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Melissa Anderson

Phonetic spelling of your (full) name

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Presenting Author Category

Non-Trainee

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Research Category

Clinical

Abstract Title

Living Well with the Land: An Adaptable Framework for Early Childhood and Family Type 2 Diabetes Prevention Rooted in the Anisininew Seasons

Authors

Name	Role	Profession
Brianna Hunt	Co Author	Research Staff
Elder Nelliane Cromarty	Co Author	Elder
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Tanya Dawn McDougall	Co Author	Knowledge Carrier
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Next Generation Study Parent Advisory Group	Presenting Author	Community Partners
Elizabeth Sellers	Co Author	Full Professor
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Will they participate in the poster presentation at CHRD?

Yes

What is their name?

Melissa Anderson, Journey Flett

Background

Collaboration with First Nations families is essential to develop research and programming that effectively responds to health issues disproportionately impacting First Nations. As a result of colonial policies and practices, First Nations children in Manitoba are at high risk for type 2 diabetes (T2D). Elders, Knowledge Carriers, and Indigenous scholars share that health promotion and T2D prevention are rooted in food sovereignty and connection to the land. However, in the Island Lake Anisininew Nations, the region most heavily impacted by childhood-onset T2D, few land-based programs have addressed childhood-onset T2D.

Objective

The Next Generation Study (Next Gen) aims to decrease T2D risk. The research team sought to co-develop a framework for land-based, traditional food education programming to be implemented in the Island Lake Anisininew Nations.

Methods

The study team includes a Parent Advisory Group (PAG) composed of Indigenous parents with lived experience, Elders, and Knowledge Carriers. Together, the team developed a framework for a T2D prevention program. Collaboration was based on the 6 R's: guiding principles for research with Indigenous communities. Honoring the knowledge of advisors, Elders, and Knowledge Carriers, Indigenous research methods were used, including the sharing of Anisininew teachings.

Results

Presented by Next Gen family advisors, results showcase an adaptable framework for an early childhood and family T2D prevention education program based upon traditional Anisininew foods, language, and land-based activities. The framework was built around the six Anisininew seasons: Thiikwan (Spring), Niipin (Summer), Takwakwun (Fall), Minokamik (Freeze up), Pipoon (Winter), and Pijipipoon (Thaw). Curricula will be uniquely shaped by the community implementing it. Suggested activities include berry teachings, fishing, food preservation, moose tracking, and medicine teachings.

Conclusion

From this framework, we hope to build community-specific programs that center Anisininew knowledge, with the goal of preventing and supporting families to live better with T2D.