



NAHO Bulletin

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NAHO continues to break new ground with release of second *Journal of Aboriginal Health*

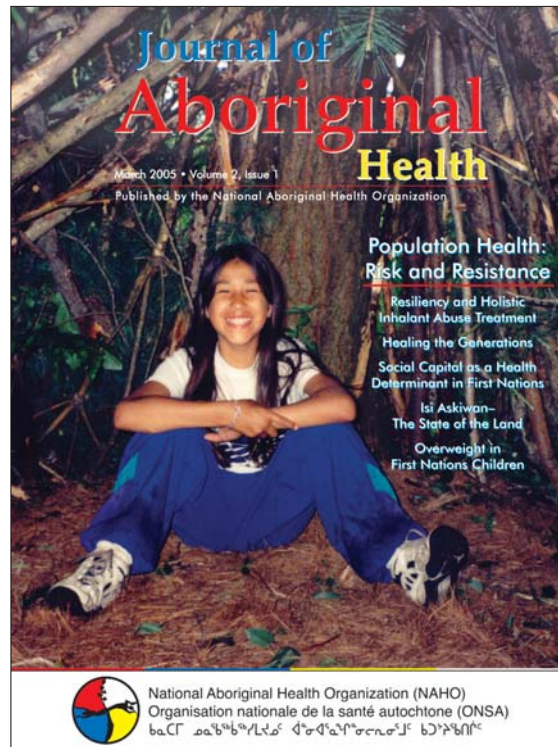
By Paul Michna

Eighty-eight pages. Seven ground-breaking research papers. Sixteen researchers and authors of Aboriginal health. One knowledgeable guest editor with first-hand experience in Aboriginal population health research.

This all adds up to the second issue of the *Journal of Aboriginal Health*, which was released and distributed in March by the National Aboriginal Health Organization (NAHO).

By the time readers have travelled from cover to cover of the *Journal*, they will have gained an understanding of the population health issues facing Aboriginal people in Canada today. The *Journal* is delivered to Aboriginal communities, health centres, front-line health workers, and Aboriginal and non-Aboriginal health researchers.

Kim Scott, of Kisk Anaquot Health Research, is the guest editor of the second issue. The focus of this issue is Population Health: Risk and Resistance.



right direction. Giving communities the tools and the knowledge helps them take steps towards improving and empowering the decisions that affect their health.”

NAHO created the *Journal of Aboriginal Health* to fill a void in the availability and accessibility of health information and Aboriginal health research results, added Downey.

“The *Journal of Aboriginal Health* provides opportunities for Aboriginal researchers and authors to have their Aboriginal health research printed in a peer reviewed journal,” she said. “Building networks and partnerships through the *Journal* will help improve health care standards and, ultimately, Aboriginal health.”

The *Journal's* main audience is Aboriginal community members, including traditional healers; Aboriginal health care practitioners and practitioners in health care for Aboriginal people; and Aboriginal health organizations. Other readers will include Aboriginal community, tribal, treaty, and national political organizations; Aboriginal health scholars and researchers; and people who influence and determine Aboriginal health research and policy affecting Aboriginal peoples.

Of course, what's between the covers of the *Journal* is just as important as the mission of delivering this information. Like the ground-breaking first issue, the second issue of the *Journal* offers readers a series of articles that tackle a wide variety of issues. For example, one article, *Healing the Generations: Post-Traumatic Stress and the Health Status of Aboriginal Populations in Canada*,

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The *Journal* provides Aboriginal and non-Aboriginal communities with a unique tool. The *Journal* offers a specific focus on First Nations, Métis, and Inuit health research and information. While some academic and research publications in Canada touch on Aboriginal health issues, it is important to provide communities with a comprehensive source of information. And that, said NAHO Executive Director Bernice Downey, is where the *Journal* steps in to play a crucial role.

“One of the main goals we have for the *Journal* is to provide a forum for the dynamic people concerned with, and impacted by, Aboriginal health issues,” Downey said. “The success of our first issue indicates that we're moving in the

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NAHO focuses on knowledge translation

By Colleen Toulouse

Working with a vision to carry out knowledge-based strategies to influence and advance the health and well-being of Aboriginal Peoples, the National Aboriginal Health Organization (NAHO) has activities deep-rooted in knowledge translation and transfer.

NAHO Executive Director Bernice Downey made a presentation at a recent knowledge translation stakeholders meeting with the Canadian Institutes of Health Research-Institute of Aboriginal Peoples' Health (CIHR-IAPH). Downey explained why knowledge translation and transfer is important. Changing the approach to health research creates

opportunities to make significant contributions towards the health outcomes of First Nations, Inuit, and Métis peoples.

NAHO is one of the partners involved in a knowledge translation project with Dr. Janet Smylie and various First Nations, Inuit, and Métis communities. The First Nations, Ajunnginiq (Inuit), and Métis Centres at NAHO have contributed to the development of the project.

The knowledge translation project includes various community research projects based on topics the communities have identified and prioritized. Respect for traditional knowledge and practices will be given through the new knowledge frameworks and its translation of western scientific knowledge into the frameworks. The outcomes will be improved health for Aboriginal communities and more

effective services and products.

"This work is so important. All too often, Aboriginal health policies, programs, and services are designed, developed and delivered with minimal participation of Aboriginal peoples," said Downey. "The wisdom, realities, experiences and knowledge of First Nations, Inuit, and Métis are also often omitted. Those developing health policy do so from afar, beyond the reach of Aboriginal peoples and their ability to direct and influence these processes."

In the process of generating knowledge on the health of Aboriginal people and translating that knowledge into policies, programs, and services for First Nations, Inuit, and Métis populations, Downey said those developing health policy have viewed Aboriginal people as
The Journal and OCAP continued on page 8



NAHO Bulletin

The National Aboriginal Health Organization, an Aboriginal designed and controlled body, will influence and advance the health and well-being of Aboriginal Peoples through carrying out knowledge-based strategies.

The *NAHO Bulletin* is an electronic publication produced monthly to provide readers with an update of the activities of NAHO and its First Nations, Inuit, and Métis Centres.

If you have any questions or comments about NAHO or its publications, including having this and other publications sent directly to you, please contact us at:

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Les versions françaises de cette publication sont disponibles sur demande.

NAHO releases second *Journal*

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explores the impact of colonization and the loss of culture of Aboriginal people, and the social context that is created for what have been considered, historically and wrongfully, cultural deficits and character flaws. Authors Terry L. Mitchell and Dawn T. Maracle analyze the unacceptable health inequalities between Aboriginal and non-Aboriginal people in Canada in light of the historical trauma experienced by Aboriginal people. They urge greater balance between services that not only focus on the physical realm, but also on other dimensions of well-being, including cultural, mental, and social aspects.

Another paper in the new issue of the *Journal*, *Overweight in First Nations Children: Prevalence, Implications, and Solutions* by Noreen D. Willows, provides an example of the disruption between Aboriginal people and the lands they belong to by examining their dietary options and activity levels. Current evidence suggests that Aboriginal youth have a high rate of overweight and obesity. Childhood obesity is associated with health problems including type 2 diabetes, high blood pressure, joint problems, gallstones, and breathing problems when sleeping.

Considering the high rate of type 2 diabetes in Aboriginal communities, the health risks associated with obesity in childhood may be high for Aboriginal children as well. What is needed, according to the paper, is the development of programs to prevent obesity in children in Aboriginal communities and the development of community-based research to better understand the biological, community, cultural, and social contributions to obesity in children.

Scott wanted the *Journal* to focus on what can be done to reduce risk and improve resistance given what is known about the relationship between health determinants and health status. Scott worked to ensure that all the *Journal's* papers were grounded in a community voice and perspective.

The third issues of the *Journal* will focus on the health of urban Aboriginal people. David Newhouse, of Trent University's Department of Native Studies, is the guest editor for this issue. NAHO expects to release it later this year.

To request a subscription to the *Journal of Aboriginal Health*, visit NAHO online at <http://www.naho.ca>, e-mail: journal@naho.ca, or call toll-free 1-877-602-4445.



Centre joins in Arctic climate change talks

By Denise Rideout

The Ajungginic Centre participated in a two-day Inuit-specific session on the environment as a follow-up to the Canada-Aboriginal Peoples Roundtable held last spring. The session gathered more than 100 participants from Inuit organizations, climate change specialists, and federal government departments including the Minister of Indian and Northern Affairs, Andy Scott.

Inuit Tapiriit Kanatami (ITK), the national Inuit organization, held the session in Ottawa, March 9 to 10, to look at how changes in the environment are directly affecting the health and lifestyle of Inuit in the Arctic.

"The Ajungginic Centre was delighted that ITK invited us to participate," said Ajungginic Centre Director Tracy O'Hearn. "We have worked with ITK on several climate change projects. The Centre was glad to contribute to the discussions on this critical issue."

The Ajungginic Centre has several projects focusing on climate and environmental change. Working with ITK and the Nasivvik Centre for Inuit Health and Changing Environments, the Ajungginic Centre has travelled to communities to gather Inuit observations on how the climate and environment has been changing—and how Inuit have learned to adapt to these changes.

Since the Roundtable, the federal government has held sessions on various Aboriginal themes such as health, housing, and economic development. But all along, Inuit leaders pushed for the theme environment that would address the



Photo by Mark Buell

Elders attending the workshop in Repulse Bay, Nunavut, take a look at the poster for the project Unikkaaqatigiit—Putting The Human Face on Climate Change.

pressing issue of the Arctic environment. According to an ITK press release, ITK President Jose Kusugak commended the Prime Minister for holding the follow-up sectorial sessions and asked for an Inuit-specific session on environment because of its importance to Inuit. The federal government agreed.

Throughout the two days, experts discussed changes in the Arctic climate and environment, how climate change is being addressed, how to manage the environment, and new ideas and solutions to improve the quality of life for Inuit.

Climate change is a major focus—and point of concern—in the Arctic. In November 2004, an international report, *The Arctic Climate Impact Assessment*, was released. Its findings say there will be noticeable changes in the Arctic environment over the next 100 years. Animals, land, weather, sea ice, and human health will be affected to varying degrees.

"Inuit are already feeling the affects of changes in the climate and environment in

the Arctic," said Mark Buell, an Ajungginic Centre policy analyst whose work focuses on climate change and its impacts on Inuit health. "Inuit live on the land. Their environment is an important part of their livelihood. When the environment changes, Inuit health is directly affected."

Still in progress, the Ajungginic Centre and its partners ITK and the Nasivvik Centre for Inuit Health and Changing Environments are working on a joint project called *Unikkaaqatigiit—Putting The Human Face on Climate Change*. It will be a major report on how climate change is affecting communities in

Nunavut, Labrador, Nunavik, and the Inuvialuit Settlement Region. Through community workshops, the project is gathering information on how Inuit are adapting to the changes in their environment.

In March, Buell and representatives from ITK and Nasivvik completed the final two *Unikkaaqatigiit—Putting The Human Face on Climate Change* community workshops. They travelled to Repulse Bay, in central Nunavut, and then to Kugaaruk, in western Nunavut.

"The Elders and hunters in these communities provided us with such rich information," Buell said. "They gave us real-life examples of how the climate and the environmental is changing in the North. They shared information about ways they are learning to cope with these changes."

Later this year, a report from the workshops in the four regions will be released. Project poster and presentation on *Unikkaaqatigiit—Putting The Human Face on Climate Change*, is available at <http://www.naho.ca/inuit/english/publications.php>



Health takes centre stage at Métis National Youth Conference

By Trish Logan

The winter air was predictably ice-cold on the corner of Winnipeg's Portage and Main, the site for the Eighth Annual Métis National Youth Conference, held March 11 to 13. But the bone-chilling temperature did nothing to sap the energy and enthusiasm of the more than 100 youth, ages 15 to 29, who attended from across Canada.

This year's theme was Health and Careers for Métis Youth. The all-youth conference organizing committee decided on the theme and developed an agenda on topics that are important to Métis youth.

"We had a conversation about what the actual meaning of health was," said the Métis National Council's (MNC's) Kris Gladue, one of the youth organizers. "It was a holistic approach. We tried to address things like mental wellness, spiritual wellness. . . (and) promoting community wellness."

The Métis Centre's Tricia Logan, Community Liaison Officer, and Michael Fisher, Research and Policy Officer, delivered a workshop entitled From Rubabou to GMO Stew: A Closer Look at What's on Your Plate. It explored the complex relationship between changing diets, food security, contaminants in traditional foods, and the overall health and wellness of Métis communities.

Gladue said the organizers wanted to include a variety of workshops to give participants a better understanding of a holistic view of health. Topics included the Michif language, traditional concepts of health, residential schools, diabetes, fetal alcohol spectrum disorder, and non-traditional tobacco use.

Fisher delivered a keynote address



Photo by Trish Logan
Jason Gobeil, Manitoba delegate, takes in workshops to gather information.

titled *It's Not Just Doctors and Nurses: Métis Perspectives on Health and Wellness*. In it, he outlined the Métis Centre's holistic approach to health, a balance of physical, mental, emotional, and spiritual elements. He noted that cultural identity could be considered a health indicator. While it was obvious to conference participants that Métis youth have a strong sense of who they are, Métis youth are the least likely to speak an Aboriginal language than their Aboriginal peers, according to Statistics Canada.

Fisher encouraged participants to explore all aspects of their culture and to visit "the old people in your community . . . (and to) find out about the traditional concepts of health in your community."

The conference also featured the 2005 National Métis Youth Role Model Awards Banquet. Each year, Métis youth are recognized and honoured for their achievements in different categories such as Métis Culture and Heritage, Athletic

Excellence, and Academic Achievement. The Role Models are invited to community, regional, and national meetings and celebrations to share their stories to encourage other youth to achieve their goals.

Recipients were honoured in a lively atmosphere, entertained by Métis music and dance throughout the evening. The event was a reminder that each of the conference delegates, in addition to the award winners, are role models and that there was a reason they were chosen to represent their community and province.

"The reason I came to this conference and attended the workshops is because it (provides) important information that is going to help my community, my (Métis) locals," said Jason Gobeil, a youth worker from Brandon, Man. A local is the basic unit of organization in Métis communities, be they urban or rural. Gobeil added, "I think to get anywhere, to give service on health issues, you have to be knowledgeable about it. That's the biggest thing, educating myself first."

Several conference delegates recognized that even though they were not in, or considering, a health career specifically, the work they are and will be doing in their communities is aimed at improving the health of their communities. Education interests at the conference ranged from law to neurosurgery. What joined each of the regions and range of interests was the intertwined concept of what Métis health is and what it means to them.

For more information on Métis National Youth Advisory Council and the National Métis Youth Role Model Program, please visit the MNC website at <http://www.mnc.ca>

Gold medallist speed skater brings experience back to community

By Colleen Toulouse

Speed skating has taken 19-year-old Chris Gruben to more places than just the ice track. He has travelled all over Canada to train and compete.

And now as a National Aboriginal Role Model, Chris will continue to travel to Aboriginal communities and share his experiences.

Nominated by his friends and sister, Chris, an Inuvialuk from Inuvik, NWT, was surprised when he was selected as one of the 12 Role Models for the National Aboriginal Role Model Program (NARMP) 2004-2005.

He said he hopes to inspire Aboriginal youth to lead a healthy lifestyle.

"If (you are) already living a healthy life, keep it up," Chris said. "Don't stop respecting yourself and your body. Some benefits of a healthy life are having a healthy body and hopefully you are happy."

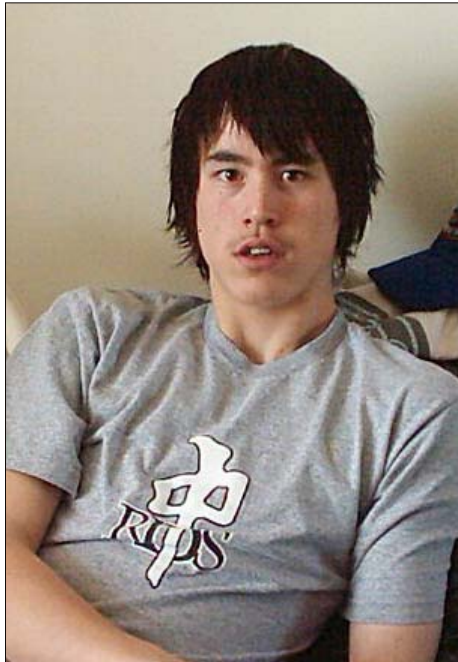
Chris started speed skating when he joined the local speed skating club to improve his skating skills for hockey, which he still plays. At first, he said, speed skating was hard. One challenge was that speed skates have a longer blade than hockey skates. The boot is also lower. "I kept falling, but I kept with it."

Chris looked up to an older speed skater as his role model. "I used to think he was the fastest skater until I started winning races," he said.

When he starting training with his role model, Chris pushed himself to do better and to win. "If it wasn't for him, I wouldn't be this far. I don't think I would have known my full potential."

Inuvik has a population of about 3,000. Because there is only one ice rink, on-ice practices are hard to come by because everyone uses it. While training with the local club, Chris used to train for one hour, twice a week. He did more on-land training such as running, cross-country skiing, and weight lifting.

He eventually left his home community, family, and friends and travelled more than 700 km to train in Yellowknife, NWT. It was hard for him to be away from his family and home, but with longer skating



Chris Gruben, an Inuvialuk from NWT, is one of the 12 National Role Models for 2004-2005.

practices, Chris felt natural being on the ice.

Chris competed at the past two Arctic Winter Games (AWG) for Team NWT. The AWG is a circumpolar sport competition for athletes and coaches from Canada North, Greenland, Sweden, Norway, Finland, Russia, and Alaska.

He won a total of six medals (one gold, one silver, and four bronze). He was the only Inuvialuk and the only person outside of Yellowknife to make the team.

"My medals can be an inspiration to young speed skaters. I can show them what I have done and accomplished," he said. "Being a role model. . . the point is going out and talking to kids."

The 2003 Canada Winter Games in Campbellton and Bathurst, N.B. was another memorable experience for Chris. He ranked 37 out of 61.

The Games had all 13 Canadian provinces and territories compete in 21 sports.

"Thousands of fans are watching the race. You get on the ice and your adrenalin is pumping. Some people have rituals when they go on the ice. One of my teammates would go and touch all the red, blue lines

or circles. You do what you do," he said with a big smile.

Chris credits his healthy eating, exercising, and good nights of rest for being able to perform at a high level of competition in speed skating.

"For speed skating, you have to be mentally and physically prepared. I try to keep my head in the game and keep cool."

For every competition he skated in, Chris gained knowledge to help him become a experienced speed skating coach for the juvenile division. He feels coaching back in his community is a good thing instead of staying at home wasting a day doing nothing.

"I was sent somewhere else to train, I have experience, and I can teach the children here in Inuvik," he said.

Chris shares *Taimarnak*, or "don't give up," with young skaters. It is something his grandmother taught him. She also told him to stick to his dreams. He described his grandmother as a happy person—the one who makes other people happy. She went through a lot, experiencing family members committing suicide, but she always came out on top, he said.

Chris believes what his grandmother taught him. He has fallen during competition. But he got back up and continued racing. "Stop racing would be the easy way. I like to think I still have a chance until the race is done," he said. "In one 10-lap race, I didn't quit when I fell. Other people fell down too and I ended up in second place!"

Back home, Chris is known to gather young people together to play street hockey. In doing so, he is teaching hockey skills to youth in his community.

When Chris is not skating or playing hockey, he enjoys hunting, fishing, and practicing traditional games. He recently graduated high school and hopes to continue his education in biological sciences. One day he hopes to work with animals and on the land.

For more information on the NARMP, please contact: Joyce Spence, Program Manager at tel.: (613) 237-9462 ext. 548 or toll-free: 1-877-602-4445, e-mail: jspence@naho.ca

Education gives options: Role Model

“Stay in school. I’ll be there to encourage youth to finish school.”

By Colleen Toulouse

Options mean the power of choosing. Robby Qammaniq, an Inuk from Nunavut, easily speaks from his own experience of how education creates options.

Robby, 24, is one of the 12 National Aboriginal Role Models for 2004-2005. The Role Models are honoured and recognized for their achievements and for making a difference in their communities.

While making community visits, Robby hopes to encourage Aboriginal youth to stay in school.

As a third-year student in the bachelor of science program with a major in biochemistry and molecular biology at Trent University, he hopes to become a doctor and practice in the North.

“Education prepares you for more options. If you quit, you don’t have much choices,” he said. “Even if you get your high school diploma, you have options to help you figure out what you want in life. You can decide to continue with post-

secondary and what program to take.”

Robby graduated high school and knows it was not easy, but achievable. He hopes students can relate to him and say, “If he can do so can I.”

The eldest of seven children, Robby moved to Arctic Bay, a community with a population of more than 600, when he was 14 years old. He describes his home community on north Baffin Island as a friendly place where everyone knows your name. The last time Robby went home, the community gave him a welcome-back party.

“Every child would say hi to me,” he said smiling. “I remember I started a heavy metal music trend. I realized I had a pretty big influence on the young people. I think I still do because I am able to leave the community to further my education. Young people look up to that big step.”

During high school, Robby was active on numerous youth councils and was the Grade 9 Representative for the Inuujaq School Student Council, Chairperson of the Arctic Bay Youth Council, and the High Arctic Representative for the Baffin Region Youth Council.

Robby was also involved in the Nunavut Youth Consulting (NYC), which nominated him for the National Aboriginal Role Model Program. NYC, developed by youth, creates jobs and does a lot of volunteer work for community organizations. Profits are given out through funds to help youth with education training, youth exchanges, and other opportunities. Overall, NYC participates in various activities that

promote success, respect, pride, and working together.

“If you really want something, you have to work hard for it,” Robby said, “I worked hard on homework and summer jobs. The more people know you work hard, they will want to keep you or rehire you for summer jobs.”

At times, while Robby is at university, he misses home, family, and his grandmother’s bannock. His grandmother always tells him that through education, he is making his future. She was very influential and supportive of Robby while he worked towards graduating high school.

“She did the cooking, gave advice, and through her actions, I learned to lead a healthy life,” Robby said. “Women are the backbone of the family. They keep the family together.”

Enriched with Inuit culture and the Inuktitut language, Robby believes it is important for all Aboriginal people to keep culture and language strong because their ancestors depended on and protected the culture and language to maintain a way of life.

“Inuit culture is family based. Food was important for survival. It still is. Families would share with families who needed support. Because of the abundance of food (in community), and their healthy life at the time, they would gather and celebrate to give thanks.”

Robby said he tries to use his language whenever he can and he does not want to waste what he knows. He knows Inuit are faced with language barriers in the current health care system. He hopes to work in the health field. But, he keeps an open mind when it comes to his career path. He knows he has options when things do not go as anticipated.

“Say when plans fail or don’t work, I can turn to this or I can do that. I can go and take a nursing program or continue with my undergraduate studies,” he said.

For information on the NARMP, please contact: Joyce Spence, Program Manager at tel.: (613) 237-9462 ext. 548 or toll-free: 1-877-602-4445, e-mail: jspence@naho.ca



Photo by Phat Ha

Robby Qammaniq, an Inuk from Nunavut, is one of the 12 National Aboriginal Role Models for 2004-2005.

ICAH adds new features

By Stefanie Arduini

The Information Centre on Aboriginal Health (ICAH) has added new features to its space on the National Aboriginal Health Organization (NAHO) Intranet, with the goal of enhancing NAHO's internal networking and information sharing.

"It gives us the opportunity to link with other projects—there's a number of opportunities to link people together, so we're putting more emphasis on the exchange of information," said Marcelle Saint-Arnaud, ICAH manager.

The NAHO Intranet is a staff-only place where the NAHO units and Centres can post information for all the staff to read. In the ICAH section of the NAHO Intranet, one of the new features is the Research Tools page, which compiles important links on Aboriginal health information.

"It covers directories like the federal government directory, a directory for verifying e-mail addresses, and a selection of important research databases to research information on health and Aboriginal issues. For legal research, links are provided to find legislation and regulatory bodies

doing work of interest to NAHO," said Saint-Arnaud.

A new bimonthly Alert Service provides staff with the latest research results in Canada and in the world on Aboriginal health. ICAH is working to make the Intranet as comprehensive as possible, covering the information that Aboriginal health researchers need most.

The NAHO Intranet is also a test bed for ICAH's newest or more specialized services – ICAH is planning to take some of the tools and publications that are currently available only on the Intranet and make them available on the public website.

Published materials, such as the three new *Health Career Guides*, can be viewed on the Intranet site and will be available soon on the public website. The guides (called *First Steps*, *Career Information*, and *Funding Education*) have been popular at Aboriginal career fairs like the Blueprint for the Future Aboriginal Career Fair in February, and the Odawa Career Fair in March. ICAH Information Specialists Sarah Normandin and Suzanne Rose attended the fairs and distributed

promotional material about the website.

ICAH continues to improve the online tools on its public website (<http://www.ichah.ca>). On the website, the side menu highlights the four databases that are available through ICAH: health careers, education, and training; programs and services; and scholarships and bursaries. Visitors can search each database separately or search them all simultaneously.

One of the services that has been expanded is the ICAH mailbox. People doing research can send a question to ICAH@naho.ca, and an ICAH Information Specialist will help with a literature search and finding relevant sources.

"We get a lot of questions by the website or by phone on various subjects," Saint-Arnaud said. The Information Specialists often help people navigate the ICAH website to find the information they need. They also know how to use specialized online research tools to find answers for more detailed questions. ICAH continues to share information with the First Nations, Ajunnginiq (Inuit) and Métis Centres, and

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Women's Roundtable to meet, interest grows

By Stefanie Arduini

Women's health is a key focus for the National Aboriginal Health Organization (NAHO).

Taking the lead, the Policy Research Unit is co-ordinating a meeting with some of the leading researchers in that field.

The Pauktuutit Inuit Women's Association, the Native Women's Association of Canada, and representatives from the Assembly of First Nations, the Métis National Council, and NAHO, will meet April 25 to 27, to talk about future collaborations between the groups.

Linda Cree, PRU Researcher/Analyst said the April meeting will build on the issues that were raised in December when the groups last talked.

"In December, NAHO had some of the women's groups come in. We put our heads together about what things we have in common and what kinds

of actions we're looking at," Cree said.

"It was quite a good group. They identified issues like family violence, the need for gender-based analysis, and the need for more work on the international level."

At that meeting, delegates realized they needed to have more in-depth discussions with each other and collaborate with more researchers in the field.

Health Canada's Bureau of Women's Health and Gender Analysis will also participate in this month's roundtable.

"We decided that we really needed to enlarge the circle," said Cree, who teleworks from the Mohawk village of Kanehsatake, near Oka, Que.

"It's going to be a very big meeting with Elders, human resource officers from Health Canada, researchers, midwives, and health professionals. We're all going to sit down and see if a strategy can come out of this."

About 60 people of diverse

backgrounds and areas of expertise will attend the Ottawa meeting. "We're having very knowledgeable people coming all from different areas of the country."

Cree is developing an agenda for the roundtable and developing its budget. She said budgeting has become a challenge because more than 75 people have already expressed interest in participating.

While the participating organizations co-operate now, Cree said they need to keep working together to solve the pressing issues in Aboriginal women's health.

"I'd like to see more networking develop, more collaboration with other people. They will be looking at the commonalities that they share and seeing how they can assist one another," Cree said.

"You just have to look at the results of the December meeting and you'll really get a feel for the fantastic work that these organizations are doing. It's remarkable."

The Journal and OCAP: knowledge transfer

Continued from page 2
dependent, passive subjects.

NAHO is a knowledge translation organization. NAHO researches, analyzes, and provides evidence-based information on a broad range of health issues and initiatives to help inform individuals, communities, leaders, and policy-makers

about policies and programs that affect the health of Aboriginal peoples.

“New approaches for health research for First Nations, Inuit, and Métis call for innovative restructuring of the system. That is a new paradigm for knowledge generation, knowledge translation, and knowledge dissemination that includes First Nations, Métis, and Inuit knowledge and that provides for full participation of First Nations, Inuit, and Métis people in the entire process,” said Downey.

NAHO’s *Journal of Aboriginal Health* and the First Nations Nations Centre’s (FNC’s) Ownership, Control, Access, And Possession (OCAP) are two important tools or vehicles that contribute to this new paradigm.

Canadian Institute of Health Research defines the term *knowledge translation* as “the exchange, synthesis and ethically-sound application of knowledge-within a complex system of interactions among researchers and users-to accelerate the capture of the benefits of research for Canadians through improved health, more effective services and products, and a strengthened health care system.”

<http://www.cihr-irsc.gc.ca/e/8505.html>

The *Journal of Aboriginal Health* was developed to build knowledge, capacity, and participation in Aboriginal health research and care. It provides opportunities for Aboriginal researchers and authors to have their Aboriginal health research printed in a peer reviewed journal.

“The *Journal* shares traditional knowledge, best practices, success stories, concerns and issues, new information, and research results to contribute to the critical thinking and learning process in Aboriginal health,” said Downey.

Now preparing for its third issue, the *Journal* will focus on the health of urban Aboriginal people.

FNC has kept moving OCAP forward. It

was originally coined in 1998 as OCA by the National Steering Committee of the First Nations and Inuit Regional Longitudinal Health Survey. It is a solution to address First Nations communities’ concerns and complaints about research. Issues include how researchers have treated

First Nations as merely a data source; how governments and researchers gather, analyze, interpret, and report data without consent, review, or input from First Nations; and how researchers choose subjects and themes that reflect personal or academic interest rather than First Nations priorities.

OCAP is self-determination applied to research and a political response to colonial approaches to research and information management. It also provides ideas for university-based researchers to consider when researching First Nations communities.

For more information on the *Journal of Aboriginal Health* and OCAP, please visit the NAHO website at <http://www.naho.ca>

ICAH builds on NAHO Intranet

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works with the Centres to assist the public with their research.

On Feb. 14, ICAH hosted an open house at its previous office at 130 Albert Street. Staff participated in an online quiz about the Information Centre and competed for prizes. But Saint-Arnaud said the real objective was to encourage people to use the ICAH website and Intranet to its full potential. “We just wanted to have the opportunity to get people together. We’d been working really hard at developing the Intranet, which has important tools for NAHO staff to do their work,” she said.

LOGO CONTEST

The Indigenous Physicians Association in Canada (IPAC) invites Aboriginal artists to submit a logo designed to represent their organization. You will need to consider the organization’s membership which includes Aboriginal physicians, medical students, and residents from across Canada and abroad.

The student whose logo is chosen will receive a one-time payment of \$500 and would be required to sign a waiver releasing ownership of the logo to the IPAC. The logo will be used for all promotional materials. The artist will be acknowledged each time the logo is used.

The IPAC requests that each artist submitting a logo to provide a short biography of the artist, and a short description of the logo, including what the logo represents.

Please submit designs by Monday, May 2, 2005, 4:30 p.m. to:

James Andrew, Aboriginal Programs Coordinator
Faculty of Medicine – UBC
317-2914 Health Sciences Mall
Vancouver, BC V6T 1Z3
E-mail: james.andrew@ubc.ca

Note: Electronic copies will be accepted via e-mail. All logos not selected will be returned to the artists.

Collect' em all!

Posters and trading cards now available



Each of the 12 National Aboriginal Role Models have their own posters and collectable trading cards.

Jason Annahatak
Thomas Edwards
Aronhiaies Herne
Fauna Kingdon
Shanna LaFramboise
Robby Qammaniq

Jaime Battiste
Christopher Gruben
Peter Kiatainaq
Jaime Koebel
Levi McAteer
Cara Ann Wehkamp

Each colourful poster and trading card:

- Gives personal background information
- Captures the Role Model participating in their favourite activity
- Shares their personal messages to Aboriginal youth

The Role Models will have these promotional items available during their community events.

For more information, contact:
Joyce Spence, Program Manager
National Aboriginal Role Model Program
220 Laurier Ave. W., Suite 1200
Ottawa, ON K1P 5Z9
Tel.: (613) 237-9462 ext. 548
Toll-free: 1-877-602-4445
E-mail: jspence@naho.ca

National Role Model Notables

The National Aboriginal Role Model Program (NARMP) would like to congratulate all the Role Models on their continued achievements and accomplishments. In honour and recognition of the Role Models, NARMP is proud to share some of their recent successes.

Kiatainaq wins again

For the second year in a row, Gold Medallist Peter Kiatainaq and his dogsled team were the first to cross the finish line to win the Ivakkak Cup 2005.

<http://www.ivakkak.com>

Kingdon receives National Aboriginal Achievement Award

Fauna Kingdon is the youth recipient for the 2005 National Aboriginal Achievement Awards. She is among the 14 exceptional Aboriginal men and women being honoured as powerful role models.

<http://www.naaf.ca>

Herne finishes his first season of college hockey

Freshman Aronhiaies Herne and his team at State University of New York Canton saw their season come to a close on March 4. They lost in the first round of the 2004-05 National Junior College Athletic Association Ice Hockey Championship in Morrisville, NY. The Northstars, the fifth-ranked team in the tournament, end the year at 12-13 overall.

<http://www.canton.edu/can/>

Communities launch posters

Thomas Edwards from Winnipeg, Man., and Shanna LaFramboise from Saskatoon, Sask., both participated in poster launches organized by their communities.

The celebrations were in recognition of the Role Models' achievements and to share posters with community members.