



# **National Indigenous Diabetes Association**

**Annual Report**  
**FISCAL YEAR 2021**

## **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 2021-2022 (FY21), 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.

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 2021 Board of Directors were:

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

The National Indigenous Diabetes Association Board of Directors (BOD) engaged in a virtual, externally facilitated strategic planning session on January 12-13, 2022. The strategic planning process included review, discussion, and revision (where appropriate) of National Aboriginal Diabetes Association (NADA) Strategic Plan 2016-2021 and identification of new initiatives as the basis of the NIDA Work Plan 2022-2024.

## **VISION**

The National Indigenous Diabetes Association envisions 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 support the promotion of healthy environments to prevent and manage diabetes by working with people, communities, and organizations.

## **OUR VALUES**

- Indigenous Communities & Families are our main focus of what we do.
- Respect of diversity, culture and knowledge of Indigenous people and communities.
- Honour and Validation of experiences, wisdom, history, traditional teachings, knowledge, and cultural differences in building relationships.
- Caring and Sharing in how we engage and connect with Indigenous people, families, and communities in our work.
- Integrity in the way we strive for excellence and quality in our work.
- Unity in representing the best interests of Indigenous people and communities.

## **OUR GOALS**

## **Goal 1: Credible and culturally relevant information and resources**

- Objective 1: NIDA's information/resources primarily available on-line or through social media
- Objective 2: Expand NIDA's information/resources

## **Goal 2: Partnerships and collaboration**

- Objective 1: Establish brand awareness
- Objective 2: Increase number, reach and quality of policies and standards related to healthy environments
- Objective 3: Collaborate and lobby to increase financial support

## **Goal 3: Promotion of Living in a Good Way**

- Objective 1: Promote culturally relevant concepts and wholistic approaches of Indigenous wellbeing
- Objective 2: Increase knowledge, opportunities, and resources that encourage healthy living
- Objective 3: Develop culturally appropriate resources, education, and training opportunities

## **Goal 4: Advocate diabetes and Indigenous peoples as a national health priority**

- Objective 1: Establish NIDA as the voice for people, communities and organization in the prevention and management of diabetes in Indigenous communities
- Objective 2: Continue advocacy at all levels and tables
- Objective 3: Promote education and training

# **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 FY21, NIDA was not able to host any practicum students.

## 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,



**National  
Indigenous  
Diabetes  
Association**

**Association  
nationale  
autochtone  
du diabète**

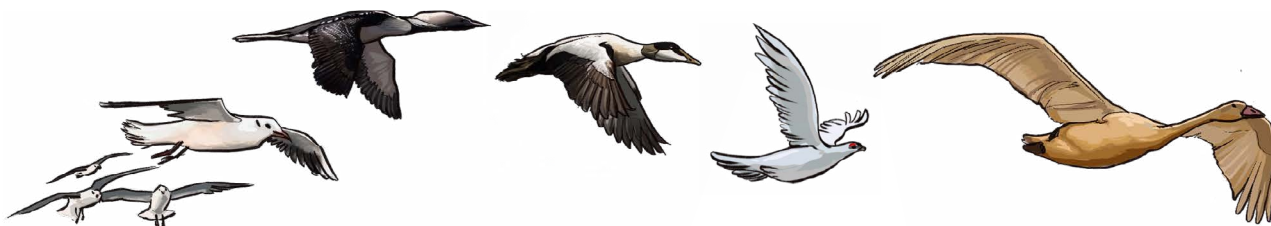


# INUIT NIQIIT

## By Martha Peet

Art by Megan Kyak-Monteith

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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 FY21, NIDA has seen an increase in our social media usage. NIDA has 261 followers on Instagram, 552 followers on Twitter, 2311 followers on Facebook, and an average of 597 visits a day and 11,303 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.

## **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 FY21 include:

- Carbohydrates and Diabetes
- Diabetes and Safety in Ceremony/ Eye Care
- Planting, Harvesting and Cooking Guide
- FitNation Workout Series
- The NUU-CHAH-NUŁTH nuuçaanuł
- Healthy Eating on a Budget Cookbook For Diabetes & Diabetes Prevention
- Non-Nutritive Sweeteners Presentation
- Bimaaji'owin (Way of life) A Time to Harvest Poster
- Episode 2: Camp Style Cooking: Medicine of Nature and Gathering Together
- Christmas and the Holiday Season
- Vegan Gingerbread Recipe
- Snack Ideas for Diabetes
- Making Time for Your Feet
- Linking Indigenous Cultural Sports and Activities to Physical Literacy

## **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 is 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 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.

The inaugural winner of the Caroline Daigneault Diabetes Shkaabe Award, Gail Stup, was awarded the recognition during the 2021 10th biennial national Indigenous diabetes awareness conference.

### **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 booklet 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. The work for the booklet completed in early FY22 and this resource will be published in FY22.

[http://nada.ca/?page\\_id=4137](http://nada.ca/?page_id=4137)

### **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

# INDIGENOUS FOOD SOVEREIGNTY *Bundle*



National  
Indigenous  
Diabetes  
Association

Association  
nationale  
autochtone  
du diabète

EDITED BY TABITHA ROBIN

healing and holding people together.

In FY21 the final touches were added to the ongoing resource and it is expected to be published in FY22.

## **PATHWAY TO WELLNESS**

In FY21 NIDA completed and published Pathway to Wellness booklet. The original Pathway to Wellness series (2005) was a joint initiative with the National Indigenous Diabetes Association (NIDA) and the Canadian Indigenous Nurses Association. This updated edition is the product of a partnership between the National Indigenous Diabetes Association, The Spirit Healthcare Group, the Canadian Association of Optometrists, and the Diabetes Integration Project.

The National Indigenous Diabetes Association, The Spirit Healthcare Group, the Canadian Association of Optometrists, and the Diabetes Integration Project acknowledge and graciously thank all the people who contributed their time and expertise in updating Pathway to Wellness. Special thanks to NIDA Elders Caroline Daigneault and Robert Fenton for sharing about the Medicine Wheel, and Amanda de Faye for her contributions to the physical activity section.

The National Indigenous Diabetes Association, The Spirit Healthcare Group, the Canadian Association of Optometrists, and the Diabetes Integration Project (“we”) offer this handbook as a guide to help people understand what they need to know about diabetes. This handbook is for Indigenous peoples (First Nations, Inuit, and Métis people) who are either living with diabetes or who are hoping to prevent it.

This handbook is partially based on information provided in the Canadian Diabetes Association’s 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada.

[http://nada.ca/?page\\_id=4011](http://nada.ca/?page_id=4011)

## **NIDA 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 FY20 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>

A second episode in partnership with Teachings in the Air was released entitled “Diabetes World” in late FY21, and featured NIDA board members Margaretta James, Mary Beaucage, and Mike Alexander sharing their stories of living with Diabetes and what inspires, helps, and encourages them in their daily lives as board





Photo: Clayton Braşcoupe

# Diabetes

Moneca Sinclair

*"Simply because I am a First Nations woman, I am at a higher risk for kidney disease, diabetes, and many other chronic health issues. I discovered that many people are in denial about their own weight and health. I was one of them."*<sup>1</sup>

The form of diabetes that a large percentage of Indigenous populations in Canada experience is known as diabetes mellitus or type 2 diabetes. In Indigenous communities most people will refer to this diabetes as sugar diabetes. I have heard my dad say to his brothers, "I have diabetes," and everyone in the family understands he has type 2 diabetes. In 1982, when I started university studies, I took a course where we had to trace our family tree, and I found that a high percentage of my relatives had many lifestyle diseases, and most importantly over 50 per cent had type 2 diabetes.

I discovered that not only do Indigenous peoples experience high rates of diabetes but that it is happening in younger age groups than with most non-Indigenous Canadians. According to the Canadian Diabetes Association's (CDA) clinical practice guidelines of 2013, "Most Indigenous populations with high rates of diabetes and where the age of diagnosis is younger have more than likely been subject to colonization."<sup>2</sup> In 2015, the CDA also reported that "there is still a stigma associated with diabetes that prevents Indigenous people from disclosing their

- 1 M. Ferris. (2014, August). Turning fear and denial into positive changes. In *National Aboriginal Diabetes Association* (newsletter), 1–11. Retrieved from [http://nada.ca/wp-content/uploads/2016/pdfs/Newsletters/2014\\_Aug\\_1343.pdf](http://nada.ca/wp-content/uploads/2016/pdfs/Newsletters/2014_Aug_1343.pdf)
- 2 Canadian Diabetes Clinical Practice Guidelines Expert Committee. (2013). Type 2 diabetes in Aboriginal peoples. *Canadian Journal of Diabetes*, 37, S191-S196, [https://www.canadianjournalofdiabetes.com/article/S1499-2671\(13\)00047-6/fulltext](https://www.canadianjournalofdiabetes.com/article/S1499-2671(13)00047-6/fulltext)

members of NIDA and also living every day with diabetes themselves. The episode can be heard at: <https://www.teachingsintheair.ca/podcasts/season-5/diabetes-world>

In early FY22, NIDA launched its own podcast, with NIDA Board Director Marisa Cardinal hosting and interviewing other NIDA Board Directors Mary Beaucage, Mike Alexander, and Robert Fenton. They discuss how they felt when they were diagnosed with type 2 diabetes, what they do to manage their diabetes, their families and diabetes, and what they would share with anyone recently diagnosed. The episode can be heard at: [https://soundcloud.com/user-75942747?fbclid=IwAR1atGSo3LKQkFyPcxwzRGkX4JoSxatS9maG4Ol56WYzyI Pp\\_Dbh47L-Hyg](https://soundcloud.com/user-75942747?fbclid=IwAR1atGSo3LKQkFyPcxwzRGkX4JoSxatS9maG4Ol56WYzyI Pp_Dbh47L-Hyg)

## CONFERENCES AND EVENTS

### NIDA BIENNIAL NATIONAL CONFERENCE 2021

NIDA held its 10th biennial national Indigenous diabetes awareness conference November 15, 16 and 17, 2021, in





# Our Ways

Healing Through  
Traditional Health and Wellness

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2021 NATIONAL INDIGENOUS DIABETES  
VIRTUAL CONFERENCE

November 15-17, 2021

—AGENDA—



a virtual setting on the Zoom platform. 242 attended the event over three days.

The conference featured speakers from all over Turtle Island presenting on a variety of topics such as... Karmen Omeasoo delivering an opening day Keynote about being “The Kidney Warrior” and his journey with kidney disease and diabetes; NIDA current and former Board Directors Mike Alexander, David Gill and Marisa Cardinal all presented on how physical activity can help manage and prevent type 2 diabetes; Chef Tawnya Brant spoke to Reviving Indigenous North American & Haudenosaunee Food Culture; Dr. Nicole Cardinal presented on her model of delivering Diabetes Care in Saddle Lake Cree Nation; Camie Jae Goldhammer spoke to Reclaiming the Tradition of Breastfeeding; Dr. Ashley Butler talked about Social Determinants of Mental Health in Diabetes; Dr. Laura Schmidt presented Reshaping Diabetes Risk Through Public Policies Targeting the Food Environment; Dr. Karen Hill spoke about Indigenous Approaches to Health; and Victoria Grey & Alain Ishac presented on the Current Smoking Situation in Nunavik and the work they are doing to address it.

## **2021 ANNUAL DIABETES CANADA/CSEM PROFESSIONAL CONFERENCE**

NIDA was invited to participate as a member of the 2021 Committee for Indigenous Science and Content for the 2020 Diabetes Canada Virtual Professional Conference, hosted online. NIDA Executive 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 FY21.

## **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.

—CONCURRENT SESSIONS—	
11:15 AM PST 12:15 PM MST 01:15 PM CST 02:15 PM EST 03:15 PM AST	<b>1. FITNATION</b> Amanda de Faye <i>Indigenous Sport, Physical Activity and Recreation Council (I-SPARC)</i>
	<b>2. RESHAPING DIABETES RISK THROUGH PUBLIC POLICIES TARGETING THE FOOD ENVIRONMENT</b> Laura Schmidt, PhD, MPH <i>University of California, San Francisco</i>
	<b>3. CAN-SOLVE KNOWLEDGE LAND ACKNOWLEDGMENT SERIES</b> Craig Settee, Helen Robinson-Settee, Mary Beaucage & Catherine Turner <i>Can-SOLVE CKD</i>
	<b>4. ININIMINOYAWIN</b> Demian Lawrenchuk <i>Fox Lake Cree Nation</i>

—CONCURRENT SESSIONS—	
10:45 AM PST 11:45 AM MST 12:45 PM CST 01:45 PM EST 02:45 PM AST	<b>1. THE FOOD SOVEREIGNTY SYMPOSIUM &amp; FESTIVAL</b> Dan Cornelius <i>Intertribal Agriculture Council</i>
	<b>2. INDIGENOUS DIABETES HEALTH CIRCLE'S TRAINING AND CERTIFICATION FOR FRONT LINE WORKERS</b> Amanda Lipinski & Jessica Pace <i>Indigenous Diabetes Health Circle (IDHC)</i>
	<b>3. NIQIIT: INUIT FOODS</b> Martha Peet <i>Traditional Knowledge Keeper/Elder</i> Megan K Monteith <i>Artist</i>
	<b>4. GITIGAANIKE LOCAL FOODS INITIATIVE</b> David Manuel <i>Red Lake Nation</i>
11:45 AM PST 12:45 PM MST 01:45 PM CST 02:45 PM EST 03:45 PM AST	<b>Break and Movement</b> Crystal Bomberly <i>IDHC</i>

## 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

### NUU-CHAH-NULTH TRIBAL COUNCIL

In FY21, NIDA partnered with NTC on a grant submission to the CIHR Institute of Nutrition, Metabolism and Diabetes Team Grant competition for Diabetes Prevention & Treatment in Indigenous Communities: Letter of Intent. The project, entitled “Tee Cha Chitl (TCC) Getting Well Again Community-Driven Nulth-chah-nulth (NCN) Diabetes Wellness Retreats” was successful.

# Pathway to Wellness

A Handbook for  
Indigenous Peoples  
Living with Diabetes



National  
Indigenous  
Diabetes  
Association

Association  
Nationale  
Autochtone  
Diabète



**SPIRIT**  
HEALTHCARE GROUP

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## DIABETES CANADA

NIDA was invited to participate on Diabetes Canada's Committee for Indigenous Science and Content for the 2021 Diabetes Canada Virtual Professional Conference. The NIDA Executive 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 2022 Diabetes Canada/CSEM Professional Virtual Conference, and continued discussions around Diabetes Canada's Diabetes 360 Strategy.

## NATALIE RIEDIGER, DEPARTMENT OF FOOD AND HUMAN NUTRITIONAL SCIENCES,

## UNIVERSITY OF MANITOBA

Natalie Riediger and National Indigenous Diabetes Association completed a CIHR-funded study titled, "A Call to Action towards Food Equity: measuring gaps in obesity, food security, and diet quality between Canadian Indigenous and non-Indigenous populations, 2015 vs. 2004". The final academic paper from the project was published in early 2022. This paper focused on population-level diet quality among Indigenous and non-Indigenous adults, as measured using the Healthy Eating Index. We utilized dietary data from the 2004 and 2015 Canadian Community Health Surveys to document ongoing disparities in diet quality between off-reserve

Indigenous and non-Indigenous adults, independent of food security. 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. Additionally, infographics were completed by a summer student and were shared in a NIDA newsletter.

Incorporating Indigenous communities and perspectives in the Masters of Applied Human Nutrition program and the nutrition discipline

This work will support the University of Manitoba in integrating Indigenous perspectives and communities in the development of the Masters of Applied Human Nutrition program being developed at the University of Manitoba. This work is being led in partnership with Jeff LaPlante, National Indigenous Diabetes Association (NIDA) and UM, Department of Food and Human Nutritional Sciences, and supported by an Indigenous Initiatives Fund from the University of Manitoba (\$30,000 2020-22). A virtual Gathering was hosted April 27, May 7, and May 14 in 2021, with approximately 50-80 attendees each day. A report was prepared documenting what we heard, and what we found in terms of best practices of integrating Indigenous content in dietetics and health professional curriculum. We developed 27 recommendations for nutrition and dietetic programming that the University of Manitoba Dietetics committee has accepted. In addition, the Gathering served as an important educational event for students, faculty, and Manitoba dietitians.

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 in 3 of the 4 proposed sites, River Heights, Flin Flon, and North End. The pandemic has affected data collection with Island Lake First Nations. Interviews were delayed as a result but restarted in Spring 2022 and expect to be completed in June 2022. Some results have been shared with community partner Fearless R2W, and through newsletter articles with NIDA. A manuscript focused on small business perspectives is under review with Canadian Food Studies. Two Indigenous students were mentored during the 2021-22 fiscal year through this study: Chantal Perchotte and Page Chartrand, who were also included in the Prairie Indigenous Knowledge Exchange Network (PIKE-Net) mentorship program.

## **CANADIAN INSTITUTES OF HEALTH RESEARCH**

NIDA continues to be 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), 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.

## **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. In the summer of 2021, NIDA moved offices to a new location in Winnipeg.

### **WORK PLAN SESSION**

The NIDA Board of Directors met in Winnipeg in the 4th quarter of FY21 for a strategic planning session for 2022 - 2025.

### **NIDA STRATEGIC PLANNING SESSION**

The National Indigenous Diabetes Association Board of Directors (BOD) engaged in a virtual, externally facilitated strategic planning session on January 12-13, 2022. The strategic planning process included review, discussion, and revision (where appropriate) of National Aboriginal Diabetes Association (NADA) Strategic Plan 2016-2021 and identification of new initiatives as the basis of the NIDA Work Plan 2022-2024.

### **NIDA ANNUAL GENERAL ASSEMBLY**

NIDA held its 21th Annual General Assembly on January 13, 2021, virtually, on the Zoom platform.

This AGA enjoyed the attendance of a small percentage of NIDA membership. New members were elected to the Board at this AGA, namely Lorraine McLeod, Mike Alexander, and Mary Beaucage. Changes to the NIDA Board By-Laws were ratified by the Board and membership at this AGA.

### **NIDA STUDENT PLACEMENTS**

During FY21, 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

## INDIGENOUS COMMUNITY OF PRACTICE FOR CANADA'S TOBACCO CONTROL STRATEGY

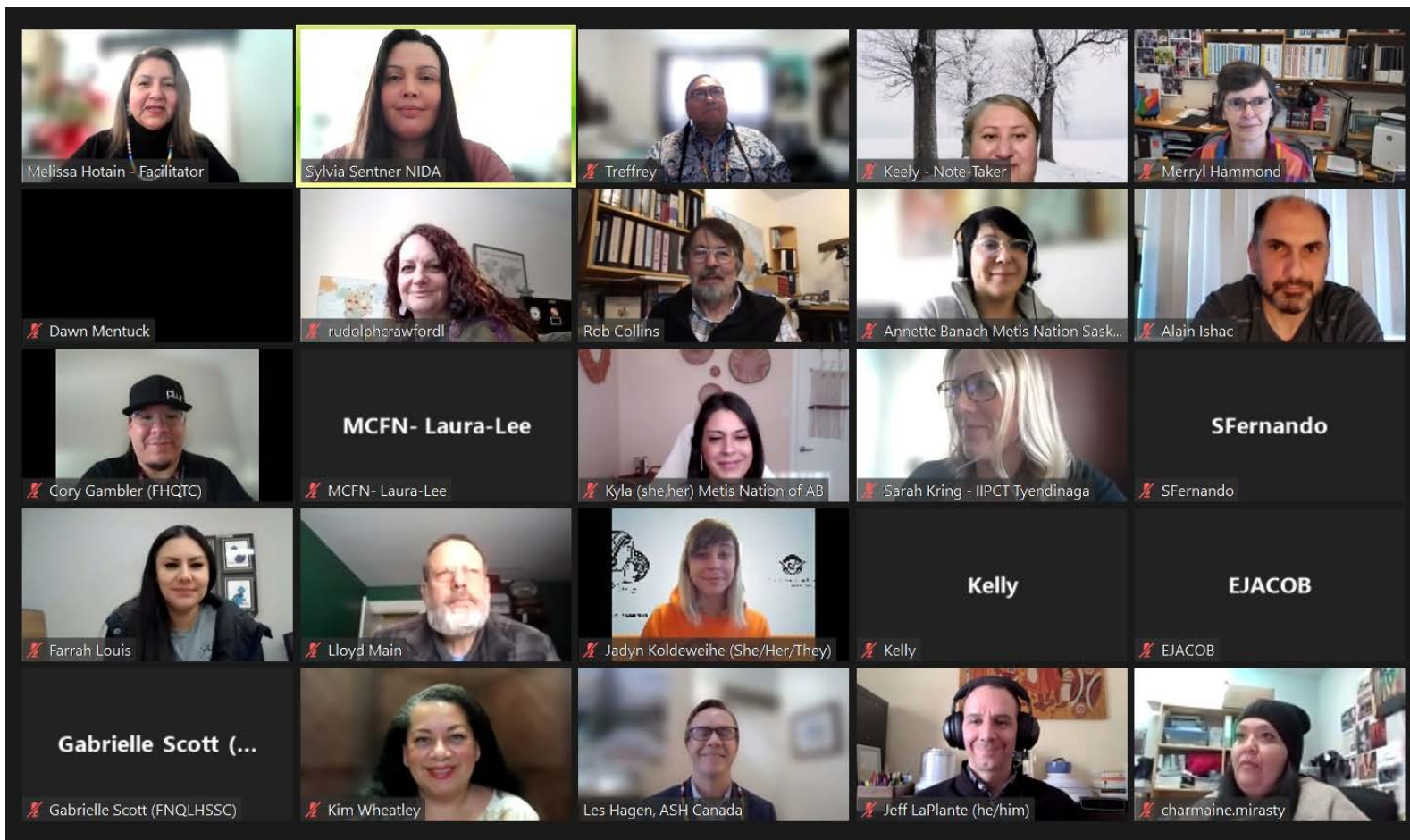
Due to the ongoing COVID-19 pandemic NIDA was not able to host a Face-to-Face Gathering with Community of Practice projects, as had been done in previous years. Instead, in late FY21, NIDA hosted a virtual gathering for the Community of Practice over three Thursdays, February 3, 10, and 17, 2022, and at times accommodating projects across the country and in different time zones.

The Gathering featured tobacco teachings from Blackfoot Knowledge Keeper Treffrey Deerfoot Aissikotoyomahka, Elder Imelda Perley, Elder Kim Wheatley, and – Elder Mabel Horton. 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. The Community witnessed presentations from Merryl Hammond & Rob Collins of the No Butts To It! program at the Cree Board of Health and Social Services of James Bay on COVID-19 and Smoking; a talk about Engaging Elders and Knowledge Keepers to Reduce Commercial Tobacco Use Among Indigenous Youth by Treffrey Deerfoot & Les Hagen with the Sacred Tobacco Collaboration with Alberta Health Services; Commercial Tobacco and Vaping Prevention Wise Practices in Indigenous Communities by Sarah Waters & Angeline Webb with the Sacred Tobacco Collaboration with Alberta Health Services; an Introduction to TEACH Courses and IT'S TIME Toolkit by Megan Barker at the Centre for Addiction and Mental Health; Treffrey Deerfoot & Darrel Melvin from the Sacred Tobacco Collaboration with Alberta Health Services spoke about Improving Access to Sacred Tobacco in Indigenous Communities; Lisa Beedie from Cancer Care Ontario & Alexandra Andric from the Centre for Addiction and Mental Health spoke to a "TEACH IT'S TIME" Toolkit Demo Activity; representatives from the COVID and Smoking Tobacco Control Directorate at Health Canada spoke to Vaping Flavour Regulations; and Nicole Zorotheos & Jennifer Michaud from Heart and Stroke spoke about the HeartSmart Learning Program & SOLVE Online Vaping Awareness Program.

The "[Indigenous Community of Practice of Canada's Tobacco Strategy: 2021 Virtual Gathering Report](#)" 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, 2022**

	Health Canada	Federal Tobacco Control Strategy	2022	2021
<b>Revenues</b>				
Grant revenue				
Health Canada (Note 5)	\$ 200,000	40,000	240,000	240,000
Donations	125	-	125	119
Interest income	482	-	482	1,084
Memberships	350	-	350	195
Other revenue	<u>3,605</u>	<u>-</u>	<u>3,605</u>	<u>13,631</u>
	<u>232,127</u>	<u>40,000</u>	<u>272,127</u>	<u>255,029</u>
<b>Expenses</b>				
Accounting fees	1,656	-	1,656	4,971
Bank charges and interest	731	-	731	289
Conference costs	59,452	-	59,452	5,834
Evaluation	-	4,600	4,600	8,350
Honorarium	19,800	2,000	21,800	1,800
Insurance	2,634	-	2,634	2,495
Office expenses	9,423	86	9,509	7,718
Office occupancy costs	16,875	-	16,875	17,375
Professional fees	8,113	-	8,113	7,587
Program resources	24,295	-	24,295	13,142
Salaries and benefits	145,753	-	145,753	132,820
Telephone	2,629	-	2,629	2,567
Travel	1,443	-	1,443	501
Website	<u>5,500</u>	<u>-</u>	<u>5,500</u>	<u>7,350</u>
	<u>298,304</u>	<u>6,686</u>	<u>304,990</u>	<u>212,799</u>
<b>Excess (deficiency) of revenues over expenses</b>	<u>\$ (66,177)</u>	<u>33,314</u>	<u>(32,863)</u>	<u>42,230</u>