

CWSF 2014 - Windsor, Ontario



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 based on my study, in which I explored/investigated health issues amongst Mi'kmaq communities, attempting to find answer to why Mi'kmaq or aboriginal people in general have some of the highest rates of diabetes in the country. This study focuses on several factors including, trending diets, general health, family medical history, socioeconomic, BMI and waist-circumference analysis. Each showing they contribute to diabetes.

Biography

My name is Aaron Prosper. I am in grade 12, 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 receiving a medal at 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; "If you can dream it, you can do it!!"

Awards

Value

Excellence Award - Senior - Bronze Medal Sponsor: Nuclear Waste Management Organization	\$100
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$2 100

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