

# Aboriginal Diabetes Initiative (ADI)

The Aboriginal Diabetes Initiative (ADI) includes the following program components:

- promotion,
- prevention,
- screening and care,
- capacity,
- surveillance,
- research, evaluation and monitoring, and
- National coordination.

The Aboriginal Diabetes Initiative ensures access to prevention and promotion programs which emphasize healthy eating and active living, and build awareness of diabetes around issues such as risk factors and complications. The program also provides resources for screening and care and resources to train health service providers and improve access to their services in communities.

Ultimately, the ADI aims to reduce the rate and occurrence of diabetes among Gitksan people and to improve the health status of individuals, families and communities. To reduce the occurrence of type 2 diabetes and its complications in Gitksan people the ADI supports a range of health promotion, prevention, screening and care activities that are community-based and culturally appropriate. Our Objectives are to:

- Increase awareness of diabetes, diabetes risk factors, diabetes complications, and of the strategies to prevent diabetes and diabetes complications among aboriginal people.

- Increase practice of healthy eating and active living behaviors among First Nations and Inuit
- Increase the early detection of diabetes in First Nation and Inuit Communities
- Improve the practice of diabetes self management among First Nations and Inuit
- Increase Ownership and capacity to combat diabetes

Service providers may include but are not limited to:

- Doctors,
- Nurses,
- Nutritionists,
- Exercise specialists, and
- Diabetes lay-workers;