

Health Empowerment for You!





Health Empowerment for You!

Developing the Partnership

- Introductions
- Background
- Developing the Partnership
 - Successes, Challenges and Lessons Learned



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Background

- Experience in Home Care and nursing in First Nations communities. Need for more resources.
- Need to recognize shortage of Mental Health resources, especially as it relates to people living with cancer and chronic diseases.
- Impacts of Indian Residential Schools on First Nations society today.
 - Loss of Language, Loss of Culture, Loss of Identity.
 - Substance Abuse from Survivors trying to cope with losses, abuse and traumas.



Health Empowerment for You

Culturally relevant training program to promote healthy living as a way to reduce risk factors for cancer and chronic diseases to youth in First Nation communities.





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Why First Nations Led?



This project engaged First Nations to develop a prevention of cancer and chronic disease strategy for use at the community level.

Building capacity at the community level empowers the facilitators and the community youth.



First Nations Health Challenges

- First Nations are living with gaps in services and community activities related to the continuum of care for chronic disease.
- First Nations have a life expectancy eight (8) years shorter than the average Canadian.
- First Nations people are four time more likely to have diabetes, and sixteen times more likely to have an amputation resulting from the diabetes.
- Compared to other Canadians, the likelihood that a First Nations person will die at an early age is doubled; tripled if the person is female.



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Health Empowerment for You Goals

1. Develop the Partnership
2. Develop the Curriculum
3. Creating Sustainable Actions



Partners Include

- First Nations Partners
- Government Representatives
 - Federal and Provincial
- Post Secondary Institutions
- Cancer and Chronic Disease Agencies
 - Government Funded and Non-Profit Organizations
- Manitoba and Saskatchewan Based



Respecting Cultural Diversity

- Key is Respect for diversity, especially within the many Tribal groups and language groups across Manitoba and Saskatchewan.
- Respect that not all First Nations follow the traditional ways, but that First Nations people have a choice about their spirituality.



Cultural Inclusion

- The Steering Committee is a multi-cultural group that is working to improve health outcomes for First Nations communities.
- Blending First Nation and non-First Nation healing traditions in a respectful manner.
- Guidance from Elders is received regularly during the project.



How Was Culture Involved?

- Prayers at every meeting
- Smudge Ceremony
- Sweat Lodge Ceremony; Horse Dance; Feasts
- Guidance from Elders
- Dispute Resolution
 - Talking Circles with Elders



Elder's Guidance

- Elders provide guidance at an annual Elder's Meeting.
 - Importance of Local Elders.
 - Use of Medicine Wheel as a teaching tool.
 - How to present the Medicine Wheel, while respecting the diversity of cultures and beliefs.
- Elders provide guidance at ceremonies.
 - Challenges in health care and access to services.



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Challenges

Developing the Partnership

- First Nations Engagement
- Administrative Barriers
- Partner Communications
- Respecting First Nations Culture



Benefit to Partners

- Pre-CLASP limited contact with each other, post-CLASP partners are collaborating on many activities
- Greater understanding of each other and how other partners are organized
- Increased understanding of the need for action to address the health challenges rather than research.



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- How to work alongside First Nations to deliver programs for First Nations people
- How to build effective partnerships with First Nations, and reach communities
- How to work at the speed of First Nation business and respect the traditional protocols



Lessons Learned

“I have learned that we need to approach First Nations on-reserve communities through a different lens when approaching programming. I have learned that there needs to be a middle ground appreciation and respect for time and understanding of concepts, budgets, policy and governance when you are working with complex issues and cross-territorial institutions. I have also learned that relationships need to be developed and time is required to appreciate what other cultures have to offer in order to help everyone become healthier. First Nations follow their own role models and look up to people in their communities.”

HEY Steering Committee Participant



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Challenges

Developing the Curriculum

- Common Risk Factors
- Common Messaging
- First Nations Perspectives
- Language Level



Lessons Learned

- *“Difficulty in writing curriculum with medical and health terminology to a layman audience while still being accurate. This process took more time than anticipated” HEY Steering Committee Participant*
- *“Condensing the information into a useable and evidence based format” HEY Steering Committee Participant*



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Challenges

Creating Sustainable Actions

- Funding
- Community Engagement
- Evaluation Framework



Lessons Learned

“[We] took the facilitator training and are working with families and informing them with what we learned from the program. Trying to get them to live healthier lives, but we can’t get them to stop completely. Caring is one thing but doing something about it is quite another. That’s the difficult part. If only we can create a support group in [community] it would be an even greater step towards improvement and succeeding in getting them healthier. Alternatives are the key.”

Train the Trainer Participant

Questions ?



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Public Health
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HEY! Training Overview

- Program is about youth engagement and promoting healthy behaviours in youth.
- Train the Trainer Component
 - Communities select trainees for this program
- Community-Based Component
 - Trainer returns home to facilitate workshops



Introduction

- European explorers and First Nations
- Assimilation Processes
- First Nations Philosophy on Wellness
- Traditional Healers and medicines
 - Importance of Ceremony

Each participant can explore the cultural components to their level of comfort



Module 1

Vision of Health

- Medicine Wheel is used a teaching tool to discuss health.
- Participants use the four aspects of holistic health to identify factors of:
 - Personal health; and
 - Community health.
- Identify strategies to improve health outcomes.



Module 2

Prevention of Cancer and Chronic Disease

- Describe common cancers and chronic diseases for First Nations communities.
- Identify the common risk factors related to most cancers and chronic diseases.
- Difference between non-modifiable (can't change) and modifiable (can change) risk factors.
- Identify specific screening tools for cancer and chronic diseases.



Module 3

Healthy Eating

- Effects of foods that are high sugar, sodium and saturated fats (HSSF) on the body.
- Identify common foods that have excess sugar, salt and fats.
- Canada's Healthy Food Guide.
- Traditional healthy foods.
- Outline a healthy meal plan for a day.



Module 4

Active Living

- General benefits of exercise.
- Benefits of exercise in relation to the prevention of cancer and chronic disease.
- Opportunities for exercise in your community.
- Strategies to promote and maintain an active living program for yourself.
- Traditional types of active living that can apply to current life.



Module 5

A Health Body for Me

- Identify cancers and chronic diseases that are affected by weight.
- Identify the recommended waist size for men and women.
- Identify the recommended Body Mass Index (BMI) for adults.
- Discuss a realistic weight maintenance plan.



Module 6

Smoke Free: Non-Traditional Tobacco Use

- Prevalence of smoking in First Nations communities.
- Relationship of smoking, chewing tobacco and second hand smoke to cancers and chronic diseases.
- Identify resources available within and outside of your community to assist persons who wish to limit or stop smoking.



Module 7

Avoid Misuse of Substances

- Discuss and define what we mean by the term “substance misuse.”
- Identify the relationships of substance misuse to cancers and chronic diseases.
- Identify resources available in and outside of the community to assist persons who wish to stop or cut down on substance misuse.

Thank - You

