




RESOURCES BOOKLET

NATIONAL COLLABORATING CENTRE
FOR ABORIGINAL HEALTH



CENTRE DE COLLABORATION NATIONALE
DE LA SANTÉ AUTOCHTONE



The coordinated, holistic and strengths-based approach to First Nations, Inuit and Métis health at the NCCAH is integral to activities in our key program areas.

Please visit our website to access the following resources, explore our work, view our videos and link to partners and collaborators in Aboriginal health: www.nccah.ca

© 2012 National Collaborating Centre for Aboriginal Health, (NCCAH). The National Collaborating Centre for Aboriginal Health supports a renewed public health system in Canada that is inclusive and respectful of diverse First Nations, Inuit and Métis peoples. The NCCAH is funded through the Public Health Agency of Canada and hosted at the University of Northern British Columbia, in Prince George, BC. Production of this document has been made possible through a financial contribution from the Public Health Agency of Canada. This publication is available for download at: www.nccah.ca

NCCAH Activities



Closing the Circle

Our e-news highlights the latest activities of the NCCAH as well as information of relevance to Aboriginal health in Canada.

NCCAH Website

Our ultimate resource for information, news, stories, links, videos, slideshows, reports, fact sheets, materials and more. Visit us soon! www.nccah.ca



Journal Articles

Several academic journal articles and book chapters supported or funded by the NCCAH have been published in 2010/2011. These scholarly works help to inform and support ongoing NCCAH activities and include articles on Indigenous youth engagement in Canada's health care; the links between climate change and health inequities experienced by Aboriginal children; and urban poverty among Aboriginal populations. Available on our website: www.nccah.ca/269/Journal_Articles.nccah.



Sharing Knowledge · Making a Difference: NCCAH Activities Update 2010

Provides an overview of NCCAH approaches in First Nations, Inuit and Métis health, and describes highlights of our activities for 2009/2010.

NCCAH Brochure

Provides a brief overview of our program, goals and activities.

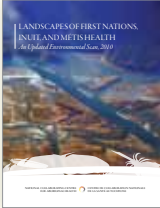


Health Promotion: Aboriginal ActNow BC

The NCCAH hosted the Aboriginal ActNow BC initiative – the first province-wide, Aboriginal-specific health promotion strategy in BC as part of a province-wide Vancouver 2010 Olympics health promotion strategy. Through a 2006 grant from the BC government, the Centre funded three Aboriginal organizations that collaborated in the design, implementation and evaluation of Aboriginal-specific healthy eating and active living projects addressing risk factors related to chronic disease. Program highlights included the Honour Your Health Challenge that trained some 2,500 community champions; 73 Healthy Living projects in 32 Métis chartered communities across BC; and the 2010 Gathering Our Voices provincial youth conference on health and environment.

OUR MATERIALS

Setting the Context



Landscapes of First Nations, Inuit and Métis Health: An Updated Environmental Scan

This 2011 NCCAH report maps the current research landscape in Canada on Aboriginal health and provides a comprehensive picture of existing knowledge and current directions in the field.



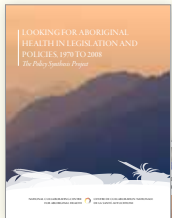
Achieving Strength Through Numbers

First Nations, Inuit and Métis people are largely invisible in the majority of health data sets. This fact sheet highlights the issues and challenges with fragmented data and incomplete information for various populations.



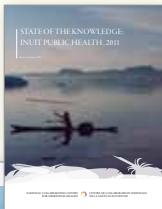
Dialogue Circle: Ways of Knowing

Video of an NCCAH-hosted 'dialogue circle' in Vancouver, BC where participants looked through the lens of Indigenous Knowledge to explore what constitutes 'evidence' in Aboriginal health. Our DVD is available on-line and upon request, and includes an accompanying report: Exploring Evidence in Aboriginal Health.



Looking for Aboriginal Health in Legislation and Policies, 1970-2008: The Policy Synthesis Project – Report and Fact Sheet

Canada's health system is varied, complex and inconsistent when it comes to serving Aboriginal peoples. This NCCAH report tracks Aboriginal-specific policies and legislation to 2008, providing evidence that Aboriginal health policy in Canada largely remains a patchwork, and highlighting significant gaps and jurisdictional issues. The policy synthesis also documents health-related provisions in self-government agreements and draws attention to emerging opportunities for Aboriginal engagement in shaping health policy, programs and services.



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. The report draws attention to issues such as diabetes, sexually transmitted infection rates, youth suicide, climate change and data gaps, while noting that “no single public health issue facing Inuit can be addressed in isolation.” Report author Dr. Emilie Cameron calls for holistic, culturally-sensitive initiatives to address complex and inter-generational public health problems, including Inuit-specific health indicators and the need to address underlying social, cultural and economic factors affecting the health of Inuit peoples.

Social Determinants of Health



Traditional Aboriginal Diets and Health

This review sheds light on chronic disease and shifts from traditional diets to western foods in Aboriginal communities. The review touches on health benefits associated with diets based on local plant and animal resources, and the challenges of promoting traditional dietary practices. It notes, for instance, that a third of James Bay Cree people embrace hunting and trapping as a way of life, 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

Aboriginal Canadians 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 Aboriginal approaches to prevention that can be incorporated in meaningful health interventions.



The Social Determinants of First Nations, Inuit and Métis Peoples' Health

This series of fact sheets incorporates recent statistical information and data relevant to First Nations, Inuit and Métis peoples to address key social determinants of health, with additional topics currently under development for release in 2012. Now available:

- Poverty
- Education
- Employment
- Housing
- Family violence
- Economic development
- Culture and Language
- Access to Health Services



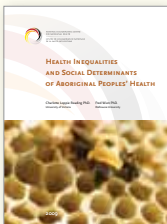
Circles of Health: Sharing Our Gifts

Our first DVD exploring a new approach to Aboriginal health has been distributed widely in Canada and to nearly three dozen countries internationally. Based on our inaugural forum with National Aboriginal Organizations in Ottawa in 2008, the film asks: What are the social determinants of health? How can a wide variety of sectors, including Aboriginal organizations addressing housing, sports, tourism, economic development, research and more, work together for a more holistic and coordinated approach to the optimal health and well-being of First Nations, Inuit and Métis peoples? Also available: *Red Moon Dialogues*, our accompanying report of the event.



Reclaiming Wholeness: From Visions to Actions

The links between high rates of tuberculosis and overcrowded housing, food security, poverty and chronic disease, are increasingly evident. These connections helped inform the second NCCAH National Forum on the Social Determinants of Aboriginal Peoples' Health in Vancouver in 2009. Our documentary film, inspired by this event, explores actions for change and models demonstrating how sectors within and beyond health can work together in new ways to improve health outcomes for First Nations, Inuit and Métis peoples in Canada. Also available: *Visions to Actions*, our accompanying report of the 2009 forum.



Health Inequalities and the Social Determinants of Aboriginal Peoples' Health

Authors Charlotte Loppie Reading and Fred Wien use available data to describe health inequalities experienced by diverse Aboriginal peoples in Canada, linking social determinants to health inequalities. Many of these determinants, such as poverty, substandard housing, and barriers to education, are rooted in contexts specific to Indigenous peoples, including a history of colonization impacting culture, languages, land rights and self-determination. The authors present a conceptual framework for understanding social determinants across the lifespan, and note that complex interactions between social determinants and health are just starting to be mapped out and demonstrated empirically by researchers.

Inuit Child Health

The NCCAH has released a series of fact sheets for 2011/2012 that make significant contributions to an understanding of Inuit worldviews at the heart of Inuit well-being. Inuit knowledge, or *Inuit Quajimajatuqangit*, is a dynamic and living knowledge system, key not only to a 'cultural health' approach to the well-being of Inuit children, families and communities in Canada, but also to survival of Inuit in a changing contemporary context. The series looks at:

- *Inunnguiniq*: Caring for children the Inuit way
- *Inutsiaqpagutit*: That which enables you to have a good life – Supporting Inuit early life health
- *Inuit Quajimajatuqangit*: The role of Indigenous knowledge in supporting wellness in Inuit communities in Nunavut

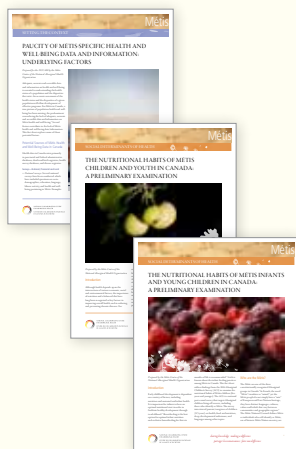
This series is also available in Inuktitut.



The Missing Picture in Métis Health

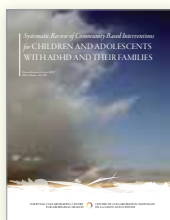
Unlike status First Nations and Inuit peoples, Métis do not have access to federal health services and benefits. The barriers to health information are outlined in an NCCAH fact sheet that explores underlying factors behind the lack of Métis-specific health data and information. Two additional fact sheets build on findings of the 2006 Aboriginal Peoples Survey to examine the nutritional habits of Métis children, youth and infants:

- Paucity of Métis-Specific Health and Well-being Data and Information: Underlying factors
- The Nutritional Habits of Métis Children and Youth in Canada: A preliminary examination
- The Nutritional Habits of Métis Infants and Young Children in Canada: A preliminary examination



Systematic Review of Community-Based Interventions for Children and Adolescents with ADHD and their Families

ADHD is a condition that is often co-morbid in Aboriginal children diagnosed with FASD. There is currently little information concerning effective FASD-specific interventions. This NCCAH-supported report, released in 2010, reviews literature related to interventions for children and youth living with ADHD. The authors' findings may be adapted to better support diagnosed Aboriginal children and adolescents.





...with Dad: Strengthening the Circle of Care

How can we welcome fathers back into the circle of care in the post-residential school era in Canada? 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 to help address social and cultural change for Inuit men in the Arctic. This narrative report accompanies our documentary film that shares insights from Elders, fathers, matriarchs and participants on strengthening the role for First Nations, Inuit and Métis fathers in communities, programs, research and policies in Canada.

Aboriginal Children's Health

A fact sheet series addressing the following:

- Aboriginal and Non-Aboriginal Children in Child Protection Services
- Child Welfare Services in Canada: Aboriginal and Mainstream
- The Importance of Disaggregated Data
- Reconciliation in Aboriginal Child Welfare and Child Health
- Understanding Neglect in Aboriginal Families

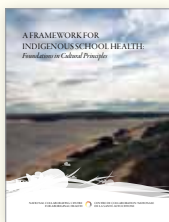


Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorder Among Aboriginal Peoples: A Review of Prevalence

Our first report, released in 2009, concludes that the true extent of FAS and FASD in Aboriginal populations is not known, despite a widespread perception that the disorders are more prevalent in Canadian Aboriginal children than among non-Aboriginal children.

Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorder Among Aboriginal Canadians: Knowledge Gaps

Our 2010 released second report on this topic notes broad research knowledge gaps in three key areas, particularly in relation to Aboriginal-specific studies, and helps initiate dialogue about the priority of future research directions.



A Framework for Indigenous School Health: Foundations in Cultural Principles

This internationally recognized collaborative report with the Canadian Council on Learning Knowledge Centre on Aboriginal 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. The framework is based on five strong threads that shape Aboriginal world views, as identified through international collaborations among Indigenous practitioners.



Aboriginal Children's Health: Leaving No Child Behind *Canadian Supplement to the State of the World's Children 2009*

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



Messages from the Heart: Caring for our Children

Our widely disseminated video, available on our website, captures the journey to healing and strength as voiced by young parents, Elders and participants at a national NCCAH-hosted gathering to support the next generation of First Nations, Inuit and Métis parents and children. The *Showcase on Aboriginal Childrearing* event drew more than 100 people working in the field of early childhood development, and highlighted programs and strategies that work for parents, families and communities. Also available: an accompanying report of the 2009 gathering.



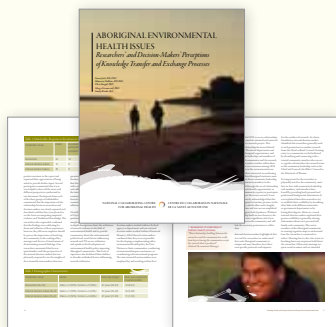
Supporting Aboriginal Parents: Teachings for the Future

A strengths-based summary and review of reports and literature on Aboriginal parenting practices. Released in 2009 at the NCCAH-hosted national *Showcase on Aboriginal Childrearing – Messages from the Heart: Caring for our Children and Families*, the report examines both traditional and contemporary forces on Aboriginal parenting to shed light on how to improve programs and services.



Aboriginal Environmental Health Issues: Researchers' and Decision-Makers' Perceptions of Knowledge Transfer and Exchange Processes


Environmental health policies are often the result of highly political processes, with varied impacts on communities, regions and interests. This NCCAH-supported report by a team of scholars sheds light on Canadian Aboriginal environmental health processes and makes recommendations to support improved sharing of information and knowledge. The 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.



Ecohealth and Aboriginal Health: A Review of Common Ground

The health and well-being of Aboriginal communities is closely linked to a connection with the land. Margot Parkes, Canada Research Chair in Health, Ecosystems and Society at the University of Northern BC, identifies potential common ground between the emerging fields of ecohealth and holistic approaches to Aboriginal health. She highlights a new generation of research and practice bridging the 'artificial divides' between environmental and social approaches to health, and suggests that building on the strengths of both approaches is "fertile ground that could help foster a future for Aboriginal communities where ecosystems, equity, health and culture can flourish."





sharing knowledge · making a difference

partager les connaissances · faire une différence

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