

Indigenous Health

Health research with Aboriginal communities

20 years of partnerships

Since 1994, CIET has worked with over 200 First Nations, on a range of issues

- Youth and tobacco, Winnipeg 1994
- Youth, tobacco and alcohol, Victoria 1996
- Youth and tobacco 96 communities 1996
- Youth substance use, James Bay, 1998
- HIV risk, James Bay Cree, Montreal 1998
- Innu youth and parents, 1999
- Prenatal care, 87 First Nations 2000
- Youth substance abuse, Labrador 2002
- Suicide prevention 29 communities 2004-9
- HIV risk reduction, 15 communities 2005-10
- Prevent family violence 12 shelters 2007-12
- Preventing STIs Tlicho, 2008-2013
- Revitalizing foodways, 6 communities.



First nations youth learn to dry game meat

Current focus: Traditional foodways and diabetes

- Type 2 diabetes is a common problem in many Indigenous communities in Canada
- Cultural, environmental and lifestyle changes including less physical activity and moving away from traditional foods, contribute to this increasing trend
- Community-led initiatives aim to revitalize traditional foodways (food sources, food collection, eating habits) that can help prevent diabetes
- A series of cluster trials test this idea with schoolchildren and communities at large.



Revitalizing traditional foodways in diabetes prevention



Anisnabe Kekendazone
Network Environment for Aboriginal Health Research

The CIHR funded *Anisnabe Kekendazone* Network Environment for Aboriginal Health Research (AK-NEAHR), builds capacity for health research and planning in Aboriginal communities across Canada.

- 2002-2013, AK-NEAHR funded 50 Masters and PhD students, and generated over \$10 million from seed grants.

CIET also supported:

- Inuit Institute for Research and Planning
- Tlicho Institute of Research and Planning.



NEAHR students at the National Gathering of Graduate Students, 2011

For more information:

<http://akneahr.ciet.org>
<http://akneahr.ciet.org/publications/methods>



Participatory Research at McGill

CIET Building the
community voice
into planning