



Indigenous Relationship and Cultural Awareness (IRCA) Courses: Interactivity Guide

Module 12: Chronic Disease Prevention for Indigenous People

Chapter 1 - Chronic Disease and Prevention

1. Reflection: First Nation, Inuit and Métis people in Canada have a disproportionately higher burden of some chronic illnesses than non-First Nation, Inuit and Métis peoples. Often higher rates of diabetes, heart disease, tuberculosis, HIV/AIDS and many other diseases can be seen in First Nation, Inuit and Métis peoples compared to non-First Nation, Inuit and Métis peoples. Why do you think these health disparities exist?

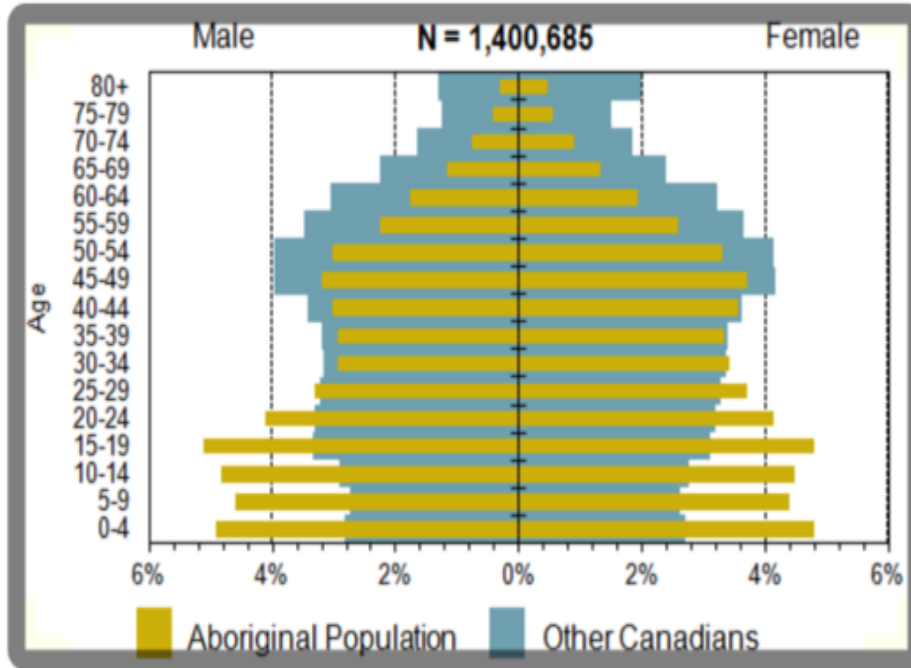
Answer:



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- Looking at the Population Pyramid below, what are the differences between the “Aboriginal” population and other Canadians?



Answer:



Chapter 2 - Chronic Disease Risk Factors in Indigenous People

1. The names and descriptions of individual and community chronic disease risk factors are provided below. Match each description with the appropriate individual/community factor.

| | |
|--|--|
| 1. Background/Demographic Risk Factors | A. Elevated blood lipids, diabetes, high blood pressure and overweight/obesity |
| 2. Behavioral Risk Factors | B. Poverty, employment and family composition |
| 3. Intermediate Risk Factors | C. Practices, norms and values |
| 4. Social and Economic Conditions | D. Climate or air pollution |
| 5. Environment | E. Age, sex, level of education and genetic composition |
| 6. Culture | F. Influences housing, access to products and services |
| 7. Urbanization | G. Commercial tobacco use, unhealthy diet and physical inactivity |

Answer:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



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2. Below are various descriptions of Traditional and Commercial tobacco. Please list the correct descriptions below each form of Tobacco in the chart below.

| | | |
|--|-----------------------------|---------------------|
| Used in First Nations ceremonies, rituals and prayer, such as to give thanks to the Creator and Mother Earth | Addictive and harmful | Sacred Plant |
| Cigarettes or chewing tobacco | Used for medicinal purposes | Used recreationally |

Answer:

| Traditional Tobacco | Commercial Tobacco |
|----------------------------|---------------------------|
| | |
| | |
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Chapter 3 - Path to Prevention – Recommendations for Reducing Chronic Disease in First Nations, Inuit and Métis Report

1. Reflection: After watching the video of Alethea Kewayosh, the Director of the Indigenous Cancer Care Unit at Ontario Health, what are your thoughts on the importance of the Path to Prevention report? Is the report and recommendations related to your work?

Answer:

2. What are the six pillars of the Path to Prevention report?

Answer: