



FOR IMMEDIATE RELEASE

WORLD DIABETES DAY: NOVEMBER 14

A healthy lifestyle helps prevent diabetes.

Kuujuuaq, November 14 – The Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to highlight November 14, World Diabetes Day.

November 14 has been designated World Diabetes Day in honour of the birthday of Frederick Banting, the Ontario physician who discovered insulin in 1921. After a declaration by the United Nations in 2006, November 14 has been celebrated internationally. Further, November has been designated Diabetes Month in Canada.

For the occasion, *Nunavimmiut* are invited to take active control of their health and well-being. During the year, various activities will be organized throughout the region to raise public awareness of the risk factors and the means to prevent this health problem, which is slowly spreading in Nunavik.

A healthy lifestyle helps prevent diabetes: healthy nutrition, regular physical activity, stress management and smoking cessation.

*The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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Source: Nunavik Regional Board of Health and Social Services

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This communiqué is also posted on our Web site at www.rrsss17.gouv.qc.ca.