

## World Diabetes Day • November 14

### Suggested activities

The objective of this list is to support you in organizing activities that enable you to raise the issue of diabetes prevention in Nunavik in a pleasant and altogether different manner. Do not hesitate to be creative and to rely on successful activities already organized in your community by adding workshops on diabetes prevention and the promotion of healthy lifestyles.

#### **Social networks**

- Invite community members to participate in and share the activity organized on the Regional Board's (NRBHSS) Facebook page and encourage them to get involved in the activities organized for World Diabetes Day.
- Be a role model for your community, share your lifestyle changes and successes on your Facebook page (e.g., taking a walk every day at noon, going an entire day without pop, sharing your positive emotions at the end of the day).
- Share your recipes on your Facebook page along with photos of prepared dishes.
- Organize a photo contest on themes such as your happy place that helps you deal with stress, your favourite recipe, your favourite physical activity and so forth.

#### **Organize a community feast in a public place such as the community centre, the family house or even the school (with KI's permission)**

- Take this opportunity to share your healthy recipes with members of your community and discuss health issues that concern you, such as diabetes.
- Use the tools published on the Web site to encourage discussions between the participants.

## **Radio message**

- Use the questionnaire "Am I at risk for diabetes?" to raise awareness of the problem.
- Ask a community member who has diabetes to speak over radio, for example, to explain how he or she manages the disease (medical appointments, difficulties encountered, symptoms).

## **Organize a sports event or an outdoor activity**

- A walk.
- A bike ride.
- An Inuit games competition.
- A community dance.
- A friendly soccer, volleyball or hockey tournament.
- An ATV or snowmobile ride with a community meal.

## **Group information session**

- Find a community member who wishes to support the diabetes cause and invite him or her to join your discussion session.
- Find someone who wishes to be a mentor for the other group members (perhaps someone from the group or a community member who wishes to be involved in the support group).
- Use existing groups such as the hunting association, arts and sewing groups, women's groups, youth houses, elderly persons and so forth.
- Print the documents from the Web page to help fuel conversations.

## **Organize any other activity that encourages**

- Healthy eating,
- Physical activity,
- Stress management,
- Smoking cessation.