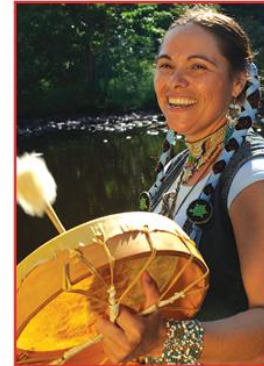




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Well beyond health care

First Nations, Inuit and Métis Program



***The Benefits of Physical Activity for First Nation, Inuit and Métis Communities:
Sharing Knowledge and Community Leading Practices***

Saint Elizabeth First Nations, Inuit and Métis Program



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Presentation Overview

- ❑ Saint Elizabeth First Nations, Inuit and Métis Program overview
- ❑ Introduction to *The Benefits of Physical Activity for First Nation, Inuit and Métis Communities* initiative
- ❑ Demonstration of *Articulate Storyline*, an interactive, online resource designed with and for community health and recreation workers





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PIONEER

A team of inspired professionals who believe in what is not yet imaginable.

PROVIDER

An award-winning health care provider recognized for high-impact performance, compassion and innovation.

PARTNER

A believer in the power of people coming together from all areas to make remarkable things happen.

CHANGEMAKER

A social enterprise spreading knowledge, experience and resources to build a healthy society for Canada's prosperity.

**We live the change to come • We reach beyond ourselves .
We know our work is never done • We are Saint Elizabeth .**



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Saint Elizabeth First Nations, Inuit and Métis Program

Vision: Honouring the Human Face of Health Care

Focus: Enhance and support the capacity of First Nation communities to understand and solve complex health care issues, improve access and address barriers to care.

Approach: Partnership, action based research, knowledge exchange and mobilization





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Saint Elizabeth First Nations, Inuit and Métis Program

- Combining best practices and innovative technologies with meaningful involvement of First Nations partners
- Began when First Nations approached Saint Elizabeth to explore a common interest in innovative approaches to home and community-based care.
- Grassroots growth and evolution through demonstrated impact and outcomes
- National expansion 2011



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Where we are...

National expansion 2011

OFFICE LOCATIONS:

- *Tsuu T'ina Nation, Alberta*
- *Winnipeg, Manitoba*
- *Wabauskang First Nation Ontario*
- *Markham, Ontario*
- *Montreal, Quebec*





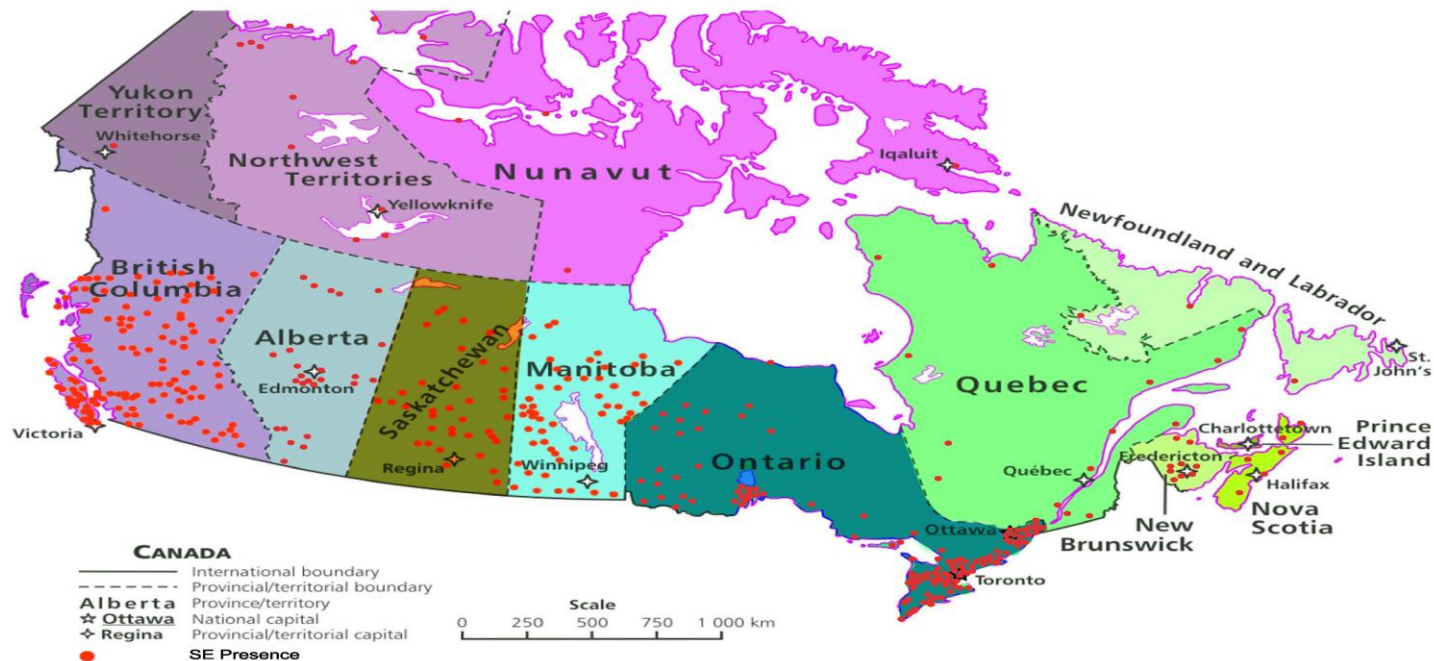
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@YourSide Colleague® reaches over **380** First Nation communities/ organizations and over **1500** health care providers across Canada





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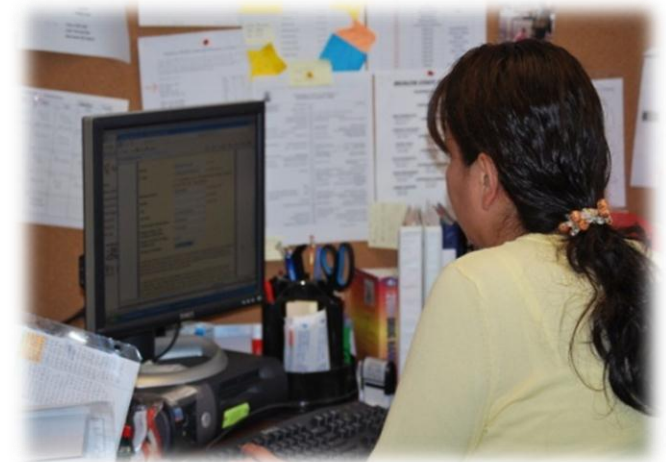
First Nations, Inuit and Métis Program



Program Initiatives

Knowledge Exchange and Mobilization

- 11 web based courses developed for and with First Nations
- Award winning e-learning platform
- National bilingual portal
- More than 1200 e-learning events delivered
- Sharing Knowledge Strengthening Connections
- Benefits of Physical Activity Project
- Physical Activity Promising Practices Project
- MFN PWTG
- Cancer Pathways
- GNWT
- Caregiver Education & Support





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The Benefits of Physical Activity for First Nations, Inuit and Métis Communities: Sharing Knowledge and Community Leading Practices

The Saint Elizabeth First Nations, Inuit and Métis Program is leading an initiative aimed at strengthening community-based healthy living activities.

Through development and sharing of culturally relevant messages with community health and recreation workers, our goal is to encourage the use of the Canadian Physical Activity Guidelines in all community-based programs.





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The Benefits of Physical Activity for First Nations, Inuit and Métis Communities: Sharing Knowledge and Community Leading Practices

- An interactive e-learning course
- Inclusion of relevant and culturally-appropriate, community-based activities that take into account the influence of geography and available infrastructure and resources in First Nations, Inuit and Métis communities.
- Hubs based on age categories
- Searchable database of resources
- Involvement of communities and partners in development of the course
- Working Group
- Webinars held with community workers to gain input
- Completed course will be shared through webinars, social media platforms and knowledge exchange platform.

This initiative was made possible through funding contributions from the Public Health Agency of Canada and Manitoba Aboriginal and Northern Affairs. It is a partnership between Saint Elizabeth, Manitoba Aboriginal and Northern Affairs, and First Nations and Inuit Health Branch of Health Canada.



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Articulate Storyline

Articulate Storyline is e-learning software used to create lively, interactive online resource tools that employ the use of avatars.

In the following demonstration, you will see how First Nations role model Wab Kinew, Director of Indigenous Inclusion at the University of Winnipeg, plays the host avatar. Wab Kinew shares his philosophy on the importance of physical activity and its connection to wholistic health and wellness, and guides viewers through the resource.






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- 0-4 Years Completed
- 5-11 Years
- 12-17 Years
- 18-64 Years
- 65+ Years

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◀ PREV NEXT ▶

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The Benefits of Physical Activity for First Nation, Inuit and Métis Communities: Sharing Knowledge and Community Leading Practices

Join us to learn more about an exciting initiative aimed at strengthening community-based healthy living activities. Through development and sharing of culturally relevant messages with community health and recreation workers, our goal is to **encourage the use of the Canadian Physical Activity Guidelines in all community-based programs.**

COMING SOON: Webinar Series

Beginning March 2013 a series of webinars for community health and recreation workers will be offered to share culturally relevant messages on physical activity, through the sharing of a fun and interactive, on-line resource.

This initiative was made possible through funding contributions from the Public Health Agency of Canada and Manitoba Aboriginal and Northern Affairs.

These sessions will be delivered through the Saint Elizabeth First Nations, Inuit and Métis Program's national bilingual knowledge exchange platform.

Dates and times for the webinars for both initiatives will be announced on: www.atyourside.ca. You will also find more information about the initiatives, including links to the Case Studies report, on our website.

If you would like more information on these initiatives, and if you would like to be notified when the webinar dates are available, please email

Janetta Soup: janettasoup@saintelizabeth.com or Suzanne Stephenson: suzannestephenson@saintelizabeth.com

Physical Activity Approaches at the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth

The Federal-Provincial-Territorial Physical Activity and Recreation Committee (PARC) in partnership with the Aboriginal Diabetes Initiative of the First Nations and Inuit Health Branch at Health Canada have recently released **15 case studies identifying promising practices for the promotion of physical activity for Aboriginal children and youth.**

COMING SOON: Webinar Series

Between March 2013 and April 2013 a series of webinars featuring the case studies will be offered. The webinars will include Case Study Leaders who will share their promising practices and key learnings as part of a knowledge exchange with other communities.

The Aboriginal Physical Activity Case Studies Webinar Series is made possible by the leadership of the Federal-Provincial-Territorial Physical Activity and Recreation Committee.



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Questions?

