

DIABETES AWARENESS



Increasing the awareness of diabetes, early detection of diabetes, as well as increasing the practice of healthy eating and active living behavior is the first steps in combating this disease.



For more information regarding Aboriginal Diabetes Initiative Program, please contact SCHSS office
250 378 9745



SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

#103-2090 Coutlee Ave
P.O Box 3090
Merritt, BC V1K 1B8
Phone: 250-378-9745
Fax: 250-378-4962
Email: reception@schss.com

SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

ABORIGINAL DIABETES INITIATIVE PROGRAM



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The traditional lifestyle of the Aboriginal people was active and included eating healthy foods. Today lifestyles



have changed, people are not as active and they eat less healthy food. Aboriginal people have a higher risk of type 2 diabetes. The objective of the Diabetes program is to reduce Type 2 Diabetes by supporting health promotion and disease prevention.

Community Services

Once a year the Seabird Island Diabetes Mobile

Seabird Mobile Diabetes Team



Living Well Together

Team comes to provide blood testing for diabetes and cholesterol. They also do eye testing for Retinopathy.

Quarterly visits by a Diabetic Nurse Educator also provides clients with diagnostic readings on their muscle mass, BMI's , weight and recommended caloric intake to sustain a healthy body weight and goal setting for optimum health.



Burnaby
Orthopaedic
& Mastectomy

Burnaby Orthopedics and Mastectomy visit a minimum of two times a year to provide Foot

Orthotics, Pre- sized & custom Bracing, Mastectomy products, Wound Care Management and compression Therapy.

Community Service's Continued

A food skill for Families Program is a six week program with a fun way to learn how to cook nutritious, healthy meals. There is focus around meal planning and smart shopping.



FOOD, NUTRITION,
& BASIC SKILLS

Once a month Walk- Vitals Group Clinics are held in each community giving members the opportunity to participate in a health walk or just get their vital signs taken. Education around healthy lifestyles is a main objective.

