

HEALTH

St. Regis Mohawk Health Services Diabetes Committee News

The St. Regis Mohawk Health Services Diabetes Committee, the staff of the Tsitewatakaritat (Let's Get Healthy) and the Mohawk Coalition Committee participated in an informational workshop presented by the University of Vermont staff who are working cooperatively with the Akwesasne program. The University of Vermont has been working with the St. Regis Mohawk Health Services for several years to help the Akwesasne community better understand diabetes. The UVM

team, Health Services and Tsitewatakaritat (Let's Get Healthy) are working with the children at the Mohawk School, their parents and the community to educate each other about diabetes and to introduce preventative measures.

The UVM staff are doing research work to better understand how diabetes is affecting the community of Akwesasne. The Native American communities across the United States and Canada have the highest number of diabetics. To prevent

diabetes in our community, the Health Services, health advocates and the Mohawk Coalition Committee need data and information to use in educating the community.

The UVM research team have collected data on eating habits; exercise; how often and what kind of exercise; diet changes; weight gains; and food preferences. The students were asked questions in a survey and parents were also surveyed. The results of the testing showed that there is a need to reduce the fat in the food prefer-

ences for children. There is a need for more activities involving exercise. Studies show that children tend to eat what their parents eat. The children and parents need to eat more fiber and fruits and vegetables.

The Tsitewatakaritat staff, the UVM staff composed of Dr. Virginia Hood, Dr. Roger Seeker-Walker, Mr. Jean Harvey-Berino and Mrs. Anne Dorwaldt, Health Services and the Coalition Committee are working together to help Akwesasne learn and pre-

vent diabetes in the community using preventative medicine through educating the children, the parents, the educators and the elders.

The UVM research material can be reviewed at the St. Regis Mohawk Health Services or at the Tsitewatakaritat office. If you are interested in helping to generate ideas or activities for diabetes education please call Janine or Terry at 518-358-2755 or stop by their office at the S.O.A.R. building. The Mohawk Coalition Committee welcomes new members.

Tsitewatakaritat Let's Get Healthy Program Contest Winner



Winner of the "Let's Get Healthy" Program, Margaret Thomas, Parent of Ashley Thomas.

Photo: Submitted.

Margaret Thomas, parent of Ashley Thomas was the winner of the contest sponsored by The Tsitewatakaritat "Let's Get Healthy" Program.

Ashley's mom was the winner of a \$50.00 gift certificate toward a pair of walking/fitness shoes from Foot Locker, St. Lawrence Mall.

The contest was offered through the mail to a select group of about 120 parents of the St. Regis Mohawk School. These parents were asked to complete a survey and return the completed information, postage paid. The survey asked about their food preferences,

attitudes of health, fitness choices, etc. The information gathered will be used as an anonymous comparison to other parents of children currently participating in the study aspect of the Let's Get Healthy Program. Fourteen parents returned their surveys promptly by the deadline. Margaret Thomas was the lucky name pulled out of the hat.

A special Thank You goes out to all those parents who completed this survey during this request and previously last summer. Sharing a common concern for preventing diabetes in the children of

Akwesasne is precious to their future. For more information about other program activities and resources, please do not hesitate to call our office @ 358-2755/56 or better yet, stop by, we're located in the Akwesasne Business Center, Rte 37, Hogansburg. Akwesasne Business Center, Rte 37, Hogansburg.

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