DO-IT-YOURSELF DIABETES PREVENTION ACTIVITIES: AN INTERACTIVE MANUAL FOR COMMUNITY-BASED DIABETES EDUCATION

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Diabetes prevention training for Yukon First Nations front-line health workers has frequently been identified as a health planning priority. Such training is important in the Yukon due to remote geography, lack of diabetes professionals, and frequent turnover of health workers. Moreover, enabling First Nations health workers to educate members of their own community about diabetes is a key way to increase capacity at a local level.

In response to this identified need, a manual was created (Do-It-Yourself: Diabetes Prevention Activities – A Manual for Everyone) to allow non-healthcare professionals to educate others about diabetes prevention. The manual contains 20 hands-on activities and is based on a familiar, health-fair format. The intent of this manual is to have learners create visual displays using everyday household items. Each activity is intended to convey a key message about diabetes prevention while being interactive, understandable, and fun. All activities are evidence-based and are divided into 3 sections:

- **SHOW IT:** contains clearly worded instructions on creating a visual display.
- **TELL IT:** provides a readable script to guide the user through the activity and to relay key messages about diabetes prevention.
- **KEY MESSAGE:** recaps important information and rationale for the topic.

The intention behind this manual was to ensure cultural-relevance in a Yukon setting. For example, one activity highlights the recent and drastic lifestyle change among Yukon Aboriginal people and its impact on health. Another activity based on the medicine wheel helps learners put diabetes prevention in a holistic perspective by enabling the sharing of traditional knowledge (foods, medicines, healing) along with contemporary self-care strategies.

This presentation will provide information on the creation of, and content of Do-It-Yourself: Diabetes Prevention Activities – A Manual for Everyone. Attendees will leave with new ideas and inspiration for approaching community-based diabetes education.

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