



National
Indigenous
Diabetes
Association

Association
nationale
autochtone
du diabète

Fall 2021 Newsletter

**STICKY MONEY: EXPERIENCES
CLOSING GAPS IN DIET QUALITY
BETWEEN OFF-RESERVE
INDIGENOUS AND NON-
INDIGENOUS POPULATIONS**

**"OUR WAYS: HEALING THROUGH
TRADITIONAL HEALTH AND
WELLNESS"
2021 NATIONAL INDIGENOUS
DIABETES VIRTUAL CONFERENCE**



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Experiences Closing gaps in diet quality between off-reserve Indigenous and non-Indigenous populations
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2021 National Indigenous Diabetes Virtual Conference

NIDA newsletters are distributed on a bi-monthly basis. The next newsletter will be December 2021, with submission deadline of December 10, 2021. We welcome submissions related to all things related to wellness of First Nations, Inuit and Métis Peoples.

Cover photo by Jeremy Thomas.

Please send submissions to
executivedirector@nada.ca

Message from the Executive Director

Happy Fall from the National Indigenous Diabetes Association Board of Directors and staff!

We are gearing up for our 2021 National Indigenous Diabetes Virtual Conference, "**Our Ways: Healing Through Traditional Health and Wellness**", from November 15 - 17, 2021. The conference planning committee, made up of NIDA Elders Bob and Margaretta, along with Board Directors Robynne and Marisa, and NIDA staff Sylvia and Jeff, have come up a great agenda featuring people working in diabetes prevention and management, and health and wellness, for Indigenous Peoples all over Turtle Island. We have some promotional material starting on page 7 and we are sharing a draft version of the agenda starting on page 10.

We continue to work on the podcast series with Gerry Oleman and the Teachings In the Air Podcast team, Savannah Minoose, Jordan Robinson and Eugene Boulanger. teachingsintheair.ca/
We are excited to share that Gerry will be doing a podcast session at the conference.

We'd like to remind that our children's colouring book on traditional foods, titled "MINO-TE-MAH-TI-ZEE-WIN, A Good Way of Life", which we are partnered with the Manitoba First Nations Education Resource Centre, is available through MFNERC at <https://mfnerc.org/product/mino-te-mah-ti-zee-win-a-good-way-of-life-colouring-book/> and a free PDF version on our website at http://nada.ca/wp-content/uploads/2020/11/NIDA_MINOTEMAHTIZEEWIN_COLOURING_BOOK.pdf

We would like to sincerely thank our contributor Dr. Natalie Riediger for the article in this newsletter.

All my relations,
Jeff LaPlante
Executive Director

BOARD & STAFF

Margaretta James
Elder

Robert Fenton
Elder

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Administrative Coordinator

Jeff LaPlante
Executive Director

Closing gaps in diet quality between off-reserve Indigenous and non-Indigenous populations

By Dr. Natalie Riediger

The Truth and Reconciliation Commission Calls to Action #19 calls for governments to close gaps in health outcomes between Indigenous and non-Indigenous populations, including type 2 diabetes. Nutrition and diet quality are important for both prevention and management of diabetes. In partnership with the National Indigenous Diabetes Association, we sought to look at diet quality among off-reserve Indigenous populations between 2004 and 2015, and also determine if dietary gaps were closing. Diet quality is a measure of the variety, adequacy, moderation, and balance of a person's diet according to dietary recommendations.

We used Statistics Canada data from the Canadian Community Health Surveys in 2004 and 2015, which included off-reserve First Nations and Métis adults, youth, and children. Among Indigenous children and youth (2-17 years old), diet quality improved between 2004 and 2015. This improvement was at least partially attributed to consuming less 'other' foods, such as chips, chocolate bars, and pop. Diet quality also improved among non-Indigenous children and youth resulting in no 'closing of the gap'. Nevertheless, this is an important improvement and results suggest that policies aimed at schools are helpful at improving diet quality among off-reserve Indigenous children and youth.

Dr. Natalie Riediger is an Assistant Professor in the Department of Food and Human Nutritional Sciences at the University of Manitoba. She is a community-based researcher and as a settler, committed to working in partnership and solidarity with Indigenous communities.

Among Indigenous adults, there was no significant change in diet quality between 2004 and 2015 and also no difference in the gap between Indigenous and non-Indigenous populations. Disparities in diet quality remain. Looking more closely at different aspects of diet quality, we also found that Indigenous adults were consuming fewer 'other' foods in 2015 compared to 2004. On the other hand, intake of foods we are recommended to consume more of, such as whole grains and fruits and vegetables, changed very little between 2004 and 2015. In

the context of food insecurity, it is easier to consume less of certain foods (such as snack foods) compared to adding foods (such as fruits or vegetables) to promote health, that are increasingly cost-prohibitive. Food insecurity means that households have “inadequate or uncertain access to food because of financial constraints” (Health Canada, 2017).

Food insecurity continues to negatively impact diet quality among all Canadians and contributes to disparities in diet quality between Indigenous and non-Indigenous populations. Importantly, differences in diet quality between off-reserve Indigenous and non-Indigenous populations are not entirely accounted for by food insecurity.

To close gaps in type 2 diabetes, more needs to be done to address diet quality. Improving food security for off-reserve Indigenous populations is a necessary part of that, but won't be enough. Governments, communities, and health professionals need to continue to support holistic approaches to improving diet quality and relationships with food and the land, led by Indigenous communities. We also need to include more holistic measures of food and nutrition in future dietary surveys that reflect Indigenous perspectives of food and wellness. Finally, between 2004 and 2015 Indigenous children and youth reported improved diet quality, which is likely due to changes in school food policies. We should continue to build on this success for the health of future generations.

Infographic: Prepared by Kelsey Mann and Hannah Derksen

Funding: This study was funded by the Canadian Institutes of Health Research

Citations: Riediger ND, LaPlante J, Mudryj A, Clair L. Examining differences in diet

quality between Canadian Indigenous and non-Indigenous adults: results from the 2004 and 2015 Canadian Community Health Survey Nutrition Surveys. Canadian Journal of Public Health; in press.

Riediger ND, LaPlante J, Mudryj A, Clair L. Diet quality among Indigenous and non-Indigenous children and youth in Canada in 2004 and 2015: a repeated cross-sectional design. Public Health Nutrition 2021; 1-10. <https://www.doi.org/10.1017/S1368980021002561>.

Article copies will be posted on the NIDA website within the year. In the meantime, please email for a copy: Natalie.riediger@umanitoba.ca

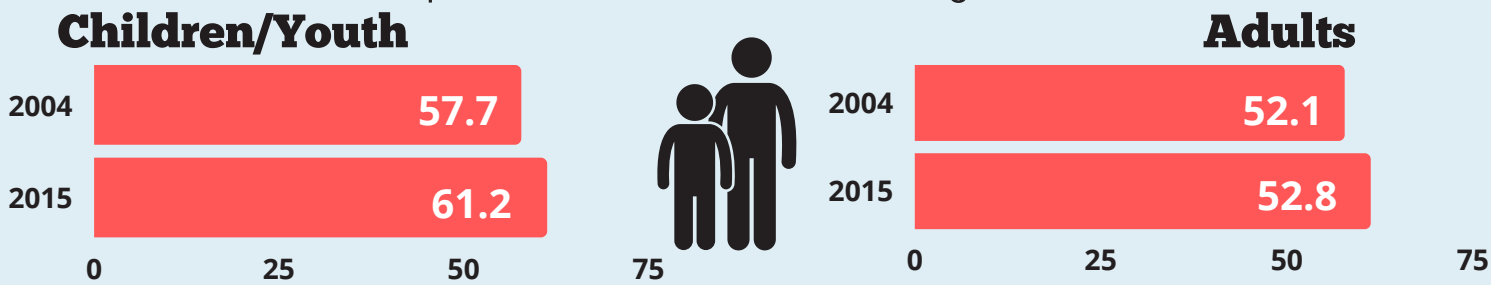


**University
of Manitoba**



Diet Quality Among Off-Reserve Indigenous Children (2-17 years) and Adults from 2004 to 2015

Diet quality is assessed by how foods consumed aligns with nutrition recommendations. Total scores of ≤ 50 is described as "poor diet quality", 51–80 are considered "needs improvement" and >80 indicate "good."



Food security was associated with better diet quality in children/youth



Both children and adults' consumed a lower percentage of energy from "other" foods in 2015 compared to 2004



FOOD SECURITY:

“when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”
(World Food Summit, 1996)

Calls to Action



- Maintain and strengthen school nutrition policies, including breakfast and lunch programs, which have likely contributed to improved diet quality among children in 2015
- Addressing food insecurity is necessary but not sufficient to improve diet quality for all age groups
- Develop Indigenous-specific measures of diet quality, beyond those derived from nutritional guidelines.

Our Ways

Healing Through Traditional Health and Wellness



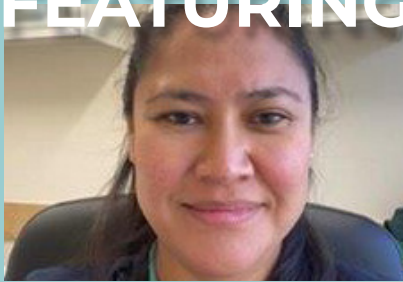
2021 NATIONAL INDIGENOUS DIABETES VIRTUAL CONFERENCE

WELCOME Professionals and People living with Diabetes, Community Members, ADI Workers, Academics, ISC Indigenous Services Canada, Public Health Agency of Canada, Nurses, Non-Profits and Charities

JOIN US— NOVEMBER 15-17, 2021

Learn about and share community-based practices in diabetes prevention and self-management among Indigenous Peoples of Turtle Island.

FEATURING



DR. NICOLE CARDINAL
Saddle Lake Cree Nation



CAMIE JAE GOLDHAMMER
MSW, LICSW, IBCLC
Sisseton-Wahpeton, Clinical Social Worker and Lactation Consultant



DANIEL YOUNG-MERCER
Indigenous Sport, Physical Activity and Recreation Council (I-SPARC)



RACHEL DICKENS RD, CDE
Nuu-chah-nulth Tribal Council



DAVID GILL
Pekuakamiulnuatsh First Nation



NADIA HOULE
Indigenous Birth of Alberta (IBA)

REGISTER NOW

<https://tapresourcesevents.ca/>

TRADESHOW EXHIBITORS & ARTISAN REGISTRATION

Please visit 2021 National Indigenous Diabetes Virtual Conference Our Ways Healing Through Traditional Health and Wellness | National Indigenous Diabetes Association (nada.ca) for more details and registration form under the Trade Show tab.

For Vendor/Exhibitor options please contact:
Sylvia Sentner, Administrative Coordinator
t: 204-927-1221
e: coordinator@nada.ca

Conference Coordinator:

TAP Resources
An Event Management Firm

t: 519 445 1794 e: tapresources@tapresources.ca

Our Ways

Healing Through Traditional Health and Wellness



REGISTER NOW

2021 NATIONAL INDIGENOUS DIABETES VIRTUAL CONFERENCE

November 15-17, 2021

The 2021 National Indigenous Diabetes Virtual Conference brings together Aboriginal Diabetes Initiative (ADI) workers, Indigenous front-line workers, leadership, diabetes prevention workers, diabetes educators, health managers, dietitians, nutritionists, nurses, academics, industry, and government reps from across Turtle Island to learn about and share community-based practices in diabetes prevention and self-management among Indigenous Peoples of Turtle Island.

For more information check out the [CONFERENCE WEBPAGE](#)

FEATURING



**DEMIAN
LAWRECHUCK**

Food Matters Manitoba, Fox Lake Cree Nation



**ELDER MARGARETTA
JAMES**

Mowachaht/Muchalaht First Nation



**MEGAN
KYAK-MONTEITH**

Pond Inlet, Nunavut



DR. KAREN HILL

Six Nations of the Grand River



ROBERT H. LUSTIG

Pediatric Endocrinologist
University of California, San Francisco



ASHLEY BUTLER PH.D.

Pediatrics, Baylor College of
Medicine

REGISTER NOW

www.multisoftevents.com/TapEventsNIDA2021

For Vendor/Exhibitor options please contact:

Sylvia Sentner, *Administrative Coordinator*

t: 204-927-1221

e: coordinator@nada.ca

Conference Coordinator:

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An Event Management Firm

t: 519 445 1794 e: tapresources@tapresources.ca

Our Ways

Healing Through Traditional Health and Wellness

NATIONAL INDIGENOUS DIABETES VIRTUAL CONFERENCE
November 15 - 17 2021

SPONSORSHIP OPTIONS

	Primary Sponsor	Chief Sponsor	Keynote Sponsor	Audio-Visual Sponsor	General Sponsor
Cost	\$5000	\$3000	\$2000	\$1000	\$500
Opportunity to Address Audience	Conference Introduction	Keynote Introduction	Keynote Introduction		
# of free delegates	7	4	3	2	1
Recognition in Conference Program	Y	Y	Y	Y	Y
Scrolling A/V Recognition at Introduction	Y	Y	Y	Y	Y
Logo and Website Link on NIDA Site	Y	Y	Y	Y	Y
Instagram & Facebook Post	Y	Y	Y	Y	Y
Sponsor Donating Item	Y	Y	Y	Y	Y
Free Tradeshow Booth	Y	Y	Y	Y	Y
Branded Breakout Groups and Break Area	Y	Y	Y		
Branded Transition Slides Between Speakers / Session	Y				



Our Ways

Healing Through
Traditional Health and Wellness

2021 NATIONAL INDIGENOUS DIABETES
VIRTUAL CONFERENCE

November 15-17, 2021

DRAFT
—AGENDA—

DAY 1 : November 15, 2021

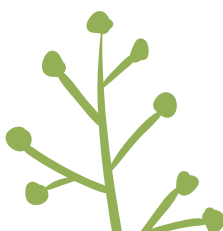


CONFERENCE EMCEE: Lyle Daniels, NIDA Board Chairman

09:00 AM P 10:00 AM M 11:00 AM C 12:00 PM E 01:00 PM A	Drum and Song Keewatin Otchitchak Traditional Women's Drum LaurieAnn Nicholas <i>Tobique First Nation</i> Terry Paskimin <i>Blackstone Singers</i>
09:15 AM P 10:15 AM M 11:15 AM C 12:15 PM E 01:15 PM A	Opening & Ceremony Margaretta James <i>Mowachaht/Muchalaht First Nation</i> Bob Fenton <i>Animkee Wa Zhing #37 First Nation</i>
09:30 AM P 10:30 AM M 11:30 AM C 12:30 PM E 01:30 PM A	Welcome from the National Indigenous Diabetes Association (NIDA) Lyle Daniels <i>George Gordon First Nation</i> Robynne Edgar <i>Co-Chair, NIDA Board of Directors, Métis Nation BC</i>
09:50 AM P 10:50 AM M 11:50 AM C 12:50 PM E 01:50 PM A	Zoom Gathering Housekeeping Tuesday Johnson-MacDonald <i>TAP Resources</i>
10:00 AM P 11:00 AM M 12:00 PM C 01:00 PM E 02:00 PM A	KEYNOTE: <u>The Kidney Warrior</u> Karmen Omeasoo <i>Samson Cree Nation</i>



2



1. THE ROAD HOME

Mike Alexander
Swan Lake First Nation

2. TEE CHA CHITL - GETTING WELL AGAIN, A NUU-CHAH-NULTH TRIBAL COUNCIL DIABETES APPROACH

Rachel Dickens, RD, CDE
Nuu-chah-nulth Tribal Council

3. USHKET 5 KM (MY FIRST 5 KM)

David Gill
Pekuakamiulnuatsh First Nation

4. MÉTIS FOODIES

Falyn Nicholl
Métis Foodies

10:45 AM P
11:45 AM M
12:45 PM C
01:45 PM E
02:45 PM A

Networking Lunch Break

11:15 AM P
12:15 PM M
01:15 PM C
02:15 PM E
03:15 PM A



11:45 AM P
12:45 PM M
01:45 PM C
02:45 PM E
03:45 PM A

1. DIABETES AND EXERCISE

Marisa Cardinal

*National Indigenous Diabetes Association
Saddle Lake Cree Nation*

2. FITNATION

Daniel Young-Mercer

*Indigenous Sport, Physical Activity and Recreation Council
(I-SPARC)*

3. REVIVING INDIGENOUS NORTH AMERICAN & HAUDENOSAUNEE FOOD CULTURE

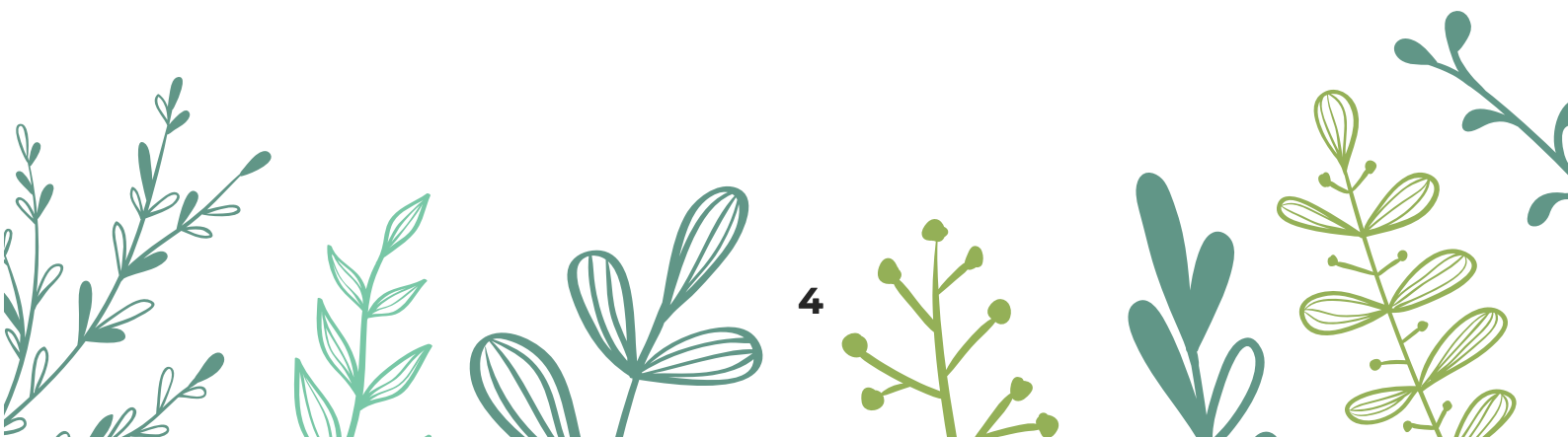
Tawnya Brant

Six Nations of the Grand River Territory

4. THE CONNECTIONS OF LAND-BASED LANGUAGE IN THE CONTEXT OF FOOD FROM AN INDIGENOUS LENS

Byron Beardy

*Garden Hill First Nation
Four Arrows Health Authority*



1. DIABETES CARE IN SADDLE LAKE CREE NATION

Dr. Nicole Cardinal
Saddle Lake Cree Nation

2. RECLAIMING THE TRADITION OF BREASTFEEDING: THE FOUNDATION OF A NATION

Camie Jae Goldhammer, MSW, LICSW, IBCLC
*Sisseton-Wahpeton, Clinical Social Worker and
Lactation Consultant*

3. SOCIAL DETERMINANTS OF MENTAL HEALTH IN DIABETES

Ashley Butler, Ph.D.
Pediatrics, Baylor College of Medicine

4. TEACHINGS IN THE AIR PODCAST

Gerry Oleman
St't'imc Nation

12:15 AM P
01:15 PM M
02:15 PM C
03:15 PM E
04:15 PM A

Break and Energizer

01:15 PM P
02:15 PM M
03:15 PM C
04:15 PM E
05:15 PM A

5

1. ANCESTORS' CHALLENGE

David Gill
Pekuakamiulnuatsh First Nation

2. LAC LA RONGE SMOKING CESSATION

Maggie King
Lac La Ronge Indian Band, Health Services

3. THE KAHNAWAKE SCHOOLS DIABETES PREVENTION PROGRAM (KSDPP) - THE NEXT 25 YEARS

Alex M. McComber & Cougar Kirby, KSDPP

4. THE CONNECTIONS OF LAND-BASED LANGUAGE IN THE CONTEXT OF FOOD FROM AN INDIGENOUS LENS

Byron Beardy
*Garden Hill First Nation
Four Arrows Health Authority*

Elder Reflection

Grandmother Renee Thomas Hill
Haudenosaunee Confederacy of the Grand River Territory

01:30 PM P
02:30 PM M
03:30 PM C
04:30 PM E
05:30 PM A

02:00 PM P
03:00 PM M
04:00 PM C
05:00 PM E
06:00 PM A

02:15 PM P
03:15 PM M
04:15 PM C
05:15 PM E
06:15 PM A

Bingo Networking Activity

03:30 PM P
04:30 PM M
05:30 PM C
06:30 PM E
07:30 PM A

MONDAY NIGHT MOVIE: Gather Introduction by A-dae Romero-Briones

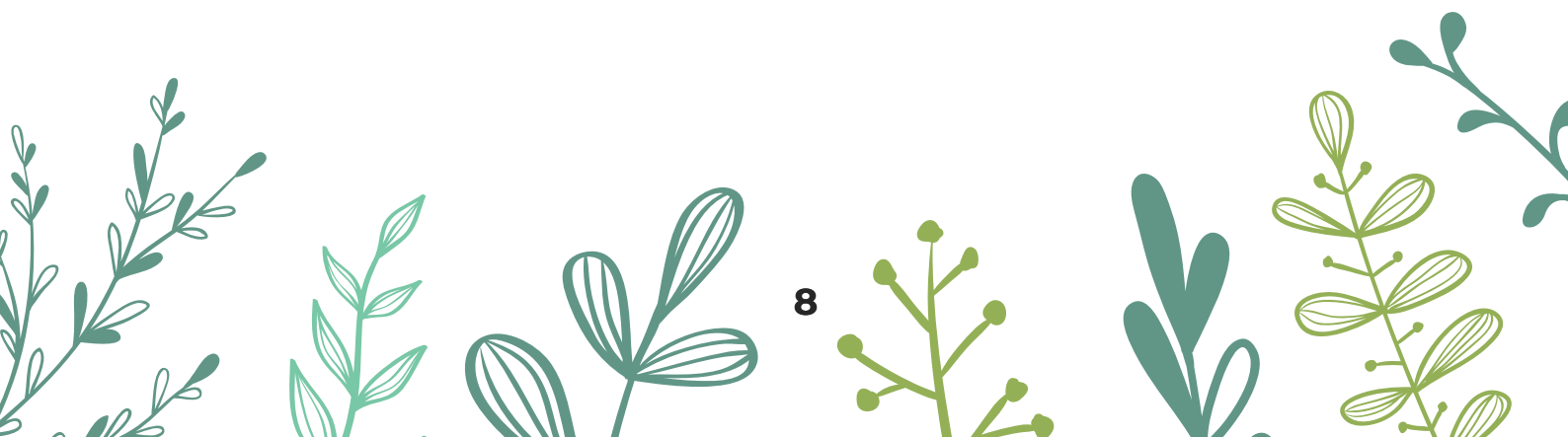
Gather is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide.



DAY 2 : November 16, 2021



09:00 AM P 10:00 AM M 11:00 AM C 12:00 PM E 01:00 PM A	Morning Welcome Margaretta James <i>Mowachaht/Muchalaht First Nation</i> Bob Fenton <i>Animkee Wa Zhing #37 First Nation</i>
09:15 AM P 10:15 AM M 11:15 AM C 12:15 PM E 01:15 PM A	NIDA The Inaugural Caroline Daigneault Diabetes Shkaabe Award Margaretta James Bob Fenton Roslynn Baird Mitch Daigneault
09:30 AM P 10:30 AM M 11:30 AM C 12:30 PM E 01:30 PM A	Zoom Gathering Housekeeping Tuesday Johnson-MacDonald <i>TAP Resources</i>
09:45 AM P 10:45 AM M 11:45 AM C 12:45 PM E 01:45 PM A	KEYNOTE: Is Processed Food 'Food'? Robert H. Lustig <i>Pediatric Endocrinologist, University of California, San Francisco</i>



1. ININIMINOYAWIN

Demian Lawrenchuk
Fox Lake Cree Nation

2. MÉTIS FOODIES

Falyn Nicholl
Métis Foodies

3. CREATING A SWEET COMMUNITY IN THE CITY

Dave Skene
White Owl Native Ancestry Association

4. BLACKFOOT MEDICINE

Treffrey Deerfoot
Blackfoot Medicine Speaks

10:30 AM P
11:30 AM M
12:30 PM C
01:30 PM E
02:30 PM A

Break and Movement

11:00 AM P
12:00 PM M
01:00 PM C
02:00 PM E
03:00 PM A

11:15 AM P
12:15 PM M
01:15 PM C
02:15 PM E
03:15 PM A

1. FITNATION

Amanda de Faye

*Indigenous Sport, Physical Activity and Recreation Council
(I-SPARC)*

2. RESHAPING DIABETES RISK THROUGH PUBLIC POLICIES TARGETING THE FOOD ENVIRONMENT

Laura Schmidt, PhD, MPH

University of California, San Francisco

3. CAN-SOLVE KNOWLEDGE LAND ACKNOWLEDGMENT SERIES

Craig Settee, Helen Robinson-Settee, Mary Beaucage
& Catherine Turner

Can-SOLVE CKD

4. ININIMINOYAWIN

Demian Lawrenchuk

Fox Lake Cree Nation

1. HEALING NATIONS THROUGH OUR GRAND MOTHER'S CEREMONIES

Nadia Houle
Indigenous Birth of Alberta (IBA)

2. DIABETES CARE IN SADDLE LAKE CREE NATION

Dr. Nicole Cardinal
Saddle Lake Health Care Centre

3. YOGA WITH THE INDIGENOUS DIABETES HEALTH CIRCLE

Crystal Bomberly
Indigenous Diabetes Health Circle (IDHC)

4. INDIGENOUS APPROACHES TO HEALTH AND HEALING

Dr. Karen Hill
Six Nations of the Grand River

11:45 AM P
12:45 PM M
01:45 PM C
02:45 PM E
03:45 PM A

12:45 PM P
01:45 PM M
02:45 PM C
03:45 PM E
04:45 PM A

Break and Movement

01:00 PM P
02:00 PM M
03:00 PM C
04:00 PM E
05:00 PM A

Tradeshow

01:30 PM P
02:30 PM M
03:30 PM C
04:30 PM E
05:30 PM A

Elder Reflection

Grandmother Roberta Price

03:30 PM P
04:30 PM M
05:30 PM C
06:30 PM E
07:30 PM A

Musical Performance

Mitch Daigneault

Red Dress Song

Fishing Lake First Nation



DAY 3 : November 17, 2021



09:00 AM P
10:00 AM M
11:00 AM C
12:00 PM E
01:00 PM A

Morning Welcome

Margaretta James

Mowachaht/Muchalaht First Nation

Bob Fenton

Animkee Wa Zhing #37 First Nation

09:15 AM P
10:15 AM M
11:15 AM C
12:15 PM E
01:15 PM A

Zoom Gathering Housekeeping

Tuesday Johnson-MacDonald

TAP Resources

—CONCURRENT SESSIONS—

1. CIHUAPACTLI COLLECTIVE

Maria Carmen Parra Cano

cihuapactlicollective.org

09:30 AM P
10:30 AM M
11:30 AM C
12:30 PM E
01:30 PM A

2. CAN-SOLVE KNOWLEDGE KEEPERS IN RESEARCH VIRTUAL BOOKLET

Craig Settee, Helen Robinson-Settee, Mary Beaucage
& Catherine Turner

Can-SOLVE CKD

3. HOW I TOOK CONTROL OF MY DIABETES

Elder Paul Sam

Ahousaht Nation

4. DIABETES AND EXERCISE

Marisa Cardinal

National Indigenous Diabetes Association

Saddle Lake Cree Nation

10:00 AM P
11:00 AM M
12:00 PM C
01:00 PM E
02:00 PM A

Break and Movement

—CONCURRENT SESSIONS—

1. GITXSAN AEROBICS

Laureen Weget
Lillooet Friendship Centre

10:15 AM P
11:15 AM M
12:15 PM C
01:15 PM E
02:15 PM A

2. THE CURRENT SMOKING SITUATION IN NUNAVIK AND WHAT IS BEING DONE

Victoria Grey & Alain Ishac
Nunavik Regional Board of Health and Social Services

3. CREATING A SWEET COMMUNITY IN THE CITY

Dave Skene
White Owl Native Ancestry Association

4. COMMUNITY-ENGAGED HEALTH PROMOTION RESEARCH

TBA
KSDPP Community Mobilization Training Research Project



1. THE FOOD SOVEREIGNTY SYMPOSIUM & FESTIVAL

Dan Cornelius
Intertribal Agriculture Council

2. INDIGENOUS DIABETES HEALTH CIRCLE'S TRAINING AND CERTIFICATION FOR FRONT LINE WORKERS

Amanda Lipinski & Jessica Pace
Indigenous Diabetes Health Circle (IDHC)

3. NIQIIT: INUIT FOODS

Martha Peet
Traditional Knowledge Keeper/Elder

Megan K Monteith
Artist

4. GITIGAANIKE LOCAL FOODS INITIATIVE

David Manuel
Red Lake Nation

10:45 AM P
11:45 AM M
12:45 PM C
01:45 PM E
02:45 PM A

Break and Movement

11:45 AM P
12:45 PM M
01:45 PM C
02:45 PM E
03:45 PM A

01:00 PM P
02:00 PM M
03:00 PM C
04:00 PM E
05:00 PM A

Tradeshow

01:30 PM P
02:30 PM M
03:30 PM C
04:30 PM E
05:30 PM A

Closing

Margaretta James
Mowachaht/Muchalaht First Nation

Bob Fenton
Animkee Wa Zhing #37 First Nation

01:45 PM P
02:45 PM M
03:45 PM C
04:45 PM E
05:45 PM A

Drum and Song

Keewatin Otchitchak Traditional Women's Drum

LaurieAnn Nicholas
Tobique First Nation

Terry Paskimin
Blackstone Singers



MOBILE FRIENDLY

GAIN INFORMATION ON THE GO

NADA.CA