

NATIONAL COLLABORATING CENTRE FOR ABORIGINAL HEALTH



CENTRE DE COLLABORATION NATIONAL

NCCAH - CCNSA

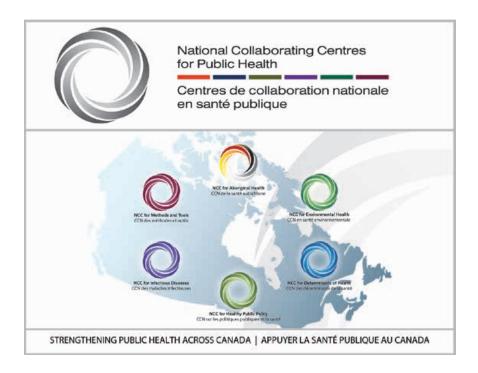


Established in 2005 by the Government of Canada, and funded through the Public Health Agency of Canada, the NCCAH is one of six centres in the National Collaborating Centres for Public Health program, each focusing on a different aspect of public health. Together, the centres help improve response to chronic disease and injury, infectious diseases, environmental health and health disparities.

The six National Collaborating Centres (NCCs) for Public Health work together to promote and improve the use of scientific research and other knowledge to strengthen public health practices, programs, and policies in Canada.

A unique knowledge hub, the NCCs for Public Health identify knowledge gaps, foster networks and provide the public health system with an array of evidence-based resources, multi-media products, and knowledge translation services.

Visit www.nccph.ca to learn more about collaborative projects, upcoming events, and resources.





This resource booklet provides an overview of the activities, mandate and publications of the National Collaborating Centre for Aboriginal Health (NCCAH). It has been designed as a quick glance at the many knowledge resources, including fact sheets, reports, DVDs, reviews, and social media links, available on the NCCAH web site within the four main areas of our work.

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"At the NCCAH, we are pleased to be part of a process that embraces holistic, community-centred, strengths-based approaches to Indigenous health and wellbeing. Together with our communities and our many partners and collaborators, we are moving the agenda forward in support of sharing knowledge and making a difference in health for First Nations, Inuit, and Métis peoples in Canada."

Margo Greenwood



Mandate

The NCCAH supports a renewed public health system in Canada that is inclusive and respectful of First Nations, Inuit and Métis peoples. Using a holistic, coordinated and strengths-based approach to health, the NCCAH fosters links between evidence, knowledge, practice and policy while advancing self-determination and Indigenous knowledge in support of optimal health and well-being.

Vision

The optimal health and well-being for First Nations, Inuit and Métis peoples will be achieved through a population health framework addressing structure and policy, and through public health systems that are inclusive and respectful of First Nations, Inuit and Métis peoples. These will advance self-determination over health and well-being, and be strengthened by the cultures and knowledge of First Nations, Inuit and Métis peoples.

Mission

The NCCAH will pursue its vision through knowledge synthesis, translation and exchange, and the creation and fostering of linkages among First Nations, Inuit and Métis peoples and communities, stakeholders, the population and public health community, and researchers.

Ensuring Quality

The quality control process for the development of NCCAH materials involves a rigorous double-blind peer review process that includes both academic as well as community expertise. Our collaborations with a wide range of experts include those identified by areas of expertise, type of expertise (government, academic, non-government organization and others) and specific experience with Indigenous health research. Our peer review guidelines include considerations governing the conduct of ethical research, and build in processes to help ensure our documents are respectful of Indigenous culture and diversity.



Guiding Principles

- Respect diversity and the unique interests of First Nations, Inuit and Métis peoples.
- Support the inclusion and participation of First Nations, Inuit and Métis peoples in the public health system.
- Incorporate Indigenous knowledge and holistic approaches.
- Encourage collaboration and capacity building.

Goals and Objectives

- Ensure the use of reliable, quality evidence to achieve meaningful impact on the public health system on behalf of First Nations, Inuit and Métis peoples in Canada.
- Increase knowledge and understanding of Indigenous public health by developing culturally relevant materials and projects.
- Facilitate a greater role for First Nations, Inuit, and Métis peoples in public health initiatives that affect Indigenous health and well-being.

Supporting health and well-being for First Nations, Inuit, and Métis Peoples in Canada.



There is a growing awareness of the severity and complexity of First Nations, Inuit and Métis health issues in Canada. The NCCAH's resources contextualize the distinct and unique historical and contemporary forces which influence First Nations, Inuit and Métis health, health status and health outcomes in Canada. Some of these factors include colonization, intergenerational trauma, racism, urbanization, the social determinants of health, legislation, and health policies and programs.

The NCCAH has increased evidence-informed resources on Indigenous public health and health inequities across Canada. We press for greater First Nations, Inuit and Métis participation in, and control of, relevant public health initiatives, programs and practices. Our resources address areas where there continues to be incomplete data and information, including Métis-specific and urban Indigenous health and wellbeing, and the overall absence and inconsistency of health data coverage for First Nations, Inuit and Métis populations. Similarly, we develop tools that effectively and ethically integrate Indigenous knowledge and approaches into dominant public health paradigms, without compromising their meaning or value.

Many of the NCCAH knowledge resources will be of special interest to forward-looking students, educators, researchers, practitioners, community leaders, and policy makers in the fields of public health, medicine, and nursing.



Land, family and identity: Contextualizing Metis health and well-being

Dr. Brenda Macdougall's report weaves together a timeline of Metis in Canada, highlighting how kinship, culture, sovereignty and governance are critical to Metis identity and to their health and well-being.





Review of core competencies for public health: An Aboriginal public health perspective

In this report, Dr. Sarah Hunt reviews and analyzes the seven categories and appendices of the 2007 Public Health Agency of Canada's *Core Competencies for Public Health in Canada 1.0* within an Indigenous public health framework.



An overview of Aboriginal health in Canada

This fact sheet provides a general introduction to Indigenous health in Canada and to the broad context in which Indigenous communities, health practitioners, policymakers and researchers seek to improve the health and well-being of Indigenous peoples.



Indigenous approaches to program evaluation

This fact sheet reviews different types of program evaluation activities and discusses Indigenous approaches and ethical guidelines for engaging in a program evaluation.



Paucity of Métis-specific health and well-being data and information: Underlying factors

Unlike status First Nations and Inuit peoples, Métis do not have access to federal health services and benefits. This NCCAH fact sheet explores the underlying factors behind the lack of Métis-specific health data and information.





Aboriginal Peoples and Historic Trauma: The process of intergenerational transmission

The first report in this two-part series recognizes that Indigenous peoples' experiences are rooted in multigenerational, cumulative, and chronic trauma, injustices, and oppression. The effects of trauma can reverberate through individuals, families, communities and entire populations, resulting in a legacy of physical, psychological, and economic disparities that persist across generations.



Addressing the healing of Aboriginal adults and families within a community-owned college model

Using Blue Quills First Nations College (BQFNC) as a case study, the second report in this series explores the potential for healing strategies within the education domain. It specifically examines how programs and curriculum have the potential to disrupt the intergenerational transmission of trauma within families who are the descendants of survivors of Canada's residential school system.



Achieving strength through numbers: First Nations, Inuit, and Métis health information

Health information is an essential element of any population health initiative. Ideally, this information produces a comprehensive picture of the determinants of health, health system performance, and health status. This fact sheet looks at the key issues around data collection, analysis, management and use of First Nations, Inuit and Métis health information.



The importance of disaggregated data

Complete, accurate, and disaggregated data is essential for making good policy decisions. This fact sheet looks at how disaggregated data on child welfare and suicide can uncover distinct experiences and trends amongst First Nations, Inuit and Métis children.





Indigenous knowledge and knowledge synthesis, translation and exchange

This discussion is focused on Indigenous knowledge synthesis, translation, and exchange (KSTE) aimed at improving the health of Indigenous people in Canada. It provides an overview of KSTE in public health, evidence-informed public health, types of evidence reviews, implementation science, Indigenous knowledge as "evidence," research ethics and participatory KSTE, and Indigenous KSTE systems.

A systematic review of randomized controlled trials of health related issues within an Aboriginal context

This report focuses on the under-representation of Indigenous peoples in the privileged Western research design of randomized controlled trials (RCTs).





State of knowledge of Aboriginal health: A review of Aboriginal public health in Canada

This report, with a companion annotated bibliography, provides a high-level summary of what is currently known about and being done to improve the health of First Nations, Inuit, and Métis peoples. It also includes an overview of literature and data pertaining to the health issues faced by Indigenous peoples.

Landscapes of First Nations, Inuit and Métis health - 3rd Edition

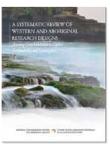
Similar to previous environmental scans produced by the NCCAH in 2006 and 2010, this publication sets out to review the current knowledge production on First Nations, Inuit, and Métis health and health priorities in Canada.





A systematic review of Western and Aboriginal research designs: Assessing cross-validation to explore compatibility and convergence

What constitutes valid or credible research? This systematic review supports ongoing work to forge new directions in research based on engagement, justice, fairness and empowerment.





Looking for Aboriginal health in legislation and policies, 1970-2008: The policy synthesis project

Canada's health system is varied, complex and inconsistent when it comes to serving Indigenous peoples. This NCCAH report, and companion synopsis fact sheet, tracks Indigenous-specific policies and legislation to 2008.

State of the knowledge: Inuit public health, 2011

Inuit health in Canada has its own unique challenges. This report synthesizes current knowledge to 2011 and identifies trends and gaps for the four northern Inuit regions (Inuvialuit, Nunavut, Nunavik and Nunatsiavut) and southern Canadian cities.





Exploring evidence in Aboriginal health

A short narrative report accompanying our DVD: 'Dialogue circle: Ways of knowing.' Looking through the lens of Indigenous knowledge, participants in an NCCAH-hosted 'dialogue circle' in Vancouver B.C. explore what constitutes 'evidence' in Indigenous health.







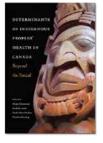
SDOH and Indigenous Peoples

Emerging through international discussions dating back to 1986, determinants of health have evolved over time to encompass the broader social forces that impact upon health. Poverty, employment, working conditions, education and literacy, social status, social support networks, housing, physical environments, geographic location, access to health services, food security, early child development, gender, culture, and language are some of the complex and inter-related social determinants of health. By way of example, higher educational attainment is intrinsically linked to other social determinants of health including greater employment opportunities, higher income, secure housing, more nutritional options and ultimately better health outcomes.

The NCCAH recognizes that colonization and colonialism cross-cut and influence all other social determinants of health of First Nations, Inuit and Métis individuals, families and communities. We also know that the health disparities and inequities experienced by Indigenous peoples are rooted in racism and marginalization, dislocation, and social exclusion. While our centre brings forth a strong focus on the social determinants of health, we aim to move beyond health as conceived as a matter of illness due to bio-medical cause and effect, or lifestyle choices. We take the approach that Indigenous ways of knowing and being, including concepts of spirituality, connectedness and reciprocity to the land and all life, self-reliance, and self-determination advance health equality and outcomes.







Determinants of Indigenous Peoples' health in Canada - Beyond the social

This unique collection, comprised largely of contributions by Indigenous authors, offers the voices and expertise of First Nations, Inuit, and Métis writers from across Canada. Appropriate throughout a range of disciplines, including Health Studies, Indigenous Studies, Public and Population Health, Community Health Sciences, Medicine, Nursing, and Social Work, this engaging text broadens the social determinants of health framework to better understand health inequalities. Most importantly, it does so by placing front and center the voices and experiences of Indigenous peoples.

Order Online



Edited by Margo Greenwood, Sarah de Leeuw, Nicole Marie Lindsay, Charlotte Reading

Beyond the Social: Author Interviews

All of the contributors interviewed in this video series, from the highlyacclaimed book Determinants of Indigenous Peoples' Health in Canada: Beyond the Social, share a common concern with improving the health of Indigenous peoples in Canada and beyond. In sharing First Nations, Métis, and Inuit traditional knowledge alongside Western academic and medical knowledge, the authors demonstrate the potential gains of walking in two worlds, integrating the best of both Indigenous and Western knowledge, and honouring and respecting the diverse healing and medical practices available to us today.

View the author interviews at https://vimeo.com/album/4320365



Patricia Makokis and

James Makokis

Brenda Macdougall

SOCIAL DETERMINANTS OF HEALTH

Indigenous racism in Canada

This series of three fact sheets focuses on racism experienced by Indigenous peoples in Canada – how to understand it in historical context, how it affects individuals and communities, and what programs, policies and strategies exist to combat it. As Reading concludes in the third fact sheet, "Alone, Aboriginal people can do little to combat racism, particularly when it is so pervasively and deeply embedded in the ideological, political, economic and social structures of Canada. But together, as allies, Aboriginal and non-Aboriginal people are turning the tide."

View the webinar "Anti-Aboriginal racism in Canada: A social determinant of health" with Dr. Charlotte Loppie at http://www.nccah-ccnsa.ca/450/Webinars.nccah



Understanding racism

Since the time of first contact with Europeans, Indigenous peoples in Canada have experienced several forms of racism, which have negatively affected all aspects of their lives and well-being. This paper begins with an exploration of the concept of race, its history and contexts, and continues with a discussion of the various forms of racism within societies.



Aboriginal experiences with racism and its impacts

This paper is the second in a series of papers focused on anti-Indigenous racism in Canada. It focuses on the lived and structural forms of racism and provides a brief overview of what racism is, how it intersects with other forms of discrimination, and how it is manifested.



Policies, programs and strategies to address Aboriginal racism: A Canadian perspective

This paper is the third in a series focused on anti-Indigenous racism in Canada. It critically explores how policies, programs and strategies attempt to address racism at interpersonal and institutional levels. The topics of anti-racist media, anti-oppressive education, cultural safety within health care, and systemic policies are examined.

Indigenous Peoples' health forums

The NCCAH hosted three national forums on the social determinants of Indigenous health. Participants from across Canada represented diverse communities, leadership, and professions, including sports, housing, education, tourism, economic development and academia. Together they explored, for the first time, how their work intersects in the health and well-being of all Indigenous peoples in Canada. The forums focused on finding common ground and opportunities to collaborate on moving from visions to actions. They also sought to support knowledge sharing and optimizing the health and well-being of First Nations, Inuit and Métis peoples in Canada. These national forums are included in three documentary films, available free of charge and by request (email nccah@unbc.ca) or online at https://vimeo.com/album/4303538



Transforming Our Realities: The Determinants of Health and Indigenous Peoples

A short narrative report, and companion DVD, of the third NCCAH Forum with national Indigenous organizations on the social determinants of Indigenous Peoples' health, held in Ottawa in 2015. The proceedings report from the forum showcases the new and innovative information that was shared on cross-sectoral and holistic approaches to addressing the determinants of Indigenous peoples' health.



From visions to actions: Second forum on social determinants of Aboriginal peoples' health

A short narrative report, and companion DVD, of our second national forum, held in Vancouver BC in 2009. Participants explored actions for change and models that demonstrate how sectors within and beyond health can work together to improve health outcomes for First Nations, Inuit and Métis peoples in Canada.



Circles of health: Sharing our gifts

A short narrative report, and companion DVD, of the inaugural NCCAH Forum with national Indigenous organizations on the social determinants of Indigenous Peoples' health, held in Ottawa in 2008. Participants discussed what the social determinants for Indigenous health are and explored how a wide variety of sectors can work together for a more holistic and coordinated approach to health.

SOCIAL DETERMINANTS OF HEALTH





Family violence as a social determinant of First Nations, Inuit, and Métis health

Family violence is recognized as an important health issue in many Indigenous communities. It is strongly linked with other social determinants of health, including living conditions, poverty, employment, culture, and education. This fact sheet examines the factors that contribute to family violence in Indigenous communities and the impacts of family violence to health and well-being. It calls for a holistic and multi-sectoral approach to reducing the risk factors for family violence in these communities.



Poverty as a social determinant for First Nations, Inuit, and Métis health

Poverty and ill-health are inextricably linked. In both rich and poor countries, the lower an individual's socio-economic status, the worse their health is. This fact sheet provides an overview of indicators of poverty in First Nations, Inuit and Métis populations; and some strategies aimed at alleviating poverty in these populations.



Economic development as a social determinant of First Nations, Inuit, and Métis health

Economic development is an important tool in alleviating poverty and other social conditions that lead to ill health. This fact sheet provides an overview of the unique considerations for economic development in Indigenous contexts, barriers to successful economic development in these contexts, and the direct and indirect impacts of economic development initiatives to Indigenous peoples' health.



Access to health services as a social determinant of First Nations, Inuit and Métis health

Access to health services refers to the ability of individuals or groups to obtain the services they need and is regarded as an important determinant of health. Indigenous populations do not have equitable access to health services. This fact sheet provides an overview of the geographic, socio-economic, jurisdictional and cultural barriers to accessing health services, and some strategies for improving access to health services for Indigenous peoples.



Education as a social determinant of First Nations, Inuit, and Métis health

Educational attainment influences health throughout the life span; higher levels of education lead to better access to healthy social and physical environments, more job and income security, and a greater sense of control over one's life circumstances. This fact sheet provides an overview of education indicators for First Nations, Inuit and Métis peoples, the barriers they face to post-secondary education, and strategies to improve educational outcomes for Indigenous peoples.



Employment as a social determinant of First Nations, Inuit, and Métis health

Employment and working conditions are determinants of both physical and mental health. This fact sheet provides an overview of employment indicators for First Nations, Inuit and Métis peoples and what is needed to reduce barriers to employment for Indigenous populations.



Request an 11x17 high quality infographic poster for printing, email nccah@unbc.ca for info.

Housing as a social determinant for First Nations, Inuit, and Métis health

This fact sheet begins by presenting demographic data, housing statistics and the rates of homelessness, followed by samples of innovative community-based housing initiatives, developments and options that are underway in Canada to improve the living conditions of Indigenous peoples. It concludes with the acknowledgement that investments in sustainable housing and related infrastructure are essential to addressing housing issues and ultimately reducing Indigenous health disparities. (2017 update with an infographic page).

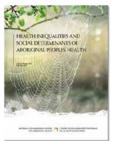


Request an 11x17 high quality infographic poster for printing, email nccah@unbc.ca for info.

Culture and language as social determinants of First Nations, Inuit, and Métis health

Culture is the foundation of individual and collective identity, and is expressed and maintained through language. The erosion of culture and language can adversely affect mental health and well-being. This fact sheet reviews disruptions to, and current trends in, language use and cultural practices for First Nations, Inuit and Métis peoples, provides an overview of how language and culture influence Indigenous perceptions of health and illness, and highlights some promising initiatives in revitalizing their languages and cultures. (2016 update with an infographic page).





Health inequalities and the social determinants of Aboriginal peoples' health

Available data is used in this report to describe health inequalities experienced by diverse Indigenous peoples in Canada, linking social determinants to health inequalities rooted in contexts specific to Indigenous peoples. This is an update from the original 2009 report.



Pathways to improving well-being for Indigenous Peoples: How living conditions decide health

This report provides a broad overview of socio-economic determinants of Indigenous health, including income, education, unemployment, housing, social support, health care access, education, healthy living, and social exclusion.



Aboriginal women in Canada: Gender, socio-economic determinants of health, and initiatives to close the wellness gap

This paper explores the historical and socio-economic context of Indigenous women's lives that have so profoundly impacted their health and well-being. It provides an overview of health disparities for Indigenous women and highlights some promising initiatives that have been implemented to address some of these disparities.





Tackling Poverty in Indigenous Communities in Canada

For First Nation, Inuit and Métis peoples in Canada, who experience a disproportionate burden of illness, poverty is both deep and widespread. This paper briefly examines the breadth and depth of poverty in Indigenous communities using standard economic indicators. The paper shows some of the ways in which poverty contributes to lack of community health and well-being. It concludes by identifying a number of different strategies for tackling poverty in its economic dimensions, including some that have worked well in Indigenous communities.



Challenging hidden assumptions: Colonial norms as determinants of Aboriginal mental health

This report outlines how colonial practices such as the residential school system and government banning of ceremonies inflicted a "soul wound," or intergenerational trauma caused by the experience of violence, oppression, and grief, on Indigenous peoples.





The NCCAH recognizes that rebuilding Indigenous health and well-being starts with children and extends to youth, adults, parents, grandparents, families, and communities. Just as our knowledge resources explore First Nations, Inuit and Métis women's journeys into motherhood, including pregnancy, maternity care, birth, and breastfeeding, we also document the significant role fathers and grandparents play in the development of strong infant attachment and bonding, child rearing, and the transmission of culture and language.

Though challenges continue to disrupt family and child health, most significantly the removal of Indigenous children through child welfares services, the NCCAH supports initiatives that move towards improving child and family health outcomes, such as equitable access to health care, midwifery, and the full endorsement of Jordan's Principle. In order to detail supportive health practices, we include topics like First Nations, Inuit and Métis traditions around parenting, children's health rights, traditional foods and nutrition, physical activity, tobacco cessation, vision care, and oral health, to name a few, within our informational resources.

We seek to support and strengthen the health of Elders and the next generation of First Nations, Inuit and Métis, and to identify strategies for optimal health outcomes, promising culturally-based prevention initiatives, linkages to networks and resources, and ways to close the gaps in health knowledge and data. Our work within the area of child and family health is grounded in the recognition that there are unique First Nations, Inuit and Métis knowledges and worldviews.



Promoting vision health

Since 2008, the NCCAH has been collaborating with the Vision Institute of Canada and the Canadian Association of Optometrists to widen the circle of knowledge around the importance of promoting vision health for Indigenous peoples across Canada. The NCCAH has also contributed articles in 2010 and 2011 to the Canadian Journal of Optometry (CJO).



Four Indigenous parenting resource booklets were collaboratively developed by the NCCAH and the Healthy Child Manitoba Office (HCMO) in 2017. These booklets are an adaptation of the 2013 parenting booklets developed by the NCCAH and the FNHA in British Columbia. All eight booklets share important parenting information, strategies, tips, and other resources that will help First Nations and Métis parents raise healthy, secure, confident, trusting, and resilient children.









Childhood health and wellness resource booklets - Manitoba











Childhood health and wellness resource booklets - British Columbia





The nutritional habits of Métis infants and young children in Canada: A preliminary examination

This fact sheet used data from the 2006 Indigenous Peoples Survey (APS) and the 2006 Indigenous Children's Survey (ACS) to provide a snapshot of the nutritional habits of Métis infants and young children as reported by their parent or caregivers.



The nutritional habits of Métis children and youth in Canada: A preliminary examination

This fact sheet utilized data from the 2006 APS to provide a snapshot of the nutritional habits of Métis children and youth as reported by their parent or caregivers.



Early childhood tooth decay

Early childhood is an important life stage for forming good oral health habits. This fact sheet addresses the high rates of early childhood caries (ECCs) or cavities in Indigenous communities.



Oral health and hygiene

Good oral health is vital for overall health and well-being. As outlined by this fact sheet, brushing and flossing daily is an important part of good oral hygiene and, in combination with regular cleanings by a dental professional, these habits can help prevent gum disease.





Nutrition fact sheet

The *Nutrition fact sheet* outlines the impacts of the shift from a traditional diet, consisting of a wide variety of highly nutritious foods harvested and gathered from the land and water, to a nontraditional diet based on commercially processed and packaged foods that are low in nutritional value.



Healthy choices in pregnancy fact sheet

The *Healthy choices in pregnancy fact sheet* includes information on nutrition, tobacco cessation, and physical activity, all with a focus on maternal health. In addition to individual choices a pregnant mother can make, the fact sheet points to the importance of having a supportive and caring network of family, friends, and health care professionals.



Tobacco fact sheet

Stripped of its traditional spiritual, cultural, and medicinal value, tobacco misuse is related to a number of preventable diseases and early death. In addition to detailing health impacts, including smoking during pregnancy and second hand smoke, the fact sheet provides a number of concrete steps communities can take to reduce the rates of smoking and other tobacco misuse.



Physical activity fact sheet

The *Physical activity fact sheet* identifies daily activities such as hunting, fishing, food gathering and preparation, games, and competitions as part of traditional lifestyles that maintained physical strength, fitness, and health throughout all life stages. It includes several suggestions for increasing physical activity for both children and adults, and provides links to organizations that support active living.





Strong women, strong nations: Aboriginal maternal health in British Columbia

This fact sheet provides background information on why maternal health is important to Indigenous communities, it reviews what is known about Indigenous maternal health and maternity experiences in BC, and describes two promising practices in Indigenous maternity care – Indigenous doula training and Indigenous midwifery.



Our babies, our future: Aboriginal birth outcomes in British Columbia

This fact sheet presents the different measures of birth outcomes, such as rates of infant mortality and preterm births, and birth weights, comparing Indigenous and non-Indigenous populations in BC.



Honouring our children: Aboriginal children's health in British Columbia

This fact sheet discusses the health and well-being of Indigenous children in BC with a particular focus on the social determinants of health, health outcomes, and promising practices.



Addressing the social determinants of health of Aboriginal infants, children and families in British Columbia

This fact sheet provides an overview of the unique social determinants of health that impact Indigenous communities and children in BC, including income and employment levels, education, housing and food security— as well as colonization, racism and political marginalization.





Sharing their stories: Narratives of young Métis parents and Elders about parenting

This resource provides an overview of the historical and systemic factors impacting Métis families and communities; then documents and analyzes the narratives of Métis parents in BC about how to effectively parent their children in the face of historical and contemporary challenges.



Supporting Aboriginal parents: Teachings for the future

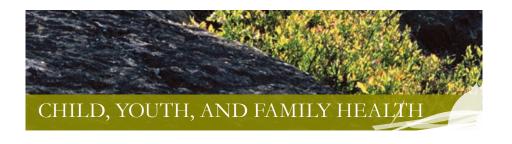
A strengths-based summary and review of reports and literature on Indigenous parenting practices, the report examines both traditional and contemporary forces on Indigenous parenting to shed light on how to improve programs and services.



A framework for Indigenous school health: Foundations in cultural principles

This internationally recognized collaborative report with the Canadian Council on Learning - Knowledge Centre on Indigenous Learning and the Canadian Association for School Health provides a framework for redesigning school-based health programs to better meet the needs of Indigenous children and communities.







Systematic review of community-based interventions for children and adolescents with ADHD and their families

This NCCAH-supported report reviews literature related to interventions for children and youth living with ADHD. The report's findings may be adapted to support Indigenous children and adolescents diagnosed with FASD.



Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorder among Aboriginal People: A review of prevalence

This first report concludes that the true extent of FAS and FASD in Indigenous populations is not known, despite a widespread perception that the disorders are more prevalent in Canadian Indigenous children than among non-Indigenous children.



Fetal Alcohol Syndrome & Fetal Alcohol Spectrum Disorder among Aboriginal Canadians: Knowledge gaps

Our second report on this issue highlights broad research knowledge gaps in three key areas, particularly in relation to Indigenous-specific studies, and helps initiate dialogue about the priority of future research directions.



Inuit Qaujimajatuqanqit - Rhoda's Dream

Based on a dream recounted by Rhoda Karetak, this video depicts her encounter and near burial of a baby girl who is gravely ill. Hearing the cries of the baby, Rhoda turns back and pulls the baby back out of the earth. The child's cries turn to giggles and sunshine replaces the dark skies under which this event occurred. Reflecting on this dream, Rhoda draws parallels between burying the sick baby and burying Inuit culture and wisdom, as well as the urgency to revive *Inuit Qanjimajatnqangit*. View the video at https://vimeo.com/album/4323219



Inunnquinig: Caring for children the Inuit way

Laying a good foundation in childhood is regarded as critically important in every aspect of life. The process of socialization and education in early childhood is fundamental to *Inunnguiniq*, translated as "the making of a human being." This fact sheet describes the key tenets of Inuit worldview related to *Inunnguiniq*, the process by which it is taught to children, why it is so critical that *Inunnguiniq* be revitalized in Inuit communities today, and the potential impact of using it as a foundation for Inuit child development policy and programs.



Inutsiaqpagutit - That which enables you to have a good life: Supporting Inuit early life health

Early life health, or maternal and child health, is a key concern for Inuit. This fact sheet provides an overview of the state of Inuit early life health and social contexts within which Inuit early life health exists. It then describes how Inuit traditional teachings can be used as a vehicle for promoting early life health for Inuit peoples.



Inuit Qaujimajatuqangit: The role of Indigenous knowledge in supporting wellness in Inuit communities in Nunavut

Inuit Qaujimajatuqangit (1Q) is the term used to describe Inuit epistemology or the Indigenous knowledge of the Inuit. The term translates directly as "that which Inuit have always known to be true." It is the foundation upon which social/emotional, spiritual, cognitive and physical well-being is built. This fact sheet explores the relevance of Inuit traditional knowledge for health and well-being in Inuit communities, and the potential for Inuit Qaujimajatuqangit to be used as a foundation for health and wellness policy and programs.





The rights of First Nations children in Canada

This fact sheet highlights the reality that First Nations children continue to experience unacceptable and disproportionate levels of risk due to a combination of historical trauma, intergenerational poverty, and discriminatory and underfunded child welfare policies.



Improving First Nations children's health with social justice education for all children

This fact sheet examines social justice education and its potential for improving First Nations children's health. It provides an overview of social justice education, the role of educators and schools in providing a socially conscious education, and examples of social justice initiatives led by children.



First Nations and non-Aboriginal children in child protection services

This fact sheet summarizes research findings exploring the differences between First Nations and non-Indigenous children served by the child welfare system in Canada. It is an update from the original 2009 version.



Understanding neglect in First Nations families

The over-representation of First Nations children in substantiated child investigations and referrals to child welfare placement is clearly related to the level of caregiver, household, and community risk factors. This fact sheet is an update from the original 2009 version.





Reconciliation in Aboriginal child welfare and child health

This fact sheet explores movements led by partnerships among First Nations, Inuit, Métis and mainstream non Indigenous organizations, including health and social service professionals, political leaders, and community groups, that are using the process and principles of reconciliation to improve outcomes for Indigenous youth.



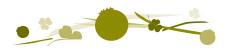
Child welfare services in Canada: Aboriginal and mainstream

Indigenous peoples began forming their own child welfare agencies in the 1970s, and the movement towards self-determination continues. However, numerous challenges remain. This fact sheet provides an overview of the various child welfare models serving Indigenous children and the ways in which Indigenous peoples have been able to gain some control over child welfare law and policy.



Caregiver-infant attachment for Aboriginal families

This fact sheet discusses the importance of infant attachment for health and well-being as well as the impact that colonization and residential schools have had on attachment relationships in Indigenous families. It provides strategies for helping infants and young children feel comforted and cared for, along with signs to help identify when families might require assistance in restoring healthy attachment relationships. This fact sheet provides a list of online resources for parents and caregivers.





Gatherings focused on Indigenous families and communities

The four-part vision that began in 2009 concluded in February 2014 with the "Family is the Focus" gathering in Vancouver, BC. Through all four gatherings, discussions, conversations and stories explored understandings of family, healthy family relationships, and important teachings for family well-being. During these events we heard from mothers, fathers, grandparents and community members on the supports that keep families strong. Throughout all of these discussions, we have acknowledged and honoured the central role played by family in creating strong, resilient and healthy individuals and communities. All of the documentary films from this series are available on DVD, free of charge (email nccah@unbc.ca). They can also be viewed online at https://vimeo.com/album/4007364



Family is the Focus

The NCCAH is pleased to share the summary report and accompanying DVD from the final national gathering, "Family is the Focus". Taking place on the traditional territories of the Tsleil-Waututh, Squamish and Musqueam Peoples in Vancouver, British Columbia from February 18-20, 2014, participants from across Canada were joined by speakers from New Zealand and the United States. This proceedings report also includes the pullout poster *Commitment to Family*.

Family is the Focus Interactive Poster

Using Zappar (link included right), you will be able to view images created by participants during the "Family is the Focus" gathering. Visit the Apple App Store or Google Play to download the app. Learn more at www.zappar.com

Request poster files to print with a vendor of your choice, three sizes available, email nccah@unbc.ca for more information.



Commitment to Family

Management services

App Store Coogle play



The sacred space of womanhood: Mothering across the generations

This gathering took place in 2012. It drew over 160 participants from coast to coast to coast, representing more than five generations and the perspectives of multiple communities, leaders, and professions. The proceedings report includes a summary of the presenters and the main themes of the forum, while the video beautifully captures the atmosphere and spirit of the event. A background report is also available.





With Dad: Strengthening the circle of care

A national gathering hosted by the NCCAH in February 2011 included Elders like George Giant, a residential school survivor, and program leaders like Jake Gearheard of the Ilisaqsivik Society, all of whom are helping to address social and cultural change for Inuit men in the Arctic. The narrative report and companion film share the insights of Elders, fathers, matriarchs and participants on strengthening the role for First Nations, Inuit and Métis fathers in communities, programs, research and policies in Canada.

Messages from the heart: Caring for our children

Addressing the legacy of the residential school system for families includes building on community strengths to support the next generation. This event, held in 2009, highlighted programs and strategies that are working for First Nations, Inuit and Métis parents, families and communities, and featured a panel of Elders and young parents who shared their wisdom and experience in raising their own children.







The NCCAH acknowledges that there are diverse and emerging public health priorities for First Nations, Inuit and Métis peoples living in urban, rural, remote and northern communities across Canada. Our centre aims to explore, develop, and share knowledge resources that best reflect these multiple and unique priorities as they arise in Indigenous health.

While the colonial history disrupted Indigenous cultures and languages across Canada, individual and collective healing has begun. It became clear to the NCCAH that First Nations, Inuit and Métis health, well-being and healing are closely tied to land-based experiences, cultural practices, artistic expressions, and Indigenous language use and revitalization. As such, we have developed specific information around these themes and their relationship to wellness. Similarly, our centre has produced resources to show the relationship between cultural safety and better health outcomes for Indigenous peoples.

The NCCAH has also explored traditional approaches and strategies in resources on the emerging priorities of environmental health, chronic diseases, and food security, each of which has been identified as a growing health concern by First Nations, Inuit and Métis communities. Emerging public health priorities for Indigenous peoples are constantly changing and evolving. The NCCAH continues to be responsive to new priorities including pandemic planning, the health experiences of Two-Spirit peoples, sexual health, and lateral violence.



An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues

Two-Spirit is a term that encompasses a broad range of sexual and gender identities of Indigenous peoples, including those who identify as lesbian, gay, bisexual, transgender, or queer (LGBTQ). This paper, authored by Dr. Sarah Hunt, introduces the historical, contemporary and emergent issues related to Two-Spirit health. Integral to this discussion is that Two-Spirit health is understood within the context of colonialism and heteropatriarchy, as well as in the current resurgence of Two-Spirit peoples' gender roles and sexual identities.





Post-Traumatic Stress Disorder in Aboriginal People in Canada: Review of risk factors, the current state of knowledge and directions for further research

This report provides an overview of the current knowledge on PTSD in Indigenous peoples in Canada, including prevalence, the factors that place Indigenous peoples at risk of developing PTSD, the impacts of PTSD on the health and well-being of Indigenous peoples, and the importance of culturally appropriate treatment strategies. It also discusses limitations of a PTSD diagnosis and the need to consider both the risk and protective factors found in many Indigenous communities.



Anxiety disorders and Aboriginal Peoples in Canada: The current state of knowledge and directions for future research

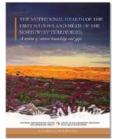
This report reviews the limited but relevant literature on anxiety and Indigenous peoples in Canada. The report concludes with a listing of resources for Indigenous peoples seeking help for and/or information about anxiety.



Understanding depression in Aboriginal communities and families

Studies have found that compared to the general population, depression rates for Indigenous people are higher for both males and females residing either on or off reserve. This report provides a brief outline of symptoms of depression, followed by a discussion of depression across cultures and the known prevalence of depression among Indigenous peoples in Canada





The nutritional health of First Nations and Métis of the Northwest Territories: A review of current knowledge and gaps

There is a growing crisis of chronic diseases, including obesity and diabetes, in Indigenous communities. This report summarizes the state of research on, and current knowledge about, the nutritional health of First Nations and Métis in the NWT, including the factors that influence food choices and preferences, the importance of traditional foods, nutritional deficiencies, food insecurity, health impacts of the nutrition transition, and health promotion initiatives targeted at First Nations and Métis peoples in the NWT.



Traditional Aboriginal diets and health

This review sheds light on chronic disease and a shift from traditional diets to western foods experienced among Indigenous peoples in Canada. It notes that food sources are often determined by poverty and remote locations, and that broad policy initiatives can help promote country food and hunter support programs.



Understanding chronic disease and the role for traditional approaches in Aboriginal communities

Indigenous peoples in Canada disproportionately suffer from chronic diseases and their common risk factors. This review examines the impact of chronic disease, and provides an overview of traditional and holistic Indigenous approaches to prevention that can be incorporated in meaningful health interventions.





Cultural safety in First Nations, Inuit and Métis public health

This report provides an in-depth look at the state of cultural safety knowledge in Indigenous health care, including terminology, core competencies, accreditation standards, professional development, and continuing education opportunities.



Towards cultural safety for Métis: An introduction for health care providers

This fact sheet aims to demonstrate how health care providers can provide a culturally safe health care environment when caring for Métis patients. Cultural safety is an ongoing and evolving process that will require health care providers to revisit and adjust modes of services.



Métis women and disease: A preliminary examination

This fact sheet summarizes data from the 2006 Indigenous Peoples Survey (APS) on Métis women and disease prevalence, treatment, screening behaviours, and preventive measures related to cancer (breast and cervical), cardiovascular disease, diabetes, and other chronic diseases.





Strengthening urban Aboriginal families: Exploring promising practices

This report identifies promising practices that agencies, practitioners, and policy makers can use to strengthen urban Indigenous families. It includes six detailed case studies of service agencies that have all been successful in building service and matching community needs.



The health of Aboriginal people residing in urban areas

Indigenous people in Canada are increasingly becoming urbanized, with more than half living in urban centres. Despite this growing trend, the health of Indigenous peoples residing in urban areas in not well known. The NCCAH report examines the health and well-being of Canada's demographically and culturally diverse urban Indigenous population.



Art and wellness: The importance of art for Aboriginal Peoples' health and healing

This fact sheet details the ways in which art, and more broadly, creative processes, can be, and are being, used to address the root causes of ill-health, the experience of disease, clinical symptoms, and the ways and means through which Indigenous peoples interact with health care systems.





Ecohealth and Aboriginal health: A review of common ground

The health and well-being of Indigenous communities is closely linked to a connection with the land. Margot Parkes highlights a new generation of research and practice bridging the "artificial divides" between environmental and social approaches to health.



Aboriginal environmental health issues: Researchers' and decision makers' perceptions of knowledge transfer and exchange processes

This report highlights the need to incorporate Traditional Knowledge in decision-making processes, and finds that relationships among researchers, communities and decision-makers must be based on trust, respect, empowerment and equity.





Knowledge translation and exchange involves a variety of methods aimed at exposing knowledge and making it understood. Knowledge translation is especially important in the context of Indigenous health because there currently exists a gap between what we know about Indigenous peoples' health and what actions are being taken to improve health outcomes in this population. However, approaches that simply involve researchers getting the information out to knowledge users have been shown to be less effective than more creative approaches that shift the focus away from moving evidence towards solving problems and two-way exchange of information between researchers and knowledge users (Estey, 2008).

Webinars are increasingly being used as a tool for advancing learning because they enable participants to exchange information in a real-time, two-way format, allowing them to experience different levels of interaction online (Wang, & Hsu, 2008). Webinar tools offer numerous advantages for facilitating communication, including that they are affordable, they reduce travel expenses and travel time, they enable synchronous communication, they facilitate real-time multimedia demonstrations and multi-level interactions between audiences and presenters, and they provide an environment in which participants can archive content for personal review or for people who missed the real-time session (Ibid.). Further, with their focus on oral communication and the sharing of stories, perceptions and experiences, webinars are consistent with Indigenous knowledge systems and have greater potential to enable knowledge translation in an Indigenous health context (Estey, 2008).

The NCCAH has also increasingly been using webinars as knowledge translation resources. From occasional webinars held in previous years, the NCCAH is now offering, alone and in partnership with other organizations, several webinars annually as part of its webinar series.

To receive NCCAH Webinar announcements please subscribe to our mailing list.

Visit www.nccah-ccnsa.ca/450/Webinars.nccah to download resources. To join the #NCCAHWebinar conversation on Twitter follow us @NCCAH_CCNSA. These webinars are also available to view as video on YouTube, or to listen as audio podcasts on SoundCloud, just search NCCAH.

Estey, E. (2008). An exploration of knowledge translation in Aboriginal health. Victoria, BC: Unpublished Master of Arts thesis, University of Victoria.

Wang, S.-K., & Hsu, H.-Y. (2008). Use of the webinar tool (Elluminate) to support training: The effects of webinar-learning implementation from student-trainers' perspective. *Journal of Interactive Online Learning*, 7(3): 175-94.

Anti-Aboriginal racism in Canada: A social determinant of health October 23, 2015

In this webinar, Dr. Charlotte Loppie explored anti-Indigenous racism in Canada – how to understand it in historical context, how it affects individuals and communities, and what programs, policies and strategies exist to combat it.

Knowing who you are: Métis history, identity and the Métis Nation today January 27, 2016

This webinar explored the historical and contemporary identity and influence of Métis people in Canada. Dr. Macdougall overviewed the historical context in which the Métis Nation was born and highlighted the importance of knowing one's identity and history to a strong and healthy nation, while Mr. Douglas provided thoughts on the contemporary challenges and advances of Métis people in Canada.

Cultural safety for Indigenous peoples: A determinant of health February 17, 2016

In this webinar, Dr. Sarah de Leeuw explored how racism has manifested in the way health care services are provided to Indigenous peoples and is thus a barrier to their optimal health. Specifically, the presentation highlighted the ways in which Indigenous people have expressed their realities of experiencing racism, and discussed ways that healthcare professionals might engage with the arts and humanities in order to more deeply reflect on their thoughts about racism and Indigenous peoples.

Re-thinking family violence: Centering Indigenous knowledges March 10, 2016

Drs. Hunt and Holmes began the webinar with a discussion of their research on how family violence and solutions to this violence in Indigenous communities have been framed in Canada over the past 20 years. Dr. Simpson then presented teachings through digital storytelling based in Anishinabek knowledge about families, healthy relationships, holistic views of health and the relational nature of wellness to encourage a rethinking of family violence in the context of Indigenous worldviews.

Two Spirit! Let's Hear It! - An Introduction to Two-Spirit Health April 12, 2017

Using a strengths-based, social determinants of health framework, the webinar, presented by Dr. Sarah Hunt, provides an introduction to Two-Spirit, Indigenous identities and expressions of gender and sexuality, and highlights practical measures to health practitioners, policy makers and researchers to foster Two-Spirit health.

What's new is really old: Trauma informed health practices through an understanding of historic trauma April 21, 2017

This webinar, co-presented by Dr. Patricia Makokis and Dr. Margo Greenwood, overviews pre-contact values, teachings, and laws amongst Indigenous people; explores the complexities of current experiences of historic trauma and lateral violence within Indigenous communities; and reviews present-day trauma informed health practices.

THE NCCs COLLABORATIVE WORK





The six NCCs for Public Health collaborated on a project focused on population mental health promotion for children and youth. Together, they aimed to mobilize public health knowledge and action by clarifying key concepts and exploring the public health role. The project has resulted in a collection of topical papers, alongside general resources, including background information and a resource scan, to help public health practitioners engage with the topic from a variety of perspectives.



To learn more please visit http://nccph.ca/projects/mentalhealth



Considerations for Indigenous child and youth population mental health promotion in Canada

The NCCAH paper aims to improve understandings of Indigenous mental health in Canada, and demonstrate how particular determinants either contribute to increased risk for mental illness or act as protective factors for positive mental health.

The NCCID led a two-year collaborative project that brought together the expertise of the six NCCs to respond to recognized knowledge gaps regarding the prevention and control of influenza. Together, the NCCs developed a suite of new knowledge products to address these and other issues.

To learn more please visit http://nccph.ca/projects/influenza

The NCCAH reviewed the academic literature describing the epidemiology of the 2009 influenza pandemic in First Nations, Inuit, and Métis populations, as well as the determinants of respiratory infection and ill health in these populations. The NCCAH then produced three fact sheets, each accompanied by a plain language summary.



The 2009 H1N1 influenza pandemic among First Nations, Inuit and Métis peoples in Canada: Epidemiology and gaps in knowledge

The first paper in this series synthesized available evidence on the impact of the 2009 H1N1 influenza pandemic on First Nations, Inuit and Métis peoples in Canada. The review highlights gaps in knowledge in the epidemiological research and looked at the unique challenges faced by Indigenous people and communities during the 2009 H1N1 influenza outbreak.



Determinants of the prevalence and severity of influenza infection in Indigenous populations in Canada

The second paper, a literature review, examines the factors which may contribute to the prevalence and severity of influenza infection among Indigenous peoples and communities. Understanding why Indigenous people are vulnerable to severe outcomes from large scale outbreaks of influenza like the 2009 H1N1 influenza pandemic is important not only for informing pandemic planning for future outbreaks, but also for developing policies and programs to address deeply rooted socio-economic, political and health services inequities.



Pandemic planning in Indigenous communities: Lessons learned from the 2009 H1N1 influenza pandemic in Canada

The third paper in this series focuses on the public health response to the 2009 A/H1N1 influenza pandemic in Indigenous communities. This pandemic was particularly severe in Indigenous communities and highlighted the multiple challenges Indigenous peoples continue to face to improve their health and well-being. The paper identifies lessons learned from the public health response to this influenza pandemic and makes recommendations for pandemic planning.



Academic Lead and Research Associate articles

Visit the 'Resources' section of the NCCAH website to view our knowledge products online in PDF format. Under the 'Articles and Chapters' category you will find links to open access articles from a wide variety of journals such as:

- Annals of the Association of American Geographers
- Canadian Family Physician
- Canadian Geographer
- Canadian Journal of Children's Rights
- Canadian Journal of Optometry
- Cultural Geographies
- Exchange: The Early Childhood Leaders' Magazine
- First Nations Drum
- First Peoples Child & Family Review
- Human Development
- International Indigenous Policy Journal
- International Journal of Environmental Research and Public Health
- International Journal of Health Governance

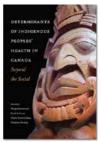
- International Journal of Indigenous Health
- International Journal Of Mental Health and Addiction
- International Public Health Journal
- Journal of Aboriginal Health
- Oxford Bibliographies Online: Public Health
- Paediatric Child Health
- Pediatric Surgery International
- Pimatisiwin: A Journal of Indigenous and Aboriginal Community Health
- Political Geography
- Pop Health Notes
- Settler Colonial Studies
- Space, Place and Environment



Aboriginal children's health: Leaving no child behind -Canadian Supplement to the State of the World's Children 2009

Our joint UNICEF Canada/NCCAH report finds that the health of First Nations, Inuit and Métis children in Canada falls well below national averages. This widely disseminated document concluded that the health gap is one of the most significant children's rights issues facing the country.





Determinants of Indigenous Peoples' health in Canada - Beyond the social

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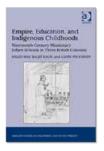
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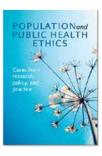
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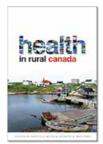
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NCCAH mailing list

As a subscriber to our NCCAH mailing list, you will receive our quarterly e-newsletter with highlights of the latest activities of the NCCAH as well as information of relevance to Indigenous health in Canada. You will also receive e-alerts announcing new publications and upcoming webinars. We welcome any suggestions for resources we can profile and link to in support of knowledge sharing in our newsletter.



Online calendar of events

The online NCCAH calendar highlights events, conferences, workshops and other activities of interest in the fields of Indigenous health including regional, national and global listings. Send an email to nccah@unbc.ca with "Calendar Submission" in the subject line if you have an event you would like added to our calendar.



Contact us

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Do you have a particular NCCAH publication that you or your organization found to be an excellent resource? If so let us know what it was by emailing us at nccah@unbc.ca with "Publication Testimonial" in the subject line. We welcome your feedback.

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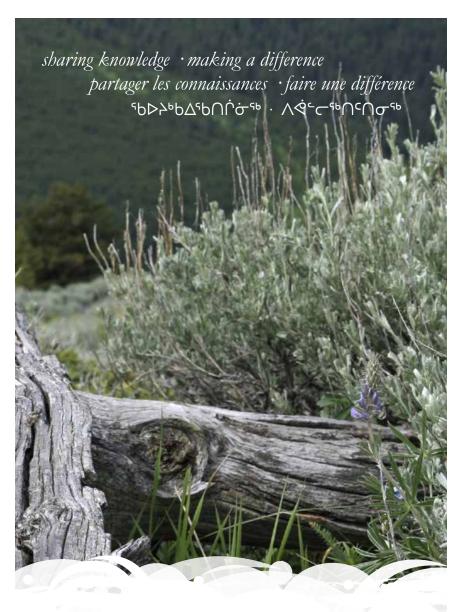




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NOTES	





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