Canadian Diabetes Association

To Whom It May Concern, November 14, 2016

The Canadian Diabetes Association's (CDA) Mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. When you support CDA you are helping more than 9 million Canadians who are living with diabetes or prediabetes. In Manitoba today 121,000 people or 8.9 percent of the population live with diabetes.

CDA supports Food Matters Manitoba in its endeavor to work with the City of Winnipeg to create a Winnipeg Food Council. CDA has signed the Manitoba Food Charter and recognizes the importance of food access, education and gardening; to name a few areas of involvement. In addition to this, CDA offers a program called the Core Neighbourhood Program within Winnipeg which targets individuals who are at highest risk for diabetes, including low income, First Nations and Newcomer communities. These communities are also at the highest risk of food insecurity, mental health issues and other comorbities.

Food security exists when all people, at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

CDA believes that healthy food choices are essential to good diabetes management and to help prevent type 2 diabetes. For people living in remote or northern communities, or those with below average income, the affordability of healthy food choices should not be

401-1 Wesley Ave, Winnipeg, MB R3C 4C6
T: (204) 925-3800 F: (204) 949-0266 1-800-BANTING (226-8464)
www.diabetes.ca
Charitable Number 11883 0744 RR0001

a barrier. All Canadians should have access to affordable, sufficient, safe and nutritious food. Governments should work together to develop and implement social policies and programs, including educational programs, to ensure all Canadians have food security.

Food security is a key social determinant of health and is a public health issue that affects many Canadians living with or at risk of developing diabetes. Diabetes can often be prevented or well-managed with proper nutrition. Individuals living with food insecurity often consume low-cost foods which may be calorically dense and nutritionally inadequate . To support people in choosing healthy food, it must be affordable and readily available in the local community. It is equally important that people are educated about healthy eating, including meal planning, food budgeting, and food preparation.

Environmental changes that could be implemented by a Winnipeg Food Council would greatly impact the lives of people at risk and living with diabetes. Thank you for your consideration,

Sincerely,

L Sawchuk

Laryssa Sawchuk

Community Engagement Coordinator
Canadian Diabetes Association

Phone: (204) 925-3800 Ext. 6192
Email: Laryssa.Sawchuk@diabetes.ca