

Celebrating five years of community diabetes programming

June 28, 2011 - Saskatoon – Participants, peer leaders and partners in the Fitness, Food and Fun (Triple F program) are celebrating the fifth anniversary of this program at a ceremony today. The program addresses the well-being of members of the urban Aboriginal community who are at risk of developing diabetes or who have diabetes.

“The original dream for the Triple F program was to offer an easily accessible exercise and diabetes education program in a core neighbourhood; the program has accomplished this and much more.” says Carol Armstrong-Monahan, Program Coordinator. “The personal achievements gained by our program peer leaders and participants have been exceptional.”

Fitness, Food and Fun offers an educational component with healthy lifestyle and nutritional information, an exercise component, a snack or meal consisting of healthy choices and access to other services such as counselling, lab testing and nutrition. To keep the exercise component fresh and interesting, workouts are varied including activities like beach volleyball, skating or snowshoeing and outings are planned to destinations such as Outlook, Batoche or Wanuskewin.

“We are pleased that the success of the Fitness, Food and Fun Program is a result of the ‘patient first’ approach, supporting self-management and providing services closer to home.” says Sheila Achilles, Director of Primary Care, Saskatoon Health Region. “This is an outstanding program that is now a model for other diabetes and chronic disease management programs in our Region.”

The program has reached out to several hundred people across Saskatoon and northern Saskatchewan who are at risk of developing diabetes or who currently have diabetes. Participants range in age from teenagers to grandparents.

Over the past five years Fitness, Food and Fund has received financial and in-kind support from the Aboriginal Diabetes Initiative, Government of Canada; Saskatoon Community Clinic; Saskatoon Health Region; Student Wellness Initiative Toward Community Health (SWITCH); Kinistin Saulteaux First Nation; Central Urban Metis Federation (CUMFI); and the White Buffalo Youth Lodge.

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