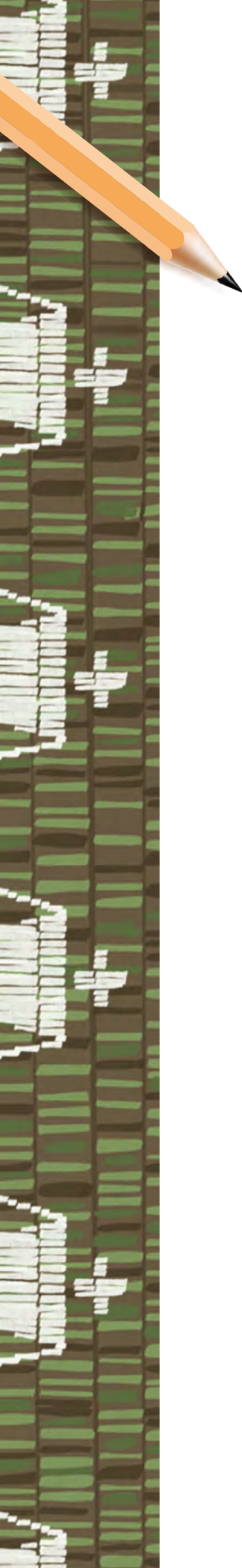
INSULIN

is a hormone made by the pancreas that helps the glucose from food get into your cells to be used for energy.

In type 2 diabetes, your body produces insulin, but doesn't use it well. Glucose then stays in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.





CONSIDER: Create a culture of making healthy choices based on knowledge.

COMMIT: This week, explain to a friend what diabetes is, what complications it can cause, and why this matters in your life. (Refer to your charts if you need to refresh your memory).

My Journey Journal

Define type 2 diabetes and explain its destructive effects on the body, family, and community. (KNOWLEDGE)

Share the insights you had when you participated in the diabetes learning activities. (ACTION)

Briefly describe when you tried teaching someone about type 2 diabetes. (OUTCOME)

4 Exercise is Medicine

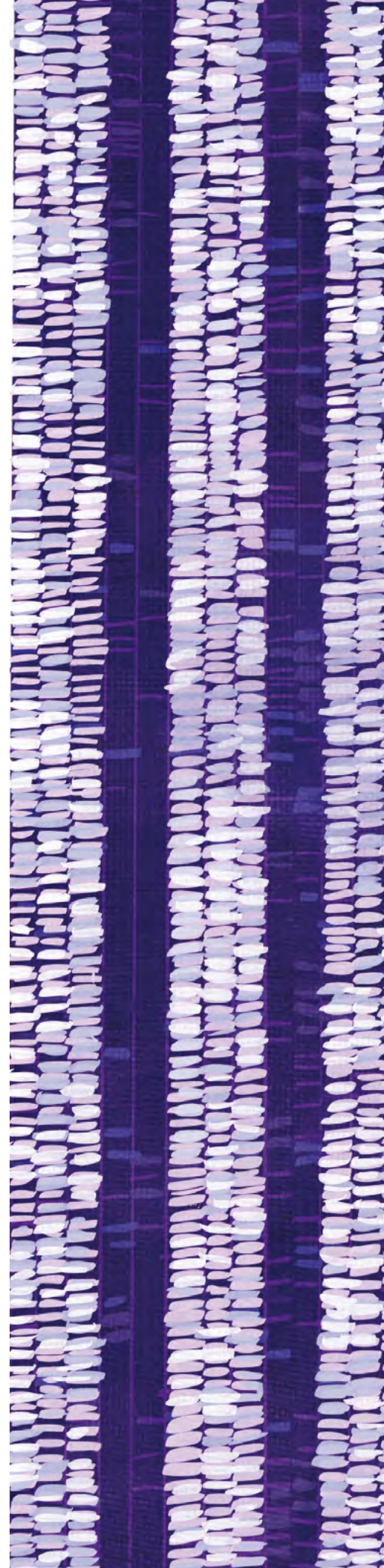
The Four Winds

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds.



Now our minds are one.

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"Exercise contributes to our holistic health - the whole spiritual, mental, emotional, and physical being."

—Cam Bomberry, Canada Hall of Fame Inductee, Lacrosse

Benefits of Exercise

Exercise Tips

1. In order to gain the benefit of exercise, you should do it in increments of at least 10 minutes per day. The recommendation is 30 minutes of moderate intensity exercise per day, 5 days per week.
2. If you have not been physically active, increase your exercise intensity slowly.
3. A consistent effort over a long period of time provides the greatest benefit . . . so, keep on trying!
4. Avoid inactivity. Some exercise is better than nothing.
5. To increase your chances of success: Make exercise fun! Exercise with family or friends! Choose activities that you enjoy!

	Exercise Intensity Level	Heart Rate	Breathing	Ability to Talk	Personal Application
	Full exertion	very fast heart rate	working hard to breathe	can't get a word out	cannot sustain this effort for very long
	High intensity	fast heart rate	breathing hard and fast	broken sentence between each breath	can start with smaller increments of time, then increase with practice
	Moderate intensity	heart rate increases	breathing rate increases	can still talk normally in spite of deep breathing	can do for 30 minutes, while still being challenged
	Low intensity	heart rate may increase minimally	normal breathing	can talk normally	this intensity does not count as exercise

BENEFITS OF EXERCISE



GIVES FEELING OF ACCOMPLISHMENT FOR DOING SOMETHING DIFFICULT



MAKES YOU FEEL HAPPIER



INCREASES YOUR ENERGY LEVELS



FACILITATES INCREMENTAL PROGRESS OVER TIME



HELPS REGULATE YOUR WEIGHT



REDUCES YOUR RISK OF HEART DISEASE



ASSISTS YOUR BODY IN USING UP EXCESS GLUCOSE IN THE



STRENGTHENS YOUR MUSCLES AND BONES



INCREASES EMOTIONAL AND MENTAL WELL BEING

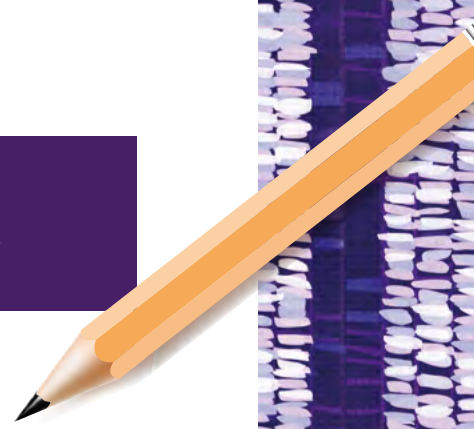


IMPROVES RELAXATION AND SLEEP QUALITY

CONSIDER: Create a culture of fitness.

COMMIT: Establish a regular time to physically exercise your body this week.
Invite at least one other person to participate.

My Journey Journal



Briefly describe which benefits of exercise you would appreciate having in your life. (KNOWLEDGE)

Keep a record of your exercise activities for the week including type of activity and time spent. Describe the benefits you experienced (ie. improved sleep, clarity of thought, improved mood). (ACTION)

Day	Exercise Type	Duration	Benefits

Share the strategy you used to encourage a group of at least two or more people to start exercising on a regular basis. (OUTCOME)



5 All Foods are Not Created Equal

The Food Plants

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them a greeting of thanks.

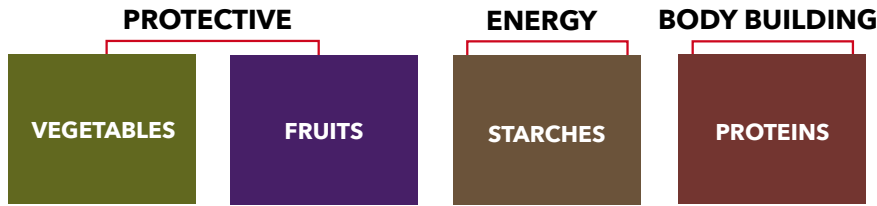
Now our minds are one.



The Hunter by Ernest Smith, Rochester Museum, used with permission

Dust Fan Belt: *Using the everlasting Tree of Peace as a symbol, this wampum reminds our confederacy to make peaceful decisions for the betterment of our people, and faces yet to come. The Dust Fan is a symbol of sweeping away dust to see the best path forward, and a reminder of the everlasting nature of our confederacy and desire for peace. Here, the Dust Fan belt depicted is aged and shown as brown rather than the original purple and white.*

The food we eat can be categorized into four basic groups.



FRUITS & VEGETABLES

Function: Provide energy and important nutrients to nourish the body.

Examples: summer squash, green beans, berries, apples, leafy green



PROTEINS

Function: Help build muscle and repair body tissues. Can provide some energy.

Examples: fish, poultry, game meat, beans, nuts



STARCHES

Function: Provide energy and fiber.

Examples: corn, rice, bread, pasta, potatoes, winter squash



Foods from each of these groups provide necessary nutrients to help keep our bodies healthy and strong. Because not all foods are created equal, here is a guide to help you select good food sources.

THREE KEY CONSIDERATIONS WHEN CHOOSING FOODS

1. SOURCE

Eat food as close to the source as possible.

- Fresh fruits and vegetables provide excellent nutrition; highly processed packaged foods are not good for your body.

Good: canned/frozen fruits and vegetables

Better: fresh from the market

Best: garden produce



2. VARIETY

Eat many different types of foods.

- A variety of colours provides a variety of nutrients.
- A diet void of colour is also void of necessary nutrients. White food should be eaten in moderation.
- Eat the rainbow— eat fruits and vegetables of many different colours.



3. MODERATION

Eat only what your body needs and not more.

- The proper amount of food provides energy and necessary nutrients.
- When you eat more than your body can use, the excess is stored as fat.



PORTION SIZES

PALM = PROTEIN
(MEAT, FISH, POULTRY)



FIST = STARCHES
(CORN, RICE, BREAD)





CONSIDER: Create a culture of healthy eating.

COMMIT: In the next week, choose fresh food over processed food, and opt for food that represents a variety of colours. Determine how many foods you can switch to fresh.

My Journey Journal

Write a paragraph describing something new you learned about food selection. (KNOWLEDGE)

Describe what you now plan to change in your eating habits and why. (ACTION)

Briefly describe an experience where you helped someone change the types of food they ate. (OUTCOME)

6 Water is Life

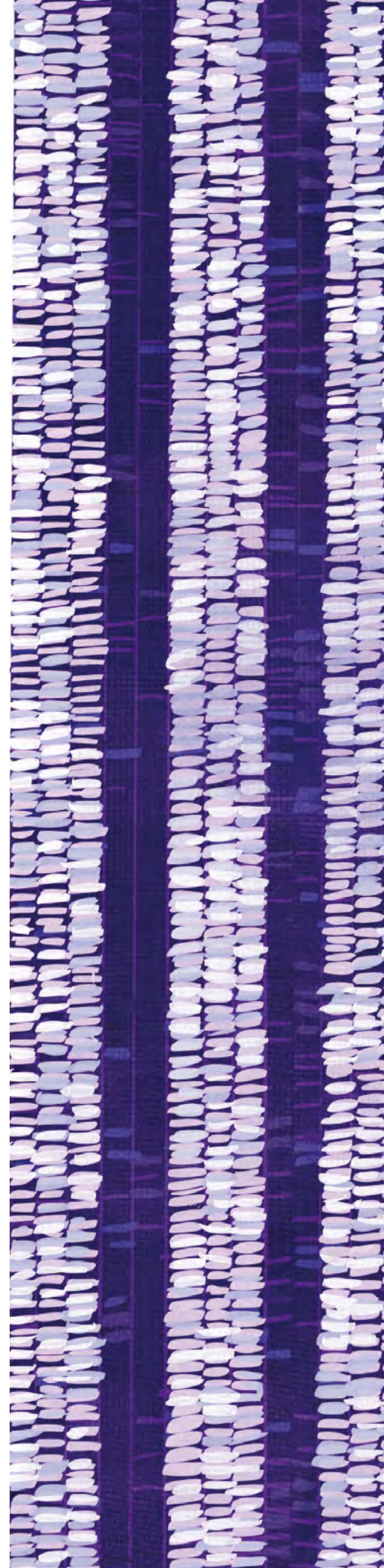
The Waters

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms- waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water.

Now our minds are one.



Two Row Wampum: *Guswenta or Kaswetha is our Two Row Wampum, deeply revered and respected as embodying principles of peace and non-interference. The Guswenta is an exchange and agreement of the distinct identities of two people mutually agreeing to coexist in peace without interference in the affairs of the other. It was used in history as a treaty with settlers to denote equal, peaceful, and coexisting relations.*



Water

“Water protects us as we grow and develop in the womb. When it's time for us to be born, that water breaks and cleanses the way as we come out into the world. From that time on, we need clean water to survive. It's really important that we keep water clean for the next seven generations to come.”

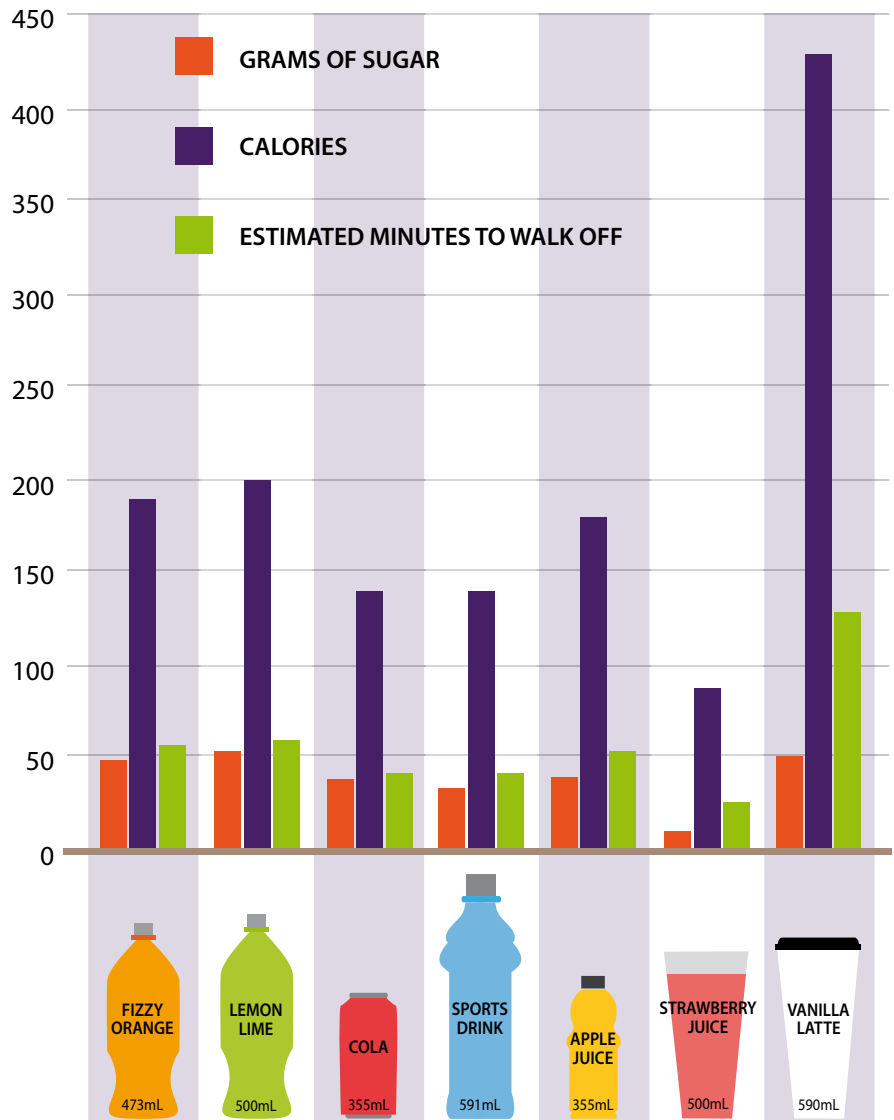
—Elder Mary Lou Smoke, LL.D (Hon.)

Smoke Signals First Nations Radio, Bear Clan, Batchawana Bay, Lake Superior

Diet soda is sometimes recommended for people who have diabetes because the sugar-free soda will not cause blood sugar to rise. However, in place of sugar, diet sodas have chemicals that are not good for the body. It has also been shown that diet sodas do not contribute to weight loss. The best option for good hydration is water.

Water is the best alternative to sugary drinks.

It is recommended that you drink 8 cups of water each day. Adequate hydration allows all body systems to work properly. Lack of adequate water can even affect the brain's ability to function.



CONSIDER: Create a culture of choosing health through proper hydration.

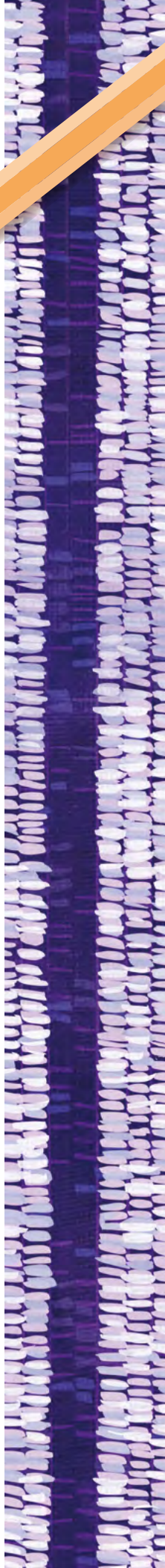
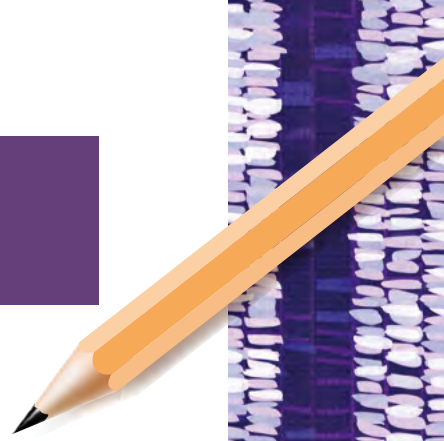
COMMIT: In the next week, replace unhealthy drinks with more water.
Determine how many times you can choose water instead of a sweet drink.

My Journey Journal

Write a paragraph describing how your understanding of the value of water has changed after today's lesson. (KNOWLEDGE)

Describe how you plan to change your drinking habits. (ACTION)

Write about how you influenced someone to change their drinking habits. (OUTCOME)



7 Kariwíio: The Good Mind

The People

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people.

Now our minds are one.



7 Generations, artwork reproduction by Sandy Kerman

Friendship Belt: A symbol of friendship, peace, and unity this wampum belt shows dedication and commitment to friendship and diplomacy. By interlocking arms and making a human chain with a clear path between figures, it represents clear and honest communication and an open path of peace. This wampum is also called the Covenant Chain and has been used to mark treaties with the British Crown and then later, George Washington. Here is a depiction of the George Washington Belt, aged and shown as green rather than the original purple and white.

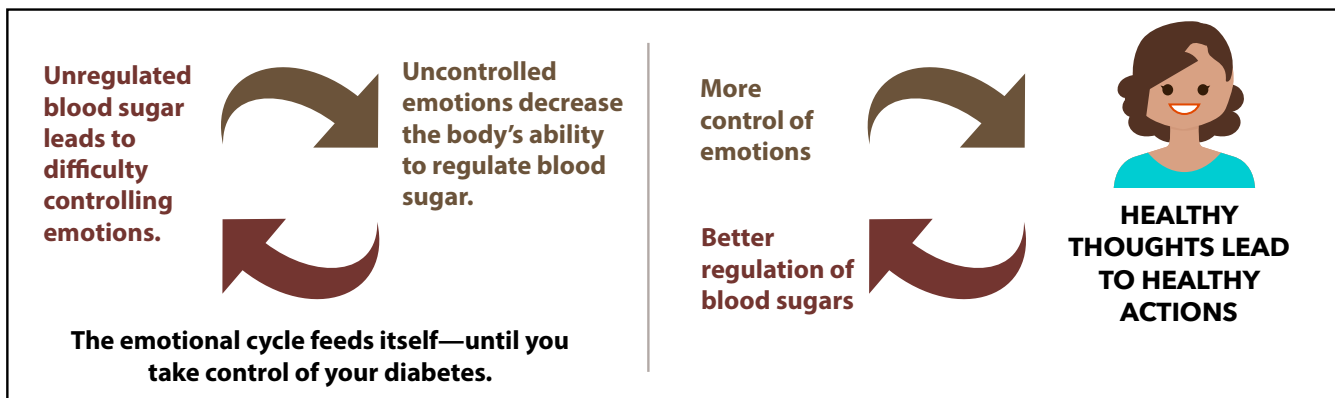
Mental Health















WHAT IS YOUR UNDERSTANDING OF MENTAL AND EMOTIONAL WELL-BEING?

Blood sugar levels that are either too high or too low can impact your brain function. Elevated blood sugar, called hyperglycemia, is a common sign of type 2 diabetes. Symptoms of hyperglycemia include confusion, inability to concentrate, irritability, and impaired memory. Severe hyperglycemia can even lead to coma and death.

Your mind, body, and spirit are deeply connected. When your blood sugar is too high, you don't think clearly, and you don't feel well. This can impact your emotions and behavior, making it difficult to be your best self.

IT IS A DIFFICULT CYCLE:



	SHIFT YOUR FOCUS	TAKE CONTROL EXAMPLES	Emotions	Solutions/change in focus
 denial	When you feel resignation or denial about having diabetes or being at risk for diabetes, how do you <i>shift your focus and take control</i> ?	Decide to help yourself: take the class, see a doctor, follow the doctor's recommendations	anger resentment denial	 decide to help yourself  create a support system  listen to/play music
 shame	When you feel sad, ashamed or depressed about your disease or someone you love, how do you <i>shift your focus and take control</i> ?	Talk with someone about it, create a support system around you, focus on helping someone else in need, focus on your blessings	sadness depression	 list three things-gratitude  celebrate small improvements
 angry	When you feel angry about what diabetes has done to your life or the lives of your loved ones, how do you <i>shift your focus and take control</i> ?	Identify triggers that cause negative emotions, express gratitude, do one thing to help yourself, listen to your favorite music	anxiety overwhelm	 pray  take a walk
 stressed	When you feel stressed or overwhelmed about how to manage your diabetes, how do you <i>shift your focus and take control</i> ?	Break it down, ask for help, celebrate small improvements, exercise	fatigue hopelessness	 see a doctor  focus on strengths
 unmotivated	When you feel physically, emotionally and mentally fatigued, how do you <i>shift your focus and take control</i> ?	Exercise, keep your blood sugar in control, consistently get good sleep		



CONSIDER: Create a culture of Kariwiiio.
COMMIT: Change your actions and your outcomes this week by asking yourself the question: "Is this thought helping or harming me?" You can choose to respond differently to a challenging situation!

My Journey Journal

**Comment on your understanding of how diabetes affects the brain.
(KNOWLEDGE)**

Write down your plan to improve your emotional and mental well-being. (ACTION)

Describe personal benefits that come from engaging in healthy coping strategies. (OUTCOME)

8 Extend the Longhouse

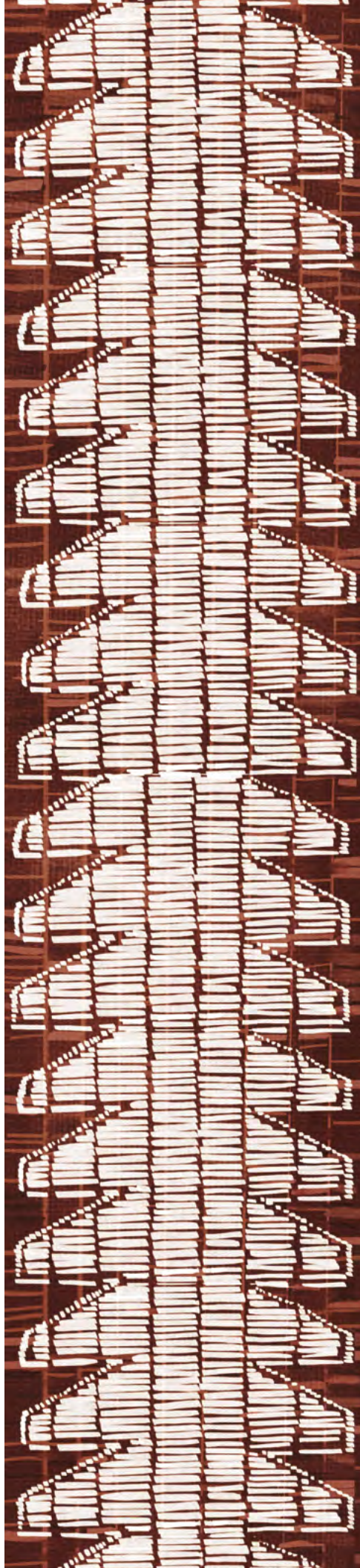
The Sun

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring teachers.

Now our minds are one.



Dust Fan Belt: Using the everlasting Tree of Peace as a symbol, this wampum reminds our confederacy to make peaceful decisions for the betterment of our people, and faces yet to come. The Dust Fan is a symbol of sweeping away dust to see the best path forward, and a reminder of the everlasting nature of our confederacy and desire for peace. Here, the Dust Fan belt depicted is aged and shown as brown rather than the original purple and white.



Supporting Change

SCENARIO 1

Partner #1 - Think of something in your life you have been considering changing but haven't started. (examples - starting to walk every day, or making changes to your diet).

Share this with your partner.

Partner #2 - Do everything you can to persuade this person to change.

1. Explain WHY they should make this change.
2. Give them THREE BENEFITS that would result from the change.
3. Tell the person HOW to change.
4. Emphasize how IMPORTANT it is for them to make the change.
5. Tell the person they just NEED TO DO IT!!

SCENARIO 2

Partner #2 - Think of something in your life you have been considering changing but haven't started. (examples - starting to walk every day, or making changes to your diet).

Share this with your partner.

Partner #1 - Ask these questions, one at a time, and listen carefully to the responses:

1. Why would you want to make this change?
2. If you decide to make this change, how might you go about it in order to succeed?
3. What are the three best reasons to do it?
4. How important would you say it is for you to make this change, on a scale from 0-10, where 0 is not at all important and 10 is extremely important?
5. Summarize back to your partner what you have heard. Ask one final question: So, what do you think you'll do?

SCENARIO #1 MARY JANE

Mary Jane was doing very well with her goals to have a healthy lifestyle. She was exercising 3 or 4 times each week. She had found a good place to buy fresh fruits and vegetables, and learned to cook herself. Her husband didn't like some of her meals and started to complain. He wanted her to go back to the way she cooked before. He didn't want to eat so many vegetables. Her children also complained and wanted more desserts.

What were some of the challenges that Mary Jane was facing?

What are some things you could tell Mary Jane that might help her stay strong in keeping her goals for herself and her family?

SCENARIO #2 ROBERT

Robert was working on the steps for planting a garden so he could begin to grow some healthy green vegetables for his family. He noticed that all the hard work was helping him lose weight and that he had started to feel better. He was happy that he was learning about eating nourishing meals. He believed a garden would help him and his family be more healthy.

Two of Robert's older brothers said he was wasting his time and should give it up.

What were some of the challenges that Robert was facing?

What are some things you could tell Robert that might help him stay strong in keeping his goals for himself and his family?



CONSIDER: Create a culture of action.

COMMIT: In the next month, become involved in helping a larger group to make change. It could be helping your family, church congregation, work colleagues, or community implement a healthy eating change or exercise program.

My Journey Journal

Describe how your understanding of at least one concept introduced today was greatly improved by the class activities. (KNOWLEDGE)

Explain how you felt while extending the longhouse with a friend or family member. (ACTION)

Record how you plan to overcome social obstacles and help others do the same. (OUTCOME)

9 Balance in All Things; Celebrate Success

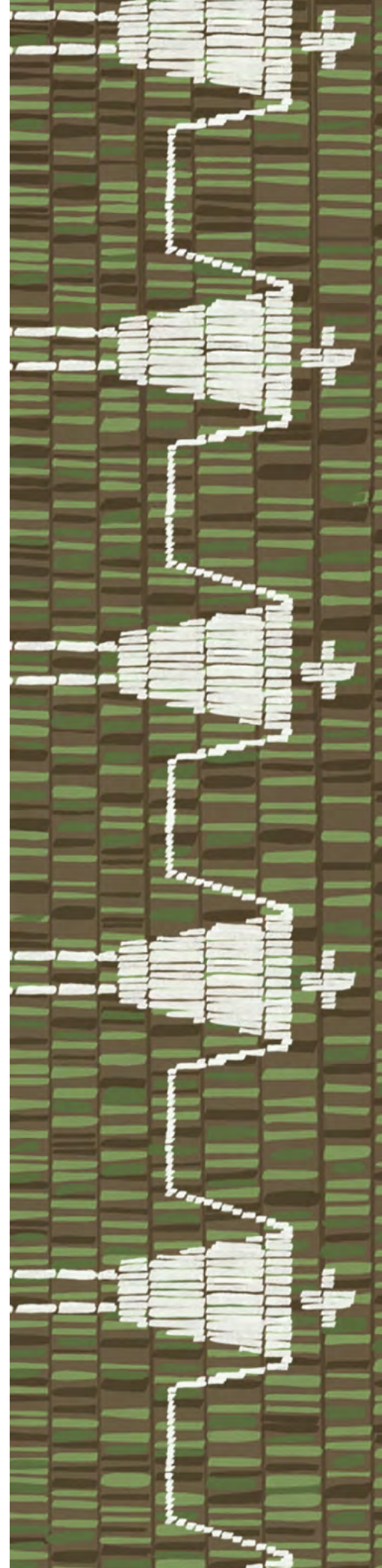
The Creator

Now we turn our thoughts to the Creator, Shonkwaia'tison, and send our greetings and our thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator.

Now our minds are one.



The Friendship Belt: A symbol of friendship, peace, and unity this wampum belt shows dedication and commitment to friendship and diplomacy. By interlocking arms and making a human chain with a clear path between figures, it represents clear and honest communication and an open path of peace. This wampum is also called the Covenant Chain and has been used to mark treaties with the British Crown and then later, George Washington. Here is a depiction of the George Washington Belt, aged and shown as green rather than the original purple and white.



Balance In All Things

Moderation applies to many areas of a healthy lifestyle: how much we eat, how often and when we eat, what types of food we eat, how much we exercise, how physically active we are, and how much we sleep.

MODERATE

EXCESS



Take time to ponder what you have learned about:

- The importance of goals and vision for your life
- Diabetes and how it affects your body
- How exercise can improve your health and help control diabetes
- How eating balanced and fresh foods can give your body the vital nutrients it needs
- The emotional side of diabetes and how to help the brain stay healthy
- Moderation and portion control in creating your plate
- Water as an essential part of your health
- Your rich heritage of health
- How to make an impact on the larger community to affect change

CONSIDER: Creating a culture of enjoying healthy living!

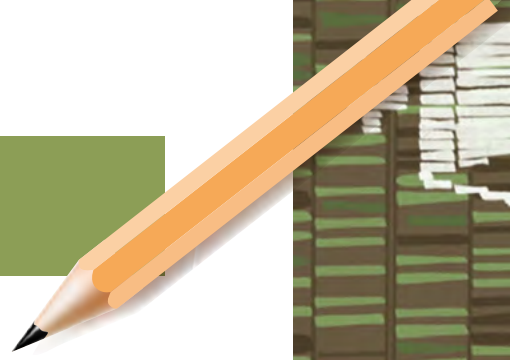
COMMIT: Invite at least two people to join the next training session.

My Journey Journal

Write down a concept that you have come to understand and a personal attribute that you have discovered as you have participated in this program. (KNOWLEDGE)

Write about some of the personal changes you have made in terms of healthy living. (ACTION)

Identify the two or more people you will invite to join the next series of training and explain the reasons for your choices. (OUTCOME)



Appendix

PROGRAM OVERVIEW

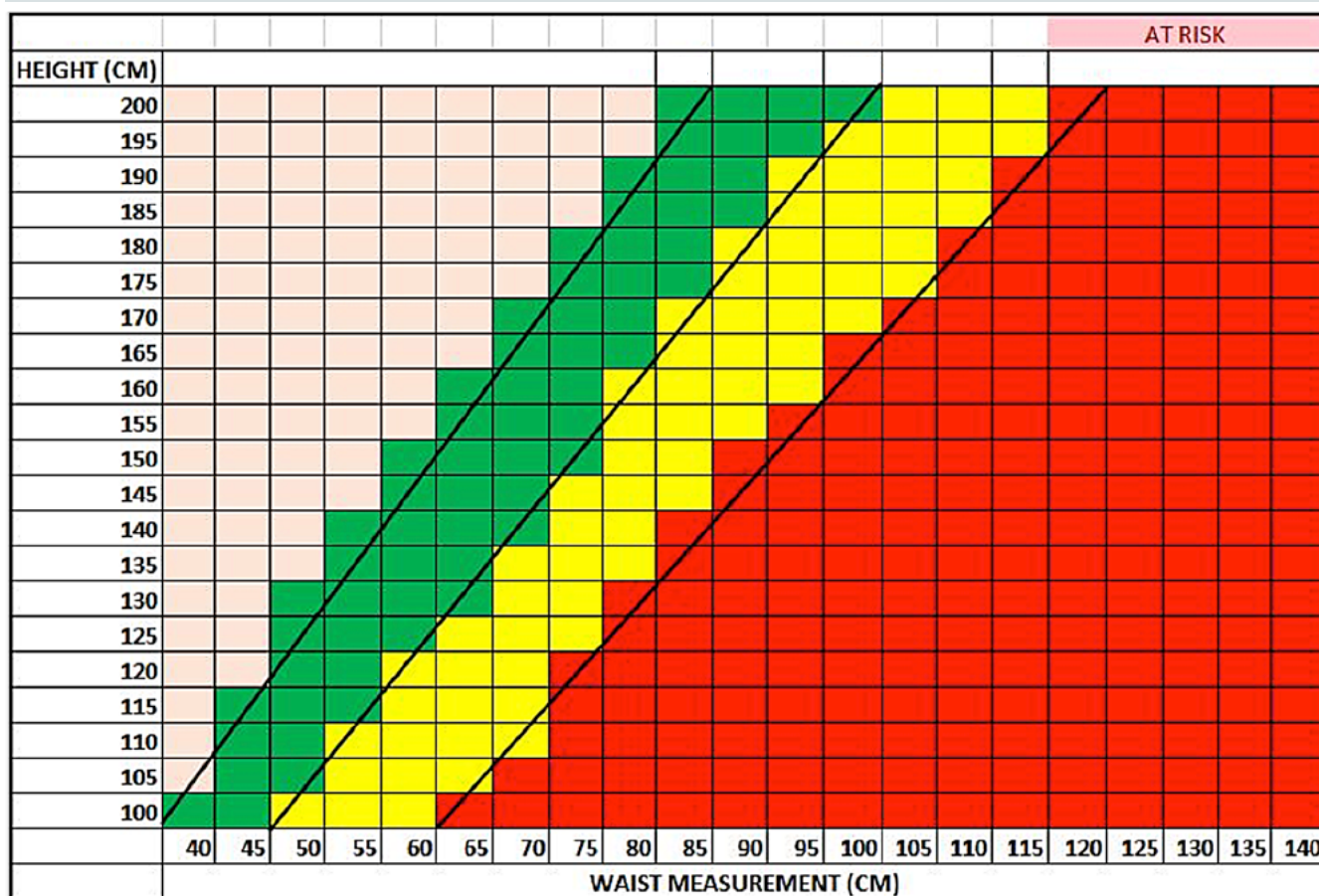
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Weekly check-up (WCU)

FACILITATOR:

READ: Each week we will check our progress by recording our **Weight** and **Waist-to-Height Measurement and BMI**. We will also monitor our **Blood Pressure** and **Blood Glucose** levels during the first group meeting, at week 5, and again at the end of the course.

INSTRUCTIONS: Read aloud the information on **Blood Pressure** and **Blood Glucose** so that the group understands the importance of these readings. Read the **“Waist-to-Height Measurement”** information with the group. Each group member should understand how to take that measurement and record it in the WCU chart. Make sure each member also records their weight by using the scales provided and that blood pressure, blood glucose levels, and resting heart rate are recorded during the weeks indicated.



WAIST-TO-HEIGHT MEASUREMENT: The waist-to-height measurement is used to determine if you are carrying unhealthy fat around your stomach.

Measure your waist by placing a tape measure around your stomach just above your belly button.

Measure your height.

Find where your height and your waist measurements intersect on the chart above. The colour indicates your risk for Diabetes. (Green = Low, Yellow = Moderate, Red = High).

Record height and weight measurements with risk colour on the next page.

Instructions: Record your progress EACH WEEK In the chart below:

	Waist-to-Height (cm)		Risk			Weight (kg)	Blood Pressure (mmHg)	Blood Glucose (mmol/L)	A1C (%)	Resting Heart Rate (bpm)
	Waist	Height	Low	Mod	High					
<i>Example</i>	80	170	✓			80	130/80	9.9	6.1	85
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										

WHY ARE BLOOD PRESSURE AND BLOOD GLUCOSE IMPORTANT?

BLOOD PRESSURE:

The heart pumps blood to your body through a network of arteries (blood vessels). This pumping creates pressure in the same way as when water is pumped through a hose. Blood pressure is reported using two numbers, one on top of the other. The top number (systolic) represents the pressure in the arteries when the heart is pumping. The bottom number (diastolic) represents the pressure in the arteries when the heart is relaxed. A reading of less than or equal to 130/80 mmHg is considered normal subject to age and medical conditions. **High blood pressure puts strain on the heart and blood vessels. Over time, this extra strain increases your risk of heart disease/heart attack, stroke and kidney disease.**

BLOOD GLUCOSE:

Glucose is a type of sugar that is found in most foods, especially carbohydrates. The body breaks down carbohydrates into glucose that travels through the blood and, with the help of insulin, gets absorbed into the cells, providing energy for the body. When glucose is not absorbed into the cells, it remains in the blood stream and can cause problems. Diabetes is a result of the body not being able to control the level of glucose in the blood.

A non-fasting blood sugar reading of 7.8-11 mmol/L is indicative of pre-diabetes. A reading of 11.1 mmol/L is indicative of diabetes. All values obtained through screening should be confirmed by a medical provider in order for the diagnosis of diabetes to be made accurately.

Weekly Progress Report (WPR)

FACILITATOR:

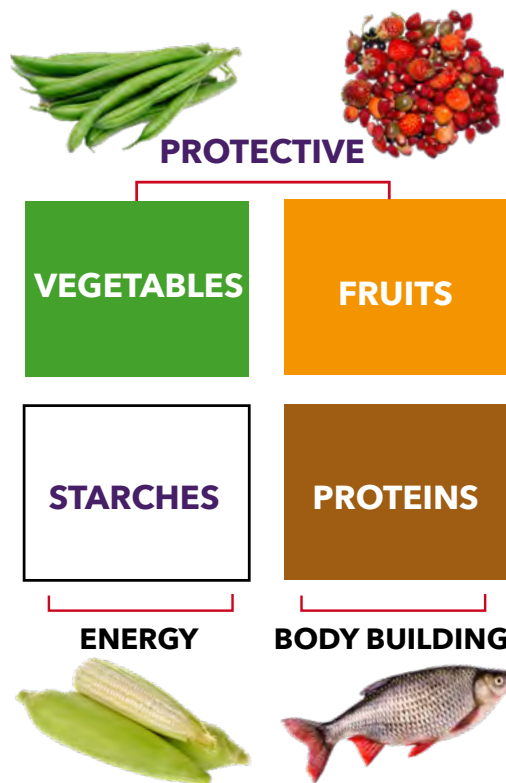
At the end of each week, we will monitor our progress and mark how well we kept our weekly commitment. (Explain how to record commitments and monitor them each week in the WPR evaluation.)

Instructions: Evaluate your progress each week. Ponder ways you can continue to improve as you practice forming important habits. Put an O for completed tasks and an X for tasks not completed.

	Daily - Eat 4 colours	Smaller Portions	Avoid fats, sugars & salt	Drink 8 glasses of water per day	30 minutes Physical Activity per day	Teach Someone
Example	X	O	X	O	O	X
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						

EVERY DAY WE WILL TRY TO:

- 1 Eat a variety of four colours (BROWN, WHITE, GREEN, and ORANGE)
- 2 Eat more fruits and vegetables (GREEN and ORANGE)
- 3 Eat LESS foods that are highly processed
- 4 Eat SMALLER PORTIONS
- 5 Participate in AT LEAST 30 minutes of physical activity
- 6 Drink AT LEAST 8 Glasses of water





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