

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 1

Monday, April 16, 2018 8:30AM - 4:15PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

**8:30 am**  
**Breakfast**

**9:00 am**  
**Welcome to the Territory & Opening Prayer**  
*Grandmother Dorene Bernard*  
*Sipekne'katik First Nation*

**9:15 am**  
**Welcoming Song**  
*Eastern Eagle Drum Group*

**9:30 am**  
**Opening Remarks**  
*MC Dion Denny*  
*Eskasoni First Nation*

**9:45 am**  
**Opening Remarks**  
*Chief Candice Paul*  
*St. Mary's First Nation,*  
*First Nations Co-Chair of the Atlantic First Nations*  
*Health Partnership*

**10:00 am**  
**Medicine Wheel Teachings**  
*Elder Imelda Perley*  
*Tobique First Nation*

**10:45 am**  
**Health Break**  
*Vendors and crafters in the Bluenose Room*

**11:00 am**  
**In Honour of Grand Chief Ben Sillyboy**

**11:15 am**  
**Cross-Cultural Understandings of Healing**  
*Elder Albert Marshall*  
*Eskasoni First Nation*

**12:00 pm**  
**Lunch**  
*Presentation by **Spirit Meter***

**1:00 pm Concurrent Activities**  
*Conference Delegates Choose One*

## **BARONET ROOM**

**1:00 pm - 4:00 pm**

**CIHR Strategy for Patient-Oriented Research (SPOR) Symposium**

*Dr. Carrie Bourassa & Dr. Norman Rosenblum*

## **MCNAB ROOM**

**1:00 pm - 2:30 pm**

**Indigenous Diabetes Health Circle (IDHC) Circle of Care Program**

*Lindsey Cosh*  
*Indigenous Diabetes Health Circle*

*Registration required - limited space of 40 people.*

**1:00 pm - 2:30 pm**

**Water Ceremony at Point Pleasant Park**

*Grandmother Dorene Bernard*  
*Sipekne'katik First Nation*

*Registration required - limited space of 24 people.*

**1:00 pm - 4:00 pm**

**Mi'kmaw Traditional Knowledge Guided Tour**

*Tuma Young*  
*Unama'ki College*

*Registration required - limited space of 24 people.*

*This tour includes 3 stops, including Peggy's Cove. Participants are asked to bring appropriate footwear for light hiking.*

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

## Day 1

Monday, April 16, 2018 8:30AM - 4:15PM

Delta Halifax, 1990 Barrington Street, Halifax, NS

2:30 pm  
Health Break

*Vendors and crafters in the Bluenose Room*

2:45 pm Concurrent Activities  
*Conference Delegates Choose One*

### BARONET ROOM

1:00 pm - 4:00 pm

**CIHR Strategy for Patient-Oriented Research (SPOR) Symposium**  
*Continued*

### MCNAB ROOM

2:45 pm - 4:15 pm

**Indigenous Diabetes Health Circle (IDHC) Circle of Care Program**

**Lindsey Cosh**  
*Indigenous Diabetes Health Circle*

*Registration required - limited space of 40 people.*

2:45 pm - 4:15 pm

**Water Ceremony at Point Pleasant Park**  
**Grandmother Dorene Bernard**  
*Sipekne'katik First Nation*

*Registration required - limited space of 24 people.*

3:15 pm Concurrent Activities  
*Conference Delegates Choose One*

### MACKAY/MAFLOWER ROOM

3:15 pm - 4:15 pm

**Building Community Capacity in Gestational Diabetes Prevention Programing with Focus on Cultural Practices**

**Grandmother Renee Thomas Hill & Amanda Lipinski**  
*Indigenous Diabetes Health Circle*

*Registration required - limited space of 30 people.*

### MCNAB ROOM

3:15 pm - 4:15 pm

**Project Playground: A KSDPP School-Based Initiative to Get Kids Moving**

**Dr. Alex McComber, Cheyanne Teiekahr:ios McComber & Chelsea O:kera McComber**  
*Kahnawake Schools Diabetes Prevention Project*

*Registration required - limited space of 40 people.*

### HARBOURVIEW ROOM

3:15 pm - 4:15 pm

**Active Living with Diabetes: Practical Guidelines to Exercise**

**Dr. Agnes Coutinho**  
*University of Guelph-Humber*

*Registration required - limited space of 20 people.*

5:15 pm - 6:00 pm **Urban Poling Walking Session** *Registration required - limited space of 20 people.*

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 2

Tuesday, April 17, 2018 8:30AM - 4:45PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

**8:30 am**  
**Breakfast**

**9:00 am**  
**Opening Remarks**  
**Pam Glode-Desrochers**  
*Mi'kmaw Native Friendship Centre*

**9:15 am**  
**Keynote**  
**Chief Leroy Denny**  
*Eskasoni First Nation*

**9:30 am**  
**Mi'kmaw Summer Games**  
**Chief Leroy Denny**                      **Chief Morley Googoo**  
*Eskasoni First Nation*                      *AFN Regional Chief, NS/NFLD*

**9:45 am**  
**Mi'kmaw Physical Activity Leadership Program (MPAL)**  
**Krista Devoe**                      **Jordan Smith**  
*Membertou First Nation*                      *Glooscap First Nation*

**10:15 am**  
**Health Break**  
**Vendors and crafters in the Bluenose Room**

**10:30 am**  
**The Impact of Physical Activity on Blood Sugar**  
**Thierry Gaudet-Savard**  
*Université Laval*

**11:00 am**  
**The Efficacy of Intermittent Fasting**  
**Dr. Krista A. Varady**  
*University of Illinois at Chicago*

**11:30 am**  
**Fasting: A Holistic Journey**  
**Lori & James Kewaquom**  
*Saugeen First Nation*

**12:30 pm**  
**Lunch**  
**Presentation by *Heart and Stroke Foundation***

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 2

Tuesday, April 17, 2018 8:30AM - 4:45PM

Delta Halifax, 1990 Barrington Street, Halifax, NS

## 1:30 pm Concurrent Activities Conference Delegates Choose One

1:30 pm - 4:30 pm

### Mi'kmaw Traditional Knowledge Guided Tour

*Tuma Young*

*Unama'ki College*

*Registration required - limited space of 24 people. This tour includes 3 stops, including Peggy's Cove. Participants are asked to bring appropriate footwear for light hiking.*

#### BARONET ROOM

1:30 pm - 2:30 pm

**Fusion of Powwow  
Dance and Exercise**

*Julia Diana  
Blanchard*

*Please bring appropriate  
exercise attire.*

#### MACKAY/MAYFLOWER ROOM

1:30 pm - 2:30 pm

**Yoga Session**

*Catherine  
Knockwood*

*Registration required -  
limited space of 40 people.  
Please bring appropriate  
attire & yoga mat.*

#### MCNAB ROOM

1:30 pm - 2:30 pm

**Indigenous Sport,  
Physical Activity &  
Recreation Council  
(ISPARC)**

*Tara Nault  
ISPARC*

#### HARBOURVIEW ROOM

1:30 pm - 2:30 pm

**Healing Sessions**

*Lori & James  
Kewaquom*

*Saugeen First Nation*

## 2:30 pm Health Break Vendors and crafters in the Bluenose Room

## 2:45 pm Concurrent Activities Conference Delegates Choose One

#### BARONET ROOM

2:45 pm - 3:45 pm

**Fusion of Powwow  
Dance and Exercise**

*Julia Diana  
Blanchard*

*Please bring appropriate  
exercise attire.*

#### MACKAY/MAYFLOWER ROOM

2:45 pm - 3:45 pm

**Yoga Session**

*Catherine  
Knockwood*

*Registration required -  
limited space of 40 people.  
Please bring appropriate  
attire & yoga mat.*

#### MCNAB ROOM

2:45 pm - 3:45 pm

**Heart & Stroke  
Foundation: Heart  
Smart Kids (HSK)**

*Pamela Fonseca &  
Jenilyn Delong  
Heart & Stroke Foundation*

#### HARBOURVIEW ROOM

2:45 pm - 3:45 pm

**Healing Sessions**

*Lori & James  
Kewaquom*

*Saugeen First Nation*

## 5:15 pm - 6:00 pm Urban Poling Walking Session *Registration required - limited space of 20 people.*

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 3

Wednesday, April 18, 2018 8:30AM - 4:30PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

**8:30 am**  
**Breakfast**

**9:00 am**

**Opening Remarks**  
**Dr. Agnes Coutinho**

*Chair, Board of Directors, National Aboriginal Diabetes Association*

**9:15 am**  
**Keynote**

**Chief Morley Googoo**

*AFN Regional Chief, NS/NFLD*

**9:30 am**

**Diabetes in Our Communities: Results from the 2016 National Regional Health Survey (RHS)**

**Maria Santos**

*First Nations Information Governance Centre*

**Diabetes in Our Communities: Results from the 2016 Nova Scotia RHS**

**Dr. Amy Bombay**

*Dalhousie University*

**Diabetes in Our Communities: Results from the 2016 New Brunswick RHS**

**Gerald Gloade**

*Union of New Brunswick Indians*

**10:30 am**  
**Health Break**

*Vendors and crafters in  
the Bluenose Room*

**10:45 am**

**First Nations, Inuit and Métis Food Sovereignty Assessment Tool**

**Tabitha Martens**

*Fisher River Cree Nation*

**11:00 am Concurrent Activities** *Conference Delegates Choose One (more on next page)*

**BARONET ROOM**

**11:00 am - 11:30 am**

**Natoaganeg  
Community Food  
Centre**

**Erica Ward &  
Chad Duplessie**  
*Natoaganeg First  
Nation*

**MACKAY/MAYFLOWER  
ROOM**

**11:00 am - 11:30 am**

**Nunatukavut  
Community Freezers**

**Melita Paul**  
*Nunatukavut Health*

**MCNAB ROOM**

**11:00 am - 11:30 am**

**Mi'kmaq Child  
Development Centre  
Kwijmuk Program**

**Frances Palliser**  
*Mi'kmaq Child  
Development Centre*

**HARBOURVIEW ROOM**

**11:00 am - 11:30 am**

**Eel River Bar First  
Nation Diabetes  
Team**

**Janet Mulcahy**  
*Ugpi'Ganjig Eel River  
Bar First Nation*

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 3

Wednesday, April 18, 2018 8:30AM - 4:30PM

Delta Halifax, 1990 Barrington Street, Halifax, NS

## 11:30 am Concurrent Activities Conference Delegates Choose One

### BARONET ROOM

11:30 am - 12:00 pm

Natoaganeg  
Community Food  
Centre

*Erica Ward &  
Chad Duplessie*  
Natoaganeg First  
Nation

### MACKAY/MAYFLOWER ROOM

11:30 am - 12:00 pm

Nunatukavut  
Community Freezers

*Melita Paul*  
Nunatukavut Health

### MCNAB ROOM

11:30 am - 12:00 pm

Mi'kmaq Child  
Development Centre  
Kwijmuk Program

*Frances Palliser*  
Mi'kmaq Child  
Development Centre

### HARBOURVIEW ROOM

11:30am - 12:00 pm

Eel River Bar First  
Nation Diabetes  
Team

*Janet Mulcahy*  
Ugpi'Ganjig Eel River  
Bar First Nation

## 12:00 pm Lunch Presentation by *Diabetes Canada*

## 1:00 pm Concurrent Activities Conference Delegates Choose One

### BARONET ROOM

1:00 pm - 2:00 pm

Diabetes  
Integration Project:  
Model for On-  
Reserve Diabetes  
Care

*Caroline Chartrand &  
Kayla Farquhar*  
First Nations Health and  
Social Secretariat of  
Manitoba

### MACKAY/MAYFLOWER ROOM

1:00 pm - 2:00 pm

Active Living with  
Diabetes: Practical  
Guidelines to  
Exercise

*Dr. Agnes Coutinho*  
University of Guelph-  
Humber  
  
Registration Required.

### MCNAB ROOM

1:00 pm - 2:00 pm

Indigenous Patient  
Partners in Kidney  
Health Research

*Mary Beaucage &  
Helen Robinson-  
Settee*  
Indigenous Peoples  
Engagement and  
Research Council (IPER)  
  
Registration required -  
limited space of 40 people.

### HARBOURVIEW ROOM

1:00 pm - 3:30 pm

Nunatukavut  
Cultural Sensitivity  
Training

*Melita Paul*  
Nunatukavut Health  
  
Registration required -  
limited space of 20 people.

## 2:00 pm Health Break Vendors and crafters in the Bluenose Room

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 3 CONTINUED

Wednesday, April 18, 2018 8:30AM - 4:30PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

## 2:15 pm Concurrent Activities *Conference Delegates Choose One*

### BARONET ROOM

2:15 pm - 3:15 pm

#### Fitness Session

*Jesse Benjamin*

*Registration required - limited space of 40 people.*

*\*Please bring appropriate exercise attire\**

### MACKAY/MAYFLOWER ROOM

2:15 pm - 3:15 pm

#### Building Community Capacity in Gestational Diabetes Prevention Programming with Focus on Cultural Practices

*Grandmother  
Renee Thomas Hill &  
Amanda Lipinski  
Indigenous Diabetes Health Circle*

### MCNAB ROOM

2:15 pm - 3:15 pm

#### Community Mobilization Training for Diabetes Prevention: Readiness and Engagement

*Dr. Lucie Lévesque  
Brittany McBeath  
Colin Baillie  
Queen's University*

*Registration required - limited space of 40 people.*

## 3:15 pm Concurrent Activities *Conference Delegates Choose One*

### BARONET ROOM

3:15 pm - 4:15 pm

#### Diabetes Integration Project: Model for On-Reserve Diabetes Care

*Caroline Chartrand & Kayla Farquhar  
First Nations Health and Social Secretariat of Manitoba*

### MACKAY/MAYFLOWER ROOM

3:15 pm - 4:15 pm

#### Elders' Circle on Diabetes

*Caroline Daigenault & Robert (Bob) Fenton  
NADA Board of Directors*

### MCNAB ROOM

3:15 pm - 4:15 pm

#### Indigenous Diabetes Health Circle (IDHC) Circle of Care Program

*Lindsey Cosh  
Indigenous Diabetes Health Circle*

4:15 pm

#### Closing Remarks

*MC Dion Denny & Conference Organizing Committee*

#### Closing Song

*Eastern Eagle Drum Group*

## **Water Ceremony at Point Pleasant Park with Elder Imelda Perley**

Elder Imelda Perley will take a small group of participants on a short bus tour to Point Pleasant Park, where she will conduct a Water Ceremony.

Registration required. Limited space of 24 people per trip. Registration is at registration table at the conference and is on a first-come first-served basis.

Monday, April 16, 2018	Off-site	1:00 pm - 2:30 pm
Monday, April 16, 2018	Off-site	2:45 pm - 4:15 pm

## **Mi'kmaq Traditional Knowledge Guided Tour with Tuma Young**

Tuma will take a small group of participants on a bus tour to Peggy's Cove and other locations, to discuss plants used by L'nuk for diabetes prevention and treating feet to prevent amputations. Participants are asked to bring footwear appropriate for light hiking.

Registration required. Limited space of 24 people per trip. Registration is at registration table at the conference and is on a first-come first-served basis.

Monday, April 16, 2018	Off-site	1:00 pm - 4:00 pm
Tuesday, April 17, 2018	Off-site	1:30 pm - 4:30 pm

## **CIHR Strategy for Patient-Oriented Research (SPOR) Symposium with Dr. Carrie Bourassa, Dr. Norm Rosenblum, CAN-Solve CKD Network**

Monday, April 16, 2018	Baronet Room	1:00 pm - 4:00 pm
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## **Diabetes Integration Project: Model for Comprehensive On-Reserve Diabetes Care with Caroline Chartrand and Kayla Farquhar**

The Diabetes Integration Project (DIP) offers a unique and integrated approach to addressing the secondary complications found among First Nation people living with type 2 Diabetes in twenty of sixty-four First Nation communities in Manitoba. The Diabetes Integration Project employs both western and First Nation's approaches based on medical and nursing sciences supported and informed by First Nation values and sciences. During this presentation, we will describe the Diabetes Integration Project (DIP) Model of Care including DIP's mandate, team structure, assessment process, anti-racist/anti-oppressive approach, and referral/follow up processes. The Registered Dietitian provides support to the DIP Teams and will discuss the nutrition assessment and nutrition counselling approaches used and provide examples of what types and methods of nutrition education are provided to the DIP communities. The Director of DIP will also review some of the additional projects that DIP is involved with specific to Renal Health:

- FINISHED Project
- SPOR – CANSolve CKD
- I-K-Health

Information on the MB Region Basic Foot Care Proposal and the implementation process currently underway will also be presented.

Wednesday, April 18, 2018	Baronet Room	1:00 pm - 2:00 pm
Wednesday, April 18, 2018	Baronet Room	3:15 pm - 4:15 pm

## **Building Community Capacity in Gestational Diabetes Prevention Programming with Focus on Cultural Practices with Grandmother Renee Thomas Hill & Amanda Lipinski**

The Indigenous Diabetes Health Circle is a non profit organization that provides holistic programming to prevent diabetes and its complications within Indigenous communities in Ontario. Our Seven Generations Gestational Diabetes Program was created with the primary



# PRESENTATION/WORKSHOP/ACTIVITY DESCRIPTIONS

goals of raising awareness about gestational diabetes separate from Type 1 and 2, promoting healthy lifestyles before, during and after pregnancy and to encourage exploration of cultural practices surrounding pregnancy and child birth. By combining a balance medical information with Traditional knowledge, 7 Generations has been able to develop a solid base of cultural programming and increase awareness of gestational diabetes to front line workers in maternal health. 7 Generations is being shared as a unique, community based, best practice, which can be modified to fit any community. Healthy communities and reduction of pre natal high glucose can be achieved by returning to original instructions of health and wellness and keeping mothers, fathers and family in balance before, during, after and beyond the womb. This workshop will be interactive, discussion based to encourage an open dialogue about gestational diabetes and healthy pregnancies within Indigenous communities with a focus on cultural teachings in pregnancy and childbirth. Participants will walk away with an increased awareness of how gestational diabetes impacts Indigenous families and how to incorporate cultural material into programming.

Monday, April 16, 2018	Mackay/Mayflower Room	3:45 pm - 4:15 pm
Wednesday, April 18, 2018	Mackay/Mayflower Room	2:15 pm - 3:15 pm

## **Project Playground: A KSDPP School-Based Initiative to Get Kids Moving with Dr. Alex McComber, Cheyanne Teiekahr:ios McComber & Chelsea Okera McComber**

This workshop will provide an overview of KSDPP's school-based activities around healthy eating, physical activity and partnership-building. This practice-focused presentation will also highlight the overall goals, successes, and challenges of KSDPP's Project Playground from the animators' perspectives. Project Playground's goal is to motivate and promote physical activity during recess and lunch breaks through "old-school" and team sport games, such as tag-games, soccer-baseball and obstacle courses. This workshop presentation will address the successes and challenges encountered over the years, will engage participants in some of the hands-on activities, and provide practice-based strategies to support participants seeking to develop Project Playground in their communities.

Monday, April 16, 2018	McNab Room	3:15 pm - 4:15 pm
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## **Active Living with Diabetes: Practical Guidelines to Exercise with Dr. Agnes Coutinho**

Regular physical activity helps to regulate blood sugar and manage symptoms of diabetes. Interestingly, the more muscles that are used during exercise, the greater the health benefits. This session will focus on identifying physical activity guidelines specific to individuals with diabetes, distinguishing between prediabetes, type 1, type 2, and gestational diabetes. In addition, safe modes of physical activity, incorporating both aerobic and strength training, will be discussed in the context of diabetes management, healthy weight loss, waist size reduction, as well as overcoming limitations such as painful legs during exercise in people with diabetes.

Monday, April 16, 2018	Harbourview Room	3:15 pm - 4:15 pm
Wednesday, April 18, 2018	Mackay/Mayflower Room	1:00 pm - 2:00 pm

## **Mi'kmaw Summer Games with Chief Leroy Denny & Chief Morley Googoo**

In fall 2009, a group of Mi'kmaw Chiefs from Unama'ki, or Cape Breton, began discussions on reviving the Summer Games, an athletic gathering and competitions that Mi'kmaw communities in Nova Scotia previously held from the 1970s to 1990s. The Chiefs agreed that it is very important to encourage youth involvement in sports, and ensure that Mi'kmaw traditions are passed on to younger generations. In the past, the Summer Games were a great way to celebrate

# PRESENTATION/WORKSHOP/ACTIVITY DESCRIPTIONS

both sports and culture. Lifelong friendships were built because of the games, which helps strengthen the Mi'kmaw Nation.

Tuesday, April 17, 2018      Baronet Room      9:30 am - 9:45 am

## **Mi'kmaw Physical Activity Leadership Program (MPAL) with Krista Devoe & Jordan Smith**

Tuesday, April 17, 2018      Baronet Room      9:45 am - 10:00 am

## **The Impact of Physical Activity on Blood Sugar with Thierry Gaudet-Savard**

The presentation aims to explain the efficiency of the following strategies to obtain a better blood glucose control : Reduce sedentary time, favor exercise in post prandial state, favor structured exercise recruiting a maximum of muscle mass, initiated short burst of high intensity exercise, know the interaction between medication and exercise. Choosing exercise in the presence of comorbidities.

Tuesday, April 17, 2018      Baronet Room      10:30 am - 11:00 am

## **The Efficacy of Intermittent Fasting with Dr. Krista A. Varady**

Intermittent fasting involves a period of fasting followed by a period of eating freely. There are two major types of intermittent fasting: fasting daily for short periods of time (time restricted feeding) or fasting on certain days of the week (alternate day fasting). This presentation will discuss the effects of alternate day fasting and time restricted feeding on body weight and metabolic disease risk factors in human subjects.

Tuesday, April 17, 2018      Baronet Room      11:00 am - 11:30 am

## **Fasting: A Holistic Journey with Lori & James Kewaquom**

Tuesday, April 17, 2018      Baronet Room      11:30 am - 12:30 pm

## **Heart Smart Kids (HSK) with Pamela Fonseca & Jenilyn Delong**

Heart Smart Kids (HSK) is a unique resource focused on enabling elementary school teachers and community educators to effectively promote and educate students on wholistic well-being through activities around the basics of healthy living, physical activity and nutrition. This free resource enhances health literacy in the school and home environment. In this workshop, we will review the resource, educator training and example activities allowing each participant to become a HeartSmart educator who can then use the free resources in their community. The session will end with discussion and recommendations for integration of HSK into Atlantic First Nations schools and community groups; all while promoting best practice for academic, language and culture.

Tuesday, April 16, 2018      Baronet Room      12:30 pm - 1:30 pm (lunch presentation)

Tuesday, April 16, 2018      McNab Room      2:45 pm - 3:45 pm

## **Powwow Dance Fit with Julia Diana Blanchard**

"Powwow Dance Fit" is a powwow-inspired fitness class. The class incorporates moves from various powwow dance styles and songs. It is suitable for anyone and everyone, as all exercises can be modified to fit all fitness levels. Powwow Dance Fit is great for powwow dancers who want to keep fit for powwow season, or for those just looking for a fun workout.

Tuesday, April 17, 2018      Baronet Room      1:30 pm - 2:30 pm

Tuesday, April 17, 2018      Baronet Room      2:45 pm - 3:45 pm

## **Yoga Session with Catherine Knockwood**

# PRESENTATION/WORKSHOP/ACTIVITY DESCRIPTIONS

Explore how the mind body connection can help clients who are diagnosed with diabetes. We will discuss how small changes can be incorporated every day, and how it will have a positive impact on clients' health. We will have a fun and lively discussion about how yoga postures and breathing exercises can benefit many clients.

Tuesday, April 17, 2018	Mackay/Mayflower Room	1:30 pm - 2:30 pm
Tuesday, April 17, 2018	Mackay/Mayflower Room	2:45 pm - 3:45 pm

## **ISPARC Aboriginal Healthy Living Activities (AHLA) with Tara Nault**

Tara Nault, Special Advisor for the Indigenous Sport, Physical Activity and Recreation Council will present on their Aboriginal Healthy Living Activities (AHLA). Tara will explore the various programs under the AHLA umbrella, which include Aboriginal Run/Walk, HealthBeat, Honour Your Health Challenge, and FitNation. These programs are centered around four areas of priority: increased physical activity, healthy eating, respecting tobacco, and healthy pregnancies. Tara will highlight some innovative ways Indigenous communities in BC are addressing chronic disease, diabetes, mental health and addictions through these health promotion programs.

Tuesday, April 17, 2018	McNab Room	1:30 pm - 2:30 pm
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## **Indigenous Diabetes Health Circle (IDHC) Circle of Care Program with Lindsey Cosh**

Monday, April 16, 2018	McNab Room	1:00 pm - 2:30 pm
Monday, April 16, 2018	McNab Room	2:45 pm - 4:15 pm

## **Diabetes in Our Communities: Results from the 2016 National Regional Health Survey (RHS) with Maria Santos, Dr. Amy Bombay and Gerald Gloade**

Using national-level data from the three phases of the First Nations Regional Health Survey (RHS), this presentation will review trends in diabetes prevalence for First Nations adults living on reserve and in northern communities. Data for the RHS was collected over a period spanning 13 years, specifically in 2002/03, 2008/10, and 2015/16. Using data from the most recent adult RHS, this presentation will also provide a brief overview of the age at onset for diabetes, health care utilization, screening and treatment, use of traditional healer and medicines, barriers accessing care and treatment, diabetes-related complications, home care use, psychosocial wellbeing and risk factors. Where data is available, the presentation will describe diabetes among First Nations children and youth. Analyses of the regional data from New Brunswick, Nova Scotia, and Prince Edward Island exploring these variables will also be presented where possible.

Wednesday, April 18, 2018	Baronet Room	9:30 am - 10:30 am
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## **First Nations, Inuit and Métis Local Food Sovereignty Assessment Tool with Tabitha Martens**

The National Aboriginal Diabetes Association (NADA) is working to create a FNIM Local Food Sovereignty Assessment Tool. The tool will be designed using a strengths-based approach to support and encourage First Nations, Inuit and Métis communities in developing their own local food initiatives. Modeled after the First Nations Development Institute's (FNDI) Food Sovereignty Assessment Tool in the US, and through the support of the FNDI, the tool will guide communities as they look to identify and highlight the strength and assets that exist in their communities along with other areas of need and focus specific to access and availability of local food.

Wednesday, April 18, 2018	Baronet Room	10:45 am - 11:00 am
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## **Natoaganeg Community Food Centre with Erica Ward & Chad Duplessie**

Eel Ground First Nation in partnership with Canadian Feed the Children have created the Healthy Bodies, Minds, Spirits project to increase food security.

Wednesday, April 18, 2018 Baronet Room 11:00 am - 11:30 am  
Wednesday, April 18, 2018 Baronet Room 11:30 am - 12:00 pm

## **Nunatukavut Community Freezers with Melita Paul**

Wednesday, April 18, 2018 Mackay/Mayflower Room 11:00 am - 11:30 am  
Wednesday, April 18, 2018 Mackay/Mayflower Room 11:30 am - 12:00 pm

## **Mi'kmaq Child Development Centre Kwijmuk Program with Frances Palliser**

The Mi'kmaw Child Development Centre an extension program of the Mi'kmaw Native Friendship Society and is a non-profit Native Family Resource Centre that consists of an Aboriginal Head Start Program, a Community Action Program for Children, a Provincial Child development Initiative as well as a Provincially funded Daycare Centre. The three complementary Resource Centre initiatives host a wide variety of programs for children aged 0- 7 and their families. The mandate of the Centre is to provide quality culturally appropriate programs / resources for First Nation individuals and their families who are residing off-reserve.

Wednesday, April 18, 2018 McNab Room 11:00 am - 11:30 am  
Wednesday, April 18, 2018 McNab Room 11:30 am - 12:00 pm

## **Eel River Bar First Nation Diabetes Team with Janet Mulcahy**

Wednesday, April 18, 2018 Harbourview Room 11:00 am - 11:30 am  
Wednesday, April 18, 2018 Harbourview Room 11:30 am - 12:00 pm

## **Indigenous Patient Partners in Kidney Health Research with Mary Beaucage & Helen Robinson-Settee**

Wednesday, April 18, 2018 McNab Room 1:00 pm - 2:00 pm

## **Community-mobilization Training for Diabetes Prevention: Readiness and Engagement with Lucie Levesque, Brittany McBeath & Colin Baillie**

The Kahnawake Schools Diabetes Prevention Project (KSDPP) Community Mobilization Training (CMT) for Diabetes Prevention developed in 2001 aims to engage community stakeholders to develop and implement diabetes prevention strategies in their community. The CMT is founded on the community-driven, culturally relevant, recognized best practice of KSDPP, which integrates Indigenous ways of knowing and local culture with evidenced-based practice in diabetes prevention. This presentation will review how we are currently investigating the delivery and uptake of the CMT to understand the factors, conditions, and types of social system that best support the successful mobilization of a community interested in diabetes prevention. We will present the process we used to identify and invite 'ready' communities to engage with the CMT to develop their own community diabetes prevention plan. Next, we will discuss the ethical framework guiding the research component of our project and review strategies that community members can use to ensure that their participation in training and research are determined by community values and priorities.

Wednesday, April 18, 2018 McNab Room 2:15 pm - 3:15 pm

## **Nunatukavut Cultural Sensitivity Training with Melita Paul**

Wednesday, April 18, 2018 McNab Room

1:00 pm - 3:30 pm

## **Elders' Circle on Diabetes with Caroline Daigenault and Robert (Bob) Fenton**

Elders on the NADA Board of Directors, Caroline Daigenault and Robert (Bob) Fenton will host a circle discussion for Elders and others living with diabetes.

Wednesday, April 18, 2018 Mackay/Mayflower Room 3:15 pm - 4:15 pm

## **Urban Pole Your Way Through Downtown Halifax - Walk Lead By Urban Poling Instructor Kayla Thomas**

Sessions will be held Monday & Tuesday evenings: 5:15 pm - 6:00 pm

Tour the lovely Halifax area as you burn up to 46% more calories with every step you take - just by adding Urban Poles to your walk! Urban Poling aka Nordic Walking is a total body revolution as it engages nearly all your body's muscles. Enjoy over 1000 abdominal contractions per kilometer and help manage your blood sugar all the while having fun! You will be lead through an up-lifting and engaging walk as you enjoy the sights and sounds of downtown Halifax. (up to 20 people per session)