

HEALTHY LIVE



BULLETIN D'INFORMATION

WINTER 2009

Regional bulletin first edition

Welcome to this first edition of the regional First Nations of Québec and Labrador Health and Social Services Commission (FNQLHSSC) newsletter, on the subject of healthy living. **Prevention** is a key element in its content. All its articles will promote healthy lifestyle habits.

The diseases that are common today, such as cancer, diabetes and cardio-vascular problems, are usually a result of sedentary lifestyles and diets **rich in fat and sugar**.

Growing numbers of health specialists have written about the relationship between healthy eating and disease prevention. This is very en-

couraging. If nothing is done to reduce the prevalence of obesity and weight problems, many young people will develop cardio-vascular disease and type 2 diabetes before the age of 30, and will run the risk of dying from cardio-vascular complications. They are the first generation to be exposed to a life expectancy lower than that of their parents.

This first edition of the newsletter coincides with the beginning of a new year – the ideal time to adopt a resolution to eat better and exercise more by identifying an enjoyable physical activity or sport. In 2009, we hope you will move to make health one of your main priorities!

Your ideas, stories about successful initiatives, information, discoveries and other items will be most welcome. Our aim is to make this newsletter as interactive as possible.

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WHAT THE ELDERS SAY



My father's name is Edmond Moar. He is 76 years old and is originally from the Manawan community.

My mother's name is Thérèse Dubé. She is 72 years old, and is also from Manawan.

Both would like to wish Newsletter readers a happy and achievement-filled 2009. They encourage eve-

ryone who works in the health sector to continue their efforts to help people take responsibility for themselves. My father says a person needs to be active to stay in shape. He walks a lot in the forest, and believes this is what enables him to stay healthy.

My parents hope today's parents and young families will take good care of their chil-

dren. In their day, parents did not allow their children outside at night. They also believe young people should be our priority, because they are the adults of tomorrow.

They hope the entire Aboriginal population of Québec will have an excellent 2009.

Summary by Francine Moar.

NEWS



KIRANO Project

In the fall of 2008, nine First Nations participants from the Québec City region took part in an innovative eight-week healthy lifestyle program known as KIRANO, which included intensive training sessions led by athlete David Gill and healthy living workshops led by two nutritionists.

The project appears to have been a resounding success. At the closing event, participants spoke of their experience in eloquent terms. The positive outcome was also due to the col-

laboration of our partners, namely the Québec City Native Friendship Centre, the Société de communication Atikamekw-Montagnais (SOCAM), TotalCoaching Inc, and Dr. Christian Sioui, and would not have been possible without a financial contribution from Health Canada, under the off-reserve and urban Aboriginal Diabetes Initiative (ADI) program. We are now planning the second edition of *KIRANO* and are considering the possibility of implementing it in the communities.



KIRANO

WWW.GOKIRANO.COM



AN INSPIRING ROLE MODEL



Radio Interview with Serge Bouchard

Tuesday, August 12, 2008, 7 p.m. to 8 p. m.

Guest : Dr **Stanley Volant**

Broadcast subject: Presentation of Olympic marathon runner Tom Longboat, who is originally Iroquois.

Here is an excerpt from the program :

Dr Volant talks about his passion for walking and running.

Serge Bouchard:

S.B.: A people with such a strong culture! How do you explain the current decline [seen] in the reserves?

S.V.: Explanations:

- Loss of pride.
- Loss of tradition.
- Loss of traditional food: allergy to the North American diet, about 70% of which is sugar.

- Plus lack of exercise. Traditional activities have been replaced by television. All people do now is walk across the street to buy a hot dog and fries.

These days, the level of diabetes among Aboriginal people is between four and five times higher. In the space of one or two generations, there has been a catastrophic increase in diabetes and other diseases associated with changing lifestyles. And he added: Young people no longer go into the forest. And yet, everything is there,

it's easy. There's no need for special equipment, skating rinks or whatever. Walks in the forest, canoeing, snowshoeing, physical, spiritual and mental healing. All you have to do is admire nature. In the old days, our ancestors did *tétraklon* as a means of surviving: walking, jumping, canoeing and running. And they ate properly, **traditional foods**. **Walking** allows people to reconnect with a physical space, and with the world. There's a meditation-related aspect, and the activity is shared with other walkers.

Aim to be healthy, Chronicle

In these times of economic uncertainty, here's a worthwhile investment!

We hope it will be effective and profitable for you!

AIM FOR HEALTH and ACHIEVE YOUR TARGETS

It's up to us to invest in :

- physical activity
- a healthy diet

Investing in physical activity: The recommended level is 30 minutes (or 10,000 steps) per day. But less than 30 minutes is better than nothing at all ...

As encouragement:

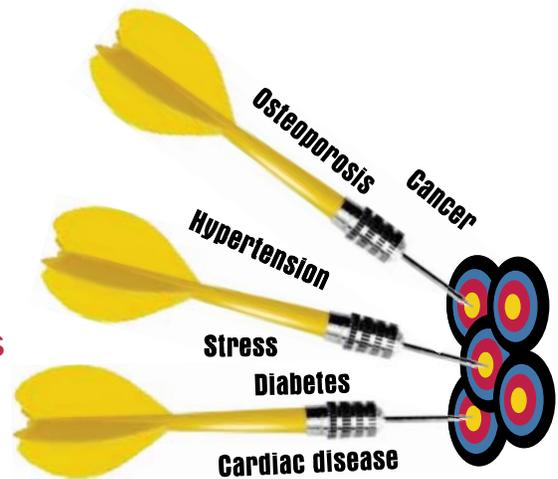
- Choose an activity you enjoy (e.g. walking, cycling, swimming, etc.) and
- That fits into your routine (e.g. taking your children to school, going to the post office).
- You might perhaps invite someone to go along with you ... or join a group ... or enjoy a few minutes of solitude ... or listen to music.
- By selecting a natural environment, you can observe, contemplate, admire, pick fruit, take photographs, and so on.
- After the activity, congratulate yourself and enjoy the sense of satisfaction!

For safety's sake:

- Pace yourself and increase your rate of exercise gradually.
- Walk towards oncoming traffic.
- If it is dark, take a flashlight and/or wear reflective strips (you can make them yourself using self-adhesive material or tape).

Appreciate what you've done – every new step, every new initiative:

- Every day, a person takes between 3,500 and 5,000 during their regular activities. It's a good start!



- Observe the effects of physical fitness in the community.
- Be imaginative and curious, and devise attractive family activities.

Invest in a healthy diet: The most profitable recommendation: Start by eating at least five portions of fruits and vegetables per day.

As encouragement, and to obtain the best effects:

- Choose products that are in season (less expensive) and those that are easier to store, or that stay fresh for longer.
- E.g. In January, clementines, turnip, carrots and cabbage are all in season
- Choose foods that have undergone as little processing as possible.
- Vary your choices.
- Exchange tips and recipes with friends and family members.
- Cook with other people (e.g. soup, chilli con carne (see recipe), meatloaf, fruit salad (see recipe), cranberry cookies).
- Keep fruit and raw vegetables handy, on the table or in the fridge.



TESTIMONY



Yves Michel,
a participant in the first edition of Kirano,
talks about his impressions



Photo : Marie Bélique

My motivation :

"I enrolled as soon as I heard about the program, and was very pleased to be chosen. I never managed to stay the course in regular programs, but it was different for Kirano because the three components, physical fitness, outdoor activities and cooking workshops, all work together."

My experience :

"When I go to the grocery store with my son, he notices that I'm making different choices now. I'm

more careful about what I eat. I don't go to restaurants as much, although I allow myself a treat once a week! Now, though, my health is my priority. It's made me realize how important my health is."

"I found the program hard at first, but I persevered. Today, I feel good. I take walks, I eat breakfast every day, and I've become addicted to fruits and vegetables. I make fruit kebabs."

The results :

"It's a long-term change, both for me and my health. The hard times are in the past now. I feel 85% better. I could run a marathon. I've started jogging."

My advice :

"If you hear about Kirano, I heartily recommend it. And if you're young, I'd say: register now, for the sake of your health and your future."

NEWS OF COMMUNITIES

WALKING TO HEALTH de Marie Pagé, diététiste Centre de Santé de Mashteuiatsh

As part of Mukushan 2008 (a traditional spring gathering for migratory bird hunting), the Mashteuiatsh Health Centre organized two walks, one of 15 km and the other of 5 km, to promote physical activity as part of a holistic approach to health.

All Mashteuiatsh families were invited to take part in the event, which was held on **Saturday, May 10, 2008, on the site of Pehkupessekau (Racine Point)**. In all, 193,800 steps were taken, for a total distance of 155 km.

As encouragement to continue



walking after the event, every participant received a pedometer and a backpack, courtesy of Health Canada. The walk was made possible thanks to the contributions of several Lac-Saint-Jean Montagnais Council departments, particularly the Heritage, Culture and Territory Department, which was re-

sponsible for the event.

Healthy snacks, including bottles of water, were served to participants during the walk. In addition, participants sang a theme song about Health Centre programs, composed by the Centre's care team.

We would like to thank everyone who helped organize or took part in the event; without them, the activity would not have been possible. "Tshinishkumitin, thank you!" for your energy and interest. See you again next year!

GAME

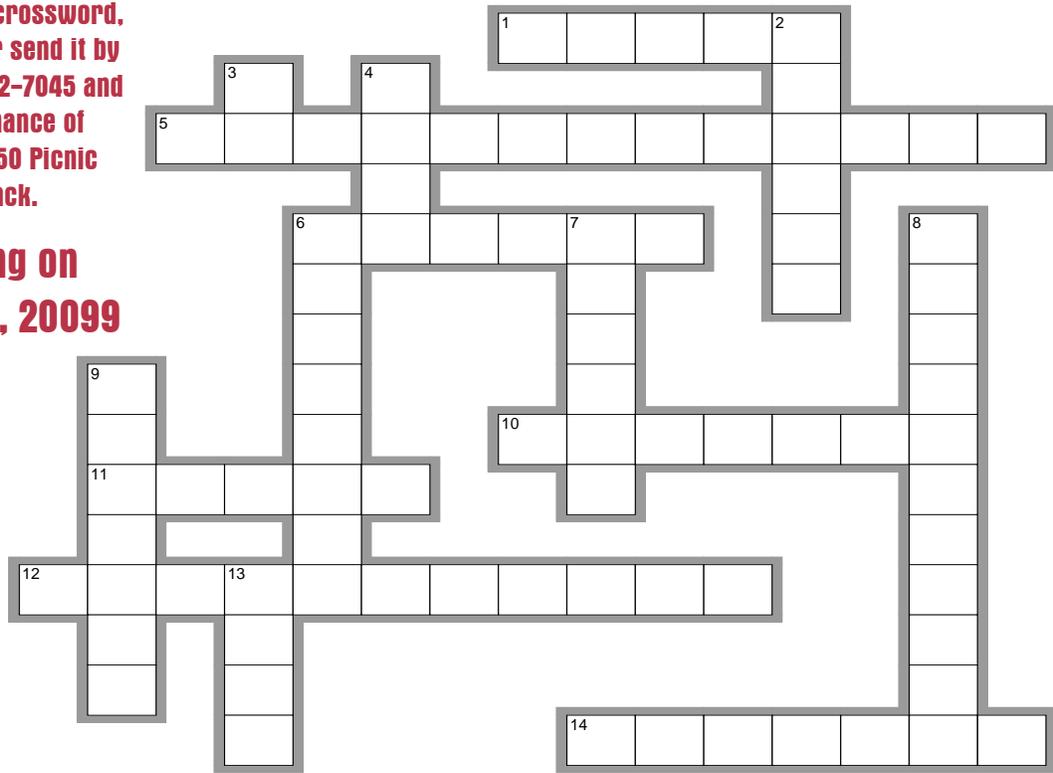


SEXUAL HEALTH



**Complete the crossword,
then mail it or send it by
fax at (418) 842-7045 and
take the chance of
winning a \$50 Picnic
packsack.**

**Drawing on
March 15, 2009**



EclipseCrossword.com

ACROSS

1. You take some when you have sexual intercourses that are not protected
5. Feel a sexual or emotional attraction towards someone the same sex
6. Try to tempt or attract someone that interests you
10. Give their agreement
11. Body liquid that is the main transmitter of HIV/AIDS
12. An HIV positive mom can't do it with her newborn
14. To have a good opinion of the person's character or ideas

DOWN

2. Corporal liquid that doesn't transmit HIV/AIDS
3. Word that expresses disagreement or refusal
4. Great affection between two people.
6. They are not necessarily present when we have an STI
7. Protects against most infections transmitted by blood or sexually
8. Infection often transmitted by sharing needles during drogue injections
9. Stage of the physical development where the sexual reproduction becomes possible.
13. Infectious illnesses, viral, chronic characterized by the reduction in the means of defence of the organism.

NAME : _____

PHONE : (____) _____



RECIPES

Chili (beef, caribou, moose or venison, etc.)

(child-size portion: about 3/4 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Ground meat (options: beef, caribou, moose, venison, etc.)	2/3 lbs (300g)	3,5 lbs (1,5 kilos)
- Chopped onion	1 onion	6 onions
- Chopped celery	2 branches	7 branches
- Diced carrots	3	8
- Chopped green pepper	1	4
- Canned diced tomatoes	1 ¾ cup (450 ml)	17 cups (4,25 litres)
- Tomato juice	¾ cup (200 ml)	3 cups (750 ml)
- Tomato paste	2 tbsp (30 ml)	1 ½ cup (375 ml)
- Kidney beans	1 19-oz can (540 ml)	5 19 oz cans (540 ml)
- Tabasco sauce (optional)	½ tsp (2 ml)	2 tsp (10 ml)
- Dried oregano	½ tsp (2 ml)	2 tsp (10 ml)
- Cayenne pepper	1 pinch - ¼ tsp (1 ml)	1 pinch or more, to taste
- Thyme	to taste	1 tsp (5 ml)
- Salt and pepper	to taste	to taste
- Chili powder	1 tbsp (15 ml)	2 tbsp (30 ml)

Preparation :

- 1 - In a large saucepan, cook ground meat until it is no longer pink (begin cooking over low heat then increase to medium heat: meat will cook in its own fat, without sticking). Drain fat;
- 2 - Meanwhile, wash and chop vegetables (onions, celery, carrots, peppers);
- 3 - Add vegetables and all other recipe ingredients to saucepan of meat. Heat over medium heat about 30-45 minutes, or until all vegetables are cooked and chili is thick enough. Add salt and pepper to taste.

Source : Recipe book : *Eating well is important ! Nutrition Kit, FNQLHSSC*

RECIPE

Fruit Salad



INGREDIENTS

4 oranges or 8 clementines	8 kiwis
1 fresh or canned pineapple	1 bunch of red grapes
1 honeydew melon or cantaloupe	2 mangos
1 litre of Oasis orange juice frozen diluted juice	

If some of the fruits are not available fresh, they can easily be replaced by a similar quantity of home-frozen or commercially frozen small fruits (e.g. blueberries, red berries). Wash and peel the fruit. Cut it into fairly big (bite-sized) pieces. Cut each kiwi into 6 sections. Carefully remove the peel, pith and membranes from the citrus fruit, using a sharp knife to cut the flesh from either side of the membrane. Place the fruit in a bowl, pour in enough juice to cover it, and stir carefully. Store the bowl in the refrigerator. This fruit salad will easily keep for a week in the refrigerator, because none of its components will oxidize. The acid juice also helps to keep it fresh. Do not cut the fruit into small pieces; big pieces will stay fresh for longer.

This recipe is a great source of anti-oxidants, which are good for you, and fibre, which helps prevent diabetes and cardio-vascular disease and helps keep your intestines healthy. It also contains a significant amount of water (juice and fruit), which is the source of life.

This recipe was adapted from the following Website: <http://aladistasio.telequebec.tv>

WEB SITES



Challenge: Quit to Win

The *Quit to Win Challenge* is an effective and highly motivating campaign to help people stop smoking: www.defitabac.qc.ca

5/30 Health Challenge

The 5/30 Challenge

Be prepared to take the challenge. If you over-indulged during the holiday season, why not change your habits with the 5/30 Challenge program?

World Health Day

World Health Day

Every year, hundreds of organizations celebrate *World Health Day* on April 7: www.journee-mondiale.com



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