

Primary Prevention of Diabetes

Implementation Guide Highlights

- ❑ The Implementation Manual will take you through the successful implementation process used in Saskatoon, Saskatchewan, Canada.

Resource Guide Highlights

- ❑ An introduction to *in motion*, including the benefits of becoming an *in motion* program, and a summary of the roles and responsibilities of those individuals who will “Champion” the initiative.
- ❑ An explanation of diabetes, why it is so important to prevent the disease, and how physical activity plays a role in prevention.
- ❑ Information about physical activity, the effects it can have on diabetes occurrence, and the amounts and types of physical activity that are appropriate and necessary for health benefits.
- ❑ An integral Healthy Eating section which states the fundamental elements of including Healthy Eating as a key component of the *in motion* movement to prevent diabetes. It includes Healthy Eating tips and strategies to change unhealthy eating behaviours in the form of a testimonial. Internet resources and specific activities that can be implemented are included.
- ❑ Activity resources including numerous games and ideas for kids and adults to keep them active and motivated. The involved task of developing quality activities has already been done. Specific content includes activities designed for small spaces, activity buckets, monthly challenges, and *in motion*'s Walk/Jog Club resource.
- ❑ A description of common challenges to implementing the *in motion* initiative, which have been experienced by *in motion* schools, and the successful solutions that have been used to overcome these challenges.
- ❑ Resources to support the success of an *in motion* initiative, including motivational strategies, internet resources, and actual program tools.

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Implementation Guide Table of Contents

Section 1: Introduction

- About this Resource
- What is *in motion*?
- Goals of the *in motion* Primary Prevention of Diabetes initiative
- Focus areas of the *in motion* Primary Prevention of Diabetes Initiative

Section 2: The Process

- Building Support
- Developing your Committee
- Recruitment
- Retention
- Support Resources
- Challenges and Solutions

Section 3: Evaluation Process

Resource Guide Table of Contents

SECTION 1: Introduction

- What is *in motion*?
- You are a Champion...an *in motion* champion
- *In motion* Champion Roles and Responsibilities
- *In motion* Leaders
- *In motion* Leader Roles and Responsibilities

SECTION 2: Diabetes

- What is Diabetes?
- Why is prevention of Diabetes so important?
- Aboriginal Statistics
- Physical activity is key for prevention

SECTION 3: Physical Activity

- Physical Activity
- Other Benefits of Being Active
- What's Active? What's Not?
- Physical Activity Facts and Fallacies
- Benefits of Physical Activity for Children and Youth
- Fit Facts
- References

SECTION 4: Healthy Eating

- Healthy Eating
- Changing Eating Habits & Healthy Eating Tips
- Healthy Eating Activities

SECTION 5: Activity Resources

- Activities and Games

- Tag variations
- Searching games
- Races
- Ball games
- Integrated activities
- Miscellaneous Games
- Cooperative Games
- Cooperative Games
- Dances
- Fitness Games
- Flexibility Fun
- International Games
- Small Space Activities
- Fun Challenges
- Live Life and Feel Like a Million
- Climbing Mount Everest
- Health Track
- Physical Activity Quiz
- *In motion* Bingo
- Starting Your Walk/Jog Club

Section 6: Appendix

- Challenges and Solutions
- Motivation and Incentives
- Web Sites – Physical Activity, Health and Kids
- Active Buck
- Activity Log
- Spirit Award, Happy Face & WOW Certificates