



B.C. First Nations Head Start

## **Diabetes Prevention Activities**

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THE FOLLOWING DIABETES PREVENTION ACTIVITIES ARE FROM SANDY LAKE FIRST NATION, ON. SANDY LAKE'S PROGRAM IS A MODEL FOR COMMUNITY-BASED PRIMARY PREVENTION PROGRAMS IN DIABETES. See their web site or write to them for more info on their many programs.

### **100 km Walking Club**

Walking Club participants have two months to complete the 100 kms of walking. Each participant is given a record sheet to keep track of kilometres walked. On the back of each record sheet is an extensive list of common routes or destinations with the corresponding distance of that path. Upon completion of the 100km, prizes and a certificate are awarded.

### **Poker Walks**

A couple of times a year the SLHDP sponsors a fun 'Poker Walk'. Participants are given a playing card at each of the three stations that are set up within the walking trail. The participant with the lowest score at the end of the trail, wins.

### **Healthy Food Choice Program**

The Northern Store is the only grocery store in Sandy Lake and is known as the main meeting place. SLHDP collaborated with the store to develop the "Healthy Food Choice" (HFC) program to educate customers about shopping for healthy foods. Purple shelf labels written in English and Oji-Cree highlight foods and drinks which are low in fat, low in sugar and/or high in fibre. The SLHDP trains an in-store staff person to monitor labels and periodically assesses whether new foods should be added.