

Insulin Resistance

Our bodies make insulin to help bring sugar from our blood into our cells. Sometimes, our cells are resistant to the insulin, so our bodies need to make high amounts in order for it to work. This is called insulin resistance. High insulin levels can put you at risk for developing a number of conditions, such as heart disease and diabetes.

We develop insulin resistance from a combination of our genetics (many First Nations people have genetics that put them at higher risk for this) and our lifestyle habits (food, activity, sleep).

Physical activity, healthy eating, and medication can help manage insulin resistance.

Be Active:

- Children need physical activity daily to help prevent insulin resistance.
- Sitting for long periods of time may increase blood sugar.
- Strengthening exercises, such as lifting weights, help our body regulate blood sugar.

Eat Well:

- Drink water for thirst. Water is important for your body and sugary drinks can cause your body to make more insulin.
- Eat vegetables and fruits with meals and snacks everyday. Fresh, frozen and canned are all options.
- Eat fibre everyday. Choose whole grains, vegetables, fruits, peas, beans, lentils, nuts and seeds. Fibre has a positive effect on the way your body uses insulin.

Sleep Well:

- Getting a good night's sleep helps your insulin work better and reduces your risk of heart disease and diabetes.

Be a role model. Children learn more from what you do than what you say. When making changes remember to start with small, realistic goals.

Kakashiumikuet Auen Katshishtaushut

Auen uiu atussemakanu tshetshi minupanit ukashiuashim. Nanikutin apu minupananit ukashiuashim auen tshetshi atussemikananit. Ekuan ne kuet ishinikatet kakashiumikuet auen katshishtaushut. Ne auen ka mishta ishkupananit ukashiuashim tshipa ishinakun tshetshi utei akushat kie iat tshetshi kashiuashimikuet.

Nishiuit ishinakun eka minuapanit tshetshi atussemikak ukashiuashim auen anite uiat ekuan ne eshitshiniuenitamak^u kie pet utet anitshenat tshikanishinut (ekuannu nenu Innuat kuet mishananit tshetshi akushit). Kie ne iat eshimishut auen kie eshi-innuat auen kie eka minupananit ukashiuashim (miam mate mitshim eshimitshit auen kie enipat mak eka aiatshit)

Tshipa tshi uitshiku auen aiatshit, e minu mitshishut kie natukuna eutinak.

Aiatshik^u

- Auassat minuau tshetshi metuet kie tshetshi aiatshit.
- Epit auen minekash kie eka aiatshit.
- E aiatshit kie e uetshushkuit auen uitshiku tshetshi minupananit ukashiuashim.

Minu-mitshishu

- Nipi tshipa min nipakuein. Nipi etatu minuau tshetshi minin mak eka ekashiuashiut tshakuan. Etatu minin ekashiuashiut tshakuan tshika tuten tshetshi ishkupanit tshikashiuashim.
- Kanitautshitakanit mitshim minuau tshetshi mitshiek^u eshikum tshishik^u mak iat minish. Peikun iat nekanissa katikuak kanitautshitakanit mitshim kie kamishkutshitakaniti minish minuau tshetshi mitshin.
- Takuan anite tshakuan eminuat anite uapikunit kie anite mitshim kanitautshitakanit ekuan ne nanitam tshipa ui mitshin. Miam mate kakashteushit pakueshikan, minish, kie shaiut. Mishta minuau tshetshi ne mitshiek^u (fibre) kaishinikatet. Takuan anite tshakuan (fibre) menuat tshetshi minupanit tshikashiuashim.

Minukuamu

- Menukuamut auen minupanu ukashiuashim kie uitshiku iat auen tshetshi eka utei akushit kie tshetshi eka kashiuashimikuet.

Minu-pimutek^u usham tshika tshitapimikuaat tshituassimuaat kie kassinu auassat. Etatu auassat tutamut tshekuannu uiatak mak eka uiatimuakanitau. Epishasht pita kutshipanitik^u tshakuan mak eka mishat ui mishkutinimin tshitainniunau.