



Diabetes Information Group

DIVERSITY IN DIABETES

a cultural approach for care

Welcome to our first Diabetes Information Group (DIG) newsletter. This quarterly publication will be your resource for information about BDB's hybrid monthly DIG program and ways to connect to **resources, recipes and reasons** to promote healthy living. Breaking Down Barriers has been supporting people living with diabetes through its monthly DIG program for over 18 years. Now, thanks to a Town of Collingwood Recreation and Culture grant, we are pleased to build on the existing program by introducing **Diversity in Diabetes: "a cultural approach for care"**.

This new initiative empowers participants to embrace the importance of maintaining a healthy lifestyle. Through education, connections, local field trips, cultural cooking workshops, exercise and support, DIG has something for everyone.

Plus, you don't have to be living with diabetes to join DIG. Anyone wanting to find ways for better health and wellness is encouraged to join.

WHAT TO EXPECT WHEN YOU JOIN DIG

- A friendly and welcoming environment
- Choice of in-person or virtual participation
- Support and sharing of experiences
- No cost to join
- Variety of topics, field trips, presentations from professionals and cooking workshops
- Information on best practices
- Monthly draw for great prizes

This series is made possible by:



EDUCATIONAL FIELD TRIPS

Diabetes Information Group



Orchard Health Foods



Black Ash Gardens, Organic Farm



The Physio Hub Collingwood



Pastry Chef :
Diabetic-Friendly Apple Strudel



Don't let diabetes stand in the way of enjoying life.



Fast Facts



Diabetes may be managed with monitoring, medication, diet and lifestyle changes.

Lose extra weight.



- Losing weight reduces the risk of diabetes

Be more physically active.



- There are many benefits to regular physical activity.

Eat healthy plant foods.



- Plants provide vitamins, minerals and carbohydrates in your diet.

Eat healthy fats.



- Skip fad diets - make healthier choices.

Diabetes occurs when your body does not properly process food as energy.

- You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, or are overweight or have obesity.
- Have you or a loved one recently been diagnosed with diabetes? Diabetes Canada can support you on your journey with a variety of resources and tools.



The Big Picture



RISING NUMBER DIAGNOSED

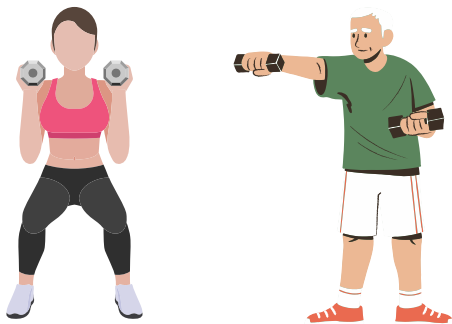
In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the population has aged and become more overweight or obese.

DIABETES CAN BE MANAGED WELL

People with diabetes can still live well in spite of their condition. In fact, the ways they can stay well are not much different from the ways everyone else does.

Moderate regular exercise and weight loss or control can go a long way to helping minimize the symptoms of diabetes and complications that can result from it.

Also, those who discover early on that they have diabetes have a much better chance of being able to keep it under control.



DIABETES MEAL PLANNING DOESN'T HAVE TO BE COMPLICATED

The main dietary restrictions a person with diabetes should practice are avoiding excess sugar, unhealthy fats (i.e. saturated and trans fats), sodium and cholesterol. But this doesn't have to be difficult.

It is possible to eat healthy even on a tight budget. Watching your carb consumption, eating fiber-rich foods—like green vegetables and fresh fruits—and consuming lean meats and other healthy sources of protein can all help your body stay healthy while you deal with diabetes.



For more information on how to join our monthly Diabetes Information Group (DIG) Diversity in Diabetes: "a cultural approach for care"

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breakingdownbarriers.ca



Did You Know

You can still have birthday cake or that treat from time to time, you just have to plan for it.