

Alliance for the Prevention of Chronic Disease

Mission:

To strengthen health care capacity for the primary prevention of chronic disease and the enhancement of the quality of life of Manitobans.

The Alliance for the Prevention of Chronic Disease is pleased to support one of its members, the Canadian Diabetes Association, Manitoba/Nunavut Region in promoting a healthy active lifestyle for all Manitobans.

“If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation”. This powerful statement by Dr. Robert Butler, former Director of the National Institute on Aging, emphasizes the importance of engaging in physical activity throughout life. A large body of research has shown the benefits of regular physical activity for all age groups. Physically active children and youth have increased bone mass and do better in school. Participating in regular physical activity, avoiding tobacco and maintaining a healthy body weight through healthy food choices are the most important things adults can do to prevent chronic disease such as Type 2 diabetes, heart disease and stroke, cancer, kidney disease and lung diseases. The message from the six member organizations of the Alliance is that these diseases are all to some degree preventable, and they all share common risk factors. By working together, the Alliance member organizations can spread their message of prevention province-wide. It is indeed time to get moving!

The Canadian Diabetes Association’s “To Life!” Program in which you have registered is one of many ways through which you can increase your level of physical activity.

Many people are interested in promoting physical activity across the province. The Alliance spent the past year working with many organizations and community groups to develop a “Manitoba Physical Activity Action Plan”. Some of you may have taken part in the community consultations that were held throughout Manitoba to collect ideas for the Action Plan. The Plan contains many recommendations from Manitobans about how to increase physical activity levels for all age groups. We encourage you to get a copy of the Action Plan. Call the Alliance at (9204) 474-7403/6624 for your free copy.

Members:

Canadian Cancer Society, Manitoba Division; The Kidney Foundation of Canada, Manitoba Branch; Manitoba Lung Association; Heart and Stroke Foundation of Manitoba; CancerCare Manitoba; Canadian Diabetes Association, Manitoba/Nunavut Region