Sharing Knowledge to Strengthen Approaches to Health & Wellness in a First Nations, Métis & Inuit Context



Institute of Health Economics -

Aboriginal Peoples' Wellness in Canada: Scaling Up the Knowledge Cultural Context and Community Aspirations



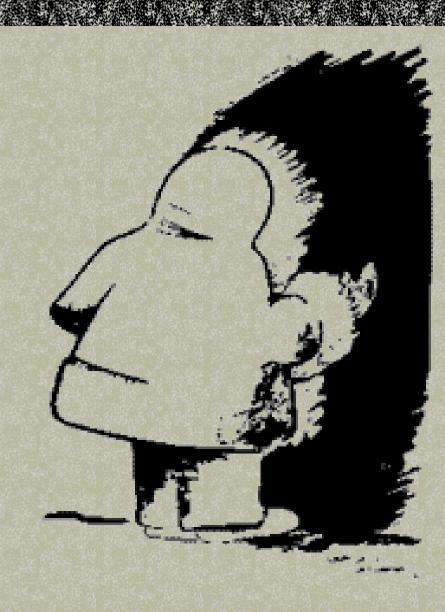
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THE
IMPORTANCE
OF CONTEXT IN
KNOWLEDGE
SHARING





Whoever distants Pecalese

- There are an estimated 370 million Indigenous people living in over 70 countries worldwide.
- They present a rich diversity of cultures, religions, traditions, languages & histories yet they continue to be among the world's poorest & most marginalized populations.









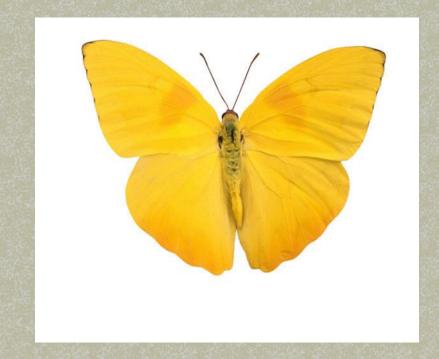
Who are including the Recollect

An official definition of "Indigenous" has not been adopted by the **United Nations** system due to the diversity of the world's Indigenous peoples.

Instead, a modern & inclusive understanding of "Indigenous" has been developed & includes peoples who:



Demonstrate historical continuity with precolonial &/or pre-settler societies.







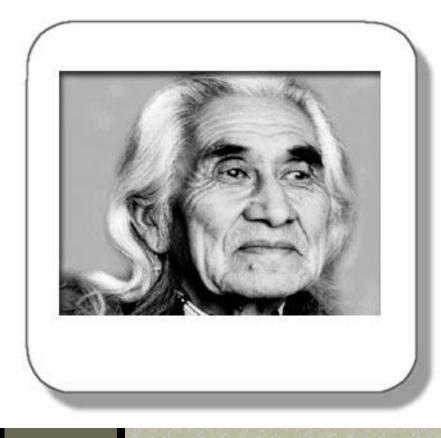
Identify themselves & are recognized & accepted by their community as Indigenous.







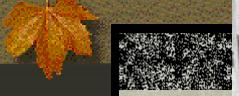
Maintain distinct languages, cultures & beliefs.







Resolve to maintain & reproduce their ancestral environments & systems as distinctive peoples & communities.





"Thou Shalt Not Tell Lies". Cree students attending the Anglican-run Lac La Ronge mission School in La Ronge. Lac La Ronge, SK. March 1945 Bud Glunz / National Film Board of Canada / PA-134110

Form non-dominant groups of society.



The Social Determinants of Indigenous Health

- Poverty
- Education
- Housing
- Self-determination
- Culture
- Land, Environment, Environmental Stewardship
- Gender
- Family & Child Welfare

An Overview of Current Knowledge of the Social Determinants of Indigenous Health (Commission on Social Determinants of Health, World Health Organization)



The Report of the Royal Commission on Aboriginal Peoples (1996) concluded:

"Aboriginal people are at the bottom of almost every available index of socioeconomic well-being, whether [they] are measuring educational levels, employment opportunities, housing conditions, per capita incomes or any of the other conditions that give non-Aboriginal Canadians one of the highest standards of living in the world."



Culture, Health, Medicine & Healing

Health behavior: the combination of attitude, knowledge & practices which motivate the actions taken regarding health. These may or may not improve health.

Illness behavior: the combination of attitude, knowledge & practices which motivate the actions taken regarding signs and symptoms of disease — monitoring, interpretation of signs & symptoms, remedial action & use of the health system.



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Traditional Values

- Respect
- Truth and Honesty
- Humility
- Connection with the Land
- Spirituality
- Conservation
- Future Generations
- Interconnectedness
- Equality
- Harmony and Balance
- Extended Family



Traditional Values (con't)

- Collective well-being
- Open-mindedness and commitment to mutual understanding
- Sharing and Caring
- Humour
- Gender-specific Roles & Responsibilities
- Gratitude
- Attention to the Day and the Season
- Shame and Social Control
- Cultural Activities



Traditional health practices

- Song
- Prayer
- Ritual
- Meditation
- Reflection
- Complementary/Integrative/Traditional Medicine
- Power of Self
- Ceremony