



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

Module 12: Chronic Disease Prevention for Indigenous People

Note that the answers provided below are not exhaustive and merely provide relevant information/points to consider for each question.

Chapter 1 - Chronic Disease and Prevention

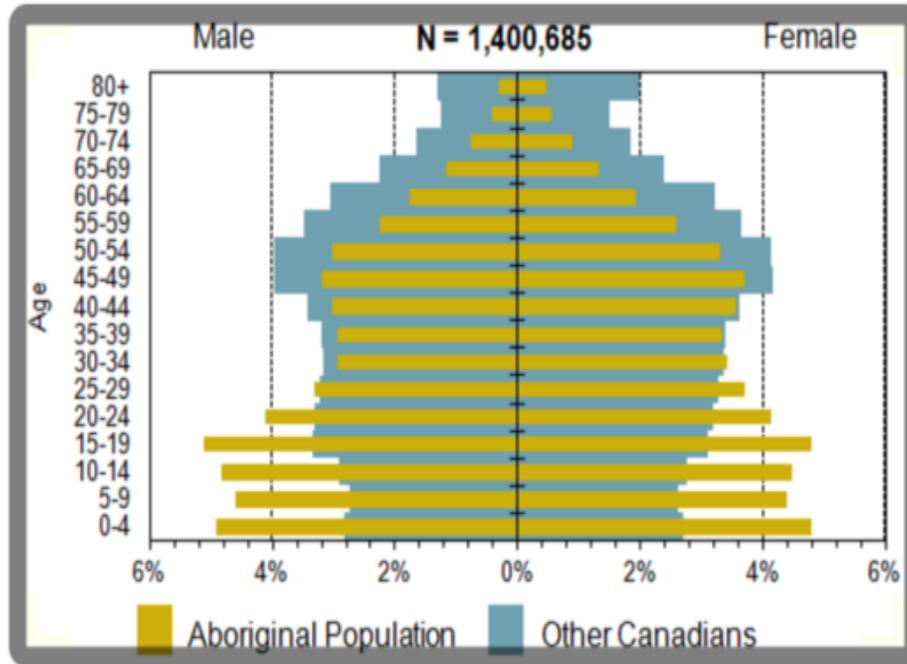
1. Reflection: First Nation, Inuit and Métis peoples in Canada have a disproportionately higher burden of some chronic illnesses than non-First Nation, Inuit and Métis peoples. Often higher rates of diabetes, heart disease, tuberculosis, HIV/AIDS and many other diseases can be seen in First Nation, Inuit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

Answer: Self-reflection question. Points to consider:

- The Social Determinants of Health:
 - Poverty
 - Low education
 - Low employment rate and limited economic development opportunities/infrastructure
 - Unhealthy coping behaviours
 - Access to health services (i.e. transportation, distance, expense, weather, communication barriers, poor coordination of care, jurisdictional issues (NIHB), no family physician)
- Intergenerational Trauma:
 - Colonialism
 - Indian Act
 - Residential Schools
 - Loss of culture
- Lack of trust for the medical system
- Fear of visiting a doctor
- Stereotype/prejudice
- Health professionals not listening or addressing needs



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



Answer: The age structure of the “Aboriginal” population is much younger than the rest of the Canadian population. Amongst the “Aboriginal” population, 46% of individuals are under age 25, compared to 29% for the rest of the Canadian population. The “Aboriginal” population is growing substantially faster than the rest of the Canadian population.



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

Answers:

1. E
2. G
3. A
4. B
5. D
6. C
7. F



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



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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: Self-reflection question.

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

Answer:

1. Commercial Tobacco
2. Alcohol Consumption
3. Physical Activity
4. Healthy Eating
5. Equity
6. Collaboration