



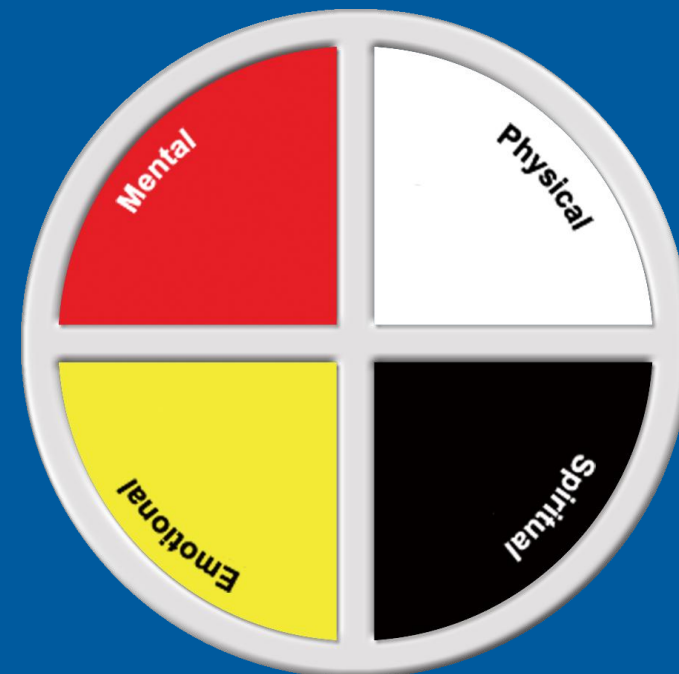
Diabetes and My Nation

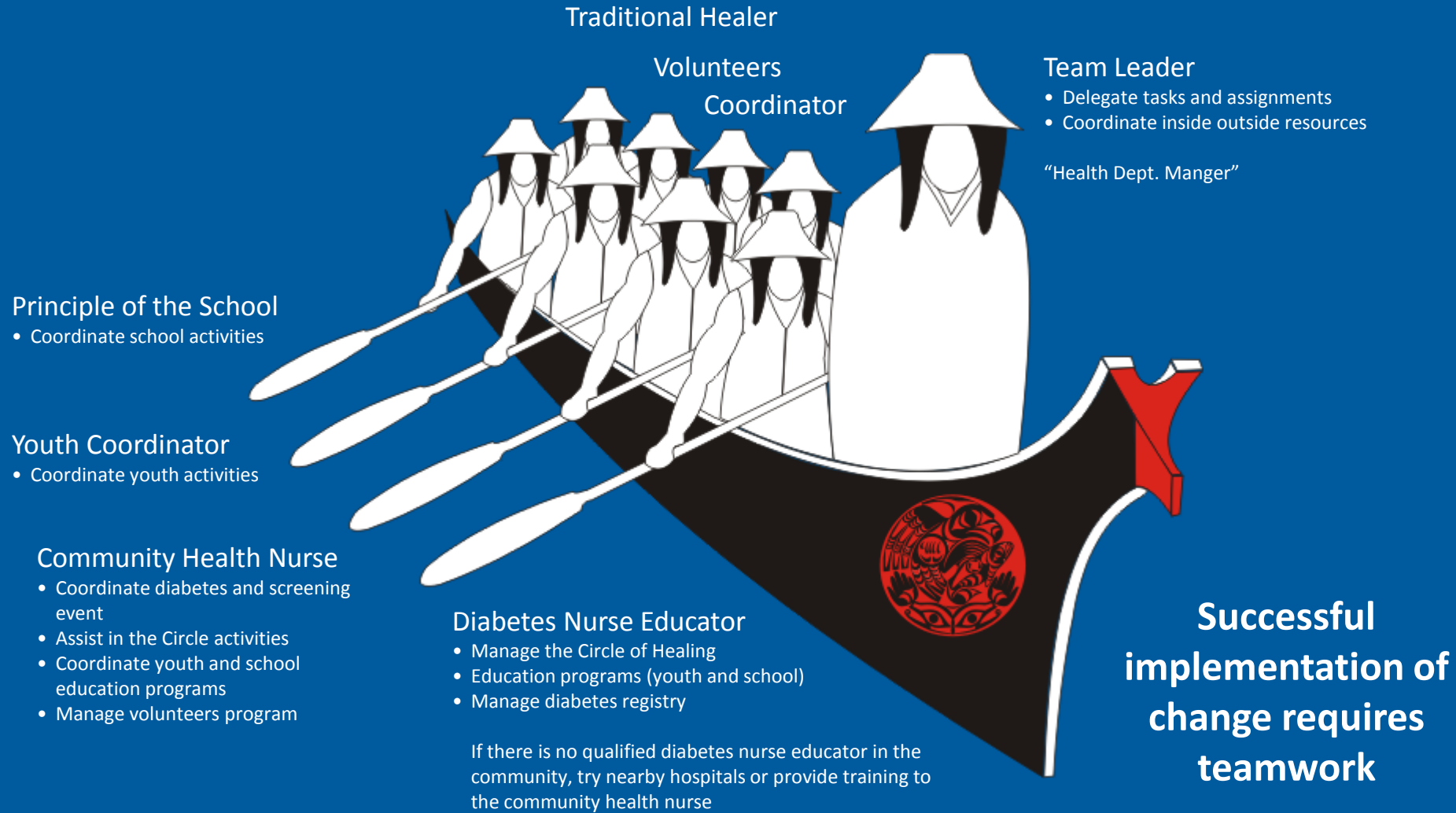




Diabetes and My Nation is a **community based** health management model to achieve evidence based outcomes for the prevention and management of diabetes (Type 2 diabetes Mellitus) in First Nations communities.

It applies **culturally appropriate and holistic methods**, and includes all age groups including youths, but not infants, in the community.





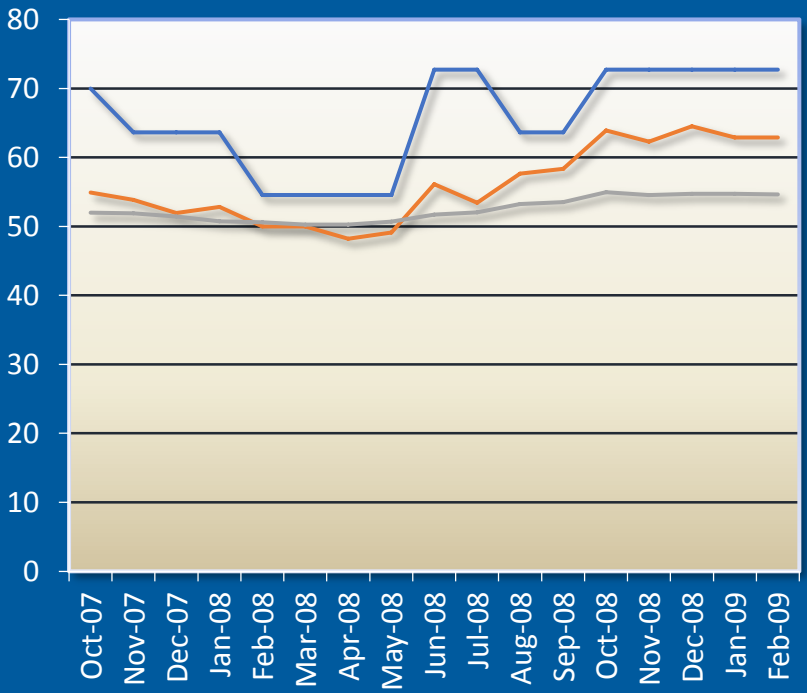


Direction & Feedback

Motivation & Attitude

Skills & Knowledge

Tools & Processes



— DMN
— KVC
— Kitimat

A1c

% OF OBSERVATIONS < 7.0%





The following guidelines were applied during the project development:

- Any procedures must be **culturally appropriate**, and each Nation has its own traditions which could be different from other Nations.
- Diabetes prevention and management should be **holistic based on traditional ways** integrated with modern medicine.
- Diabetes management approach should address physical, mental, emotional and spiritual aspects. Monitoring and treatment are key components of the initiative.
- **Sensitivity** to the impact of colonization and residential schools.
- This project is not a research study, no data will be collected and any information is kept with the community.
- Maximize the reliance of **local resources** to ensure program sustainability.
- Involve **community members** in the planning and implementation phases.

Best Practices

- **Learn the cultural** aspects and history of the community; usually the best sources are Elders from the community.
- Avoid the use of terms such as Aboriginal or First Nation when addressing a community; rather use the name of the Nation, for example at the Skidegate First Nation use Haida People.
- **Acknowledge the impact of colonization and residential schools**, also the **lack of trust** between the community and healthcare system. If you are not aware of residential schools, try to learn more particularly from people who attended these schools.
- Be aware of the internal politics within the community but don't get involved.
- People with diabetes are sometimes ashamed and don't talk about it to others, particularly to their community. Invite members of the community to a Talking Circle and **follow traditional ways** at the Circle.







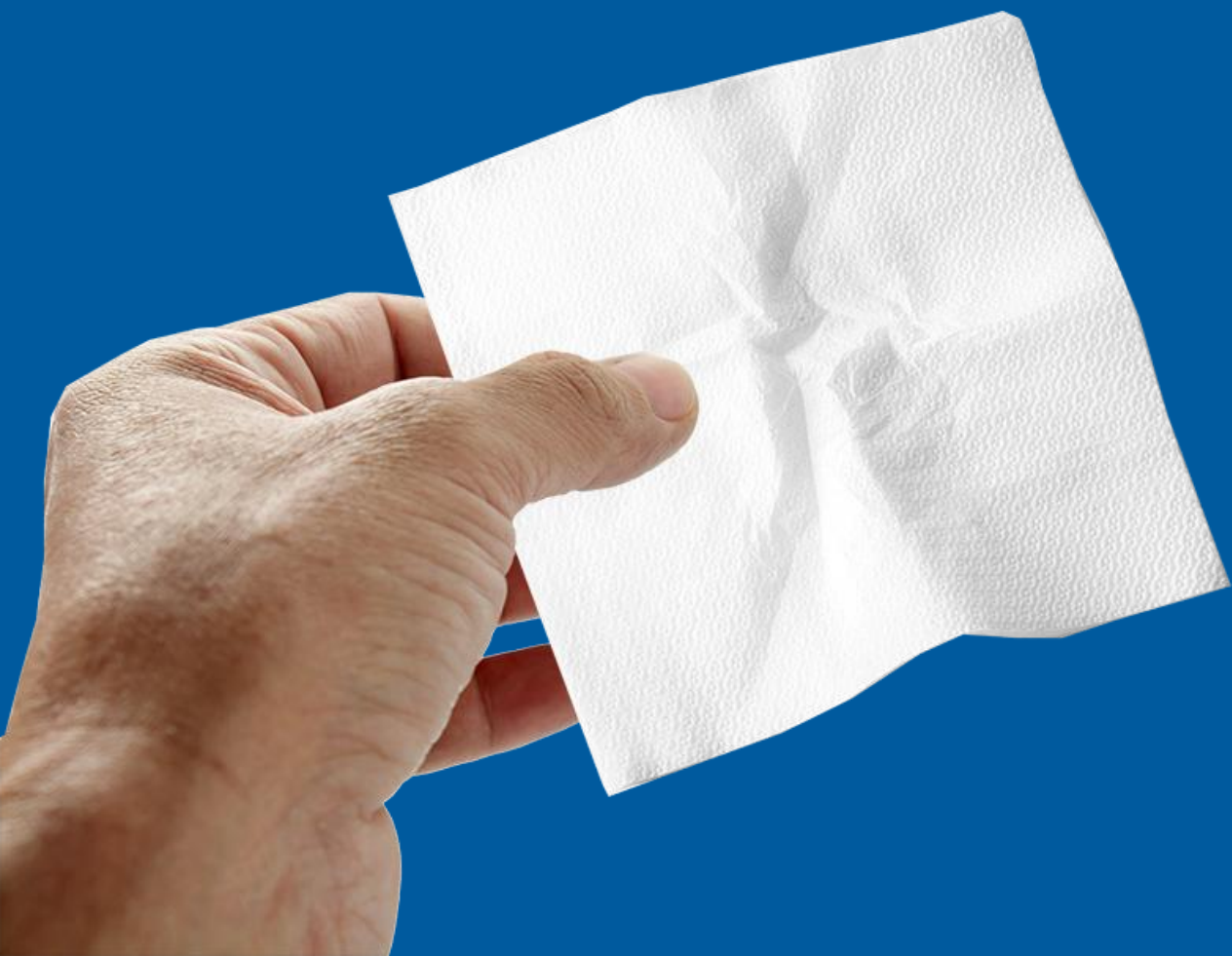
Empowerment and ownership

Don't say what needs to be done,
just share what is the needed to be done.

Don't suggest what can't be done.

Don't promise what you can't achieve.







Thank You
 Hesham Nabih
 hhn@hncl.com
 www.diabetesandmynation.com

