



**National
Indigenous
Diabetes
Association**

**Annual Report
FISCAL YEAR 2020**

EXECUTIVE SUMMARY

NIDA'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), NIDA members, partners, tribal councils, health centres, key contacts, and others across Canada and the world.

NIDA is a networking and knowledge transfer hub for ADI Workers, Community Diabetes Prevention Workers (CDPWs), Community Health Representatives, nurses, and others through the hosting of 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.

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.

In fiscal year 2020-2021 (FY20), the National Aboriginal Diabetes Association (NIDA) received funding from Indigenous Services Canada in the amount of \$240,000.00.

ABOUT THE NATIONAL INDIGENOUS DIABETES ASSOCIATION

Since its inception in 1995, NIDA 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, NIDA has worked locally, regionally and nationally with partners to develop and distribute diabetes resources and education. NIDA 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 NIDA 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.

In the first quarter of FY20 the NIDA Board of Directors began the steps to rename as the National Indigenous Diabetes Association from the former National Aboriginal Diabetes Association, and the change was ratified by NIDA membership in the second quarter of FY20.

WHO WE ARE

NIDA 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.

BOARD OF DIRECTORS

The NIDA Board of Directors is comprised of various individuals representing different communities across Canada, and different professions and backgrounds related to health and wellness, and diabetes prevention and management. The current Board of Directors are:

Roslynn Baird, Marisa Cardinal, Dr. Agnes Coutinho, Lyle Daniels, Robynne Edgar, Robert Fenton, Jessica Flett, Margaretta James, Dr. Barry Lavallee, & Laurie Ann Nicolas, RD.

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 Indigenous 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

OBJECTIVES

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

NIDA WEBSITE

The NIDA website is robust with information, resources, research, reports, and so on. NIDA 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 NIDA 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.

PRESENTATIONS AND POSTERS ON NIDA WEBSITE

NIDA regularly benefits from having University of Manitoba Nutritional Sciences and Nursing students placed at the NIDA office as part of their community practicum. These students assist NIDA 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. Because of the COVID-19 pandemic in FY20, NIDA was not able to host any practicum students.

SALMON & POTATO CAKES

Recipe by Melody Charlie

PREP TIME: 10min READY IN: 30min SERVINGS: 4

INGREDIENTS

- 1 250mL jar (1 cup) of salmon, drained
- ½ cup finely chopped red onion, green onion, or yellow onion
- 2 large eggs, lightly beaten
- 1 tbsp whole-grain mustard (or regular)
- 2 tbsp chopped fresh dill or 2 tsp dried (or any other herb)
- ½ tsp ground pepper
- ¼ tsp salt
- 4 cups frozen hash-brown, shredded potatoes or shred your own (about 3 medium potato)
- 2 tablespoons olive oil, divided

DIRECTIONS

1. Combine salmon, onion, eggs, mustard, dill, pepper and salt in a large bowl. Add potatoes and stir to combine. If you are grating your own potato, squeeze some of the excess water out before adding it to the bowl. Option to leave the skin on.
2. Heat 1 tbsp oil in a large frying pan over medium heat until shimmering. Put about ½ - ¾ cup of patty mixture in your hand. Form a compact patty with the palms of your hands. Start with 4 patties in the frying pan.
3. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more.
4. Wipe out the frying pan and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon potato cake mixture.

NUTRITION: PER 2 PATTIES MADE WITH 3 POTATOS

CAL: 280	FIBRE: 4G	POTASSIUM: 920MG
FAT: 11G	SUGAR: 1.5G	CALCIUM: 5%
S.FAT: 2G	PROTEIN: 18G	IRON: 10%
CARBS: 26G	SODIUM: 55MG	ZINC: 5%



MAY 2021 VISION HEALTH MONTH

DAILY BLOOD SUGARS	26	27	28	29	30	1
						ANNUAL NATIONAL INDIGENOUS PHYSICAL ACTIVITY & WELLNESS CONFERENCE IPACC
2	3	4	5	6	7	8
			Cinco de Mayo			
ANNUAL NATIONAL INDIGENOUS PHYSICAL ACTIVITY & WELLNESS CONFERENCE IPACC						
9	10	11	12	13	14	15
Mothers Day		Ramadan ends				
			2021 NATIONAL COMMUNITY HEALTH NURSING CONFERENCE CANADA			
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29
	24th Victoria Day (all except NS, NU, QC) 24th National Patriots Day (QC)					
1st INTERNATIONAL INDIGENOUS HIP HOP AWARDS SHOW (23rd)	31st World No Tobacco Day					
			THE 2021 DIETITIANS OF CANADA NATIONAL CONFERENCE			

TO DO:



Trout / Fish

ENGLISH

Namékos

CREE

Namegos

OJIBWE

Namekohs

OJIBWE-CREE

Hoghanwicashtashni

DAKOTA

Tluwe zāneh

DENE

ELDERS

Fish were part of our survival. We even ate fish bones, which provide us with calcium.

DIETITIAN

Fish like trout, salmon, and Arctic char have good fats that help babies' eyes and brains grow healthy.

17

MINO-TE-MAH-TI-ZEE-WIN A GOOD WAY OF LIFE

COLOURING BOOK



18

However, dietetics students at the University of Manitoba studying with NIDA partner Dr. Natalie Riediger, and working remotely, developed two powerpoint presentations for NIDA in FY20. These new resources were developed by Annika Quirante, Mark Mercer and Milaine Maguet, and NIDA acknowledges their contributions.

These new resources were made available on the NIDA website in FY20.

[Non-nutritive Sweeteners Presentation](#) (Courtesy of Annika Quirante)

[High Fructose Corn Syrup Presentation](#) (Courtesy of Mark Mercer & Milaine Maguet) Signs of High Blood Sugar Poster

COMMUNICATIONS AND SOCIAL MEDIA

NIDA FACEBOOK PAGE / NIDA CDPW FACEBOOK PAGE / TWITTER / INSTAGRAM

The NIDA 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 NIDA 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, NIDA Instagram and Twitter pages are used to share information about upcoming events and new developments in research.

In FY20, NIDA has seen an increase in our social media usage. NIDA has 205 followers on Instagram, 539





followers on Twitter, 1919 followers on Facebook, and an average of 300 visits a day and 9500 a month to the NIDA website.

NIDA NEWSLETTERS

The NIDA newsletter is a seasonal/quarterly feature. Articles are submitted by diverse range of contributors including ADI workers, researchers, healthcare professionals, registered dietitians, and others. The NIDA newsletter is distributed digitally through NIDA networks, which enables the product to be redistributed through original recipients' networks, and enjoys a readership of over 5000 recipients.

We would like to acknowledge the contributions to the 2020 newsletters from contributors Robert Fenton, Carly Fraser, Coleen Rajotte, Indigenous Sport, Physical Activity & Recreation Council (I-SPARC), Sydney Verburg, Jillian Paulmark RD, First Nations Health and Social Secretariat of Manitoba and the Manitoba Centre for Health Policy, Heart & Stroke, Nuuchahnulth Tribal Council, Pan-American Health Organization and Institutional Repository for Information Sharing, Erika Weidl, Stella Solomon, & David McLeod, Graham Pollock, Spirit Healthcare, Xpey' Wellness, Wild About Plants, Tia Kennedy, Robert Ogemow, Kathleen LaForme and MB FNIHB Nutritionists.

RESOURCE OF THE MONTH

The NIDA Resource of the Month is distributed to NIDA members across Canada. The selection of resource is dependent on the month. Assembly of First Nations (AFN) Grand Chief Perry Bellegarde has referenced this resource in his call to communities.

Resources shared in FY20 include:

- COVID-19 AND Diabetes Resources
- Healthy Eating
- Indigenous Original Foods Guide
- Keeping Kids Active During a Pandemic
- Nuuchahnulth Wellness
- Iron and Pregnancy
- All About Pumpkins
- 3 Minute Diabetes Foot Exam/Tool kit
- 5 Healthy Eating Tips (Holiday)/Punch Recipe
- Healthy Eating with Diabetes

- Heart Health/Physical Activity
- Diabetes and Kidney Disease

NIDA 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/NADA%20Resources/Diabetes-Resource-Directory-2016.pdf>

PROJECTS AND RESOURCES

CAROLINE DAIGNEAULT DIABETES SHKAABE AWARD

In FY20, NIDA created, in honour of late NIDA Elder Caroline Daigneault, the annual Caroline Daigneault Diabetes Shkaabe Award to recognize individuals and/or communities that are leading the way in diabetes prevention and management for their Peoples. The National Indigenous Diabetes Association is eternally grateful to Caroline for her contributions to our organization. Caroline shared her knowledge and wisdom with respect, love, and kindness. Caroline volunteered her time in her community to bring Elders and others together to share about their experiences with diabetes and to help people on their journeys.

Each year in the weeks preceding the NIDA Annual General Assembly, NIDA will invite nominations for deserving individuals or community groups for the 2021 Caroline Daigneault Diabetes Shkaabe Award.

The Award will be given to honour individuals or communities whom have served as an inspiration to others through their persistent excellence, efforts, and positive impacts, honour the efforts and dedication of outstanding people working in diabetes prevention and management in Indigenous communities, and recognize and encourage the valuable services performed by these people throughout the country. A panel of NIDA Board Directors and Elders will review all applications and chose a recipient and the name of the recipient will be presented, starting in 2021, at the NIDA Annual General Assembly usually taking place in the fall of each year.

INUIT FOODS

In late FY19, NIDA and Inuit colleagues began discussions on developing a resource detailing the significance, nutrition and harvesting of traditional foods in Inuit territories. It was decided a poster format would be best to convey the information and Inuk artist Megan Kyak-Monteith was commissioned to develop the artwork. Inuk Elder Martha Peet was contracted to share her traditional knowledge of various plants and animals to

accompany the artwork. This resource continues to be in development in FY21.

NIDA TRADITIONAL FOODS GUIDE: GIFTS FROM OUR RELATIONS

In early FY20 NIDA published the resource booklet entitled “Gifts from our Relations”, which consists of 20-30 commonly consumed traditional foods (plants/animals) that are indigenous to lands in Canada. NIDA began developing this booklet in FY16. 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. Work on the book was completed in FY20 with the gracious help of dietitian Rachel Dickens from the Nuuchahnulth Tribal Council. The booklet has a limited print run, but English version PDF and French version PDF are available for free on the NIDA website.

English http://nada.ca/wp-content/uploads/2020/08/NIDA_TRADITIONAL_FOODS_GUIDE-2019-English.pdf

French http://nada.ca/wp-content/uploads/2020/08/NIDA_TRADITIONAL_FOODS_GUIDE-BE-2019-francais-p2.pdf

MINO-TE-MAH-TI-ZEE-WI, A GOOD WAY OF LIFE COLOURING BOOK

Late FY20, NIDA and partner Manitoba First Nations Education Resource Centre (MFNERC) published “MINO-TE-MAH-TI-ZEE-WI, A Good Way of Life Colouring Book”, a project started in FY16 that is the beginning of a series of colouring books for Indigenous children and youth. In FY18, NIDA developed a partnership with the Manitoba First Nations Education Resource Centre (MFNERC) to publish the first book. In the 2nd quarter of FY18 NIDA contracted Joshua Hunt, a local Cree artist for the artwork. NIDA Elders Caroline Daigneault and Robert Fenton shared stories and knowledge about the featured plants and animals, and their words are shared in the booklet as teachings. Similarly, Kayla Perry, Registered Dietitian with the Diabetes Integration Project, provided nutritional information on the plants and animals as a further means of teaching. Through the beauty of our First Nations languages, this colouring book will serve as a resource to help children learn about the foods and medicines that sustain us.

http://nada.ca/wp-content/uploads/2020/11/NIDA_MINOTEMAHTIZEEWIN_COLOURING_BOOK.pdf

FOOD SOVEREIGNTY BUNDLE

In FY16 NIDA begun work on an adaptation of the Food Sovereignty Assessment Tool developed by the First Nations Development Institute (U.S.), now in its 2nd edition. The Tool provides context on the food sovereignty movement 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 NIDA adaptation of the “tool” be re-envisioned as a “bundle”, to better reflect its intention of healing and holding people together.

In FY18, NIDA partnered with the Manitoba First Nations Education Resource Centre (MFNERC) to further develop the bundle. The FSB project lead coordinated a number of community engagement sessions in FY19 with Six Nations of the Grand River, Siksika Nation, Urban Manitoba Métis, Natoaganeg (Eel Ground First Nation) and the Kahnawake Schools Diabetes Prevention Project Community Advisory Board. Community members were invited to meet in circle, review the bundle and share their thoughts on its usefulness and applicability.

The Bundle is currently in graphic design stage and is expected to be published by the third quarter of FY21.

YOUR HEALTH MATTERS CALENDAR

As part of its partnership with the Nuuchah-nulth Tribal Council, NIDA began work in FY20 for a 2021 Nuuchah-nulth Healthy Recipe Calendar. The recipes were taken from the NTC Healthy Budget Eating for Diabetes Cookbook and were compiled to share healthy recipes that are helpful for managing or preventing diabetes. The recipes also work to address the increased cost that is often associated with healthy eating, offering lower cost ingredients and substitutions. Recipes are borrowed from some favourite Indigenous cookbooks, resources and websites. Some recipes are also shared by Nuuchah-nulth community members and their Dietitian. NIDA would like to acknowledge the Nuuchah-nulth First Nations and community members whom contributed recipes for this calendar.

A free PDF of the calendar is available at: <http://nada.ca/wp-content/uploads/2020/12/NIDA-2021-Your-Health-Matters-Calendar.pdf>

NIDA WEBINARS & PODCAST

In the second quarter of FY19 NIDA Board of Directors determined it would be more beneficial to switch time and effort to producing a monthly NIDA podcast. As work on the NIDA podcast continued through FY20, an opportunity arose to partner with the Teachings in the Air podcast for a series on Indigenous Peoples and diabetes. Teachings in the Air is a podcast hosted by Elder Gerry Oleman and produced and supported in partnership with Vancouver Coastal Aboriginal Health and the BC Provincial Health Services Authority. NIDA and the podcast team met several times during FY20 to decide on topics and speakers for the series, with the first episode “Diabetes & Safety in Ceremony Pt. 1” released in early FY21 featuring invited guests Dr. Karen Hill MD and Elder Treffrey Deerfoot.

The episode can be heard at: <https://www.teachingsintheair.ca/podcasts/season-4/special-diabetes-safety-in-ceremony-pt-1>

WILD RICE



WILD RICE IS AN EXCELLENT SOURCE OF:

ANTIOXIDANTS | FIBRE | FOLATE | MAGNESIUM | ZINC

Wild rice is a healthy carbohydrate that is higher in protein (builds and repairs our muscles, skin and blood) and fibre (lowers blood sugar levels) than white rice and will help you feel full longer. Wild rice is also higher in antioxidants than regular white rice, which can help protect us from certain diseases and keep us healthy.

Wild rice is an important part of the history and tradition of the Anishinaabe (Ojibwe) people in the prairies. In the Ojibwe language, the word "man-o-min" derives from Manitou (the Great Spirit) and meenun (delicacy). Wild rice is not a part of the rice family at all. It is a grass that grows in shallow, slow moving water near the shores of lakes, rivers and streams.

30

Photo by: Rachel Dickens

HABITAT

True wild rice is indigenous to northwestern Ontario, southwestern Manitoba, northern Minnesota, and in the cold lakes of Saskatchewan. Wild rice is found mainly along the shores of rivers and streams in shallow water, where it often forms dense, continuous beds. It also occurs along lakeshores, though less abundant.



PREPARATION

Wild rice was prepared and served in many ways. Often it was cooked in soups, or boiled with meat, fish, roe, or with blueberries or other fruits. The cooked grain was also eaten plain, boiled or steamed, and eaten with sweets such as maple sugar.



THE HARVEST

The traditional method of harvesting rice was to paddle a canoe through the wild rice stands, and with sticks or paddles sweep the tall grass-like stalks inside the canoe so that the grain would separate and drop to the bottom. Then the green rice was brought to shore and roasted to a shiny brownish black over an open fire. (This step is called parching). The rice would be placed in blankets or baskets where someone would "dance" or "jig" on it to separate the rice from the husk. Finally, the rice would be tossed in the air so the wind could blow away the husk. This step is called winnowing.



TEACHING

Manomin is traditionally used in many ceremonies and feasts. Every fall (late September to early October) during the wild rice moon, Ojibwe families would gather in their canoes and set out for the lakes to hand harvest the wild rice. During this harvest, a ceremony was done to give thanks to the Great Spirit for the gift of wild rice.

WILD RICE CASSEROLE

INGREDIENTS:

- 1 ¼ cups of uncooked wild rice
- 2 tsp of salt
- 1/2 tsp of thyme leaves
- 1 medium onion, sliced
- 3 cups of water
- 2 tbsp of butter

DIRECTIONS:

1. Heat oven to 350°F.
2. In a 2-quart casserole, combine all ingredients.
3. Bake covered at 350°F. for 1-1/4 to 1-1/2 hours or until rice is tender, stirring occasionally during last half hour.
4. Option to add 1 cup of frozen vegetables.

Source: <https://www.nwac.ca/wp-content/uploads/2015/05/2012-Diabetes-Traditional-Foods-and-Recipes.pdf>

WILD RICE STUFFING

INGREDIENTS:

- 1 cup wild rice
- 3 cups chicken broth
- 1 cup diced celery
- ¼ cup instant minced onion
- ½ cup butter or margarine, melted
- 1 small can mushrooms or 1/3 lb. of fresh mushrooms
- ⅓ tsp salt
- ¼ tsp sage
- ¼ tsp thyme

DIRECTIONS:

1. Prepare the wild rice by adding it to a medium-sized saucepan with the chicken broth and bringing it to a boil. Once it is boiling, turn down the heat to medium and leave the lid half on, allowing it to simmer for about 45 minutes or until rice is fully cooked.
2. Sauté the celery, onions and mushrooms (if using fresh mushrooms) in butter for 2-3 minutes. Combine this with the rice and the seasonings.
3. This will stuff a 10-pound turkey

Source: <https://nativeharvest.com/blogs/news/native-harvest-wild-rice-recipes>

31

CONFERENCES AND EVENTS

NIDA BIENNIAL NATIONAL CONFERENCE 2020

In early FY19 NIDA connected with the planning committee of the BC Aboriginal Diabetes Conference (BCADC) to being planning a joint national conference for March 2020 in Penticton, BC. The 2020 BC Aboriginal Diabetes Conference would have been the Diabetes 19th BC Aboriginal Diabetes Conference to be held, and the first time partnering with NIDA for a national conference. The BCADC is a very successful annual event that regularly sees over 350 participants, volunteers, facilitators, trade and craft fair people in attendance. Planning was complete and the agenda finalized, but as the COVID-19 pandemic began developing in Canada, in early March 2020 the conference planning committee, in coordination with the First Nations Health Authority in British Columbia, decided to postpone the conference until October 2020, and then to March 2021. However due to ongoing precautions around the COVID-19 pandemic, the conference was postponed again for a yet-to-be-determined date. NIDA's next biennial conference will be in FY21.

2019 ANNUAL DIABETES CANADA/CSEM PROFESSIONAL CONFERENCE

NIDA was invited to participate as a member of the 2020 Committee for Indigenous Science and Content for the 2020 Diabetes Canada Virtual Professional Conference, hosted online. Marisa Cardinal, NIDA Board Director, participated in this Committee on behalf of the National Indigenous Diabetes Association. NIDA worked with Diabetes Canada representatives to secure 100 free conference registrations for Aboriginal Diabetes Initiative Workers and their colleagues in Manitoba.

NATIONAL INDIGENOUS 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, NIDA 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 the ongoing COVID-19 pandemic no National Indigenous Diabetes Awareness Day events were scheduled during FY20.

FACE TO FACE DISTRIBUTION OF NIDA RESOURCES AND NIDA PRESENCE IN COMMUNITIES AND AT EVENTS AND CONFERENCES

NIDA 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.

Due to the ongoing COVID-19 pandemic NIDA did not attend any public events.

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

FOOD RESCUE CANADIAN ALLIANCE INDIGENOUS WORKING GROUP

In early FY20, NIDA colleagues in the dietetics field, along with representatives from various food access and security organizations, activists, dietitians, harvesters, educators, doctors, health care workers, professors, researchers, and Elders, began meeting virtually and discussing food access in Indigenous communities especially during COVID-19 and the need for developing and promoting food access funds. Shortly after the first meeting, the federal government announced increased investments for this and the FRCA Indigenous Working Group was convened to create a national collaborative effort to connect with Indigenous communities in need of this support. The goal of this working group was to focus on whether communities can have access through innovation and food redistribution. The group met several times to help advise on the distribution of the newer food security and access investments.



HANNAH TAIT NEUFELD, SCHOOL OF PUBLIC HEALTH AND HEALTH SYSTEMS, UNIVERSITY OF WATERLOO

In FY20, NIDA partnered with Hannah Tait Neufeld and colleagues to apply for an Insight Grant Proposal with the Social Sciences and Humanities Research Council (SSHRC), for the project “First foods: Navigating knowledge pathways across urban Indigenous environments”, which aims to better understand the social, cultural, programmatic and policy issues that are essential to support the unique needs of Indigenous women and their children during the postnatal period in urban environments. As few studies have explored infant feeding practices from Indigenous women’s perspectives and very little is known about breastfeeding and complementary feeding experiences and needs, particularly in regions where there are often jurisdictional issues around service provision, the project explores novel and unique approaches to postnatal nutrition. The application was successful and work has begun on project activities.

CHAMPIONS PARTNERSHIP WORKING GROUP

In FY20, representatives from the National Collaborating Centre for Indigenous Health and University of Northern British Columbia invited NIDA to join the Champions Partnership Working Group.

The goal of the NCCIH’s project as Champion of Partnerships involves building and supporting partnerships for cross-sectoral policies and programs to increase physical activity and reduce sedentary living in all communities including First Nations, Métis, and Inuit communities in Canada. The partnership Working Group consists of representatives from national Indigenous organizations and national Indigenous sports, physical activity and recreation organizations. The group is developing a partnership strategy and a variety of knowledge products targeted toward First Nations, Métis and Inuit individuals, communities, and organizations.

INDIGENOUS FASTING CEREMONY DM GUIDELINES

In the summer of FY20, a group of First Nations nurses and nurses working in First Nations communities invited NIDA to participate in a committee with representation across Canada to create a resource on “Sweat Lodge and Diabetes”, with the idea of producing a resource that incorporates safety issues with diabetes, medications, risks of dehydration, etc. while encouraging clients to participate in their traditions. Discussions were ongoing through FY20 until the COVID-19 pandemic rates began increasing in communities and the participant nurses shifted their work to COVID-19 prevention, testing and vaccination in their respective communities. Work on this resource is expected to continue in FY21.

UNIVERSITY OF WINNIPEG INDIGENOUS RESEARCH

In the second quarter of FY20, a representative of the University of Winnipeg Research Office reached out to NIDA to help identify some of the challenges and opportunities to better support faculty undertaking work with Indigenous communities and organizations. NIDA participated in an interview on ways that the UW Research Office can support Indigenous communities, including those working with UW faculty not only the research

ethics process as it pertains to research with Indigenous communities but also more generally around supporting Indigenous research. The results of these interviews will be compiled and a set of recommendations for UW will be made to the Research Office.

NUU-CHAH-NULTH TRIBAL COUNCIL

In FY20, NIDA and the Nuu-Chah-Nulth Tribal Council (NTC) began a partnership to produce diabetes prevention and management resources for NTC members and communities. A Memorandum of Understanding was signed to articulate the nature of the partnership and establish a base for developing mutual activities.

The first of these activities was the development of a series of YouTube videos on the Nuu-Chah-Nulth Wellness YouTube channel. Video content is determined through discussion between Nuu-Chah-Nulth Wellness, community members, and NIDA. Videos can be viewed at: https://www.youtube.com/channel/UCf4v7T9tNXRhS5_bFuQVVig/videos

NIDA and Nuu-chah-nulth Wellness also worked together to develop and publish a Nuu-chah-nulth Healthy Recipe 2021 Calendar. Recipes were taken from the NTC Healthy Budget Eating for Diabetes Cookbook and were compiled to share healthy recipes that are helpful for managing or preventing diabetes. The recipes also work to address the increased cost that is often associated with healthy eating, offering lower cost ingredients and substitutions. Recipes are borrowed from some favourite Indigenous cookbooks, resources and websites. Some recipes are also shared by Nuu-chah-nulth community members and their Dietitian. A free online PDF version is available here <http://nada.ca/wp-content/uploads/2020/12/NIDA-2021-Your-Health-Matters-Calendar.pdf>

DIABETES CANADA

NIDA was invited to participate on Diabetes Canada's Committee for Indigenous Science and Content for the



2020 Diabetes Canada Virtual Professional Conference. Marisa Cardinal, NIDA Board Director, participated in this Committee on behalf of the National Indigenous Diabetes Association.

NIDA and Diabetes Canada continue to discuss partner activities as they arise, including NIDA's participation on the Committee for Indigenous Science and Content for the 2021 Diabetes Canada/CSEM Professional Virtual Conference, and continued discussions around Diabetes Canada's Diabetes 360 Strategy.

FOOD AS MEDICINE / RESISTANCE / SHARING / JUSTICE

NIDA 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. In FY20 there was a Food as Justice event at the Bell Tower and the Indigenous Family Centre in Winnipeg, Manitoba. At this event, the team shared findings from the study "A Call to Action Towards Food Equity" completed in partnership between Dr. Natalie Riediger and NIDA, and members of Winnipeg's North End Indigenous community. There was also a Food as Medicine online event led by Fearless R2W and organized by Michael Champagne and Mary Burton. The grant held by Natalie Riediger and NIDA contributed financially for food to have an online cooking activity of the three sisters soup, which was led by Mary Burton. Natalie Riediger and Masters student Maria Kisselgoff presented results thus far from the "Sticky Money" study. There were approximately 15 attendees.

A CALL TO ACTION TOWARDS FOOD EQUITY / STICKY MONEY : EXPLORING THE ACCEPTABILITY OF A SUGAR-SWEETENED BEVERAGE TAX AMONG CANADIAN INDIGENOUS POPULATIONS

Natalie Riediger continues to lead a CIHR-funded study in partnership with the National Indigenous Diabetes Association titled, "Sticky Money: Exploring the acceptability of a sugar-sweetened beverage tax among Canadian Indigenous and non-Indigenous populations". Qualitative data collection, as well as availability and beverage price data, in Manitoba has been completed. The COVID-19 pandemic has affected data collection with Island Lake First Nations. The first paper, a critical review of "obesity" as a health issue for Indigenous peoples, written together with Métis scholar, Monica Cyr (first author), was published in the Canadian Journal of Public Health. This paper will be posted on the NIDA website in fall 2021 after the 1-year embargo period for the journal ends. A second paper focused on population-level diet quality among Indigenous and non-Indigenous adults, as measured using the Healthy Eating Index, is also under review in the Canadian Journal of Public Health. These findings further our understanding of determinants of diet quality, which indicates that addressing food insecurity among off-reserve Indigenous adults, while necessary, is not sufficient to improve diet quality. A third paper was published in FY20 in the journal Public Health Nutrition, which describes equal and significant improvements in diet quality among both Indigenous and non-Indigenous children and youth, 2-17 years old, which likely highlight the importance of school-based policies implemented in recent years in addressing aspects of diet quality. Additionally, infographics were completed by a summer student and will be shared in a NIDA FY21 newsletter. Preliminary results from the qualitative and price data were presented through two thematic sessions at the World Critical Dietetics conference with community partners in November 2020.

INCORPORATING INDIGENOUS COMMUNITIES AND PERSPECTIVES IN THE MASTERS OF APPLIED HUMAN NUTRITION PROGRAM AND THE NUTRITION DISCIPLINE

In FY19, NIDA began discussions with Dr. Natalie Riediger, representatives from MB Region Indigenous Services Canada, and a couple ADI workers about hosting an event in FY20 to bring together ADI workers and representatives from the University of Manitoba nutrition program. Due to the COVID-19 pandemic the date for the meeting was pushed back to FY21, but planning continued through FY20. With additional support from Dr. Natalie Riediger and team successfully obtaining an “Indigenous Initiatives Fund” from the University of Manitoba to build relationships between Manitoba First Nations, dietitians, and the UM dietetics program. This work will support the UM in integrating Indigenous perspectives and communities in the development of the Masters of Applied Human Nutrition (MAHN) at the University of Manitoba. Métis Registered Dietitian (RD), Krista Beck, was hired in October 2020 as the coordinator Indigenous Integration of the MAHN program and who will sit on the MAHN committee, as well as lead the coordination of a Gathering. An online Gathering was hosted in early FY21. A report will be generated documenting presentations and discussion, and what was found in terms of best practices of integrating Indigenous content in dietetics and health professional curriculum.

UNIVERSITY OF WINNIPEG AND TÂPWÊWIN “GREAT AND CAREFUL CONSIDERATION”: NIDA RESEARCH PROTOCOL

At the end of FY20, NIDA officially released “Tâpwêwin “great and careful consideration”: National Indigenous Diabetes Association Research Protocol”. Throughout 2019, NIDA worked closely with a team of graduate students in the Master’s in Development Practice (MDP) in Indigenous Development at the University of Winnipeg to develop research protocols that respond to NIDA’s needs when entering health research partnerships. This protocol was designed for the purpose of clarity of priorities that the National Indigenous Diabetes Association (NIDA) has in potential research partnerships. This protocol includes an overview of NIDA’s history and current priorities when working with Indigenous communities. This document was designed for the purpose of clarity of priorities that the National Indigenous Diabetes Association (NIDA) has in potential research partnerships. The title of this framework, Tâpwêwin, was chosen for two reasons. The first reason was based in its translation. The name of this framework is a Cree word meaning “speaking the truth” or “speaking with precision and accuracy”. The second reason Tâpwêwin was chosen was in its context. The word is often spoken in relation to treaties or partnerships. When treaties are signed, signatories are obligated to speak with Tâpwêwin. This allows them to discuss the treaties with great and careful consideration. The use of Tâpwêwin implies that the partnership between NIDA and researchers are ones that are made with great and careful consideration.

<http://nada.ca/wp-content/uploads/2021/03/Tapwewin-Protocol.pdf>

CANADIAN INSTITUTES OF HEALTH RESEARCH

NIDA continues to be a partner in two Mentorship Network Programs funded under CIHR’s Indigenous

EXPERIENCES PURCHASING SUGAR-SWEETENED BEVERAGES AMONG INDIGENOUS ADULTS RESIDING IN THE NORTH END NEIGHBORHOOD, WINNIPEG MB



RESULTS FROM THE 2019 -2020 INTERVIEWS



OVERARCHING THEME: BALANCING ON THE REDLINE

- Sugar-sweetened beverages (SSB) are an integral part of social interactions and personal habits among resident of the North End
- When shopping for SSB, participants described having to 'balance' the physical, economic, and social redlines that border the North End neighborhood
- Place and context were important to the discussion because experiences purchasing SSB differed significantly when shopping:
 - Inside vs. outside of the North End
 - Corner stores vs. large chain grocery stores
- Shopping for SSB, particularly as an Indigenous person, was a source of judgment and stereotyping
- Participants navigated the reactions they received while shopping for SSBs through various mechanisms.

"Like a lot of times the closest place you can go to is like a random corner store that has noodles, maybe some old of it's just junk food. If you want to get farther, you usually have to take a bus or walk. But how many people in there have money for a bus? How many people have accessibility needs? How cold is Winnipeg?"

Sub-theme: Balancing SSB purchasing constraints with savvy shopping approaches

FOOD INSECURITY

- Food swamp
- Tight budgets
- Constrained diets

"For those that just stay in the area, like obviously just the easy chips, noodles, Pepsi, and just the bread that they need, and everything else that goes with it. When impoverished you have X amount of things you can actually get."

SSB PRICES

- "Pop is cheap"
- Price variability
- Deals as an incentive

"Like, I can never afford enough at one time and so it's... I'm buying one big thing of powdered juice and a case of bottled water, um, and then I'm trying to figure out how I can make money to buy the next thing of juice for the next week, like. So I'm never p- I can never afford to buy enough drinks that I need for the week."

SAVVY SHOPPING

- Heightened awareness of SSB prices & deals
- Price shopping
- Sharing is caring

"I go to Walmart or like a superstore or something, I'll buy my Gatorade there, because it's, uh, a little bit cheaper than going to the corner store, definitely."

"Cause I mean I think about my family too ... It's like if I buy myself a pop, I'm gonna obviously just get two-liters instead."

Sub-theme: Balancing (stereo)typical reactions while shopping for SSBs with resilient coping approaches

JUDGMENT-FREE ZONE

- North End & corner stores are safe spaces
- No reactions
- Regulars

"No, they're, they're like oh hey! You've come back again! Uh...Yeah they know me pretty much, because I've been going there since I was little."

"Yeah. Yeah. Anytime I go into a grocery store or any type of store that's not in the North End, I immediately feel judged. I have- usually I have walkers following me around the store"

DANGER ZONE

- Outside of the North End & large grocery stores are not safe spaces
- SSB judgment
- Racism & stereotyping

"People stare at me, and I notice like it's white people. And it's mostly like white, old ladies that look at me and just glance, just like snub me for like having junk food and pop."

"Um, when I'm in the North End, even at Giant Tiger ... here on North Main, or the Safeway down here on McGregor and Mountain, I don't get followed. I don't get stared at. I don't get people watching me to make sure I'm not stealing."

COPING MECHANISMS

- Armoring up
- Reframing
- Regulating

Um, doesn't really make me feel nothing. I just block it out."

"Well, a lot, my mentality on all those kinds of things is that it is what it is. I cannot- I can't change other people's opinions of me when they're just looking at me."

Mentorship Network Program (IMNP), the Indigenous Mentorship Network of the Pacific Northwest (IMN-PN), and the Prairie Indigenous Knowledge Exchange Network (PIKE-Net), which will further contribute to the development of a sustainable and collaborative research environment among First Nations, Métis, and Inuit communities, post-secondary institutions, and national/international linkages developed under the ACADRE-NEAHR program. NIDA also lent support to the Ratikonsatatie Network Environment for Indigenous Health Research (NEIHR) application.

GOAL

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

OBJECTIVE

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

OPERATIONS

NIDA OFFICE

The NIDA office has remained in the same location since 2014. NIDA employs two staff, an Office Coordinator and an Executive Director.

WORK PLAN SESSION

The NIDA Board of Directors met in Winnipeg in the 3rd quarter of FY18 for a strategic planning session for



2019 - 2021.

NIDA ANNUAL GENERAL ASSEMBLY

NIDA held its 20th Annual General Assembly on November 6, 2020, virtually, on the Zoom platform.

This AGA enjoyed the attendance of a small percentage of NIDA membership. Prior to the AGA, NIDA Board Director David Gill resigned from the Board. NIDA wishes David all the best in his career and personal life. No new members were elected to the Board at this AGA. Changes to the NIDA Board By-Laws were ratified by the Board and membership at this AGA.

NIDA STUDENT PLACEMENTS

During FY20, NIDA hosted only one (1) practicum student from the University of Manitoba, at the beginning of the fiscal year. Olutola Jegede, a 4th year student in Human Nutritional Sciences at the University of Manitoba developed resources on iron consumption and prenatal nutrition. Due to the COVID-19 pandemic, practicum programs were suspended at academic institutions in Manitoba.

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 the Indigenous recipients of Canada's Tobacco Strategy 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 Indigenous Component of Canada's Tobacco Strategy, NIDA manages a Community of Practice (CoP) comprised of Indigenous project representatives who have developed and implemented comprehensive smoking cessation projects in First Nations and Inuit communities.

FY19 saw significant changes for the administration of the tobacco control strategy, including a change in title from the "Federal Tobacco Control Strategy" to "Canada's Tobacco Strategy". As well, funding for the Indigenous Component of Canada's Tobacco Strategy was realigned to provide more opportunities to every community in each region. Another significant change meant that projects would begin reporting evaluation measures and

activities to their regional ISC offices rather than to NIDA.

Due to the ongoing COVID-19 pandemic NIDA was not able to host a Face-to-Face Gathering with Community of Practice projects, as had been done in previous years. Instead, in late FY20, NIDA hosted a virtual gathering for the Community of Practice over three Friday afternoons, March 12, 19, 26, 2021, and at times accommodating projects across the country and in different time zones. The Gathering featured tobacco teachings from Blackfoot Knowledge Keeper Treffrey Deerfoot, Mohawk Elder Gail Whitlow, and Haudenosaunee Elder Allan Jamieson, Sr. Projects were given opportunities each day to update the Community on the work they have been doing, and additional work they have been doing in their communities in relation to COVID-19. Indigenous Services Canada also provided an update on Canada's Tobacco Strategy, and the Community witnessed presentations from Sherri Pooyak and Dr. Margo Pearce on "The Cedar Project: Supporting Indigenous young people who use drugs during a pandemic", Montana's American Indian Tobacco Education Specialists on the Montana Tobacco Use Prevention Program, and Susan K. Hutt and Chantal Vallerand from Drug Free Kids Canada on "Tools for Helping Youth Quit Vaping". There was a general discussion on how the National Indigenous Diabetes Association can support the Community of Practice in 2021, and closing comments and prayer were given by Grandmother Renée Thomas-Hill.

The "A Report on the 2021 Face to Face Virtual Sessions" for this meeting was published on the NIDA website and shared with the Community of Practice, Indigenous Services Canada and NIDA membership. The virtual Face-to-Face Gathering was attended by some of the previous Community of Practice projects, representatives of newly funded projects, and regional and national representatives from the First Nations and Inuit Health Branch/Indigenous Services Canada (FNIHB/ISC). The Community used a virtual Sharing Circle for participants to convey their successes and challenges in implementing their smoking prevention, protection, education, reduction and cessation activities.

On-going communications and engagement continue for the Community of Practice through a Indigenous Component of Canada's Tobacco Strategy Facebook group and through emails and conference calls. Conference calls are held quarterly to discuss a variety of topics. Community of Practice recipients who were unable to attend conference calls were given meeting minutes which assisted in the knowledge sharing and supported knowledge exchange.

NATIONAL INDIGENOUS DIABETES ASSOCIATION
STATEMENT OF OPERATIONS
YEAR ENDED MARCH 31, 2021

	Health Canada	Federal Tobacco Control Strategy	2021	2020
Revenue				
Grant revenue				
Health Canada (Note 5)	\$ 240,000	-	240,000	240,050
Donations	119	-	119	893
Interest income	1,084	-	1,084	1,515
Memberships	195	-	195	280
Other revenue	<u>13,631</u>	<u>-</u>	<u>13,631</u>	<u>22,470</u>
	<u>255,029</u>	<u>-</u>	<u>255,029</u>	<u>265,208</u>
Expenses				
Accounting fees	4,971	-	4,971	4,537
Bank charges and interest	289	-	289	301
Conference costs	5,834	-	5,834	9,295
Evaluation	-	8,350	8,350	15,680
Honorarium	300	1,500	1,800	8,415
Insurance	2,495	-	2,495	2,313
Office expenses	6,132	1,586	7,718	9,277
Office occupancy costs	17,375	-	17,375	17,831
Professional fees	7,587	-	7,587	8,807
Program resources	12,940	202	13,142	8,073
Salaries and benefits	132,820	-	132,820	139,505
Subcontract	-	-	-	6,500
Telephone	2,567	-	2,567	2,353
Travel	501	-	501	37,967
Website	<u>7,350</u>	<u>-</u>	<u>7,350</u>	<u>5,400</u>
	<u>201,161</u>	<u>11,638</u>	<u>212,799</u>	<u>276,254</u>
Excess (deficiency) of revenue over expenses	<u>\$ 53,868</u>	<u>(11,638)</u>	<u>42,230</u>	<u>(11,046)</u>