"Qanuqtuurniq - Finding the Balance" will bring health information, stories about successful Inuit community health projects and interesting research to TV screens across the northern regions in May 2009.

The television series is an International Polar Year outreach project. It is being co-ordinated by the Inuit Tuttarvingat, the Inuit-specific centre of the National Aboriginal Health Organization. It involves a project team of health promotion experts, researchers, Inuit organizations, community members, and northern broadcasters, as well as several working groups that are helping to develop the content.

The three television programs will be:

- live and interactive through phone and e-mail
- aired in the Inuit language with English captions
- broadcast on APTN North and simultaneously Web-cast on www.niyc.ca
- hosted by an Inuk broadcaster
- featuring a 4-5 member panel of Inuit involved in community-based programs and initiatives related to the three themes: 1) Inuit men's health; 2) Inuit maternity care; and 3) Inuit youth: coping skills and endurance
- a way to share interesting information about Inuit health and wellness
- an opportunity for Inuit to talk to Arctic researchers and ask how research is benefiting Inuit communities.

Episode on Inuit Men's Health: "Angutiili qanuiliqpat? – How are we as men?" > May 11, 2009 8-10 p.m. EST

Inuit men have experienced many changes to their way of life in just two generations. This has sometimes left Inuit men feeling lost and unsure of their place in the family and community. Men need a voice. They have important things to say and contributions to make. Programs and services for men – many created and led by men – are giving them an opportunity to seek help, better understand their needs and strengths, and revive their traditions and culture. In “Angutiilli qanuiliqpat? – How are we as men?”, viewers will see stories of community programs that are helping Inuit men to improve their physical, mental, emotional, and spiritual health.

Episode on Inuit Maternity Care: "Nutaraqtaarniq Nunalingnirmiunut Alianaippuq – Birth, a joyous community event" > May 12, 2009 8-10 p.m. EST

Why focus on good maternity care? Why talk about the role of midwives and maternity care workers?

Because:

- every child deserves the best start possible and that begins with good pre-natal care
- good maternity care contributes to the health of the whole family because mothers and babies are healthier
- when pregnant Inuit women and their families are cared for by Inuit maternity care workers and Inuit midwives, their care is delivered in their own language and is respectful of Inuit culture and values
- having Inuit midwives and maternity care workers in the community keeps Inuit traditions of birthing alive!

Episode on Inuit Youth, Coping Skills and Endurance: " Makkuktuuvunga, Upimmavunga – I am young, and I am proud" > May 13, 2009, 8-10 p.m. EST

Many things are being done at the community level – often by youth themselves – to help young people cope with and overcome difficult times in their lives.“Makkuktuuvunga, Upimmavunga – I am young, and I am proud” will get youth talking about how they deal with problems, face challenges, and move forward. The episode will also share some stories of promising programs and activities that are making a difference in the lives of Inuit youth. It will provide suggestions for how families and communities can support youth, build self-esteem and give them hope.

www.naho.ca/inuit/e/TVseries/