



Aboriginal Diabetes Initiative Resources

Traditional Wellness Resources, Nutrition & Physical Activity

Please visit the FNHC Community Health web page for
a comprehensive list of all resources:

www.fnhc.ca/index.php/initiatives/community_health

Includes:

First Nations ActNow

Nutrition

Physical Activity

Traditional Medicine

Environmental Health

Diabetes

HIV/AIDS

Injury Prevention

Some of the valuable resources have been captured here for your
easy access, as well, as providing phone numbers in case you do not
have access to the Internet.

Aboriginal Diabetes Initiative Resources:

Traditional Medicine Resources

The following resources have been compiled to provide knowledge, community support, and capacity building around preserving and cultivating traditional practices and medicines. Embracing and embracing traditional wellness will bring a holistic approach to the health and wellness of BC First Nations.

Traditional Healing websites

World Health Organization

www.who.int/mediacentre/factsheets/fs134/en/

WHO is the directing and coordinating authority for health within the United Nations. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

Prometra: The Association for the promotion of Traditional Medicines.

www.prometra.org

An international organization for the preservation and restoration of the ancient arts of traditional medicine

National Center of Complimentary and Alternative Medicine, NCCAM

nccam.nih.gov/news/camsurvey_fs1.htm

NCCAM's mission is to explore complementary and alternative healing practices in the context of rigorous science, train CAM researchers, and disseminate authoritative information to the public and professionals.

Report of the Royal Commission on Aboriginal Peoples: traditional health and healing

www.ainc-inac.gc.ca/ch/rcap/sg/sim3_e.html

A Health Canada document on policy changes to better the life of Aboriginal peoples of Canada



Health resource links around the world:

www.nativeweb.org/resources/health_elder_resources/

Resources for Indigenous Cultures around the World

Native Science: What is Traditional Knowledge?

www.nativescience.org/html/traditional_knowledge.html

Information on traditional teachings, food, and local systems of traditional knowledge from the Arctic.

Traditional Healing Toolkits and Documents

Sacred Ways of Life - Traditional knowledge. Prepared by Crowshoe Consulting INC

www.naho.ca/firstnations/english/documents/FNC-TraditionalKnowledgeToolkit-Eng_000.pdf

Traditional knowledge community toolkit.

Traditional Medicine in Contemporary Contexts: Protecting and Respecting Indigenous Knowledge and Medicine. Prepared by Dr Dawn Martin Hill

www.naho.ca/english/pdf/research_tradition.pdf

An in depth document discussing Traditional Medicine and its role in society today.

Handbook and Resource Guide to the Convention on Biological Diversity

www.naho.ca/publications/biodiversityGuide.pdf

An Overview of Traditional Knowledge and Medicine And Public Health in Canada

www.naho.ca/publications/tkOverviewPublicHealth.pdf

Aboriginal Healing and Wellness Strategy.

www.ahwsontario.ca/publications/Traditional%20Healing%20Guidelines_2004.pdf

Detailed report on Draft Guidelines for Traditional Healing Programs, February 2002.

CIHR Guidelines for Health Research Involving Aboriginal People.

www.cihr-irsc.gc.ca/e/documents/ethics_aboriginal_guidelines_e.pdf

Guidelines prepared by the ethics office of the Canadian Institute of Health Research to assist researchers and institutes to carry out ethically and culturally competent research involving Aboriginal peoples.

Tobacco Cessation Websites

This youth friendly website has a lot of tobacco information, cessation resources, teacher resources, and aboriginal specific materials.

www.tobaccofacts.org/

Centre of Addiction and Mental Health provides many resources available in PDF and to order on tobacco, alcohol and other drugs.

www.camh.net/index.html

Centre for Addictions Research of BC provides tobacco toolkits for teachers through the various grades. Also available are Actnow products for order or to download.

www.carbc.ca/

BC Lung Association has many resources on tobacco cessation.

bc.quitnet.com/

Health Canada- Quit 4 Life: Break the Habit. A website tailored for youth and tobacco cessation.

www.quit4life.com/

Aboriginal Diabetes Initiative Resources:

Nutrition

The following resource links will get you started in the right direction when looking for reliable nutrition information, program ideas that will be relevant for your community as well as few potential funding sources. Some of these resources have components that are specially designed for aboriginal people, while others give us a great starting point, to develop something that will really work in our community.

Food Guides

Eating Well with Canada's Food Guide – First Nations, Inuit and Metis;

www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php

www.myfoodguide.com

Use this on-line tool that allows you to create your own personal food guide including your choice of store, grown and traditional foods. You can also use this as a framework for the development of your own community food guide.

Healthy Eating

BC Healthy Living Alliance – Healthy Eating Programs:

www.bchealthyliving.ca/healthy_eating

Healthy Food and Beverages at School, Work and Play – *Making changes in schools, recreation facilities and local government buildings.*

Farm to School Salad Bar – *Bringing fresh, locally-grown produce directly to BC kids*

Food Skills for Families – *Helping BC's most vulnerable families learn to select and prepare healthy food*

Sip Smart! – *Teaching BC kids to stop the pop habit*

School Nutrition

Making it Happen Healthy Eating At School

www.knowledgenetwork.ca/makingithappen/index2.html

Act Now BC – School Fruit & Vegetable Snack Program:

www.aitc.ca/bc/snacks/

(BC Agriculture in the Classroom Foundation)

School meal programs - Directorate of Agencies For School Health -

www.dashbc.org



Brand Name Foods List - Is your packaged food a CHOOSE MOST choice?

www.brandnamefoodlist.ca/default.aspx

Actions Schools BC:

www.actionschoolsbc.ca/Images/Top%20Menu/FoodFit.pdf

Menu Planning:

www.mealsmatter.org/

Cooking Programs

Kids in the Kitchen

www.youville.ca/english/links.html

Food Skills For Families Aboriginal – Canadian Diabetes Association BC Region

604-732-1331

Food Safety

Food Safe – Level 1 Food Safe Training is available through - First Nations Health Authority Environmental Public Health Services. For more information contact the Environmental Health Officer for your area:

www.fnha.ca/what-we-do/environmental-health/contact-environmental-health

Food Security

Toronto Food Share website:

www.foodshare.net/goodfoodbox01.htm

Information on Good Food Box Programs, Community Kitchens and other practical food security initiatives.

BC Food Systems Network

www.fooddemocracy.org

Working Group on Indigenous Food Sovereignty

Aboriginal Agricultural Initiative

www.iafbc.ca/funding_available/programs/AAI/aa.htm

Fresh Choice Kitchens

www.communitykitchens.ca

Information on how to start a community kitchen, including getting started, how to find a kitchen near you, recipes etc.

Traditional Foods

Centre for Indigenous Peoples Environment & Nutrition

www.mcgill.ca/cine/

Healthy Eating and Special Diet Info

Dial A Dietitian

www.dialadietitian.org

Free Nutrition Info Just a Call Away (1-800-667-3438)

Dietitians of Canada Consumer Resources – Eat Well Live Well:

www.eatwelllivewell.ca

Healthy Eating is In Store

www.healthyeatingisinstore.ca

Take the virtual grocery tour to learn more about reading food labels

Aboriginal Diabetes Initiative Resources:

First Nations Physical Activity Resources

The following resources provide support, outreach, coaching, training or capacity building events and opportunities to help create community social and physical environments that are supportive of regular physical activity; and to increase knowledge and develop personal skills to enable First Nations to adopt and sustain healthy, active lifestyles.

National

Aboriginal Sport Circle of Canada

Roundpoint Building RR 3
Akwesasne Mohawk Territory
Cornwall Island, ON K6H 5R7
Tel (613) 938-1176
Fax (613) 938-9181
Email: executivedirector@aboriginalsportcircle.ca
www.aboriginalsportcircle.ca/main/about.html

Information on athlete support, coach development, programs, and camps.

Provincial Offices

First Nations

Aboriginal Sports and Recreation Association of BC

4-2475 Mt. Newton X Road
Saanichton, BC
V8M 2B7
Tel: 250-544-8172
Fax: 250-544-8173
Email: asra@asra.ca
www.asra.ca/Content/About%20Us/Index.asp
Aboriginal Coaches Manual, programs, camps, and youth council.



First Nations Clubs, Events, Leagues, and Programs

First Nations Athletes and Reading Bridge

Through Sport Program

UBC Community Affairs

Ryanne James

Tel: 604.822.4755

Cell: 604-317-7842

Email: Ryanne.james@ubc.ca

www.communityaffairs.ubc.ca/bts/readingclub.html

First Nations Basketball

All-Native Basketball Tournament

Prince Rupert, BC

Email: ant@citytel.net

www.allnativetournament.ca/?page=home

First Nations Canoeing

Seabird Island Indian Band

2895 Chowat Road, Agassiz, B.C. V0M 1A0

Phone: 604-796-2177

Fax: 604-796-3729

Email: angiechapman@seabirdisland.ca

www.seabirdisland.ca/community/eventsponsor.html

Seabird Festival; War canoe races; All Native Soccer Tournament; All Native Ball Hockey

First Nations Golf

Musqueam Golf Course and Learning Academy

3904 West 51 Ave.

Vancouver, BC V6N 3W1

Phone: 604-266-2334

Fax: 604-266-2334

Email: info@musqueamgolf.com

www.musqueamgolf.com

Nk'Mip Canyon Golf Course

37041-71st St., PO Box 1949,

Oliver, BC V0H 1T0

Toll-free: 1-800-656-5755

Phone: (250) 498-2880

www.nkmipcanyon.com/

Skaha Meadows Golf Course

Mail: # 113 - 437 Martin Street, Box # 202

Penticton, British Columbia, V2A 5L1

Phone: 250-492-7274

Email: golf@skahameadowsgolf.com

www.skahameadowsgolf.com/

Sonora Dunes Golf Course

1300 Rancher Creek Road

Osoyoos, BC V0H 1V6

Phone: 250-495-4653

Email: info@sonoradunes.com

www.sonoradunes.com/

Tsawwassen Golf & Country Club

1595 - 52nd Street,

British Columbia V4M 2Z4

Phone: 604-943-2288

Fax: 604-943-6117

Pro Shop: 604-943-3911

Email: info@tsawwassengolf.ca

www.tsawwassengolf.ca/

First Nations Hockey

Seabird Island Indian Band

2895 Chowat Road, Agassiz, British Columbia

V0M 1A0

Phone: 604-796-2177

Fax: 604-796-3729

Email: angiechapman@seabirdisland.ca

www.seabirdisland.ca/community/eventsponsor.html

Seabird Festival; War canoe races; All Native Soccer Tournament; All Native Ball Hockey

First Nations Running

Honour Your Health Challenge

Contact: Denise Lecoy

Phone: 250-216-4576

Fax: 250-276-4707

Email: Denise.Lecoy@gov.bc.ca

www.honouringourhealth.ca

UBC Team - Aboriginal Runners, Cyclists, and Hikers

www.facebook.com/grohttp://www

tsawwassengolf.ca/up.php?gid=5878994369

First Nations Snowboarding

First Nation Snowboard Team

Aaron Marchant FNST Founder / Operations Manager

Direct: 604-982-8632

Fax: 604-980-4523

Toll Free: 1-877-628-2288

Email: aaron_marchant@squamish.net

www.fnriders.com/

First Nations Soccer

Namgis First Nation Soccer Tournament

National Aboriginal Day June Sports

Father's Day (Annual)

Alert Bay, B.C.

Phone: 250-974-5556

Email: donalds@namgis.bc.ca

www.june-sports-08.yikesite.com/

Seabird Island Indian Band

2895 Chowat Road, Agassiz, British Columbia
V0M 1A0

Phone: 604-796-2177

Fax: 604-796-3729

Email: angiechapman@seabirdisland.ca

[www.seabirdisland.ca/community/
eventsponsor.html](http://www.seabirdisland.ca/community/eventsponsor.html)

Seabird Festival; War canoe races; All Native Soccer Tournament; All Native Ball Hockey

UBC and Musqueam Soccer Tournament

For tournament details:

UBC Community Affairs

Ryanne James

Tel: 604-822-4755

Cell: 604-317-7842

Email: Ryanne.james@ubc.ca

[www.publicaffairs.ubc.ca/media/
releases/2005/mr-05-086.html](http://www.publicaffairs.ubc.ca/media/releases/2005/mr-05-086.html)

First Nations Walking

Honour Your Health Challenge

Contact: Denise Lecoy

Phone: 250-216-4576

Fax: 250-276-4707

Email: Denise.Lecoy@gov.bc.ca

www.honouringourhealth.ca



Community Sports and Recreation Programs

BC Association of Aboriginal Friendship Centres

#200 - 506 Fort Street Victoria BC V8W 1E6

Phone: (250) 388-5522

Fax: (250) 388-5502

There are 24 Aboriginal B.C. Friendship Centres in B.C. listed below and each centre's contact information can be found on the following website:

www.bcaafc.com/content/view/15/278/

Programs with First Nations Involvement and Valuable Resources

2010 Legacies Now

www.2010legaciesnow.com/250/

Aboriginal Sport Development

Game Plan BC, Athlete Support

www.2010legaciesnow.com/game_plan_bc/

Spirit of BC Week

www.spiritofbc.com/

Action Schools BC

www.actionschoolsbc.ca/content/home.asp

utilized in over 70 BC First Nation Schools

Act Now BC

Email: actnow@gov.bc.ca

www.actnowbc.gov.bc.ca/

Tips for Family, Youth, Adults, Pregnancy, Physically Challenged, and Seniors

Activator Widget

www.healthycommunity.ca/ActNow/Default.aspx

challenge yourself or another community in physical activities

Arthritis Society, Joints in Motion

British Columbia and Yukon Division Office

#200 - 1645 West 7th Avenue

Vancouver, BC. V6J 1S4

Phone: 604-714-5550

Fax: 604-714-5555

Vancouver Island: Trish Duncan

Email: tduncan@bc.arthritis.ca or

250-519-4001

Vancouver and Lower Mainland inquires,

please contact: Emily Shandruk

Email: eshandruk@bc.arthritis.ca or

604-714-5569

Toll free: 1-866-414-7766

www.arthritis.ca/local%20programs/bcyukon/JIM/default.asp?s=1

BC Association of Kinesiologist

102 - 211 Columbia Street

Vancouver BC V6A 2R5

Phone: 604.601.5100

Fax: 604.681.4545

Email: office@bcak.bc.ca

www.bcak.bc.ca/findakinesiologist.php

Find a Kinesiologist in your Area

BC Healthy Communities

Library, Funding, Toolkits, and other resources

Phone: 250-356-0892

Toll free: 1-888-356-0892

Email: bchc@bchealthycommunities.ca.

www.bchealthycommunities.ca/Content/Resources/Index.asp

BC Health Living Alliance

www.bchealthyliving.ca/

Fifteen initiatives implemented by members of the alliance under four major strategies: Physical Activity, Healthy Eating, Tobacco Reduction, Community Capacity.

BC Recreation and Parks Association (BCRPA)

#101 - 4664 Lougheed Hwy.

Burnaby, BC V5C 5T5

Phone: 604-629-0965

Fax: 604-629-2651

www.bcrpa.bc.ca

BC Healthy Living Alliance initiatives:

Walk BC

Lindsay Richardson, Coordinator

Email: lrichardson@bcrpa.bc.ca

www.bchealthyliving.ca/node/105

Everybody Active

www.bchealthyliving.ca/node/106

Community Based Awareness Initiative

www.bchealthyliving.ca/node/107

Built Environment and Active Transportation Initiative

www.bchealthyliving.ca/node/108

Fitness Programs

Aquatic, aerobics, and pilates fitness, weight training and personal training, and osteofit Fitness Leader Registration Courses (incl. Distance), Workshops, Conferences, and Events

www.bcrpa.bc.ca/fitness_program/registration/fitness_specialties/fitness_leader.htm

Recreation and Parks

Active Communities

The initiative mobilizes and collaborates with communities, local governments, First Nations and partner organizations to promote healthy lifestyle choices, increase accessibility to physical activities and build supportive community environments. There are currently over 26 Aboriginal communities registered.

Email: activecommunities@bcrpa.bc.ca

www.activecommunities.bc.ca/wp/

Other Active Communities resources:

www.activecommunities.bc.ca/wp/programs-tools/program-opportunities/other-program/

Active Workplace, Workbooks, Active Aging, Literature review, Active Transportation, Action plan



High Five, Quality assurance for programs aimed at children 6-12. The Aboriginal Supplement can be found at:

www.bcrpa.bc.ca/recreation_parks/recreation/high_five/documents/Aboriginal.pdf

Everybody Gets to Play

www.bcrpa.bc.ca/recreation_parks/everybody_gets_to_play/information_overview.htm
economic support

Playground Safety Course

www.bcrpa.bc.ca/recreation_parks/parks/playground_safety.htm

Walking Programs

www.bcrpa.bc.ca/walking/default.htm
pedometer handbooks

Women in Leadership

www.bcrpa.bc.ca/recreation_parks/recreation/women_leader.htm

Youth Workers

www.bcrpa.bc.ca/youth/default.htm

Canadian Association for the Advancement of Women and Sport and Physical Activity

N202 - 801 King Edward Avenue
Ottawa, ON, Canada K1N 6N5
Phone: 613-562-5667
Fax: 613-562-5668

www.caaws.ca/e/about/contact_us.cfm

Mothers in Motion

www.caaws.ca/mothersinmotion/home_e.html

Physical Activity for Women aged 55 to 70

www.caaws.ca/women55plus/index.cfm

Active and Free of tobacco

www.caaws.ca/activeandfree/e/index.cfm

Girls at Play

www.caaws.ca/girlsatplay/

Active Strategy

www.caaws.ca/active/eng/

On the Move

Email: snmillar@caaws.ca

www.caaws.ca/onthemove/e/index.htm

Canadian Fitness and Lifestyle Research Institute

201-185 Somerset Street West
Ottawa, Ontario K2P 0J2
Contact: Christine Cameron
Email: ccameron@cflri.ca

www.cflri.ca/eng/about/structure.php

Canadian Sport For Life, Useful information on Physical Literacy.

www.ltad.ca/content/home.asp

The Coaches Association of BC

#200 - 3820 Cessna Drive
Richmond, BC V7B 0A2
Phone: 604-333-3600
Fax: 604-333-3450
Email: info@coaches.bc.ca

www.coaches.bc.ca/about/contactus.html

Get Active Now® Canada, enabling individuals with disabilities

213-120 Ottawa Street North
Kitchener, Ontario N2H 3K5
Fax: (519) 568-8924

Phone: 1-800-311-9565

Email: infocanada@getactivenow.ca
canada.getactivenow.ca/who_org.asp

Health Canada, Summer Active

BC Office

Mr. Robin Shantz, BCRPA Communications

Coordinator

101 – 4664 Lougheed Hwy

Burnaby, BC V5C 5T5

Phone: 604-629-0965 ext. 42

Fax: 604-624-2651

Email: rshantz@bcrcpa.bc.ca or Sharon.

Meredith@bcrcpa.bc.ca

www.summeractive.ca/en/resources/aboriginal.aspx

First Nations, Inuit, and Métis healthy living tips

Hearts in Motion™ Walking Club

Heart and Stroke Foundation of BC & Yukon

Toll Free: 1-888-473-4636 ext. 364

Email: ttang@hsf.bc.ca

www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3757991/k.C97D/Hearts_in_Motion8482_Walking_Clubs.htm

A program encouraging people to participate in regular physical activity by walking.

Healthy Hearts Society

260 - 1401 West 8th Avenue

Vancouver, BC V6H 1C9

Phone: 604-742-1772

Toll Free: 888-742-1772

Fax: 604-742-1773

Email: cnorth@healthyheart.bc.ca

Events, brochures, and promotion

Hearts at School

www.heartbc.ca/heartsatschool.html

Video, events, and manual

Hearts at Work

www.heartbc.ca/heartsatwork

Video, events, and manual

HeartSmart Fitness Wheel

Heart and Stroke Foundation

Toll Free: 1-888-473-4636

www.heartandstroke.ca

Tips to become physically active

Kid Sport

Contact: Pete Quevillon

Phone: 604-333-3430

Email: Pete.Quevillon@sport.bc.ca

sport.bc.ca/programs/kidSportBC/

Grants for 6-18 years old

ProMOTION Plus

227 – 3820 Cessna Drive

Richmond, BC V7B 0A2

Phone: 604-333-3475

Toll Free: 1-877-55-PROMO

Fax: 604-333-3450

Email: info@promotionplus.org

www.promotionplus.org/content/home.asp

Programs and Services, Awards, Grants, and Library



Social Planning and Research Council of British Columbia

201 - 221 East 10th Avenue, Vancouver, BC,
Canada V5T 4V3

Contact: Jim Sands

Phone: (604) 718-7733

Fax: (604) 736-8697

Email: jsands@sparc.bc.ca

www.sparc.bc.ca/everybodys_welcome

*Everybody's Welcome, Understanding Social
Inclusion*

Sports BC

[www.sport.bc.ca/aboutSportBC/
membershipInfo/](http://www.sport.bc.ca/aboutSportBC/membershipInfo/)

64 BC Sport organizations

Sport Med BC

1325 Keith Road

North Vancouver, BC V7J 1J3

General Enquiries: (604) 903-3880

SportMed RunWalk Clinics: (604) 903-3883

SportMed Safety: (604) 903-3884

SportMed Nutrition: (604) 903-3888

SportMed Performance (604) 903-3881

Toll Free in BC: 1-888-755-3375

Fax: (604) 929-3877

Email: info@sportmedbc.com

Nordic Walking

www.sportmedbc.com/nordicwalk.php

Run Walk Programs, Honor Your Health Challenge

www.sportmedbc.com/hyhChallenge.php



1205-100 Park Royal South, West Vancouver, BC V7T 1A2

Toll-free in BC: 1.866.913.0033 T. 604.913.2080

www.fnhc.ca