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OPENING DIALOGUE ON DIABETES

Kuujuuaq, November 16, 2018 – World Diabetes Day was on November 14th, prompting the Nunavik Regional Board of Health and Social Services (NRBHSS) to open dialogue on this chronic disease that affects several Nunavimmiut.

A contest was put together on the [NRBHSS Facebook page](#), inviting Nunavimmiut to share what they know about diabetes. This allows for light to be shed on their knowledge associated with the disease. After a week of discussions on Facebook, documents on what diabetes is, the risks associated with it and how to avoid it were shared with the public.

This event brought people together and opened dialogue. It is the starting point for a regional awareness campaign to enable health workers and community workers to establish focussed actions over the coming months. Funding is available for communities that can organize activities focused on nutrition and healthy lifestyles to combat diabetes. Through this awareness campaign, the NRBHSS fosters the creation of a concerted effort with the local and regional partners in order to face this multifaceted problem.

All the information on the campaign is available on the [NRBHSS' website](#).

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Québec Agreement. It is responsible for nearly the entire territory located north of the 55th parallel in terms of the provision of health services and social services for the inhabitants of the 14 communities.

– 30 –

Source: Nunavik Regional Board of Health and Social Services

For information: Anne Sellès
Communications Officer, NRBHSS
Tel.: 819 964-2222, extension 293