

Indigenous Health

NORTHERN HEALTH UPDATES

AUTUMN 2017

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BC Wildfires Summer 2017

This summer, the province of British Columbia saw one of the worst fire seasons in decades. Thousands of people from the Cariboo region were evacuated to centres in Kamloops and Prince George. Northern Health had the opportunity to provide services for evacuees including long-term care needs, assisted living needs, home health needs, and primary care services. Many Northern Health staff put in full work-days and volunteered in the evenings to fill gaps related to caring for evacuees in Prince George and Quesnel. Staff helped out in various capacities from assisting with long-term care residents, working in food services or laundry, greeting evacuees and families at NH facilities, and more. Members of the Indigenous Health team assisted at the evacuation centre by supporting Northern Health efforts, and assisting at the First Nations Health Authority table by providing navigational support to evacuees and distributing gas cards. To support cultural safety at the evacuation centre, our team produced a one page document on 'Care in Crisis' to alert volunteers to unique circumstances surrounding Indigenous evacuees.

NCCAH launches a new web site

The National Collaborating Centre for Aboriginal Health (NCCAH) is very pleased to announce the launch of their new and improved web site. Web site visitors can now read, search within, download, and easily socially share NCCAH knowledge resources without leaving the web site. This means that all online publications, including multimedia resources, can be easily viewed on all devices including desktops, tablets, and phones.

"As a leading knowledge translation organization on Indigenous health and well-being, we rely on improvements to technology to help us move information into the hands of users. A responsive web site means that community people, health professionals, researchers and policy-makers who rely on our publications can now view them on their mobile devices. This is really an exciting development for us!"

Dr. Margo Greenwood

Visit their new website at nccah.ca on the device of your choice!

Highlights

BC Wildfires Summer 2017

NCCAH launches new website

FNHA Regional Caucus Oct.24th - 26th

Ten years to celebrate? The tenth anniversary of UNDRIP in Canada

Justin Trudeau splits INAC into two departments

Minister Carolyn Bennett Appoints Three Independent Indigenous Youth Advisors

Fall 2017 Student Awards Available to Indigenous Students

Updates and resources from Indigenous Health!

FNHA Regional Caucus October 24th - 26th

The First Nations Health Authority hosted their annual Northern Regional Caucus October 24-26 in Prince George. Representatives from the Indigenous Health team attended the first morning of the caucus, which featured reports from the FNHA leadership on progress and activities. We learned a lot and heard many interesting ideas from the participants on the floor who showed great interest and a strong vision for the work ahead.

Ten years to celebrate? The tenth anniversary of UNDRIP, in Canada.

On September 13th, 2007, the General Assembly of the United Nations adopted the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), encompassing 370 million Indigenous peoples in more than 70 countries across the globe. This declaration is an international commitment to “the minimum standards required to ensure the survival, dignity and wellbeing of Indigenous people around the globe” and outlines individual and collective rights of Indigenous people, including self-determination, identity, culture and Indigenous lands and resources.

This year marks the 10th anniversary of this important recognition of the human rights of Indigenous people. In May 2016, Canada became a full signatory nation of UNDRIP, when then, Indigenous Affairs Minister Carolyn Bennett declared: “Canada is now a full supporter of the [UN Declaration on the Rights of Indigenous People] without qualification. Accepting UNDRIP is an important step for the government of Canada as the Truth and Reconciliation Commission of Canada has called it the “framework for reconciliation.”

In July 2017, the Canadian Department of Justice released the report, Principles respecting the Government of Canada’s Relationship with Indigenous peoples. This report noted that “the implementation of the United Nations Declaration on the Rights of Indigenous Peoples requires transformative change in the Government’s relationship with Indigenous peoples.” The report places self-determination at the heart of Federal relations with Indigenous people, and spells out ten principles to guide the Government’s actions. (See report at Principles respecting the

Government of Canada’s relationship with Indigenous peoples)

Indigenous people have called for these principles for many years, in protests, in petitions, and in court cases. The UN Declaration, the Report of the Royal Commission on Aboriginal Peoples (RCAP) and the Truth and Reconciliation Commission (TRC)’s Calls to Action have articulated these principles as legal and constitutional expectations.

[Read the full article...](#)

Justin Trudeau splits INAC into two departments

On August 28th, Justin Trudeau announced the split of the department of Indigenous and Northern Affairs Canada into two new ministries: the Department of Crown –Indigenous Relations and Northern Affairs, and the Department of Indigenous Services. According to an article published on the Prime Minister of Canada’s site, “over twenty years ago, the Royal Commission on Aboriginal Peoples acknowledged that a new relationship with Indigenous Peoples would require new structure. It recommended that we dramatically improve the delivery of services while accelerating a move to self-government and self-determination of Indigenous Peoples. One mechanism to achieve this was the dissolution of INAC and the creation of two new ministries to facilitate this work.”

Carolyn Bennett, previously Minister of Indigenous and Northern Affairs Canada, is now appointed as Minister of Crown-Indigenous Relations and Northern Affairs. Jane Philpott, formerly Minister of Health, has been appointed as Minister of Indigenous Services.

[Read the full article...](#)

Minister Carolyn Bennett Appoints Three Independent Indigenous Youth Advisors

Throughout the fall of 2017, Maatalii Okalik, Gabrielle Fayant, and Andre Bear, three young Indigenous leaders appointed by Minister Carolyn Bennett, will collect input from First Nations, Inuit and Metis youth across Canada on what kinds of programs can best support and empower Indigenous youth. This project comes in response to the Truth and Reconciliation Commissions Call to Action 66 – a call for multi-year funding for community-based youth organizations to deliver programs on reconciliation.

Read more about this initiative on the [Indigenous Youth Voices](#) web site.

Fall 2017 Student Awards Available to Indigenous Students

Northern Health and the First Nations Health Authority are pleased to announce funding for 17 awards for Indigenous students studying in health fields at various institutions across the north. If you are an Indigenous student, or know a student studying in health, or health-related disciplines who is attending school at CNC, UNBC, Northern Lights College, and/or Northwest Community College, you may be eligible to apply for an award. For more information please contact the financial aid department at your school.

College of New Caledonia (CNC)
finaid@cnc.bc.ca, 250-561-5838

Northern Lights College
kmcphedran@nlc.bc.ca

Northwest Community College
Eshack@nwcc.bc.ca, 250-635-6511
ext. 5204

University of Northern BC (UNBC)
awards@unbc.ca, 250-960-6319

Updates from Indigenous Health

Indigenous Health would like to welcome Theresa Healy!

Theresa has taken on the role of Interim Regional Lead, Research and Community Engagement for Indigenous Health. Dr. Theresa Healy has lived and worked in Northern BC since 1994 and has a wide range of experiences with community engagement and community based-research. She has been honoured to serve many First Nations communities and groups.

We would like to say farewell and warm wishes to Hilary McGregor, who has started in a new role with Population and Public Health. We would also like to extend best wishes to Delaney Gull, who is no longer with the Indigenous Health team.

Commitment to Cultural Safety

IHICs/AHICs are making a pledge for cultural safety and humility. At their meeting in August, the North East AHIC made their pledge to cultural safety and humility, as part of FNHA's social media campaign.



The North Coast IHIC has also made a pledge to cultural safety and humility, and have made a beautiful display of their pledges on a wall in the Prince Rupert Regional Hospital.



Submit your pledge online, #ItStartsWithMe First Nations Health Authority. For more information on cultural safety and humility check out the [video](#), [booklet](#) and [posters](#) online.

[View pledges made by Northern Health staff and others!](#)

Name Change

Several Aboriginal Health Improvement Committees (AHICs) have changed their name to Indigenous Health Improvement Committees (IHICS).

The AHICs that have changed their name include:

- The North Coast IHIC
- The Terrace/Kitimat and Area IHIC
- The Northwest (East) IHIC

AHIC Webinars

Indigenous Health has hosted two webinars highlighting Aboriginal

Health Improvement Committees, and the AHICs cultural safety resources and discussions. [View the Indigenous Health webinars online.](#)

Spotlight on your health

First Nations women talk about heart health



Four videos were recently released by the National Collaborating Center for Aboriginal Health for World Heart Day that took place September 29th. These videos share Indigenous women's experiences with heart health, or with caring for someone with a heart condition.

The Heart and Stroke foundation of Canada offers [information on support, prevention and recovery for heart disease and strokes.](#)

October 1-7 marks World Breastfeeding Week

Check out a blog post, "[Breastfeeding: a cultural approach can make all the difference](#)", written by Theresa Healy on breastfeeding and culture.

Featured Indigenous language: Kwadacha Tsek'ene

The Kwadacha Nation (home of the Tsek'ene people) is located at Fort Ware, approximately 570 km north of Prince George in British Columbia, Canada. The village lies at the confluence of the Fox, the Kwadacha, and Finlay rivers in the Rocky Mountain Trench. The geographic coordinates are 57.5 degrees north latitude and 125.40 degrees west longitude. To learn more about the Tsek'ene language and to hear recordings of words, phrases, stories and songs, visit the [First Voices Community Portal](#).

Dèkunt'ea? (Dèkant'ea?)	How are you?
Sà'è 'udoo nuk'ùnunusta.	I haven't seen you for a long time.
Shòwà' nuk'ùnunusta.	It's nice to see you again.
Dawdesà' lhuniindalha?	When did you come back?
Duwaduz wuts'è' 'awnt'è'a?	How long will you be around?
Shòwanjàh.	You did well.

Upcoming events

View our online [events calendar](#) for all upcoming events.

Change Day BC - UNHBC Atrium

November 16, 10:00am – 11:30am, Prince George, BC

FNHMA 2017 National Conference

November 14-16, Toronto, ON

5th Annual Indigenous Health Symposium

November 22-23, Winnipeg, MB

2017 National Gathering for Indigenous Education

November 29 - December 1, Montreal, QC

Community Corner

Fish preservation is good for the soul

Salmon and halibut are important staples in the diet of many people in BC, and continue to be a food of significance to coastal First Nations peoples. Sabrina Clifton, Program Manager at the Gitmaxmak'ay, Prince Rupert, and Port Edward Nisga'a Society, is actively involved in programming that supports local Nisga'a members in preserving salmon. Sabrina has been smoking salmon and making k'ayukws (smoked & dried salmon strips) for about 25+ years.



“There are different ways that Indigenous people prepare foods for preserving. The best teachers are our Elders. For 3 years classes have been held where our Elders mentor our youth and members. We have 2 smoke houses at the ‘Rupert Lawn & Garden’ available to our Gitmaxmak'ay Members. I think it is very important to continue to teach how to preserve traditional foods as the seafood is ‘our back yard’. Our Elders have so

much to offer us; the knowledge they have is amazing. There are always tricks and different ways of preparing. We always learn something new. There is always a lot of laughter and when preparation is all finished you get a sense of accomplishment which is good for the soul.”
(Sabrina Clifton)

2018 FNHA Winter Wellness Grants

FNHA has announced their next round of Winter Wellness Grants. These grants are available to organizations, schools, and agencies directly engaged with health delivery to BC First Nations, and/or Aboriginal people may be eligible to apply for funding to host a Community-Driven Winter Wellness event or initiative. [Read more...](#)

Resources



Growing up Healthy in Northern BC: Report on Northern Health's Community Consultation 2016. This report summarizes findings from engagement sessions to discuss ‘growing up healthy’ in northern BC communities. Sessions included meetings on child and youth health in 18 northern BC communities, with public sessions, stakeholder focus groups, and meetings with youth 13-18 years old.



AlterNative - Ethical spaces and places: Indigenous cultural safety in British Columbia health care by M. Greenwood, N. Lindsay, J.King, & D. Loewen. Co-authored by members of NH's very own Indigenous Health team, this article documents the transformations underway to create ethical space and cultural safety at the intersections of Indigenous knowledge about health and wellness and the importance of Indigenous voices, values, and concepts if redressing unacceptable health outcomes for Indigenous people are to be corrected.



AlterNative - Turning a new page: cultural safety, critical creative literary interventions, truth and reconciliation, and the crisis of child welfare by S. de Leeuw & M. Greenwood. This article explores how creative literary interventions can foster culturally safe engagements with Indigenous cultures around settler-colonial state interventions, specifically with regards to child apprehension in Indigenous families.



Health and Social Care in the Community - Engaging Indigenous families in a community-based Indigenous early childhood programme in British Columbia, Canada: A cultural safety perspective by Gerlach, A. Browne, & M. Greenwood. This article explores how workers with the Aboriginal Infant Development Program (an early Indigenous childhood intervention programme in BC) supported family and children's health and well-being, and participation in AIDP programs, through transforming their own routines and practices. Cultural safety is explored throughout themes that emerged from the data.



Indigenous Communities and Family Violence: Changing the conversation (NCCAH). This report includes a critical discourse analysis of Canadian literature on Indigenous family violence over a fifteen year period (2000-2015).