



In this Newsletter...

Who, What, Why?
Key Findings

Project Updates & Next Steps
Tips: Living Well with Diabetes
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Next Generation Study - Who, What, Why?

We are a research team learning about risk factors for Type 2 Diabetes (T2D). We want to learn better ways to prevent, delay, treat, and support families living with T2D. We plan to see you once a year -

Contact us when it's time for your visit!

Phone: (204) 272 3064 Email: nextgenstudy@chrim.ca



Out of 202
Children Screened

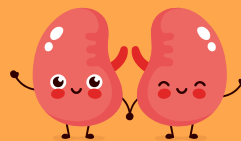


30% have abnormal
blood sugar

This early
detection helps
us to...



- [1] Identify risks
- [2] Reduce medical travel
- [3] Prevent development of diabetes and keep kidneys healthy



Breastfeeding can
decrease the risk of
T2D for children by up
to 60% !!

Quotes from our Parent Advisory Group:

"We feel this research will answer important questions about why type 2 diabetes runs in families and what families can do to stop the cycle. We do not want any child, parent or family to go through the stress and shortened life expectancy that comes with pediatric type 2 diabetes."



"We want to be part of the solution so our grandchildren and great grandchildren can survive and thrive."



Interested in joining our Parent & Caregiver Advisory Group?
We are looking for caregivers (parents, grandparents, aunts, uncles) to help guide and improve NextGen research.

Compensation (\$\$\$) provided. Call or Text Brianna: (431) 337-0365

The NextGen team will be in community!!

St. Theresa Point
Feb. 26 & 27, 2024

Wasagamack
Feb. 28, 2024

Garden Hill
Feb. 29 & Mar. 1, 2024



Scan the QR Code to check out our new website!



Healthy Blood Sugar Tips for Living Well

- Try to take time to eat with family and friends.
- Involve family and friends (especially kids!) in the cooking process. Let them help prepare foods.
- Help kids relax and sleep better by turning off screens an hour before bedtime.
- Try to limit kids' screen time (tv, video games, phone/tablet) to 2 hours per day.
- Find something active you enjoy doing as a family.

What's Next?

We are learning about...



Genes, Traditional Foods, & Health

Early signs of kidney trouble in kids



How can we support breastfeeding in community?



Thank you to our partners!



Four Arrows Regional Health Authority



Moms in Motion



RAVEN INDIGENOUS CAPITAL PARTNERS



Keewatinohk Inniniw Minoayawin Inc.

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Calling all future parents!!

When you get pregnant, contact us early on so we can connect you with specialized care and supports!



PANTRY SKILLET RICE RECIPE



NUTRITIONAL INFORMATION (APPROXIMATE)

Calories 421
Total Fat 11g
Saturated Fat 3g
Sodium 740mg
Carbohydrates 65g
Fibre 2g
Sugar 10g
Protein 12g

INGREDIENTS:

- 1 sweet potato or yam - chopped
- 1/2 cup water
- 1 tbsp cooking oil
- 1 medium onion - chopped
- 1 tbsp minced garlic or 1 tsp garlic powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp chili powder
- 1 tsp dried oregano
- 1 can black beans (or kidney beans) drained and rinsed**
- 1 can diced tomatoes with liquid
- 1 1/4 cup vegetable broth or water
- 1 cup frozen or canned corn
- 1 cup uncooked rice**
- 1-2 tsp salt
- sour cream (optional)

Directions

Step 1: Combine sweet potato and water in a large skillet or frying pan; bring to a boil over high and cook, stirring occasionally, until sweet potato is mostly tender and water is completely evaporated, about 3 minutes.

Step 2: Reduce heat to medium-high and add oil and onion; cook, stirring often, until onion is softened, about 3 more minutes.

Step 3: Add garlic, cumin, coriander, chili powder and oregano; cook, stirring constantly, until you start to smell the spices, about 1 minute.

Step 4: Add beans, tomatoes, broth, corn, rice, and salt, and stir to combine. Bring to a boil.

Step 5: Reduce heat to medium; cover and cook until rice is tender and liquid has been completely absorbed, about 20 minutes. Remove from heat; uncover and top with sour cream if desired.

Notes** You can use whatever beans you have in the pantry - try to find ones that don't have added salt or sugar!

You can use any type of rice for this recipe, but **don't use minute rice** - it will overcook.

Do you have a recipe to share or request? Email or text Brianna:



bhunt@chrim.ca



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