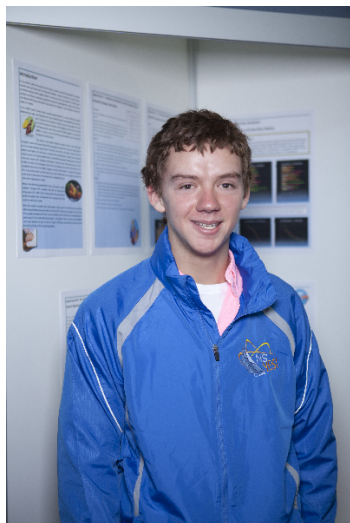


# CWSF 2013 - Lethbridge, Alberta



## Aaron Prosper

### Diabetes in the Mi'kmaq Population - Why such high rates?

**Challenge:** Health

**Category:** Senior

**Region:** Mi'kma'q First Nation

**City:** Eskasoni, NS

**School:** Eskasoni High School

**Abstract:** My project is focused on trying to answer why Mi'kmaq people in Atlantic Canada have such high rates of diabetes. I found there to be several factors to why this is; one being a diet, the other factor being that Mi'kmaq people do not have the proper enzymes to break down foods in their diets. Today diabetes rates are as high as 25%

#### Biography

My name is Aaron Prosper. I am in grade 11, attending ABMHS. My hobbies are playing hockey, running, golfing, playing piano, and going to traditional sweats. I am currently a player with the C.B. Tradesmen Hockey Team, which is part of the NSMMHL. I'm a certified National Lifeguard and a basic first aid and swimming instructor, working with youth. I am also a youth worker/mentor in my community, under Mi'kmaq Kina'matnewey Red.Road.Project. My most memorable achievements would be going to CWSF last year, becoming a National Lifeguard, winning the John Hanna Jr. Memorial Scholarship, and presenting a self-esteem building workshop for approx.100 residential school survivors. My plan is to go into medicine and become a Pediatric specialist. I was inspired to do my project, because I wanted to be able to promote healthy living and eating in my community and to be able to teach people about diabetes, and how to prevent it, specifically aboriginals. To further my project I plan to meet with my chief to perhaps make plans on making an initiative that will promote healthy eating and living in my community. My advice to students is; You can do anything if just put your mind to it.

#### Awards

#### Value

|   |                |
|---|----------------|
| Excellence Award - Senior - Bronze Medal<br>Sponsor: Youth Science Canada   | \$100          |
| University of Ottawa Entrance Scholarship<br>Senior Bronze Medallist - \$1000 Entrance Scholarship<br>Sponsor: University of Ottawa | \$1 000        |
| Western University Scholarship<br>Bronze Medallist - \$1000 Entrance Scholarship<br>Sponsor: Western University                     | \$1 000        |
| <b>Total</b>  | <b>\$2 100</b> |