

First Nation Health Information Links:

DIABETES:

First Nation, Inuit and Aboriginal Health:

<http://www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php>

STROKE AND HEART DISEASE:

A guide for Aboriginal people:

http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3479041/k.FFD0/First_Nations_Inuit_M233tis_Resources.htm

DRUG AND ALCOHOL ABUSE:

Native Alcohol and Drug Abuse Counselling Association of Nova Scotia:

<http://nadaca.ca/>

QUITTING SMOKING

<http://www.hc-sc.gc.ca/fniah-spnia/substan/tobac-tabac/help-aide-eng.php>

NUTRITION:

Canada's Food Guide for First Nation, Inuit and Métis:

http://www.hc-sc.gc.ca/fn-an/alt_formats/fnihb-dgspni/pdf/pubs/fnim-pnim/2007_fnim-pnim_food-guide-aliment-eng.pdf

WOMENS HEALTH:

http://www.aboriginalsexualhealth.ca/aboriginal-womens-health_e.aspx

MENTAL HEALTH:

<http://www.hc-sc.gc.ca/fniah-spnia/promotion/mental/index-eng.php>

JUST FOR KIDS:

Learn about **hand washing, sun safety, puberty, head lice, asthma** and more through fun online games, videos and quizzes.

<http://www.aboutkidshealth.ca/en/justforkids/pages/default.aspx>