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FIRST NATIONS & INUIT HEALTH BRANCH - ALBERTA ISSUE 6 - SPRING 2013

FNIHBnewsletter

ENVIRONMENTAL HEALTH • COMMUNITY NURSING • HEALTH PROTECTION • DIABETES INITIATIVES • NUTRITION

Partnering for a Safe and Healthy Future

'Partnerships in health' is the theme for this spring and summer issue of the FNIHB-Alberta Region Newsletter.

We are celebrating the many partnerships happening throughout Alberta that are helping build healthier and safer communities. Inside you will find stories about successful community-based events and initiatives, like Teddy Bear Fairs and the upcoming 10th Annual Alberta Youth Gathering that are bringing people together and helping them live healthier lives. There are so many great things happening and they are happening because people work together!

At Health Canada, we partner up too. We work with communities, the province and other federal government departments to develop programs and publications to support First Nations in their efforts to keep their communities

healthy. For example, on page five you will read about FNIHB's Clinical Telehealth program. Clinical Telehealth brings a variety of clinical services directly to community members via videoconference technology. Videoconferencing is readily

available in every First Nations health centre in Alberta.

We hope you enjoy reading about the great collaborative work that is happening in communities across Alberta and **we wish you a safe and healthy spring and summer!**



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A Note from Herman Wierenga

REGIONAL EXECUTIVE, FIRST NATIONS AND INUIT HEALTH BRANCH-ALBERTA REGION

I am pleased to welcome you to FNIHB-Alberta Region's sixth newsletter. The response to date tells us that First Nations health staff and other readers find the information in these newsletters to be quite helpful!

Our sixth issue's theme is 'Partnerships in Health,' and includes stories highlighting some of the collaborations that help improve the health of communities. At Health Canada, we value the relationships we have with community organizations, community members, the province and other federal government departments. We hope you find these stories useful and that they give you some ideas of what partnerships your community might benefit from.

I would also like to take this opportunity to mention that the annual First Nations Health Status Report has been released. This report provides data on the health of First Nations communities in Alberta. To create it, we rely on the help of everyone working in our programs, community health centres, Alberta



Health, Alberta Health Services, and Aboriginal Affairs and Northern Development Canada. The report is available online at hcom.ca

I hope you enjoy the articles in this newsletter and I hope that sharing ideas in this way leads to healthier communities. Your suggestions and feedback are most welcome!

Apple SAUCE

INGREDIENTS:

- 3 medium cooking apples
- 2/3 cups (150 ml) water
- 3 tbsp (45 ml) granulated sugar



INSTRUCTIONS:

1. Wash, peel and core apples.
2. Cut into quarters. In a saucepan, combine apples and water.
3. Bring to a boil and cook for about 10 minutes or until apples are tender.
4. Drain. Stir in sugar.
5. Mash with a fork to desired texture or, for a smoother texture, puree in a food processor and strain through a sieve.

Recipe courtesy of Healthy U and Government of Alberta

SHARE YOUR STORIES WITH US!

We really want to hear from you... We're always on the lookout for stories about programs and activities taking place in your community. So, why not take this opportunity to show off a little bit? Tell other First Nations communities what you have been up to. Let's learn from each other.

Send in your submission for the next issue today! Please send any ideas or story submissions to Health Canada-Alberta Region Communications at Alberta.Communications@hc-sc.gc.ca or call 1-855-809-6966.



Health Horizon Days

The University of Alberta's Faculty of Medicine and Dentistry hosted Health Horizon Days October 16-18 2012. This annual event is made possible through a partnership between the University, Health Canada's Aboriginal Health Human Resource Initiative and the three treaty organizations in Alberta.

Twenty-five youth were selected by each treaty area's Health Career Coordinator to attend this special event. The project was fortunate to have representatives from Alexander First Nation, Dene Tha', Kainai, Maskwacis communities, Piikani, Siksika, Stoney communities, Sturgeon Lake, Peerless Trout and the Tsuu T'ina Nation.

This year's event provided First Nations youth with information about their options for careers in health. Hands-on demonstrations allowed youth to experience a variety of health professions, such as nursing

and dentistry, and gave them a glimpse of what they can expect as a university student.

A past Health Horizon Days participant has recently completed her first year in sciences at the University of Alberta and is well on her way to becoming a medical doctor. She credits her enthusiasm for health professions to the experiences she had while participating in the project.

Hands-on demonstrations allowed youth to experience a variety of health professions.

For the second year in a row, Health Horizon Days also included the opportunity for the youth to take part in The Canadian Medical Hall of Fame's national TD Discovery



First Nations students participating in a dental surgery demonstration.

Days in Health Sciences program which was held in Edmonton on October 18, 2012. This annual, full-day event, also delivered in partnership with the University of Alberta's Faculty of Medicine and Dentistry, gave Health Horizon Days participants the opportunity to join area high school students as they engaged with health professionals through interactive workshops and a career panel discussion. This valuable partnership has inspired many youth to consider choosing health as a profession.

Your Health Outdoors

First Nations are intimately connected to the land and the environment. Every

season provides an opportunity to appreciate the beauty and bounty of nature and to take part in outdoor activities. Being outdoors or on the land offers many benefits to First Nations such as exercise, hunting, fishing and recreation. As well, it is an ideal learning environment for all types of traditional knowledge teachings. Being outdoors is also positively linked to health and well-being.

Each community has its own unique geography, wildlife, plant life and climate. Health Canada's *Your Health Outdoors. What you can do during spring and summer!* is an easy-to-use guide that covers key information for safe, healthy and fun spring and summer outdoor activities.

To order your copy of *Your Health Outdoors. What you can do during spring and summer!* email publications@hc-sc.gc.ca or call 1-866-225-0709.

Source: www.hc-sc.gc.ca

HEALTH CANADA'S **YOUR HEALTH OUTDOORS. WHAT YOU CAN DO DURING SPRING AND SUMMER!** GUIDE CONTAINS INFORMATION ON:

- Early spring
- Sunshine and high temperatures
- Before you head out into the bush...
- Breathing easy
- The impact of environmental contaminants
- How climate change could impact outdoor life
- Looking for health risks

Beef Barley SOUP

MAKES 18 CUPS (9 BOWLS)

Soup freezes well.

INGREDIENTS:

- 3 carrots
- 3 stalks celery
- 1 large onion
- 1 small red pepper
- 2 lbs (1000 g) stew meat
- 30 ml (2 tbsp) beef bouillon
- 125 ml (1/2 cup) pearl barley
- 1800 ml (7 cups) water
- 2.5 ml (1/2 tsp) pepper
- 2.5 ml (1/2 tsp) basil
- 30 ml (2 tbsp) parsley
- 1 bay leaf

INSTRUCTIONS:

1. Combine all ingredients (except barley) in slow cooker.
2. Cook on LOW for 8-10 hours or HIGH for 6-7 hours.
3. During last hour of cooking time, add barley.

Source: Joanne Siemens, Hobbema's Favourite Soups: A collection of healthy recipes

Hobbema's Favourite Soups: A collection of healthy recipes

JOANNE SIEMENS, REGISTERED DIETITIAN

Every day people ask me what they should eat to be healthy. I tell them that one of the best things they can do is to go back to having homemade soups. By 'go back' I am referring to the way that First Nations people ate for hundreds of years before fast food. Back in the day, my Kokum would always have a big pot of soup on the stove.

Some people may think that homemade soups are old fashioned, but they are perfect for today's lifestyle. We need meals that are easy to prepare and easy to clean up. We need meals that have few ingredients and fill up the whole family so that the groceries last and stay within our budgets. We need meals that can be eaten anytime; a pot of soup on the stove or in the slow cooker can be enjoyed by the children after school,

by the whole family at supper time, or even by the teenager late at night. We need meals that anyone can cook or learn to cook. And, we need meals that keep us healthy.

Soup is that meal!

If you would like a copy of *Hobbema's Favourite Soups: A collection of healthy recipes* please email j.siemens@maskwacishealth.ca

Hai Hai.



Baby PANCAKES For ages 6 months and up

MAKES 6 LITTLE PANCAKES

INGREDIENTS:

- 1/2 cup (125 ml) whole wheat flour
- 1/2 cup (125 ml) iron-fortified infant cereal
- 1 tsp (5 ml) baking powder
- 3 egg yolks
- 3/4 cup (175 ml) water
- 2 tbsp (25 ml) canola oil
- 1 tsp (5 ml) canola oil for the frying pan
- Thawed fruit

INSTRUCTIONS:

1. Mix all dry ingredients in a large bowl.
2. Whisk together egg yolks, water and canola oil in a separate bowl.

3. Add the wet ingredients to the dry ingredients. Mix well.
4. Heat a non-stick frying pan over medium heat. Add the 1 tsp of oil. Once heated, pour about 2 tbsp of batter onto the pan and cook for about 3 minutes. Flip and cook for about 1 minute.
5. Serve immediately with fruit. Pancakes can be kept in the fridge for up to 3 days or frozen.*

*To freeze pancakes: Separate each pancake with wax paper and stack. Wrap with plastic and freeze. Microwave for 30 seconds to reheat.

Source: First Solid Foods for First Nations: A guide to making your own baby food





What's New in Telehealth?

The FNIHB-Alberta Region Telehealth Team proudly presents several new and innovative educational series!

EDUCATIONAL OPTIONS FOR ABORIGINAL INDIVIDUALS

This series was designed in collaboration with Health Canada's Aboriginal Health and Human Resources Initiative. It provides tools and resources to aboriginal people who would like to expand their skills and knowledge by furthering their education. Topics include applying for grants and scholarships, upgrading education levels and qualifying for post-secondary programs.

KIDZ KORNER

Kidz Korner is a series of one-hour educational sessions held every week

during the summer months. Children who attended the 2012 series participated in craft-making, physical activities and learned the importance of good nutrition. The children were also given an extra 30 minutes during each session to interact with each other using the videoconference equipment. Planning is underway for Kidz Korner 2013!

FOCUS ON FIRST NATIONS OF ALBERTA

This series was created to help bring cultural awareness of First Nations people within Alberta to those who want to learn. 2012's series covered the overall history and culture of First Nations in Alberta, and also sessions about the Saulteaux and Tsuu T'ina/Sarcee nations. This popular series will continue during 2013.

THE TELEHEALTH SPEAKER SERIES

The series focuses on First Nations and Aboriginal traditions and western influences on healing the mind, body, and spirit. This exciting series will continue through 2013.

VISIT THE TELEHEALTH PORTAL AT FIRSTNATIONSTH.CA

Visit firstnationsth.ca for more information on Telehealth and to register for upcoming sessions.

You can also view recordings of past sessions by visiting the Telehealth Portal. Go to firstnationsth.ca and select 'FNIH Presented VCs' from the 'Quick Links' menu which is found on the left-hand side of the home page.

Clinical Telehealth and First Nations in Alberta

Clinical Telehealth brings health services to individuals through videoconferencing technology that is readily available at every First Nations health centre in Alberta. FNIHB's Telehealth Program supports communities pursuing Clinical Telehealth by ensuring connectivity, providing training on equipment, supporting scheduling and connecting communities with Clinical Telehealth providers. The five most popular clinical encounters are in the areas of mental health, pediatrics, primary care, dietary counselling and the management of diabetes.

There are many benefits of Clinical Telehealth including reducing travel time and expenses. It has been

shown to improve the job satisfaction of health providers working in remote communities. Most importantly, Clinical Telehealth improves access to providers and health services that are not directly available in the community.

The majority of users are very satisfied with the service. It is not intended to replace visiting physicians or in-person visits to specialists. Rather, Clinical Telehealth provides an alternative to travelling out of the community for certain health services and it allows health practitioners to maintain a connection to their patients between in-person visits.

The majority of Clinical Telehealth providers are located within Alberta

Health Services facilities. However, some FNIHB programs (for example, Home Care and dietary counselling) as well as some doctor offices also offer Clinical Telehealth.

The FNIHB Telehealth Team is available to work with communities that are interested in implementing Clinical Telehealth. Communities that have Clinical Telehealth already in place are also an excellent source of information for communities interested in developing a Clinical Telehealth implementation plan.

For information on launching Clinical Telehealth in your community, contact the FNIHB Telehealth Team via email at videoc@hc-sc.gc.ca

Guja + Sandy Lake Diabetes Prevention Program = **Guja Diabetes Prevention Program**

SUBMITTED BY THE TSUU T'INA NATION HEALTH EDUCATION TEAM

The Tsuu T'ina Nation Health Education team has taken the Sandy Lake Diabetes Prevention Program (SLDPP) and made it our own... here's how we did it.

Tsuu T'ina Nation's Guja Diabetes Prevention Program (GDPP) evolved from the SLDPP over a period of four years and has been all about partnerships right from the beginning.

The GDPP started when the 17-week SLDPP curriculum was introduced to Chiila Elementary. Designed for Grades 3 and 4, the program teaches the difference between 'everyday foods' (e.g. low fat, low sugar, low sodium, high fibre) and 'sometimes foods' (e.g. high fat, high sugar, high sodium, low fibre), the importance of everyday physical activity, and how to prevent diabetes. The curriculum is culturally appropriate, with a story based on the geographical make-up, traditions and keywords in the Ojibway-Cree language.



Although the curriculum teachings were universal, we felt we wanted to make it more culturally relevant to Tsuu T'ina. We approached the Tsuu T'ina Gunaha Institute to modify the story to fit the culture and language of the Tsuu T'ina. This proved to be an important partnership to both programs as we now have a culturally relevant health promotion tool and the language program is now reaching the Grade 3 and 4 students in an additional capacity.

This proved to be an important partnership to both programs as we now have a culturally relevant health promotion tool...

In the meantime, a graphic design student from Tsuu T'ina along with the Gunaha Institute and the Health Education Team, were in the process of designing our own logo to identify healthy food choices available within the community. The end result was our Guja logo. This logo is placed next to healthy choices on menus throughout the community, for example, in the Band Office cafeteria and Sportsplex concession, as well as community events such as Treaty Day celebrations. With each developing partnership, the Guja logo is becoming more visible within the community and more healthy choices are made available!

In 2012, we took the next step of combining Guja and SLDPP by renaming the diabetes program to GDPP. To reinforce the teachings taught in the classroom to the Grade 3s and 4s, we worked with the school cooks to educate them on Guja, the GDPP curriculum and how to post daily lunch menus that highlight 'everyday foods' and 'sometimes foods.' The same language is used on the board as is used in the classroom, further enhancing the continuity of the diabetes curriculum, Guja logo and Tsuu T'ina language.

The partnerships developed with the Gunaha Institute, our school teachers and cooks, as well as the intra-partnership between the health promoter and dietitian are instrumental in building community capacity and the sustainability of our health promotion initiatives. Improving the health of Tsuu T'ina Nation is a shared responsibility,

...the language program is now reaching the Grade 3 and 4 students in an additional capacity.

where building partnerships means we have the potential to achieve greater outcomes.



The Guja menu board at Tsuu T'ina Nation's elementary school highlights the healthy items on the lunch menu each day.

Diabetes Eye Program

Uncontrolled diabetes can cause vision loss in many different ways. For example, high blood sugar causes damage to the blood vessels at the back of the eye. It is very important to have your eyes screened once a year because you might not feel or see the damage caused by diabetes.

All First Nations communities in Alberta have access to the Diabetes Eye Program Team. The Team consists of four photographers who are trained to take photos of the back of the eye. The Team works with communities to plan visits at least once a year. The First Nations in Alberta Diabetes Eye Program partners with the TeleOphthalmology program at the Royal Alexandra Hospital in Edmonton.

It is very important to have your eyes screened once a year because you might not feel or see the damage caused by diabetes.



Contact your local health centre to book an eye exam once a year!

IF YOU HAVE DIABETES, WHAT SHOULD YOU DO?

1. Book an eye exam with a health professional once a year.
2. Always see an experienced eye professional. The eye specialist may:
 - a. look at digital photos of the seven fields of the back of the eye; or
 - b. look directly into the back of the eye.

WHAT CAN YOU DO TO KEEP YOUR EYES HEALTHY?

- Manage your diabetes as best you can.
- Eat healthy.
- Be active.
- Most importantly: Have your eyes checked by a professional once a year!

To book an appointment for an eye examination, contact your local health centre.

For more information about the Diabetes Eye Program, call **780-495-8429**.



DID YOU KNOW?

Women with diabetes may get diabetic retinopathy during pregnancy.

To protect their vision, every pregnant woman with diabetes should have a complete dilated eye exam as soon as they know they are pregnant.

Additional exams during the pregnancy may be necessary.



Good Food Boxes being prepared for Beaver First Nation.

Three Exciting Initiatives in Beaver First Nation

SUBMITTED BY IZABELLA CWIEKLINSKI, HEALTH DIRECTOR,
DIRECTOR OF EMERGENCY MANAGEMENT, NURSE IN CHARGE

Beaver First Nation is a community striving towards health excellence. One way in which we do this is by having a stellar health team that works wonderfully together. None of Beaver First Nation's successes would be possible without the tireless dedication of our members and staff.

Here are three examples of successful health initiatives happening in Beaver First Nation:

Good Food Boxes – Our community started its successful Good Food Box program in February 2012. Each month, the community Health Department provides each on-reserve home with a healthy food box, containing foods deemed appropriate by the Canadian Diabetes Association and useful healthy living resources. Every month, households are provided with different resources they can have on hand to read in the comfort of their own homes. The information provided covers a variety of topics including instructions on how to read nutrition labels and easy ways to get physically active.

Healthy Living Challenge – This voluntary program is offered to all members of Beaver First Nation. Each member that signs up for the Challenge receives a package of resources, along with physical activity aids like resistance bands or pedometers. The community Health Department hosts lunchtime walking groups as well as adult and youth gym nights that happen twice a week.

Our hope at Beaver First Nation is that the combination of Good Food Boxes and the Healthy Living Challenge will produce a movement towards better and healthier lifestyles.

Partnership with The Brick Sport Central – Beaver First Nation is partnering with The Brick Sport Central in Edmonton to provide our youth with sports equipment. Our community has already received a great deal of supplies and we hope to be able to share our sports equipment with the youth of neighbouring communities. If this initiative is successful, this partnership will help outfit hundreds of youth covering areas from Fox Lake to Paddle Prairie.

PARTNERSHIP WITH THE BRICK SPORT CENTRAL

The Brick Sport Central is a registered charity whose aim is to provide children in need with the opportunity to participate in sport. This is done by making sports equipment available, at no cost, to kids up to and including the age of 17. Their charitable mandate is to help individual kids in situations where they cannot afford equipment for sport and recreation.

Visit sportcentral.org for more information.





The Importance of Spaying and Neutering Your Dog

- Male dogs that are not neutered are more likely to bite.
- Spaying and neutering is a humane way of controlling the animal population.
- Spayed and neutered dogs live longer, healthier lives and also make more affectionate companions.
- Neutered males are less likely to roam, run away, get hit by cars, get into fights or chase livestock.
- Spaying a female dog eliminates the heat cycle. That means no incessant crying, nervous behaviour or unwanted male dogs lingering around your house.

Source: Alberta Spay and Neuter Task Force

HOST A SPAY AND NEUTER CLINIC IN YOUR COMMUNITY

The Alberta Spay and Neuter Task Force (ASNTF) provides high volume, high quality spay and neuter clinics and education, upon request, for First Nations communities in Alberta. These clinics provide spay and neuter surgery for dogs and cats as well as vaccinations (including rabies), internal/external parasite control and identification tattoos. The volunteer-based group works within the Alberta Veterinary Medical Association by-laws and their clinics, which can be held in community halls, school gyms, etc., can spay and neuter up to 240 animals over one weekend.

While there is no charge to the owners of the animals, ASNTF clinics are funded in whole or in part by the First Nations community hosting the event.

ASNTF is currently booking clinics for spring and summer 2014. For more information on hosting an ASNTF clinic in your community email taskforce@telus.net or call **403-797-3647**.

North Peace Tribal Council and Alberta Health Services Provide Mental Health Education in the Northwest

The North Peace Tribal Council has formed a three-year partnership with Alberta Health Services (AHS) to deliver ongoing, basic *Mental Health First Aid* training opportunities to the Tallcree, Beaver First Nation, Little Red River and Dene Tha' First Nations communities. The organizations entered into this partnership in order to help the Northwest Primary Care Network fulfil its mandate of providing mental health education to First Nations communities in the Northwest region.

Liane Mercredi, of the North Peace Tribal Council, will be working with the communities to coordinate and facilitate the 12-hour basic *Mental Health First Aid* course. Liane has

an ongoing working relationship and partnership with the Primary Care Network, which stems from previous partnerships in providing diabetes education (e.g. the diabetes outreach workshop) to the First Nations communities of the North Peace Tribal Council.

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is the help provided to someone who is developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is given to an injured person before professional medical treatment can be obtained, *Mental Health First Aid* is given until appropriate treatment is found or until the crisis is resolved.

Mental Health First Aid training teaches people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

Mental Health First Aid training dates have been booked! Keep your eye out for course information posted in the health centres, band offices and other locations around the communities of Tallcree, Beaver First Nation, Little Red River and Dene Tha'. Information can also be found on the **OneHealth.ca** calendar and on the *Mental Health First Aid* Canada website: mentalhealthfirstaid.ca

How Healthy are First Nations Communities in Alberta?

LEARN MORE IN THE 2011-12 FIRST NATIONS HEALTH STATUS REPORT

I am pleased to announce the release of the 2011-12 First Nations Health Status Report. It expands over last year's report to include an analysis of the demographics of First Nations in Alberta; a closer look at maternal and child health; a detailed examination of cancer among First Nations; and the health protection indicators in communicable disease control and environmental public health.

The purpose of this report is to provide an analysis of some aspects of the health of First Nations communities in Alberta in the specified areas above. This information can help prompt communities into action by providing planners and decision-makers with relevant community and regional health data.

The public health approach to managing local, regional or national issues or concerns follows a similar path by:

- identifying/defining a health issue or problem through surveillance/monitoring;
- identifying risk factors/causes associated with that problem;
- developing community-level interventions to control or prevent the cause or the issue; and
- implementing the interventions and evaluating their success.

Here are some highlights from the various sections of the Health Status Report:

- The total First Nations population registered to bands in Alberta is increasing (2001-2011).
- The rate of active tuberculosis (TB) decreased by nearly 40% in the First Nations population living on-reserve in Alberta between 2001 and 2011.

This information can help prompt communities into action.

- In 2011, there were 252 reported cases of animal bites, a 740% increase from 2001.
- The fertility rates of First Nations registered to bands in Alberta were stable from 2001 to 2006 and declined from 2007 to 2011.
- The most common cancers diagnosed among First Nations living in Alberta from 1997 to 2010 were breast, lung, colorectal and prostate.

- Aboriginal children represent approximately 9% of the total Alberta population but 67% of the children under Ministry of Children and Youth Services care.
- Rates of sexually transmitted infections (STIs) in 2011 were lower among First Nations individuals living on-reserve, relative to First Nations individuals living off-reserve in Alberta.
- During the 2011-12 fiscal year, 83% of routinely scheduled water sample tests were carried out. Communities should be congratulated for their continued efforts to ensure the safety of drinking water.

Development of this document is a collaborative effort by community-based public and community health workers, Alberta Health, Alberta Health Services and multi-disciplinary teams from various public health program areas within Health Canada's First Nations and Inuit Health Branch. I would like to recognize the hard work and dedication of those individuals who make this report possible each year.

Dr. Wadieh Yacoub
Medical Officer of Health
Director, Health Protection
Health Assessment and Surveillance



WANT TO KNOW MORE ABOUT THE HEALTH STATUS OF YOUR COMMUNITY IN PARTICULAR?

Contact the Health Assessment and Surveillance Unit at:
ALB_HAS@hc-sc.gc.ca or 780-495-5810.

Want to have a look at the 2011-12 First Nations Health Status Report?
Go to: publications.gc.ca/site/eng/434969/publication.html

COHI: In Your Community!

WHAT IS COHI?

The Children's Oral Health Initiative (COHI) is a program that helps First Nations families establish and maintain healthy teeth and gums.

COHI services are provided by community dental health practitioners (CDHPs) who are either dental therapists or dental hygienists.

CDHPs work in First Nations communities throughout Alberta, delivering quality dental health care to children and education to families.

WHAT SERVICES DOES COHI PROVIDE?

COHI's CDHPs work right in your community! They work in either your school or health centre and can provide the following services to children from birth to 12 years of age:

Dental Screenings: A CDHP checks the health of children's teeth, gums and mouths. Dental screenings provide a fun, gentle and easy way to introduce children to dental care and also identify if a visit to a dentist is required.

Fluoride Varnish: Is a protective coating that is applied to teeth. A fluoride varnish prevents tooth decay, is quick and easy to apply, safe to use with small children and pleasant tasting.

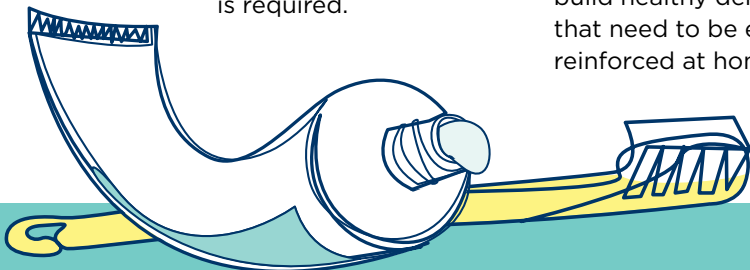
Sealants: Are thin plastic coatings that are applied to the chewing surfaces of primary ('baby') and permanent teeth. Sealants are simple to apply and create a protective barrier on the teeth. They reduce the amount of harmful tooth decay-causing bacteria in the mouth and are effective in helping prevent tooth decay.

Temporary Fillings: Are used to temporarily fill a decayed or damaged part of a primary ('baby') tooth. It is a gentle procedure that does not require dental anesthetic ('freezing'). A temporary filling stops a tooth from decaying further, however, the child still needs to see a dentist.

Education: Members of the COHI team provide one-on-one tooth brushing instruction. This helps to build healthy dental hygiene habits that need to be encouraged and reinforced at home.



Children learning healthy dental habits.



PARENTS AND GUARDIANS: HAVE YOU COMPLETED THE COHI AUTHORIZATION FORM?

Only children who have returned an authorization form, signed by their parent or legal guardian can participate in COHI. If you have not received a form this year please contact your local community dental health practitioner (CDHP), school or health centre to receive a copy. Be sure to read the form in full before signing and contact your local CDHP for any clarification you may need.



Paul Band Car Seat Safety Clinic

SUBMITTED BY LAURIE PARTON, COMMUNITY HEALTH NURSE

In November 2006, the Alberta Traffic Safety Plan: Saving Lives on Alberta's Roads, a comprehensive strategy designed to reduce traffic-related deaths and injuries in the province, was released. A key component of the Plan's Community Mobilization Strategy was the involvement of Métis and First Nations community stakeholders. Following comprehensive collaboration and consultation, the Aboriginal Traffic Safety Strategy was developed and implemented.

The Alberta Traffic Safety Fund provides funding to community groups and organizations to implement innovative traffic safety projects that are consistent with the objectives of the Alberta Traffic Safety Plan. The Fund is a collaborative effort involving Alberta Transportation's Office of Traffic Safety, the Alberta Centre for Injury Control and Research, and the University of Alberta's School of Public Health. It aims to fund community level projects that are specific to the needs of the applying community.

In June 2012, Paul First Nation Health Services was approved for a grant from the Alberta Traffic Safety Fund. With this grant, Paul First Nation Health Services held the 'Keep Them Safe!' car seat safety clinic. This clinic targeted women participating in Health Canada's Maternal Child Health (MCH) Program and Canada Prenatal Nutrition Program (CPNP).

The project consisted of a clinic and information session, and involved a number of Health Centre staff and community partners including nurses, community health representatives, MCH home visitors, Medical Transportation staff, a community wellness worker, the RCMP liaison officer for Paul Band and the regional traffic safety consultant with the Alberta Transportation Office of Traffic Safety.

CAR SEAT SAFETY CLINIC:

The MCH Home Visitor and Medical Transportation staff, who are all certified car seat technicians, assessed participant's car seats and trained community members on the correct use of their car seats. This event was preceded by RCMP check stops where tickets were issued to individuals who were not using car seats. Everyone who received a ticket, however, was given the option of attending the car seat safety clinic and would have their ticket waived as a result of receiving the training. 'Positive' tickets were issued to people found to be using car seats properly. They were also invited to attend the clinic and were given a voucher for gas.

A safety information package and vehicle magnet were also developed



for this event. The information package covered both car seat and bus safety and was developed using information available from the province of Alberta.

CAR SEAT SAFETY INFORMATION SESSION:

Women participating in the CPNP and MCH Program were invited to attend an information session on occupant restraints and car seat use, which was presented by the Regional Traffic Safety Consultant, Dale Friedel. Each participant received a safety information package and car seats were given away as door prizes.

In collaboration with the National Native Alcohol and Drug Abuse Program (NNADAP), Nurse in Charge Donalda Stanley and Community Health Nurse Laurie Parton presented on the use of occupant restraints and car seats to a group of adults as a part of National Addictions Awareness Week. Each participant also received a safety information package.

So, in addition to increasing awareness in the community and providing car seats to those in need, Paul First Nation Health Services has resources that will continue to be used to reinforce the messages of 'Buckle Up' and 'Keep Them Safe!'



Paul Band's car seat safety campaign logo appears throughout the community.

The 10th Annual Alberta Youth Gathering

Coming this July, the Three Eagle Wellness Society will be hosting the 10th Annual Alberta Youth Gathering in Treaty 7 at the Bloods.

The youth who attend this weeklong event leave with positive perspectives, motivation to make change within themselves, and eagerness to provide their peers, family and community members with factual information that can influence positive change.

Designed for youth between the ages of 13-18 years, the Youth Gathering provides training on numerous topics and has been successful in achieving

direct communication lines between peers. In past years, session topics included anger management; bullying; self awareness, self discovery; and sexual health.

This year's event will celebrate a milestone of 10 years! If you would like information about the upcoming Youth Gathering, contact Marilyn Willier, Prevention of Family Violence Manager for Three Eagle Wellness Society at 3eaglewellness@telus.net or **780-523-9928**.

If youth are our future,
then the future is NOW!



Last year, approximately 300 youth gathered for this inspirational event.



Tansi!! – Aba wathddedd!!

(“HELLO” IN THE CREE AND STONEY LANGUAGES)

SUBMITTED BY DONALDA J. STANLEY, NURSE IN CHARGE

Greetings from Paul First Nation!

A lot of brainstorming as a team came into play with the Car Seat Safety Campaign. The logo was thought of by Community Health Representative (CHR) Janet Rain, the message “Cigibaashidd – Kisakihitin,” which means “I love you” in Cree and Stoney, respectively, came from

CHR Doreen Rain and the proposal writing expertise was provided by Community Health Nurse Laurie Parton. The rest of the team also played important roles in the activities.

We hope to follow up with an evaluation in a couple of years to see if we have made a difference when it comes to our children's

safety. I thought the creation of the “Cigibaashidd – Kisakihitin” message was inspirational, simple and straight forward.

Our Message:
Cigibaashidd – Kisakihitin

“I Love You” in the Stoney and Cree languages.



Bill Cardinal competes in the log-sawing competition.



Delicious canned vegetables.



Mrs. Stamp competes in the bannock and tea-making contest.

Saddle Lake's 2012 Health and Harvest Fair

Community members spent a chilly October Friday learning how they can ensure their households are prepared for power outages, severe weather, water advisories and other emergencies.

It's important to consider what emergencies your community may be at risk of facing. Some communities may be more prone to flooding, while others may be more likely to experience a severe storm. Once you've identified what sort of emergencies you and your family may experience, the next step is to make an emergency plan and put together an emergency kit for your household. At the Health and Harvest Fair, a wide variety of community groups and organizations hosted booths to give their input on how Saddle Lake can get prepared.

Saddle Lake's First Responders wanted the community to know that they are there to help in the event of an emergency. The best way community members can be prepared is to have the First Responders phone number on hand, and make an emergency plan.

Before an emergency happens, you and your family should:

- know the emergency exits from each room of your home;
- know the escape route(s) from your neighbourhood in case you are ordered to evacuate;
- identify a place where family members will meet if they have to leave home during an emergency;
- have emergency contact information, such as telephone numbers for your local health centre, family, friends and neighbours; and
- know where your fire extinguisher is and how to turn off the water, electricity or gas, if necessary.

You might know that following a traditional diet can be a great way to prevent and manage diabetes. Did you also know that traditional foods are great to have on hand in the event of an emergency? Saddle Lake's Enhanced Diabetes Program booth highlighted that pemmican has a low glycemic index, which means it digests slower, keeping you feeling full longer and avoids spiking your blood sugar. Also, pemmican does not need to be refrigerated or heated up before eating, so it's perfect to have on hand during a power outage.

Claire Whitford and Jennifer Courtoreille, who host the Mom & Babe Cafés at the Health Centre, have noticed a funny thing about power outages. After a blackout of two days or more, there is a little increase in births in the community nine months later. So, what would Claire and Jennifer suggest that you put in your emergency kit? Condoms, to help prevent unplanned pregnancies! Their booth also provided fair-goers with some great information about how to be prepared for prepared for surprise and emergency births. Contact the Saddle Lake Health Center at **780-726-3930** or toll free at **1-800-829-6904** for more information on these topics, Mom & Babe Cafés and prenatal classes.

An emergency kit was on display, and went home with one lucky raffle winner! A good emergency kit should have supplies that will prepare everyone in your household (including pets!) to be self-sufficient for at least three days.

Saddle Lake community members didn't just learn a lot at the fair, they also celebrated the harvest! In addition to enjoying a delicious chili, stew and bannock lunch, there were other tasty samplings to be had, and prizes were awarded to the best chili, as well



Your household's **EMERGENCY KIT** should have:

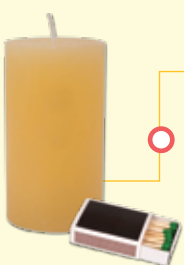
- Two litres of water per person per day, plus water for pets.



- A three-day supply of food (including pet food) that will not spoil, such as canned food, energy bars, dried foods (remember to replace the food and water at least once a year).



- A manual can opener.



- Flashlight, batteries, candles and matches or a lighter.



- A battery-powered or wind-up radio, plus extra batteries.
- Some cash in small bills, coins for telephones.



- A first aid kit.

- Special items, such as feminine hygiene products and prescription medications.



- Copies of your emergency plan, contact information and other important documents (license, birth certificate, passport, etc.) stored in a waterproof container.



- A change of clothing and footwear for each family member.



For more information on emergency preparedness visit getprepared.gc.ca

Source: www.hc-sc.gc.ca

as to the best fruit and vegetable preserves. When the sun came out in the early afternoon, the outdoor contests got underway and provided everyone with some great entertainment. Both men's and women's log sawing had the crowd cheering! In the bannock and tea-making event, each competitor built a fire, made dough, and the first to have their tea boiled and their bannock cooked won a prize!

Congratulations to all of the contest participants and to the whole community of Saddle Lake for a fun and successful Health and Harvest Fair!



Jennifer and Claire recommend including condoms in your emergency kit to help prevent unplanned pregnancies.

Successful Pilot of Home Care Reporting System (HCRS)

SUBMITTED BY FNIHB-ALBERTA REGION, HOME AND COMMUNITY CARE PROGRAM

In 2010, FNIHB-Alberta Region initiated the Home Care Reporting System (HCRS) pilot project, implementing the InterRAI*-Home Care and the interRAI-Contact Assessment in six First Nations communities in Alberta. Over the past three years, we have gained immense insight, a vast amount of knowledge and have encountered many "lessons learned." Upon completion of the pilot in March 2013, a comprehensive evaluation and an HCRS implementation toolkit will be available to support other First Nations communities in their RAI home care endeavours.

The successful HCRS pilot project will initiate the execution of pan-Canadian best practices within First Nations home care communities,

which most provincial healthcare systems have already realized. This project further supports equitable and modernized healthcare service delivery, a strategic focal point of Health Canada.

In November 2012, the pilot's success was acknowledged at the Canada Health Informatics Awards, where FNIHB-Alberta Region's HCRS Project Team was chosen as a finalist in the 'Teamwork' category. In the end, we came in third overall. Congratulations to all communities piloting the HCRS system!

For more information on the HCRS project, please call **780-495-3963**.

**RAI stands for Resident Assessment Instruments.*

Lip-Smacking Good SMOOTHIES



INGREDIENTS:

- 1 cup (250 ml) fresh, frozen or canned fruit in juice
- 2 tbsp (30 ml) 100% frozen juice of your choice
- 1/2 cup (125 ml) plain low-fat yogurt of your choice
- 1/2 cup (125 ml) 1% or 2% milk

INSTRUCTIONS:

1. Place all ingredients in blender.
2. Blend.
3. Drink!

Example combinations: Berries, vanilla yogurt and orange juice; or peaches, strawberry yogurt, and apricot nectar.

Recipe courtesy of Healthy U and Government of Alberta

Tipi of Courage

The Tipi of Courage program is helping to create a sense of community and unity among Aboriginal people across Alberta. The program is currently offered regularly at the Siksika Medicine Lodge for Youth, the Tsuu T'ina Adult Learning Centre and most recently Morley Community School.

In 2011, 100 Warriors were trained in Alberta and that number almost doubled in 2012 with 160 Warriors finishing the program. The program

welcomes all ages. The youngest Warrior is eight years old and the wisest Warrior is 78 years old.

Through the Tipi of Courage program, participants are being challenged and educated in:

- the introduction to Aboriginal culture, traditions and the circle of life through elders, the seven sacred teachings and the medicine wheel to regain self-pride;
- what risky behaviour is, education of HIV/AIDS and how to develop a healthy view on sexual relationships; and
- the history of residential schools and understanding social, economic and health concerns within the Aboriginal community.

The success of this program is shown in the increase of Warriors trained and the increasing demand for more presentations throughout Alberta. The Tipi of Courage Team

Create Your Own MUFFIN

MAKES 12 MUFFINS

INGREDIENTS:

- 1 cup (250 ml) whole wheat flour
- 1/2 cup (125 ml) white sugar
- 1 tsp (5 ml) baking powder
- 1 egg
- 1 cup (250 ml) milk, low fat
- 1/4 cup (60 ml) canola oil
- 1 cup (250 ml) ingredients of your choice

Ingredients to choose from:

Berry: 1 cup (250 ml) blueberries, raspberries, or strawberries.

Fruit: 1 cup (250 ml) raisins, cranberries, dried cranberries, chopped apple, or apricots.

Nut: 1 cup (250 ml) chopped walnuts or pecans.

Chocolate: 1 cup (250 ml) mini chocolate chips.

Cinnamon: 1 tbsp (15 ml) of ground cinnamon and sprinkle top of muffins with cinnamon and sugar mixture.

Savory: Cut back sugar to only 1 tbsp (15 ml). Add 1 cup (250 ml) of ham or bacon and shredded cheddar cheese.



INSTRUCTIONS:

1. Preheat oven to 400 F (200 C).
2. Mix all dry ingredients in medium bowl.
3. Mix egg, milk and canola oil in another bowl and whisk together.
4. Pour wet mixture into dry ingredients and mix together.
5. Add in the ingredient of your choice.
6. Drop mixture into paper-lined muffin tins. Bake for 18 to 20 minutes or until muffin bounces back from touch.

Recipe courtesy of Healthy U and Government of Alberta

is continuing to foster relationships with other First Nations communities to collectively find opportunities to reach more people with the Warrior training.

After finishing the Warrior training, one 14 year old participant said "These are some things that I learned about myself today: that I AM respectful and an amazing person."

For more information on the Tipi of Courage program, email the Canadian Red Cross at tipiofcourage@redcross.ca or call 403-541-6100.



The Tipi of Courage program is helping to create a sense of community and unity among Aboriginal people across Alberta.



Staff at the various Teddy Bear Fairs enthusiastically share their knowledge about health and provide screenings to children in First Nations communities.



Teddy Bear Fairs

Teddy Bear Fairs have truly been a collaboration between First Nations communities in Alberta, Health Canada's First Nations and Inuit Health Branch (FNIHB)-Alberta Region and Alberta Health Services (AHS) staff.

Four Teddy Bear Fairs were hosted between September and November 2012. The first event took place in Bigstone where 171 children were screened. A super-busy day was made easier by well organized staff. Fort

Overall, the Teddy Bear Fairs provided a great opportunity to help build community wellness.

Chipewyan screened 166 children and had the largest number of local staff participating which meant few people had to travel in. Sixty-five children attended the fair in Alexis, which

made it a very eventful day. Paul Band screened a total of 76 children, which allowed plenty of time for each group of children to go through each station. Overall, the Teddy Bear Fairs provided a great opportunity to help build community wellness.

Because of the positive experience from the Teddy Bear Fairs, a number of initiatives have started in the communities to benefit the health and wellness of young children. This includes:

- The active initiation of an asthma clinic.
- Discovering emerging trends that are important in setting the health priorities for the children in communities.
- Identifying children who now receive speech and language assistance to facilitate their learning.
- Children benefitting from having their hearing and vision tested.

Other communities participating in the Teddy Bear Fairs include Enoch, Eden Valley, Alexander and Piikani.



WHAT IS A TEDDY BEAR FAIR?

- A chance for kids to learn about all aspects of their health.
- An opportunity for services providers from AHS, FNIHB and the Community to work collaboratively and provide basic health screenings.
- Children living on First Nations will have access to health professionals who can provide appropriate referrals in a timely manner.

TB is Curable and Preventable!

Although tuberculosis (TB) is not as common as it once was in Alberta, delays in finding and treating TB increase its ability to spread. Children are especially vulnerable to serious, life threatening forms of TB.

WHAT IS TB?

TB is caused by bacteria (germs) and is spread when a person with TB disease of the lungs coughs the germs into the air. People sharing that air may breathe in the germs and become infected with TB.



Spreading of TB germs

Once in the body, germs may remain as TB infection or progress to TB disease. During TB infection germs are 'asleep,' unable to damage the body and or spread to others. If the infection progresses to TB disease, the germs will 'wake up' causing damage to the body and can be spread to others (if in the lungs).

The time frame for progression from infection to disease can take months or years. About 10% of people who acquire TB infection will progress to disease. Conditions that weaken the immune system increase this risk.

WHAT ARE THE SYMPTOMS OF TB DISEASE?

Symptoms include:

- Cough for more than 3 weeks that doesn't get better
- Extreme tiredness
- Fever
- No appetite
- Weight loss
- Sweating at night

People with TB disease can have one or more of these symptoms.

Think TB!

TB IS CURABLE AND PREVENTABLE.

You can protect yourself, your family and your community by knowing the signs of TB disease. Together, we can work to stop TB.

MARCH 24TH IS WORLD TB DAY!

March 24th is World TB Day: a day to raise awareness about TB and the efforts to eliminate the disease. Be aware of the symptoms and talk to your health care professional if you or someone you know shows symptoms of TB.

Tuna MELT

INGREDIENTS:

- 1 can (6.5 oz or 184 g) tuna (chunk, light, packed in water), drained
- 1/4 cup (60 ml) low-fat mozzarella cheese, shredded
- 2 tbsp (30 ml) mayonnaise, low-fat
- 1/4 cup (60 ml) celery, chopped
- 1 tbsp (15 ml) lemon juice
- 4 slices whole wheat bread
- Dash pepper

INSTRUCTIONS:

1. Preheat oven to 375 F (190 C).
2. In a small bowl, combine tuna, mozzarella cheese, mayonnaise, celery and lemon juice. Add a dash of pepper.
3. Toast the bread and place on a cookie sheet.
4. Spread about 1/4 cup or 60 ml of tuna mixture on each slice of bread and bake in the preheated oven for about 10 minutes, or until bread is lightly browned and cheese is melted.
5. Serve immediately.

Recipe courtesy of Healthy U and Government of Alberta

2013 SPRING CALENDAR OF HEALTH-RELATED EVENTS

THEMES

Daffodil Month (Cancer Awareness)
Parkinson's Awareness Month

Cystic Fibrosis Month
Food Allergy Awareness Month
Foot Health Awareness Month
Hepatitis Awareness Month
Multiple Sclerosis Awareness Month
Speech and Hearing Awareness Month

ALS Awareness Month (Lou Gehrig's Disease)
Stroke Awareness Month

EVENTS

APRIL

April 2: World Autism Awareness Day
April 7: World Health Day
April 20-27: National Immunization Awareness Week
April 21-27: National Organ and Tissue Donor Awareness Week
April 22: Earth Day

MAY

May 1-7: National Summer Safety Week
May 5-11: Emergency Preparedness Week
May 5-11: North American Occupational Safety and Health Week
May 6-12: National Mental Health Week
May 6-12: National Nursing Week
May 8: World Red Cross Day
May 12: Canada Health Day
May 19-25: Aboriginal Awareness Week
May 31: World No-Tobacco Day

JUNE

June 2-8: Canadian Environment Week
June 3: National Cancer Survivors Day
June 3-9: National Sun Awareness Week
June 5: World Environment Day
June 14: World Blood Donor Day
June 21: National Aboriginal Day
June 26: International Day Against Drug Abuse and Illicit Trafficking

For more information on these days, weeks and months
visit www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php



CONTACT INFORMATION | FNIHB

First Nations and Inuit Health
Branch Alberta | General Inquiries
1-855-809-6966

Non-Insured Health Benefits
1-800-232-7301

