

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 1: Morning

Monday, April 16, 2018 8:30AM - 12:00PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

8:30am Breakfast

9:00am

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

9:15am

Welcoming Song  
**Eastern Eagle Drum Group**

9:30am

Opening Remarks  
**MC Dion Denny**  
*Eskasoni First Nation*

9:45am

Opening Remarks  
**TBA**  
*Atlantic Policy Congress of First Nations Chiefs Secretariat*

10:00am

Medicine Wheel Teachings  
**Elder Imelda Perley**  
*Tobique First Nation*

10:45am

Health Break: Vendors and crafters in the Bluenose Room

11:00am

In Honour of Grand Chief Ben Sillyboy  
**TBA**  
*Waycobah First Nation*

11:15am

Cross-Cultural Understandings of Healing  
**Elder Albert Marshall**  
*Eskasoni First Nation*

12:00pm

Lunch

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 1: Afternoon

Monday, April 16, 2018 1:00PM - 4:15PM

Delta Halifax, 1990 Barrington Street, Halifax, NS

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

## BARONET ROOM

Canadian Institutes of Health Research (CIHR) Strategy for Patient-Oriented Research (SPOR) Research Symposium

**Dr. Carrie Bourassa**

*Institute of Aboriginal Peoples Health*

**Dr. Norman Rosenblum**

*Institute of Nutrition, Metabolism and Diabetes*

Water Ceremony at Point Pleasant Park

**Grandmother**

**Dorene Bernard**

*Sipekne'katik First Nation*

*(registration required*

*- limited space of 24 people)*

*1:00PM - 2:30PM*

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\*\**

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

**2:45pm**

Canadian Institutes of Health Research (CIHR) Strategy for Patient-Oriented Research (SPOR) Research Symposium  
*(continued)*

Water Ceremony at Point Pleasant Park

**Grandmother**

**Dorene Bernard**

*Sipekne'katik First Nation*

*(registration required*

*- limited space of 24 people)*

*2:45PM - 4:15PM*

*\*\* Participants are asked to bring appropriate footwear for light hiking\*\**

**3:15pm**

*Concurrent Activities: Conference Delegates Choose One*

## BARONET ROOM

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

**Caroline**

**Chartrand &**

**Kayla Farquhar**

*First Nations Health and Social Secretariat of Manitoba*

## MACKAY/MAFLOWER ROOM

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 40 people)*

## MCNAB ROOM

Project Playground: a KSDPP School-based Initiative to Get Kids Moving

**Dr. Alex**

**McComber**

*Kahnawake Schools Diabetes Prevention Project*

**Dr. Lucie**

**Lévesque**

*Queen's University*

*(registration required - limited space of 40 people)*

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 2: Morning

Tuesday, April 17, 2018 8:30AM - 12:30PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

**8:30am** Breakfast

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

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

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

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

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

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

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

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

**12:30pm** Lunch

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 2: Afternoon

Tuesday, April 17, 2018 1:30PM - 3:45PM

Delta Halifax, 1990 Barrington Street, Halifax, NS

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

BARONET ROOM	MACKAY/ MAFLOWER ROOM	MCNAB ROOM	HARBOURVIEW ROOM	Mi'kmaw Traditional Knowledge Guided Tour
<p><b>Fusion of Powwow Dance and Exercise</b></p> <p><b>Julia Diana Blanchard</b></p> <p><i>* Please bring appropriate exercise attire *</i></p> <p>1:30PM - 2:30PM</p>	<p><b>Yoga Session</b></p> <p><b>Catherine Knockwood</b></p> <p><i>(Registration required - limited space of 80 people)</i></p> <p><i>* Please bring appropriate attire &amp; yoga mat *</i></p> <p>1:30PM - 2:30PM</p>	<p><b>Diabetes Integration Project: Model for Comprehensive On-Reserve Diabetes Care</b></p> <p><b>Caroline Chartrand &amp; Kayla Farquhar</b> First Nations Health and Social Secretariat of Manitoba</p> <p><i>(Registration required - limited space of 40 people)</i> 1:30PM - 2:30PM</p>	<p><b>Healing Sessions</b></p> <p><b>Lori &amp; James Kewaquom</b> Saugeen First Nation</p> <p>1:30PM - 2:30PM</p>	<p><b>Tuma Young</b> Unama'ki College</p> <p><i>(registration required - limited space of 24 people)</i></p> <p><b>**This tour includes 3 stops, including Peggy's Cove**</b></p> <p><b>** Participants are asked to bring appropriate footwear for light hiking**</b></p> <p>1:30PM - 4:30PM</p>

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

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

<p><b>Fusion of Powwow Dance and Exercise</b></p> <p><b>Julia Diana Blanchard</b></p> <p><i>* Please bring appropriate exercise attire *</i></p> <p>2:45PM - 3:45PM</p>	<p><b>Yoga Session</b></p> <p><b>Catherine Knockwood</b></p> <p><i>(Registration required - limited space of 80 people)</i></p> <p><i>* Please bring appropriate attire &amp; yoga mat *</i></p> <p>2:45PM - 3:45PM</p>	<p><b>Active Living with Diabetes: Practical Guidelines to Exercise</b></p> <p><b>Dr. Agnes Coutinho</b> Assistant Program Head, Kinesiology University of Guelph-Humber</p> <p><i>(Registration required - limited space of 40 people)</i> 2:45PM - 3:45PM</p>	<p><b>Healing Sessions</b></p> <p><b>Lori &amp; James Kewaquom</b> Saugeen First Nation</p> <p>2:45PM - 3:45PM</p>	
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# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 3: Morning

Wednesday, April 18, 2018 8:30AM - 12:30PM  
Delta Halifax, 1990 Barrington Street, Halifax, NS

**8:30am** Breakfast

**9:00am** **Opening Remarks**  
**Dr. Agnes Coutinho**  
*Chair, Board of Directors, National Aboriginal Diabetes Association*

**9:15am** **Keynote**  
**Chief Morley Googoo**  
*AFN Regional Chief, NS/NFLD*

**9:30am** **Diabetes in Our Communities: Results from the 2016 National Regional Health Survey (RHS)**  
**Maria Santos & Alana Roscoe**  
*First Nations Information Governance Centre*

**9:30am** **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*

**10:30am** **Health Break: Vendors and crafters in the Bluenose Room**

**10:45am** **First Nations, Inuit and Métis Food Sovereignty Assessment Tool**  
**Tabitha Martens**  
*Fisher River Cree Nation*

**11:00am** **Concurrent Activities: Conference Delegates Choose One**

## BARONET ROOM

**Natoaganeg Community Food Centre**

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

## MACKAY/MAFLOWER ROOM

**Nunatukavut Community Freezers**

**Melita Paul**  
*Nunatukavut Health*

## MCNAB ROOM

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

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

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

**Natoaganeg Community Food Centre**

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

**Nunatukavut Community Freezers**

**Melita Paul**  
*Nunatukavut Health*

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

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

# 2018 NATIONAL INDIGENOUS DIABETES CONFERENCE

Day 3: Afternoon

Wednesday, April 18, 2018 12:30PM - 4:00PM

Delta Halifax, 1990 Barrington Street, Halifax, NS

12:30pm Lunch

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

BARONET ROOM	MACKAY/MAFLOWER ROOM	MCNAB ROOM	EMPRESS BOARDROOM
<p><b>Active Living with Diabetes: Practical Guidelines to Exercise</b></p> <p><b>Dr. Agnes Coutinho</b> Assistant Program Head, Kinesiology University of Guelph-Humber</p> <p>1:30PM - 2:25PM</p>	<p><b>Fitness Session</b></p> <p><b>Jesse Benjamin</b></p> <p><i>(Registration required - limited space of 40 people)</i></p> <p><i>*Please bring appropriate exercise attire*</i></p> <p>1:30PM - 2:25PM</p>	<p><b>Indigenous Patient Partners in Kidney Health Research</b></p> <p><b>Mary Beaucage</b> Indigenous Peoples Engagement and Research Council (IPER)</p> <p><b>Dr. Adeera Levin</b> Executive Director, BC Provincial Renal Agency</p> <p><i>(Registration required - limited space of 40 people)</i></p> <p>1:30PM - 2:25PM</p>	<p><b>Nunatukavut Cultural Sensitivity Training</b></p> <p><b>Melita Paul</b> Nunatukavut Health</p> <p><i>(Registration required - limited space of 20 people)</i></p> <p>1:30PM - 3:30PM</p>
<p>2:30pm <b>Health Break: Vendors and crafters in the Bluenose Room</b></p>			
<p>2:45pm <i>Concurrent Activities: Conference Delegates Choose One</i></p>			
<p><b>Building Community Capacity in Gestational Diabetes Prevention Programming with Focus on Cultural Practices</b></p> <p><b>Grandmother Renee Thomas Hill &amp; Amanda Lipinski</b> Indigenous Diabetes Health Circle</p> <p>2:45PM - 3:45PM</p>	<p><b>Fitness Session</b></p> <p><b>Jesse Benjamin</b></p> <p><i>(Registration required - limited space of 40 people)</i></p> <p><i>*Please bring appropriate exercise attire*</i></p> <p>2:45PM - 3:45PM</p>	<p><b>Community Mobilization Training for Diabetes Prevention: Readiness and Engagement</b></p> <p><b>Dr. Alex McComber</b> Kahnawake Schools Diabetes Prevention Project</p> <p><b>Dr. Lucie Lévesque</b> Queen's University <i>(Registration required - limited space of 40 people)</i></p> <p>2:45PM - 3:45PM</p>	
<p>3:45pm</p>	<p><b>Closing Remarks</b> <b>MC Dion Denny</b> <b>Conference Organizing Committee</b></p> <p><b>Closing Song</b></p>		