ANACLA NEWS
Volume 94 | April 25, 2025

Attention

Anacla Internet Maintenance

Please be advised that the following maintenance has been scheduled for the Anacla internet (Momentum Telecom Network):

- Monday, April 28, from 7:00 PM – Tuesday, April 29, at 12:00 AM PT
- Sunday, May 4, from 9:01 PM – Monday, May 5, at 2:00 AM PT
- Wednesday, May 7, from 8:00 PM – 9:59 PM PT

With all maintenance activities, there is the possibility that there could be impact to services while maintenance is being performed, but none is expected.

To report anacla internet issues please fill out the form online at: https://huuayaht.org/forms/report-an-anacla-internet-issue/



*Based on Anacla Citizen data base list

Daisy Pirie
April 25

Kevin Peters
May 2

Cassandra Charleson
May 3

Robert Dennis Jr.
May 8



Huu-ay-aht Schedule April 2025

Thursdays	CFW Snack & Chat	11 a.m. - 1 p.m.	Anacla Government Office
Sun., April 27	Port Alberni Culture Night	2:30 - 5 p.m.	3747 Church St.
Mon., April 28	Anacla Sewing Night	6:30 - 8:30 p.m.	Soaring Eagle
Wed., April 30 - May 2	Dentist In Anacla	Appointment Needed	Anacla Government Office

NTC Health Department in Anacla



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Monday

April 28

- Early Years Outreach Worker, (Afterschool)

Wednesday

April 30

- Community Health Nurse
- Harm Reduction

Contact

If you have any questions regarding a service, please contact Kimberly Nookemus at 250-728-3414 or kimberly.n@huuayaht.org or Kristen Young at 250-728-3414 or kristen.y@huuayaht.org

APRIL 2025
COMMUNITY CALENDAR





Bamfield Community School Association

SUN	MON	TUE	WED	THU	FRI	SAT
27 Culture Night & Dance Practice HOH ~ 2:30 - 5pm	28 Non-Instructional Day, No School NTC Youth Drop-In: Disney Day SE ~ 3:15 - 5:15 pm Adult Indoor Soccer BCS ~ 7 - 8:30 pm	29 Dance Fachin Performance: The 4th R BCS ~ 1 - 2 pm After School Club BCS ~ 3 - 4:30 pm Adult Basketball **BCS ~ 6 - 8 pm	30 Imagination Station: Sketching & Drawing BCS ~ 3 - 4:30 pm Yoga with Alessandra BCS ~ 5:15 - 6:15 pm Bamfield All-Stars Tee Ball BCS ~ 6 - 7 pm	1 After School Club BCS ~ 3 - 4:30 pm Warriors Anacla ~ 4:30 - 7:30 pm Fitness Training BCS ~ 5 - 6 pm	2	3



POLL TIME!

The Community and Citizen Services is looking to host another two-day Grief and Lost Workshop, and they want your opinion! Where would you like the workshop hosted on Tuesday, June 10 to Wednesday, June 11, from 10 a.m. to 4 p.m.? Scan QR Code to share your opinion. Poll is open until Wednesday, April 30, at 4 p.m.

SCAN ME

A Anacla

B Port Alberni



Photo from the Sarita estuary project that is ongoing this spring

Written by Abigail Andiel

The Sarita Watershed Renewal Program continues this spring, focusing on monitoring the outmigration of salmonids, particularly Chinook, from the Sarita River. This ongoing work is part of our broader efforts to restore and steward the health of the watershed. As part of the program, our team is actively involved in data collection, including purse seining in Numukamis Bay to assess juvenile salmon presence. Community priorities guide these efforts and aim to support the long-term sustainability of culturally and ecologically important species.

Hike to High Ground Success

Written by Sean Flickinger

Hike to High Ground was held on Wednesday, April 16, in Anacla and Bamfield. This is an important event that reminds staff and community members of the efforts they will have to make during a Tsunami evacuation. The sirens were tested at 11:30 a.m., and residents in Anacla made their way to the evacuation center (the House of Huu-ay-aht) shortly afterward. Several resources were available, such as home preparedness, tsunami and earthquake, and wildfire guides. We had over 30 signatures on the Check-in sheet! Afterward, participants went to the Bamfield Firehall for lunch with the school children, staff, and Bamfield community members.

Thank you to Stella and Qiic Qiica for speaking and singing at the event. Additionally, thank you to Kristen, Kimberly, and Justin for helping at the hall and the infrastructure team for helping get participants up the hill.



COMMUNITY ENGAGEMENTS

The purpose of the meeting is to inform citizens about the four-year tribunal process research project, gather feedback on the project design, potentially recruit interview participants, and build strong community connections. We are calling on all those who have experience in the Tribunal process, whether as a claimant, respondent, within staff or leadership roles, supporter, or knowledge holder. Your lived experience is part of our shared story, and your voice will help guide us forward rooted in ʔiisaak, ʔuuʔałuk, and hišuk ma c̓awak.

We Want to Hear From You!

- Help us to reshape the future of the Tribunal process
- Share your experience in a safe and respectful space
- Contribute to meaningful, community-led changes”

Time for all locations

Doors Open: 4:30 p.m. ● Dinner: 5 p.m. ● Discussion: 6 - 8 p.m.

VANOUVER

LOCATION:
CHATEAU GRANVILLE (1100 GRANVILLE ST.)

MAY 26

VICTORIA

LOCATION:
HOTEL GRAND PACIFIC (463 BELLEVILLE ST.)

MAY 27

PORT ALBERNI

LOCATION:
BARCLAY HOTEL (4277 STAMP AVE.)

MAY 28

ANACLA

LOCATION:
HOUSE OF HUU-AY-AHT

MAY 29

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Maintenance Requests

For repairs in Huu-ay-aht rental units, elder houses, and government buildings. Call the Anacla Government offices at 250-728-3414. They will fill out a maintenance request form.

Please Note: Requests may take 3 - 5 business days

Please remember to place all garbage inside the bins and NOT beside them. Leaving trash outside attracts wildlife and creates a mess.



House of Huu-ay-aht Update:

The flooring contractor will begin work on the House of Huu-ay-aht starting **Wednesday, March 26, 2025**. Renovations are expected to take approximately two weeks; however, the space will remain **unavailable until after May 15, 2025**. Thank you for your understanding.

Huu-ay-aht Gathering Sewing Night

Anacla
Monday, April 28
6:30 - 8:30 p.m.
Soaring Eagle

Join Cory for a sewing class! This is for all Huu-ay-aht Citizens, ages 13 and older

Housing Office

Housing Office is open Monday to Friday from 7:00 a.m. to 2:30 p.m. For any housing-related matters, please contact Kurt at (250) 731-5001 or manager@hfhnha.org until further notice.

BUILDING LATERAL KINDNESS WORKSHOP

Explore the roots of lateral violence, how it escalates, and ways to prevent it. Learn about trauma, communication styles, conflict interaction, and practical tools to promote kindness and build healthier relationships.

When: Thursday, May 1 - Friday, May 2, 2025
Time: 9 a.m. - 4 p.m.
Where: Echo Park Fieldhouse (4200 King St., Port Alberni)
Facilitator: Warren McDougall from Crisis and Trauma Resource Institute
Please contact Rena to register at 250-723-0100



Dentist Dr. Parth Naik will be in community from Wednesday, April 30, to Friday, May 2, 2025, to provide dental care!

📅 Date: April 30 – May 2, 2025
📍 Location: Anacla Government Office
📩 Appointments: Call the Anacla Government Office, 250-728-3414

Child & Family Wellness

Drop-in snack and Chat





Date: Thursdays
Where: Anacla Government Office
Time: 11 a.m. - 1 p.m.
Topics: Self Care, Parenting tips, Stress Management, Conflict Resolution, Communication, Boundaries, Crafting, Affordable activities, & cooking on a budget

HFN Counsellors in Community

Rena Johnson
Tuesdays
April 29

Irene Cordero
Thursday, May 1

Time: 10:45 a.m. - 2 p.m.

An appointment is needed, please book with Rena at 250-735-4326 or Irene at 250-735-0948



NTC Youth Group

Mondays, 3:15 - 5:15 p.m.

Soaring Eagle



Disney Day

Join us on a Disney Adventure! Enjoy some Mickey Mouse Waffles (with or without chicken) while doing a Disney-themed craft and game.

Huu-ay-aht First Nations Online Training

Kim Barthell and her team from Relationship Matters are offering online seminars that the Huu-ay-aht First Nations' Child and Family Wellness Team has purchased for citizens to access.

Citizens will have access to all the seminars for one year and can watch them at their own pace. The access will expire on **February 15, 2026**.

Huu-ay-aht First Nation has created a login for all citizens to access these seminars. If you want to participate, please contact the Child and Family Wellness Team at 250-736-5066 for the login information.

Topics include:

- Becoming a Behavioural Detective: Understanding and Supporting Complex Behaviour
- Conscious Parenting
- Connection and Resilience
- The Impact of Sexual Abuse
- Self-Harm & Suicide
- Aggression in Childhood and Adolescence
- Grief and Loss
- Addiction
- Community of Support



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Bamfield All-Stars Tee-Ball League

FREE
TO ALL ANACLA & BAMFIELD KIDDOS

EIGHT
NIGHTS OF PLAY + A WRAP-UP PARTY

AGES 4 TO 8

RAIN OR SHINE IN THE COMMUNITY SCHOOL FIELD
WEDNESDAYS FROM 6:00-7:00PM, APRIL 23 - JUNE 11



PLAYERS BRING THEIR OWN GLOVES & RUNNING SHOES. JERSEYS, HATS & EQUIPMENT PROVIDED BY BCSA

THIS LEAGUE IS FREE, BUT PARENTS MUST PRE-REGISTER & SIGN A WAIVER



CONTACT BCSALITFACILITATOR@GMAIL.COM TO SIGN YOUR WEE ONE UP!

BAMFIELD RESIDENTS:

Book your spring COVID-19 vaccine at a local clinic.

Once you receive your invite by email, text or phone call, book your appointment: please call 1-833-838-2323 or visit www.getvaccinated.gov.bc.ca

Vaccines are recommended for adults 65 years and older, Indigenous adults 55 years and older, people 6 months and older who are clinically extremely vulnerable (CEV 1 or CEV 2 condition), long-term care and assisted living residents.



Bamfield

May 28

Bamfield Health Centre

island health

PRIDE & PRELOVED

Spring Sale

HOSTED AT THE BAMFIELD WRECKAGE



Friday May 9th - 4:30-7:30 pm

- Item drop off at the Wreckage (clothes, accessories, small housewares) Water taxi available!

Saturday May 10th - 12:00- 4:00pm

- Shop all of the groovy things that your neighbors have donated! All proceeds go toward BCSA pride month.

Bamfield Community School Association

The Bamfield Wreckage

SNACKS!

Fun Activities

READY SET LEARN BAMFIELD

JOIN US FOR A FREE FAMILY EVENT-
FUN FOR CHILDREN 3-5, PLUS
YOUNGER AND OLDER SIBLINGS!



FREE!





May 9th, 2025

2:30pm-4:00pm

Soaring Eagle
Lower Anacla

If transportation is needed, please reach out to Savannah Lincez
Paawats Anacla Supervisor
250-728-3083
savannah.l@huuayaht.org

Pacific Rim Children & Families

BRITISH COLUMBIA Ministry of Education and Child Care

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HUU-AY-AHT FIRST NATIONS

Patient Travel

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Due to some changes in the eligibility for accessing Medical Patient Travel
We will require the following documentation upon a Patient Travel request.

For regular appointments to the nearest provider (3-5 days to process)

Check list:

- Confirmation of appointment
- Confirmation of travel arrangements
- Confirmation of attendance, once visit is complete

Transportation

- Standard mode of transportation is by private vehicle and mileage rates
- Francis Barclay is not an approved mode of transportation, if it is the only way to and from Medical appointments, will then need to do as a Benefit Exception to FNHA for approval (5-7 days to process)
- Taxi Service will need to be submitted as a Benefit Exception to FNHA for approval (5-7 days to process)

For Specialists or Service Providers outside of the nearest provider (5-7 days to process)

Check list

- Confirmation of appointment
- Referral to the Specialist from your General Practitioner, Dentist or Optometrist
- If not nearest provider please note that we will be submitting to FNHA for approval though the Benefit Exception process (5-7 day process)
- Confirmation of travel arrangements
- Confirmation of attendance , once visit is complete.

Dental

- Dentist appointments are considered a day trip, please book appointments to allow time to get to and from in one day.
- If referred to a Oral Specialist you will need to send appointment confirmation and referral so we can do a Benefit Exception to FNHA for approval

Please contact Kimberly Nookemus, kimberly.n@huuayaht.org, or anyone from the Health team, 250-728-3414, to ensure all information is given correctly and plans are in place.

Patient Travel & Direct Deposit

Did you know Patient Travel funds can be sent through EFT (Electronic Funds Transfer)?

If you're interested in using this service, please provide your Direct Deposit form from your bank to Finance. If your Direct Deposit form is already on file for another purpose, please inform the Finance Department, 250-723-0100, that you would like it to be used for this service as well.

For all other Patient Travel inquires, please contact Kimberly at kimberly.n@huuayaht.org or 250-728-3414

Income Assistance Notice

Community members who need to apply for Income Assistance or renew as a client of the program have the following responsibilities (Section 1.3 of Income Assistance Policy)

•To conduct themselves in a prompt, courteous and respectful manner.
•To actively seek work and attend programs, training and sessions as directed.
•If employable, to actively seek work. Clients must be available for any job they are capable of.
•To have or promptly apply for a social insurance number and to provide the appropriate identification for themselves and other family members as required.
•To provide all necessary information to the Social Development Worker and sign the application form.
•To pursue any other income that they may be entitled to, for example, employment insurance benefits, workers compensation, family maintenance, or spousal support.
•To first use any assets and income before seeking assistance from the Income Assistance Program.
•To take personal responsibility for becoming self-supporting.
•To be involved in the process of establishing eligibility for their benefits.
•To provide documentation to support their application when requested. All documentation is subject to verification. Clients providing false information will be subject to criminal charges.
Clients who meet any of the following criteria are not eligible for IA benefits: (Section 2.2 of Income Assistance Policy)

Healthy, employable, able-bodied persons between 19 and 55 years, who do not seek employment or accept available suitable employment, education, or training.

a.Persons who quit work, except with just cause.
b.People who are terminated from their job because they did not comply with reasonable job requirements (for example, by not showing up for work).
c.People who do not apply for Employment Insurance (EI) benefits, or who are disqualified from EI benefits because they failed to comply with program requirements.
d.A person who receives an unforeseen fortune or substantial monetary gain.
e.People who do not submit Monthly Renewal Forms as required.
f.Persons with monthly income or assets more than the allowable maximum (see 2.5, Income and Exemptions).

2025 payment schedule

~~January 15, 2025 (for February 2025)~~
~~February 19, 2025 (for March 2025)~~
~~March 19, 2025 (for April 2025)~~
~~April 16, 2025 (for May 2025)~~
May 21, 2025 (for June 2025)
June 25, 2025 (for July 2025)
July 23, 2025 (for August 2025)
August 27, 2025 (for September 2025)
September 24, 2025 (for October 2025)
October 22, 2025 (for November 2025)
November 19, 2025 (for December 2025)
December 17, 2025 (for January 2026)

WE ARE HIRING!

- Events Coordinator - Wednesday, May 7, 2025
- Finance Clerk - Wednesday, May 7, 2025
- Housing Manager - Open until filled
- Communications Assistant (Part-time) - Open until filled
- Cultural Wellness Worker - Open until filled
- Tenant Support Worker - Until all positions are filled

For the full job posting of both positions, please visit our website: www.huuayaht.org/whats-happening/work-with-us/ or scan QR code.

SCAN ME

Student Summer **EMPLOYMENT**

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Deadline:
Thursday, May 1, 2025

Are you a youth or student looking for full-time or part-time work?
Apply now for a Huu-ay-aht First Nations Government student job! Explore careers in Administration, Daycare, Lands & Natural resources, Communications, IT, Culture, and more — in Port Alberni, Anacla, or Bamfield.

Who can apply?

- ✓ Youth & Students aged 16–25
- ✓ Registered full-time in secondary or post-secondary studies
- ✓ Preference given to Huu-ay-aht citizens

Where to apply?
We ask that all applicants fill out the HFN Student & Youth Employment Program Application that can be found on our website under our current job postings.

www.huuayaht.org/work-with-us/ | 250.728.3414 | hr@huuayaht.org

WE ARE HIRING

Pacific Rim School District is looking for an Education Assistant/Personal Attendant to join Bamfield Community School !

Under the direction of the School Principal, Education Assistants/Personal Attendants provide support services to specific students, to enable them to fully participate in instructional programs using available resources and learning materials. Participate as a member of the school-based team for the assigned students. Qualified applicants will hold a valid human services or education assistant certificate, first aid certificate, non-violent crisis intervention and autism training. Please see full job description at sd70.bc.ca/support-staff.

Interested applicants, please submit resume, cover letter, qualifications, and support staff applicant form to Hannah Fletcher, Executive Assistant - HR, hfletcher@sd70.bc.ca

Hours: 27.50hrs / week
Wage: $36.64 / Hour
Term: ASAP to June 27, 2025

Scholarship Application

Kindergarten - Grade 3
&
Grade 4 - Grade 12

Deadline:

May 9th 2025 at 4:30pm

Submit:

scholarships@nuuchahnulth.org

Are you at risk for diabetes?

The following questions will help you to find out if you are at higher risk of having type 2 diabetes. You can have undiagnosed type 2 diabetes without having any obvious warning signs or symptoms. Knowing your risk can help you make healthy choices now that will reduce your risk or even prevent you from developing diabetes.

Please answer the questions as honestly and completely as you can. If you wish, a friend or family member can help you to complete this form. Answer all questions. Enter your scores for each question in the box on the right-hand side and then add them up to calculate your total risk score.

This questionnaire is intended for adults aged *18 to 74 years.

SCORE

1. Select your age group:

O *18-44 years	0 points
O 45-54 years	7 points
O 55-64 years	13 points
O 65-74 years	15 points

* The original CANRISK tool was specifically created for adult populations aged 40–74. Scores for ages 39 and younger are based solely on the CTFPHC Recommendations on screening for Type 2 diabetes in adults.

AS YOU GET OLDER, YOUR RISK OF DEVELOPING DIABETES GOES UP.

2. Are you male or female?

O Male	6 points
O Female	0 points

3. How tall are you and how much do you weigh? Use **Appendix 1 (BMI Chart)** on the last page to answer the question below. Select your BMI group from the following choices:

O White (BMI less than 25)	0 points
O Light grey (BMI 25 to 29)	4 points
O Dark grey (BMI 30 to 34)	9 points
O Black (BMI 35 and over)	14 points

4. Using a tape measure, place it around your waist at the level of your belly button. Measure after breathing out (do not hold your breath). Then check the box that contains your measurement (note: this is not the same as the "waist size" on your pants).

MEN	WOMEN	
O Less than 94 cm or 37 inches	O Less than 80 cm or 31.5 inches	0 points
O Between 94-102 cm or 37-40 inches	O Between 80-88 cm or 31.5-35 inches	4 points
O Over 102 cm or 40 inches	O Over 88 cm or 35 inches	6 points

BODY SHAPE AND SIZE CAN AFFECT YOUR RISK OF DIABETES.

5. Do you usually do some physical activity such as brisk walking for at least 30 minutes each day? This activity can be done while at work or at home.

O Yes	0 points
O No	1 point

This tool is an adapted version of the Canadian Diabetes Risk Questionnaire (CANRISK). This tool was developed by the Canadian Task Force on Preventive Health Care (CTFPHC) in partnership with the Public Health Agency of Canada.

CTFPHC

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SCORE

6. How often do you eat vegetables or fruits?

O Every day	0 points
O Not every day	2 points

YOUR LEVEL OF PHYSICAL ACTIVITY AND WHAT YOU EAT CAN AFFECT YOUR RISK OF DEVELOPING DIABETES.

7. Have you ever been told by a doctor or nurse that you have high blood pressure OR have you ever taken high blood pressure pills?

O Yes	4 points
O No or don't know	0 points

8. Have you ever been found to have a high blood sugar either from a blood test, during an illness, or during pregnancy?

O Yes	14 points
O No or don't know	0 points

9. Have you ever given birth to a large baby weighing 9 pounds (4.1 kg) or more?

O Yes	1 point
O No, don't know, or not applicable	0 points

HIGH BLOOD PRESSURE, HIGH BLOOD SUGAR, AND PREGNANCY-RELATED FACTORS ARE ASSOCIATED WITH DIABETES.

10. Have any of your blood relatives ever been diagnosed with diabetes? Check ALL that apply. Add your score. Your combined score cannot be more than 8 points (2 points for each category, do not count multiple children or siblings twice).

O Mother	2 points
O Father	2 points
O Brothers/Sisters	2 points
O Children	2 points
O Other	0 points
O No/don't know	0 points

11. Please check off which of the following ethnic groups your biological (blood) parents belong to. Choose only one score, the highest. Do not add mother plus father scores together (your score cannot be more than 11 points for this section).

MOTHER	FATHER		
O	O	White (Caucasian)	0 points
O	O	Aboriginal	3 points
O	O	Black (Afro-Caribbean)	5 points
O	O	East Asian (Chinese, Vietnamese, Filipino, Korean, etc.)	10 points
O	O	South Asian (East Indian, Pakistani, Sri Lankan, etc.)	11 points
O	O	Other non-white (Latin American, Arab, West Asian)	3 points

SOME TYPES OF DIABETES RUN IN FAMILIES.

12. What is the highest level of education that you have completed?

O Some high school or less	5 points
O High school diploma	1 point
O Some college or university	0 points
O University or college degree	0 points

OTHER FACTORS ARE ALSO RELATED TO DEVELOPING DIABETES.

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SCORE

Add up your points from questions 1 to 12 to determine your Total Risk Score:

0-32 POINTS LOW TO MODERATE RISK	1-17% chance of being diagnosed with diabetes over the next 10 years*	The CTFPHC recommends <u>not routinely screening</u> for type 2 diabetes.
33-42 POINTS HIGH RISK	33% chance of being diagnosed with diabetes over the next 10 years*	The CTFPHC recommends <u>screening every 3-5 years</u> with A1C.†
43+ POINTS VERY HIGH RISK	50% chance of being diagnosed with diabetes over the next 10 years*	The CTFPHC recommends <u>annual screening</u> with A1C.†

** The 10-year predictive value of CANRISK has been based on the predictive value of the FINDRISC calculator.*

Recommendations are for screening adults without symptoms of type 2 diabetes using blood tests. These recommendations do not apply to adults already diagnosed with type 2 diabetes, those at risk for type 1 diabetes, or those with symptoms of diabetes.

Symptoms of diabetes include: unusual thirst, frequent urination, weight change (gain or loss), extreme fatigue or lack of energy, blurred vision, frequent and recurring infections, cuts and bruises that are slow to heal, and/or tingling or numbness in the hands or feet.

† WHAT IS A1C?
The A1C test is a simple lab test that reflects your average blood glucose level over the last 3 months. A small blood sample to check your A1C can be taken at any time of the day.

Be informed!

TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN AND HOW OFTEN YOU SHOULD BE SCREENED FOR TYPE 2 DIABETES.

This tool is an adapted version of the Canadian Diabetes Risk Questionnaire (CANRISK). This tool was developed by the Canadian Task Force on Preventive Health Care (CTFPHC) in partnership with the Public Health Agency of Canada.

CTFPHC

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info@canadiantaskforce.ca | www.canadiantaskforce.ca

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THE **cANADIAN** DIABETES RISK QUESTIONNAIRE

cANRISK

1 Are you at risk?



The following questions will help you to find out if you are at higher risk of having pre-diabetes or type 2 diabetes. Pre-diabetes is a condition where a person's blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. You can have pre-diabetes or undiagnosed type 2 diabetes without having any obvious warning signs or symptoms.

Knowing your risk can help you make healthy choices now that will reduce your risk or even prevent you from developing diabetes.

Please answer the questions as honestly and completely as you can. If you wish, a friend or family member can help you to complete this form. The answers to these questions are completely confidential. Answer all questions. Enter your scores for each question in the box on the right-hand side and then add them up to calculate your total risk score.

This questionnaire is intended for adults aged 40 to 74 years.

Score

1 AS YOU GET OLDER, YOUR RISK OF DEVELOPING DIABETES GOES UP.

1. Select your age group:

- ○ 40-44 years — **0 points**
- ○ 45-54 years — **7 points**
- ○ 55-64 years — **13 points**
- ○ 65-74 years — **15 points**

2. Are you male or female?

- ○ Male — **6 points**
- ○ Female — **0 points**

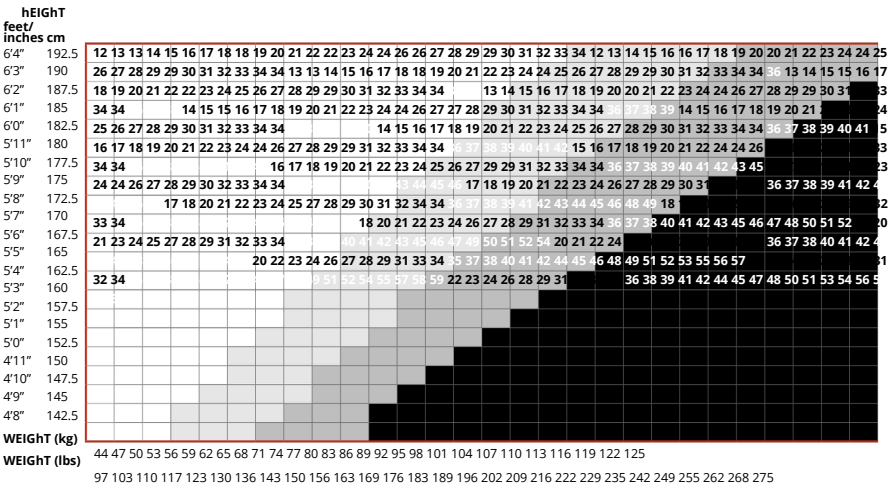
1 BODY ShAPE AND SIzE cAN AFFEcT YOUR RISK OF DIABETES.

3. how tall are you and how much do you weigh?

On the left-hand side of the BMI chart below, circle your height, then on the bottom of the chart circle your weight.
Find the square on the chart where your height crosses with your weight, and note which shaded area you fall into.
For example, if you were 5 feet 2 inches (or 157.5cm) and 163 pounds (or 74kg) you would fall in the LIGHT GREY area.

Select your BMI group from the following choices:

- ○ White (BMI less than 25) — **0 points**
- ○ Light grey (BMI 25 to 29) — **4 points**
- ○ Dark grey (BMI 30 to 34) — **9 points**
- ○ Black (BMI 35 and over) — **14 points**



4. Using a tape measure, place it around your waist at the level of your belly button.

Measure after breathing out (do not hold your breath) and write your results on the line below.
Then check the box that contains your measurement. (Note: this is not the same as the "waist size" on your pants).

MEN – Waist circumference: _ _ _ inches OR _ _ _ cm

- ○ Less than 94 cm or 37 inches — **0 points**
- ○ Between 94-102 cm or 37-40 inches — **4 points**
- ○ Over 102 cm or 40 inches — **6 points**

WOMEN – Waist circumference: _ _ _ inches OR _ _ _ cm

- ○ Less than 80 cm or 31.5 inches — **0 points**
- ○ Between 80-88 cm or 31.5-35 inches — **4 points**
- ○ Over 88 cm or 35 inches — **6 points**

1 YOUR LEVEL OF PhYSIcAL AcTIVITY AND WhAT YOU EAT cAN AFFEcT YOUR RISK OF DEVELOPING DIABETES.

Score

5. Do you usually do some physical activity such as brisk walking for at least 30 minutes each day?
This activity can be done while at work or at home.

○ Yes	0 points	
○ No	1 point	

6. how often do you eat vegetables or fruits?

○ Every day	0 points	
○ Not every day	2 points	

1 hIGh BLOOD PRESSURE, hIGh BLOOD SUGAR, AND PREGNANcY-RELATED FAcTORS ARE ASSOcIATED WITh DIABETES.

7. have you ever been told by a doctor or nurse that you have high blood pressure OR have you ever taken high blood pressure pills?

○ Yes	4 points	
○ No or don't know	0 points	

8. have you ever been found to have a high blood sugar either from a blood test, during an illness, or during pregnancy?

○ Yes	14 points	
○ No or don't know	0 points	

9. have you ever given birth to a large baby weighing 9 pounds (4.1 kg) or more?

○ Yes	1 point	
○ No, don't know, or not applicable	0 points	

1 SOME TYPES OF DIABETES RUN IN FAMILIES.

10. have any of your blood relatives ever been diagnosed with diabetes?
Check ALL that apply.

☐ Mother	2 points
☐ Father	2 points
☐ Brothers/Sisters	2 points
☐ Children	2 points
☐ Other	0 points
☐ No/don't know	0 points

Add your score.
Your combined score cannot be more than 8 points.
(2 points for each category, do not count multiple children or siblings twice).

11. Please check off which of the following ethnic groups your biological (blood) parents belong to:

MOThER	FAThER		
○	○	White (Caucasian)	0 points
○	○	Aboriginal	3 points
○	○	Black (Afro-Caribbean)	5 points
○	○	East Asian (Chinese, Vietnamese, Filipino, Korean, etc.)	10 points
○	○	South Asian (East Indian, Pakistani, Sri Lankan, etc.)	11 points
○	○	Other non-white (Latin American, Arab, West Asian)	3 points

choose only one score, the highest.
Do not add mother plus father scores together. (Your score cannot be more than 11 points for this section).

1 OThER FAcTORS ARE ALSO RELATED TO DEVELOPING DIABETES.

12. What is the highest level of education that you have completed?

○ Some high school or less	5 points	
○ High school diploma	1 point	
○ Some college or university	0 points	
○ University or college degree	0 points	

Total Score

Add up your points from questions 1 to 12

These risk scores are in no way a substitute for actual clinical diagnosis.
If you have any concerns, please consider discussing your results with a health care practitioner (eg. family doctor, nurse practitioner, pharmacist).

Lower than 21 1 low risk
Your risk of having pre-diabetes or type 2 diabetes is fairly low, though it always pays to maintain a healthy lifestyle.

21-32 1 moderate risk
Based on your identified risk factors, your risk of having pre-diabetes or type 2 diabetes is moderate. You may wish to consult with a health care practitioner about your risk of developing diabetes.

33 and over 1 high risk
Based on your identified risk factors, your risk of having pre-diabetes or type 2 diabetes is high. You may wish to consult with a health care practitioner to discuss getting your blood sugar tested.

Diabetes is a serious chronic disease and uncontrolled diabetes can lead to heart disease, kidney disease and other conditions.

While you can't change some factors such as, age, gender, family history, and ethno-cultural background, other risk factors for diabetes may respond to lifestyle changes. These include weight, physical activity, diet, and smoking.

If your BMI is 25 or higher, lowering your weight may help you reduce your risk of developing type 2 diabetes. Even a small change in body weight or physical activity can reduce your risk. Embrace a healthy balanced diet which emphasizes vegetables, fruit, and whole grains. consult canada's Food Guide for helpful suggestions. If you are not active, begin slowly and increase your activity gradually. check with your doctor before beginning any exercise program.

If you smoke, it's never too late to quit. Every step you take to improve your health counts!

Thank you for completing the canadian Diabetes Risk Questionnaire.

Public Health Agency of Canada, 2011

GREAT BLUE HERON

ʔaanus



The Great Blue Heron was thought to symbolize balance grace and focus. In one of the Sapir-Swadesh texts, the crane, or Great Blue Heron, was described as "the best marksmen at spearing." For some the crane is considered a guardian as it cries out loudly to warn of strangers approaching.

CLAYOQUOT BIOSPHERE TRUST

AFSAR

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