



**CANADIAN  
DIABETES  
ASSOCIATION**

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DU DIABÈTE**

Since 1953, the Canadian Diabetes Association has been raising awareness, providing services and supporting Canadians affected by diabetes. We are working toward a future in which:

- All people affected by diabetes attain an optimal quality of life.
- All people in Canada realize that diabetes is a major health issue.
- Ultimately, diabetes is eliminated.

Today, the Association promotes the health of Canadians through diabetes research, education, service and advocacy.

### Services

The Association provides people affected by diabetes –those living with the condition, their family, friends, caregivers, colleagues, employers and others – with support and referral through services such as:

- **Nutrition and Healthy Eating Classes**

Throughout BC a healthy eating nutrition program, **Cooking For Your Life!** is offered in 12 communities. This four-week, hands on cooking and nutrition class is an excellent way for anyone to learn to cook healthy meals in a fun environment and make better food choices to prevent or manage diabetes.

An upcoming new program with community partners called **Food Skills For Families**, will provide an opportunity for communities to deliver a best practice program that will make an impact on healthy eating outcomes for families.

- **All day Education/Tradeshow Expos**

All day educational events also take place around the province, providing excellent speakers, resources, suppliers and updated information on the prevention and management of diabetes.

- **Group Presentations, Learning Series and Displays**

Our staff and volunteers will deliver presentations or set up displays on basic diabetes information for health fairs, community groups, corporations, and local events. Several “Learning Series” presentations on diabetes are available to groups in English, Chinese and an adaptation for Aboriginal populations. Most of these are provided at little or no cost.

- **1-800-BANTING (1-800-226-8464)**

This information line is staffed by trained and compassionate customer service representatives who can answer your questions about diabetes and provide a helpful information package. Volunteers and staff in BC also run North America's only toll-free Chinese diabetes information line with service in Cantonese and Mandarin: 1-888-666-8586, in Vancouver 604-732-8187.

- **Web Site**

Learn about diabetes management, research, services in your community, find answers to frequently asked question and so much more at [www.diabetes.ca](http://www.diabetes.ca)

- **Children's Camps**

We operate a summer camp offering young people and their families with type 1 diabetes a fun-filled summer camp experience and the opportunity to meet other children and families with diabetes. Campers master new skills, form friendships, build self-confidence and improve their understanding of living with diabetes.

- **Canadian Diabetes Association's Online Order Desk**

The Canadian Diabetes Association Online Order Desk provides the opportunity to browse literature desk items, read their descriptions, and order literature over the Internet. The Online Order Desk has three product categories – Healthy Living, Bulk Educator Materials (including access to PDF copies) and Professional Resources. Available 24 hours a day, the Online Order Desk is self-service and accepts payment by credit card in advance of processing the order. Introduce yourself to this new customer service tool at [orders.diabetes.ca](http://orders.diabetes.ca).

This section also contains basic diabetes information, developed especially for use in and by Aboriginal communities

*The Canadian Diabetes Association has a presence in over 150 communities across the country. Contact your local branch for help in accessing diabetes education, information and support in your community.*

1-800-BANTING (226-8464)

[info@diabetes.ca](mailto:info@diabetes.ca)

[www.diabetes.ca](http://www.diabetes.ca)