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IN THIS ISSUE...

FIRST NATIONS & INUIT HEALTH BRANCH - ALBERTA ISSUE 8 - SPRING 2014

FNIHBnewsletter

environmental health • community nursing • health protection • diabetes initiatives • nutrition

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This newsletter contains submissions provided by various contributors. The views and opinions expressed in these submissions are those of the author(s) and do not necessarily reflect those of Health Canada or the Government of Canada.

Food Safety and Security

Food safety and security is the theme for this, the eighth edition of the FNIHB-Alberta Newsletter.

We can all play a role in making sure the food we put on our tables is safe to eat. Inside you will find tips on how you can help prevent foodborne illness while at home, on the land and during community events.

Also in this issue is information on food security activities happening in Alberta, including a forthcoming Regional food security strategy, currently being developed under the guidance of the Co-Management

Prevention Programs sub-committee's Food Security Working Group. Once complete this strategy will assist the federal government, First Nations leadership and communities identify how to work more effectively in supporting access to healthy and affordable foods, and learn about and share wise practices.

As always we have also included a variety of great nutrition and healthy living stories, as well as updates from a number of FNIHB program areas. Please take a few minutes to read about some of the great work taking place throughout our province.





Food Safety for First Nations

Food safety is important. If you eat or serve food that hasn't been properly handled, you and your family could get sick. You could have stomach cramps, nausea, vomiting, diarrhea, and fever. Sometimes you may think you have the stomach flu, when it is actually food poisoning.

Protect your health, and the health of your family and community: **handle food safely.**

AT HOME

There are many things you can do to prevent food poisoning. Handling, preparing, and storing food safely will help prevent harmful bacteria from growing on your food.

- **Clean:** Wash your hands with warm, soapy water. Wash and sanitize work surfaces before and after preparing foods. Wash raw fruits and vegetables before you prepare and eat them.

Hunting and gathering are good activities for your body and health

- **Separate:** Always keep raw meat, fish and poultry separate from cooked foods, or foods that will be eaten raw like fruits and vegetables.
- **Cook:** You cannot rely on the colour or smell of food to know when your food is thoroughly cooked. Use a thermometer by inserting the food thermometer in the thickest part of the food to check if it is cooked to the recommended internal temperature (see [page 3](#)).
- **Chill:** Chilling food properly is important. Harmful bacteria

DID YOU KNOW?

Pregnant women, young children, the elderly, and those with a weakened immune system are at a **higher risk for food poisoning.**

can grow quickly when food is in the danger zone of 4°C to 60°C (40°F to 140°F). To reduce the chances of this happening, you should refrigerate or freeze cooked food within 2 hours. These recommended storage times will keep food safe to eat and prevent leftovers from spoiling. The guidelines for freezer storage are provided for quality purposes.

HUNTING AND GATHERING

Hunting and gathering are good activities for your body and health. They are also an excellent way to put traditional foods on the table, which are known to have many health benefits. When you are hunting, or gathering wild plants, berries, and vegetables, it is best to follow these food safety practices to avoid getting food poisoning:

- After field dressing, cool the carcass by cutting it into halves, quarters, or pieces. Place the pieces in clean cloth or plastic bags and place in a cooler with ice. Keep game meat cool and covered until it is ready to be cooked, or frozen for later use.
- Cook the meat thoroughly to the recommended internal cooking temperature (see [page 3](#)) to kill any bacteria or parasites that may be present.
- Do not pick plants or berries that are near a road, construction site, or railway.
- Pick berries that are firm and free from bruises or mould. Avoid picking plants that are wilted.

Food Safety for First Nations *continued from page 2*

COMMUNITY EVENTS

Keeping food safe at community events can be a challenge, because large amounts of food have to be prepared and served properly. Simple things to keep in mind when preparing food to keep our families and community safe from getting food poisoning at gatherings include: good planning, proper cooking, safe transportation and serving.

Here are a few tips to protect the health of your community when preparing food:

- Keep cold food cold at 4°C (40°F), or lower.
- Keep hot food hot at 60°C (140°F), or higher.
- Cook small amounts of food at a time.
- Use clean utensils to serve food.

FISHING

Fish and shellfish are low in saturated fats and cholesterol, and provide a good source of protein and essential nutrients. While they are an excellent source of nutrition, some fish and shellfish can be contaminated by toxins and harmful microorganisms found in the waters.

Here are a few tips to make sure that the fish and shellfish you eat are safe:

- Eat smaller and younger fish.
- Make sure fish and shellfish have not been harvested in a known contaminated area.
- Refrigerate or freeze fish and shellfish until they are ready to be cooked.

Talk to your Environmental Health Officer or visit **Environment Canada's website** to find out what types of fish and shellfish are safe for you to eat.

Source: HealthyCanadians.gc.ca

Safe Internal Cooking Temperatures Chart

Meat, poultry, eggs and fish	Temperature
Beef, veal and lamb (pieces and whole cuts)	
Medium-rare	63°C (145°F)
Medium	71°C (160°F)
Well done	77°C (170°F)
Pork (e.g. ham, pork loin, ribs)	
Pork (pieces and whole cuts)	71°C (160°F)
Ground meat and meat mixtures (e.g. burgers, sausages, meatballs, meatloaf, casseroles and mechanically tenderized beef)	
Beef, veal (incl. mechanically tenderized), lamb and pork	71°C (160°F)
Poultry (e.g. chicken, turkey)	74°C (165°F)
Poultry (e.g. chicken, turkey, duck)	
Pieces	74°C (165°F)
Whole	85°C (185°F)
Egg	
Egg dishes	74°C (165°F)
Seafood	
Fish	70°C (158°F)
Shellfish - <i>Since it is difficult to use a food thermometer to check the temperature of shellfish, discard any that do not open when cooked.</i>	74°C (165°F)
Others	
Others (e.g. hot dogs, stuffing, leftovers)	74°C (165°F)

Game	Temperature
Chops, steaks and roasts (deer, elk, moose, caribou/reindeer, antelope and pronghorn)	
Well done	74°C (165°F)
Ground meat	
Ground meat and meat mixtures, Ground venison and sausage	74°C (165°F)
Large game	
Bear, bison, musk-ox, walrus, etc.	74°C (165°F)
Small game	
Rabbit, muskrat, beaver, etc.	74°C (165°F)
Game birds/waterfowl (e.g. wild turkey, duck, goose, partridge and pheasant)	
Whole	82°C (180°F)
Breasts and roasts	74°C (165°F)
Thighs, wings & Stuffing (cooked alone or in bird)	74°C (165°F)

Click  to view the full chart.

You Can't Tell by Looking: Use a digital food thermometer

Since harmful contaminants can't be seen, smelled or tasted, it's important that you cook your food to a safe internal cooking temperature to avoid food poisoning.

Checking the temperature of your cooked meat, poultry, and seafood with a food thermometer is the only reliable way to make sure your food has reached a **safe internal cooking temperature**. Safe internal cooking temperatures vary for different types of foods, so it's important that you know what internal temperature your food needs to reach to be safe to eat.

While there are many types of food thermometers, **digital food thermometers** are considered the most accurate because they

provide instant, exact temperature readings. They are reliable tools that you can use to make sure that your foods reach internal cooking temperatures high enough to eliminate harmful bacteria.

Here are a few tips to follow when checking to see if your food has reached the necessary safe internal cooking temperature:

- Remove your food from the heat and insert the digital food thermometer through the thickest part of the meat, all the way to the middle.
- Make sure that the thermometer is not touching any bones, since they heat up more quickly than the meat and could give you a false reading.



HELP PROTECT YOU AND YOUR FAMILY FROM FOODBORNE ILLNESS.

Use a digital food thermometer to ensure that raw meat, fish and poultry are cooked to a safe internal temperature!

DID YOU KNOW?

Food poisoning occurs when a person gets sick from eating food that has been contaminated with **harmful bacteria, parasites or viruses**. The most common symptoms of food poisoning include **stomach cramps, nausea, vomiting, diarrhea, and fever**.

- If you have more than one piece of meat, poultry or seafood, be sure to check each piece separately, as temperatures may differ in each piece.
- For hamburgers, insert the digital food thermometer through the side of the patty, all the way to the middle. Oven-safe meat thermometers designed for testing whole poultry and roasts during cooking are not suitable for testing beef patties.

See [page 3](#) for temperature chart.

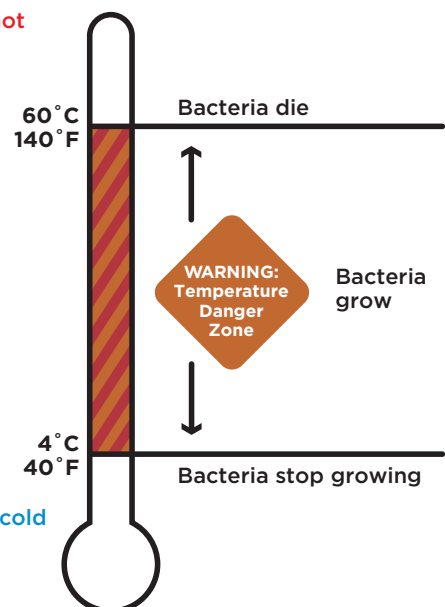
Source: HealthyCanadians.gc.ca

The temperature danger zone for food

Keep hot food hot
(above 60°C)

Heat or chill
food quickly

Keep cold food cold
(below 5°C)



The First Nations Food, Nutrition and Environment Study (FNFNES) is in Alberta

In September, 2013, the Assembly of First Nations (AFN) announced a study of nutrition and traditional food and water safety data collection in 10 First Nations communities in Alberta as part of the national *First Nations Food, Nutrition, and Environment Study (FNFNES)*.

The FNFNES aims to gather information with 100 randomly selected First Nations communities across Canada about current traditional and store bought food use, and food security.

The FNFNES aims to gather information with 100 randomly selected First Nations communities across Canada

The study also includes the testing of many traditional foods for nutrient values and environmental chemical hazards, as well as drinking water for heavy metals and surface water for pharmaceutical metabolites.

The FNFNES will contribute to regional baseline data for First Nations diets and food-related

The study also includes the testing of many traditional foods for nutrient values

exposures to environmental hazards. The study has been recognized by AFN Chief Shawn Atleo as a positive example of First Nations working directly with the research community to collect and analyze information that affects their lives and their communities. The research is also conducted in a way that respects the principles of OCAP: Ownership, Control, Access and Possession.

The FNFNES study, launched in 2008, has to date completed data collection in 58 First Nations communities (10 of which are in Alberta) and produced regionally representative reports for British Columbia and Manitoba. Results are now being communicated back to First Nations in Ontario



COMMUNITIES IN ALBERTA PARTICIPATING IN THE FNFNES

- Chiniki First Nation
- Dene Tha' First Nation
- Driftpile First Nation
- Ermineskin Cree Nation
- Horse Lake First Nation
- Little Red River Cree Nation
- Louis Bull First Nation
- Mikisew Cree Nation
- Wesley First Nation
- Whitefish Lake #128 First Nation

The results of the Alberta FNFNES will be communicated to First Nations communities in Alberta during the winter

who participated in the project, with regional results released in the spring of 2014. The results of the Alberta FNFNES will be communicated to First Nations communities in Alberta during the winter of 2015 with the regional report expected by June 2015. The AFN has partnered with the University of Ottawa and the Université de Montréal in this study.

Health Canada provides funding for the FNFNES as well as support through qualified Co-Investigators.

For more information, visit fnfnnes.ca



Regional Food Security Strategy Coming Soon!

Food, clothing and shelter are three of the most basic human needs. Having enough healthy food to eat on a regular basis is necessary to keep people and communities healthy.

Food security refers to the idea that “all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”¹

The Co-Management Prevention Programs sub-committee has committed to working towards



addressing food security through the creation of a Regional Food Security Strategy.

The purpose of the Strategy is to assist the federal government, First Nations leadership and communities in identifying how to:

- work more effectively in supporting access to healthy, affordable foods; and
- learn about and share wise practices.

The Strategy is being developed under the guidance of the sub-committee's Food Security Working Group, which is comprised of representatives from each of the three treaty areas and FNIHB-Alberta.

Having enough healthy food to eat on a regular basis is necessary to keep people and communities healthy.

The first stage of strategy development was completed during fall and winter 2013/14. During this time local community engagement sessions were held throughout the province. Communities identified



FOOD SECURITY

refers to the idea that **“all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”¹**

representatives to participate in these sessions and they provided their ideas, best practices and lessons learned regarding food security.

Information gathered during these community engagement sessions is now being utilized to develop the first draft of the Regional Food Security Strategy. Once complete, all communities will have the opportunity to provide their feedback to ensure the Strategy is a valid approach.

Following this second round of engagement sessions, comments will be incorporated into the final Regional Food Security Strategy which will be made available to communities as a resource to guide their local food security initiatives.

For more information on the Regional Food Security Strategy, please contact:

Leona Wolfchild, Co-Chair,
Food Security Working Group,
lwolfchild@bloodtribefcss.com
or
Judy Halladay, Co-Chair,
Food Security Working Group,
judy.halladay@hc-sc.gc.ca

¹ Food and Agriculture Organization of the United Nations (Nov 13, 1996). Rome Declaration on World Food Security and World Food Summit Plan of Action. Retrieved from <http://www.fao.org/docrep/003/w3613e/w3613e00.HTM>

What is a **Traditional First Nations Diet?**

A dietitian's perspective

SUBMITTED BY JOANNE SIEMENS, REGISTERED DIETITIAN

I went to school for many years to become a dietitian but the best education I have received is from the Maskwacis people. When we talk about the traditional diet some say it is the way of eating that sustained First Nations people for thousands of years: foods from the land. Others say that foods like bannock and neck bones are traditional foods. Is there a right answer?

The dictionary says that “tradition” is passing down beliefs, customs, and values from one generation to the next. This would mean that foods from the past and foods from today are traditions for the future. I don’t pretend to be an expert in traditional foods but I do know that the foods from nature—foods that grow, walk, swim and fly—were made for us and keep us healthy.

I also know that First Nations people are resourceful: making the best of what is available.

Our children live what they learn and will likely pass these eating traditions on to their children. We are creating history today. Let us continue to be resourceful and learn from the past: foods from nature nourish.

As we enjoy the bannock of the past century let us add nourishment with whole grains, and dried fruits and berries. Neck bones, which are fat and flavourful, can be balanced by foods that grow, such as potatoes and carrots. Mashed turnip and boiled cabbage, favorites of the Maskwacis’ elders, are coming back into homes. Boiled foods like eggs, porridge, soups, stews, meats, potatoes and vegetables will take

Want something different for **breakfast**?
Looking for a healthy treat to put in your **child’s lunchbox**?
Looking for an **after-school or bedtime snack**?
Want something **filling and delicious** for road trips?
OATMEAL RAISIN BANNOCK is perfect!

care of our families, just as always. Let us not forget about nature’s candy, the fruits and berries, and nature’s beverages, water and tea.

Most of all, as the Maskwacis people have taught me, let us not forget about the nourishment that eating as a family provides.

Hai Hai

Joanne Siemens
Registered Dietitian
Maskwacis Health Services
780-585-2268

Oatmeal Raisin **BANNOCK**

MAKES 10-12 BISCUITS

INGREDIENTS:

- 2 cups (500 ml) whole wheat flour
- 1 cup (250 ml) quick-cooking rolled oats
- 2 tbsp (30 ml) baking powder
- 2 tsp (10 ml) sugar
- 1 tsp (5 ml) salt
- 2/3 cup (150 ml) margarine
- 2/3 cup (150 ml) 1% milk
- 1/4 cup (75 ml) raisins

INSTRUCTIONS:

1. Preheat oven to 350F.
2. Put flour, rolled oats, baking powder, sugar and salt in a bowl. Stir.
3. Add margarine. Using a fork, mash dry ingredients into margarine until mixture is crumbly.
4. Make a well in middle. Add milk and raisins, and mix just until blended. Using your hands form dough into a ball.
5. Put a little flour on the counter and spread into a circle. Put the ball of dough on the flour and gently pat with your hands to 3/4 inch thickness.



6. Gently roll the rolling pin over the dough to make it smooth and even.
7. Use a cup or glass to make circles in the dough. This recipe makes 10-12 circles.
8. Put rounds on a cookie sheet.
9. Bake for 12-15 minutes.

Craving Change™ Our relationship with food

HELPING PEOPLE CHANGE THEIR EATING HABITS BY CHANGING THEIR THINKING HABITS

Craving Change™ was created by a psychologist and a dietitian from Calgary. Craving Change™ sessions focus on the relationship between your feelings, your eating habits and your weight.

COGNITIVE-BEHAVIOURAL THERAPY

Craving Change™ looks into the link between your feelings, your thoughts and your behaviours. Feelings and thoughts can drive your actions and affect your relationship with food and your weight. Being aware of the feelings and thoughts that are behind your eating habits is the first step in being able to make lasting changes.

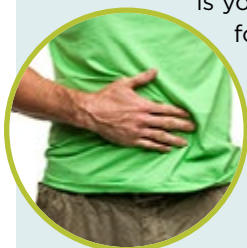
TODAY, FOOD IS EVERYWHERE

Our food environment has changed. Years ago, we found food on the land, in our gardens or at the grocery store. Now you can find food at book stores, building supply stores, drug stores and gas stations. We are constantly being triggered to eat. Today, it is very easy to make unhealthy choices.

THREE TYPES OF HUNGER

There are three types of hunger:

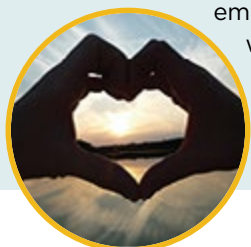
- **Stomach hunger:** this is your physical need for food like when your stomach growls.



- **Mouth hunger:** when you just want to nibble or munch on something.



- **Heart hunger:** this is when your emotions are hungry or when we have learned to pair food with events such as birthdays, feasts, or ceremonies.



Which type of hunger do you think is **most common**?

Answer: Heart hunger

CRAVING CHANGE™ SESSIONS PROVIDED BY HEALTH CANADA

Kathleen Gibson works as a Community Nutrition Advisor for Health Canada. She has been running Craving Change™ sessions by videoconference since October 2011. The goal is to shift your focus from *weight loss* to *weight management*. She has done over 30 sessions to First Nations communities in Alberta. The sessions help you to know *why* you are eating and what you can do to try something else. A Craving Change™ series is eight one-hour long sessions. Craving Change™ is also a component of the Alberta Health Services (AHS) Weight Wise program.

If you are interested in learning more about Craving Change™ and would like to arrange a series for your community, please contact your local health centre or email Kathleen at Choices@hc-sc.gc.ca. You can also visit www.cravingchange.ca to find out more information.

THE CHANGE BUFFET

The Change Buffet gives you steps you can do to change your eating habits. For example:

1. **Nurture Yourself:** Instead of eating when you aren't physically hungry, do something to feed your spirit or mind. Try an interest or hobby that doesn't cost money or involve food.

2. **Follow the 80/20 Rule:** Give yourself a break. Try to choose healthy foods 80% of the time, and don't sweat the 20%.
3. **Distract yourself:** When your thoughts are filled with food, try to shift your thinking to something else.

Through Craving Change™, people learn to ask the question "Am I really hungry?"



Annual Youth Gathering Celebrates 10 Years!

Last summer, the Three Eagle Wellness Society's 10th "Annual Youth Gathering HOPE" was hosted in Treaty 7 by the Blood Tribe. Nearly 400 First Nations youth from all three treaty areas in Alberta came to celebrate and take part in the weeklong education event. In keeping with the event's theme, "Honouring Our First Nation Youth," Elders, dignitaries, supporters, organizers, volunteers and community members marked a decade of annual gatherings with a special pipe ceremony, grand entry and Traditional headdress ceremony as well as a walk to honour women and girls impacted by family violence.

Men, women and children came together to inspire a healthier path forward

The walk was part of the Alberta First Nation Prevention of Family Violence Awareness "Honouring Our Girls and Women" campaign, organized by Three Eagle Wellness Society in partnership with Alberta Aboriginal

Relations and the FNIHB-Alberta Blood-Borne Pathogens and Sexually Transmitted Infections (BBP/STI) Prevention Program (known as *HOPE*). In a true display of hope for the future, participants in the walk donned red and blue shirts with the seven sacred teachings. Men, women and children came together to inspire a healthier path forward. A family walked proudly with their dog, a mother and daughter walked holding hands in silence, while one young girl spoke excitedly about one day becoming a nurse.

The Three Eagle Wellness Society provides vital support for youth. Over the last five years, the key partnership between Three Eagle Wellness Society and the FNIHB-Alberta

BBP/STI Prevention Program has provided a continued focus on HOPE: Health, Opportunity, Prevention and Education. Karen Saganiuk (FNIHB-Alberta BBP/STI Prevention Nurse) and Marilyn Willier (Three Eagle Wellness Society, Prevention of Family Violence Manager, Alberta Region), along with all involved with the gatherings have seen first-hand that empowering young people with hope, knowledge of healthy choices and support has created lasting change over the years.

"Youth often tell me about the positive impact the gathering has had on their lives, helping them make important choices like finishing



Attendees watch the opening ceremony of the AYG. Two youth are pictured wearing shirts with the seven teachings (Love, Respect, Courage, Honesty, Wisdom, Humility, Truth) from the "Honouring Our Girls and Women" walk.



Men, women and youth are pictured holding the banner together and leading the "Honouring Our Girls and Women" walk on the Blood Reserve.



Annual Youth Gathering Celebrates 10 Years! *continued from page 9*

school so that they can become health professionals, RCMP officers and community leaders,” said Karen. “Many youth return year after year because there is always something new to learn. They tell me they feel valued and empowered to make a difference in their lives.”

Each year, the youth gathering provides training sessions and other activities at the Junior High or Senior High levels, empowering youth with skills to return to their communities and create positive change by passing on their knowledge to peers.

This year, 30 volunteer facilitators were on hand to offer sessions on:

- Anger Management
- Bullying

- Date Violence and Healthy Dating Relationships
- Test Your Knowledge about Alcohol, Other Drugs, Gambling
- Media and Advertising: “Seeing Beyond Glamour”
- Sexual Health: “Respect, Responsibility, and Reducing Risk”
- Therapeutic Horseback Riding

Other activities offered throughout the day included a talent show, hypnotist and time with Elders.

Connie Calliou, a National Native Alcohol and Drug Abuse Program (NNADAP) Worker in Sucker Creek, has been a facilitator for the last three years and became even

THE HISTORY OF THE THREE EAGLE WELLNESS SOCIETY: ALBERTA'S FIRST NATIONS REGIONAL BOARD FOR FAMILY VIOLENCE PREVENTION

At the direction of the Alberta First Nation Chiefs, the Three Eagle Wellness Society was formed in 1991. The Board of Directors consists of representatives from the three treaty areas in Alberta. The objective of the Society is to manage the prevention projects funded through AANDC's FVPP. This aggregated funding aims to maximize the reach in benefit for all First Nation communities in Alberta. The Society has an administrator who works with First Nations communities in Alberta in preparing project proposals, provides training to First Nation Coordinators; collect the required reports from the First Nations who received project funding and works with the auditors on the annual audit submission to AANDC.

In addition to funding individual First Nation projects, the Society has hosted a series of Youth Gatherings where the objectives of the gathering are to engage First Nation youth in discussions about drugs, alcohol and to provide prevention training that they can deliver in their home communities. In 2009-2010, the Government of Alberta provided \$75K to Three Eagle Wellness Society in support of the Annual Youth Gathering.

The Society also forms partnerships with other organizations. For example, in 2008-2009, the Society formed a partnership with First Nations and Inuit Health Branch of Health Canada regarding the Blood Borne Pathogens initiative. This initiative was included in workshops with the First Nation Coordinators and at the Annual Youth Gathering. This has become a strong partnership continuing into fiscal year 2013-2016 with plans for an ongoing relationship.

Source: aandc.gc.ca



THREE EAGLE WELLNESS SOCIETY BOARD MEMBERS

Marilyn Willier (Prevention of Family Violence Manager, Alberta Region), Dustin Twin (Chair), Joyce Cardinal, Kevin Healy, Ruth Scalplock.

**Annual Youth Gathering
Celebrates 10 Years!**
continued from page 10

more involved this year as a part of the planning committee. "The organizers are very committed and want to make sure the youth have a great experience," Connie said. "I love seeing the youth have that opportunity... to get out,

meet other people and, at same time, get factual information that helps them make healthier choices in their lives."

There are many people working hard to support the next generation in making important decisions related to their future health. Chaperones and community-based organizers help their community's youth attend the event.

Congratulations to all who have been involved in the success of this gathering over these last 10 years. With continued support, this positive and collaborative approach to awareness and education will continue to help First Nations youth in Alberta, now and well into the future.



The "Honouring Our Girls and Women" Walk on the Blood Reserve.



Youth in attendance placed a handprint on the tipi.

March 24: World TB Day

World Tuberculosis Day is recognized each year as an opportunity to raise awareness about a significant public health concern, both in Canada and the world. As such, Health Canada is providing information about tuberculosis (TB) and encouraging First Nations communities in Alberta to Think TB.

Health Canada has partnered with the Aboriginal Peoples Television Network (APTN) to bring you the online feature "Health in Our Hands" (www.aptn.ca/health), which includes an online quiz, videos and conversations on TB. Check them out and feel free to share.

We can all work together to protect our communities from TB. Together let's stop TB.

For more information, visit healthycanadians.gc.ca/tuberculosis

DID YOU KNOW?

For most Canadians, the risk of developing tuberculosis (TB) is very low. Still, there are about 1,600 new cases of TB reported in Canada every year, so it is important to know the symptoms and how to minimize your risk.

The symptoms of TB disease can include:

- a bad cough lasting longer than three weeks
- chest pain
- coughing up blood or sputum (similar to phlegm)
- weakness or feeling very tired
- weight loss
- lack of appetite
- chills
- fever and night sweats

Even though TB can be cured with antibiotics, it continues to be a major health problem. In 2010, approximately 1.4 million deaths related to TB were reported worldwide.

**Think
TB!**

**TB is Curable
and Preventable**

March 24 is World TB Day

While TB is still of significant concern, it is encouraging to note that the rate within Alberta continues to decline, thanks to the continued efforts being made in communities in Alberta.



Our Quality Journey: Home and Community Care Program-Alberta

Quality improvement (QI) is a National and Regional priority for the First Nations and Inuit Home and Community Care Program (HCCP). QI was introduced to the Program in 2006 with the establishment of the FNIHB Program Quality Network (formerly the Quality Working Group). This group was tasked with assisting in the development of a process to review and enhance the quality component of the HCCP at all levels.

Also at this time the Program initiated, supported and guided the development of a Quality Resource Kit (QRK), which would be a practical, relevant and useful resource for all community-based health care workers.

Implementation of the QRK began with the identification of key people

The Kit, completed and distributed in 2012, was developed using the Plan-Do-Study-Act (PDSA) model for improvement. This model provides a systematic method for testing and

evaluating a small change and predicting its impact on quality improvement prior to implementing the change on a large scale. By using the PDSA to guide the development of the QRK, the Program Quality Network was able to produce an effective and applicable QI tool that could be implemented at all levels of the HCCP.

two QI webinars were presented during fall 2013 by the National HCCP

Implementation of the QRK began with the identification of key people who would need to be aware of Quality Improvement and the Kit, such as community nurses, home care workers, health directors, community members, etc.

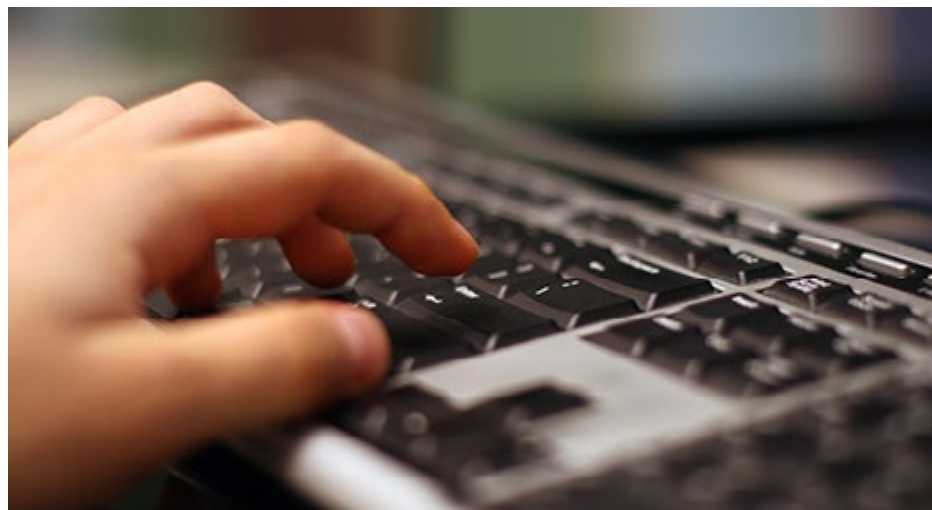
Today the tool is used by both communities and groups of communities, tribal councils, Regional and National First Nations organizations, FNIHB zones, and Regional and National health authorities.

In keeping with this QI priority, HCCP-Alberta coordinated a well-attended June 2013 QI workshop for Regional stakeholders and nurses-in-charge. Furthermore, two QI webinars were presented during fall 2013 by the National HCCP where Regional and community staff were invited to review key QI and risk management concepts. The webinars also covered identifying and implementing QI and Performance Measurement concepts for First Nations HCCPs at the community, Regional and National levels and provided a refresher on preparation for work on key performance indicator development. Also, to continue to improve the quality of the Regional HCCP, in November 2013 two HCCP-Alberta staff attended a National First Nations and Inuit HCCP QI performance indicators and risk assessment workshop.

The webinars also covered identifying and implementing QI and Performance Measurement concepts

Moving forward the FNIHB Program Quality Network will continue to provide support as QI initiatives are implemented in Alberta with the goal of improving health outcomes for all clients.

For more information on HCCP-Alberta please contact Deborah Greyeyes, Home Care Nurse Advisor at **780-495-6334** or email deborah.greyeyes@hc-sc.gc.ca



New Sites Added to the Home Care Reporting System Project in Alberta

In 2013, the Home and Community Care Program added five new sites to the Home Care Reporting System (HCRS) Project in Alberta. The following new sites represent seven communities throughout the province:

1. Enoch Cree Nation
2. Siksika Nation
3. Bigstone Cree Nation
4. Sucker Creek First Nation
5. North Peace Tribal Council serving the communities of:
 - a. Beaver First Nation
 - b. Dene Tha' First Nation
 - c. Tallcree First Nation

These new sites, together with our existing six pilot sites (Blood Tribe, Frog Lake, Woodland Cree, Peerless/ Trout Lake, Whitefish Lake and Loon River), make a grand total of thirteen sites in Alberta!

The HCRS ushers in a new era of First Nations home care assessment and care planning in alignment with provincial healthcare systems across Canada. The system includes the use of two interRAI* instruments: the RAI-HC (Home Care) and the RAI-CA (Contact Assessment).

Our team continues to evolve and build capacity within home care

Both of these instruments promote a standardized process for collecting information, highlighting areas of physical and psychosocial concerns, and fostering an inter-disciplinary approach to planning care.

The HCRS supports continuity in care, measurable quality improvements as well as the ability

to direct future planning and best practices for First Nations at community, regional and pan-Canadian levels.

FNIHB-Alberta is committed to providing excellence in home care service delivery, leading to optimal client health outcomes. Our team continues to evolve and build capacity within home care to facilitate comprehensive, culturally sensitive, accessible and effective home care services for First Nations communities.

For additional information about the HCRS Project in Alberta, please contact Toby Pascal, Project Manager, at **780-495-3963** or email toby.pascal@hc-sc.gc.ca

* RAI stands for Resident Assessment Instrument.

All Kinds O'MEATBALLS

SERVES 4

INGREDIENTS:

- 1 lb (500 g) extra lean ground beef
- 1 egg, lightly beaten
- 1/2 cup (125 ml) dry whole wheat bread crumbs
- 1/3 cup (80 ml) finely grated carrot and shredded onion
- 1 tbsp (15 ml) Worcestershire sauce
- 1/2 tsp (2 ml) pepper

INSTRUCTIONS:

The grated carrot keeps these lean meatballs juicy and gets kids eating vegetables.

- Lightly combine all ingredients; form into about 28 1-inch (2.5 cm) balls.
- Bake on lightly oiled foil-lined baking tray in 400F (200 C) oven for 15 minutes, until digital rapid-read thermometer inserted into centre of several meatballs reads 160F (71 C).



Variations: Try adding the following to the basic recipe:

Italian: 2 tbsp (30 ml) low sodium pizza sauce and 1 tsp (5 ml) dried oregano. Serve with extra pizza sauce or spaghetti sauce.

Asian: 2 tbsp (30 ml) hoisin sauce and 1/2 tsp (2 ml) ground ginger. Serve with peanut sauce or sweet and sour sauce.

Mexican: 1 tbsp (15 ml) chili powder and 2 garlic cloves (minced). Serve with salsa.

Recipe courtesy of Healthy U and Government of Alberta

Upper Hay River School Achieves Full COHI Enrolment!

We are pleased to recognize the Upper Hay River School in the First Nations community of Meander for their accomplishment of reaching 100% enrolment in the Children's Oral Health Initiative (COHI) during the last school year!

Each year First Nations schools work with their local Community Dental Health Practitioner (CDHP) to successfully enroll students in COHI. Enrolment requires authorization from a child's parent or guardian so that they can receive services like dental screenings, and have fluoride varnish and sealants applied to their teeth.

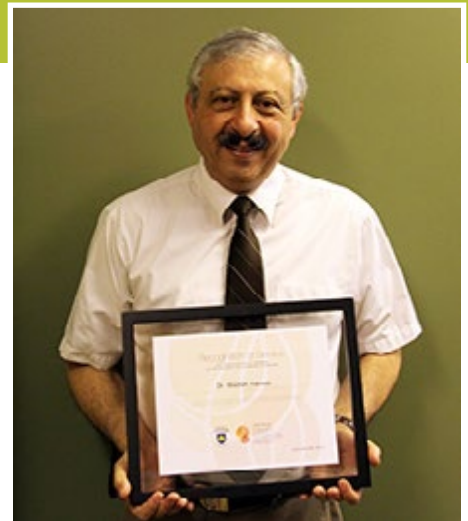
This is a great accomplishment for both the school and for the COHI program

We know that ensuring authorization forms are sent home with every child and following up by collecting the signed forms for their local CDHP takes a great deal of diligence and teamwork. This is a great accomplishment for both the school and for the COHI program.

Thank you and congratulations to everyone involved in reaching this important milestone!



CDHP Caroline Johnson (left) presents student Tia Enfield with a certificate of appreciation in recognition of the Upper Hay River School achieving full student enrolment in COHI.



Dr. Wadieh Yacoub Receives Friends of Health Award

On November 22, 2013, at an awards ceremony at the University of Lethbridge, Dr. Wadieh Yacoub, Medical Officer of Health, FNIHB-Alberta, was presented the *Friends of Health Sciences Award* from the Faculty of Health Science "for his outstanding supervisory contribution to the practice education of public health students at the University of Lethbridge."

Congratulations Dr. Yacoub! Thank you for making it possible for so many residents to experience public health by working with FNIHB and First Nations communities in Alberta.

uleth.ca/healthsciences/friend

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.

FNIHB CONTACT INFORMATION

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