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MEDIA RELEASE

Tuesday, November 14, 2023

FOR IMMEDIATE RELEASE

2ND ANNUAL WORLD DIABETES DAY AWARENESS WALK IN THUNDER BAY HOSTED BY MATAWA HEALTH CO-OPERATIVE AND SIOUX LOOKOUT FIRST NATIONS HEALTH AUTHORITY

THUNDER BAY, ON: The Matawa Health Co-operative (MHC) today, in partnership with the Sioux Lookout First Nation Health Authority (SLFNHA), hosted a 2nd World Diabetes Day Awareness Walk. [World Diabetes Day](#) is an annual day that has been observed since 1991 all over the world to draw attention to the global epidemic of diabetes. The theme, this year, is “*Empowering Global Health*”.

The event included information booths from participating community partners, a pre-walk warm-up exercise, a short walk around intercity shopping center and a cool-down. Certified Diabetes Educators/Registered Nurses from both MHC and SLFNA provided information on diabetes.

In his remarks, Matawa First Nations Management CEO David Paul Achneepineskum said, “Just like Frances Wesley, the Executive Director of the Matawa Health Co-operative said last year—I am reiterating the call for more needing to be done to prevent and control diabetes which is growing amongst young Indigenous people within the Matawa region where access to quality resources, education and diabetes management teams are limited.” He added that, “our people continue to exponentially experience the markers in pre-diabetes and Type 2 diabetes as a result of past/ongoing intergenerational trauma they are experiencing. This continues to cause physiological adaptations that increases the tendency towards obesity, greater insulin sensitivity, lower insulin levels, and lower basal metabolic rates.”

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For more information, please contact: Gloria Hendrick-Laliberte, MHC Health Promotion Education Planner on cell at: (807) 621- 1974 or by email at: ghendrick@matawa.on.ca.

The Matawa Health Co-operative works to incorporate traditional healing and medicines in addressing the holistic health needs of the Matawa First Nations focusing on the priorities of mental health and addictions, diabetes, and chronic diseases.

The Sioux Lookout First Nations Health Authority (SLFNHA) serves 33 First Nation communities in the Sioux Lookout region in Ontario, Canada. Mandated by the leadership in these communities, our organization is dedicated to strengthening First Nations by contributing in unique ways to a strong health system for the Anishinabe.