ESTABLISHING FIRST NATIONS HEALTH & WELLNESS INDICATORS FOR THE NEXT 10 YEARS

Gathering Wisdom
Dr. Perry Kendall and Dr. Evan Adams
November 30, 2016

Image credit: Juan Solorzano

Live Graphic Recording From the Chief Medical Officer of FNHA & Provincial Health Officer Partnership Workshop - March 2016 (Sam Bradd)
AN EMERGING PARTNERSHIP

**Tripartite First Nations Health Plan**

Between

The First Nations Leadership Council
Representing the BC Assembly of First Nations, the First Nations Summit and the Union of BC Indian Chiefs

And

Government of Canada

And

Government of British Columbia

(Collectively the "Parties")

• Aboriginal Health Physician Advisor Position
• Deputy Provincial Health Officer Position
• PHO:FNHA Partnership (MOU)
• FNHA Chief Medical Officer Position

PARTNERSHIP BASED ON TRUST AND RESPECT

STRONGER TOGETHER: PHO & FNHA PARTNERSHIP
THE TEAM

• Collaboration between the Office of the PHO, Office of the CMO and other FNHA departments.

• Project leads: Lindsay Beck, Kathryn Berry, Adrienne Bonfonti and;

• Working Group Members: Dr. Shannon McDonald, Dr. Shannon Waters, Harmony Johnson, Judith Eigenbrod, Laurel Lemchuk-Favel, Rebecca Love, Ashraf Mohammed, Megan Misovic, Anita Christoff

TODAY MARKS A MILESTONE MOMENT
Support FNHA’s vision for Healthy, Self-Determining, & Vibrant BC First Nations Children, Families, & Communities by:

• Establishing a renewed set of 15 indicators, that we will measure and report on for the next 10 years.

• Building off the 7 health indicators established in the Transformative Change Accord First Nations Health Plan.

### ORIGINAL 7 TRANSFORMATIVE CHANGE ACCORD FN HEALTH PLAN INDICATORS

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant mortality</td>
<td>Vital Statistics</td>
</tr>
<tr>
<td>Children with healthy Body Mass Index (BMI)</td>
<td>Survey/Canadian Community Health Survey</td>
</tr>
<tr>
<td>(Note: This indicators was previously obese children)</td>
<td></td>
</tr>
<tr>
<td>Youth suicide</td>
<td>Vital Statistics</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>Ministry of Health</td>
</tr>
<tr>
<td>Age-standardized mortality rate</td>
<td>Vital Statistics</td>
</tr>
<tr>
<td>Life expectancy</td>
<td>Vital Statistics</td>
</tr>
<tr>
<td>Number of practicing, certified FN HCPs</td>
<td>To be determined</td>
</tr>
</tbody>
</table>

* The final interim update is scheduled for release in 2017 to report on data up to 2015.*
YOUTH SUICIDE RATE
(RATE PER 10,000 POPULATION)

Transformative Change Accord (TCA)
Target: Reduce the gap in youth suicide rates by 50% by 2015 (Target 2.1 per 10,000 by 2015)

Progress since Baseline

Projected to meet Target


PROJECTIONS:
SI before TCA: 3.53
Current: 2.23
Previous (2010): 2.18
Target: 2.10
OR before TCA: 0.66

DIABETES AGE-STANDARDIZED INCIDENCE RATE
(RATE PER 100 POPULATION)
BRINGING TOGETHER KNOWLEDGE

The renewed set of indicators and associated reports will bring together knowledge to support and inform policy, initiatives and approaches at various levels (community, Nation, within and across sectors and levels of government).

SETTING A VISION FOR FUTURE WORK

• We were challenged to set a vision for future work.
• Recommendations, targets and actions to be developed.
• Reports on progress to be issued every 2 years.
DEVELOPING THE SET OF INDICATORS THROUGH TWO-EYED SEEING

Two-Eyed Seeing is “learning to see from one eye with the strengths of Indigenous knowledges & ways of knowing, & from the other eye with the strengths of Western knowledges & ways of knowing…& learning to use both these eyes together, for the benefit of all,” championed by Elder Albert Marshall (Mi’kmaw Nation).

PEELING BACK THE LAYERS: TOWARDS DEVELOPING THE INDICATORS
ROOTS OF RESILIENCE:
ENHANCING WELLNESS & REDUCING INEQUITIES

- First Nations are taking back control & are acting to address the structural origins of these inequities, by increasing local control over land, resources, services & decision-making structures.

- Existing strengths, such as Aboriginal ways of knowing & being, including connection to land, culture, language, community, & family balance, self-reliance etc.

LINKED TO IMPROVED HEALTH AND WELLNESS OUTCOMES
SHIFTING THE PARADIGM: SICKNESS TO WELLNESS, DEFICITS TO STRENGTHS

Many First Nations have especially good health and wellness outcomes.

• We will focus on wellness outcomes, not only “health” or disease/illness outcomes.

• We will explore and celebrate their sources of strength & resilience — build, share & spread those successes!
INDICATOR DEVELOPMENT

• From over 50, down to 15 indicators
• Informed by previous FNHA Wellness Indicator Work (regional engagement sessions, Gathering Wisdom)
• Informed by innovative public and population health policy and discourse

OTHER INDICATORS CONSIDERED

• **Violence Against Women:** Covered in the PHO/FNHA CMO Aboriginal Women’s Health Report & the Murdered & Missing Indigenous Women’s Inquiry.
### Cultural Wellness

**- a combined indicator of:**

- Traditional language
- Traditional foods
- Traditional medicine/healing
- Sense of belonging to one’s community

**Data:**

- RHS

**Aboriginal Knowledge:**

To be determined – stories, art, songs, traditional ecological knowledge
## Cultural Wellness

### Aboriginal Knowledge

**Indicator:** Cultural Wellness - a combined indicator of:
- Traditional language
- Traditional foods
- Traditional medicine/healing
- Sense of belonging to one’s community

**Data:** To be determined – stories, art, songs, traditional ecological knowledge

*Image credit: Simon Fraser University, 2015*

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- Sense of belonging to one’s community

**Data:** To be determined – stories, art, songs, traditional ecological knowledge

*Image credit: Aboriginal Tourism BC*
<table>
<thead>
<tr>
<th>Indicator</th>
<th>Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cultural Wellness - a combined indicator of:</td>
<td>RHS</td>
</tr>
<tr>
<td>• Traditional language</td>
<td></td>
</tr>
<tr>
<td>• Traditional foods</td>
<td></td>
</tr>
<tr>
<td>• Traditional medicine/healing</td>
<td></td>
</tr>
<tr>
<td>• Sense of belonging to one’s community</td>
<td></td>
</tr>
<tr>
<td></td>
<td>To be determined – stories, art, songs, traditional ecological knowledge</td>
</tr>
</tbody>
</table>
### HEALTH SYSTEMS

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Data</th>
<th>Aboriginal Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experience of cultural safety &amp; humility in receiving health services</td>
<td>In-patient survey among hospital patients (PREMS)</td>
<td>To be determined – stories, art, songs, traditional ecological knowledge</td>
</tr>
<tr>
<td>Avoidable hospitalizations (ambulatory care sensitive conditions)</td>
<td>Ministry of Health</td>
<td></td>
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</tbody>
</table>

### LAND FAMILY NATIONS COMMUNITY

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Data</th>
<th>Aboriginal Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decision-making, human and economic capacity</td>
<td>Index using multiple sources</td>
<td>To be determined – stories, art, songs, traditional ecological knowledge</td>
</tr>
<tr>
<td>Ecological health:</td>
<td>To be determined</td>
<td></td>
</tr>
<tr>
<td>• % of undisturbed habitat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Abundance of culturally important species (salmon, moose, elk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• # of animals that can be harvested in a season</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Image credit: World Wildlife Foundation
### HEALTH & WELLNESS OUTCOMES

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Data</th>
<th>Aboriginal Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy infant birth weights</td>
<td>Perinatal Services BC</td>
<td>To be determined – stories, art,</td>
</tr>
<tr>
<td>Alcohol-related deaths</td>
<td>Vital Stats Agency</td>
<td>songs, traditional ecological</td>
</tr>
<tr>
<td>Serious injuries requiring hospitalization</td>
<td>Ministry of Health</td>
<td>knowledge</td>
</tr>
<tr>
<td>Self-reported mental/emotional well-being</td>
<td>RHS/CCHS</td>
<td></td>
</tr>
</tbody>
</table>
SETTING A VISION

Establishing knowledge and a system of measurement and reporting that reflects the First Nations Perspective of Wellness to measure our progress over the next 10 years.

Moving us from deficits to strengths, from sickness to wellness.

Towards our vision of “Healthy, Self-Determining, & Vibrant BC First Nations Children, Families, & Communities.”

I AM NISGA’A: I AM ROSE, WALKING IN WELLNESS