



**National  
Aboriginal  
Diabetes  
Association**

**Association  
nationale  
autochtone  
du diabète**

# **ANNUAL REPORT 2018 - 2019**

cover art by Jasmine Anderson

**THE NATIONAL ABORIGINAL DIABETES ASSOCIATION  
ENVISIONS DIABETES-FREE HEALTHY COMMUNITIES**

In fiscal year 2018-2019 (FY18), the National Aboriginal Diabetes Association (NADA) received funding from Indigenous Services Canada in the amount of \$239,950.00.

NADA's work plan activities continued throughout the year and provided ongoing resource development and knowledge sharing of diabetes prevention and management resources to ADI (Aboriginal Diabetes Initiative) workers, Community Diabetes Prevention Workers (CDPWs), NADA members, partners, tribal councils, health centres, key contacts, and others across Canada and the world.

NADA is a networking and knowledge transfer hub for ADI Workers and Community Diabetes Prevention Workers (CDPWs) through the hosting of a CDPW Continuing Education Forum in 2011 and 2013, the

ongoing national biennial conferences, the creation and maintenance of the CDPW Facebook group and an on-line information repository for diabetes-related research, reports, resources and information.

NADA has the infrastructure in place and the ability to leverage funds for major projects, as evidenced in the 2018 National Indigenous Diabetes Conference and the Complete Guide to T2D and DVD project (2012) including in-kind contributions and other revenue sources for hosting major conferences.

Nominal lists of resources and other products are mentioned in this report. The report contains resources that are typically hyperlinked and the reader may have direct access to them simply by clicking on the provided link.

## ABOUT THE NATIONAL ABORIGINAL DIABETES ASSOCIATION

Since its inception in 1995, NADA has created and implemented a wide range of clinical, health promotion and support activities which include a national diabetes conferences, a national diabetes resource directory, resources, web links, diabetes presentations, webinars and public service announcements.

Through the years, NADA has worked locally, regionally and nationally with partners to develop and distribute diabetes resources and education. NADA is recognized for its contribution to various advisory committees and working groups, for identifying issues

and increasing community capacity to respond to the alarming diabetes situation among Indigenous peoples and by providing training to CDPWs and health professionals to enhance their abilities to deliver effective diabetes programming and services.

All products produced by NADA and its partners aim to reduce the incidence and prevalence of diabetes among First Nations, Inuit and Métis Peoples and to improve the health status of First Nations, Inuit and Métis individuals, families and communities.



NADA BOARD OF DIRECTORS' STRATEGIC PLANNING SESSION  
WINNIPEG, DECEMBER 2018

NADA BOARD OF DIRECTORS AT THE  
2018 NATIONAL INDIGENOUS DIABETES CONFERENCE



## WHO WE ARE

NADA is a not-for-profit members-led organization established in 1995 as a result of the rising rates of diabetes among First Nations, Inuit and Métis Peoples in Canada

## OUR VISION

The National Indigenous Diabetes Association envisions diabetes-free healthy communities.

To achieve this vision the National Indigenous Diabetes Association is an open, independent, grassroots prominent organization that is the driving force in:

- Raising awareness about diabetes and First Nations, Inuit and Métis Peoples in Canada.
- Advocating for programs and services for First Nations, Inuit and Métis Peoples affected by diabetes.
- Promoting healthy lifestyles to prevent the onset or complications of diabetes for First Nations, Inuit and Métis Peoples.

## OUR MISSION

The National Aboriginal Diabetes Association's mission is to lead the promotion of healthy environments to prevent and manage diabetes by working together with people, communities and organizations.

## OUR VALUES

**Indigenous Communities & Families** are at the front and centre of what we do in connecting with people and communities

**Respect** of diversity, culture and traditional knowledge of people and communities

**Honour and Validation** of experiences, wisdom, history, knowledge and cultural differences in building relationships

**Caring and Sharing** in how we approach people, families and communities in our work

**Integrity** in the way we strive for excellence and quality in the work that we do

**Unity** in representing the best interests of people and communities

## OUR GOALS

1. **Develop, provide and facilitate resources for diabetes prevention and management, education, research and monitoring.**
2. **Establish and nurture partnerships and collaboration with people, communities and organizations.**
3. **Support people, communities and organizations in developing and enhancing their ability to promote healthy environments.**
4. **Advocate to ensure the epidemic of diabetes among our peoples and communities is a national health priority.**

## GOAL

**Support knowledge exchange, capacity building and partnership development, with a focus on Aboriginal Diabetes Initiative workers, to help reduce the incidence of diabetes among First Nations, Inuit and Métis Peoples**

## OBJECTIVE

**Enhance availability and access to relevant health promotion information and resources pertaining to diabetes and its complications in order to support ADI workers, health care professionals and First Nations, Inuit and Métis Peoples living with diabetes**

### NADA WEBSITE

The NADA website is robust with information, resources, research, reports, and so on. NADA obtains important information on current research, trends, resources, and toolkits, from researchers, non-governmental organizations, provincial and federal governments, First Nations, Inuit and Métis communities, health professionals, pharmacists, and others. The NADA website hosts formidable diabetes resources, reports, research and presentations and upcoming events focused on preventing diabetes and its many complications. Resources are uploaded on a monthly basis thus enabling frequent visits to the website. Generally, the number of views per month ranges from 6,000 to 12,000.

### POWERPOINT PRESENTATIONS ON NADA WEBSITE

NADA regularly benefits from having University of Manitoba Nutritional Sciences and Nursing students placed at the NADA office as part of their community practicum. These students assist NADA in creating and distributing online and in-print resources as well as powerpoint presentations for use by ADI and CDPW workers, Community Health Representatives, and others. In FY18 NADA also had the benefit of a Masters of Social Work student from Dalhousie University doing practicum in the NADA office.

NADA would like to acknowledge the contributions

of Dean Robinson, Sarah Smith, Siera Ens, Shalyn Falloon, Kaitlyn Nott, and Trista Hildebrand.

These new presentations were made available on the NADA website in FY18.

**Celiac Disease** (developed by Trista Hildebrand, Human Nutritional Sciences, University of Manitoba) [http://nada.ca/wp-content/uploads/2019/08/2018\\_TH\\_Celiac-Disease-Gluten-Intolerance.pdf](http://nada.ca/wp-content/uploads/2019/08/2018_TH_Celiac-Disease-Gluten-Intolerance.pdf)

**Lactose Intolerance** (developed by Trista Hildebrand, Human Nutritional Sciences, University of Manitoba) [http://nada.ca/wp-content/uploads/2019/08/2018\\_TH\\_LACTOSE\\_INTOLERANCE\\_PPT.pdf](http://nada.ca/wp-content/uploads/2019/08/2018_TH_LACTOSE_INTOLERANCE_PPT.pdf)

**Mental Health and Diabetes** (developed by Dean Robinson, 4th yr Nursing, University of Manitoba) [http://nada.ca/wp-content/uploads/2019/03/2018\\_NADA\\_PRESENTATION\\_MENTAL\\_HEALTH.pdf](http://nada.ca/wp-content/uploads/2019/03/2018_NADA_PRESENTATION_MENTAL_HEALTH.pdf)

**Gestational Diabetes** (developed by Sarah Smith, 4th yr Nursing, University of Manitoba) [http://nada.ca/wp-content/uploads/2019/03/2018\\_NADA\\_PRESENTATION\\_GESTATIONAL.pdf](http://nada.ca/wp-content/uploads/2019/03/2018_NADA_PRESENTATION_GESTATIONAL.pdf)

### COMMUNICATIONS AND SOCIAL MEDIA

#### NADA FACEBOOK PAGE / NADA CDPW FACEBOOK PAGE / TWITTER / INSTAGRAM

The NADA general Facebook page is open to the public. Diabetes resources, news, and information on



research, health, lifestyle, events and conferences are shared through this page, continuing connectivity and knowledge translation on a worldwide platform.

The NADA Community Diabetes Prevention Worker (CDPW) Facebook page was developed to maintain a community of practice with Aboriginal Diabetes Initiative (ADI) and CDPW workers from across Canada. This social media page is explicit to their needs and includes a forum for communicating and engaging with other ADI workers and access to resources. The CDPW Facebook page enhances knowledge translation as it is updated on a weekly, if not daily, basis. Similarly, NADA Instagram and Twitter pages are used to share information about upcoming events and new developments in research.

In FY18, NADA has seen an increase in our social media usage. NADA has 159 followers on Instagram, 528 followers and 1813 likes on Twitter, 1725 followers and 1630 likes on Facebook, and an average of 300 visits a day and 9500 a month to the NADA website.

## NADA NEWSLETTERS

The NADA newsletter is a bi-monthly feature. Articles are submitted by diverse range of contributors including ADI workers, researchers, healthcare professionals, registered dietitians, and others. The NADA newsletter is distributed digitally through NADA networks, which enables the product to be redistributed through original recipients' networks, and enjoys a readership of over 5000 recipients. In late FY18, the NADA Board of Directors determined that going forward NADA newsletters will be distributed on a seasonal basis, meaning

four (4) newsletters annually rather than six (6).

## RESOURCE OF THE MONTH

The NADA Resource of the Month is distributed to NADA members across Canada. The selection of resource is dependent on the month. For example, the month of May hosts National Aboriginal Diabetes Day and “Investing in Healthy Breakfast” was distributed throughout that month. Assembly of First Nations (AFN) Grand Chief Perry Bellegarde has referenced this resource in his call to communities.

In FY18, NADA communicated to membership that the interrupted resource distribution will be compensated by sending two (2) Resources of the Month over five (5) month period.

Resources shared in FY18 include:

- **Creating Community Gardens**
- **Greens of the Earth Information Sheet**
- **Save your Sight Brochure**
- **Your Guide to Diabetic Retinopathy PowerPoint**
- **Foot Care Infographic**
- **A Step Toward Good Health Information Sheet**
- **Five (5) Pillars Information Sheets**
- **Physical Activity Fact Sheet**
- **Handy Guide to Serving Sizes Fact Sheet**
- **Power Plate Information Sheets**
- **Why Halloween Can Be Scary When You Have Diabetes Article**
- **Diabetes and Dental Health Brochure**
- **Counting Carbohydrates Brochure**
- **Just Breathe/First Nations Inuit Commercial Tobacco Control Strategy Brochure**
- **Heart Disease and Diabetes Information Sheets**
- **Nutrition and Chronic Kidney Disease Brochure**
- **Decoding the Nutrition Label: Tips for People with Diabetes Information Sheet**
- **World Kidney Day 2019**
- **A Community Gardener’s Guidebook**

## NADA NATIONAL DIABETES RESOURCE

## DIRECTORY

The directory is a national resource listing diabetes resources and service providers, including Tobacco, Heart Health, Healthy Weights and Physical Activity resources/contacts, and so forth. The directory is updated each year, by contacting former listings and updating information where necessary, as well as researching new and valued listings. Each province and territory is represented in this directory. The end-user may download the complete series, or select their province/territory of interest. This booklet is available at <http://nada.ca/wp-content/uploads/2016/pdfs/Diabetes%20Resource%20Directory/Diabetes-Resource-Directory-2016.pdf>

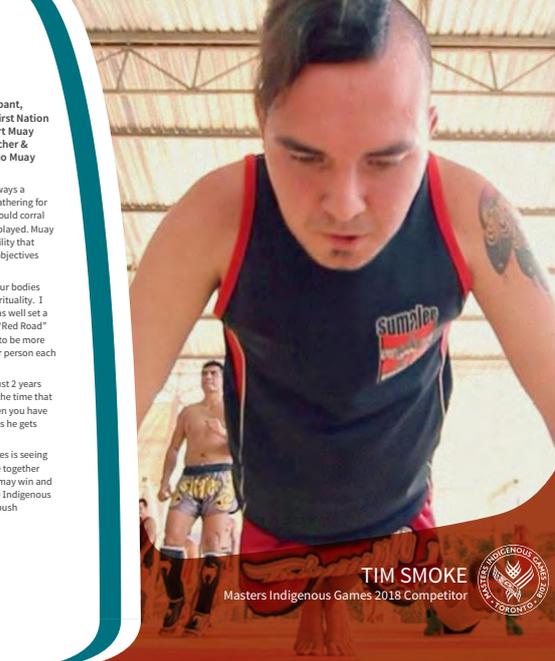
FY19 will see an update of the Resource Directory.

## PROJECTS AND RESOURCES

### YOUR HEALTH MATTERS CALENDAR

The 5th edition of NADA’s **Your Health Matters Calendar** was published in the 3rd quarter of FY18, and developed in partnership with the Indigenous Sport & Wellness Ontario (ISWO).

ISWO shared pictures and information about a number of Indigenous athletes who are Wellness Warriors and took part in the ‘Wellness Warrior’ campaign, developed by Indigenous Sport &



Tim, a 2018 Masters Indigenous Games participant, is a member of the Mississaugas of Alderville First Nation and has been a practitioner of the combat sport Muay Thai for over five years. Tim is an assistant teacher & leader to the child and youth programs at Dohjo Muay Thai & Fitness in Peterborough, Ontario.

“Starting at a young age, hockey & baseball were always a favourite for my family. Sports have always been a gathering for my entire family especially my grandfather, whom would corral my aunts & uncles to go cheer us on each time we played. Muay Thai provides me with a balance and a sense of humility that guides my approach for day to day living with clear objectives and effective intention.

Wellness begins with being aware of what impacts our bodies take: nutritionally, physically, and the underlying spirituality. I always plan for the day or week ahead nutritionally as well set a mental game plan to focus on. By living a life on the “Red Road” it asks us to be less selfish of our bodies and choose to be more mindful of our actions in order to be a healthy, better person each day.

My inspiration is my son Garrett. Even though he is just 2 years old, I want to enjoy as much as I can out of life with the time that we have been given because time definitely flies when you have your own children and I want to be able to keep up as he gets older.

What excites me about the Masters Indigenous Games is seeing it done on a platform that allows our people to come together and cheer each other on, even though some people may win and lose, it’s knowing that we have opportunities like the Indigenous Masters Games that encourage our athletic spirit to push boundaries. That’s the real victory.”

**TIM SMOKE**  
Masters Indigenous Games 2018 Competitor

**JANUARY 2020**

Wellness Ontario. Through sharing their paths and journeys, the athletes in this calendar hope to inspire and influence Indigenous Peoples to get involved in sport and physical activity. As with previous NADA calendars, each day on the calendar has three spots to record blood sugar levels people living with diabetes and conducting regular tests.

## NADA WEBINARS

Coordination of NADA webinars underwent a necessary rearrangement in FY18, resulting in a lapse in regularity and availability.

Additionally, staff turnover at webinar partners and hosts, the Indigenous Diabetes Health Circle, also resulted in temporary postponement of scheduled webinars for the duration of FY18.

## NADA TRADITIONAL FOODS GUIDE: GIFTS FROM OUR RELATIONS

NADA began developing a resource booklet, entitled “**Gifts from our Relations**” in FY16. The booklet consists of 20-30 commonly consumed traditional foods (plants/animals) that are indigenous to lands in Canada.

The purpose of the resource is to create an easy-to-read, visual resource with practical information that individuals, organizations, health professionals, and registered dietitians may provide to perspective clients or use personally. The goal is to share nutritional and cultural knowledge to promote consumption of traditional foods for diabetes prevention, improved diabetes management, and to strengthen cultural identity in Indigenous communities.

In FY18, graphic design of the booklet began although content is not complete. Due to the project lead taking a leave of absence from work generally in FY19, NADA sought additional input from Indigenous dietitians, Elders and knowledge keepers. NADA plans to complete the booklet in FY19.

## THE ANICINABE / INDIGENOUS / MÉTIS PLATE

In FY16 NADA began work on a forthcoming series of “portion plates”, based on the “*Anicinabe Plate*” developed by Food Matters Manitoba.

Food Matters Manitoba (FMM) had initially developed the Anicinabe Plate with a group of students and Elders from Brokenhead Ojibway Nation and Sagkeeng First Nation. The plate integrates both nutrition information and Anicinabe teachings that encourages youth to eat in a healthy way from foods harvested on the land that are, incidentally, now seen as world-class in both their flavour and nutrient content.

NADA approached FMM to partner and update the Plate, with the intention of eventually producing plastic portion plates similar to those used regularly by dietitians to convey portion sizes. In FY18 work on the updated version of the Plate included traditional teachings around food to foster celebration of Anicinabe foods and language and encourage positive eating habits. At the request of FMM, the concept of the plate was changed to be more inclusive and re-envisioned as the “*Indigenous Plate*”. After consulting with a variety of Elders and Knowledge Keepers, FMM staff were told an “*Indigenous Plate*” is not suitable and it should be more culturally distinct.

Shortly after the consultation session, NADA met with FMM project lead to devise a new focus for the plate, with NADA suggesting the plate reflect Métis culture and foods, as the project lead identifies as Métis and has conducted a great deal of research in Métis traditional foods and diets. Then, due to staff turnover at Food Matters Manitoba in FY18, work on the Métis plate ceased and has not continued.

## F O O D SOVEREIGNTY BUNDLE

In FY16 NADA begun work on an adaptation of the **Food Sovereignty Assessment Tool**





POSTER PRESENTATIONS AT THE  
2018 NATIVE AMERICAN NUTRITION CONFERENCE

developed by the First Nations Development Institute (U.S.), now in its 2nd edition. The Tool provides context on the food sovereignty movement in First Nations communities in the United States, and provides a resource for thinking about food systems in communities and what can be done to regain control of Indigenous food systems. During a conversation with an Elder in Winnipeg in FY18, it was suggested the “tool” be reinvisioned as a “bundle”, to better reflect its intention of healing and holding people together.

NADA hopes the Canadian adaptation of this tool will assist First Nations, Inuit and Métis communities in assessing and controlling their food systems and to help build capacity within communities that will lead to a movement for systemic change, resulting in healthy and sustain- able food systems within their communities.

In FY18, NADA partnered with the Manitoba First Nations Education Resource Centre (MFNERC) to further develop the bundle. In the 3rd quarter of FY18, the Institute of Health Economics offered a substantial amount of money to support the work on the FSB. As a result, the FSB project lead was able to coordinate three (3) community engagement sessions in FY18 (with more to come in FY19) with Cowichan Tribes, Siksika Nation and Missanabie Cree Nation. Community members were invited to meet in circle, review the bundle and share their thoughts on its usefulness and applicability. NADA expects the Bundle will be complete and ready for distribution in the 3rd quarter of FY19.

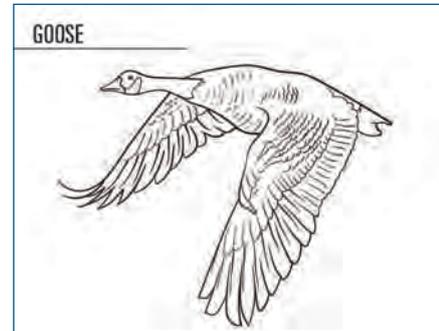
## HEALTHY LIVING COLOURING BOOK FOR INDIGENOUS CHILDREN AND YOUTH

In FY16 NADA initiated a project that will result in a series of colouring books for Indigenous children and

youth. NADA recognizes the current trend of colouring books as teaching tools, and is in the process of developing colouring books designed to teach children and youth about the benefits of eating and living healthy, framed in culture and language teachings.

Initial discussions determined that NADA is unable to solely fund the completion of this resource and partnerships were pursued. In FY18, NADA developed a partnership with the Manitoba First Nations

Education Resource Centre (MFNERC) to publish the books. In the 4th quarter of FY18 a local Anishnaabe artist in Winnipeg was contracted to produce the artwork however, the artist did not meet the terms of the contract and the contract was cancelled. In the 2nd quarter of FY18 NADA contracted a local Cree artist and work on the book has continued and it is expected to be published in the 3rd quarter of FY19.



## CONFERENCES AND EVENTS

### NADA BIENNIAL CONFERENCE 2018

The regular biennial scheduling for NADA national conferences was disrupted in 2015 due to NADA management turnover that year, resulting in conferences being held in even-numbered years.

In an effort to coordinate the NADA conference with the 2018 National Liberal Party convention, in hopes of Liberal MPs and Ministers attending the conference, the NADA conference was scheduled for April 2018 in Halifax, Nova Scotia.

Conference planning took place during the 2017 fiscal year, and was conducted



MARY BEAUCAGE OF CANSOLVE PRESENTS  
AT THE 2018 NATIONAL INDIGENOUS DIABETES  
CONFERENCE

with conference partners, the Mi'kmaw Native Friendship Centre and the Atlantic Policy Congress of First Nations Chiefs Secretariat.

The full Conference Report, including evaluation, is included as an addendum to this report.

NADA gratefully acknowledges the conference sponsors here

- **Spirit Pharmaceuticals Ltd.**
- **CIHR Institute of Indigenous Peoples Health**
- **CIHR Institute of Nutrition Metabolism and Diabetes**
- **Diabetes Canada**
- **The President's Office and the Faculty of Health at Dalhousie University**
- **Heart and Stroke**
- **Nova Scotia Health Authority**
- **Cardiometabolic Health, Diabetes and Obesity Research (CMDO) Network**
- **CIHR Applied Chair in Resilience and Obesity in Youth**
- **University of Guelph-Humber**
- **Can-SOLVE CKD Network Indigenous Peoples' Engagement and Research Council**
- **Amik**
- **WestJet**

## **NATIONAL ABORIGINAL DIABETES AWARENESS DAY**

In 1999, AFN National Chief Phil Fontaine proclaimed the first Friday in May as National Aboriginal Diabetes Awareness Day (NADAD). In FY16, NADA switched from distribution of resources to a public event providing resources, information and engaging activities. The goal of this event was to raise awareness of diabetes by showcasing and providing diabetes education and prevention resources.

Due to low attendance for NADAD events over the past couple of years, NADA determined it was not fiscally responsible to hold any more public NADAD gatherings and in FY18 NADA partnered with Manitoba Region First Nations and Inuit Health Branch to distribute a

booklet featuring ideas of activities that can be done to promote the date, as well as easy and healthy recipes and a powerpoint presentation on diabetes prevention.

## **FACE TO FACE DISTRIBUTION OF NADA RESOURCES AND NADA PRESENCE IN COMMUNITIES AND AT EVENTS AND CONFERENCES**

NADA participates in community events, trade shows, health fairs, conferences and gatherings where possible and when invited, to share information and resources, and connect and network with community members, ADI workers, health directors and staff, physicians, researchers, and the general public.

NADA travelled to the following destinations in FY18:

- **Manitoba First Nations Diabetes Leadership Council**
- **Indigenous Food Sovereignty Summit**
- **Masters Indigenous Games**
- **Anishnaabe Nations Land Based Education Conference**
- **Third Annual Native American Nutrition Conference**
- **MB Regional Aboriginal Diabetes Initiative Conference**
- **Southeast Resource Development Council Aboriginal Diabetes Initiative Workshop Healthy Living 101**
- **Fisher River Cree Nation Health Fair**
- **National Aboriginal Physical Activity & Wellness Conference**



- Lake St. Martin First Nation Health Fair
- Indigenous Diabetes Health Circle Regional Conference
- Peguis First Nation Health Fair
- University of Manitoba Indigenous Health Research Symposium
- Norway House Cree Nation Diabetes Conference
- Manitoba Tribal Diabetes Coordinators Gathering
- 4th Annual Bridging Indigenous Knowledge with the Latest Information on Commercial Tobacco Conference
- Diabetes Integration Project Foot Care Conference
- British Columbia Aboriginal Diabetes Conference



## **18th B.C. Aboriginal Diabetes Conference**

**Diabetes: Sharing is Caring**

MARCH 18 - 21, 2019

**Penticton Lakeside Resort  
&  
Conference Centre  
Penticton, BC**



NADA BOARD DIRECTOR LYLE DANIELS AT THE 2019 BC ABORIGINAL DIABETES CONFERENCE



SIERA (DALHOUSIE) AND SYLVIA (NADA) AT THE 2018 INDIGENOUS FOOD SOVEREIGNTY SUMMIT

## GOAL

**Build and maintain key partnerships with non-government and professional organizations to address diabetes and Aboriginal Peoples by working together in a culturally relevant manner in promoting healthier lifestyles among Aboriginal Peoples today and for future generations**

## OBJECTIVE

**Maintain existing and increase linkages for new partnership opportunities and working alliances in development of diabetes resources, research (advocacy, support, data collection, reporting) and programs and services**

## PARTNERSHIPS

### INSTITUTE OF HEALTH ECONOMICS

In early FY18, as NADA's biennial conference approached, the Institute of Health Economics (IHE) contacted NADA to offer its services in documenting the conference. IHE was invited to the conference and provided opportunities to interview conference delegates along with NADA staff and Board members for the purposes of developing a video showcasing the conference and educating about Indigenous Peoples and diabetes. The resulting video can be found at <https://vimeo.com/293378021>

Through information sharing, the IHE learned of NADA's Food Sovereignty Bundle (FSB) and offered to provide financial support to the work. In the 3rd quarter of FY18, IHE donated a substantial amount of money towards this project. As a result, the FSB project lead was able to coordinate three (3) community engagement sessions, in which community members were invited to meet in circle, review the bundle and share their thoughts on its usefulness and applicability.

In March 2019 a feast was held at the Ma Mawi Wi Chi Itata Centre in Winnipeg to honour local contributors to the FSB. Dine Chef Brian Yazzie was invited to cook for the feast, making traditional

dishes and sharing his knowledge of food sovereignty. With IHE funds, a video was made of Brian's preparation and serving of the traditional feast. The video is currently in post-production and should be ready to view in 3rd quarter of FY19.

### DIABETES CANADA

Leading up to NADA's biennial conference in April 2018, Diabetes Canada (DC) approached NADA to offer a sponsorship donation for the conference and invited NADA to take part in discussions around DC's Diabetes 360 Strategy. As a result of participation in these discussions, DC and NADA agreed to sign a Memorandum of Understanding to further explore partnership opportunities between the two organizations. While no activities took place in FY18, discussions about Diabetes Canada's annual conference in 2019 in Winnipeg lead to DC offering several free registrations to regional Aboriginal Diabetes Initiative and Community Diabetes Prevention Workers interested in attending the DC 2019 Conference in October 2019.

### OBESITY CANADA

In the 3rd quarter of FY18, Obesity Canada approached NADA with a request to develop a partnership to address obesity among Indigenous Peoples. In the 4th quarter of FY18, Obesity Canada hosted a webinar for the NADA network, describing



- to engage trainees in community events.

These events took place in conjunction with regular 'Meet me at the Bell Tower' events that occur Fridays at 6:00pm. The project looks forward to continuing these events in the coming year.

themselves and their work, and NADA and Obesity Canada signed a Memorandum of Understanding outlining opportunities for future collaboration.

## CARDIAC HEALTH FOUNDATION OF CANADA

In the 3rd quarter of FY18, the Cardiac Health Foundation of Canada approached NADA about the potential of hosting webinars in partnership. Discussions are ongoing and the first webinars are expected to be delivered in FY19.



## FOOD AS MEDICINE

National Aboriginal Diabetes Association has partnered with Aboriginal Youth Opportunities, Dr. Natalie Riediger (University of Manitoba), and Dr. Joyce Slater (University of Manitoba) to continue their community engagement series focused on food, titled "Food as Medicine", initiated in 2017-2018. Initially funded through a Centre for Healthcare Innovation Patient Engagement Fund (\$2000, 2017-2018), the project hosted two (2) events during the past fiscal year - "Food as Resistance" on March 16, 2018, and "Food as Sharing" on October 12, 2018 - to engage Winnipeg's North End community in conversations about food. The goals of these engagement activities are to

- inform and disseminate research findings
- to inform and disseminate information on the activities of Winnipeg's new Food Council (Dr. Slater)
- build community relationships through food



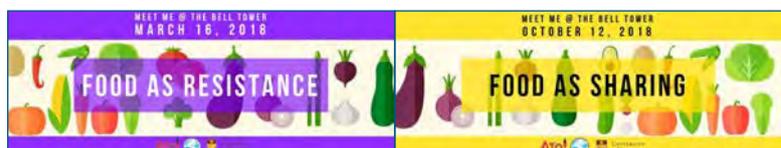
ABORIGINAL YOUTH OPPORTUNITIES' MEET ME AT THE BELLTOWER

## A CALL TO ACTION TOWARDS FOOD EQUITY

Dr. Riediger is partnering with National Aboriginal Diabetes Association on a Canadian Institutes of Health Research (CIHR)-funded study using Canadian Community Health Survey Nutrition Survey data from 2004 and 2015. The project is measuring changes over time in disparities in diet quality and food security between off-reserve Indigenous and non-Indigenous populations in Canada. As part of this project, the role of weight stigma in perpetuating health inequalities for Indigenous Peoples will be examined. The team will continue to work on this project in the upcoming year.

## STICKY MONEY... EXPLORING THE ACCEPTABILITY OF A SUGAR-SWEETENED BEVERAGE TAX AMONG CANADIAN INDIGENOUS POPULATIONS

NADA has partnered with Dr. Natalie Riediger to explore the acceptability and potential impacts of proposed sugar-sweetened beverage taxes among on- and off-reserve Indigenous Peoples, with a focus on treaty law, equity, and stigma. The proposed research was approved for funding beginning April 1, 2018, by the Canadian Institutes of Health Research (\$359,550.00 over 3 years). Aboriginal Youth Opportunities, and Four



Arrows Regional Health Authority are also partners on the proposed research project.

During FY18, the project submitted and received ethical approval for the initial stages of this project. Legal analysis began during this time, as well as data collection on prices/sugar content of beverages, and student recruitment.

### RELATED PRESENTATIONS

Riediger ND, Tait M, Turnbull L, Neufeld T, LaPlante J. *Exploring Indigenous views on a sugar-sweetened beverage tax: theoretical, legal, and economic perspectives*. Panel presentation at the Indigenous Health Symposium November 21-22, 2018, at the University of Manitoba.

Mudryj A, LaPlante J, Riediger ND. *How are we eating? Measuring disparities in diet quality and food security between off-reserve Indigenous and settler populations, 2004 vs. 2015*. Oral presentation at the Indigenous Health Symposium November 21-22, 2018, at the University of Manitoba.

Cyr M, LaPlante J, Riediger ND. *Wellness not weight: (Re)claiming our bodies*. Poster presented at the Native American Nutrition Conference, October 2-5, 2018.

### CANADIAN INSTITUTES OF HEALTH RESEARCH & SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL

With relation to the Canadian Institutes of Health Research (CIHR), NADA has become increasingly involved in CIHR funding initiatives since FY16. NADA is a partner in two Mentorship Network Programs funded under CIHR's Indigenous Mentorship Network Program (IMNP), the **Indigenous Mentorship Network of the Pacific Northwest** (IMN-PN), a network of Indigenous and allied students, researchers, academics, professionals and communities across British Columbia and the Yukon. Our Mentors and Mentees have expertise and experience in Indigenous wellness research, and the **Prairie Indigenous Knowledge Exchange**

**Network** (PIKE-Net), which will further contribute to the development of a sustainable and collaborative research environment among Manitoba's First Nations, Métis, and Inuit communities, post-secondary institutions, and national/international linkages developed under the ACADRE-NEAHR program. NADA also lent support to the **Ratikonsatátie Network Environment for Indigenous Health Research** (NEIHR) application. The mission of the Ratikonsatátie NEIHR is to be the Center for Research and Training in Community Mobilization and Knowledge Translation for Indigenous Health Promotion Research. The network facilitates the exchange of wise practices, knowledge, training and experiences centered on supporting Indigenous community capacity for health research.

NADA has lent support to projects under the *Pathways to Health Equity for Aboriginal Peoples* signature initiative, namely two of the *Partners for Engagement and Knowledge Exchange (PEKE)* and a couple of the *Implementation Research Teams (IRTs)*. NADA participates in advisory committees for IRT projects such as *"Embracing A Vision for Indigenous Health: Community Access to Prevention, Self-management and Integrated Diabetes Services in the BC Interior"*, *"TransFORMATION of IndiGENous PrimAry HEAlthcare (FORGE AHEAD) diabetes quality improvement (QI) Program"*, and the *"Community Mobilization Training for Diabetes Prevention: Implementation and scale-up of a best practice training model for diverse Indigenous communities (KSDPP)"*.

NADA has also lent support and participated in the KSDPP-lead *"Connections Grant: Indigenous Science: Gathering a Community of Practice"*, which proposes to determine relevant criteria for research guided



THE "STICKY MONEY" TEAM

by Indigenous methodologies. In January 2019, 18 Indigenous Elders, knowledge-holders, researchers and research trainees from across different disciplines and regions of Turtle Island participated in a face to face gathering supported by an Indigenous Research Capacity and Reconciliation SSHRC Connection Grant at the Museum of Human Rights in Winnipeg from January 4th to January 6th. The dialogue from these gatherings culminated in a position paper that was presented at a national event sponsored by the Tri-Council funding agencies (SSHRC, NSERC, and CIHR) in Ottawa in March 2019. This gathering helped to open a dialogue across academic disciplines to strengthen the valuing of Indigenous knowledge and support its use in creating wholistic solutions to social, health, environmental, and economic challenges facing Indigenous communities.

## TYPE 2 DIABETES IN CANADA'S FIRST NATIONS REPORT

In the last quarter of FY15, NADA initiated a project in partnership with the First Nations Information Governance Centre (FNIGC). In FY18, the focus of this report took on a new direction following NADA's meeting with representatives of the First Nations Information Governance Centre (FNIGC). NADA and FNIGC have agreed to a partnership to develop a report on diabetes based on data from the 2016 First Nations Regional Health Survey to present an accurate and up-to-date analysis on diabetes prevalence and incidence in First Nations communities. The report will be developed in partnership with Dr. Moneca Sinclair, Dr. Barry Lavallee, and input from the NADA network through a series of calls and roundtable meetings.

The audience for this diabetes report/initiative will be for community planners of diabetes programs.

## INDIGENOUS SPORT & WELLNESS ONTARIO

As a result of working together to promote the North American Indigenous Games and Masters Indigenous

Games, NADA and Indigenous Sport and Wellness Ontario signed a Memorandum of Understanding for partnership in the 3rd quarter of FY18. This partnership will explore opportunities to promote sport and activity as a means of wellness promotion and reducing the burden of type 2 diabetes for Indigenous Peoples. This partnership resulted in the production of NADA's 2019 Your Health Matters Calendar featuring Masters Indigenous Games athletes describing the importance of sport and activity in their lives.



## SPIRIT PHARMACEUTICALS LTD

Following their generous sponsorship of the 2018 National Indigenous Diabetes Conference and donation to NADA, NADA and Spirit Pharmaceuticals worked in tandem on updating NADA's "Pathways to Wellness" booklet, which features teachings and information for the prevention and management of all types of diabetes for its readers. It is expected this booklet will be available in the third (3rd) quarter of FY19.



## GOAL

**Ensure that NADA work plan activities, diabetes resources, and operational responsibilities function with utmost efficacy**

## OBJECTIVE

**Evaluate the efficacy of the NADA work plan, diabetes resources and operational performance**

## OPERATIONS

### NADA OFFICE

The NADA office experienced high turnover in the Administrative/Office Coordinator position in FY18. A new Administrative Coordinator was hired in early FY18 and has remained with NADA.

### WORK PLAN SESSION

The NADA Board of Directors met in Winnipeg in the 3rd quarter of FY18 for a strategic planning session for 2019 - 2021. A report of this session is included as an addendum to this Annual Report.

### NADA ANNUAL GENERAL ASSEMBLY

NADA held its 18th Annual General Assembly on April, 2019, in Halifax, Nova Scotia, as part of the NADA Biennial National Indigenous Diabetes Conference.

This AGA enjoyed the attendance of a small percentage of NADA membership. At this AGA, Lyle Daniels was elected as a new NADA Board Director and all other Directors were re-elected to their positions.

### NADA STUDENT PLACEMENTS

During FY18, NADA hosted four (4) practicum students from the University of Manitoba and one (1) student from Dalhousie University.

**Trista Hildebrand**, a 4th year student in

Human Nutritional Sciences at the University of Manitoba developed presentations on lactose intolerance and celiac disease, along with a robust nutritional profile on seal meat.

**Dean Robinson**, a 4th year College of Nursing student at the University of Manitoba, developed an informative presentation on Mental Health and Diabetes.

**Sarah Smith**, a 4th year College of Nursing student at the University of Manitoba, developed a descriptive presentation on Gestational Diabetes.

**Shalyn Falloon**, a 4th yr College of Nursing student at the University of Manitoba, helped NADA with community outreach, education and raising awareness along with her colleague, **Kaitlyn Nott**, also a 4th yr College of Nursing student at the University of Manitoba, by conducting community interventions through delivering a series of comprehensive health promotion presentations and interactive learning experiences on the topic of diabetes to a number of junior high and high schools in Winnipeg.

**Siera Ens**, a Masters in Social Work student at Dalhousie University, developed Healthy Guidelines for Children and Youth in Care: An Educational Toolkit for those who



**SYLVIA (NADA) AND SIERA (DALHOUSIE) AT THE 2018 INDIGENOUS FOOD SOVEREIGNTY SUMMIT**

Work Along-side Children and Youth in the Child Welfare System, which aims to serve as a non-judgemental, body positive, comprehensive educational resource and an adequate toolkit for informed service delivery for those who work with Indigenous children and youth in the child welfare system. .

Dean, Sarah, Kaitlyn, Shalyn, and Siera also assisted hosting of the NADA information booth at events around Winnipeg.

The upcoming fiscal year will see more placements at the NADA office, as well as continued opportunities for students and volunteers to attend NADA-related events and conferences.

## GOAL

**Support First Nations, Inuit and Métis communities/organizations to establish comprehensive tobacco control strategies and interventions aimed at reducing and preventing tobacco misuse, including reducing smoking rates**

## OBJECTIVE

**Facilitate knowledge exchange, promote networks, provide support to FTCS recipients and share resources, tools and services performance**

## FIRST NATIONS AND INUIT COMPONENT OF THE FEDERAL TOBACCO CONTROL STRATEGY

### FNI-FTCS COMMUNITY OF PRACTICE

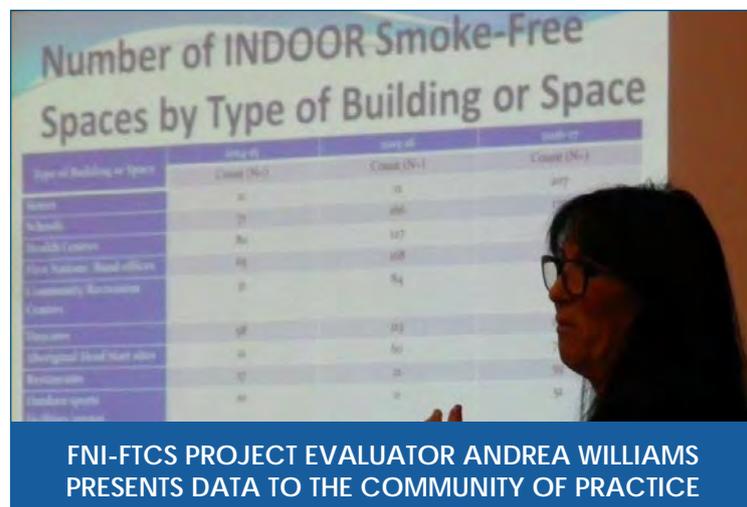
As part of the First Nations and Inuit Component of the Federal Tobacco Control Strategy, NADA manages a Community of Practice (CoP) comprised of FNI-FTCS project representatives who have developed and implemented comprehensive smoking cessation projects in First Nations and Inuit communities.

The First Nation and Inuit FTCS Community of Practice is comprised of 16 projects and 3 strategies funded by the FTCS and provides services to 363 First Nations and Inuit communities across Canada.

The Community of Practice Face-to-Face Gathering was held September 25 - 27, 2018, in Calgary, Alberta. Along with two days meeting in the hotel, at the

invitation of the smoking cessation project in Siksika Nation, the CoP took a professional development day to attend Siksika’s Blackfoot Crossing and Historical Park and enjoy teachings and a film on Siksika’s long tradition of tobacco harvesting and ceremonial use, given by Siksika Elder Clifford Crane Bear.

The “[FTCS Proceedings Report 2018](#)” for this meeting was published on the NADA website and shared with the Community of Practice and Indigenous Services Canada.



The Face-to-Face Gathering was attended by most Community of Practice projects as well as regional and national representatives from the First Nations and Inuit Health Branch/Indigenous Services Canada (FNIHB/ISC), and used a Sharing Circle for participants to convey their successes and challenges in implementing their smoking prevention, protection, education, reduction and cessation activities. Project Coordinators met in a circle to discuss, as a group, the six essential elements of the Federal Tobacco Control Strategy, which are:

1. Protection
2. Reducing Access to Tobacco Products
3. Prevention
4. Education
5. Cessation
6. Data Collection and Monitoring

The circle allowed for Coordinators to share knowledge and experiences from their project activities in their respective communities. This Gathering also enjoyed presentations from Dr. Lee Brown and Tyler Janzen.

Dr. Brown is the Director of the Institute of Emotional Health and Co-author of The Sacred Tree educational curriculum based on Aboriginal values. Dr. Brown is a well loved ceremonial leader, traditional singer, and

respected Elder who has helped many people on their healing journey. Dr. Brown developed a theory of holistic emotional education and health predicted from six principles of emotional competency arising out of his research. Dr. Brown presented about the University of British Columbia Traditional Garden he helps maintain and the place of Tobacco in the garden and the youth program they have. Dr. Brown talked about the traditional principles that he employs at Round Lake Treatment Centre. Tyler is a Behaviour Change Marketing Professional with the company "Rescue". Tyler presented research and public health campaign strategies related to marketing smoking cessation to teenagers, a topic with much resonance with CoP projects.

On-going communications and engagement continues for the Community of Practice through a FTCS CoP Facebook group and through emails and conference calls. Conference calls are held quarterly to discuss a variety of topics. FTCS recipients who were unable to attend conference calls were given meeting minutes which assisted in the knowledge sharing and supported knowledge exchange.

In FY18 the "[A Report on the Findings from the Annual Outcome Reporting Process](#)" was published and shared with the FTCS Community of Practice, First Nations and Inuit Health Branch (Health Canada) and NADA membership.



FIRST NATIONS & INUIT COMPONENT OF FEDERAL TOBACCO CONTROL STRATEGY

COMMUNITY OF PRACTICE GATHERING, SEPTEMBER 2018, SIKSIKA NATION

As well, "[A Four Year Report On The Findings From The Annual Outcome Reporting Process \(2014-2018\)](#)" was published on the NADA website and shared with the FTCS Community of Practice, Indigenous Services Canada and NADA membership.



FIRST NATIONS & INUIT COMPONENT OF FEDERAL TOBACCO CONTROL STRATEGY  
COMMUNITY OF PRACTICE GATHERING, SEPTEMBER 2018, SIKSIKA NATION

**NATIONAL ABORIGINAL DIABETES ASSOCIATION  
STATEMENT OF OPERATIONS  
YEAR ENDED MARCH 31, 2019**

	<b>Health Canada</b>	<b>Federal Tobacco Control Strategy</b>	<b>Other Activities</b>	<b>2019</b>	<b>2018</b>
<b>Revenue</b>					
Grant revenue					
Health Canada	\$ 200,000	39,950	-	239,950	258,000
Conference revenue (Note 5)	93,830	-	-	93,830	-
Donations	-	-	52,982	52,982	2,501
Interest income	-	-	1,227	1,227	358
Memberships	-	-	235	235	1,415
Other revenue	-	-	5,593	5,593	6,551
	<u>293,830</u>	<u>39,950</u>	<u>60,037</u>	<u>393,817</u>	<u>268,825</u>
<b>Expenses</b>					
Accounting fees	-	-	3,512	3,512	4,058
Bank charges and interest	-	-	394	394	1,367
Conference costs	107,177	12,767	4,343	124,287	44,559
Evaluation	-	13,800	-	13,800	22,941
Honorarium	2,100	3,671	2,165	7,936	6,141
Insurance	2,237	-	-	2,237	2,218
Office expenses	12,555	378	153	13,086	13,403
Office occupancy costs	17,264	-	-	17,264	18,238
Professional fees	9,308	-	-	9,308	8,951
Program resources	9,854	-	11,246	21,100	21,626
Salaries and benefits	135,410	-	-	135,410	126,702
Subcontract	-	-	-	-	951
Telephone	2,422	-	-	2,422	2,093
Travel	21,908	1,945	2,265	26,118	23,788
Website	2,400	-	-	2,400	5,100
	<u>322,635</u>	<u>32,561</u>	<u>24,078</u>	<u>379,274</u>	<u>302,136</u>
<b>Excess (deficiency) of revenues over expenses</b>	<b>\$ <u>(28,805)</u></b>	<b><u>7,389</u></b>	<b><u>35,959</u></b>	<b><u>14,543</u></b>	<b><u>(33,311)</u></b>