



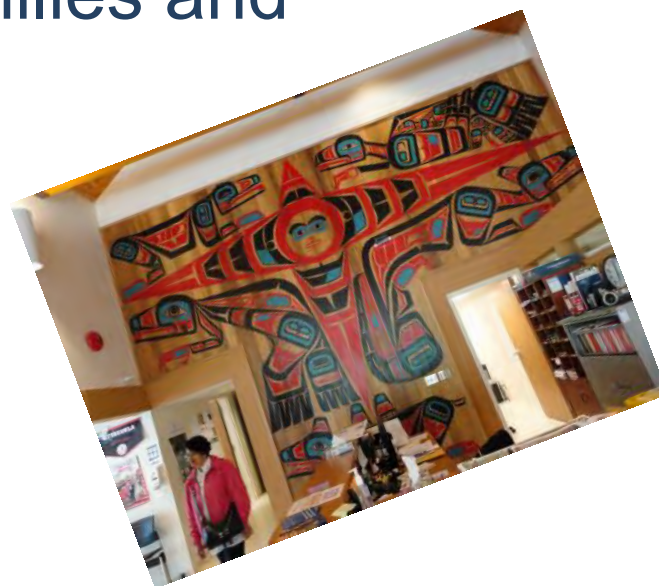
First Nations Health Authority
Health through wellness

“Breaking Out Of The Box” Transforming Healthy Eating Services in the BC First Nations Health Authority

Revitalizing Connections Gathering – Aboriginal
Nutrition Network – Dietitians of Canada
May 13, 2014
Suzanne Johnson, Registered Dietitian



Healthy, self-determining and vibrant
First Nations children, families and
communities





Building the FNHA

Our Vision

*Healthy, self-determining
and vibrant, BC First
Nations children, families
and communities*

Our Values

Respect, Discipline,
Relationships, Culture,
Excellence & Fairness

Our Directives

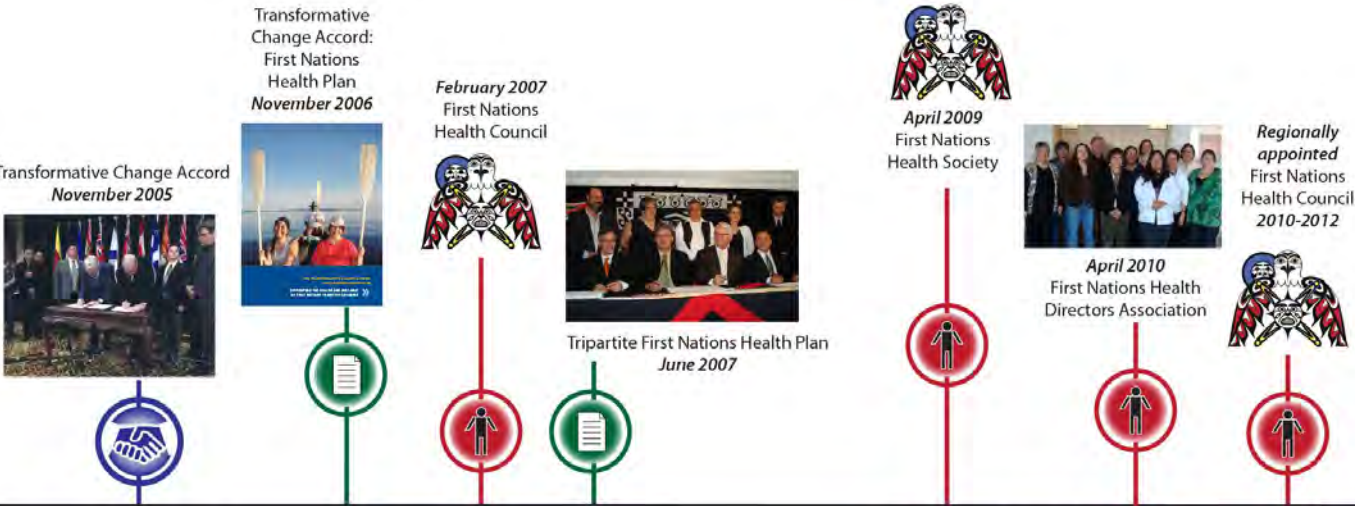
1. Community Driven, Nation Based
2. Increase First Nations Decision-Making
3. Improve Services
4. Foster Meaningful Collaboration and Partnerships
5. Develop Human and Economic Capacity
6. Be without Prejudice to First Nations Interests
7. Function at a High Operational Standard



FNHC TIMELINE
April 2011

Suggested date for new administrative arrangement

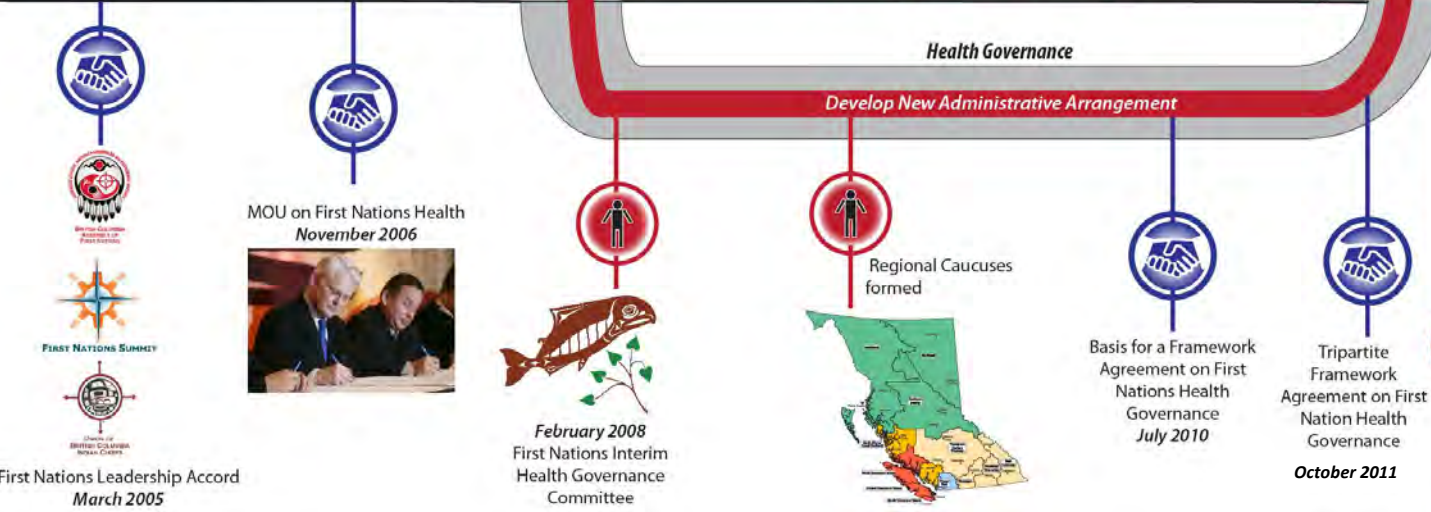
-  **Plan**
-  **Organization**
-  **Agreement**



TRANSFORMATIVE CHANGE ACCORD FIRST NATIONS HEALTH PLAN - Implement 29 Action Items

TRIPARTITE FIRST NATIONS HEALTH PLAN

> Implement new administrative arrangement<



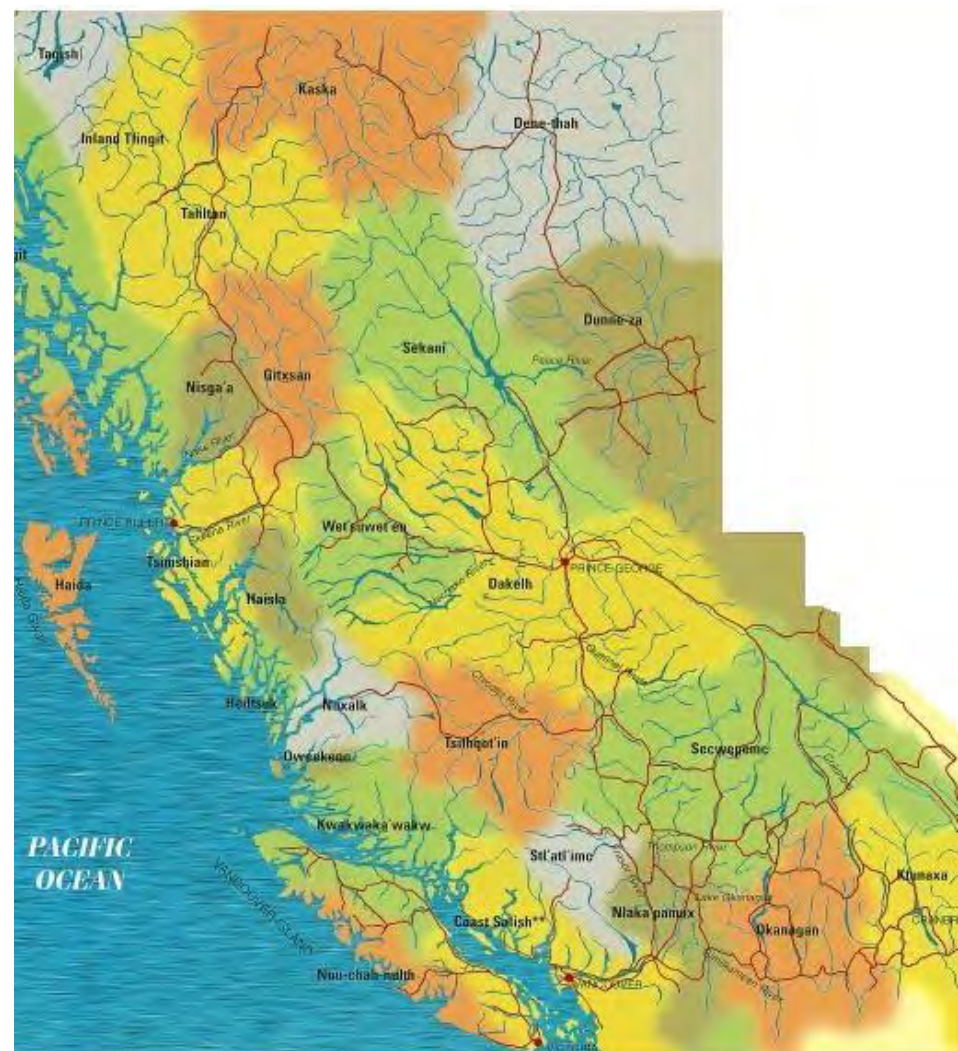
- IMPLEMENT NEW ADMINISTRATIVE ARRANGEMENT**
(based on 4 components)
- First Nations Health Council
 - First Nations Health Directors Association
 - First Nations Health Authority
 - Tripartite Committee on First Nations Health



Who are Aboriginal Peoples in BC

- 155,020 NA Indian
- 69,470 Métis
- 1,570 Inuit
- 203 First Nations communities
- 58.7% of BC's status First Nations population live off-reserve
- 78% of BC's *Aboriginal* population live off-reserve
- We are 5.4% of BC's population of 4,400,057
- Almost 45% of our population is <25 years old
- **We are diverse.**

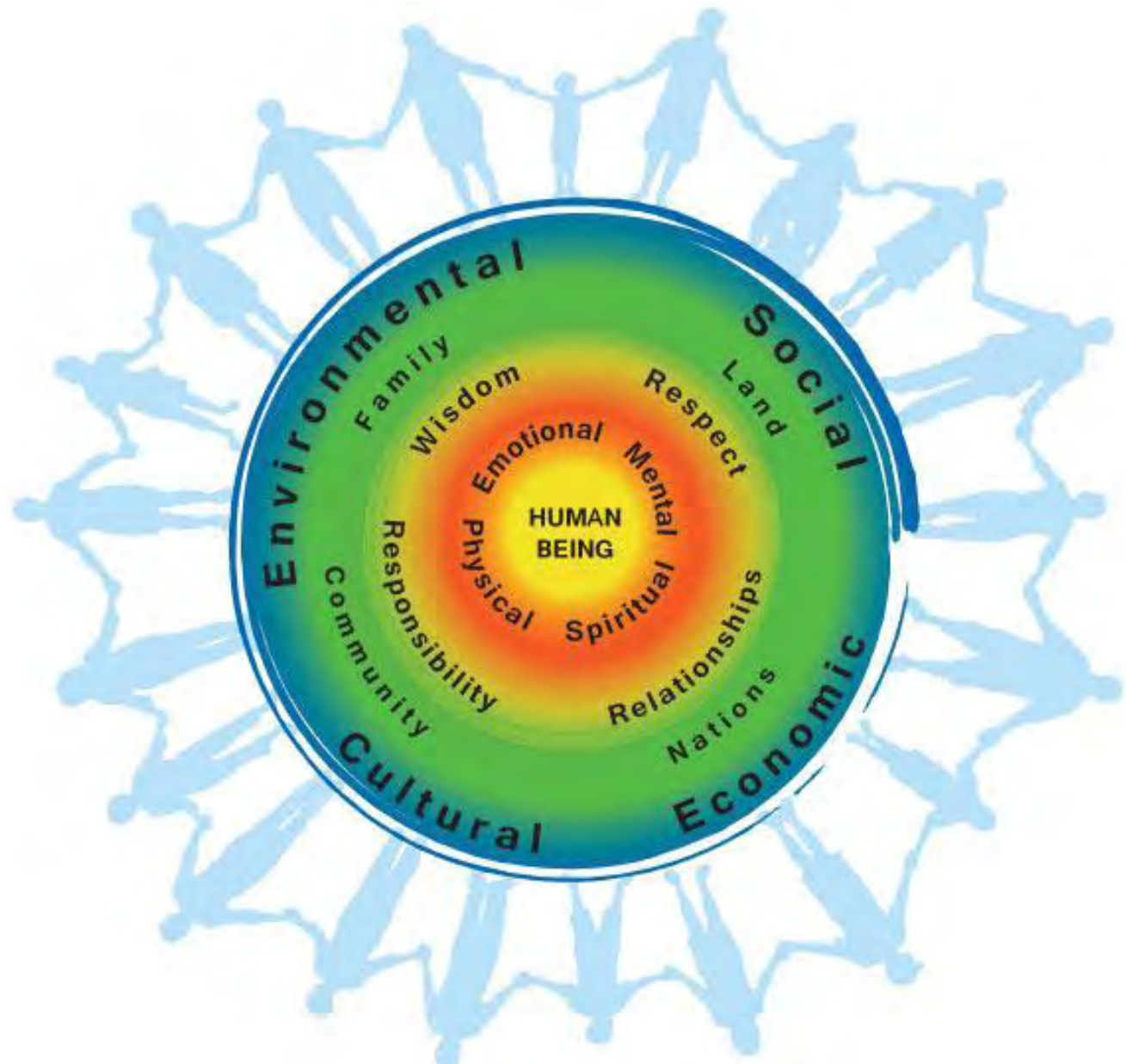
All figures from national 2011 census





First Nations Perspective of Wellness

- A visual expression to the First Nations Perspective on Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.





What do people need to live well with disease?

- Food Security
- Understanding of the impacts of colonization
- Hear the message in a relevant context
- Be supported in including local foods (indigenous foods)
- Have power in your ability to choose



Food Security

- Aboriginal people experience a disproportionate degree of food insecurity.
 - 1 in 3 off-reserve aboriginal households were experiencing food insecurity and just under half of these households were also the homes of children (CCHS, 2004)
 - 1 in 10 Canadian households experience food insecurity (represents 2.7 million Canadians)
- BC First Nations on-reserve
 - 34% working households experience food insecurity
 - 63% of seniors benefits/social assistance recipients experience food insecurity (FNFNES, 2011)



Food Security cont'd

- Negative impacts on food security in First Nations in BC
 - Increasing fuel costs
 - Reductions in boat ownership (associated with the decline of commercial fishing)
 - Pollution
 - Habitat loss and loss of access
 - Decreasing economic opportunities & unemployment
 - Poverty
 - Increased reliance on 'market foods' & rise in food costs
 - High cost of shipping food to remote communities
 - Lack of safe, reliable drinking water

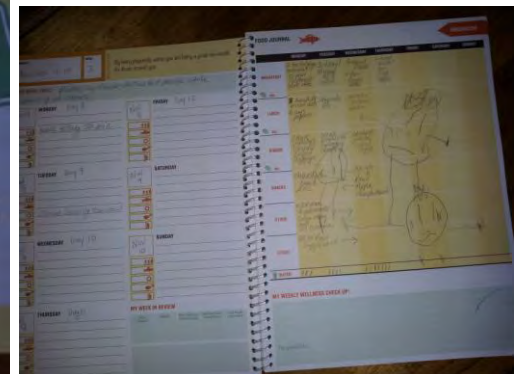
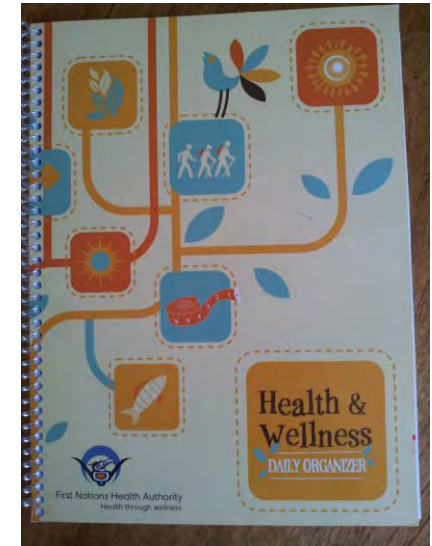
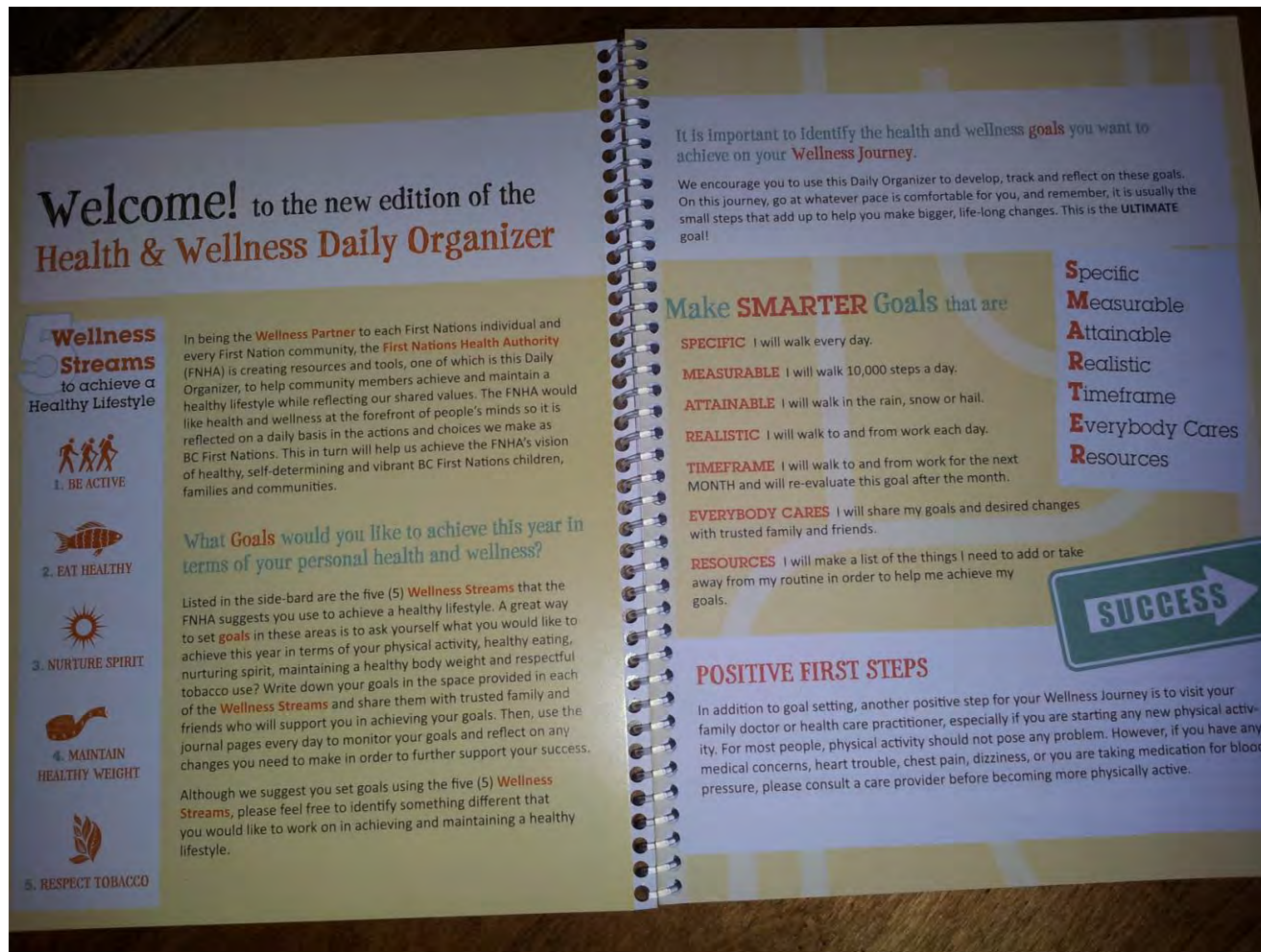


Understanding the impacts of colonization

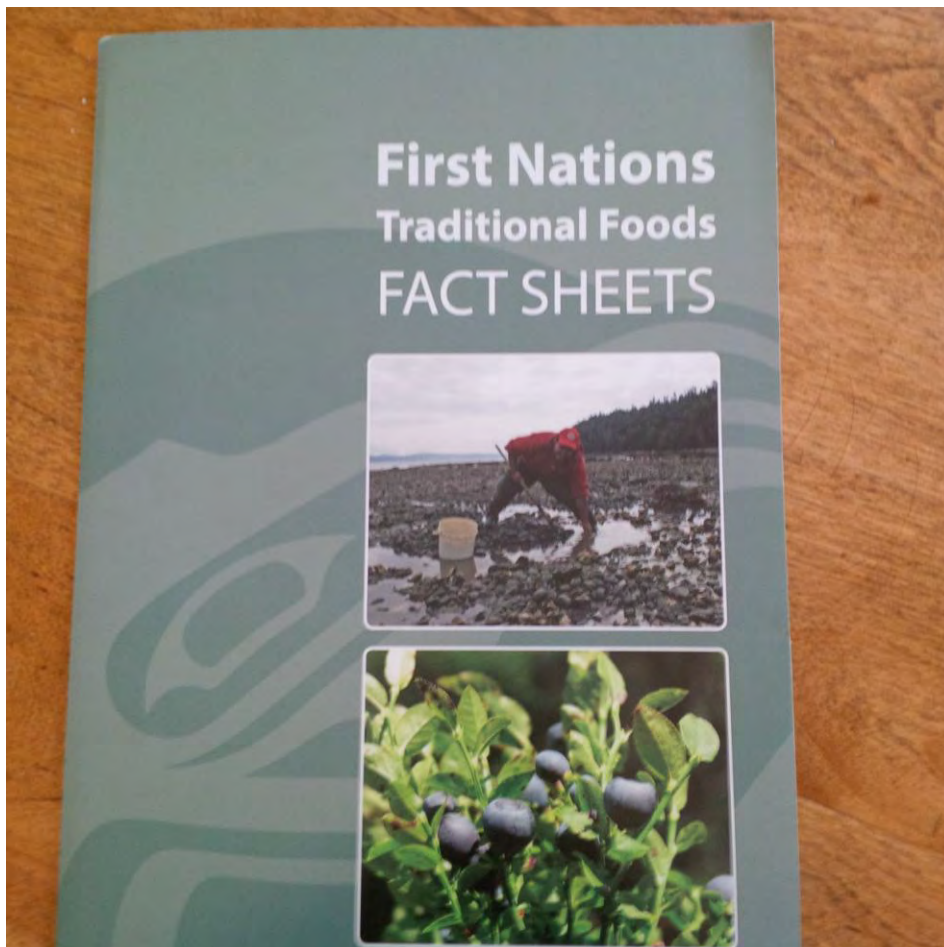
Balance is still possible!



Hear the message in a relevant context



Be supported in including local foods (indigenous foods)





Knowledge Exists in the Community



*“The knowledge is in the community
its for the community
living
And it is
to pass it on
future
generations
Elder”*

Digital Harvest Project

<http://www.youtube.com/watch?v=pwCECJIMBZI>



What is on Today's Table? Setting the table for tomorrow ...





Leading Through Food

1. Build Food Skills
2. Create Healthy Food Environments
3. Advocate for Healthy Eating Policies





1. Build Food Skills

- Food Skills for Families, cooking programs
- Gardening, Harvesting, Canning, and Preserving
- Traditional and Conventional Food Programs





2. Create Healthy Food Environments

- What foods are available in your community?
- Can you create edible environments or orchards?
- Is food accessible?
- Is there a community boat, cold storage, freezer?





2. Create Healthy Food Environments

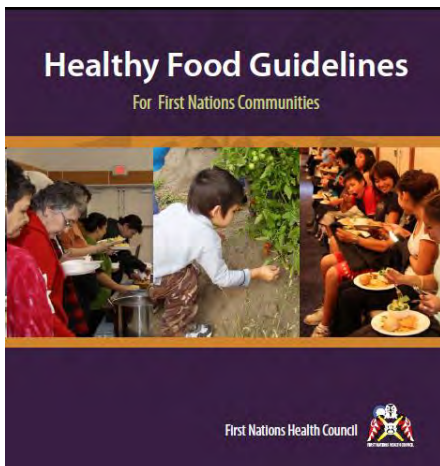
- Breastfeeding
 - The traditional way to feed babies
 - Ways to bring back breastfeeding as the most common way to feed our babies
 - Role modelling to support mothers to breastfeed
 - Teach about breastfeeding in schools





2. Create Healthy Food Environments

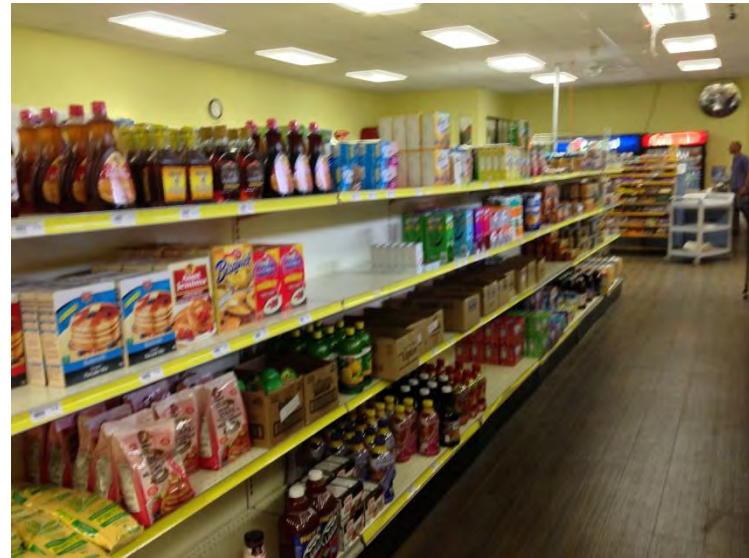
- Setting Healthy Tables
 - Role Modeling
 - What foods are your departments purchasing?
 - FNHA Healthy Food Guidelines
 - Community Meal Planning





3. Advocate For Healthy Eating Policies

- Feasts and community gatherings
- Band/local stores
- Daycares and schools
- Recreation centers





Sharing through the Generations



In every community there is work to be done. In every Nation there are wounds to heal. In every heart, there is the power to do it.

Marianne Williamson



Successful Approaches

- Traditional foods and plants
- Traditional plant gardens
- Hunting camps/ fish camps
- Create opportunity for elder youth / knowledge exchange
- Log Into Life - Disconnect to Reconnect Challenge
- 90 No Pop Challenge
- Healthy Cooking Classes (FSFF)/Produce Preservation
- Traditional Diet Challenge
- Conversation Cards
- Good Food Box, Community garden/orchards
- Healthy Meal Plans



Have power in your ability to choose

- Embedded within the 'Directives' of the FNHA
- Increase opportunities for cultural competence
-  **Indigenous Cultural Competency Training Program**
Provincial Health Services Authority in BC
www.culturalcompetency.ca
- BC Aboriginal Nutrition Network
 - Quarterly calls hosted by the FNHA



FNHA Food/Healthy Eating Strategy

- Broadening the team and team building
 - Core values and guiding principles with respect to food
- Ensure that the work of the Healthy Eating team reflects and aligns with the vision and priorities of the FNHA.
- Set priority activities and objectives for the Healthy Eating area.
- Take the opportunity to address healthy eating in a holistic way that honours our relationships and actively engages everyone.



Let Food be the Medicine





First Nations Health Authority
Health through wellness

Questions & Discussion





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Thank You!

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