

Promising practices in Indigenous community health promotion

July 24, 2018 1:00 – 2:30 pm ET

**Audio is by
telephone only
This webinar is
being recorded**

Health Promotion in Canada

Webinar Series 2018

Teleconference:
1-866-830-9434

Code: 6302793#

**Please mute your
phone (*6)**



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

HEALTH
PROMOTION
CANADA



PROMOTION
SANTÉ
CANADA

Today's facilitators

Dianne Oickle
Knowledge Translation Specialist

doickle@stfx.ca



Danielle MacDonald
Research Assistant

damacdon@stfx.ca



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

To ask questions or share resources during the presentation

Please use the chat box at any time and note that the webinar, including the chat box, is being recorded



National Collaborating Centre
for Determinants of Health

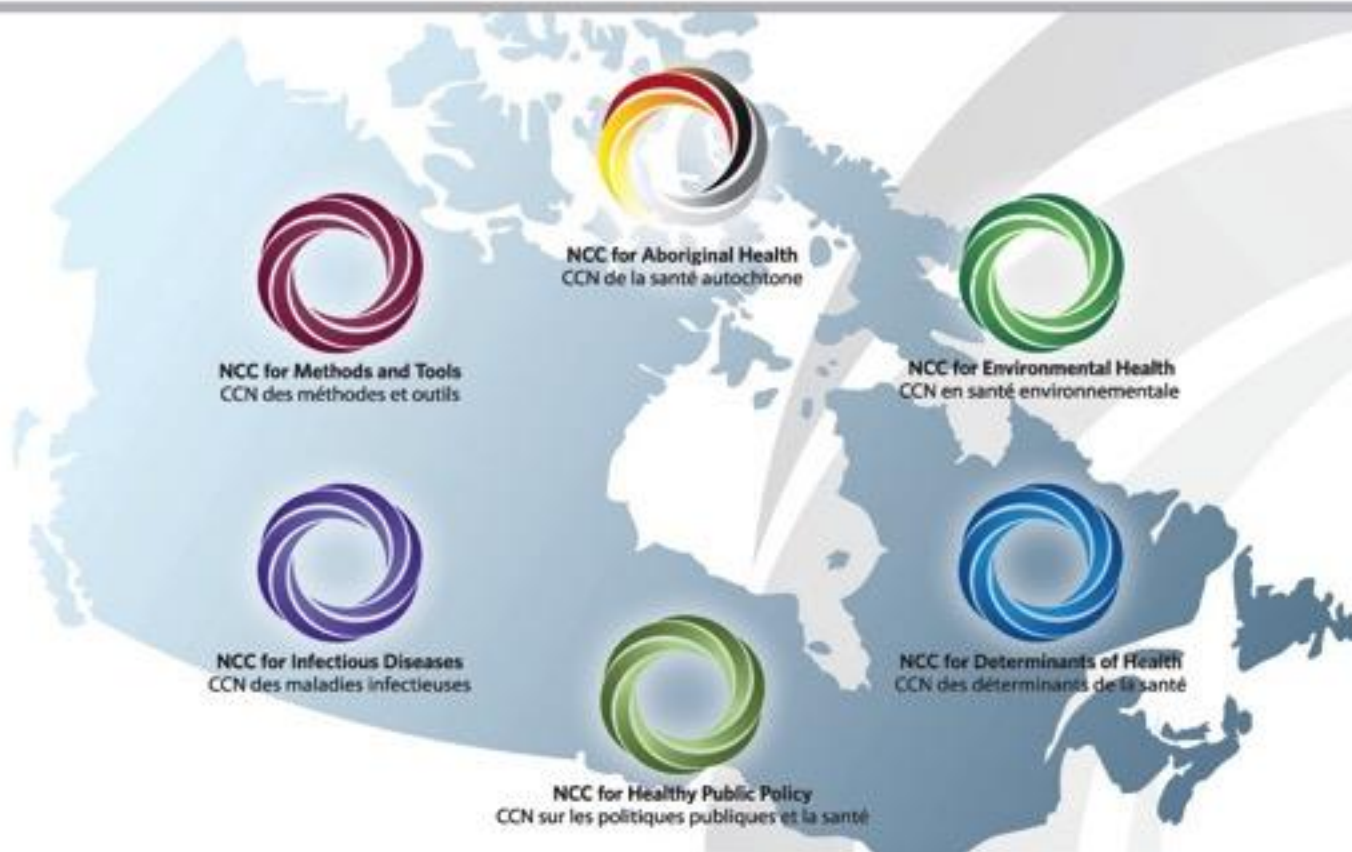
Centre de collaboration nationale
des déterminants de la santé



National Collaborating Centres for Public Health



Centres de collaboration nationale
en santé publique



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

Land Acknowledgement

The NCCDH is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People.

This territory is covered by the “Treaties of Peace and Friendship” which Mi'kmaq and Wolastoqiyik (Maliseet) peoples first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

National Collaborating Centre for Determinants of Health

Our focus: Social conditions that influence health & narrowing the gap between the least and most healthy

Our audience: Canadian public health organizations & practitioners.

Our work: Explain and share what's known to help public health positively influence health for *EVERYone* through their work.



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

Where do you work?



© 2007 Her Majesty the Queen in Right of Canada, Natural Resources Canada / Sa Majesté la Reine du chef du Canada, Ressources naturelles Canada



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

Today's speakers

Charlotte Loppie

Professor, School of Public Health and Social Policy
Director, Centre for Indigenous Research
and Community-Led Engagement (CIRCLE)
University of Victoria



Mariette Sutherland

Manager, Indigenous Engagement
Public Health Sudbury & Districts



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

HEALTH
PROMOTION
CANADA



PROMOTION
SANTÉ
CANADA

In case you need to leave early.....

Please complete the
online evaluation survey

EVALUATION –
Promising practices in Indigenous community health promotion



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

Health Promotion in Canada

Webinar Series 2018

HEALTH
PROMOTION
CANADA



PROMOTION
SANTÉ
CANADA

HPC volunteers:

Irv Rootman

Retired professor, University
of Victoria and University
of Toronto
Member of HPC Executive Committee



Josée Lapalme

Doctoral candidate
School of Public
Health. University of
Montreal
Executive Committee
member, HPC



Lesley Dyck

Health Promotion
Consultant
Executive Committee
member, HPC



Health Promotion Canada

Mission - to advance the practice of health promotion in Canada.

HPC seeks to advance the practice of health promotion by supporting and uniting: students, researchers, practitioners and employers from across Canada in their efforts to collectively enhance health and create healthy and supportive settings.

Structure

- Executive Committee
- Working Groups
- Committees
- Provincial Chapters/Networks

Resources

- Website www.healthpromotioncanada.ca
- Newsletter
- Competencies Toolkit
- Member Contact List

Health Promoter Competencies

34 Statements in 9 Domains



Current Activities

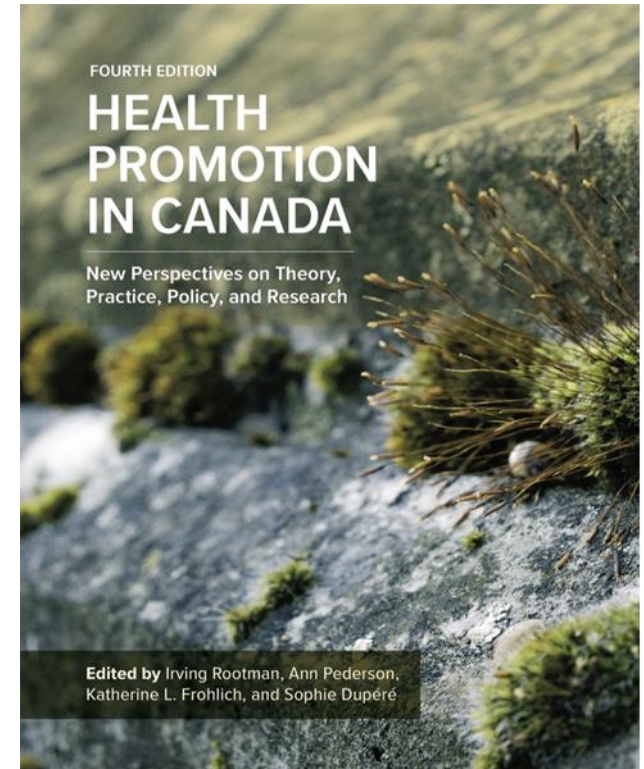
- Accreditation Survey
- Awards program
- Webinar series

Webinar Series 2018

- Based on the 4th edition of Health Promotion in Canada

What's new?

- New editor
- Fifteen new chapters and new “Afterword”
- Instructors Manual



Chapters Covered in this Webinar Series

Ch. 6 - Contrasting Entry Points for Intervention in Health Promotion Practice (*Katherine L. Frohlich, Blake Poland and Martine Shareck*)

Ch. 10 - Indigenous Community Health Promotion (*Charlotte Loppie*)

Ch. 21 - Participatory Practice and Health Promotion (*Jane Springett & Jeff Masuda*)

Ch. 18 - Health in All Policies (*Ketan Shankardass, Lorraine Greaves & Natalie Hemsing*)

Some other Chapters of Possible Interest

- Ch.8- Implications of Inequities for Health Promotion (*Dennis Raphael*)
- Ch.11-Identifying Appropriate Health Promotion Practices for Immigrants (*Mashira Khan and Karen Kobayashi*)
- Ch. 16 – Digital Media and Health Promotion Practice (*Laura Struik, Rebecca Haines-Saah and Jean Bottorff*)

Sponsors thank you!

To the **National Collaborating Centre on the Determinants of Health** for sponsoring and organizing and conducting this series of webinars.

Canadian Scholars' Press for their donation of copies of *Health Promotion in Canada, 4th Edition* to each of the practitioner presenters in this webinar series.



Today's speakers

Charlotte Loppie

Professor, School of Public Health and Social Policy
Director, Centre for Indigenous Research
and Community-Led Engagement (CIRCLE)
University of Victoria



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

HEALTH
PROMOTION
CANADA



PROMOTION
SANTÉ
CANADA



INDIGENOUS HEALTH PROMOTION

Charlotte Loppie, PhD
University of Victoria

POLITICAL CONTEXTS

Indigenous peoples of Canada – Inuit, Metis and First Nations

- Canadian Constitution refers to these groups as '*Aboriginal peoples*'
- **Diversity** in traditional lands, languages, cultures, and colonial experiences
- Yet, all three Indigenous groups have undergone a process of colonization, which includes:
 - dispossession of ancestral lands
 - imposition of colonial institutions (i.e., education, law, health care)
 - disruption of traditional lifestyles
- The federal government's *First Nations and Inuit Health Branch* supports the delivery of health promotion on-reserve and in Inuit communities.

CULTURAL CONTEXTS

- Critical that health professionals understand how colonialism has shaped inequities as well as the health promotion needs of Indigenous communities
- local, regional and national distinctions and similarities
- Important that supports* are designed, implemented and assessed within the most appropriate cultural context

* Rather than 'interventions'



SOCIAL DETERMINANTS OF INDIGENOUS HEALTH

COLONIZATION

- Send settlers to (a place) and establish political control over it:
- Settle among and establish control over (the Indigenous people of an area)
- Appropriate (a place or domain) for one's own use

<http://www.oxforddictionaries.com>


STRUCTURAL RACISM

Historical, social and political institutions and processes that create, practice and reinforce racial discrimination.

- Policies (Indian Act, NIHB, jurisdictional sand traps)
- Location and funding of Indigenous communities
- Residential Schools and Indian Hospitals
- Pathologizing research ('evidence' that informs)

INDIGENOUS CONSTRUCTIONS OF HEALTH





Belief and Knowledge Systems – emphasize relationality, reciprocity, and subjectivity.

Holism – refers to balance within and between multiple domains of physical, emotional, mental and spiritual wellness; situated within kinship, community, culture and place.

Pluralism - values diverse ways of knowing and doing, which allows us to use draw on multiple strengths and overcome individual limitations.



HEALTH PROMOTION AND INDIGENOUS PEOPLES IN CANADA

COLONIZING HEALTH PROMOTION

- undertaken by “outsiders” who often enter Indigenous communities uninvited
- who rarely consult with or engage community members
- ‘supports’ are based on dominant socio-political and cultural values and contexts
- Supports are implemented and evaluated using criteria not relevant to Indigenous communities

DECOLONIZING HEALTH PROMOTION

- It is “essential that service providers and administrators understand the impacts of history, traditions, values and forces on families and communities and those of their own social position, on the development and delivery of programs and services” (Weibe, van Gaalen, Langlois and Costen, 2013, p.19-20).
- **Decolonization** - a process of “engaging in the activities of creating, restoring, and birthing.... new ideas, thinking, technologies, and lifestyles that contribute to the advancement and empowerment of Indigenous Peoples”
(Waziyatawin and Yellow Bird, 2012, p. 3).



DECOLONIZING PROCESSES

Community Control – of the development, implementation and assessment of health promotion programs, processes and practices.

Community Engagement –

- ▀ Based on community values and contexts
- ▀ Diverse community members are meaningfully engaged in collaborative activities, that are
- ▀ relevant and beneficial to the community and its members

Cultural Relevance - requires the engagement of local perspectives to adequately acknowledge and address the diversity of contexts in which health promotion occurs.

SELF-DETERMINATION IS KEY

Article 23 of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) states that “Indigenous peoples have the right to...

- be actively involved in developing and determining health... and social programmes affecting them and, as far as possible,
- to administer such programmes through their own institutions” (United

Nations, 2007, p. 9).

The Truth and Reconciliation Commission's Calls to Action (2015) are clear that supports should be:

- based on values of equity and social justice
- aimed at reducing the influence of colonial practice, programs and policies.

MANY THANKS



Today's speakers



Mariette Sutherland

Manager, Indigenous Engagement
Public Health Sudbury & Districts



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

HEALTH
PROMOTION
CANADA



PROMOTION
SANTÉ
CANADA

Promising Practices in Indigenous Community at Public Health Sudbury & Districts

July 24, 2018

Mariette Sutherland
Manager, Indigenous Engagement



Public Health
Santé publique
SUDBURY & DISTRICTS

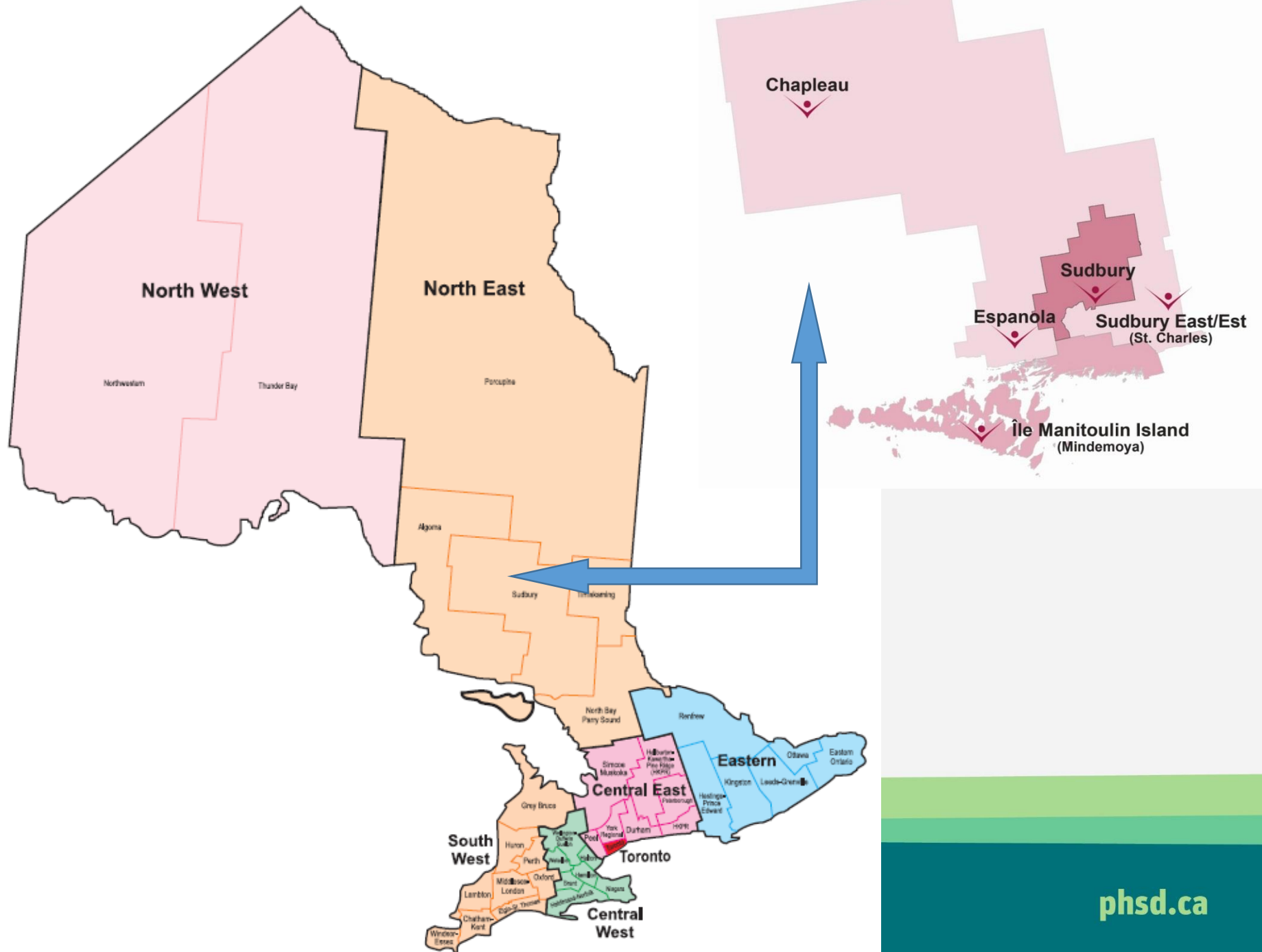
Acknowledgements

Public Health Sudbury & Districts operates within the traditional lands of the Robinson Huron Treaty and Treaty 9 encompassing communities with Anishinabek, Inninuwwuk (Cree), and Métis Peoples.

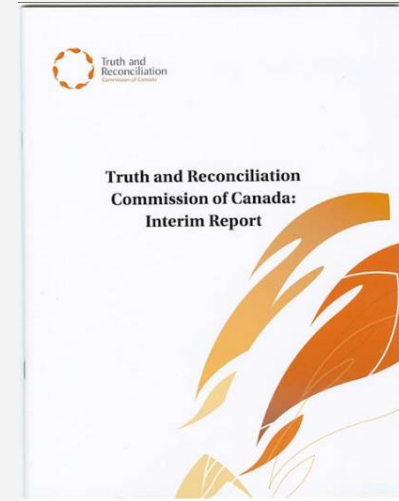
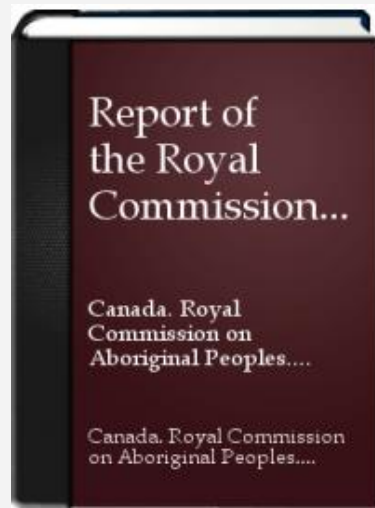
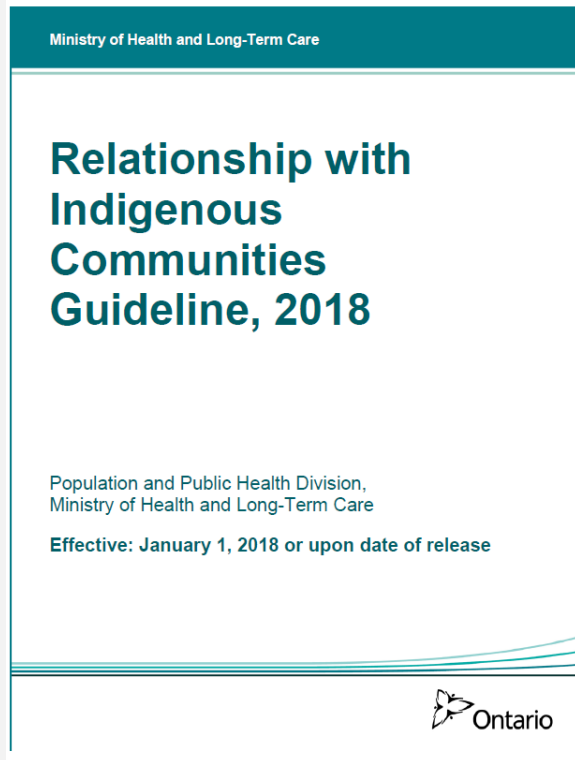


Public Health
Santé publique
SUDBURY & DISTRICTS

Moving towards a culturally grounded and safe Indigenous Engagement Strategy



Context



Excerpts from November 2016 Board of Health Motion

WHEREAS the Board of Health is committed to ensuringIndigenous people & communities, have equal opportunities for health; and has

- identified the need to better define relationships with Indigenous communities...
- ...develop a comprehensive strategy for the organization's engagement with Indigenous peoplefor the purpose of collaboratively strengthening public health programs and services for all;

Indigenous Engagement Strategy

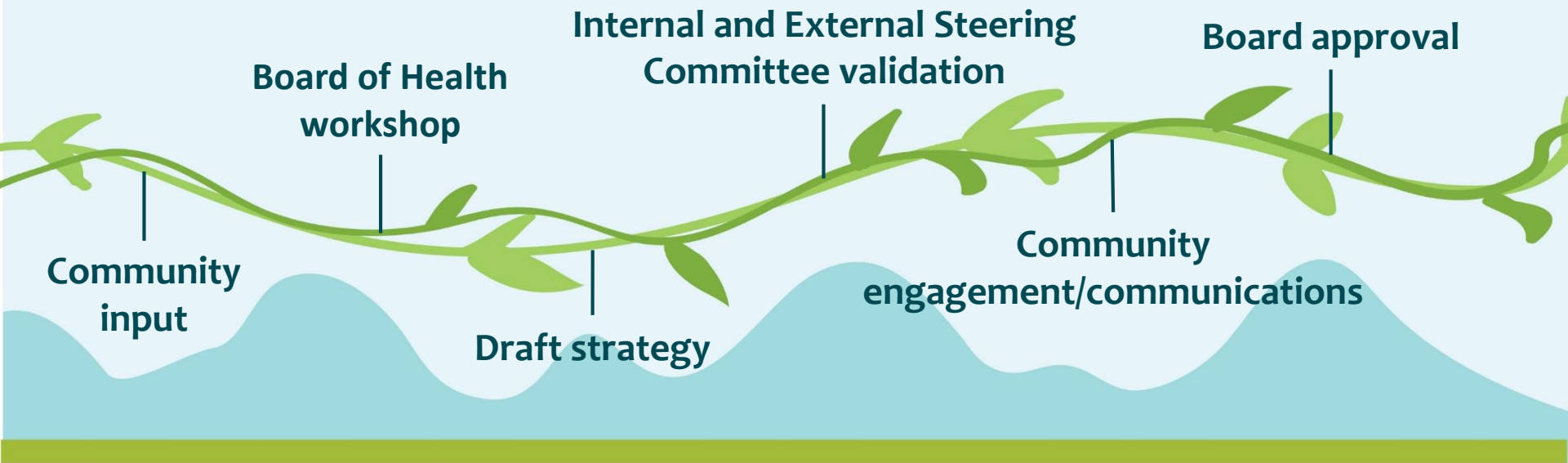


Indigenous Engagement Strategy



Indigenous Engagement Strategy

Next steps



Key Reference Groups

Work to date has been informed and advised by:

- an external advisory committee
- an internal steering committee
- manager interviews
- community visits
- staff survey
- external partner interviews
- numerous reports and other research

External Advisory Committee – Indigenous Engagement (EAC– IE)

Diverse members



Purpose

- To give culturally appropriate, community driven advice and guidance to support the development of the Indigenous Engagement Strategy

Webinar Polling Question 2

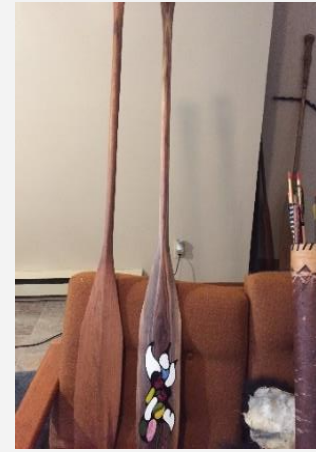
What would you describe as your comfort or skill level in working within Indigenous health promotion?

- very comfortable and/or skilled
- knowledgeable but not confident
- beginning to understand the unique nature of this work
- at the start of my learning journey

Staff Development



A Welcoming Organization





Public Health
Santé publique
SUDBURY & DISTRICTS

**Our strategy is grounded in
relationship principles and values**

Relationship Principles and Values

- humility
- trust
- respect
- commitment
- Indigenous self-determination
- strength-based
- reciprocity
- participatory





Public Health
Santé publique
SUDBURY & DISTRICTS

Talking together to improve health: Relationship building with First Nations and public health

A learning journey together

- trust
- respect
- self-determination
- commitment





Public Health
Santé publique
SUDBURY & DISTRICTS

Developing health promotion with Indigenous communities

Sudbury Manitoulin Indigenous
Diabetes Prevention Program –
“Bring Back the Tradition of
Healthy Living”

My Tobacco Resources –
Sacred Uses of Tobacco

Community driven,
culturally responsive
approaches based on
Respect, Trust, Humility

Healthy Babies/Healthy Children
Anishnawbek teachings on
pre/post partum period

Bridges out of Poverty
Indigenous Advisory Council



Public Health
Santé publique
SUDBURY & DISTRICTS

Our learnings as an organization

Putting Our Learning Into Practice

- Process must “take the time it needs”
- Recognize community self-determination
- The path is only to be found together
- Be open to changing ideas over time
- Quality of relationship, more so than numbers

Contact information & Links:

Mariette Sutherland
Manager, Indigenous Engagement
705.522.9200, ext. 207
IE@phsd.ca

Board of Health Motion

<https://www.phsd.ca/about/board-health/motions-approved-sudbury-district-board-health/engagement-indigenous-peoples-motion-54-16>

LDCP Literature Review

<https://www.phsd.ca/resources/research-statistics/research-evaluation/reports-knowledge-products/relationship-building-first-nations-public-health-exploring-principles-practices-engagement-improve-community-health-review-literature>



Public Health
Santé publique
SUDBURY & DISTRICTS

Thank you!
Miigwetch!
Merci!

DISCUSSION



Your feedback is
important!

Please complete the
online evaluation survey

EVALUATION –
Promising practices in
Indigenous community health
promotion



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

Upcoming webinars in this series.....

Participatory practice and health promotion in Canada (Chapter 21)

September 18, 2018

1:00–2:30 p.m. (ET)

Health in all Policies (Chapter 18)

October 23, 2018

1:00–2:30 p.m. (ET)

Check our workshops & events page

<http://nccdh.ca/connect/workshops-events/>



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé

National Collaborating Centre for Determinants of Health
St. Francis Xavier University

PO Box 5000, Antigonish, NS B2G 2W5

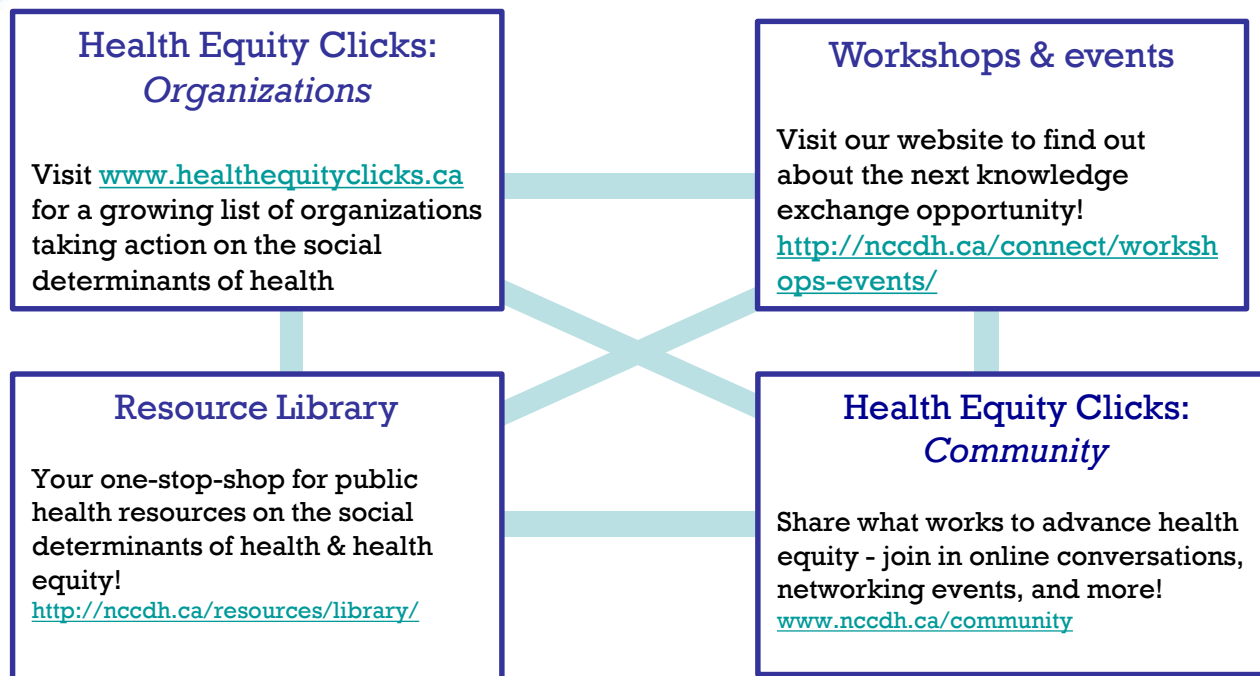
Email: nccdh@stfx.ca and ccnds@stfx.ca

Phone: (902) 867-6133 Fax: (902) 867-6130

www.nccdh.ca and www.ccnds.ca

@NCCDH_CCNDS

Available at www.nccdh.ca



[Sign up for our monthly e-news](#)



National Collaborating Centre
for Determinants of Health

Centre de collaboration nationale
des déterminants de la santé