

Diabetes Videos

["Voices of Our Elders"](#) Diabetes Video 1998/27 mins.

This video aims to raise awareness about diabetes as a serious and growing health problem in Aboriginal communities, particularly among elders. Based on perspectives, wisdom and experiences from First Nations, Inuit and Metis elders across the country, the video serves as a forum for common issues in the prevention, treatment and care of diabetes.

Contact: NIICHRO (514) 632-0892

["Taking the Responsibility to Heal Ourselves: The Kahnawake Schools Diabetes Prevention Project"](#) 1998/25 mins.

Focusing on the successful three year Diabetes Prevention Project at Kahnawake, this video describes the need for intervention, the challenges of prevention, the process of community involvement and how diabetes education was integrated into a range of community activities, as well as its impact.

Contact: Alex McComber (514) 635-4374

["Learning About Diabetes"](#) 21 mins.

Made from a slide tape, this video provides straightforward, factual information about diabetes and lifestyle habits that affect the disorder. Native content, using the lock and key analogy, is included to explain diabetes. Available in Cree, Saulteaux and English.

Contact: Manitoba MSB (204) 945-6735

["Aboriginal Health Education Series"](#)

Diabetes: Treatment and Management - 18 mins.

Dialysis: The Artificial Kidney - 19 mins.

This Education Series provides direct medical education for Aboriginal children, adults and health care practitioners.

Contact: Paskwayak Productions (204) 667-6339

["Walking In Balance"](#) 1985/25 mins.

Discussion geared to those in the health field pertaining to the incidence, risk factors and symptoms of diabetes among First Nations, as well as cross-cultural differences that hinder learning. A mix of medical and academic experts as well as First Nations elders talk about living with diabetes.

Contact: Canadian Diabetes Association (416) 363-3373

["Not So Sweet - Living With Diabetes"](#) 1998/15 mins.

The Nature of Things with Dr. David Suzuki

A 15-minute segment of this program looks at diabetes in First Nations. It features the Aboriginal Diabetes Wellness Program in Edmonton, along with interviews of residents of Saddle Lake who attend the program.

Contact: CBC 1-800-363-1281

["Our Nations' Elders Speak"](#) 1997/28 mins.

This video celebrates the lives of elders from First Nations, Inuit and ethnocultural minority communities who serve as a source of inspiration for others. It is a cross-cultural dialogue in which elders share their experiences and perspectives on ageing, culture, health and well-being.

Contact: NIICHRO (514) 632-0892

["Our Foods Are Our Medicine -Understanding Diabetes"](#) 1990/28 mins.

This video looks at changes to culture and lifestyle that have brought an alarming increase in diabetes as well as the symptoms, effects and treatment of diabetes, including the value of traditional healing practices.

Contact: Anishnawbe Health Toronto (416) 360-0486

["Kiingo" 'It Is Up To You'](#) 1995

Learning from the elders about good health and traditional foods, this video was designed to empower children to eat healthier foods, exercise daily and therefore control their weight. Kiingo is dedicated to Dominic Eshkawkogan and Dr. John Big Canoe, two elders who have been at the forefront of diabetes awareness in First Nations.

Contact: Union of Ontario Indians (705) 657-9383

["Diabetes and Food Choices"](#) 1995/25 mins.

This video shows people of different ages and backgrounds discussing lifestyle changes they have made and need to make to better manage their diabetes.

Contact: National Health Video, Inc. or community nutritionist

["Choosing the Right Path" Moccasin Trail To A Healthy Life](#) 1995/18 mins.

The Walpole Island First Nation Health Centre Staff promotes healthy lifestyles in the prevention of diabetes. A highly successful program, this is an excellent resource for First Nations seniors' health activities.

Contact: Regional MSB Nutritionists

["WHY ME?"](#) 1988/30 mins.

The story of Ken, a 35-year-old First Nations pilot who learns he has diabetes. An excellent video on the emotional stress of being diagnosed with diabetes and the importance of support of elders and family in coping with this condition.

Contact: Ontario MSB (613) 954-4610

["Living With Diabetes: A Native American Perspective"](#) 24 mins.

This video is a good resource for people newly diagnosed with diabetes and for health care providers who want to better understand the psychological experiences of American Indians who have a chronic disease such as diabetes.

Contact: Native American Research and Training Center (602) 621-5075

["American Indian Concepts of Health and Unwellness"](#) 1990 revision/26 mins.

Descriptions of how different Aboriginal cultures view health and disease. It stresses balance and harmony to maintain health.

Contact: Native American Research and Training Center (602) 621-5075

["Nature's Medicine"](#) 1995/6 mins.

Derek Pitawanakwat, of the United Chiefs and Council of Manitoulin Health Care Provide Program, is featured in the video, talking about diabetes and demonstrating diabetes and traditional medicine.

Contact: MCTV (705) 764-8301 ext. 2213

["Mohawk Elders Speak"](#)

Mohawk elders took part in the creation of a video designed to promote better awareness, understanding and management of diabetes in Kahnawake.

Contact: Heather Jacobs-Whyte, (514) 638-3930