

Waskaganish, 2012



Maamuu Nakaahehtau Building a healthy future for the Cree Nation

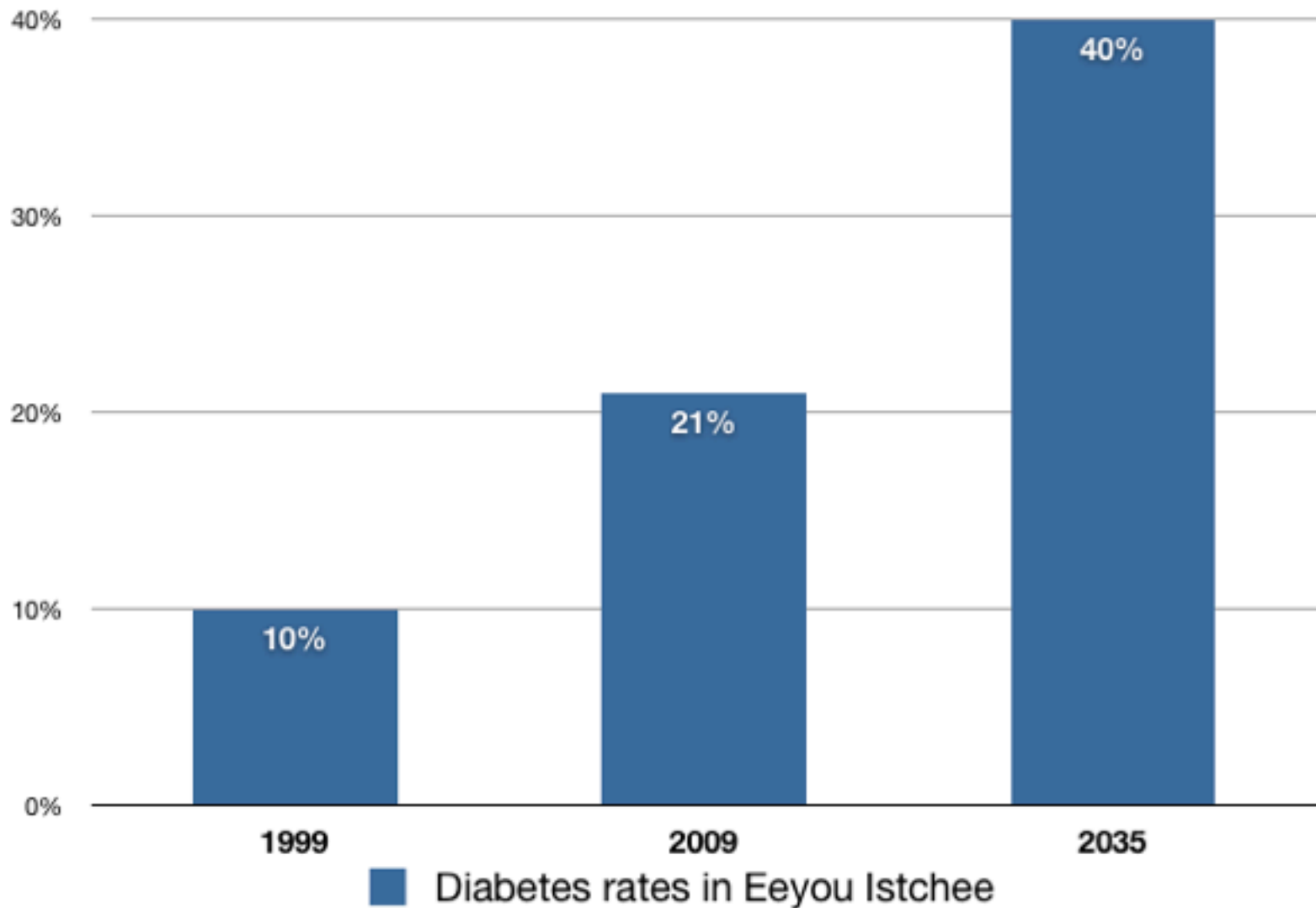
Solomon Awashish, PPRO, Public Health - CBHSSJB

What now, Solomon?

2064 Cree are living with
diabetes.

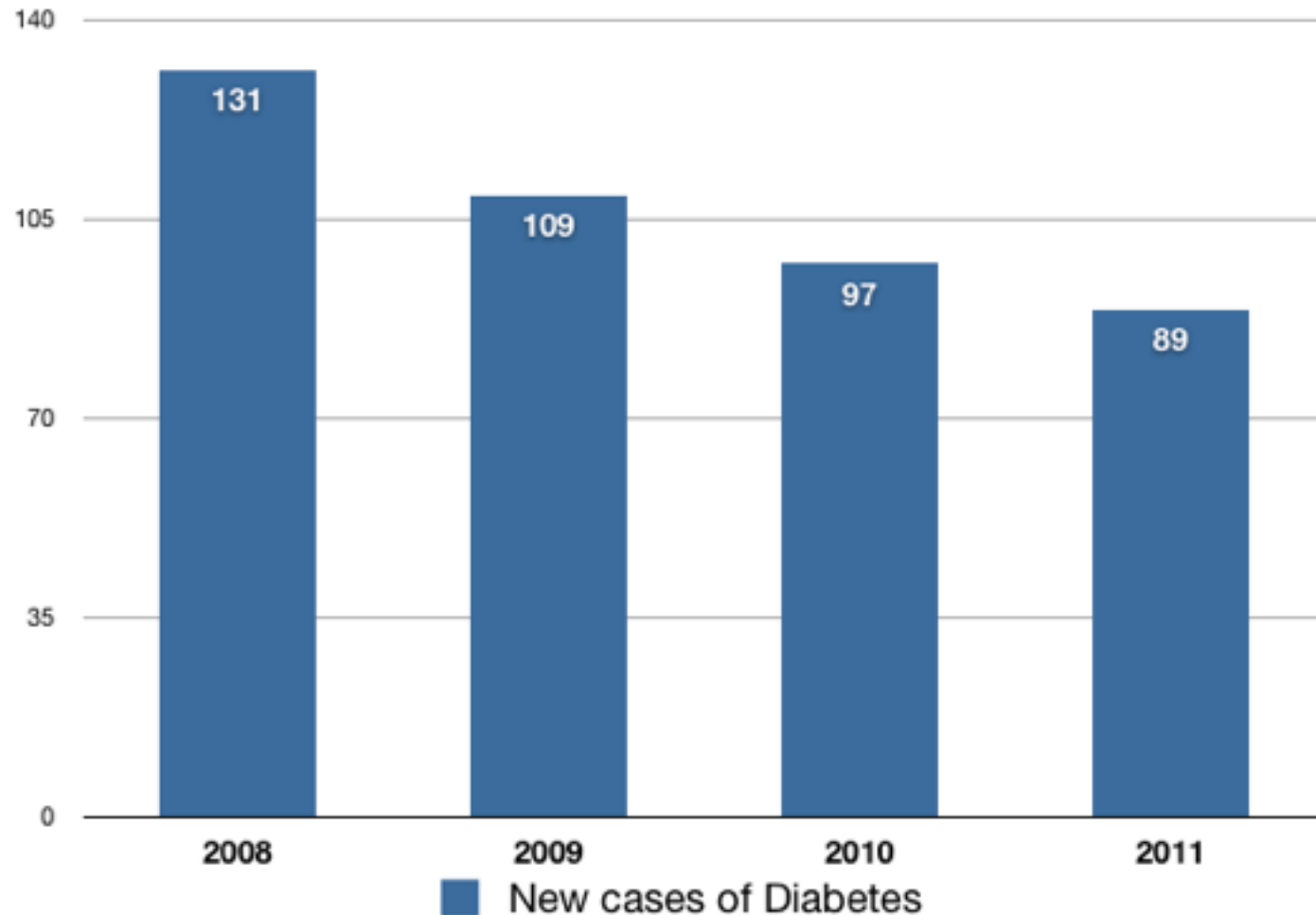
1 in 5 of the adult
population is living with
diabetes.

Diabetes rates among Crees aged 20 years old or more, with trend-line to 2035



This is Old News.

Good News: Number of New Cases of Diabetes is Dropping



So what,
Solomon?

Positive change is possible.

**Eeyouch/Eenouch are starting to
exercise regularly, eat healthier
and lose weight.**



**Positive change
is possible when
people work together.**



Now for some
bad news.

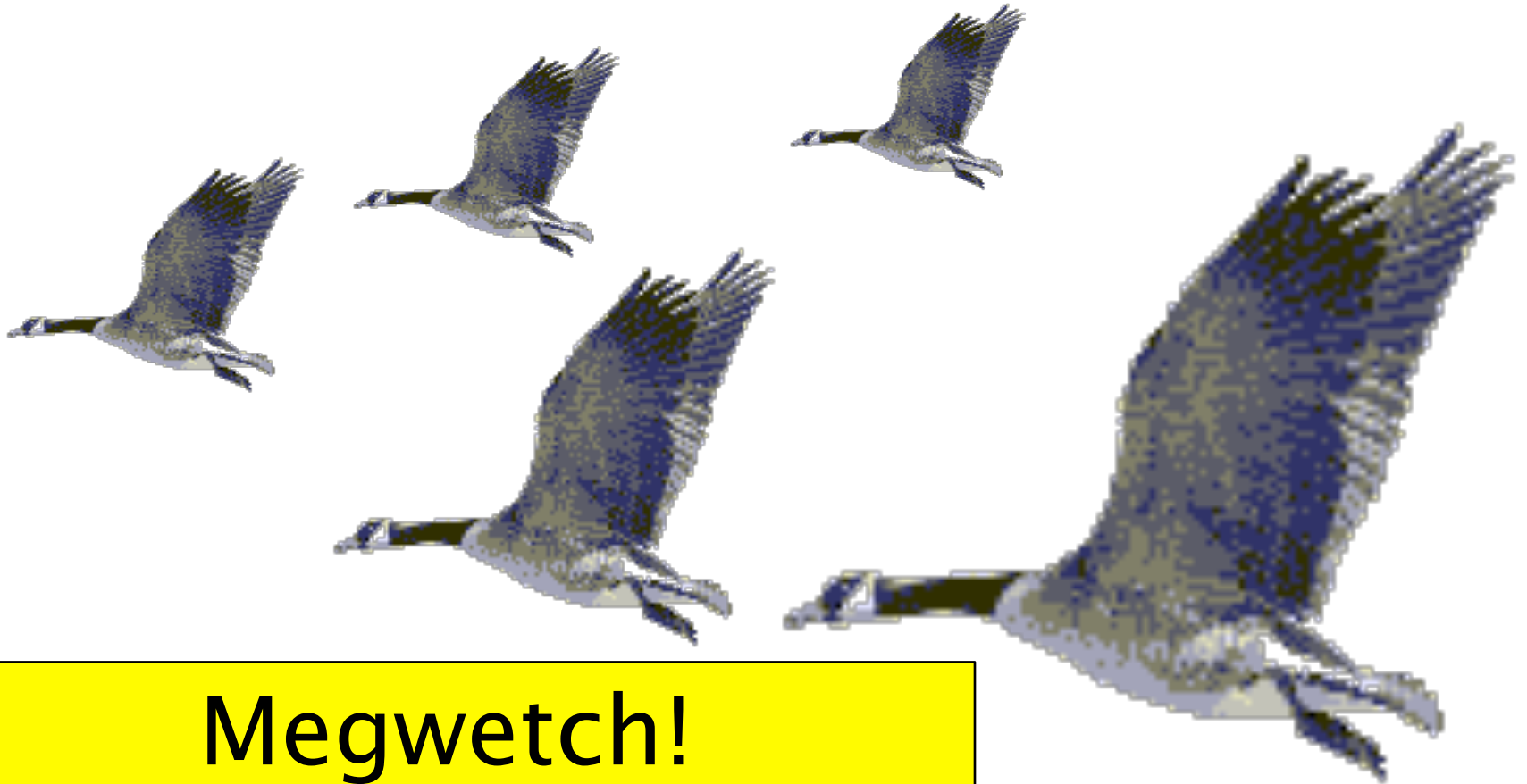
Over the past 5 years,
**half of all the new
cases of diabetes
were younger than 40
years old.**

So what,
Solomon?

Growing numbers of
young Crees with diabetes
threaten
the future of the
Cree Nation.

The CRA needs to support
health programs which target
Cree youth,
**especially young
Cree women.**

Maamuu Nakaahehtau



Megwetch!
Thank You!
Merci!