Risk Factors for Developing Diabetes
- Family history of diabetes
- Aboriginal descent
- Overweight
- Physical inactivity
- Poor eating habits
- High blood pressure
- High blood sugar or diabetes during pregnancy (Gestational Diabetes Mellitus)
- Gave birth to a baby over 9 pounds
- Had a high blood sugar (abnormal) either from a blood test or during an illness

You have a Choice

Our Services:
- Sharing Circles
- Diabetes Information Sessions
- Referral to Diabetes Education Programs
- Healthy, Budget-Friendly Cooking Classes
- Grocery Shopping Tours
- Community Screenings

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Our Vision:
- Respectful of the beauty and power of nature and creation to help ensure a healthy environment.
- Where individuals are self determined and able to take advantage of opportunities in order to reach their full potential and are prepared to share with others.
- Where people have a strong sense of identity and pride, as well as being knowledgeable of their traditional ways and values.

Our Mission:
To improve, support and promote the health and well-being of Aboriginal people in spirit, mind, emotion and body within a multi-disciplinary health care model.

Our Team:
It is our goal as a team to help support our community members with the information and tools they need to live the good way of life. Each of our team members can support you throughout your health journey.

Registered Nurse & Registered Dietitian:
- Have specialty knowledge in diabetes education, prevention and management of disease that follows the Canadian Diabetes Association Clinical Practice Guidelines
- Participates in community capacity building activities to raise awareness about diabetes
- Ensures that all clients with diabetes have access to diabetes education programs and primary care providers
- Provides education to support and meet the learning needs of the client and/or family member / caregivers
- Helps reduce the demand on the health care system by providing prevention-focused services

Outreach Worker:
- Connects clients with Anishnawbe Health Toronto’s programs (AHT) and services as needed. With a focus on referring our clients appropriately to primary care services and diabetes education services both at AHT and throughout the Greater Toronto Area.

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