Maamuu Nakaahahehtaaun
Building a healthy future for the Cree Nation

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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

- 1999: 10%
- 2009: 21%
- 2035: 40%

Diabetes rates in Eeyou Istchee
This is Old News.
Good News: Number of New Cases of Diabetes is Dropping

- 2008: 131 cases
- 2009: 109 cases
- 2010: 97 cases
- 2011: 89 cases
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 Nakahehtaau

Megwetch!
Thank You!
Merci!