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NADA newsletters are distributed on a bi-monthly basis. Submissions are due the first Friday of the month of distribution.

The NADA newsletter will feature a regular recipe section starting with the next issue. We welcome submissions!

The next newsletter will be January 2018, with submission deadline of December 15, 2017.

Please send submissions to coordinator@nada.ca
Message from the Executive Director

Greetings!

Things are very busy here at NADA as we prepare for our next biennial National Indigenous Diabetes Conference, taking place April 16 - 18, 2018, at the Delta Halifax in Halifax, Nova Scotia. We're pleased to be working with our partners the Mi’kmaw Firendship Centre and the Atlantic Policy Congress of First Nations Chiefs to put together an engaging and informative conference that highlights healthy living and diabetes prevention and management through physical activity, nutrition, food sovereignty, food security, traditional/original foods, and other topics. Stay tuned for more information on the agenda, registration, and sponsorship opportunities.

I’d also like to take this opportunity to announce an addition to the NADA Board of Directors, and to our NADA staff here at the office in Winnipeg.

David Gill joined the Board officially at our Annual General Assembly AGA in Niagara on September 19, 2017. David was born and raised in Mashteuiatsh, an Innu community. David became a world-class athlete and made it to Team Canada in athletics (800-1500m) from 2005 to 2007. Parallel to his athletic career, he is CEO of TotalCoaching, a software company to give easier access to personal trainers, to anyone with an internet connection. We are extremely pleased and honoured to have David’s perspective and insight on the Board.

At our office here in Winnipeg, we recently hired Mandy Gudjonson as Administrative Coordinator. Mandy Gudjonson is a proud mother and is a member of Norway House Cree Nation. She grew up and lived in Norway House most of her life, until she moved to Winnipeg to continue her education and got her Business Administration Diploma. Mandy is a natural caregiver and thrives on helping others and making a positive impact. We are happy to have Mandy join our team.

All My Relations,

Jeff LaPlante
Executive Director
The Toronto 2017 North American Indigenous Games Inspires Generations Through Sport and Culture
by Aboriginal Sport & Wellness Council of Ontario

As young Indigenous athletes, representing 22 teams from across Turtle Island, walked into the Opening Ceremony of the Toronto 2017 North American Indigenous Games (Toronto 2017 NAIG), proudly carrying their flags and waving to the crowd, a significant achievement was realized, yet again. A dream that began in the 1970’s, the North American Indigenous Games started as a vision to improve the quality of life for Indigenous Peoples by supporting self-determined sport and cultural activities.

This past summer from July 16 - 23, the Aboriginal Sport and Wellness Council of Ontario (ASWCO) and the City of Toronto hosted the 2017 NAIG, the 9th edition of these Games, with major funding from both the Government of Canada and the Government of Ontario.

Billed as one of the largest sporting and cultural gatherings of Indigenous Peoples in North America, the Toronto 2017 NAIG hosted more than 5,000 participants, 1200 volunteers and thousands more spectators across 14 sport competitions, held in 16 world-class venues (many a legacy from the Toronto 2015 Pan and Parapan American Games), and included two, week-long cultural festivals held at McMaster and York University.

In total, the Toronto 2017 NAIG awarded more than 2,400 medals, visited more than 14 communities across Ontario during its community tour, engaged over 250 Indigenous youth in the Mascot design contest, and told 94 stories of success, highlighting the incredible achievements of Indigenous youth in areas of leadership, sport, education, culture and community.

About Team 88 (#Team88)

A legacy campaign developed by the Toronto 2017 NAIG Host Society, Team 88 was created to
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recognize Call to Action #88 from the Truth and Reconciliation Commission report released in 2015, which calls on all levels of government to support the North American Indigenous Games and recognizes the Games as an important agent in the long-term development of Indigenous athletes. The campaign sought to address all Calls to Action focused on sport and recreation (#87-91) by telling the story of Indigenous athletes at the national level, featuring young Indigenous youth and their achievements in an international spotlight, and working to create a national dialogue on reconciliation through the inspirational power of sport.

The NAIG has offered generations of Indigenous athletes, coaches, parents and youth, with the opportunity to be physically active, develop skills, compete in sport, forge friendships and create pathways for success.

And the Toronto 2017 NAIG was no different. On every field, in every venue, in the stands, on the podiums and even from the sidelines, there were stories of determination, hope, family, courage and of course, reconciliation. There was the story of the Saskatchewan archery coach Ivy Delorme, who days before departing for Toronto, had learned of her sister's death but still decided to attend the Games because she couldn't let her team of eight athletes down. “They have worked so hard for this, I can't take this opportunity away from them,” she said. There was the story of 15-year-old Mary Nahwegahbow, who not only sang the Canadian anthem in English, French and Ojibway, in front of more than 9,000 spectators at the Toronto 2017 NAIG Opening Ceremony, but who also competed for Team Ontario in the U-16 Female Soccer division, earning a bronze medal. Then there was the story about mother and daughter Reila Bird and Juleah Duesing, who shared the experience of both competing at a NAIG (Reila Bird, Juleah Duesing's mother competed in Saskatchewan in 1993, while Juleah

Past, Present, Future. All One.
The connection between generations and the impact of sport on families, communities, health and wellness, cannot be denied. Sport inspires hope, fuels dreams and creates lifelong memories, which carry forward, generation to generation.

As 15 year-old Hannah Morningstar, Team Ontario NAIG athlete and Team 88 ambassador, said at a Toronto 2017 NAIG press conference, “More than an event, the North American Indigenous Games are a movement – working to level the playing field, so that every Indigenous youth has the opportunity to participate, to learn, to compete, and most importantly, to dream.”

Impact of NAIG on Indigenous Wellness

The impact of NAIG on the overall wellness of Indigenous athletes cannot be limited to a single week of competition, nor can it be measured by numbers alone (i.e. the number of medals, etc.). Indeed, the most important measure may be the long-term and life-changing impact that NAIG has, not just on the athletes, but on their families and communities as well.

To prepare for competition, athletes start training years before the Games take place. Families who support their children in the pursuit of athletic competition, also adopt healthier lifestyles, placing a greater emphasis on physical activity, skill development, nutrition, time management, and strategies (often culturally based) for spiritual, emotional and mental coping. More often than not, the preparation for NAIG becomes a community event, with Elders providing guidance and members of the community volunteering as Coaches and Chaperones.

The young athletes also inspire other youth within the community to become more active and engage in sport and recreation. Their younger brothers and sisters, peers at school, extended family – are all motivated by these amazing young ambassadors – living examples that hard work and determination can lead to success. For the athletes themselves, having the opportunity to compete at NAIG, being part of a team, meeting other youth from across Turtle Island, travelling and participating in competition – opens a whole new world of learning and self-development. An experience that is undeniably unforgettable.

2018 Masters Indigenous Games
On the heels of a successful NAIG and in continuation with the theme of sport and physical activity for life, ASWCO is excited to announce the 2018 Masters Indigenous Games, which will offer an opportunity for Indigenous adults (20 years of age and older), from all over the world, to engage in sport competition with their peers.

The Masters Indigenous Games were founded to meet the growing need for competitive sport for the aging population. The Games promote and encourage mature individuals to be active, with the awareness that competitive sport can continue throughout life, contributing to increased health and wellness. As the official Provincial and Territorial Aboriginal Sporting Body (PTASB) for Ontario, ASWCO’s experience in developing sport and recreation programs for Indigenous youth, including the management of Aboriginal Team Ontario and its participation in the North American Indigenous Games, led them to identify the need for comparable adult programming. In addition, ASWCO recognizes that its programming needed to address and provide opportunities for all facets of wellness, including physical, mental, emotional and spiritual components. Therefore, ASWCO has developed cultural camps, leadership and training programs, and other events, like the Masters Indigenous Games, that support a life-long Indigenous model of wellness. As a provincial hub, the key to ASWCO’s successful development of wellness programs for all ages, is collaborating with partners who support a wide range of health and wellness initiatives – partners like the National Aboriginal Diabetes Association (NADA).

Sign-up for the 2018 Masters Indigenous Games

With over 2000 participants, 400 volunteers, various contemporary (golf, softball, basketball, hockey, athletics, soccer and volleyball) and traditional sports (archery, canoe, lacrosse, standing kick, tug of war and tepee building), and a cultural village PowWow, the 2018 Masters Indigenous Games are expected to be the sporting and cultural event of the summer.

Athletes have the option to register individually or as a team, depending on the sport. In addition to sports, the Games will feature numerous activities including traditional cooking, go carting, and other games.

The 2018 MIG are scheduled to take place from July 12 - 15, 2018, at Downsview Park located in Toronto, Ontario.

Register today at www.mastersindigenousgames.ca and stay tuned for more information to come!
CONTEMPORARY
- Golf
- Softball
- Basketball
- Hockey
- Athletics
- Soccer
- Volleyball

TRADITIONAL
- Archery
- Lacrosse
- Standing Kick
- Tug of War
- Teepee Building

FUN ACTIVITIES
- Games
- Traditional Cooking
- Go Carts

- $188.00 until Aug 31st
- $199.00 from Sept 1st until Jan 31st 2018
- $229.00 after Feb 1st 2018
- Discount for team entries

www.MastersIndigenousGames.ca

416-479-0928 | MastersIndigenousGames@asuco.ca | ASWCO

AGE GROUPS: 20-34 • 35-44 • 45-54 • 55+
Do you have Questions about Nutrition? Contact A Registered Dietitian for free at EatRight Ontario for information you can trust

By Erin Krusky, RD, MHSc, CDE

Do you have questions about food and nutrition and want to speak to a Registered Dietitian for free? EatRight Ontario (ERO) is here to answer those questions and provide support. EatRight Ontario Registered Dietitians use the most up to date, research to answer questions on food, nutrition and chronic disease prevention in a way that respects your culture, history and traditional foods. We are a government funded nutrition telehealth line staffed by Registered Dietitians. We pride ourselves on being compassionate, inclusive and caring while tailoring our information to meet your needs.

Connect to ERO from anywhere in Ontario

Here’s how to connect with us:

1. Phone toll-free 1-877-510-510-2 (Monday to Friday, 9am-5pm)
2. Email at www.eatrightontario.ca/email.
3. Visit our comprehensive website with interactive tools, menu plans, recipes and videos at www.eatrightontario.ca.
4. Sign up for our monthly newsletter at www.eatrightontario.ca/enews.

What type of questions can ERO help with?

The EatRight Ontario Registered Dietitians answer a variety of questions about healthy eating on a budget, diabetes, weight management, digestion, cholesterol, high blood pressure, infant feeding, food safety and more.

Popular questions include:
- I’ve been diagnosed with diabetes. What changes should I make to my food choices?
- What diet changes can I make to lower my cholesterol?
- How do I safely store vegetables to keep them fresh longer?
- When should I start solids with my baby? What foods should I start with?
- How do I buy healthy food on a budget?
- What are some tips to lose weight safely?

Can I call to speak in a language other than English?

Yes, the service is available in both French and English and the ERO Registered Dietitians can easily connect to interpreters that speak over 100 languages. Call and request the language that you would prefer to speak in.

Does ERO have material they can send out?

ERO can send out resources through email or mail for free. If you have questions about healthy snacks for someone with diabetes try requesting one of our handouts called “Healthy Snack Ideas: Type 2 Diabetes” either in the mail or through email. Stay in touch with healthy eating news and find out about other free packages we are highlighting each month; sign up for our e-newsletter at www.eatrightontario.ca/enews.

EatRight Ontario dietitians cannot provide individual counseling or medical advice. Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.
SAVE THE DATE

4-16-18-2018

NATIONAL ABORIGINAL DIABETES ASSOCIATION

9th National Indigenous Diabetes Conference
Delta Halifax, Halifax, Nova Scotia

SPONSORSHIP OPPORTUNITIES AVAILABLE

FOR MORE INFORMATION CONTACT: JEFF LAPlANTE - jefflaplante@nada.ca - 204-927-1224
SMSC donates $250K to improve Native American nutrition

Oct 16, 2017

The Shakopee MdeWakanton Sioux Community, through its Seeds of Native Health philanthropic campaign to improve Native American nutrition, has given $250,000 in grant funds to support a program designed to improve health and nutrition in tribal communities.

The Johns Hopkins Center for American Indian Health announced Monday a funding collaboration to support its Healthy Futures initiative. The collaboration also includes a $150,000 grant from the Walmart Foundation and support from the Michael and Ellen Kullman family, according to a news release.

“We are grateful to the SMSC, the Walmart Foundation, and the Kullmans for their critical investment in building tribal communities’ capacity to improve health and well-being through improved nutrition, fitness, and education,” said Director of the John Hopkins Center for American Indian Health Allison Barlow.

The Healthy Futures project will combine three Center for American Indian Health-designed programs, which individually promote nutrition, food access and physical activity in Native communities, into a comprehensive effort. Healthy Futures will be implemented in two Southwestern tribal communities over a three-year period. The project will be evaluated and, if proven successful, packaged for replication by other tribes, according to the release.

“We hope that our funding partnership — combining tribal, corporate, and private family philanthropy — will inspire other funders to look at the critical needs and great grantmaking opportunities that exist in Indian Country,” said SMSC Chairman Charles R. Vig. “The Johns Hopkins Center for American Indian Health has an incredible track record of effective, innovative work within tribal communities, and its Healthy Futures program is the perfect project for us to collaborate on.”
SMSC donates $250K to improve Native American nutrition

Oct 16, 2017

The program components include:

- School-based nutrition and healthy lifestyles education through activity-based, experiential curriculum taught by local teachers and Native health coaches.
- Family-based nutrition, meal planning, gardening, and physical activity education and promotion conducted through home visits by local Native family health coaches.
- Community-based events and activities—including gardening and harvesting education, fitness camps, and Elders’ teachings— that comprise a cultural assets-based approach to promoting healthy nutrition, fitness, and positive lifestyles.
- Rigorous evaluation to determine a solid evidence base for expanding the model to tribal communities across the country.

"Access to healthy, nutritious food plays an essential role in helping children reach their full potential," said Karrie Denniston, director of Hunger and Nutrition for Walmart Giving. "We are pleased to continue our support of Johns Hopkins Center for American Indian Health to ensure American Indian children and teens have greater access to healthy food and learn how to grow and enjoy nourishing, culturally relevant foods."

Reprinted from:
Let’s talk: Racism and health equity
National Collaborating Centre for Determinants of Health | 2017

The seventh release in our Let’s Talk series discusses racism as a critical factor that impact health and wellbeing. It describes the concepts of race, racism and racialization and emphasizes settler colonialism and structural racism as the root causes of health and social inequities experienced by Indigenous and racialized peoples in Canada.

The resource includes discussion questions designed to help public health staff examine their work and consider how they can orient practice towards critical, decolonizing and anti-racist approaches. In addition, the questions ask practitioners to consider how beliefs and stereotypes may influence their practice.

This Let’s Talk provides tips for embracing critical, decolonizing and anti-racist approaches in public health practice and discusses roles public health can engage in to address racism.

We’ve selected a number of tools and resources that public health practitioners can use in acting to eliminate racism. These can be found in “Key public health resources for racism and health equity: A curated list” (in publication).

Use this resource to:
- describe key concepts related to race and racism
- explain the relationship between racism and wellbeing
- identify entry points for anti-racism work in public health
- support a conversation in your organization about how to develop strategies to eliminate racism

Related resources:
- Learning from Practices: Advocacy for health equity - Environmental racism

The Let’s Talk Series is a collection of resources designed to promote discussion and understanding of how key concepts in health equity apply in public health practice. Each resource contains discussion questions to spark dialogue, reflection, and action to address the social determinants of health.

Other documents in this series:
- Health equity
- Public health roles for improving health equity
- Universal and targeted approaches to health equity
- Populations and the power of language
- Moving upstream
- Advocacy and health equity

MOBILE FRIENDLY

GAIN INFORMATION ON THE GO

NADA.CA