

NATIONAL INDIGENOUS DIABETES ASSOCIATION SPRING 2023 NEWSLETTER



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EXECUTIVE DIRECTOR MESSAGE

Taanishi. (hello in michif)

We hope that spring has brought you spirit of renewal and new beginnings! Please enjoy this edition of the spring NIDA newsletter.

Maarsii. (thank you in michif)



NATIONAL INDIGENOUS DIABETES ASSOCIATION SPRING 2023 NEWSLETTER

Happy Spring from the National Indigenous Diabetes Association Board of Directors and Staff!

This past month has been very busy at the National Indigenous Diabetes Association (NIDA). We were happy to participate in a few different conferences and learning opportunities. We hosted a Face-to-Face Gathering for the Indigenous Community of Practice for Canada's Tobacco Strategy in Victoria, BC and held our NIDA AGA in early March. We are currently planning our 2023 NIDA Conference which will be held in late November. We have also recently released information regarding the Indigenous Engagement for Framework for Diabetes in Canada (please read submission below to learn more).

We would like to sincerely thank our contributors Natalie Riediger, Anne Waugh and Hannah Margoese from the University of Manitoba (UM) along with the NIDA Board of Directors and Staff for the submissions in this newsletter.

Wishing you all a very happy Spring season that brings happiness and peace to you and your loved ones!

All my relations,
Celeste Theriault

Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff



Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff

Mance Granberg Artwork Acknowledgement

The image above represents Indigenous way of knowing in health care in incorporating traditions, respect and harmony within ourselves and all creatures on Mother Earth. It is the artwork of Mance Granberg, a two Spirited Abenaki artisan from Quebec. It has been purchased and shared with permission.

About the artist: Mance gains inspiration from mother earth, and circles because of how there is no beginning and no end, and how we are all infinitely connected. Circle represent creation, Creator, Mother Earth, Grandmother Moon and Grandfather Sun. He is an activist and core organization of Revolution of the Heart: A Ceremonial Action (with others who are activists in the community). He believes in Equity, Inclusion and Diversity and his art reflects that. To access further art by Mance, you can visit his [Facebook page](#).

Reconnaissance de l'œuvre de Mance Granberg

L'image ci-dessus représente la façon autochtone de connaître les soins de santé en incorporant les traditions, le respect et l'harmonie entre nous et toutes les créatures de la Terre mère. Elle est l'œuvre d'art de Mance Granberg, un artisan abénaquis bispirituel du Québec. Elle a été achetée et partagée avec l'autorisation de l'artiste.

À propos de l'artiste : Mance s'inspire de la Terre mère et des cercles, car il n'y a ni début ni fin, et nous sommes tous infiniment liés. Les cercles représentent la création, le Créateur, la Terre mère, Grand-mère Lune et Grand-père Soleil. Il est activiste et membre de l'organisation principale de Revolution of the Heart : A Ceremonial Action (avec d'autres qui sont des activistes dans la communauté). Il croit en l'équité, l'inclusion et la diversité et son art en est le reflet. Pour accéder à d'autres œuvres de Mance, vous pouvez visiter sa [page Facebook](#).

Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff

The National Indigenous Diabetes Association (NIDA) has been contracted by the Public Health Agency of Canada (PHAC) to engage First Nations, Métis, and Inuit in a virtual setting regarding a Framework for Diabetes for Indigenous people in Canada. This initiative is designed to improve health outcomes for Indigenous peoples and Nations across Canada, by identifying key themes and priorities for promoting cultural safety, wellness, addressing health inequities, and enhancing access to healthcare.

As valued partners in this process, we invite you to participate and share your feedback on the proposed framework. You can do so by completing a survey and joining one of our virtual engagement circles, which will be held over the next few weeks. These circles will be facilitated by IDEA Diabetes and will provide a space for sharing your perspectives, insights, and concerns.

Your input will be crucial in shaping the final version of the framework, which will be presented in the form of a report to the Public Health Agency of Canada once the engagements are complete. This report will be posted on our NIDA website once completed. We believe that this framework has the potential to make a real difference in the lives of Indigenous peoples and Nations, and we're committed to ensuring that it reflects your voices, priorities, and aspirations.

We encourage you to share this invitation with other Indigenous organizations, groups, and individuals who might be interested in participating in the engagement process. Together, we can build a stronger, healthier, and more equitable future for all First Nations, Métis, and Inuit in what is known as Canada.

Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff

Indigenous Engagement on a National Diabetes Framework

(le français suit...)

It is time to build and strengthen the vision for the future of diabetes for Indigenous peoples from coast to coast to coast. Every Indigenous person is asked to contribute their ideas, stories, works of art and music to create this future. Coming together in kinship to create a vision for the future based on Indigenous ways of knowing and being is what will make a difference to the diabetes pathway. There are several ways to connect and contribute.

Bill C-237: An Act to establish a national framework for diabetes is the catalyst for this opportunity to capture "the unique interests, circumstances and perspectives of First Nations, Inuit, and Métis, while recognizing the principles of reconciliation and the right to self-determination."

NIDA is the keeper of this engagement process which being guided by an Indigenous Advisors Circle consisting of Indigenous visionary people and changemakers from a wide range of ages, genders, locations, and life experiences, and have hope for the future. Over the last few months, we have come together to determine how to create space for all of us to envision the best possible future and to consider how to reach out to seek ideas and responses to build this vision for a Diabetes Kinship Circle.

Share your voice and help to shape the future of diabetes for Indigenous peoples in Canada. We invite you to complete this survey, which will help form the vision for the great possibilities that will change diabetes outcomes, now and several generations from now, with Indigenous ways of knowing and being and kinship at its foundation. This survey is intended for all people who are Indigenous, including First Nations, Inuit, and Métis peoples and others, from coast to coast to coast in what is known as Canada.

Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff

There are three ways to participate: a survey, engagement sessions, and through art. Find the links below.

We invite all Indigenous people to participate now in three ways:

Complete the Survey

- Open until May 30th, 2023 – Available in English or French
- Share your ideas through a survey and be entered to win a \$25 gift card (100 available)
- Click [here to take the survey_\(English\)](#).
- Click [here to take the survey_\(French\)](#).

Participate in a Virtual Engagement Circle Event

Four dates and times available including:

- May 16, 9:00-10:30 am PST/12-1:30 EST – English Only
- May 16, 1:30-3:00 pm PST/4:30-6:00 pm EST – English with French Translation
- May 18, 10:30am-12:00pm PST/1:30-3:00 EST – English with French Translation
- May 18, 4:00-5:30 pm PST/7:00-8:30 EST – English Only
- Participants in the Virtual Engagement Circle Events will be entered to win an iPad!
- Click [here to register](#)

Share your ideas through stories, art, music and more!

- Not everything can be expressed in words. We invite you to share your vision in creative ways such as stories, art, music and more. Email your ideas to nationalengagement@nada.ca.

Share this opportunity widely with your friends, family, and community!

Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff

Engagement des populations autochtones pour un cadre national sur le diabète
Il est temps d'élaborer et de renforcer la vision de l'avenir du diabète pour les peuples autochtones d'un océan à l'autre. Chaque personne autochtone est invitée à apporter ses idées, ses histoires, ses œuvres d'art et sa musique pour créer cet avenir. Se réunir dans la parenté pour créer une vision de l'avenir fondée sur les modes de savoir et d'être autochtones est ce qui fera une différence dans le parcours du diabète. Il existe plusieurs façons de se connecter et de contribuer.

Le projet de loi C-237 : loi établissant un cadre national sur le diabète est le catalyseur de cette occasion de saisir «les intérêts, les circonstances et les points de vue uniques des Premières Nations, des Inuits et des Métis, tout en reconnaissant les principes de réconciliation et le droit à l'autodétermination.»

NIDA est le gardien de ce processus d'engagement qui est guidé par un cercle de conseillers autochtones composé de personnes autochtones visionnaires et d'acteurs du changement d'un large éventail d'âges, de genres, de lieux et d'expériences de vie, et qui ont de l'espoir pour l'avenir. Au cours des derniers mois, nous nous sommes réunis pour déterminer comment créer un espace pour nous tous afin d'envisager le meilleur avenir possible et de réfléchir à la façon de tendre la main pour rechercher des idées et des réponses afin de construire cette vision d'un cercle de parenté diabétique.

Partagez votre voix et aidez à façonner l'avenir du diabète pour les peuples autochtones au Canada. Nous vous invitons à répondre à ce sondage, qui aidera à former la vision des grandes possibilités qui changeront les résultats du diabète, maintenant et pour plusieurs générations, avec les façons autochtones de savoir, d'être et de parenté à sa base. Cette enquête s'adresse à toutes les personnes autochtones, y compris les Premières Nations, les Inuits, les Métis et d'autres, d'un océan à l'autre dans ce qu'on appelle le Canada.

Indigenous Engagement on a National Diabetes Framework

By: NIDA Board of Directors and Staff

Il y a trois façons de participer : un sondage, des séances de mobilisation et par l'art. Trouvez les liens ci-dessus ou à www.nada.ca.

Nous vous invitons à participer de trois façons :

Répondez au sondage

- Ouvert jusqu'au 30 mai 2023 – disponible en français ou en anglais
- Partagez vos idées par le biais d'un sondage et courez la chance de gagner une carte-cadeau de 25\$ (100 disponibles)
- Cliquez ici pour accéder au sondage (<https://forms.office.com/r/Lhea0aZKEE>).

Participez à un cercle de mobilisation virtuel

quatre dates et heures disponibles, y compris :

- 16 mai, 9h00-10h30 HNP / 12h00-13h30 HNE – Anglais uniquement
- 16 mai, 13h30-15h00 HNP / 4h30-18h00 HNE – Anglais avec traduction française
- 18 mai, 10h30-12h00 HNP / 13h30-15h00 HNE – Anglais avec traduction française
- 18 mai, 16h00-17h30 HNP / 19h00-20h30 HNE – Anglais uniquement
- Les participants aux événements du cercle virtuel d'engagement courront la chance de gagner un iPad!
- [Cliquez ici pour vous inscrire](#)

Partagez vos idées à travers des histoires, de l'art, de la musique et plus encore!

- Tout ne peut pas être exprimé avec des mots. Nous vous invitons à partager votre vision de manière créative telle que des histoires, de l'art, de la musique et plus encore. Envoyez vos idées par courriel à nationalengagement@nada.ca.

Partagez largement cette opportunité avec vos amis, votre famille et votre communauté!

Purchasing habits of sugar sweetened beverages: Results from interviews with adults from Island Lake First Nations

By Hannah Margolese, Anne Waugh, and Natalie Riediger

In partnership with Four Arrows Regional Health Authority, representing Island Lake First Nations, located in northeastern Manitoba, we conducted interviews with adults from July 2021 to July 2022. Participants volunteered from each of the four communities in Island Lake Anishininew Nations: Garden Hill, St. Theresa Point, Wasagmack, and Red Sucker Lake. A total of thirty-nine interviews were completed. With these interviews we sought to explore the acceptability of a sugar-sweetened beverage tax, a policy which has been endorsed by a number of Canadian health organizations, such as Diabetes Canada and Heart and Stroke Foundation, as well the World Health Organization.

Our partners at Four Arrows Regional Health Authority have been involved since the beginning of this study, and specifically led participant recruitment and the interviewing. The interviews were conducted based on a set list of questions and included prompts from the interviewers. Interviews took place both in-person and over the phone, due to changing COVID-19 social distancing orders. Each interview was audio-recorded, and transcribed word-for-word. As part of exploring the acceptability of taxation, we wanted to know how community members purchased sugary drinks, such as pop, energy drinks, juices, or iced tea? Where did community members buy drinks? What influenced their purchasing?

Purchasing habits of sugar sweetened beverages: Results from interviews with adults from Island Lake First Nations

Participants from all four communities discussed similar purchasing habits of sugary drinks. Individual responses differed, likely due to respective life circumstances, but there was not a pattern that suggested distinct patterns in different communities. Overall, participants talked about convenience, social norms, sensitivity to price, and health concerns as influencing their purchasing.

We identified that convenience was a priority for participants when choosing beverages to purchase. Sugary drinks were described as frequently available in Northern stores, compared to fresh products that were both not consistently available for purchase and low quality. One participant also mentioned that sugary drinks were commonly displayed at the front of the store. However, sugary drinks were reported to be most commonly purchased in 'home stores', purchased out of community members homes, because of the convenience. Home stores were described as physically close to access, having long store hours, a wide selection of desirable sugary drinks, and many accepted debit cards, highlighting the many aspects of convenience.

Purchasing sugary drinks was also described as a part of the social norms of the communities. Many of our participants discussed that while growing up, sugary drinks were a commonly purchased product, which led to participants feeling comfortable purchasing sugary drinks without judgement. The lack of judgement reported by participants towards themselves, or directed at others, emphasizes how normal the purchase and consumption of these drinks was for respondents.

Purchasing habits of sugar sweetened beverages: Results from interviews with adults from Island Lake First Nations

In contrast, we found in other interviews conducted in Winnipeg, many people, Indigenous and non-Indigenous, experienced judgement while purchasing sugary drinks 2021_06_NIDA_Newsletter_interactive.pdf (nada.ca)

Notably, several participants spoke of their sensitivity to prices of sugary drinks. All participants described the cost of beverage (and food) products as high and higher than all other areas of the province. As a result, some participants reported that their decision making when purchasing was informed by maximizing the quantity purchased for the price, and shopping at home stores or even off-reserve for better prices. Participants also identified the reason for purchasing sugary drinks more than other fresh food products such as fruits and vegetables was often because in store, sugary drinks were lower in price than other beverages and food products.

Finally, some participants chose not to purchase sugary drinks, and when asked why, demonstrated health concerns. For example, these participants discussed reducing their sugary drink intake because of health concerns of their own, or health concerns coming from others, typically tied to the sugar content of the drinks. Participants with this perspective connected the sugar content of beverages with risk of developing diabetes or being important for managing diabetes, which was identified as a major health concern for the community. One participant spoke about how once they stopped regularly consuming a large number of sugary drinks, they felt their health improved.

Purchasing habits of sugar sweetened beverages: Results from interviews with adults from Island Lake First Nations

Throughout the interviews with adults from Island Lake First Nations, we have identified that purchasing sugary drinks is connected to their convenience and embedded in social norms. Purchasing sugary drinks is also impacted by health-seeking behaviours, and by cost. Health organizations who are recommending an added tax on sugary drinks need to be considering the existing high prices of sugary drinks and other foods in northern and/or remote communities. While First Nations communities have the right to self-determination regarding policies, such as sugary drink taxation, implementation of this tax off-reserve could still impact First Nations individuals living on-reserve who access food off-reserve or purchase beverages from home stores. Therefore, it is essential to consider First Nations perspectives and voices in sugary drinks policy discussions.

PURCHASING SUGAR-SWEETENED BEVERAGES IN ISLAND LAKE FIRST NATIONS



To describe the practices and experiences of purchasing sugar-sweetened beverages (SSB) in the Island Lakes First Nations.

Community Locations

Red Sucker Lake

Garden Hill

St. Theresa Point

Wasagamack

01

Sensitivity to pricing

(In response to why participant chose to purchase SSB at home stores over Northern)

“Because the Northern is so expensive it’s around 3 dollars a can and on the reserve, it’s two dollars or two fifty” Participant 8



02

Convenience and Social norms

(In response to what drinks they purchase)

“Ahh I don’t know Dr. Pepper, Pepsi, Coke... it depends on what’s available in the store cause it’s hardly really any store that’s ah umm that open around here. So I just say any pop that would will be available” quotes - Participant 27

03

Purchasing with health consciousness

(In response to why they changed their purchasing of SSB habits)

“Um mostly like uh through actively trying to change my habits. So like my health was becoming a great concern...um ya know being diabetic so young I didn’t want to speed up the process of any adverse effects that it may cause. Um and honestly like just drinking squugoatreys drinks were making me feel so like yucky ya know, I don’t know how to explain it like your sticky on the inside I don’t know. Um so like when I started drinking more and more water I.. I started feeling better and that’s when it really stuck like I was feeling more positive effects.” Participant 29



University of Manitoba



Four Arrows Regional Health Authority



For questions, contact natalie.riediger@umanitoba.ca

NIDA Board of Directors gathered in-person for the first time since 2019 for the NIDA Annual General Assembly held in Winnipeg, MB March, 02, 2023



NIDA hosted the Indigenous Community of Practice of Canada's Tobacco Strategy face to face gathering in Victoria, BC February 27th-March 1st, 2023.



The National Indigenous Diabetes Association Supports Much Needed Changes to Non-Insured Health Benefits



NATIONAL INDIGENOUS DIABETES ASSOCIATION SUPPORTS MUCH NEEDED CHANGES TO NON-INSURED HEALTH BENEFITS

As of April 25, 2023, the NIHB Program will expand coverage of the continuous glucose monitoring (CGM) systems Dexcom G6, FreeStyle Libre and FreeStyle Libre 2. These devices will be covered as limited use benefits for clients managing diabetes with insulin.

Prior approval is required. Coverage criteria are noted in the Drug Benefit List. NIHB Program continues to provide coverage of diabetes test strips. Clients managing diabetes with insulin can access up to 800 test strips per 100 days.



WWW.NADA.CA

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NIHB Program continues to provide coverage of diabetes test strips. Clients managing diabetes with insulin can access up to 800 test strips per 100 days.

Click [HERE](#) to view our statement.

Improving access to healthy food



A NEW INTAKE OF THE LOCAL FOOD INFRASTRUCTURE FUND IS NOW OPEN

The **Local Food Infrastructure Fund (LFIF)** supports community-led projects that **strengthen food systems and help to facilitate access to safe and nutritious food** for at-risk Canadians. It was created as part of the Government of Canada's Food Policy for a **healthier and more sustainable food system** in Canada.

Through **Budget 2023**, **LFIF** has received an additional \$10 million to **help increase food security in communities across Canada**. The new application intake for this funding provides rapid response grants to **help prevent hunger through investments in infrastructure needs**.

Eligible applicants must be capable of entering into a legally-binding agreement and are:

- Not-for-profit organizations that have been in operation for at least two years as a legal entity;
- Indigenous (First Nation, Metis, and Inuit); or
- Municipalities and Regional Governments.

Eligible projects must be:

- simple infrastructure requests with a targeted and immediate impact to improving access to local and healthy foods for Canadians at risk of food insecurity;
- funding requests between \$15,000 and \$120,000; and,
- completed by March 31, 2024

Applications will be accepted from **May 4 to May 31, 2023**, depending on funding availability.

Learn more or apply.

[Learn more or apply](#)

