HEALTHY LIVING REPORT

DCI number/Fiscal year:
HC-P145 (2024-2025)

Purpose:
This report is for reporting on the performance of health programs and services. This report is **not** for reporting financial and audit information. Indigenous Services Canada will use the performance information to develop reports at the regional or national level. This allows Indigenous Services Canada and funding recipients to identify strengths and weaknesses in programming and to adjust programming to better serve the needs of First Nations and Inuit communities. For information on financial and audit reporting requirements, please refer to your contribution agreement.

Reporting period:
for the fiscal year ending March 31, 2025

Due date:
the due date specified in your contribution agreement

Note:
- Collection and analysis of program performance information should be on-going to support your program management and reviews, and in order to submit the completed Healthy Living Report by the due date specified in your contribution agreement.
- For a multi-community agreement, the recipient must complete a separate Healthy Living Report for each community under its agreement.
- When completing questions that require numbers as answers, be sure to enter "0" when the answer is none. **Do not leave any answers blank**.
- Submit your completed report to the First Nations and Inuit Health (FNIH) Regional Office, Indigenous Services Canada by the due date stated in your contribution agreement.
- The following important reference documents from your FNIH regional office may help assist you in completing the Healthy Living Report:
  - Program Component Performance Measurement Strategies, which are available from your FNIH regional office.

Field definitions:

Field	Definition
Identification	
Recipient/Organization name	The name of the organization that has received a transfer payment, and can be found in the contribution agreement.
Recipient number	The number assigned by Indigenous Services Canada to the organization that has received a transfer payment and can be found in the contribution agreement.

Field	Definition
Province/Territory of community	Select the province or territory of the community in the drop-down menu from which the recipient is reporting.
Community name	Indicate the name of the community where the services are delivered.
Health facility name	Indicate the name of the health facility where community members access services.
Contact	
- Given name - Family name - Title/Position - Telephone number - Extension - Email address	The given name, family name, position title, telephone number and email address (if applicable) of the person who can be contacted for further information about the report. A valid telephone number includes the 3 digit area code in the format ###-###-####. A valid email address may be in upper or lower case in the format a@a.ca.
Reporting period	
- From (YYYYMMDD) - To (YYYYMMDD)	Indicate the reporting period 'from' and 'to' dates from the drop-down calendar. Dates are in the format of "Year-Month-Day"
Program information	
Healthy Living Program	The Healthy Living program supports the development and implementation of community-based activities that promote and support healthy behaviours including healthy eating and active living. Over the long term, these programs will contribute to the prevention of chronic diseases and injuries across Canada. This component includes the Aboriginal Diabetes Initiative (ADI) and injury prevention.
1. Chronic disease and injury prevention activities	The Healthy Living information collected will be used to inform program development, program and services improvement, and the need for further federal investments in programs by Indigenous Services Canada. Information related to the types of activities delivered is needed evaluate the quality, efficiency and effectiveness of Healthy Living programs and services. Chronic disease prevention activities include awareness and education activities related to diabetes and other chronic diseases, such as raising awareness, undertaking screening and supporting healthy eating and physical activity. These types of activities contribute to increasing

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	knowledge among community members about the risk factors for developing, for example, type 2 diabetes, what type 2 diabetes is, how it can be prevented, and who can provide support.
	Injury prevention activities may include all injury prevention efforts such as sharing knowledge including traditional knowledge, raising awareness, working to change attitudes, and launching or improving community data collection.
Physical activity	
Awareness activities related to physical activity (e.g., diabetes walks, healthy living awareness days, physical activity presentations)	Indicate whether awareness activities related to physical activity were provided by choosing 'yes' or 'no' in the drop down-list. If an activity you delivered fits under more than one category, choose the 'best fit', and identify only once.
Sport/recreation activities (e.g., soccer, basketball, etc.), open gym nights at school, opened/ran a community gym (weights, fitness classes, personal training, etc.), walking clubs, running clubs	Indicate whether sport/recreation activities, open gym nights at school, opened/ran a community gym, walking clubs, running clubs were provided by choosing 'yes' or 'no' in the drop- down list. If an activity you delivered fits under more than one category, choose the 'best fit', and identify only once.
Traditional physical activities (e.g., jigging, dancing, games, snowshoeing, canoeing)	Indicate whether traditional physical activities were provided by choosing 'yes' or 'no' in the drop-down list. If an activity you delivered fits under more than one category, choose the 'best fit', and identify only once.
Nutrition	
Cooking classes, community kitchens, cooking clubs, etc.	Indicate whether cooking classes or community kitchens were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Traditional food knowledge and skills (e.g., harvesting, hunting and fishing, gardening, food preservation, preparing and cooking traditional food, traditional cookout, etc.)	Indicate whether activities related to traditional food knowledge and skills were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Healthy eating awareness and education(e.g., health fairs, radio shows, social media nutrition posts); displaying nutrition information through posters or displays; taste tests; cooking demos; nutrition presentations; games/challenges community feasts; nutrition education in	Indicate whether activities related to healthy eating awareness and education; displaying nutrition information; taste tests; cooking demos; nutrition presentations; games/challenges; community feasts; nutrition education in schools, preschools or daycares; grocery store tours were provided by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one

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schools, preschools or daycares; grocery store tours, etc.	category, choose the 'best fit', and identify only once.
Community gardens	Indicate whether community gardens were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Good food boxes	Indicate whether good food boxes were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Food vouchers	Indicate whether food vouchers were provided by choosing 'yes' or 'no' in the drop-down list. If an activity you delivered fits under more than one category, choose the 'best fit', and identify only once.
School-based feeding programs (includes land-based activities)	Indicate whether school-based feeding programs were provided by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Tobacco and vaping	
Commercial tobacco and vaping prevention, education and cessation activities	Indicate whether tobacco and vaping prevention, education and cessation activities were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Traditional tobacco activities	Indicate whether traditional tobacco activities were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Injury prevention	
Injury prevention training and awareness raising (e.g., safety committees (water safety, properly using helmets), toolkits, "A Journey to the Teachings" training, community data collection etc.)	Indicate whether activities related to injury prevention training and awareness raising were provided by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Additional	
Diabetes information sessions or workshops	Indicate whether diabetes information sessions or workshops were delivered by choosing 'yes' or 'no' in the drop down-list. If an activity you provide fits

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	under more than one category, choose the 'best fit' and identify only once.
Information sessions or workshops on other chronic diseases (e.g., cancer, heart disease, etc.)	Indicate whether information sessions or workshops on other chronic diseases were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
Development or resource materials (e.g., posters, cookbooks, displays, guides, etc.)	Indicate whether activities related to the development of resource materials were delivered by choosing 'yes' or 'no' in the drop-down list. If an activity you provide fits under more than one category, choose the 'best fit', and identify only once.
2. Diabetes screening	Collecting information on the number of individuals screened for diabetes in communities and the types of screening activities informs program development, guides diabetes program and service improvements, and is needed to evaluate the quality, efficiency and effectiveness of Healthy Living programs and services. **Diabetes and pre-diabetes diagnostic screening** refers to glucose testing in collaboration with a primary care worker. **Fasting glucose test** is administered to determine how much glucose is in a blood sample taken after an overnight fast. **OGTT**, the Oral Glucose Tolerance Test, measures the body's ability to use glucose. It is commonly used to diagnose pre-diabetes, diabetes, and is also used to check for diabetes in pregnancy (gestational diabetes).
Do you conduct diabetes diagnostic screening in your community (e.g., fasting glucose, Oral Glucose Tolerance Test (OGTT))?	Indicate if diabetes diagnostic screening is provided in your community by choosing 'yes' or 'no' in the drop-down list.
3. Diabetes management	Collecting information on how diabetes is managed after diagnosis helps to inform program development, and guides diabetes program and service improvements in diabetes programming and services. Information related to the types of delivered activities is needed to evaluate the quality, efficiency and effectiveness of Healthy Living programs and services. **Screening for complications** is screening for limb, eye (retinal), cardiovascular, kidney (renal) and foot care complications according to Diabetes Canada's

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	Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada.
	Referrals to health professionals or services are referral activities such as: working with the province or territory and other health care providers to improve the coordination of services for those accessing care outside the community; referral to hospitals or other treatment and management services for people with diabetes complications; and communication with community health nurses to ensure home care is provided after hospitalization is no longer required.
	Diabetes self-management sessions include, but are not limited to, the following topics: diabetes education clinics and training for clients to support their self-management (e.g., blood glucose testing, foot care, diet and exercise advice, self-management using traditional approaches, taking medication as prescribed, learning to cope with stress, depression and other concerns, etc.) in pre-pregnancy and pregnancy, access to healthy foods, community weight-loss groups, healthy cooking classes for people living with diabetes, walking clubs or exercise programs for people living with diabetes, stress management sessions for people living with diabetes, sessions on testing blood glucose levels, sessions on diabetes medication and/or insulin and sessions on diabetes self-management using traditional approaches.
	Diabetes education and training clinics include diabetes self-management sessions, or workshops, that are intended to support individuals, groups and families living with diabetes.
	Foot care clinics are delivered to assist individuals or groups with foot examinations and/or with proper foot care, and provided through the Aboriginal Diabetes Initiative (ADI) funding.
Diabetes management activities	
Diabetes support or healthy living groups	Indicate whether diabetes support or healthy living groups were organized by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one category, choose the 'best fit', and identify only once.
Screening for complications, i.e., eye (retinal) screening	Indicate whether screening for retinal complications was offered by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one

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	category, choose the 'best fit', and identify only once.
Screening for complications, i.e., kidney (renal) screening	Indicate whether screening for renal complications was offered by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one category, choose the 'best fit', and identify only once.
Screening for complications, i.e., cardiovascular disease screening	Indicate whether screening for cardiovascular disease complications was provided by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one category, choose the 'best fit' and identify only once.
Referrals to health professionals or services	Indicate whether referrals to health professionals were arranged by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one category, choose the 'best fit', and identify only once.
Diabetes self-management sessions (e.g., diabetes education clinics and training for clients to support their self-management (e.g., blood sugar testing, foot care, diet and exercise advice, traditional activities, taking medication as prescribed, learning to cope with stress, depression and other concerns, etc.)	Indicate whether diabetes self-management sessions were offered by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one category, choose the 'best fit', and identify only once.
Foot care clinics (e.g., foot examinations, foot care services)	Indicate whether foot care clinics were offered by choosing 'yes' or 'no' in the drop-down list. If an activity fits under more than one category, choose the 'best fit', and identify only once.
Supporting documents	
Title	Enter the name of the supporting document.
Submission method	From the drop-down list, select the method by which additional documents will be submitted. The options include: - attachment - email - facsimile - mail - by hand/courier If you select 'Attachment' as the submission method, an 'Attach file' button will appear. Selecting this button allows you to select a file that will be attached to the form. After attaching the file, you can click on the paper clip icon on the left side of the Adobe application to see the attached file. Once the file is attached, the 'Attach file'

Field	Definition
	button changes to 'Remove file'. To remove the file only, select this button. To clear all fields for a single document and remove the associated file, select the [-] button.
Declaration	
- Given name - Family name - Title - Date (YYYYMMDD)	The given name, family name and title/position of the person who acknowledged the accuracy of the information, and the date on which it was completed. Dates are in the format of 'Year-Month-Day'.