



First Nations Health Authority
Health through wellness

“N.A.M.E.”

the Four Pillars of
DIABETES MANAGEMENT

LEARN ABOUT THE FOUR PILLARS OF DIABETES MANAGEMENT AND PREVENTION TO SUPPORT WHOLISTIC WELLNESS FOR YOU, YOUR FAMILY AND COMMUNITY.



N: Nutrition

- » Food is essential, cultural, spiritual and emotional.
- » Stress affects food choices and how your body processes that food. Whenever possible, meals should be relaxed and enjoyable!
- » Food insecurity impacts your health. Access to healthy and traditional foods helps manage diabetes.



A: Activity

- » Activity is NOT about weight loss; activity IS about lowering blood glucose, improving mental wellness, lowering blood pressure and diabetes complications, and greater quality of life.
- » Physical activity is one of the best ways to support mental health and wellness, and manage diabetes.
- » Activity should be fun! Participate in group activities like gardening, walking, dancing and traditional food gathering.



M: Medications

- » Medications are a part of diabetes care and management.
- » Medications can help prevent complications and improve quality of life.
- » Regular medication reviews with your health care provider help to prevent medication complications.



E: Emotions

- » Depression and anxiety are common among people living with diabetes. Depression increases the risk for diabetes.
- » When you don't feel physically or emotionally well, taking medications and making healthy food and activity choices can be more difficult.
- » Chronic and persistent difficult emotions (trauma, anxiety, depression, etc.) can cause food cravings, poor immune function, and dysfunction of the insulin-producing cells.

For more information about how to manage or prevent diabetes, we encourage you to speak with your health care provider.

For more chronic disease prevention and management information from the First Nations Health Authority, visit:

<http://www.fnha.ca/what-we-do/healthy-living/chronic-disease-prevention-and-management>