



RESOURCES  
BOOKLET

2019

National Collaborating Centre  
for Indigenous Health



Centre de collaboration nationale  
de la santé autochtone

NCCIH - CCNSA

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# THE NCCs FOR PUBLIC HEALTH



National Collaborating Centres  
for Public Health

Centres de collaboration nationale  
en santé publique

STRENGTHENING PUBLIC HEALTH ACROSS CANADA | APPUYER LA SANTÉ PUBLIQUE AU CANADA

Established in 2005 and funded through the Public Health Agency of Canada, the six National Collaborating Centres (NCCs) for Public Health work together to promote the use of scientific research and other knowledge to strengthen public health practices, programs and policies in Canada.

A unique knowledge hub, the NCCs 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.

The NCCs are located across Canada, and each focuses on a different public health priority. The six centres are:



The National Collaborating Centre  
for Indigenous Health (NCCIH)

University of Northern BC,  
Prince George, BC  
[nccih.ca](http://nccih.ca)



The National Collaborating Centre  
for Infectious Diseases (NCCID)

University of Manitoba,  
Winnipeg, Manitoba  
[nccid.ca](http://nccid.ca)



The National Collaborating Centre  
for Determinants of Health  
(NCCDH)

St. Francis Xavier University,  
Antigonish, Nova Scotia  
[nccdh.ca](http://nccdh.ca)



The National Collaborating Centre  
for Environmental Health (NCCCEH)

BC Centre for Disease Control,  
Vancouver, BC  
[nccceh.ca](http://nccceh.ca)



The National Collaborating Centre  
for Healthy Public Policy  
(NCCHPP)

L'Institut national de santé publique  
du Québec, Montreal, Quebec  
[ncchpp.ca](http://ncchpp.ca)



The National Collaborating Centre  
for Methods and Tools (NCCMT)






McMaster University,  
Hamilton, Ontario  
[nccmt.ca](http://nccmt.ca)

Visit [nccph.ca](http://nccph.ca) to learn more about collaborative projects, upcoming events, and resources from the NCCs for public health.



# TABLE OF CONTENTS

This resource booklet provides an overview of the activities, mandate, and publications of the National Collaborating Centre for Indigenous Health (NCCIH). The booklet offers a quick glance at the many knowledge resources, including fact sheets, reports, videos, podcasts, and interactive media available on the NCCIH social media channels and responsive web site.

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*“At the NCCIH, we are pleased to be part of a process that embraces holistic, community-centred, strengths-based approaches to Indigenous health and well-being. 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*





## ABOUT THE NCCIH

### Mandate

The NCCIH 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 NCCIH 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 NCCIH 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 NCCIH 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.

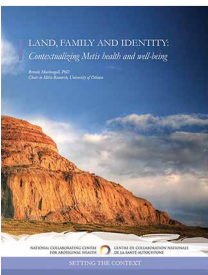
*Supporting health and well-being for  
First Nations, Inuit, and Métis peoples in Canada.*



There is a growing awareness of the severity and complexity of First Nations, Inuit and Métis health issues in Canada. The NCCIH’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 NCCIH 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 well-being, 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 NCCIH 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.

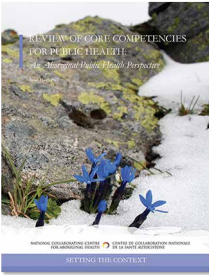


### Land, family and identity: Contextualizing Metis health and well-being

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.

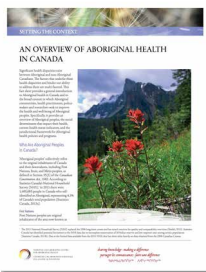
 [soundcloud.com/nccih-ccnsa/sets/nccah-webinar-metis-history](https://soundcloud.com/nccih-ccnsa/sets/nccah-webinar-metis-history)

 [bit.ly/2JzzQDE](https://bit.ly/2JzzQDE)



## 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 program evaluation.

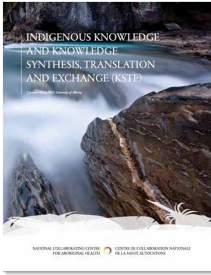


## Paucity of Métis-specific health and well-being data and information: Underlying factors

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



# SETTING THE CONTEXT

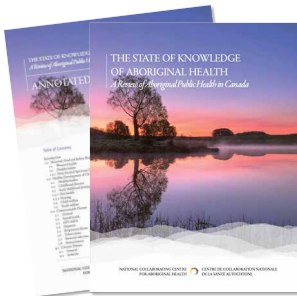
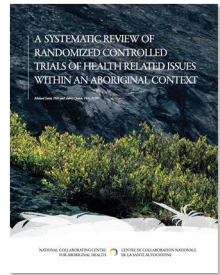


## Indigenous knowledge and knowledge synthesis, translation and exchange

This discussion is focused on Indigenous knowledge synthesis, translation, and exchange (KSTE) aimed at improving the health of Indigenous peoples 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 (RCT's).



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

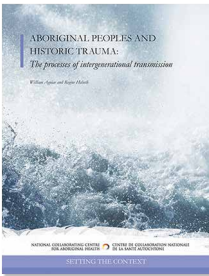
This report, with a companion annotated bibliography, provides a high-level summary of what is currently known about and being done to improve the health of First Nations, Inuit, and Métis peoples. It also includes an overview of literature and data pertaining to the health issues faced by Indigenous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

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

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







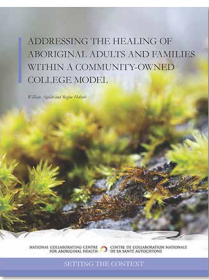
## Aboriginal Peoples and Historic Trauma: The process of intergenerational transmission

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.



[soundcloud.com/nccih-ccnsa/sets/ncca-h-webinar-trauma-informed](https://soundcloud.com/nccih-ccnsa/sets/ncca-h-webinar-trauma-informed)

[bit.ly/2HP5bP7](https://bit.ly/2HP5bP7)



## 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.



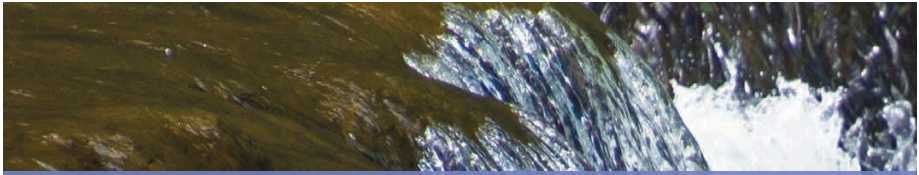
## Achieving strength through numbers: First Nations, Inuit, and Métis health information

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.



# SETTING THE CONTEXT

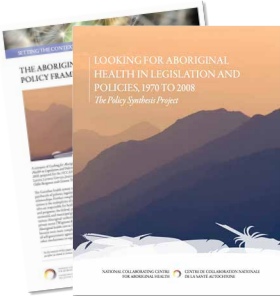
A systematic review of Western and Aboriginal research designs: Assessing cross-validation to explore compatibility and convergence

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.



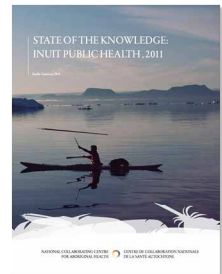
## Looking for Aboriginal health in legislation and policies, 1970-2008: The policy synthesis project

Canada's health system is varied, complex and inconsistent when it comes to serving Indigenous peoples. This NCCIH 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 Inuit residing in southern Canadian cities.

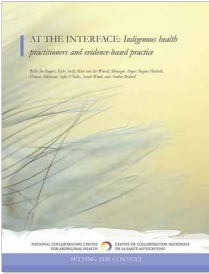


## Exploring evidence in Aboriginal health

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



 [vimeo.com/31066803](https://vimeo.com/31066803)



## At the interface: Indigenous health practitioners and evidence-based practice

This paper seeks to enhance understanding about what constitutes evidence, how evidence is accessed, and how Indigenous knowledge is currently being integrated into health practice among Indigenous health practitioners when working with their Indigenous patients.





## SOCIAL DETERMINANTS OF HEALTH

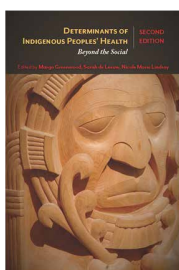
### SDOH and Indigenous Peoples

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 NCCIH recognizes that colonization and colonialism cross-cut and influence all other social determinants of health for 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.

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## Determinants of Indigenous Peoples' Health, Second Edition Beyond the Social

Now in its second edition, 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, and Nicole Marie Lindsay.

ISBN: 9781773380377

### Beyond the Social: Author Interviews

All of the contributors interviewed in this video series, from the highly-acclaimed 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.



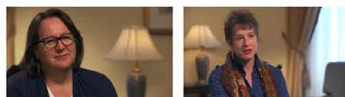
Sarah de Leeuw and  
Margo Greenwood

Charlotte Loppie



Albert Marshall

Shirley Tagalik



Margo Greenwood

Sarah de Leeuw



Madeleine Dion Stout

Warner Adam



Brenda Macdougall

Patricia Makokis and  
James Makokis



[vimeo.com/showcase/4320365](https://vimeo.com/showcase/4320365)



[soundcloud.com/nccih-ccnsa/sets/beyondsocial-author-interviews](https://soundcloud.com/nccih-ccnsa/sets/beyondsocial-author-interviews)

# SOCIAL DETERMINANTS OF HEALTH

## Anti-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, Indigenous 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, Indigenous and non-Indigenous people are turning the tide.”



[soundcloud.com/nccih-ccnsa/sets/nccahwebinar-racism](https://soundcloud.com/nccih-ccnsa/sets/nccahwebinar-racism)



[bit.ly/2JF37wP](https://bit.ly/2JF37wP)



### 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 fact sheet 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 fact sheet is the second in a series 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 fact sheet 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.



See also: [soundcloud.com/nccih-ccnsa/sets/nccah-webinar-cultural-safety](https://soundcloud.com/nccih-ccnsa/sets/nccah-webinar-cultural-safety)



## Indigenous peoples' health forums

The NCCIH hosted four 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. These national forums are included in four documentary films, available free of charge and by request: [nccih@unbc.ca](mailto:nccih@unbc.ca).

### Fourth National Forum on Indigenous Determinants of Health: "nakistowinan (stop in) – pimicisok (stock up) – kapesik (stay over)"

A short narrative report, and companion digital video, of the fourth and final NCCIH forum with national Indigenous organizations on the social determinants of Indigenous peoples' health, held in Ottawa in 2017. This forum focused on the TRC's Calls to Action towards reconciliation and international strides to advance Indigenous rights.

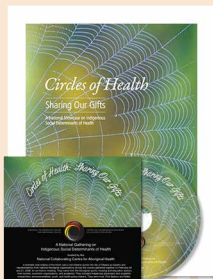
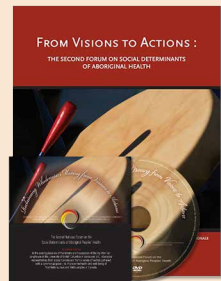


### Transforming our realities: The determinants of health and Indigenous Peoples

A short narrative report, and companion DVD, of the third NCCIH 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 B.C. 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 NCCIH 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.



## 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

This fact sheet examines some of the key factors contributing to or hindering academic success for Indigenous peoples in Canada, including historic and contemporary impacts of colonialism, socio-economic marginalization, educational funding inequities, and personal reasons. While current trends and levels of educational attainment are on the rise, there are multiple ways for improving Indigenous learning.



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

This fact sheet examines First Nations, Inuit and Métis peoples' participation in the labour market and describes how un-/employment can affect their health and well-being. The fact sheet provides context for Indigenous employment in Canada, including demographics, participation in the labour market, and employment barriers.



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

This fact sheet begins by presenting demographic data, housing statistics and 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.



## 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 Indigenous languages and cultures.

# SOCIAL DETERMINANTS OF HEALTH



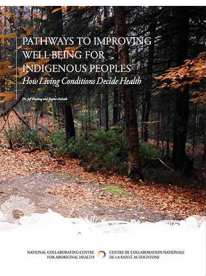
## Tackling poverty in Indigenous communities in Canada

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.



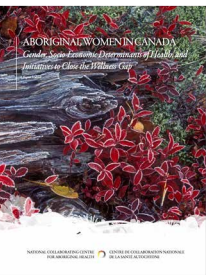
## Challenging hidden assumptions: Colonial norms as determinants of Aboriginal mental health

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.



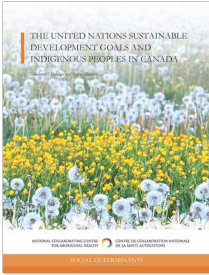
## Pathways to improving well-being for Indigenous Peoples: How living conditions decide health

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.



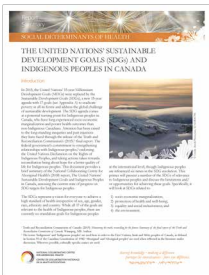
## Aboriginal women in Canada: Gender, socio-economic determinants of health, and initiatives to close the wellness gap

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.



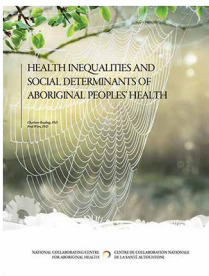
## The United Nations Sustainable Development Goals and Indigenous Peoples in Canada

This report assesses the current state of progress on the United Nations 15-year Sustainable Development Goals agenda in addressing socio-economic inequities and health disparities for Indigenous peoples in Canada.



## Report summary: The United Nations Sustainable Development Goals and Indigenous Peoples in Canada

This fact sheet summarizes the full report that assesses the current state of progress on the United Nations 15-year Sustainable Development Goals agenda in addressing socio-economic inequities and health disparities for Indigenous peoples in Canada.



## 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.





## CHILD, YOUTH, AND FAMILY HEALTH

The NCCIH 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 welfare services, the NCCIH 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 NCCIH 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 NCCIH has also contributed articles in 2010 and 2011 to the Canadian Journal of Optometry (CJO).

### Children and Their Vision

In 2018 the NCCIH, the Vision Institute of Canada and the Canadian Association of Optometrists updated this popular resource.





Four Indigenous parenting resource booklets were collaboratively developed by the NCCIH and the Healthy Child Manitoba Office (HCMO) in 2017. These booklets are an adaptation of the 2013 parenting booklets developed by the NCCIH 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 HCMO

Manitoba residents may request copies by calling 204-945-3495  
(Toll free 1-888-848-0140)

Non-Manitoba residents may contact the NCCIH at [nccih@unbc.ca](mailto:nccih@unbc.ca), 250-960-5250,  
or request copies online from the [nccih.ca](http://nccih.ca) web site.



Childhood health and wellness resource booklets - British Columbia FNHA  
Updated in 2018. To order contact the NCCIH at [nccih@unbc.ca](mailto:nccih@unbc.ca), 250-960-5250,  
or request copies online from the [nccih.ca](http://nccih.ca) web site.



# CHILD, YOUTH, AND FAMILY HEALTH



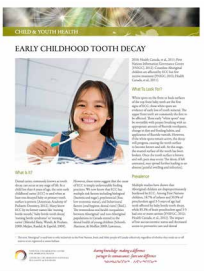
## The nutritional habits of Métis infants and young children in Canada: A preliminary examination

This fact sheet used data from the 2006 Aboriginal Peoples Survey (APS) and the 2006 Aboriginal 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.



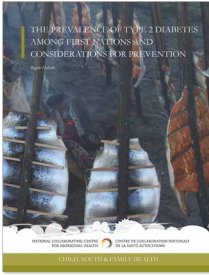
## Early childhood tooth decay

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.



## The prevalence of Type 2 diabetes among First Nations and considerations for prevention

This paper provides an overview of diabetes among First Nations and looks at the barriers and facilitators of diabetes prevention interventions within this population.



## 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 non-traditional 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, this 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.



# CHILD, YOUTH, AND FAMILY HEALTH



## 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 B.C., 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 B.C.



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

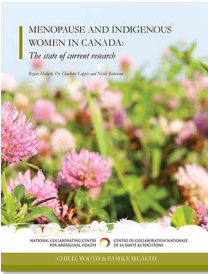
This fact sheet discusses the health and well-being of Indigenous children in B.C. with a particular focus on the social determinants of health, health outcomes, and promising practices.



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

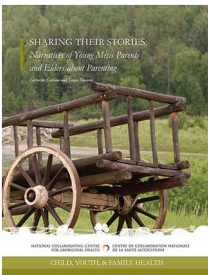
This fact sheet provides an overview of the unique social determinants of health that impact Indigenous communities and children in B.C., including income and employment levels, education, housing and food security— as well as colonization, racism and political marginalization.





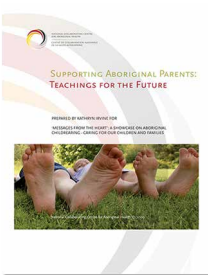
## Menopause and Indigenous women in Canada: The state of current research

This study identifies and summarizes the state of research on menopause and Indigenous women in Canada, suggests how this existing knowledge can be applied in practice, and identifies where further research is required.



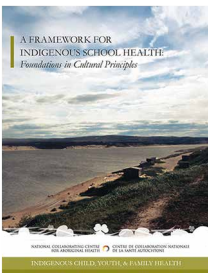
## Sharing their stories: Narratives of young Métis parents and Elders about parenting

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 B.C. about how to effectively parent their children in the face of historical and contemporary challenges.



## Supporting Aboriginal parents: Teachings for the future

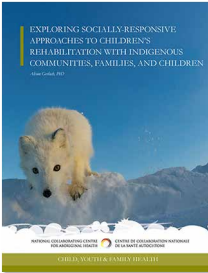
A strengths-based summary and review of reports and literature on Indigenous parenting practices, the report examines both traditional and contemporary forces on Indigenous parenting to shed light on how to improve programs and services.



## 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.

# CHILD, YOUTH, AND FAMILY HEALTH



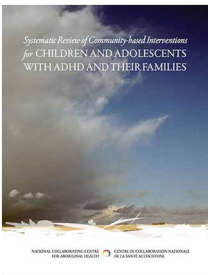
Exploring socially-responsive approaches to children's rehabilitation with Indigenous communities, families and children

This paper summarizes knowledge about rehabilitation for Indigenous children with developmental challenges, disabilities and health conditions.



[soundcloud.com/nccih-ccnsa/sets/nccah-webinar-child-rehab](https://soundcloud.com/nccih-ccnsa/sets/nccah-webinar-child-rehab)

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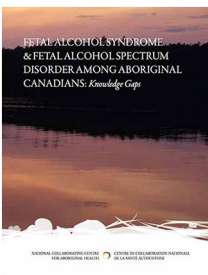
Systematic review of community-based interventions for children and adolescents with ADHD and their families

This NCCIH 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 in a series examines research on the prevalence of FAS and FASD and concludes that the true extent of these disorders among Indigenous populations is unknown, despite a widespread perception that the disorders are more prevalent in Indigenous children than among non-Indigenous children in Canada.



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

Our second report in this series 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 Qaujimagatuqangit - 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 Qaujimagatuqangit*.

 [vimeo.com/showcase/4323219](https://vimeo.com/showcase/4323219)



## Inunnguiniq: 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 Qaujimagatuqangit: The role of Indigenous knowledge in supporting wellness in Inuit communities in Nunavut

*Inuit Qaujimagatuqangit (IQ)* 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 Qaujimagatuqangit* to be used as a foundation for health and wellness policy and programs.



# CHILD, YOUTH, AND FAMILY HEALTH



## 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 socially conscious education, and examples of social justice initiatives led by children.



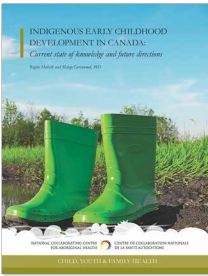
## First Nations and non-Aboriginal children in child protection services

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.



## Indigenous early childhood development in Canada: Current state of knowledge and future directions

This report provides an overview of the current state of knowledge and knowledge gaps on the health and well-being of First Nations, Inuit and Métis young children and highlights future directions for ECDC programs and policies.



## Reconciliation in First Nations child welfare

This fact sheet looks at the structural factors leading to inequities in First Nations child welfare, rooted in colonization, which result in the overrepresentation of First Nations children in out-of-home care. Reconciliation requires public awareness of and action to address these issues.



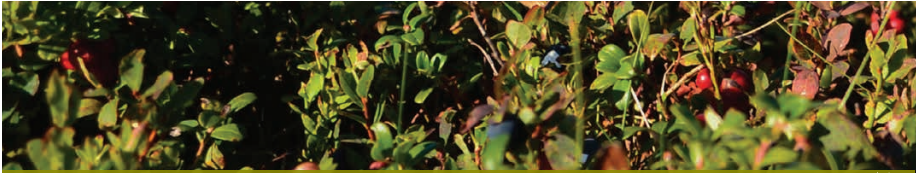
## Indigenous children and the child welfare system in Canada

This fact sheet provides an overview of the historical context of child protection and removal; the current Indigenous child welfare framework, including funding and legislation arrangements, child welfare models, and types of agencies; and the movement towards reconciliation in child welfare in Canada.



## 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. This fact sheet provides a list of online resources for parents and caregivers.

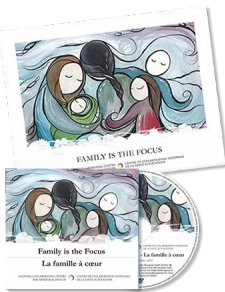


# CHILD, YOUTH, AND FAMILY HEALTH

## 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, B.C. 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 [nccih@unbc.ca](mailto:nccih@unbc.ca).

### Family is the Focus



The NCCIH 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*.

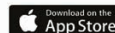
### Family is the Focus Interactive Poster

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 [zappar.com](http://zappar.com).

Request poster files to print with a vendor of your choice, three sizes available. Email [nccih@unbc.ca](mailto:nccih@unbc.ca) for more information.



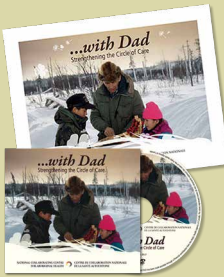
**GET ZAPPAR  
ZAP THE CODE**





## 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, 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.

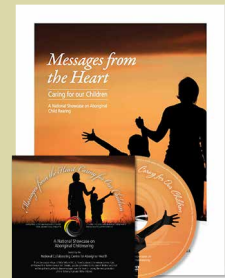


## With Dad: Strengthening the circle of care

A national gathering hosted by the NCCIH in February 2011 included Elders like George Giant, a residential school survivor, and program leaders like Jake Gearheard of the Iliqsavik 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.





## EMERGING PRIORITIES IN PUBLIC HEALTH

The NCCIH 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 NCCIH that First Nations, Inuit and Métis peoples’ 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 NCCIH 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 NCCIH continues to be responsive to new priorities including Two-Spirit health, mental health, and cultural safety.

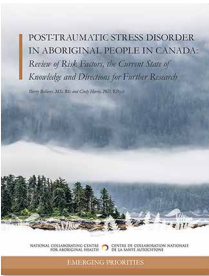


### An introduction to the health of Two-Spirit people: Historical, contemporary and emergent issues

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.

 [soundcloud.com/nccih-ccnsa/sets/nccah-webinar-two-spirit](https://soundcloud.com/nccih-ccnsa/sets/nccah-webinar-two-spirit)  
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## Post-Traumatic Stress Disorder in Aboriginal People in Canada: Review of risk factors, the current state of knowledge and directions for further research

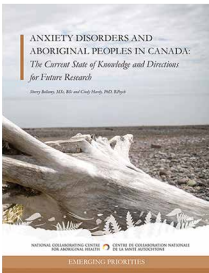
This report provides an overview of the current knowledge on PTSD in Indigenous peoples in Canada, including prevalence, the factors that place Indigenous peoples at risk of developing PTSD, the impacts of PTSD on the health and well-being of Indigenous peoples, and the importance of culturally appropriate 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.



[soundcloud.com/nccih-ccnsa/sets/nccah-webinar-trauma-informed](https://soundcloud.com/nccih-ccnsa/sets/nccah-webinar-trauma-informed)

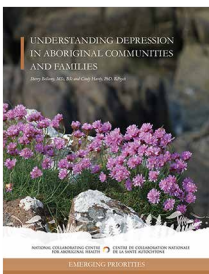


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## Anxiety disorders and Aboriginal Peoples in Canada: The current state of knowledge and directions for future research

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.

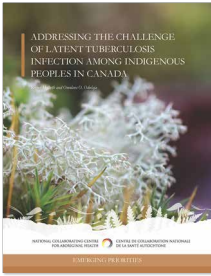


## Understanding depression in Aboriginal communities and families

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.

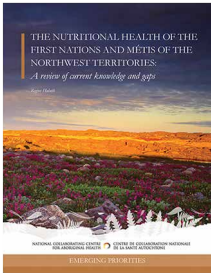


# EMERGING PRIORITIES IN PUBLIC HEALTH



## Addressing the challenge of latent tuberculosis infection among Indigenous peoples in Canada

Indigenous peoples in Canada continue to experience a disproportionate burden of tuberculosis (TB) compared to the general population. This is in part due to the high prevalence of latent tuberculosis infection (LTBI) in some First Nations and Inuit communities, and the barriers that exist in effectively identifying and treating the infection to prevent it from flaring up later in life as active TB.



## 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.



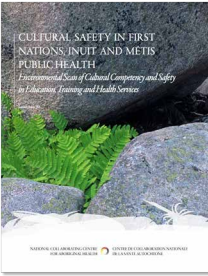
## Traditional Aboriginal diets and health

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.



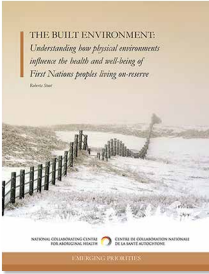
### Métis women and disease: A preliminary examination

This fact sheet summarizes data from the 2006 Aboriginal 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.





## EMERGING PRIORITIES IN PUBLIC HEALTH



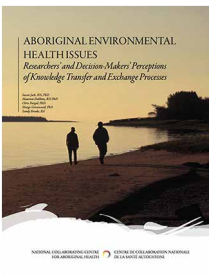
The built environment: Understanding how physical environments influence the health and well-being of First Nations people living on-reserve

This paper summarizes what is known about how the built environment influences the health and well-being of First Nations reserve communities. Although the built environment is large in scope this paper focuses in five distinct areas including: 1) housing; 2) water and wastewater management; 3) food security; 4) active living; and 5) transportation.



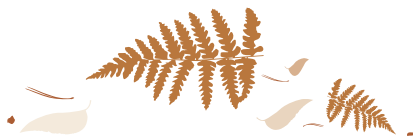
Ecohealth and Aboriginal health: A review of common ground

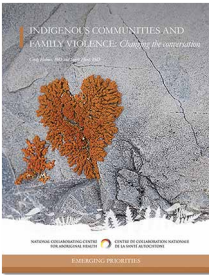
The health and well-being of Indigenous communities is closely linked to a connection with the land. Margot Parkes highlights a new generation of research and practice bridging the “artificial divides” between environmental and social approaches to health.



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.





## Indigenous communities and family violence: Changing the conversation

This report includes a critical discourse analysis of Canadian literature on Indigenous family violence over a fifteen year period (2000-2015). A number of themes were identified and used to structure the examination of the literature, including: naming violence, defining family violence, rates of violence, analysis of gender and sexuality, causes of violence, colonization, normalization, silence and hiding violence, family, health, geographic considerations, and solutions.



[soundcloud.com/nccih-ccnsa/sets/nccah-webinar-family-violence](https://soundcloud.com/nccih-ccnsa/sets/nccah-webinar-family-violence)

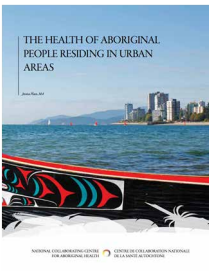


[bit.ly/2M60AMe](https://bit.ly/2M60AMe)



## 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.



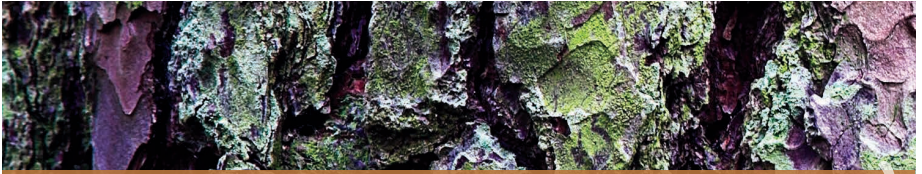
## The health of Aboriginal people residing in urban areas

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 is not well known. The NCCIH report examines the health and well-being of Canada's demographically and culturally diverse urban Indigenous population.

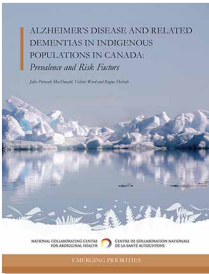


## Art and wellness: The importance of art for Aboriginal Peoples' health and healing

This fact sheet details the ways in which art, and more broadly, creative processes, can 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.

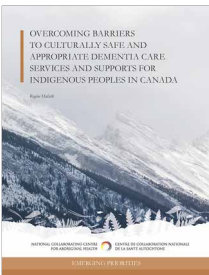


## EMERGING PRIORITIES IN PUBLIC HEALTH



### Alzheimer's Disease and related dementias in Indigenous populations in Canada: Prevalence and risk factors

This paper summarizes available research on the prevalence of dementias among Indigenous populations in Canada, the challenges faced in diagnosing dementias in these populations, and the prevalence of risk factors that place Indigenous peoples at risk of developing dementias as they age.



### Overcoming barriers to culturally safe and appropriate dementia care services and supports for Indigenous peoples in Canada

This paper identifies challenges faced by Indigenous peoples in accessing dementia care services and supports that are responsive to their needs, highlights key elements of a culturally safe framework for dementia care in Indigenous communities, and provides examples of innovative dementia care services for Indigenous populations.



# mite achimowin (Heart Talk): First Nations Women Expressions of Heart Health

This study received funding from the CIHR (Canadian Institutes of Health Research; Aboriginal People's Health Institute) and SSHRC (Social Sciences and Humanities Research Council) through the Urban Aboriginal Knowledge Network in partnership with Nanaandawewigamig. The study, which took place in Winnipeg over 2015-2016, was a collaboration between the University of Winnipeg and the University of Manitoba.

## Episode 1 - "E THEE NEW ISKWEW OTE – Cree Women's Heart", by Christina Baker and Mabel Horton

Christina Baker and Mabel Horton both live in Winnipeg. Christina is Cree from Split Lake (Tataskweyak Cree Nation) which is 900 kilometers north of Winnipeg. She and her family members have heart health issues. Mabel is Christina's niece. She is Cree and a member of Nisichawayasihk First Nation (Nelson House) located 850 kilometers north of Winnipeg. She cares for family members with heart health issues. Their collaborative video features images from their family camp. They describe the importance of traditional foods, physical activity, and ways of being healthy. Christina and Mabel narrate their story in their first language – Cree – to talk of the importance today of eating well and keeping active.

## Episode 2 - "My Heartbeat", by Eliza Beardy

Eliza Beardy is Oji Cree from Wasagamack First Nation, Manitoba, a fly-in community 600 kilometers north of Winnipeg. She currently lives in Winnipeg and cares for family members with heart health issues. Eliza's video features images of her parents, children, grandchildren, and great grandchildren as she describes the importance of family relationships and bonds to heart health. As a residential school survivor, she speaks of the lasting heart break experienced by parents and children as a result of separation due to residential schools.

## Episode 3 - "NIIN INTEPACHIMOWIN - My heart story", by Virginia McKay

Virginia McKay is Saultaux and lives in Berens River First Nation, Manitoba, which is a fly-in community 270 kilometers from Winnipeg. She and a family member have heart health issues. Virginia shares two short stories. The first describes the enduring love and pride of her grandchild and the importance of the family relationship and values. Her second story features the landscape of Berens River First Nation and a story of racial discrimination experienced by a family member as he sought medical care for a serious health issue.

## Episode 4 - "MITE MEKIWIN - Gift of the Heart", by Esther Sanderson

Esther Sanderson is Cree from Opaskwayak Cree Nation (the Pas, Manitoba). The Pas is 630 kilometers north of Winnipeg. Her video describes her personal journey of the spirit and mind during her heart transplant surgery. She also shares the importance of family bonds and cultural knowledge during her recovery.

## Voices From the Field

“Voices from the Field”, a podcast series produced by the NCCIH, focuses on innovative research and community-based initiatives promoting the health and well-being of First Nation, Inuit and Metis peoples in Canada.

Transcripts available: [nccih.ca/34/Publication.nccih?type=9](http://nccih.ca/34/Publication.nccih?type=9)



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### Episode 01 - Nehiyawak Land and Language Camp: Revitalizing Indigenous languages for health and well-being, with Belinda (kakiyosew) Daniels

This episode looks at the Nehiyawak Land and Language Camp, a week-long land-based Cree immersion program in Saskatchewan. This camp was developed by Cree scholar and second-language learner, Belinda Daniels. Now in its twelfth consecutive year, the summer camp takes place throughout different First Nations communities across the province of Saskatchewan. In this podcast you will hear about the importance of language revitalization to the mental and spiritual well-being of Indigenous peoples and communities.

### Episode 02 - Birthing experiences of First Nations women from northern and remote communities, with Dr. Jaime Cidro

This episode provides an overview of a community-driven research project underway on the birthing experiences of First Nations women from Norway House Cree Nation in northern Manitoba. The project, spearheaded by Dr. Jaime Cidro of the University of Winnipeg, looks at some of the multiple social, emotional, financial, and cultural burdens faced by First Nations women in Norway House Cree Nation when they are required to leave their communities to give birth. In this podcast you will hear how this project came about, what research questions it will address, and why bringing maternity programs and birthing back to the community should be a priority.

### Episode 03 - Indigenous physicians Lisa Richardson and Jason Pennington win the 2017 Dr. Thomas Dignan Indigenous Health Award, with Drs. Lisa Richardson and Jason Pennington

In this episode you will hear from Indigenous Drs. Lisa Richardson and Jason Pennington who have been awarded the 2017 Dr. Thomas Dignan Indigenous Health Award from Royal College of Physicians and Surgeons of Canada. Drs. Richardson and Pennington spoke to the work underway at the Office of Indigenous Medical Education at the University of Toronto.

### Episode 04 - mite achimowin (Heart Talk): First Nations Women's Expressions of Heart Health study, with Lorena Fontaine, Annette Schultz and Lisa Forbes

This podcast was recorded with the mite achimowin (Heart Talk) project team, including co-investigators Dr. Lorena Fontaine (University of Winnipeg) and Dr.





Annette Schultz (University of Manitoba) and project coordinator Lisa Forbes. This audio recording provides an overview of the project and the main themes that resulted from the project. The research team acknowledges research collaborator Ivan Berkowitz, who enthusiastically introduced Lorena and Annette to each other and encouraged the mite achimowin project even in his final days.

### Episode 05 - From the lab to the reserve: The transformative power of community-engaged scholarship, with Dr. Lalita Bharadwaj

This episode is based on a keynote presentation delivered by Dr. Lalita Bharadwaj at the fourth annual “Create H2O” First Nations Water Research Conference, organized by the University of Manitoba’s Centre for Human Rights Research (June 1-2, 2017). Her keynote began with a personal story of how she moved from working as an academic in a laboratory to working with First Nations communities. She offered up key reflections and practical tips learned along this fifteen year journey, including how to do research that is grounded in relationships, community ethics, and community-based participatory research methods which result in meaningful, beneficial and team-based knowledge production and translation.

### Episode 06 - Water: Our first relative, our first responsibility, with Dr. Priscilla Settee

This episode is based on a keynote presentation delivered by Dr. Priscilla Settee at the fourth annual “Create H2O” First Nations Water Research Conference, organized by the University of Manitoba’s Centre for Human Rights Research (June 1-2, 2017). Grounded in a human rights perspective, Dr. Settee referred to a number of organizations and reports focused on water crises, including unresolved drinking water advisories and the resulting social and health impacts experienced by First Nations communities across Canada.

### Episode 07 - Turning a new page: Cultural safety, critical creative literary interventions, truth and reconciliation, and the crisis of child welfare, with Drs. Sarah de Leeuw and Margo Greenwood

This episode of Voices from the Field is based on the article, *Turning a new page: cultural safety, critical creative literary interventions, truth and reconciliation, and the crisis of child welfare*, co-authored by Drs. Sarah de Leeuw and Margo Greenwood, of the National Collaborating Centre for Indigenous Health (NCCIH). The podcast is an extended conversation between Sarah and Rick Harp of Media Indigena to explore cultural safety, the arts and creative expressions as offering up solutions for decolonizing the child welfare system.

### Episode 08 - Indigenous Research Fireside Chat: A Conversation on Governance and Indigenous Research, with Dr. Linda Tuhiwai Smith and Bonnie Healy

This episode focuses on an Indigenous Research Fireside Chat: A Conversation on Governance and Indigenous Research, with guests Dr. Linda Tuhiwai Smith and Bonnie Healy. This conversation was hosted by the Office of Indigenous Affairs at the University of Winnipeg in partnership with the First Nations Health and Social Secretariat of Manitoba. It took place on April 11th, 2018 at the University of Winnipeg.



## NCCIH WEBINARS

### 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.

## Reconciliation and public health

January 19, 2018

This webinar, presented by Dr. Marcia Anderson, examined the underlying historic and contemporary causes of Indigenous health inequities were examined in relation to the role of public health in eliminating these inequities. The webinar also explored the role of individual and collective actions that can be undertaken to implement the Truth and Reconciliation Commission Calls to Action.

## Health humanities and unsettling colonial medicine

March 28, 2018

In this lecture, Dr. Sarah de Leeuw and Dr. Terri Aldred explored the promise offered by “medical humanities” and considered it in relation to cultural competency, cultural humanity, and Calls to Action by the Truth and Reconciliation Commission (TRC) around medical and healthcare professionals developing skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

## Making steps towards the provision of culturally safe children's rehabilitation services with Indigenous communities, families and children

June 7, 2018

The webinar, presented by Dr. Alison Gerlach, was based on the NCCIH publication on this topic and drew on her 20-year history and extensive experience of providing occupational therapy with families and children in partnership with First Nations, and Indigenous early years programs and organizations in British Columbia.

### Structures of indifference: An Indigenous life and death in a Canadian city September 21, 2018

The webinar engaged with the two authors, Dr. Mary Jane Logan McCallum and Dr. Adele Perry, of the book *Structures of Indifference: An Indigenous Life and Death in a Canadian City*. The book puts the story of Brian Sinclair in the context of the history of the City of Winnipeg, and the history of health care in the Province of Manitoba, and critically examines anti-Indigenous racism.

### Separate beds: A history of Indian Hospitals in Canada, 1920s – 1980s December 04, 2018

Dr. Maureen Lux, author of *Separate Beds: A History of Indian Hospitals in Canada, 1920s to 1980s*, described the arbitrary and contradictory policies that governed the “Indian Hospitals,” the experiences of patients and staff, and the vital grassroots activism that pressed the federal government to acknowledge its treaty obligations. Webinar participants gained a deeper appreciation of this legacy which continues to affect attitudes and perceptions about TB today.

### Indigenous languages – Determining public health outcomes in Canada January 17, 2019

In celebration of the United Nations 2019 International Year of Indigenous Languages (#IYIL2019), and in anticipation of Canada’s National First Nations, Inuit and Métis Languages Act, which is set come into effect in 2019 in keeping with the Truth and Reconciliation Commission of Canada’s Call to Action #14, language advocates Dr. Lorena Fontaine and Ms. Aluki Kotierk provided an overview of the current state of Indigenous languages in Canada. In this webinar they discussed why and how Indigenous languages need to be understood as intersecting with other determinants of Indigenous peoples’ health.

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See also:  [soundcloud.com/nccih-cnca/sets](https://soundcloud.com/nccih-cnca/sets)

 [bit.ly/2Qj2XLI](https://bit.ly/2Qj2XLI)



[nccih.ca/34/Publication.nccih?type=6](https://nccih.ca/34/Publication.nccih?type=6)

## NCCIH INTERACTIVE RESOURCES

The NCCIH web site has expanded to include interactive resources to diversify the types of digital experiences we offer to enhance knowledge translation and sharing of information related to Indigenous health and well-being. Visit the “Interactive Resources” section found in the “Publications” menu on the NCCIH web site.

### [An interactive history of the NCCIH](#)

Three interactive timelines are available that explore the history of the NCCIH from 2005-2010, to 2010-2015, and 2015-2020.

### [The TRC Calls to Action and NCCIH knowledge resources](#)

The NCCIH has created an interactive resource to link evidence to the Truth and Reconciliation Commission of Canada’s Calls to Action. It has linked relevant NCCIH reports, fact sheets, interviews, and webinars to the Calls to Action in five thematic areas: Child Welfare, Education, Language and Culture, Health, and Justice.

### [An interactive history of Indigenous peoples in Canada](#)

This series of four interactive timelines are beneficial to those seeking to improve their cultural competency through learning about the history of Indigenous peoples in Canada. Explore the timelines from Contact to 1867, 1867 to 1960, 1961 to 1994, and 1994 to present day.

## INDIGENOUS HEALTH RESEARCHERS & LINKS

The *Indigenous Health Researchers Database* is a comprehensive listing of researchers affiliated with a Canadian university and who have a wide range of expertise related to the health of Indigenous peoples. These researchers have undertaken some form of research related to the health and well-being of First Nations, Inuit and/or Métis peoples, ranging from one study to a lifetime of work in a particular area. Search the database by keyword or filter by population theme. See the *Indigenous Health Researchers* link on the NCCIH web site home page.

The *Indigenous Health Links Database* includes international, national, and provincial listings of both governmental and non-governmental organizations involved in research or that provide Indigenous health services. Search the database by location or organization type. See the *Indigenous Health Links* on the NCCIH web site home page.

To provide feedback, content suggestions or edits for the *Indigenous Health Researchers*, or the *Indigenous Health Links* database please send an email to [nccih@unbc.ca](mailto:nccih@unbc.ca).

# 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.



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

The NCCIH paper in this series aims to improve understandings of Indigenous child and youth 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.

To learn more please visit [nccph.ca/projects/mentalhealth](http://nccph.ca/projects/mentalhealth)



## Exploring the determinants of syphilis in Indigenous women in Winnipeg

The NCCID syphilis podcast series, released in partnership with the NCCIH, explores the ongoing syphilis outbreak in Canada and the impact specifically for Indigenous women living in Winnipeg. This three part series includes the voices of Laverne Gervais, Dr. Marcia Anderson and Dr. Jared Bullard.

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 [nccph.ca/projects/influenza](http://nccph.ca/projects/influenza)

The NCCIH 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 NCCIH 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.

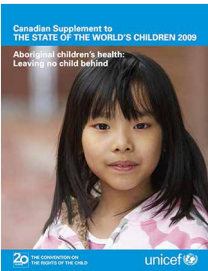


## JOURNAL ARTICLES, CHAPTERS & BOOKS

### NCCIH Academic Lead and Research Associate articles

Under the ‘Articles and Chapters’ category in the publications list, on the [nccih.ca](http://nccih.ca) web site, you will find several open access articles (may require free sign-up for access) from a wide variety of journals such as:

- AlterNative
- 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
- Health and Social Care Community
- 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 Indigenous Health
- Lancet’s Series on Canada
- Oxford Bibliographies Online: Public Health
- Paediatric Child Health
- Pediatric Surgery International
- Pimatisiwin: A Journal of Indigenous and Aboriginal Community Health
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- Settler Colonial Studies
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- Systematic Reviews

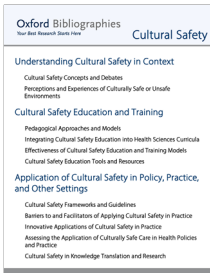


### Aboriginal children’s health: Leaving no child behind - Canadian supplement to the State of the World’s Children 2009

Our joint UNICEF Canada/NCCIH 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.

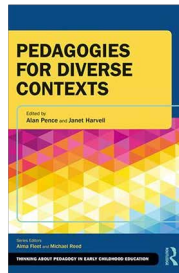
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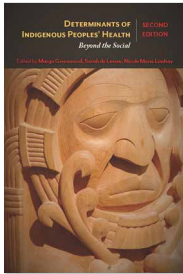
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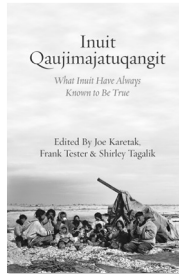
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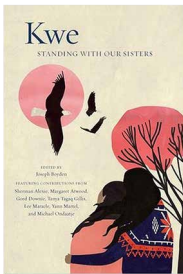
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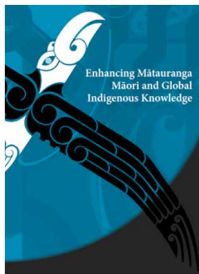
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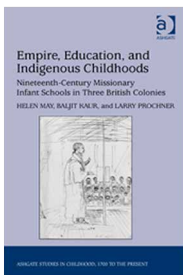
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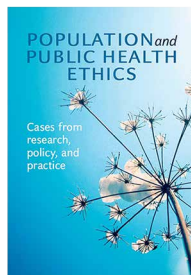
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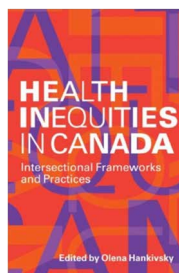
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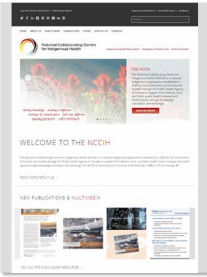


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Your ultimate resource for news, web stories, links of interest, videos, podcasts, reports, fact sheets and other knowledge resources on Indigenous health! Our online presence is expanding beyond our web site and you can now find us active on Twitter, Facebook, LinkedIn, Instagram, Pinterest, Vimeo, YouTube, SoundCloud, and ISSUU!



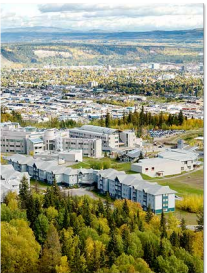
## NCCIH mailing list

As a subscriber to our NCCIH mailing list, you will receive our quarterly e-newsletter with highlights of the latest activities of the NCCIH 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 NCCIH 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 [nccih@unbc.ca](mailto:nccih@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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Web: [nccih.ca](http://nccih.ca)



## NCCIH publications and knowledge resources

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