



Presenting Sponsor



雷城加華會
Regina Chinese Canadian Association



Proudly presented by The Regina Chinese Canadian Association

Diabetes Canada would like to express their appreciation to the Regina Chinese Canadian Association for partnering and supporting the 1st annual Chinese Health Fair

Personal interest and an interactive agenda brought many people out to attend the first annual Chinese Health Fair in Regina on August 20, 2017. 70 people attended the inaugural event that was held at the Glencairn Neighborhood Centre and supported by the Regina Chinese Canadian Association.



Diabetes Canada, sponsors and supporting community partners and health experts, brought Regina's Chinese Canadian community together to help them connect with organizations who provided information about healthy lifestyles counseling to improve their health and wellness and the health and wellness of their families.

CanRisk stations were set up to determine individual risk for developing diabetes. As the Chinese population is in a high risk group, trying to find out their own personal risk early on and knowing how to prevent or delay the onset of diabetes is extremely important and one of the goals of the health fair.



Rubicon Pharmacy, Diabetes Canada and several volunteers helped out to provide participants with information on their personal risk for developing diabetes and the opportunity to receive one-on-one diabetes education and counseling from Rubicon Pharmacy.

From the screenings, **18%** of the participants were identified as being at low risk and **82%** were identified as moderate or high risk for developing type 2 diabetes.

Pharmacist Leah Lucyk presented information about Diabetes to the group followed by a



cooking demonstration featuring Canola Oil and Lentils. Lentil salad made with a delicious vinaigrette was on the menu as well as a demo on 3 other types of salad dressing. In addition, a lentil wrap made with canola was featured and the coffee break snack were carrot spice muffins mad with canola oil and red split lentils generously donated by AGT



Foods. For the final portion of the session, the YMCA demonstrated how to use resistance bands and how easy it is to make that part of each person's daily fitness regime.



People attended the first annual
Chinese Health Fair

Chinese Canadians Review

- "The Carrot muffins (made with Canola Oil and Lentils) were delicious!"
- "I didn't know you could use lentils in more than soup!"
- "I've never seen a Canola plant!"

What did participants like?

- Learning more about healthy eating
- Getting their risk for diabetes checked
- Being able to see and touch canola seeds and lentil seeds
- Learning about how to use Canola in cooking and all the Canola cooking gifts



82%

Of participants in the
Diabetes Risk Assessment
were at

Moderate or High Risk

80

Swag Bags were
handed out

30 pounds

of lentils were used for
this event

Canola Oil

Was used in every
recipe and snack!