



Determinants of Indigenous Peoples' Health

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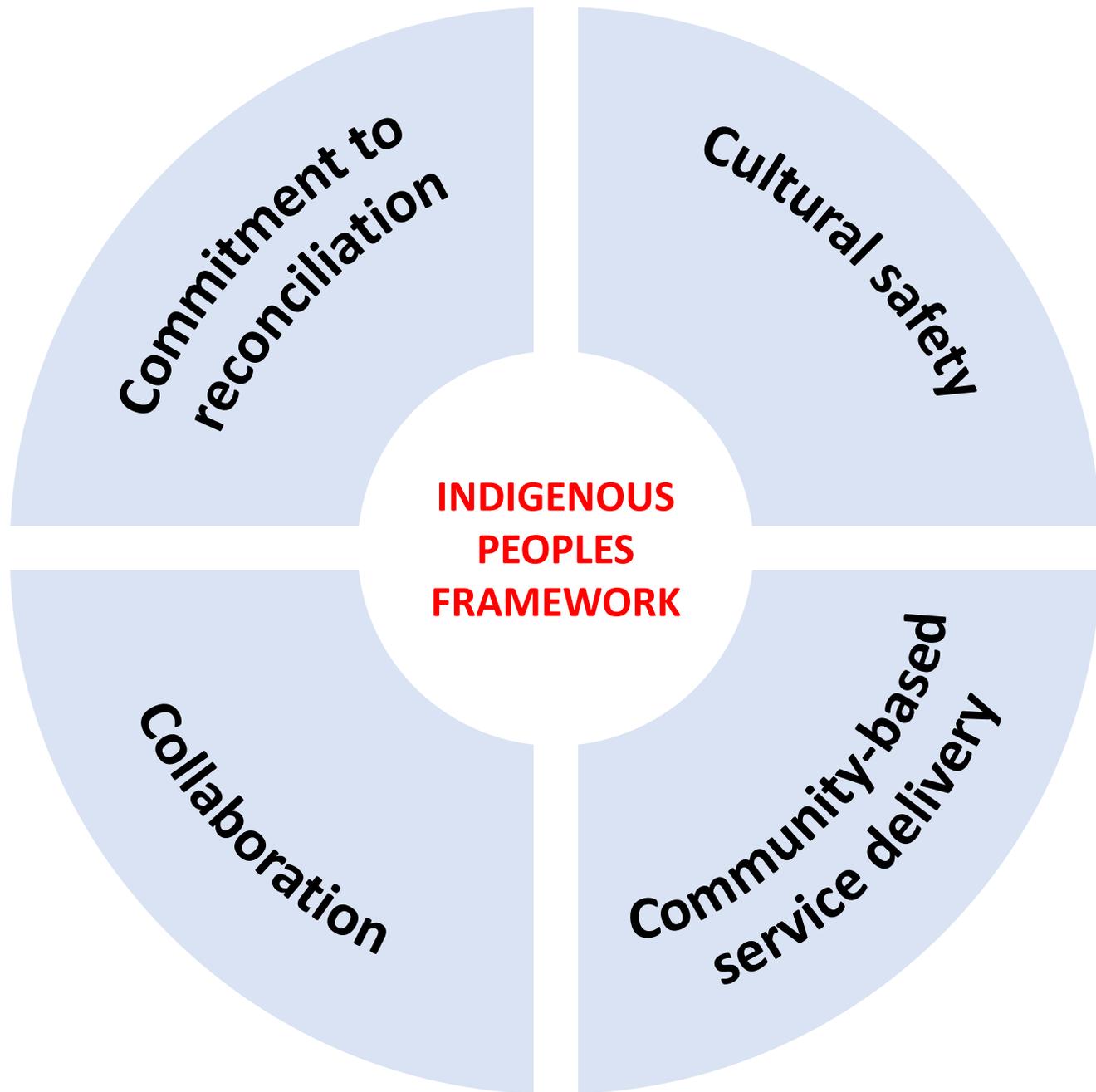
Land Acknowledgement

I would like to begin by acknowledging the lands I'm speaking to you from today are on the territories of the Lkwungen (Esquimalt and Songhees) (Victoria, BC)

I also acknowledge the many territories where you are joining from today.



TELAXTEN describing the history of the territory and Douglas Treaty to Kellyann Meloche, top of Mount Douglas, Victoria, BC.



A determinants-of-health lens is a powerful way to put our commitments into action.

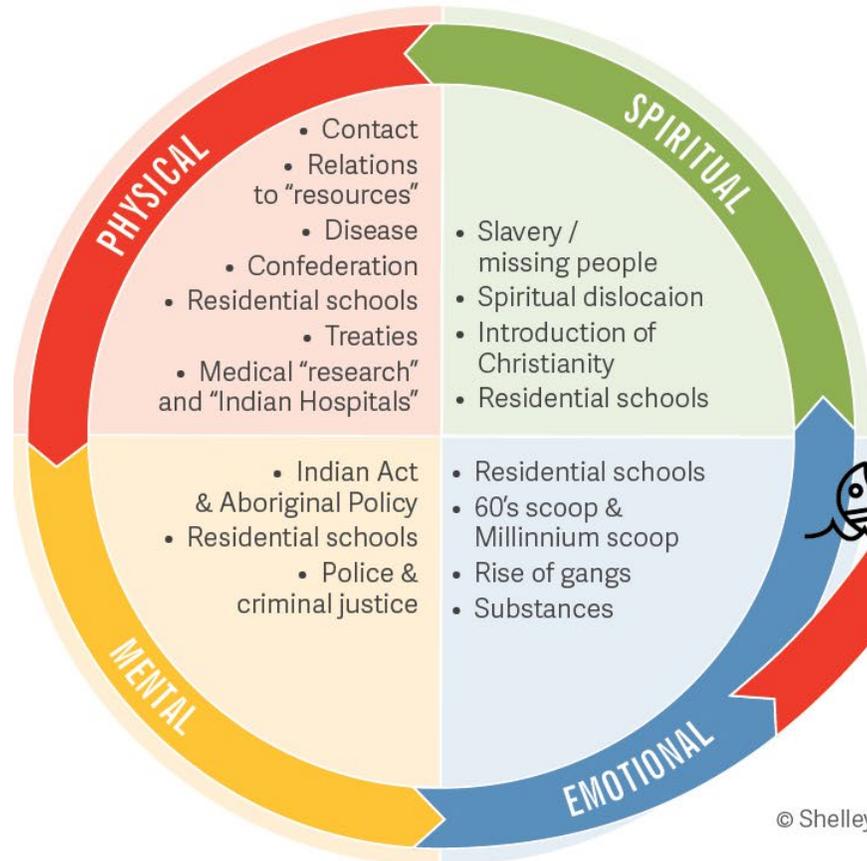
Research Question

**What aspects of the community mobilization process are working to bring about change?
What works and why?**

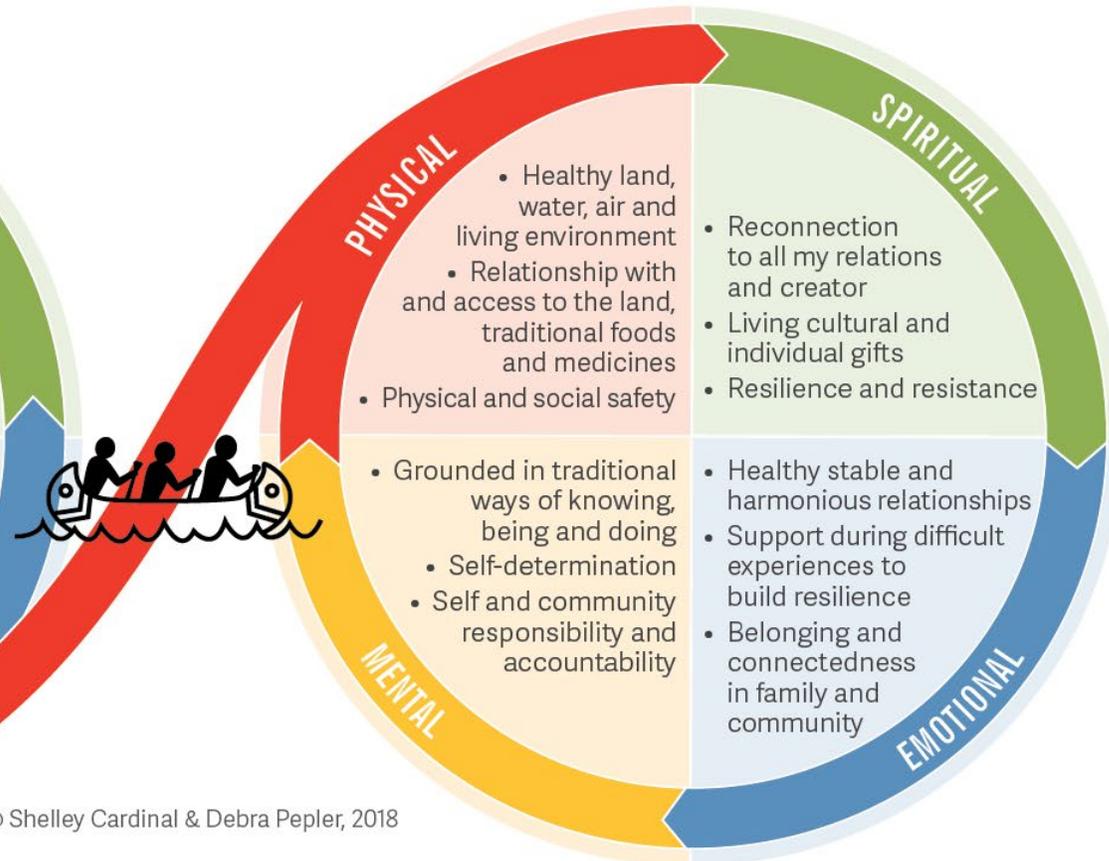
This research project has allowed us to engage with Indigenous communities in research that answers the question: How are we able to better understand what moves communities from a cycle of violence to a circle of wellness, rooted in First Nations, Métis and Inuit cultures and ways of being.



CYCLE of VIOLENCE



CIRCLE of WELLNESS

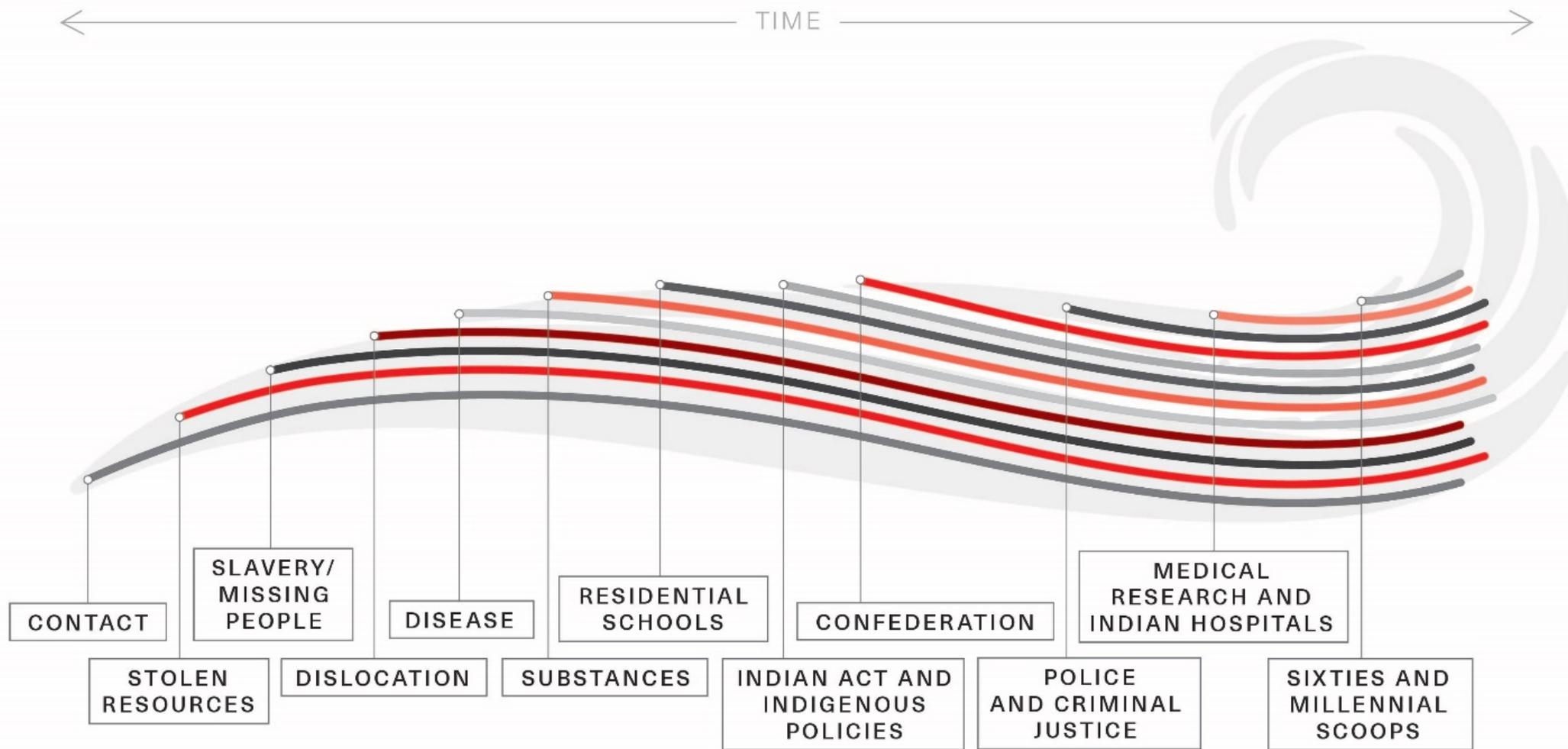


... colonialism is not only a historical phenomenon; its forces and structures continue to affect the well-being of Indigenous Peoples worldwide, underpinning many adverse social determinants of health experienced by Indigenous Peoples but also disrupting access to protective determinants such as language, traditional governance, land-based activities and healing practices.

Lisa Richardson and Allison Crawford, COVID-19 and the decolonization of Indigenous public health, CMAJ

HISTORY OF HARM

PATHWAY OF DISRUPTIONS





Determinants of health provide context for the inequity we may see and guide responses that are holistic, culturally safe, decolonizing and centred on the strengths of Indigenous communities.

Do-No-Harm: Vulnerability and Intersectionality

- **Do-No-Harm**

- We remain sure that our policies, programs, and operations are culturally-safe, informed by community, and do not infringe or jeopardize the inherent rights of Indigenous Peoples. We work to ensure that the support and services we are providing is consistent with the vision, goals, and needs of specific communities while supporting or strengthening their inherent rights to self-determination and self-government.

- **Structural Vulnerability**

- Structural vulnerability is the result of historical and ongoing harm. This harm was and is rooted in violent colonial structures imposed on Indigenous Peoples. Many Indigenous people, families, and communities have experienced – and continue to experience – an ongoing history of harm that brought with it “cascade of trauma” that is overwhelming in its breadth, depth and longevity.

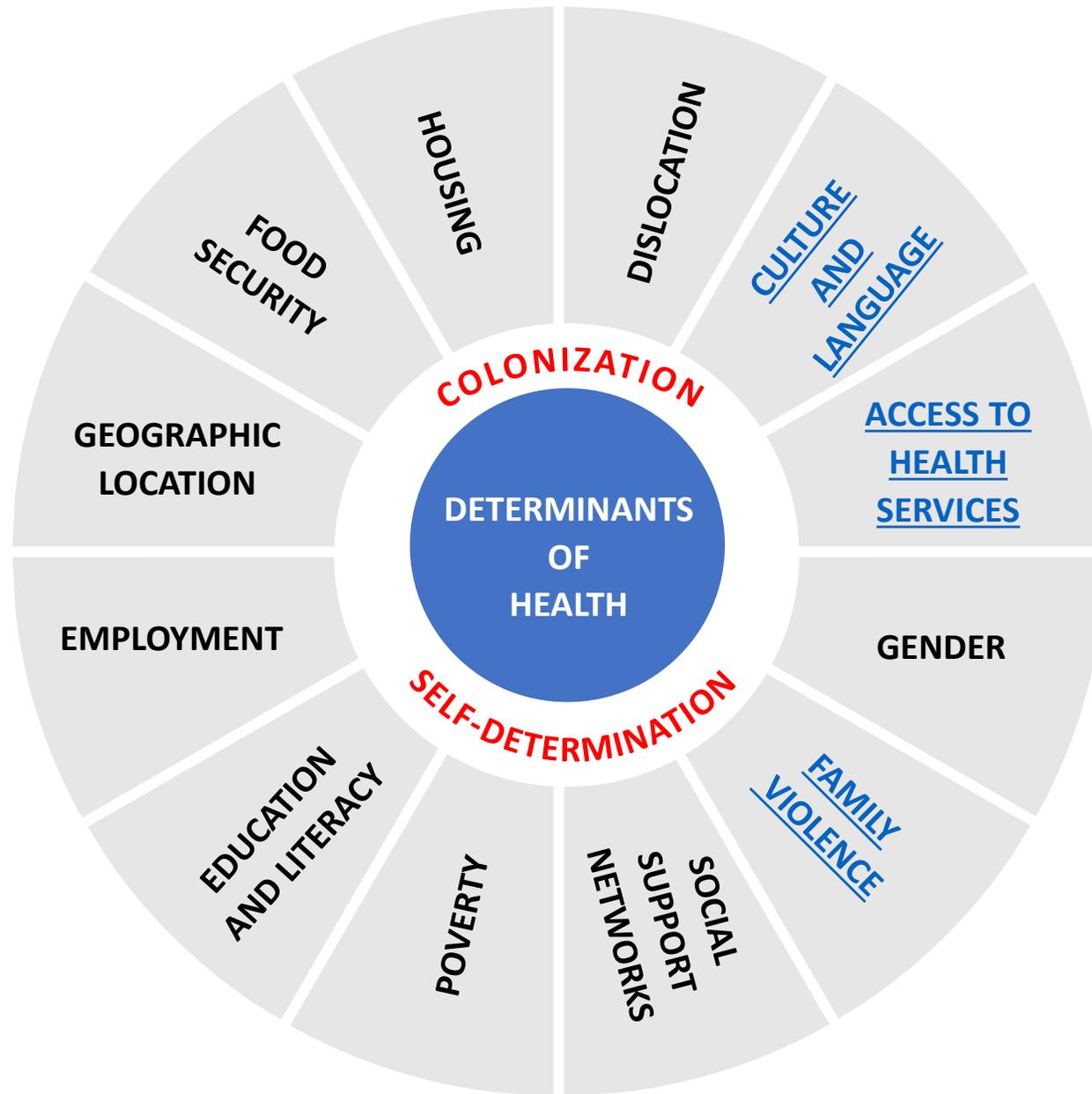
- **Intersectionality**

- Intersectionality, or an “intersectional lens”, helps the CRC recognize and facilitate crucial connections across perceived differences, and sheds light on opportunities for building coalitions, partnership, and sustain relationships based on recognizing mutually-aligned goals of autonomy and self-determination across communities and nations.
- An intersectional perspective can also help us to link different worldviews without erasing differences between them, because it upholds the complexity and specificity of each.

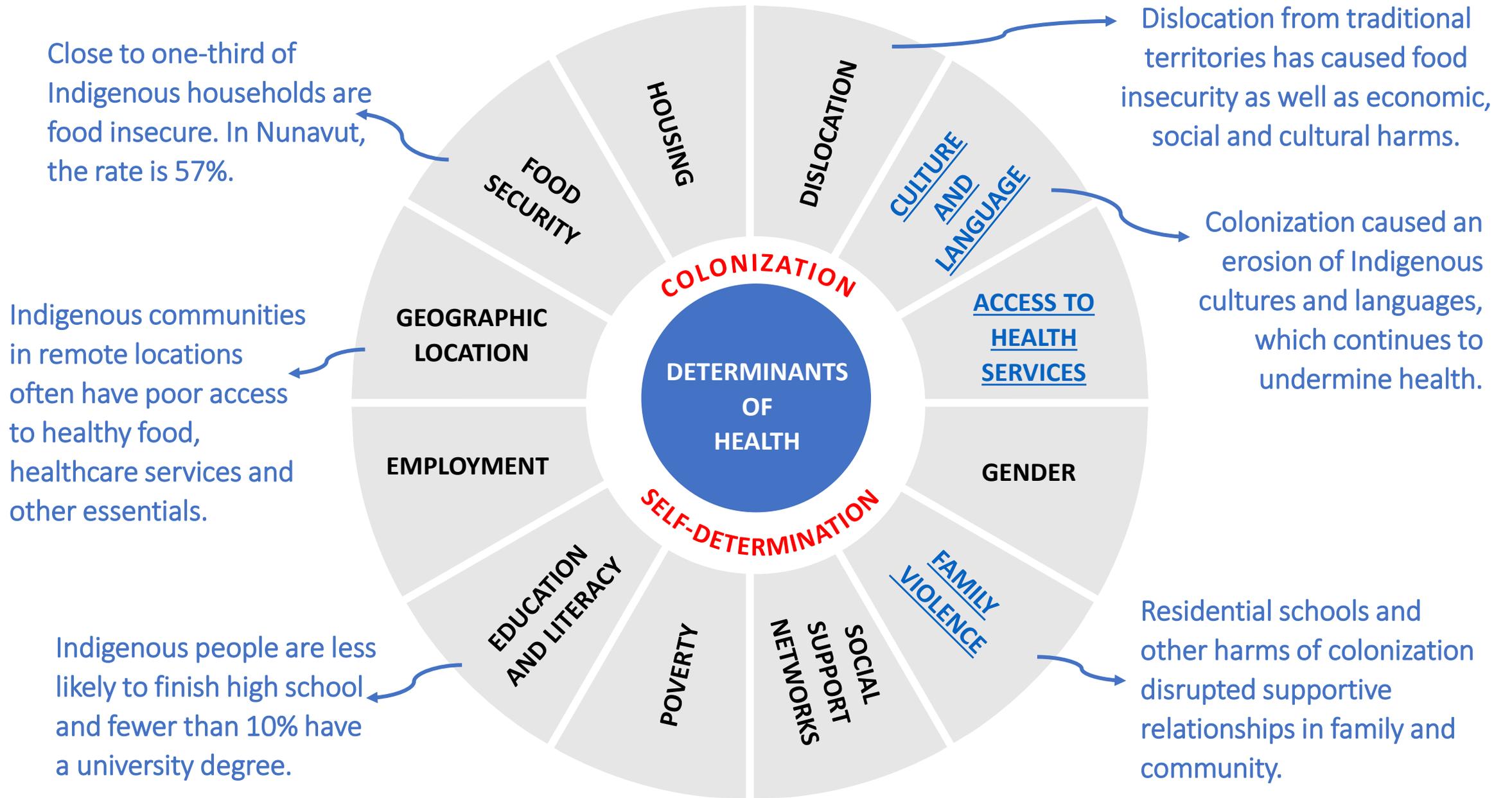
Ideally, the structures (social, political, economic), of any given society facilitate cohesion among its members, as well as create systems through which all people can access resources and derive benefit from opportunities. Instead, Canadian society has, by and large, engaged in systemic discrimination against Aboriginal peoples, manifested as inequitable structural determinants that detrimentally impact the health and well-being of individuals, families, communities, and nation-states.

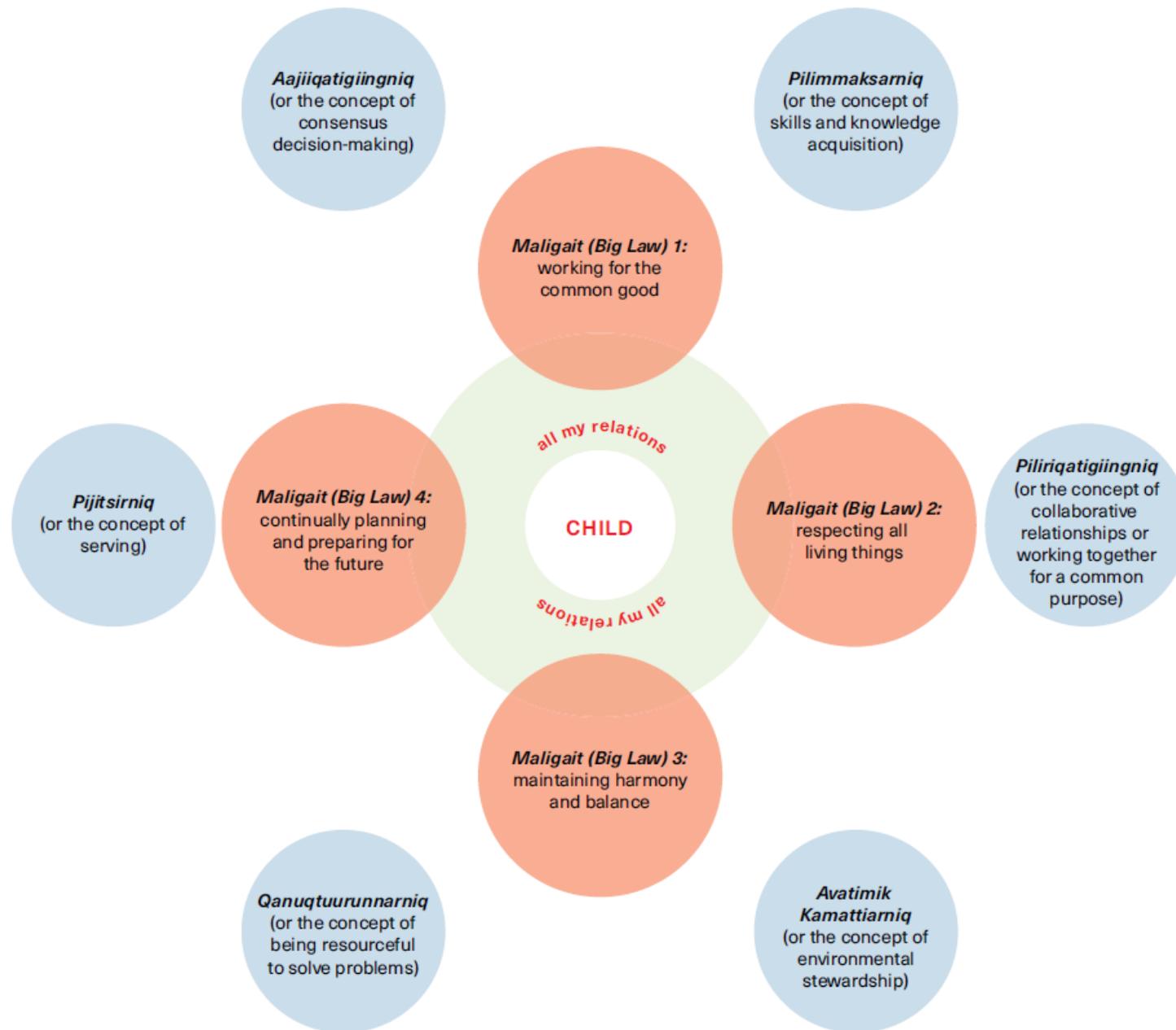
Charlotte Reading, Structural Determinants of Aboriginal People's Health

Colonization is at the root of inequity.



Self-determination is a powerful determinant and a source of wellness.





The Red Cross was instrumental in initiating our very first training and then coming back again to help give direction to our programming.

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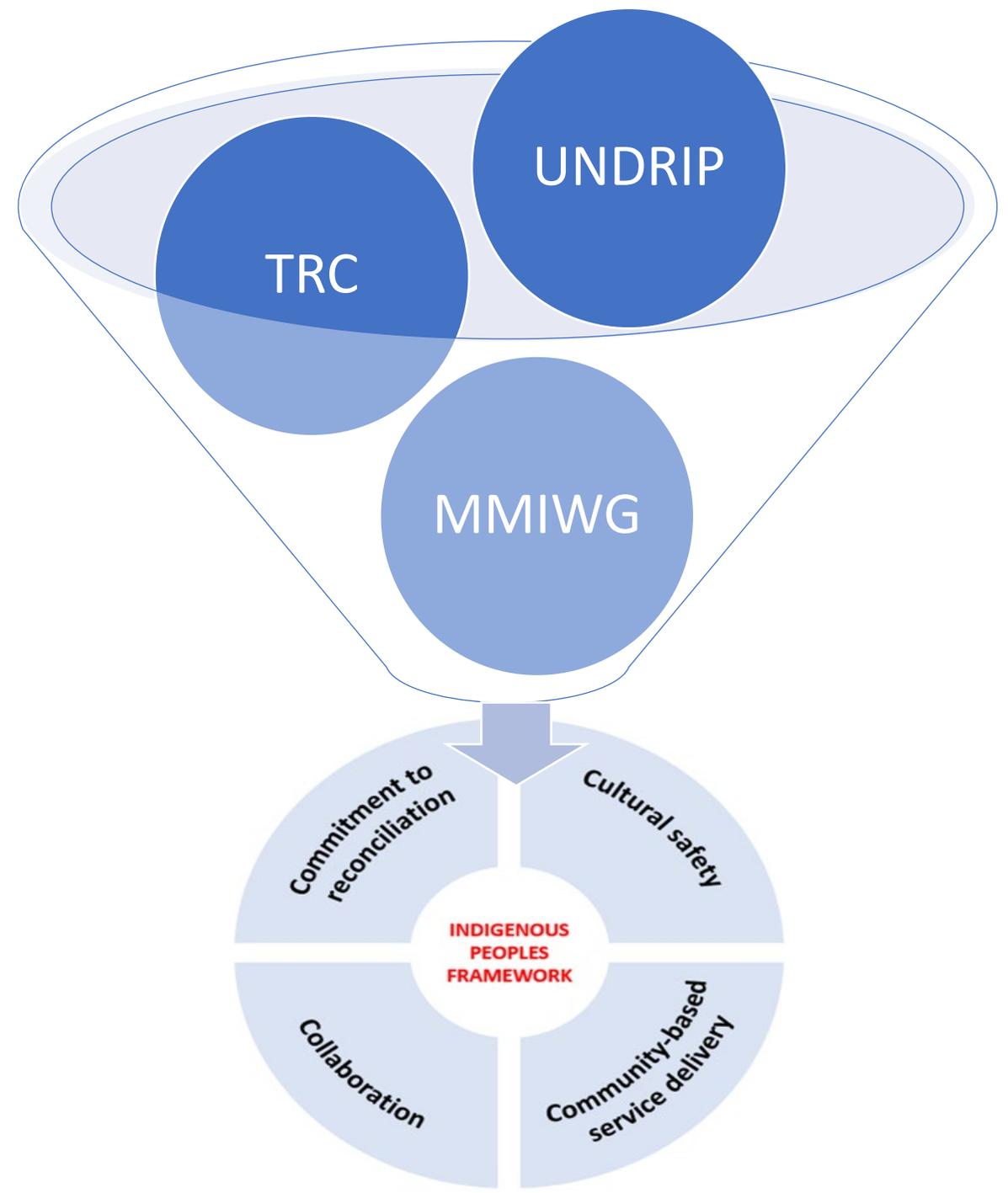
The Red Cross has the experience of many years of amazing programming and training initiatives—there's all that richness already there. If you can come into a community and get a sense of what are the dynamics, what are the real needs this community is facing—and if you can then cherry-pick from all those resources that you have to bring the best resources to help in that instance—that's huge, that's really the most effective.

Shirley Tagalik, community educator, Arviat, Nunavut

Enabling Protection Frameworks as Drivers for Action on the Determinants of Indigenous Peoples' Health

"...[I]dentify and close the gaps in health outcomes between Aboriginal and non-Aboriginal communities... including infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services."

Truth and Reconciliation Commission of Canada, Call to Action 19



The thing that is stunning when you start to do research into Inuit worldview is that it's all there, it's all laid out, all the answers are there. When we southerners came into the communities we just assumed they didn't have anything. And of course, they survived for thousands of years in the Arctic—they have it all! But we stomped on it. A lot of what we're trying to do is make space to bring back the richness that is already part of culture and cultural teaching.

Shirley Tagalik, community educator, Arviat, Nunavut

How can we contribute to community wellness? Some questions to ask ...

Does your program follow a “Do-No-Harm” approach?

Does your program contribute to the community’s self-determination?

Is your program grounded in the local culture?

Is your program likely to address other determinants of health as defined by the community?

How can we contribute to community wellness? Some more questions

Is the community's long-term relationship with your program strengthened by your program?

Will your program contribute to positive community change as determined by the community?

Will your program enhance and sustain decolonization efforts by the community?

Resources

Determinants of Indigenous Peoples' Health: Beyond the Social (Second Edition)

<https://www.canadianscholars.ca/books/determinants-of-indigenous-peoples-health>

National Collaborating Centre for Indigenous Health

www.nccih.ca/en/

The Social Determinants of Health from a First Nations Perspective (First Nations Health Council, BC)

www.youtube.com/watch?v=aD-wYpDsooQ