

Program Benefits

Youth will become aware of the benefits of healthy living, which includes active living and the quality of food products consumed.

Youth will be able to transfer knowledge to their family, their community and their school about the benefits of active living and healthy lifestyles.

It is anticipated that the youth will serve as community role models of healthy living.

Cultural Content

This project respects the diversity of languages, traditions, protocols and ceremonies in Saskatchewan and Manitoba First Nations. Communities are encouraged to utilize local Elders for protocols and historical information, including health.

The curriculum is designed to be useable by all First Nations, but with the flexibility to provide for local cultural content. Teachings of culture and traditions will vary in First Nations, and no teaching is wrong.

Partners and Stakeholders

Federation of Saskatchewan Indian Nations

Manitoba Keewatinowi Okimakanak (MB)

Dakota Ojibway Tribal Council (MB)

Sagkeeng First Nation (MB)

First Nations and Inuit Health (SK/MB)

Saskatchewan Ministry of Health

Northern Health Branch, Manitoba Health

Red River College (MB)

Saskatchewan Indian Institute of Technologies

Saskatchewan Cancer Agency

Cancer Care Manitoba

Canadian Cancer Society (MB/SK)

Heart and Stroke Foundation (SK)

Kidney Foundation of Canada (MB/SK)

Lung Association (SK/MB)

Canadian Diabetes Association (SK/MB)

Arthritis Society (MB/SK)

Stakeholders recognized the effectiveness of partnerships in improving First Nations health. Partners include First Nations, Health Canada, Ministries of Health, and non-profit organizations. Together the partners developed common messaging with the goal of reducing cancer and chronic diseases in First Nations communities.



*Health Empowerment
for You!*

This program will promote healthy living to reduce the incidences of cancer and chronic diseases in First Nations communities.

For more information contact:

**Federation of Saskatchewan
Indian Nations**

**Project Coordinator - CLASP
Suite 100-103A Packham Ave
Saskatoon, SK S7N 4K4
Ph: (306) 956-1049
alvin.delorme@fsin.com**

Background

Improving cancer and chronic disease awareness on First Nations communities, can lead to successes in their prevention and treatment.

It is important to discuss cancer and chronic disease using culturally relevant educational materials that includes evidence-based information.

Who can participate?

Community Participant

Youth (ages 16 to 30) are the target audience for of HEY! The youth are a large age group in First Nations communities. Healthy living will reduce the incidences of cancer and chronic diseases for the youth.

Participating communities will have an opportunity to select youth for this training program.

Community Lead

Participating communities will select a person to take a "Train the Trainer" workshop. This person would then deliver the HEY! training at a community-based workshop.

Training Modules

- 1. Foundation**
 - Respect for Traditions and Protocols in this training.
- 2. Vision of Health**
 - Create an understanding of Holistic Health.
- 3. Prevention of Cancer and Chronic Diseases**
 - Recognize the risk factors of cancer and chronic disease and plan for personal and community change.
- 4. Health Eating**
 - Recognize how foods high in sodium, sugar and saturated fats increase risks of cancer and chronic disease.
- 5. Active Living**
 - Understand the benefits of daily physical movement.
- 6. Healthy Body for Me**
 - Use health tools to monitor and maintain health.
- 7. Smoke Free**
 - Plan to reduce or quit smoking.
- 8. Avoid Misuse of Substances**
 - Discover a sense of well-being without the use of substances.

There are other risk factors for cancer and chronic disease, but good health awareness in the selected topics will result in effective proactive change.

The HEY! Steering Committee would like to recognize the spirited and dedicated work from the many stakeholders on this project. Without the stakeholders' commitment and participation, it would not have been possible to complete this project. This program is the result of collaborative efforts by the stakeholders.

Production of this curriculum has been made possible through a financial contribution from Health Canada, through the Canadian Partnership Against Cancer; and from the Public Health Agency of Canada.



COALITIONS LINKING ACTION
& SCIENCE FOR PREVENTION

An initiative of:



With support from:



Public Health
Agency of Canada

Agence de la santé
publique du Canada