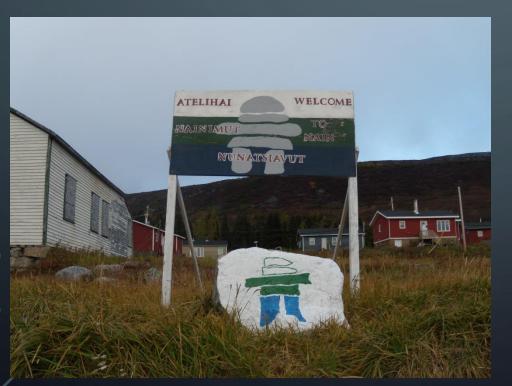
INDIGENOUS HEALTH TEACHING: AN INTRODUCTION



KENT SAYLOR, MD

DIRECTOR, INDIGENOUS HEALTH PROFESSIONS PROGRAM

MCGILL FACULTY DEVELOPMENT WEBINAR

NOVEMBER 2, 2020

DISCLOSURE

I have no conflicts of interest to disclose.

LEARNING OBJECTIVES

At the end of this session learners will have a better understanding of:

- Who are the Indigenous peoples in Canada
- Some of the history that plays a role in the health of Indigenous peoples
- Some of the social determinants affecting Indigenous peoples' health

ABOUT

THE INSTRUCTOR

- Mohawk Nation
- General Pediatrician
- Work primarily with First Nations and Inuit
- Director, Indigenous Health Curriculum and Indigenous Health Professions Program

INDIGENOUS HEALTH PROFESSIONS PROGRAM (IHPP)

- Created in 2017 to increase enrollment of Indigenous students in health professions programs
- Stimulate the teaching of Indigenous health topics
- Decided to start with Faculty Development
 - ½ day workshop

COVID-19 PANDEMIC

½ day workshop postponed

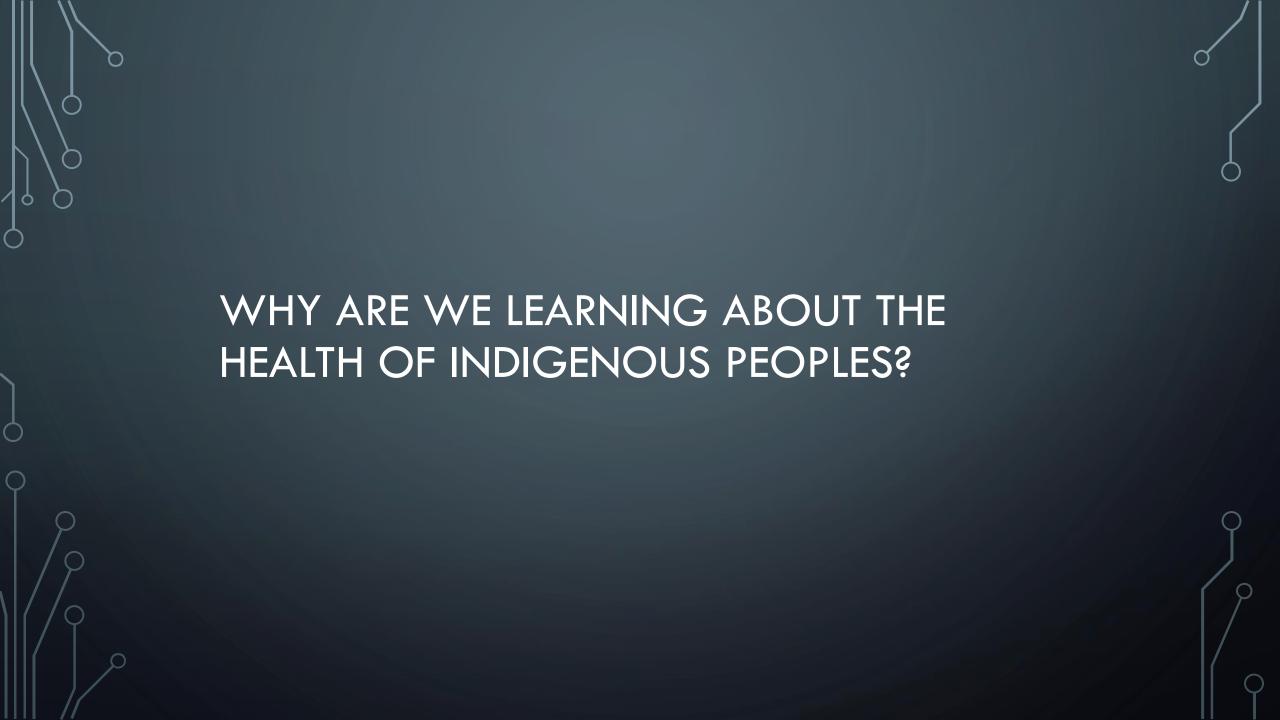
Transitioned to webinar format



Joyce Echaquan

37 y/o Atikamekw woman

Video showing extreme racism in hospital



HEALTH STATUS - INDIGENOUS PEOPLES

Time of contact

Indigenous peoples healthy *500*+ *years*

What happened?

What is still happening?

Current time

Indigenous
peoples with
numerous
health
discrepancies

TRUTH AND RECONCILIATION COMMISSION

Call to action #24

We call upon medical and nursing schools in Canada to require all students to take a course dealing with Aboriginal health issues, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, and Indigenous teachings and practices. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

Truth and Reconciliation Commission of Canada: Calls to action; 2015

MHAT TO KNOMS

The basics Colonization Health History Discrepancies SDOH Racism Residential schools Resilience Jurisdictional disputes 60's Scoop **Political** World views Traditional healing

TERMINOLOGY



3 RECOGNIZED INDIGENOUS GROUPS

Indigenous

(Native, Aboriginal)

First Nations

"Indian"

"Native American"

"North American Indian"

Inuit

Métis

FEW BASIC POINTS

• There is no one Indigenous culture or language

 There is a great diversity of languages and cultures in Canada and in Quebec

• In Quebec

- Many Indigenous peoples speak their own language (e.g. Cree, Inuktitut, Atikamekw, Innu)
- Some First Nations speak French as 1st language
- Some First Nations speak English as 1st language

FIRST NATIONS

• There are 65+ different First Nations in Canada; 10 in Quebec

• Historically referred to as "Indians"; term still used today in certain circumstances

• Largest Indigenous group – represent $\sim\!60\%$ of the Indigenous peoples in Canada

INUIT

 The Indigenous peoples that inhabit the Arctic regions of Canada, Russia, Alaska and Greenland

The Inuit territory in Quebec is called Nunavik

Inuit means "the people" (and is the preferred term)

One person of Inuit descent is an Inuk, singular for Inuit

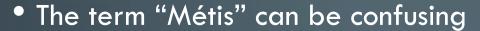
 ullet Represent $\sim 4\%$ of the Indigenous peoples in Canada

MÉTIS

 Indigenous peoples who are the descendants of people who are of mixed race – primarily First Nations and European

 Formed communities and, with time, transformed into a distinct Indigenous culture

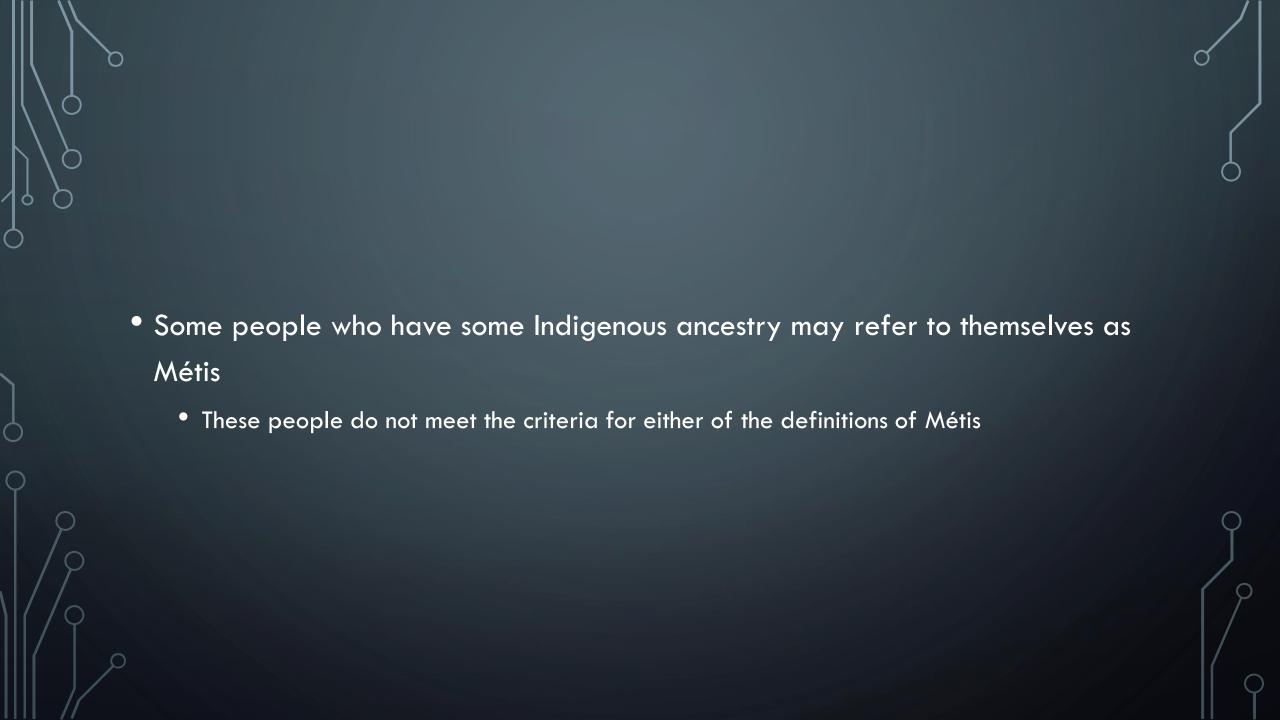
Who exactly are the Métis remains controversial



- Canadian government definition
 - identify as a Métis person;
 - be a member of a present-day Métis community; and,
 - have ties to a historic Métis community*
- Métis National Council states
 - "Métis" means a person who <u>self-identifies</u> as Métis, is distinct from other Aboriginal peoples, is of historic Métis Nation Ancestry and who is accepted by the Métis Nation."

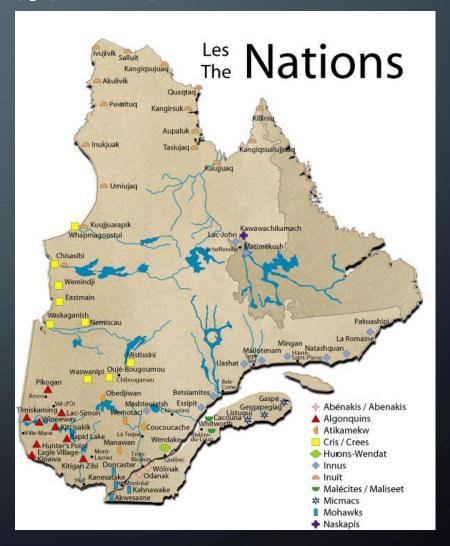
Métis National Council http://www.metisnation.ca/index.php/who-are-the-metis/citizenship

Crown-Indigenous Relations and Northern Affairs Canada. https://www.rcaanc-cirnac.gc.ca/eng/1100100014413/1535468629182



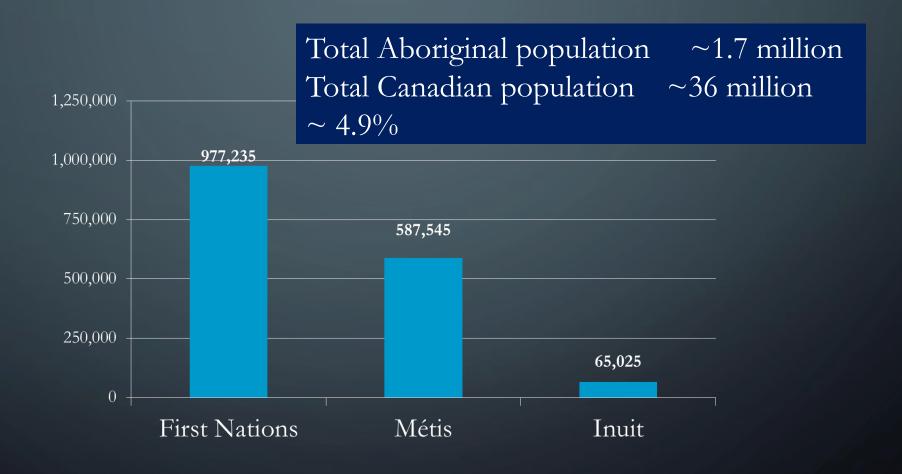
INDIGENOUS NATIONS IN QUÉBEC

- Inuit (Nunavik)
- Naskapi (Schefferville region)
- Cree (James Bay)
- Innu (North Shore)
- Atikamekw (Lanaudière)
- Algonquin (Abitibi)
- Mi'gmaq (Gaspé)
- Malecite (Bas-Saint-Laurent))
- Huron-Wendat (Québec City)
- Abenaki (Centre-du-Quebec))
- Mohawk (Montréal region)



DEMOGRAPHICS

*CANADIAN FIRST NATIONS, MÉTIS AND INUIT POPULATION NUMBERS, 2016



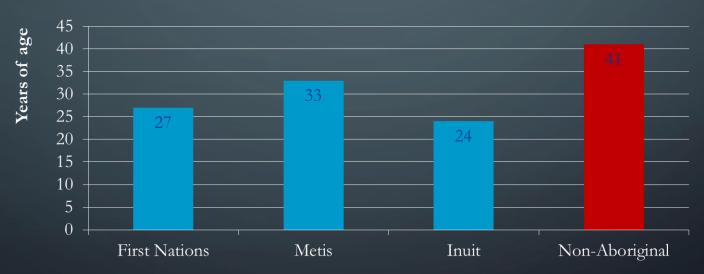
Source: Statistics Canada, 2016 Census



*INDIGENOUS CANADIANS: YOUNG POPULATION

The median age of Indigenous populations in Canada is 29 years; for non-Indigenous populations, its 41 years.

Median Age



Statistics Canada: Aboriginal Population Profile, Census 2010

INDIGENOUS PEOPLES HEALTH



What should health providers know?

What is different compared to the rest of people in Canada?

INDIGENOUS PEOPLES' HEALTH

Unique historical factors

Unique relationship with federal government

Social determinants of health

&

Other factors

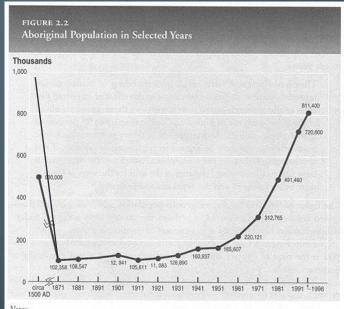
Widespread health discrepancies

BRIEF HISTORY OF INDIGENOUS PEOPLES IN CANADA



POPULATION DECLINE

- Population at time of contact est. $\frac{1}{2}$ 1 million
 - In 1871, ~ 102,000 Indigenous peoples in Canada
 - Tremendous loss of knowledge
 - Transition from thriving nations to survival



Notes:

- Population counts varied over the period 1871-1951 not only because of demographic change but also because of changes in Canada's geo-political boundaries. For a complete discussion see G. Goldmann (1993).
- The 1991 and 1996 counts have been adjusted for undercoverage in the Aboriginal Peoples Survey. See M.J. Norris et al. (1995).

Source: Andrew J. Siggner, "The Socio-Demographic Conditions of Registered Indians", in Arduous Journey: Canadian Indians and Decolonization, ed. J. Rick Ponting (Toronto: McClelland and Stewart, 1986), p. 57; Margaret Conrad, Alvin Finkel and Cornelius Jaenen, History of the Canadian Peoples: Beginnings to 1867 (Mississauga: Copp Clark Pittman Ltd., 1993); Gustave Goldmann, "The Aboriginal Population and the Census: 120 Years of Information – 1871 to 1991", paper presented to the International Union for the Scientific Study of Demography, Montreal, August 1993; and Mary Jane Norris, Don Kerr and François Nault, "Projections of the Aboriginal Identity Population in Canada, 1991-2016", research study prepared for RCAP (1995).

Report of the Royal Commission on Aboriginal Peoples 1996 Vol1, Chapter 2

ROYAL PROCLAMATION 1763

- Issued in October 1763 by King George III following Britain's triumph over France in the French and Indian War/Seven Years War.
- Established the framework for negotiation of treaties with Indigenous nations in North America
- The first documented recognition of Indigenous nations by the British Crown.

BRITISH NORTH AMERICA ACT 1867

Created the self governing Dominion of Canada.

• Set the framework for the operation of the Government of Canada.

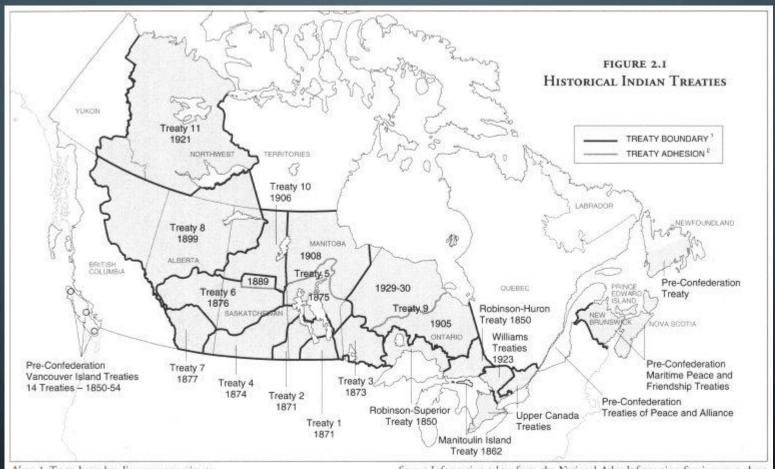
Established that "Indians" were under federal authority

https://www.thecanadianencyclopedia.ca/en/article/british-north-america-act-1867-document/

Crown-Indigenous Relations and Northern Affairs Canada. https://www.rcaanc-cirnac.gc.ca/eng/1100100014413/1535468629182



- Treaties are agreements between nations that have a unique status in international and domestic law.
- In Canada, the federal government agreed to give rights & benefits to Indigenous peoples who signed the treaties
- Managed by Indigenous Services Canada (with Health Canada)
 & Crown Indigenous Relations Canada



Notes: 1. Treaty boundary lines are approximate.

Extension of a treaty boundary as a result of later signatories who adhered to the terms of the original treaty.

Source: Information taken from the National Atlas Information Services map sheet number MCR4162 © 1991. Her Majesty the Queen in Right of Canada with permission of Natural Resources Canada.

- There is ongoing disagreement about many treaties including many of the "Numbered Treaties."
 - Most First Nations people believe the treaties are about mutual respect and peaceful coexistence between peoples.
 - Land transfer seems to be the main focus for the federal government.

THE IMPORTANCE OF TREATY 6, 1876

Includes provision:

"That a medicine chest shall be kept at the house of each Indian Agent for the use and benefit of the Indians at the direction of such agent."



Crown-Indigenous Relations and Northern Affairs Canada

https://www.rcaanc-cirnac.gc.ca/eng/1100100028710/1581292569426

"MEDICINE CHEST" CLAUSE

- The basis for Health Canada's non-insured health benefits (NIHB) program:
 - Medications
 - Medical transport
 - Basic vision care
 - Basic dental care
 - Medical supplies and equipment
 - Mental health counselling

Status First Nations and registered Inuit are eligible for NIHB

Métis are not eligible

INDIAN ACT 1876

 A Canadian statute that defines who is an "Indian" and also outlines several rights inherent to registered "Indians"

• A person is considered "Indian" only if they are registered under the Indian Act. These people are considered "status Indians." Federal government control.

• Many people, especially women, lost "status" by unjust practices (i.e. marrying a non-status person). Amended 1985

INDIAN ACT

- Several amendments to Indian Act that have erased oppressive policies
 - Enfranchisement, banning of ceremonies, traditional clothing etc.
- Many ongoing issues with Indian Act that continue to threaten the sovereignty of Indigenous peoples

Kelm, M.E., & Smith, K. D. (2018). Talking back to the Indian Act: Critical readings in settler colonial histories. Toronto, ON: University of Toronto Press.

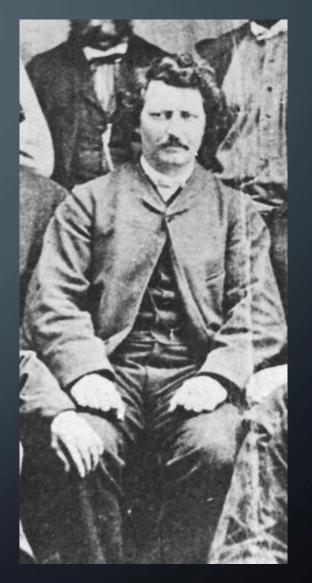
The Canadian Encyclopedia. Indigenous Peoples and Government Policy in Canada. https://www.thecanadianencyclopedia.ca/en/article/aboriginal-people-government-policy

MÉTIS HISTORY & LOUIS RIEL

 Leader of the Red River Rebellion that protected Métis rights & eventually lead to the formation of Manitoba.

 Executed for treason in 1885 for his role in the Red River Rebellion and the North-West Rebellion

 Many Métis people went into "hiding" after his execution



MÉTIS HISTORY

- Although the Métis were recognized as Indigenous peoples in the Constitution Act 1982, their rights were not fully recognized until 2003 with the Powley decision by the Supreme Court.
 - Provided formal hunting rights as Indigenous peoples
- Historically they did not share the same rights as First Nations or Inuit and still do not have same rights
- "Daniels Decision" (April 2016) states that the Métis and nonstatus Indians should be considered Indians under section 91(24) of the Constitution Act

Supreme Court of Canada. Daniels v. Canada (Indian Affairs and Northern Development), 2016 SCC 12. April 14, 2016

http://www.metisnation.ca/

RESPONSIBILITIES

Based on these laws and treaties the federal government agreed to many

"shared" responsibilities:

- Housing
- Drinking water
- Education
- Youth protection system
- Health care
- Other responsibilities

- Many Indigenous peoples feel the government has not been honoring their responsibilities.
- Trying to catch up on 150 years of inadequate funding!

NOTE

The Métis have been excluded from most of these rights.

RESIDENTIAL SCHOOL EXPERIENCE



Truth and Reconciliation Commission of Canada http://www.trc.ca/

Residential Schools 1882 - 1996

- System established in 1882 to "civilize" Indigenous peoples.
- 150,000 children were removed from their homes and sent to boarding schools subsidized by Federal Government and operated by the churches.
- Children were forbidden to speak their own languages or follow their traditions.
- Places of emotional deprivation
- Very high levels of physical and sexual abuse
- Many died TB, other infectious diseases, exposure
- Children subjected to nutrition experiments*
- Last school closed 1996

^{*} Ian Mosby. Administering Colonial Science: Nutrition Research and Human Biomedical Experimentation in Aboriginal Communities and Residential Schools, 1942–1952 Social History 2013;46 (91):145-172

GOAL - ASSIMILATION

"I want to get rid of the Indian problem. . . . Our objective is to continue until there is not a single Indian in Canada that has not been absorbed into the body politic and there is no Indian question, and no Indian department, that is the object of this Bill."

DUNCAN CAMPBELL SCOTT, F.R.C.S.

http://www.cinemapolitica.org/sites/www.cinemapolitica.org/files/films/duncanscott.jpg

Duncan Campbell Scott

Deputy Superintendent

Department of Indian Affairs

1913-1932

Honouring the truth, reconciling for the future. Summary of the final report of the Truth and Reconciliation Commission of Canada, 2015, p. 54.

THE AFTERMATH

• Left a legacy of children who lost their language, customs and sense of family.

Many have equated this to child abuse.

• The long-term intergenerational effects are being experienced by many Indigenous peoples today (depression, PTSD, substance abuse etc.)

Smylie, Adamako. Indigenous Children's Health Report, 2009, p. 20

SOCIAL DETERMINANTS OF HEALTH



HOUSING



Housing

- "The provision and management of housing on reserve lands is the responsibility of First Nations, with support from the Government of Canada."
- Overcrowding
- Old homes
- Mould in homes
- Poor air exchange, poor air quality

ATTAWAPISKAT, ONTARIO

- Community of ~2100
- Housing "crisis" in 2011 & 2016
- Video of housing conditions

Affordable housing overhaul could leave Indigenous families homeless: Advocates. Canadian Press, July 16, 2018. https://www.huffingtonpost.ca/2018/07/16/affordable-housing-overhaul-could-leave-indigenous-families-homeless-advocates a 23483258/

HOUSING SHORTFALL

Table 2. Canadian on-reserve housing	
ON-RESERVE HOMES IN CANADA	VALUE
Estimated total ¹⁹	108 000
Housing in need of major repairs, %20,21	44-93
Estimated new housing units needed 19,22	35000-85000
Annual federally funded new housing units ²³	1750

SOCIAL DETERMINANTS OF HEALTH

- Drinking water
 - Clean, safe drinking water is a shared responsibility of the federal government and the communities (for FN below 60th parallel)
 - Many communities continue to have long-term drinking water advisories
 - 61 long-term drinking water advisories at this time

Indigenous Services Canada. Ending long-term drinking water advisories in First Nations communities. https://www.sac-isc.gc.ca/eng/1506514143353/1533317130660

EDUCATION

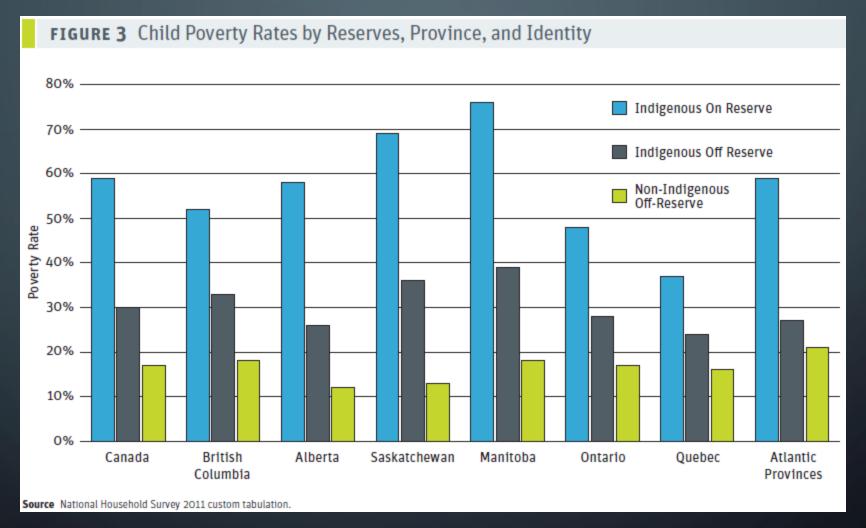
"The Government of Canada funds elementary and secondary education for First Nations students ordinarily resident on reserve, and provides post-secondary education financial support for eligible First Nation and Inuit students."

Indigenous and Northern Affairs http://www.aadnc-aandc.gc.ca/eng/1100100033601/1100100033605

Cumulative funding shortfall estimated at \$3 billion since 1996

Assembly of First Nations Education fact sheet http://www.afn.ca/uploads/files/education/fact-sheet-fn-education-funding-final.pdf

CHILDHOOD POVERTY



Shameful Neglect, Indigenous child poverty in Canada. Macdonald D and Wilson D. Canadian Centre for Policy Alternatives, May 2016, p. 16

OTHER SDOH

Food security

Economic development

- Access to health care
 - Primary
 - Specialty

Loss of language

• Loss of culture

Lack of Indigenous providers

Others

STEREOTYPES - LEAD TO RACISM & MICROAGGRESSIONS

Alcohol

Just good at making babies

They are getting a free ride

Lazy, take handouts from government

They don't take care of themselves

Don't pay any taxes

It's us who is paying for them

Homeless

illegal activity

Many other stereotypes

RACISM, STEREOTYPES, MICROAGGRESSIONS

• Pervasive in our society and in health care including the McGill teaching sites

Many people in Canada do not know the basics

• Inform yourselves, address racism/microaggressions in your institutions, attend future faculty development events

RESILIENCE OF INDIGENOUS PEOPLES!



 Many Indigenous communities are taking control over their own healthcare Population is thriving and growing! • There are many model communities that have made a difference! More about resilience in future workshops

CONCLUSION

• There are 3 recognized Indigenous groups in Canada – First Nations, Inuit and Métis

- Indigenous peoples have a unique history and unique relationship with the federal government compared to non-Indigenous peoples in Canada
- These unique aspects continue to lead to many health discrepancies. These are the social determinants of health.
- Racism is pervasive in our society and in health care. We must all do our part to combat racism.

PERSONAL STORY - 2004





NIÁ:WEN

THANK YOU

MERCI

Questions via Chat

