

TAL-KW February 4, 2025

Linking sovereignty to community health, wellness, & healing in First Nations

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Knowledge Mobilization & Pathways to Wellness





Today

Introducing myself

Indigenous determinants of health framework

Determinants unique to circumpolar regions

Research principles in Indigenous research

Rights, equity, equality, and sovereignty

Community health, wellness, and healing

Links to research with Labrador Innu

Q & A | Discussion

QUESTION

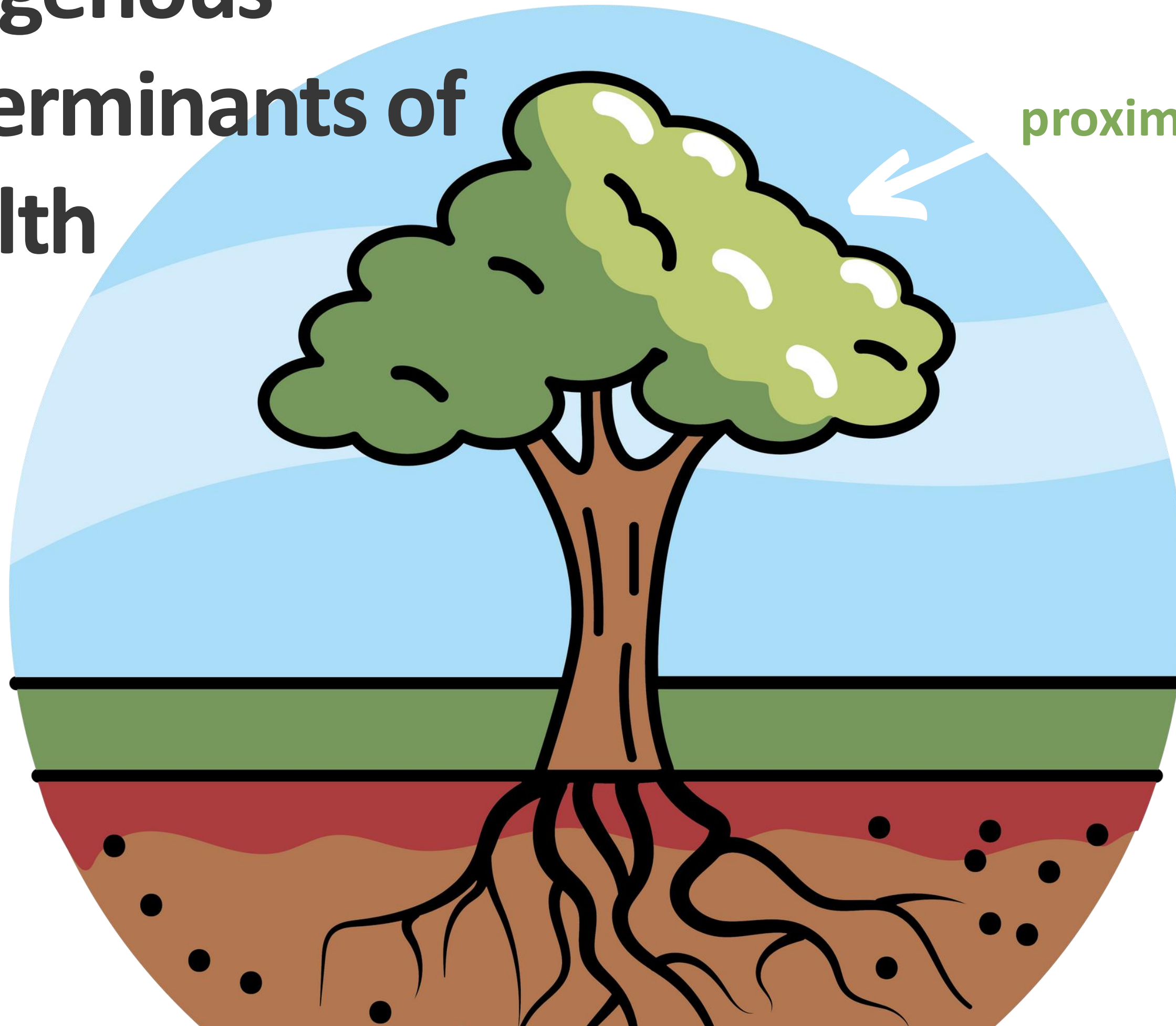
If you have heard of the *social determinants of health*, what are some of them?





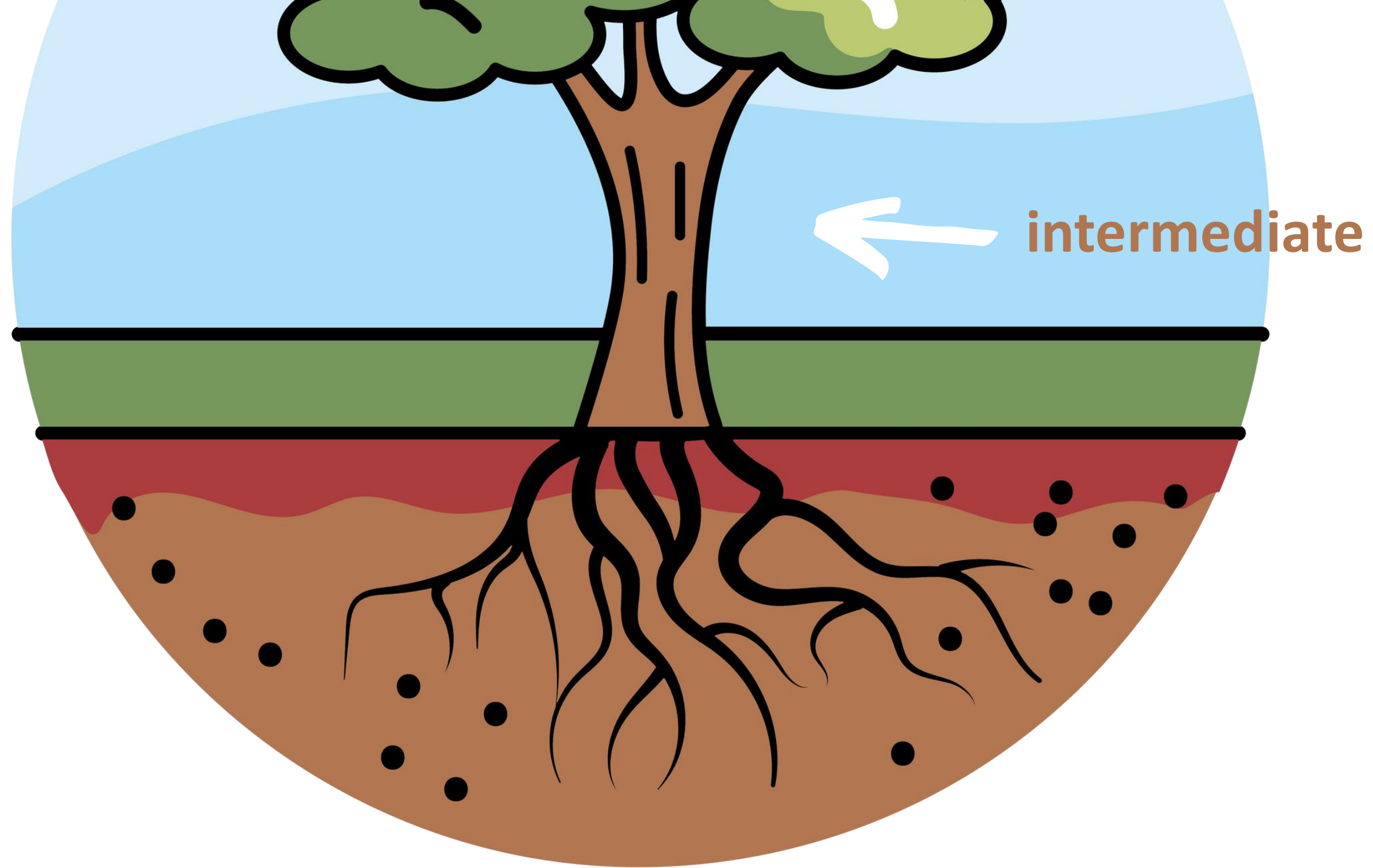
**social
determinants of
health**

Indigenous determinants of health



proximal

- physical environments
- employment/income
- food security
- education
- health behaviours

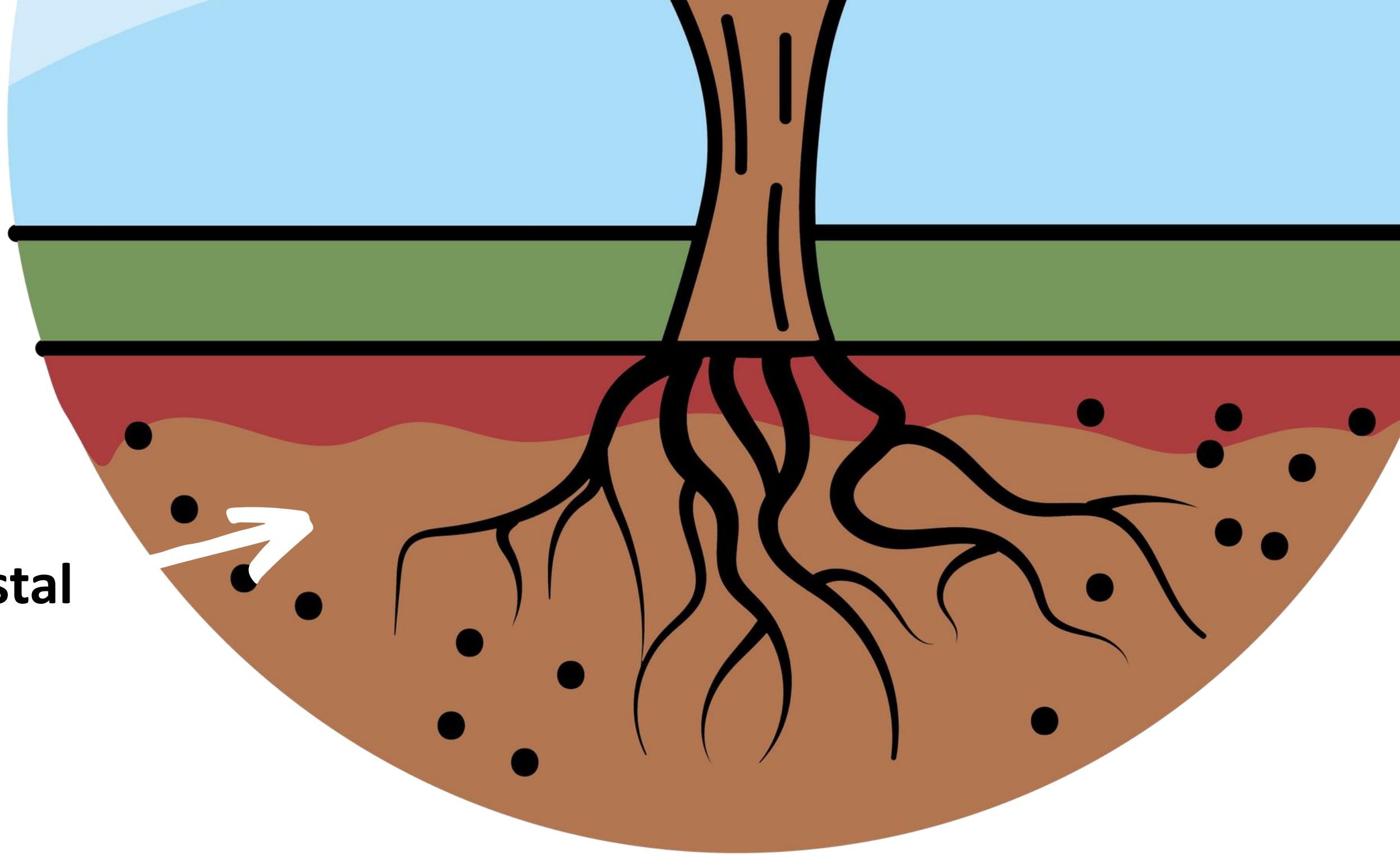


Indigenous determinants of health

- healthcare, education, child welfare systems
- community infrastructure, resources
- environmental stewardship
- cultural continuity

Indigenous determinants of health

distal



- colonialism, racism, & social exclusion
- self-determination & sovereignty

Determinants of health in circumpolar areas

QUESTION

What do you know/think they are?



mental health

nutrition

foodborne illness

**Climate change
risks for Inuit
health**

heat-related deaths

injury & death

waterborne illness

health services

Harper, S.L., Sambo Dorough, D., Petrasek MacDonald, J., Cunsolo, A., & King, N. (2021). Climate change and Inuit health: Research does not match risks posed. *One Earth*, 4(12), 1656-1660.

education
(in community,
being away,
TRC)

healthcare access
(birthing, prevention,
chronic disease, injury,
cultural safety)

**industrial
development**
(e.g. hydroelectric,
mining, petroleum)

**cultural continuity &
cultural safety**

Indigenous research principles

“Research is a dirty word.”

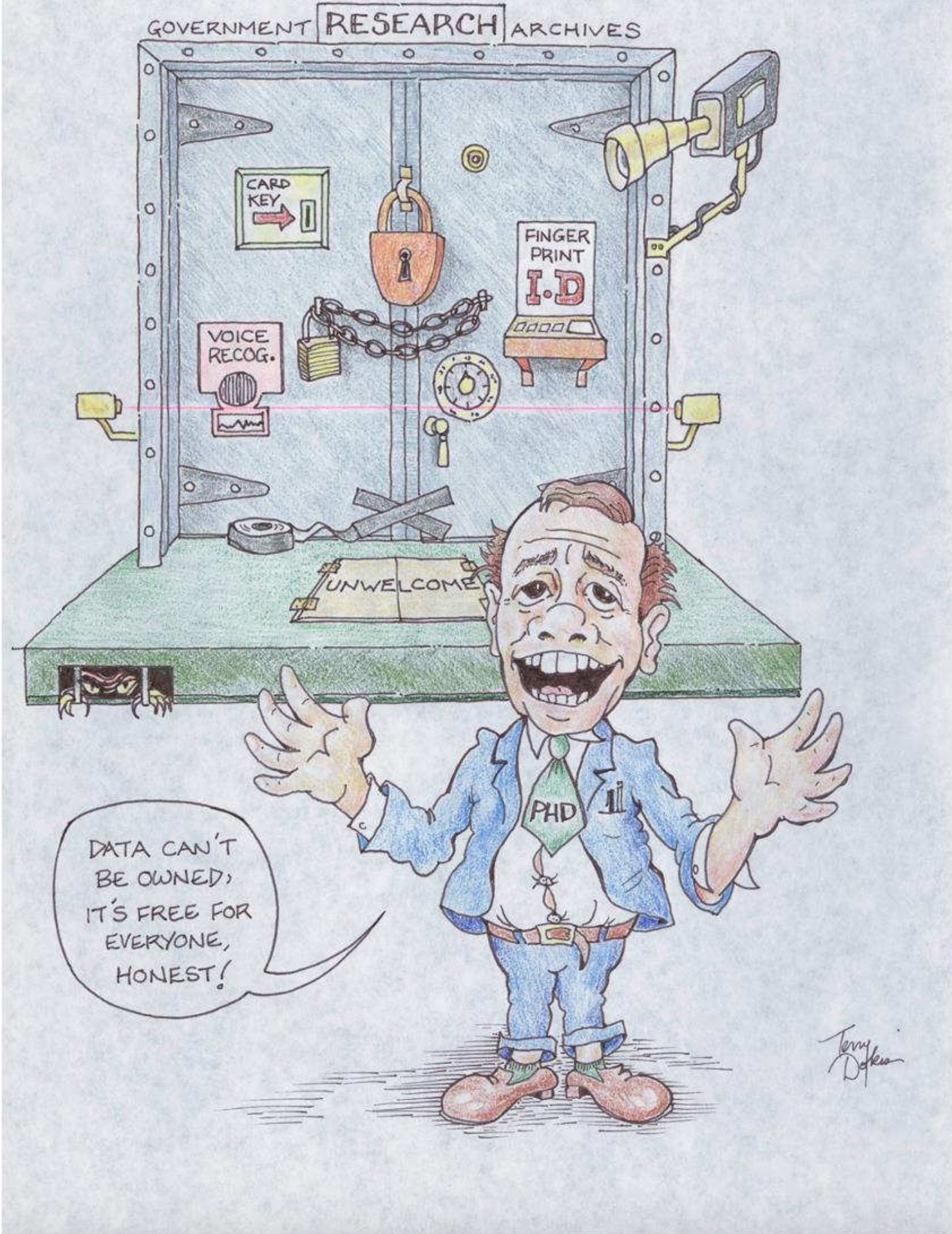
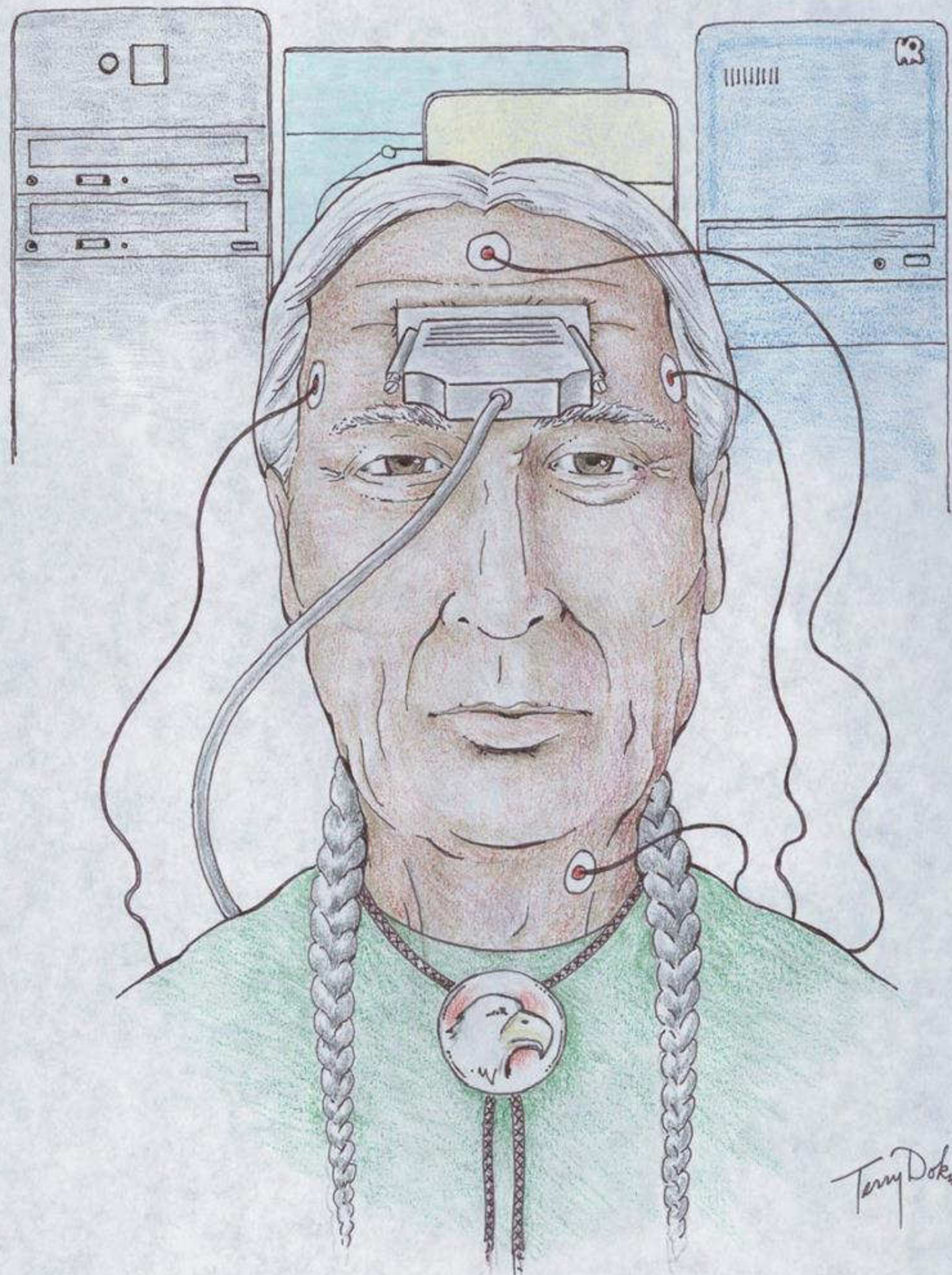
“Indigenous people have been researched to death.”





QUESTION

What are reasons research has become a dirty word for many Indigenous communities?



RESEARCHERS' TYPICAL, DEADLY
COMMUNITY PRESENTATION...

$F(s) = g \circ \frac{N}{Z} \sqrt{\frac{2^2 ts}{zt}} = 0 \left(\frac{m(RH)}{Z} \right) \text{th } F$
 $Rm^n \rightarrow SR^N \text{ if } h \text{ is a } (3ph, 0) \text{ CKZT}$
 $Xg \text{ (if } Y \text{ is } X') = N \dots (Y \Delta Z) \text{ III}$
THEN $SLV = 2H \text{ if } \dots = 0 \frac{MH}{3}$
 $Z^V \frac{4^8 \text{ FIX}}{2x 2xy} = 0 \text{ so it } \dots N \geq Rnt$
 $E = hn t (mtl) k = 0 \text{ ic } \dots (\text{cost} \times 1)$
 $PTW \text{ (UNIT } I+Z) + \frac{m}{3} \parallel m \cdot E$
SO IF MAP READS $ME \cdot \parallel$ THEN $G(L)$
 $R(Y \Delta x \nabla 7) + \{g1\} \text{ IF } \frac{29}{2x3f} \text{ SO FOR}$
OPT $\parallel \text{ U} \parallel E = 15$

THIS IS DATA AT ITS
FINEST! SUCCINCT
YET MONUMENTAL;
IN-DEPTH YET CLEARLY
PRESENTED, TO THE POINT
OF BEING ALMOST
LAUGHABLE. WE HOPE
YOU APPRECIATE IT.
ANY PROBLEMS, JUST
E-MAIL US AT
NOT-HERE@DEADLINK.CA

HELLO
PHD

Terry Dokes

I'M GLAD WE HAVE THESE
OPPORTUNITIES TO LEARN ABOUT
OUR PEOPLE FROM THESE EXPERTS

BLAH,
BLAH,
BLAH

THE HEALTH
OF
FIRST
NATIONS

Terry Dokes

QUESTION

In the context of Indigenous research in Canada, have you heard of the following?

OCAP[®] Principles

Four Rs

IQ Principles

Research Principles in Indigenous Research

respect

responsibility

relationships

reciprocity

relevance



Research Principles in Indigenous Research

humility

transparency

trust

community control &
governance

capacity building

Rather than be researched to death, it is time to research people to life.

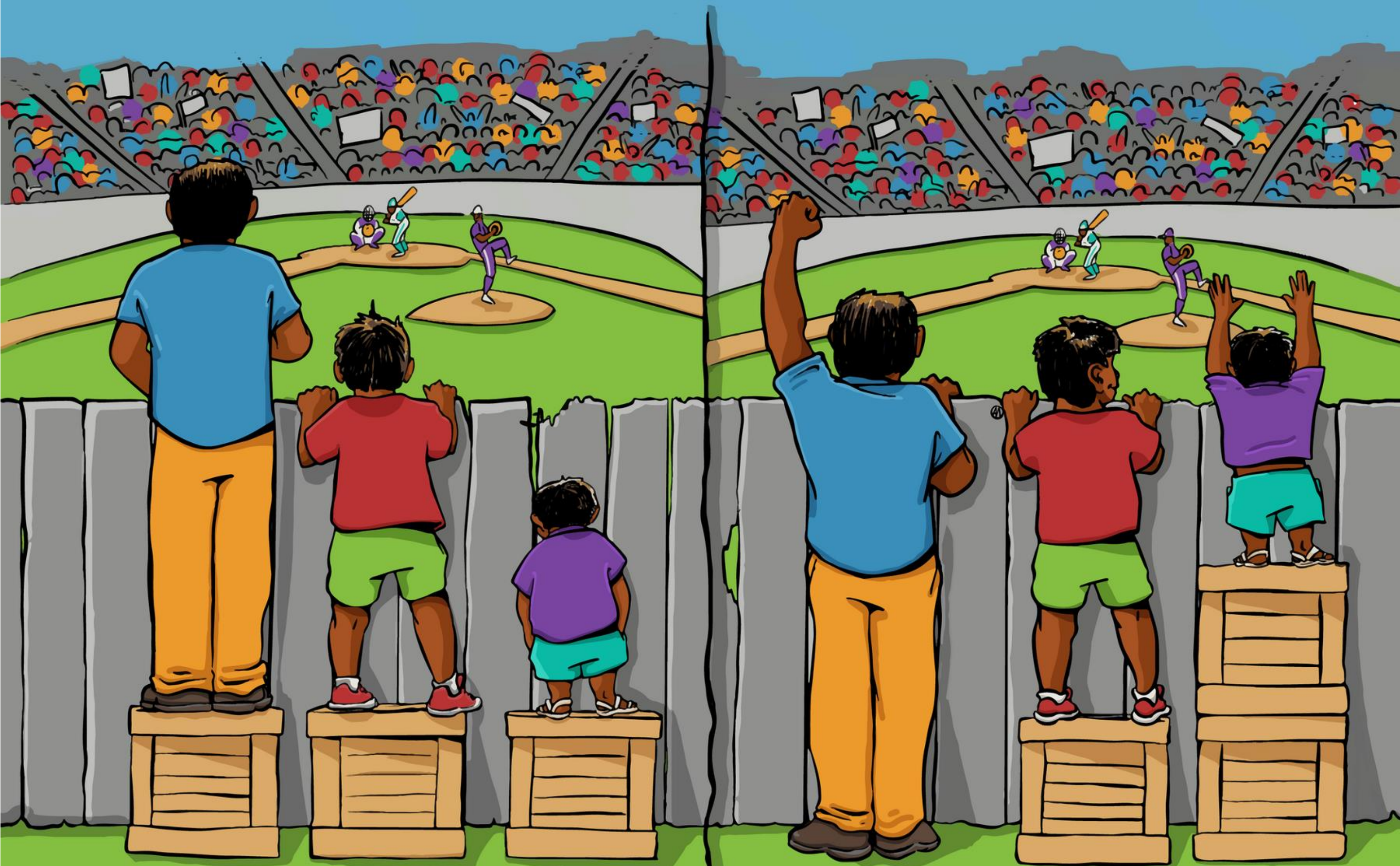


If you have come here
to help me, you are
wasting your time, but
if you have come
because your
liberation is bound up
with mine, then let us
work together.

Lilla Watson

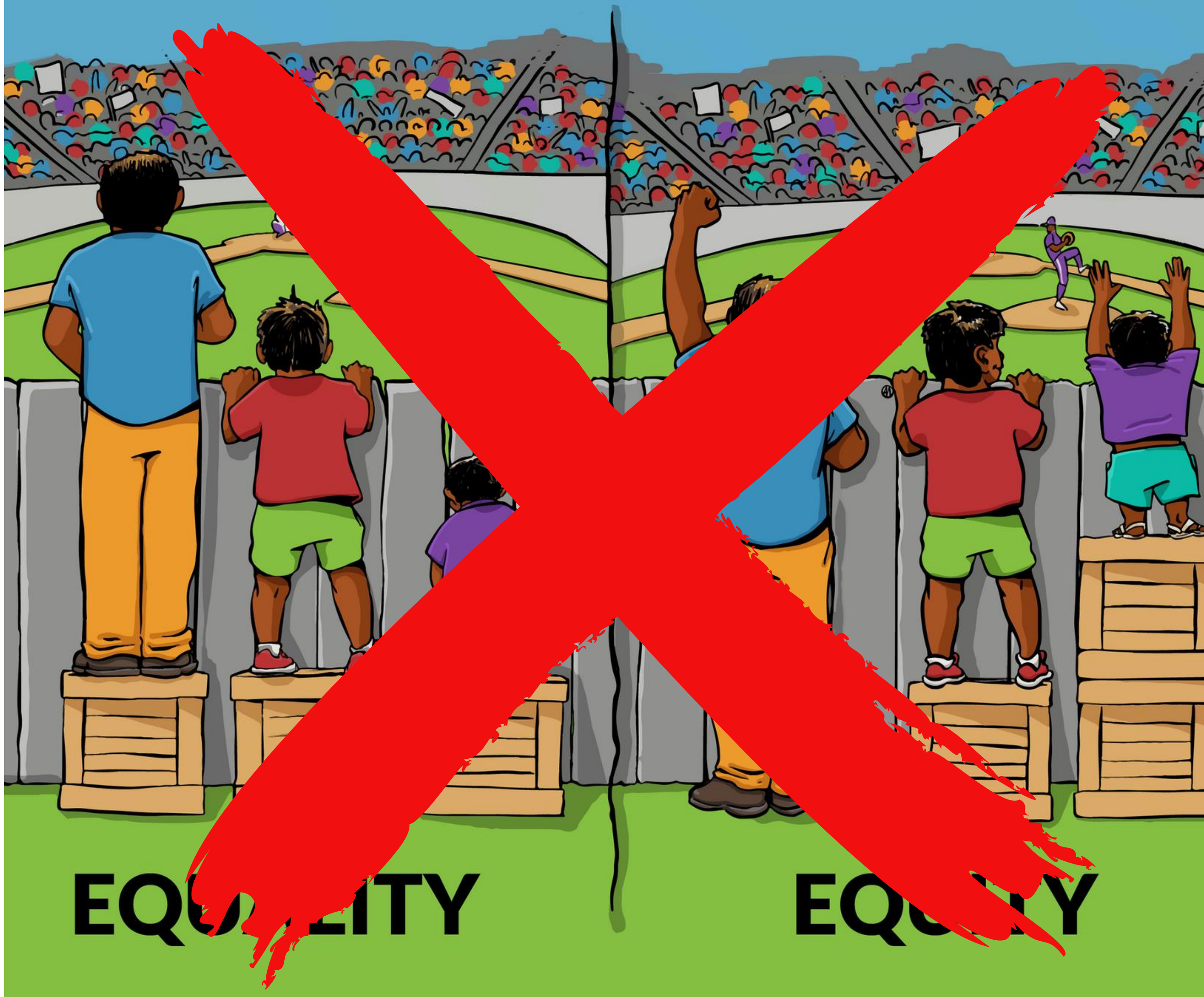
Murri artist, activist, & academic





EQUALITY

EQUITY

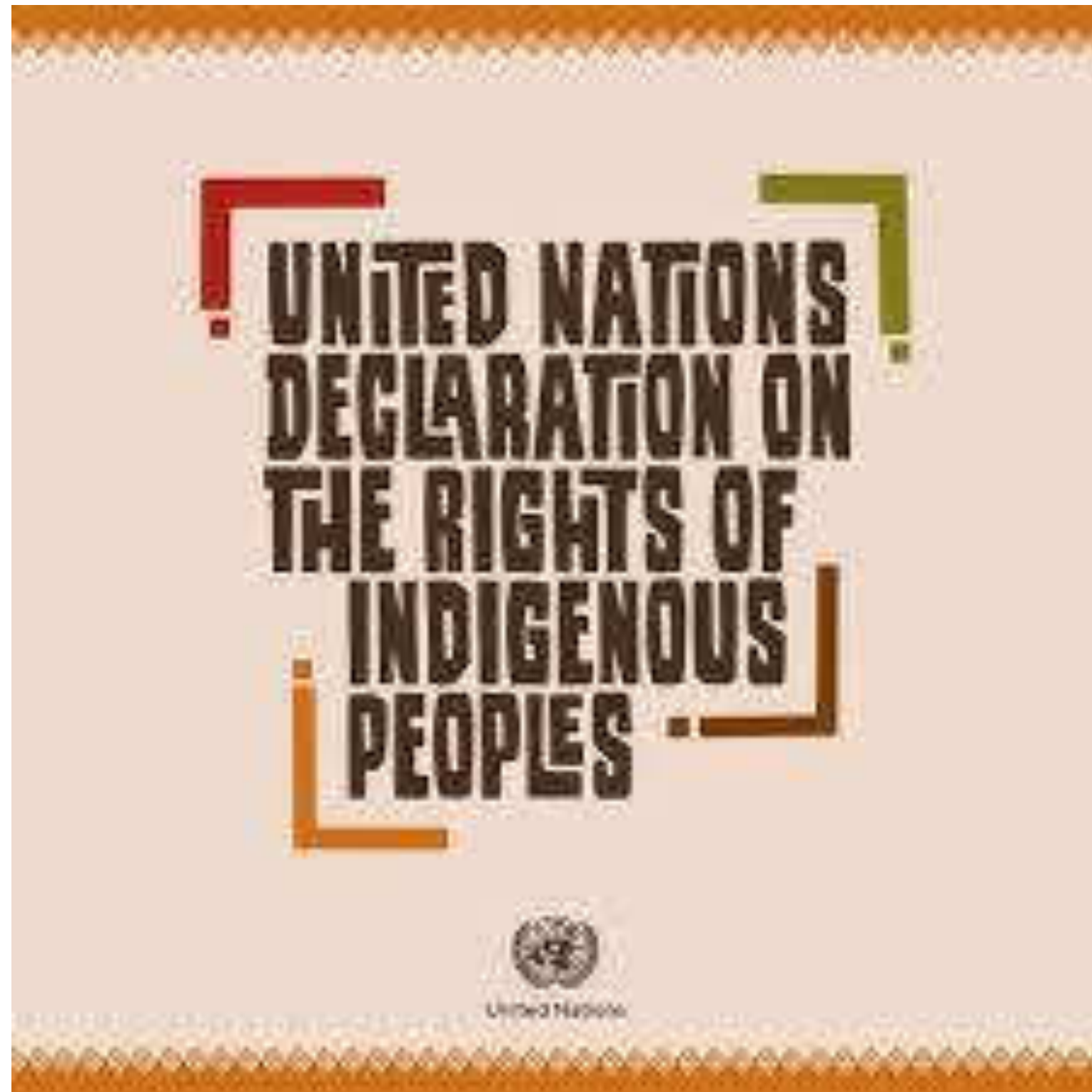


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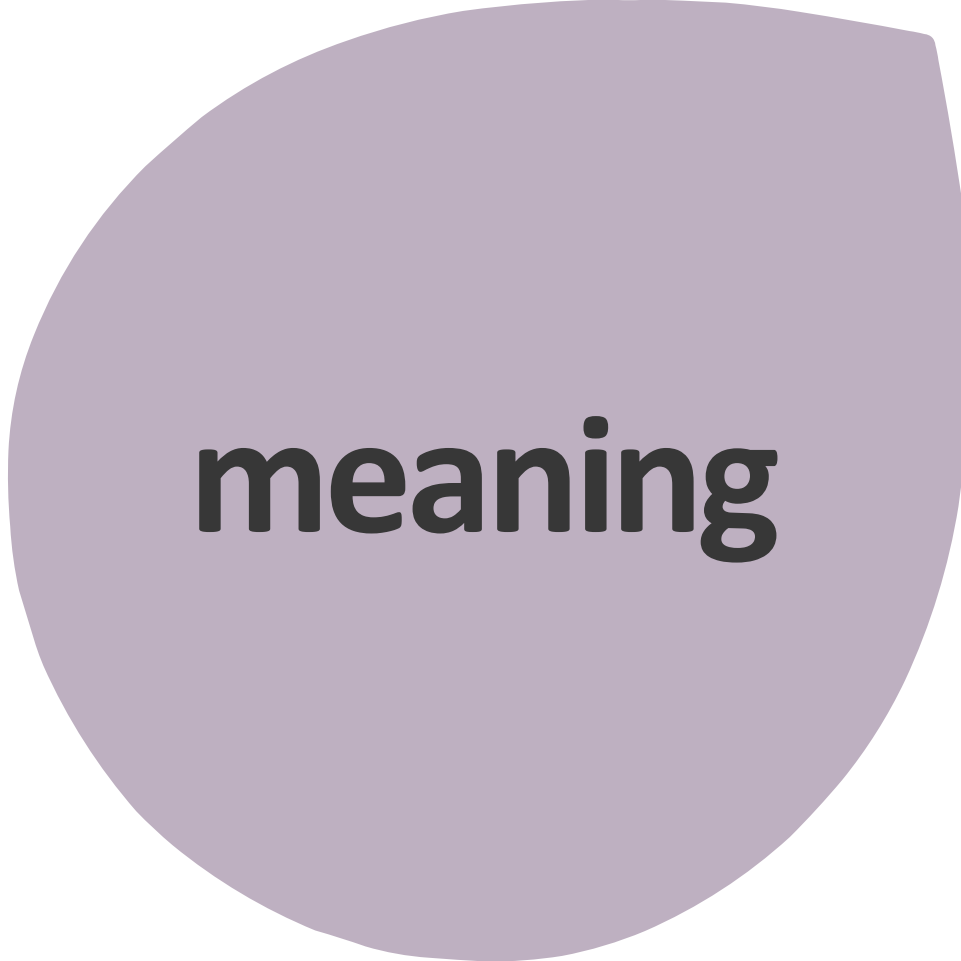
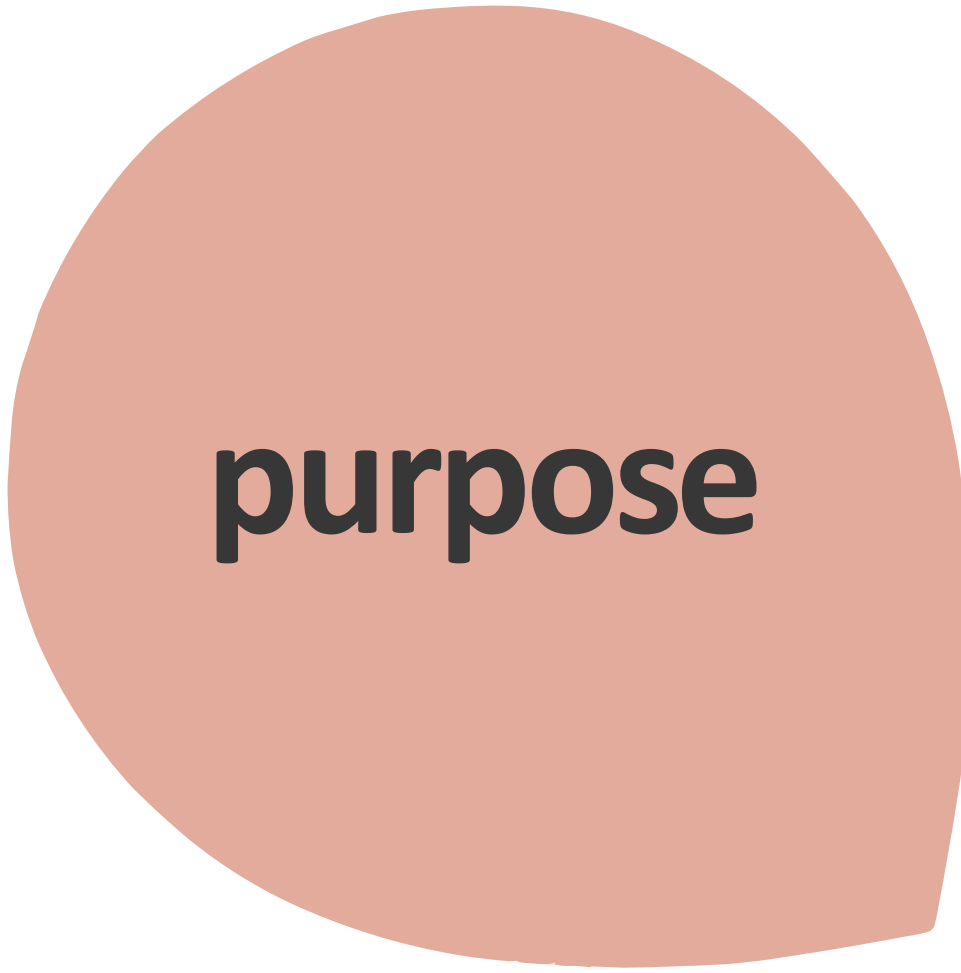


Rights and sovereignty

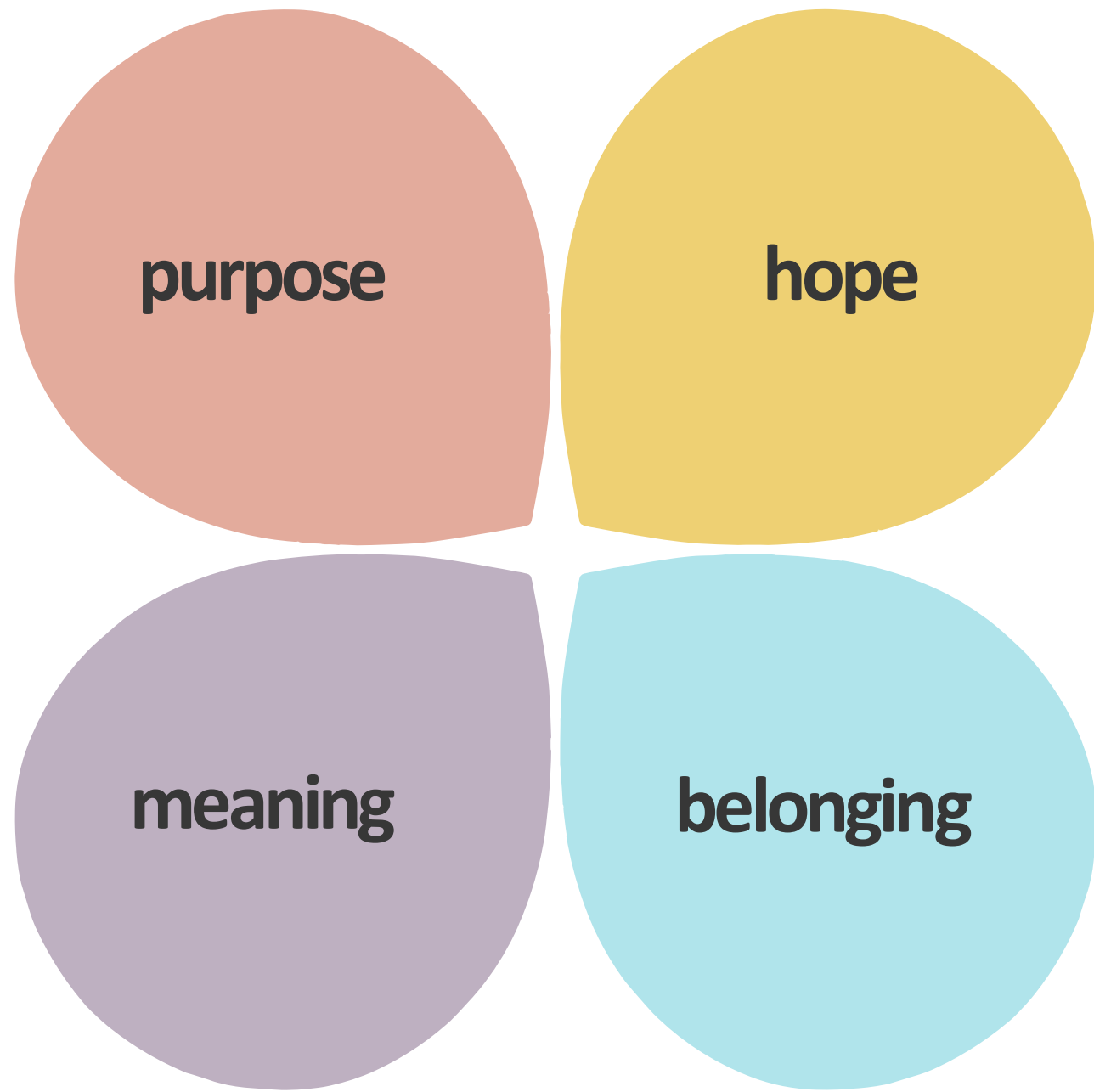


Truth and Reconciliation
Commission of Canada

94 CALLS
TO
ACTION



**a First Nations wellness
framework**



healing + health + wellness



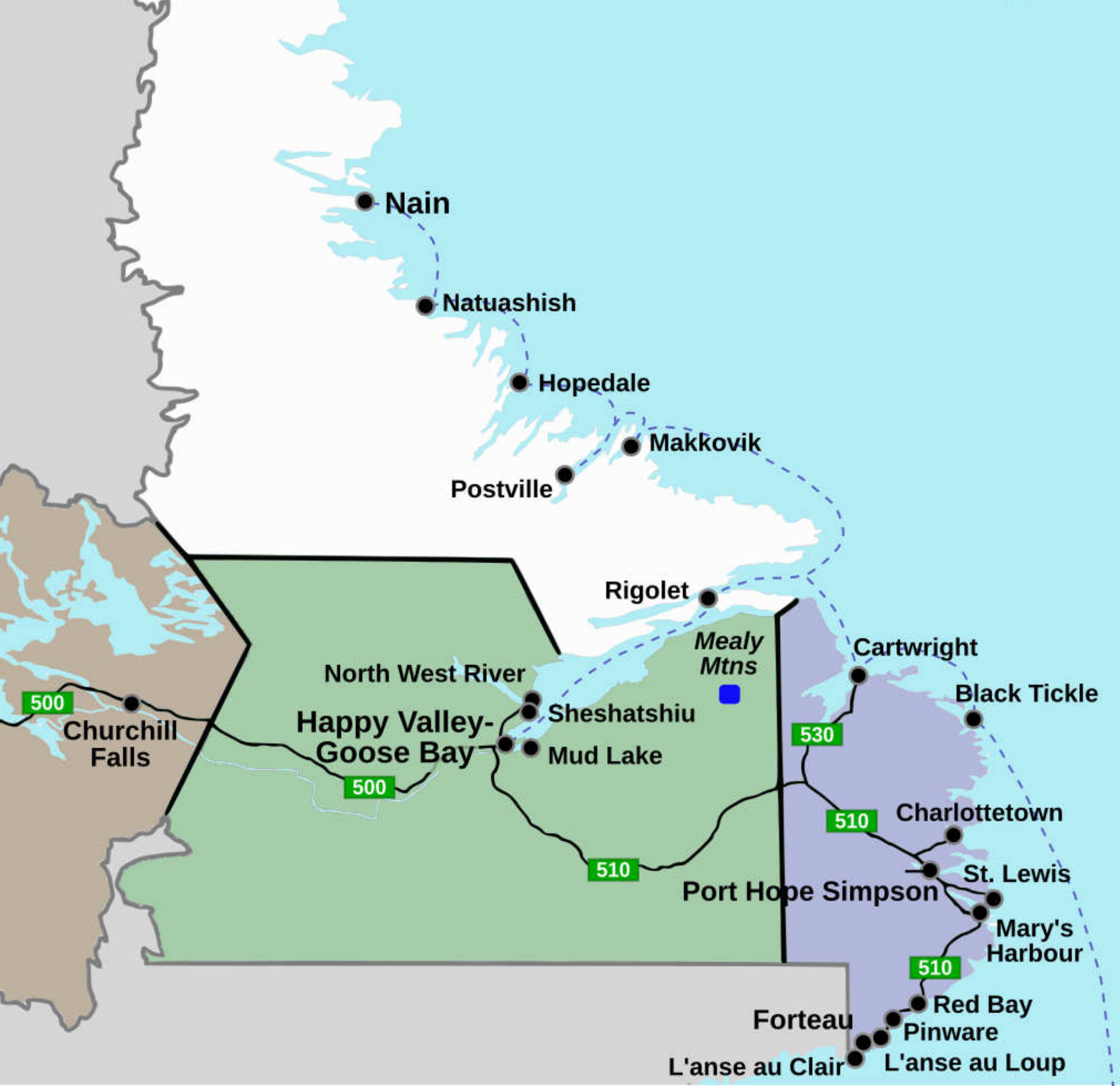
@ community level too

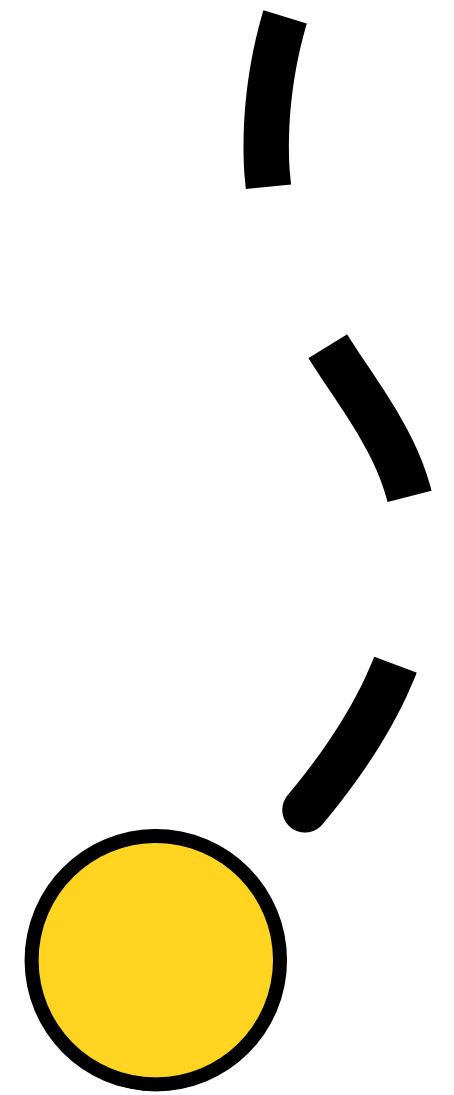


self-
determination

sovereignty &
governance

Working with Sheshatshiu & Mushuau Innu

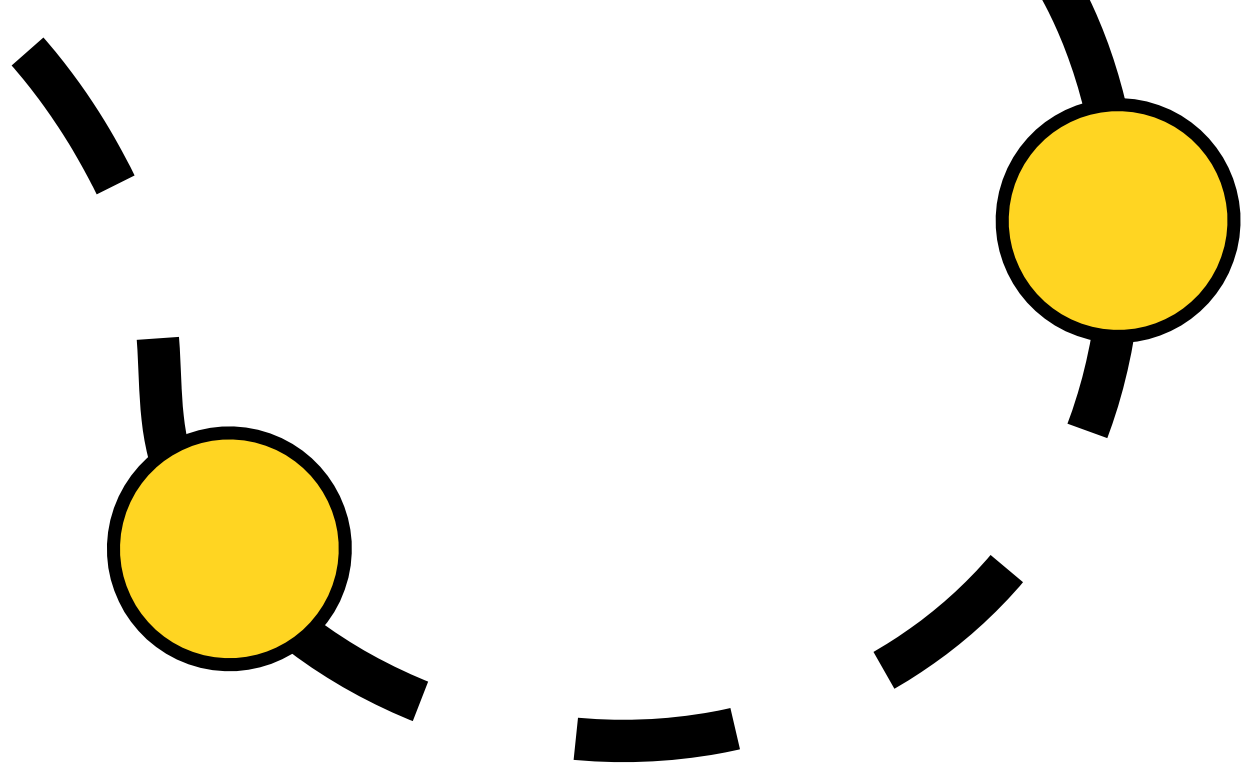




the start:

interested in FASD research

(remember my introduction?)



Summary

A short version of something, the main points in a concise recapitulation, or compendium sums up the meaning in few most significant details of

Early lesson #1
the first real conversation
about planning FASD research

? QUESTIONS

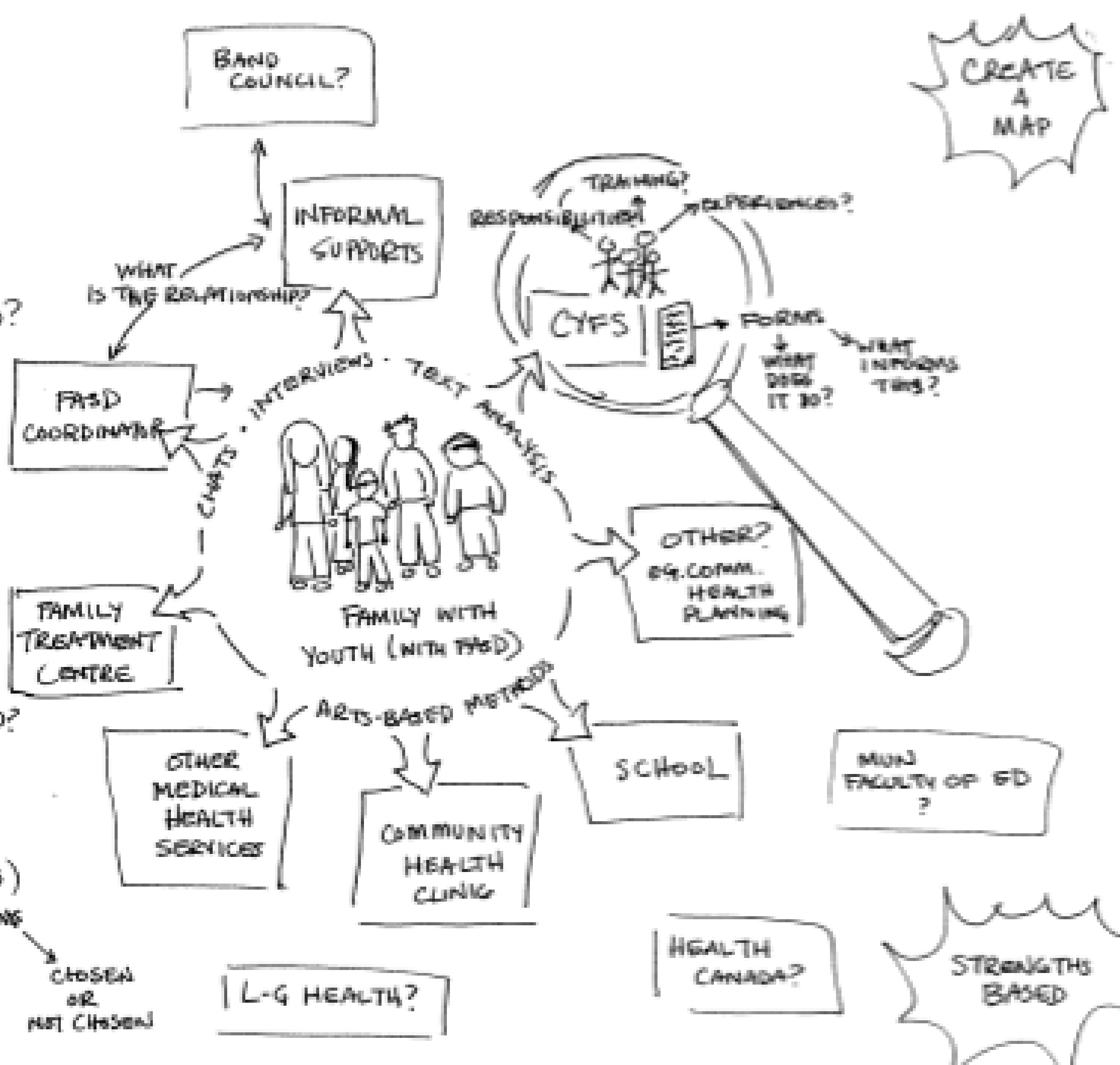
WHAT HAPPENS WITH A DIAGNOSIS?

WHAT'S INVISIBLE THAT NEEDS TO BE NOTICED?

WHAT'S GOING ON BEHIND THE SCENES?

HOW ARE THINGS ORGANIZED/COORDINATED?

HOW ARE THE LIVES OF YOUTH (+ CAREGIVERS) INFLUENCED BY SYSTEMS IN THEIR LIVES?



CHOSEN OR NOT CHOSEN

L-G HEALTH?

HEALTH CANADA?

STRENGTHS BASED

MUN. FACULTY OF ED?

SCHOOL

COMMUNITY HEALTH CLINIC

OTHER MEDICAL HEALTH SERVICES

OTHER? EG. COMM. HEALTH PLANNING

FAMILY TREATMENT CENTRE

FRSD COORDINATOR

BAND COUNCIL?



FAMILY WITH YOUTH (WITH PSD)

INFORMAL SUPPORTS

CYFS

FORMS + WHAT DOES IT DO?

WHAT IMPROVES THIS?

CREATE A MAP

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CREATE A MAP

early lesson #2
learned





early lesson #3
learned

One project led to another...

Supports & services being accessed
by children/youth living with FASD
Sheshatshiu, Labrador



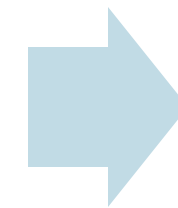
FASD Research (PhD)

- What does a diagnosis do?



Health & healing asset maps

- available programs/services



Digital Innu timeline

- Transcending time and geography

One project led to another...



Community-wide FASD prevention strategy

- Community priority

Innu policy framework development

- Learning from others & selves
- Building vision & capacity

Innu health data governance planning

- Gathering, accessing, and governing own data

For me, being invited back is the most important indicator of success.

The personal is professional and the professional is personal.

the floor is open



mmortonninomiya@wlu.ca

Melody Morton Ninomiya



double last name

Websites/resources of potential interest

First Nations Information Governance Centre – OCAP® principles

<https://fnigc.ca/ocap-training/>

Indigenous Community Research Partnerships – free training

<https://researchpartnerships.ca/>

[Article about training: look up “the conversation Indigenous community research partnerships”

<https://www.irtsec.ca/health-and-healing/>

Innu Inquiry

<https://www.inniuna.ca/>

First Nations Wellness Framework & Thunderbird Partnership Foundation

<https://thunderbirdpf.org/fnmwc/>

For additional resources related to other content, feel free to reach out to Melody.