



KSDPP KAHNAWÀ:KE SCHOOLS
DIABETES PREVENTION PROGRAM

Center for Research & Training
in Diabetes Prevention

Press Release

Community Gathers for Sadie's Walk in Kahnawà:ke

FOR IMMEDIATE RELEASE

Kahnawà:ke Mohawk Territory — 3 Onerahtókha/April 2026 — Community members gathered on April 3 at the Kahnawà:ke Youth Center to participate in Sadie's Walk, an annual event organized by the Kahnawà:ke Schools Diabetes Prevention Program (KSDPP) to promote wellness, community, physical activity, and diabetes prevention.

Participants of all ages came together, forming teams with family members, friends, and colleagues. The event created a positive and supportive atmosphere as walkers joined together to encourage healthy lifestyles and strengthen community connections.

Sadie's Walk continues to be an important opportunity to raise awareness about diabetes prevention while celebrating the power of community action.

The event is held in memory of Sadie Muik, a dedicated Indigenous Diabetes Project Worker from British Columbia who worked tirelessly to promote diabetes prevention in Indigenous communities. Sadie tragically lost her life in a vehicular accident in 1996, on Good Friday. In her honour, communities across Canada continue to hold Sadie's Walk each year to remember her legacy and to continue the important work she championed.

The Kahnawà:ke Schools Diabetes Prevention Program thanks all participants who came out. The turnout reflected the strong commitment within Kahnawà:ke to support wellness initiatives and to encourage healthy living for future generations.

About KSDPP

The Kahnawà:ke Schools Diabetes Prevention Program (KSDPP) is a community-driven initiative dedicated to preventing type 2 diabetes and promoting healthy lifestyles in Kahnawà:ke. Established in 1994 at the request of community elders, KSDPP works with community partners to encourage healthy eating, daily physical activity, adequate sleep, and wholistic wellness grounded in Kanien'kehá:ka values. Through community programming, research partnerships, and education initiatives, KSDPP empowers present and future generations to take an active role in their health and well-being. We're still here and we're rooted in Kahnawà:ke!

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