

Improving Access to Nutritious Food in Eeyou Istchee

Prepared by CNG-CBHSSJB Working Committee on Access to Nutritious Food

> CNG Council Board Meeting January 24th, 2017

CNG Resolution (2015)

BE IT RESOLVED:

THAT the delegates of the Grand Council of the Crees (Eeyou Istchee)/Cree Nation Government 41st/38th Annual General Assembly request that the Grand Council of the Crees (Eeyou Istchee)/Cree Nation Government support the CBHSSJB in its efforts to improve access to nutritious foods for families of Eeyou Istchee;

THAT the delegates of the Grand Council of the Crees (Eeyou Istchee)/Cree Nation Government 41st/38th Annual General Assembly recommend the establishment of a joint CNG-CBHSSJB committee be formed to address the issues related to access to nutritious foods in Eeyou Istchee;

CNG #2015-10

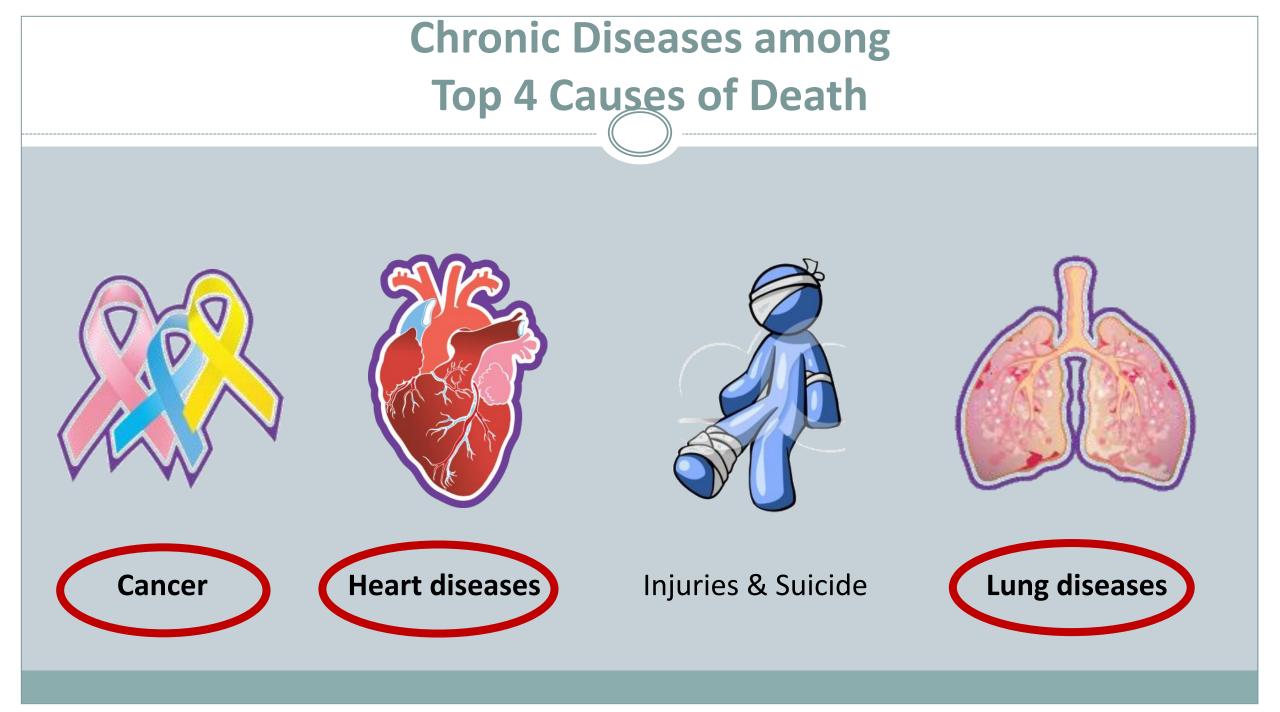


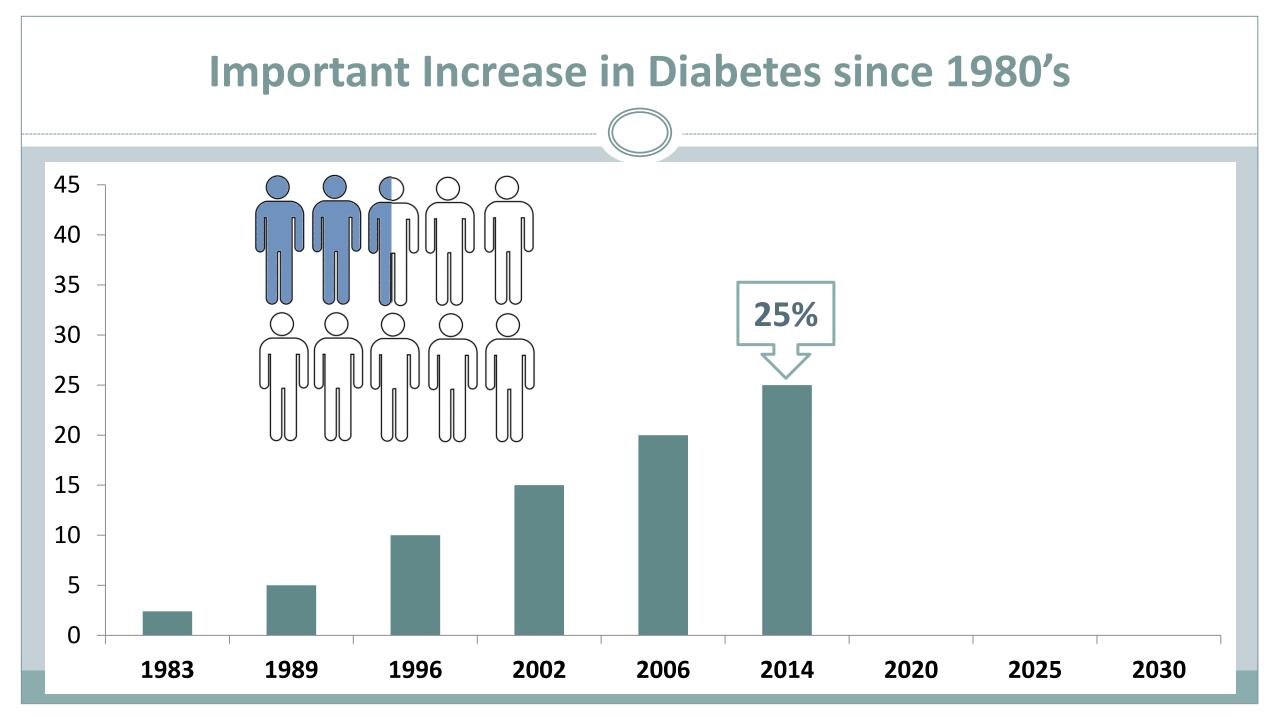


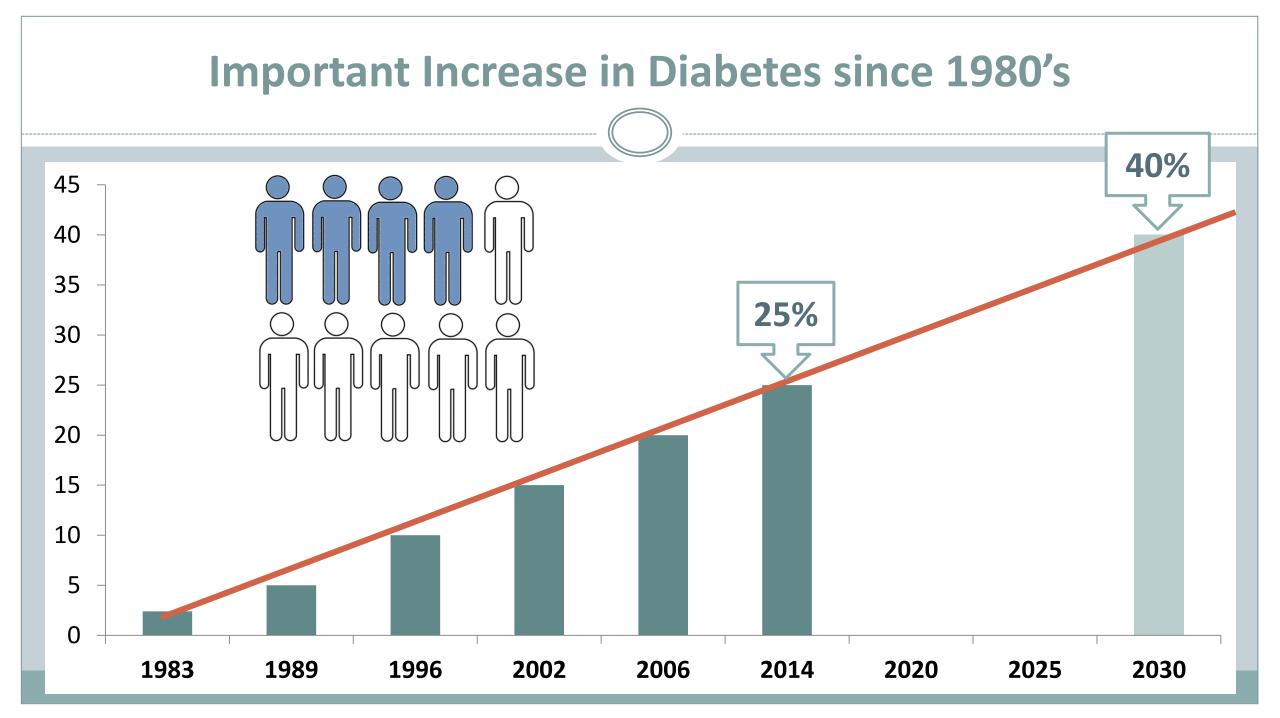


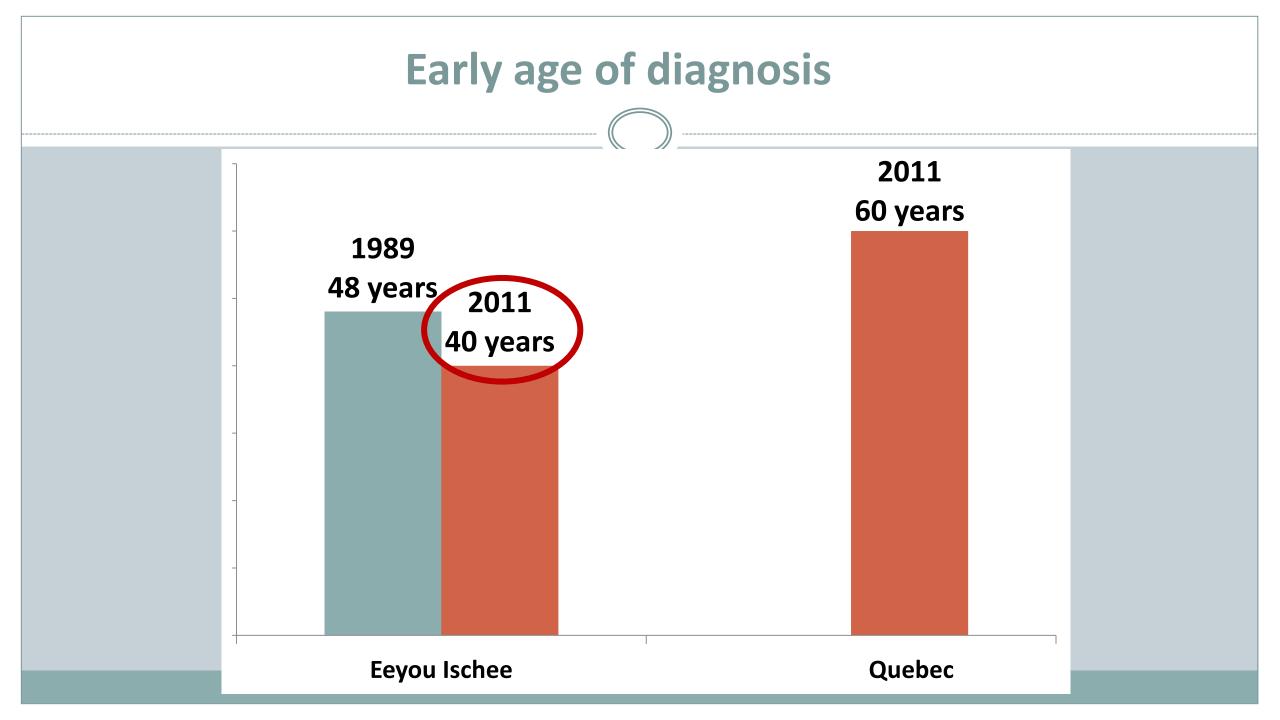








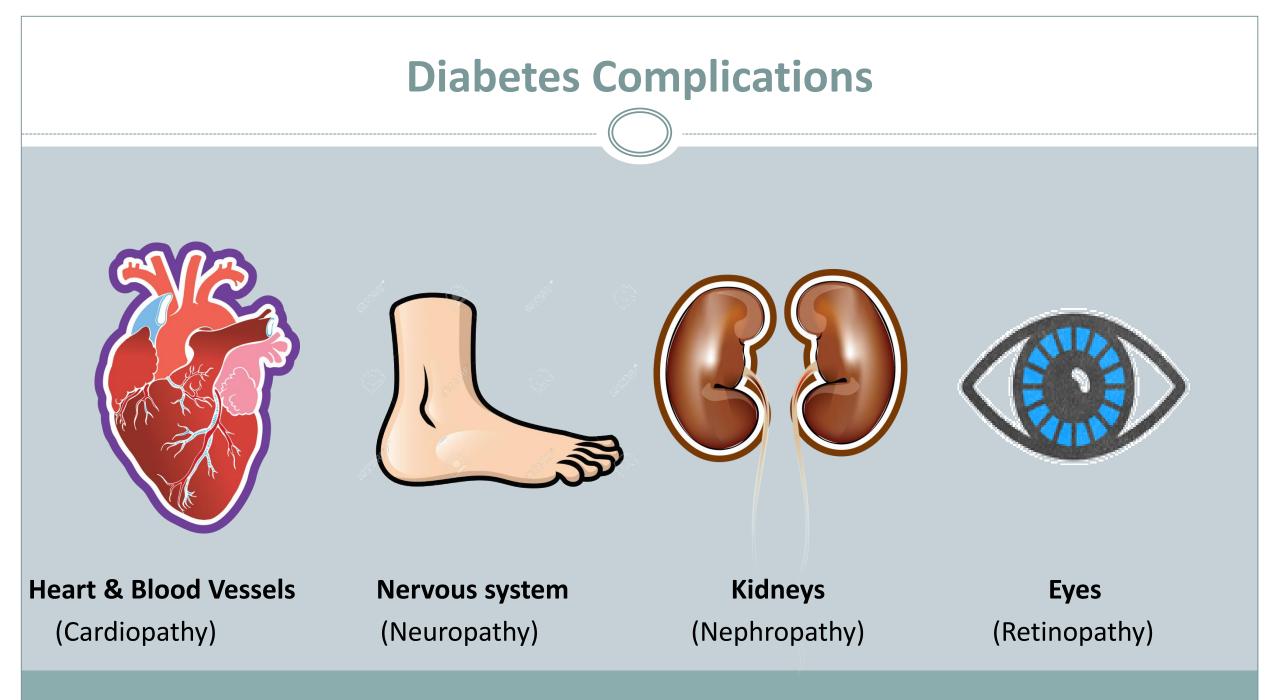






- The youngest person diagnosed with type 2 diabetes was 9 years old
- In 2016, **18 youths** between 10 & 19 years old were living with diabetes





Living with Diabetes Complications



Kidney Function in adults (20+) living with diabetes

Normal kidney function	Stage 1 N=1031 46%	Stage 2 N=821 37%	Stage 3 & 4 Stage 5 N=267 + 74 N=52 12% + 3% 2%
Normal kidney function Late stages of kidney diseases			
Normal kidney function Late stages of kidney diseases			
	Normal kidney function		Late stages of kidney diseases
PREVENTION DIALYSIS	PREVENTION		DIALYSIS

Impact on the Communities

Decreased livelihood of the community

Inability to hunt, work, provide for their families
Increased absenteeism (at work, school)

Need to adapt the community environments

- ALL the homes
- **ALL** the public buildings
- **ALL** the workplaces





Are nutritious foods available & affordable in Eeyou Istchee?

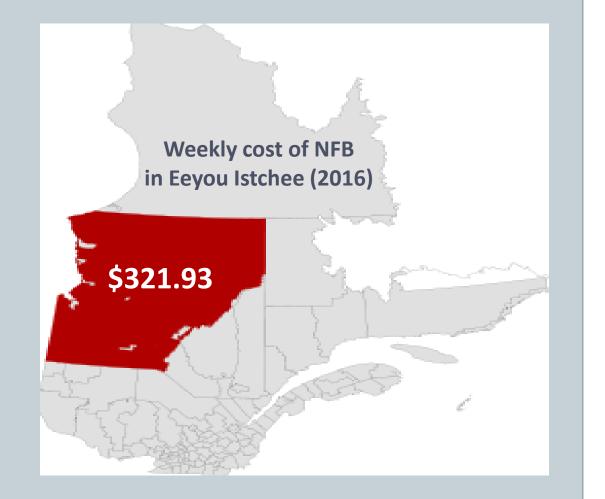


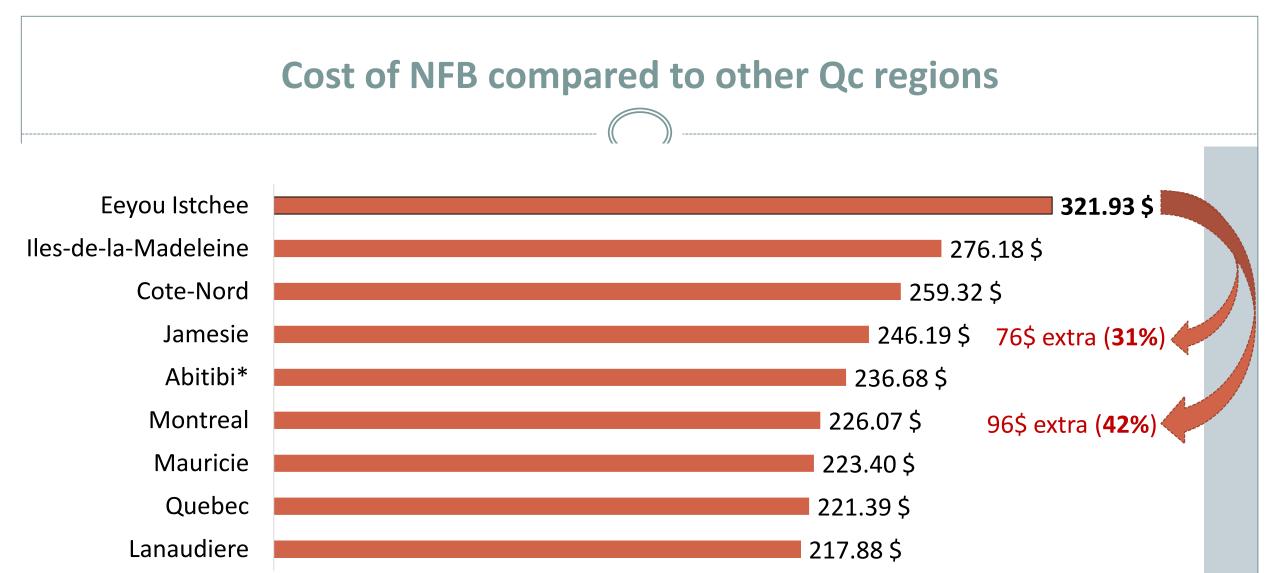
What is the cost of the NFB in Eeyou Istchee?

<u>In 2016</u>

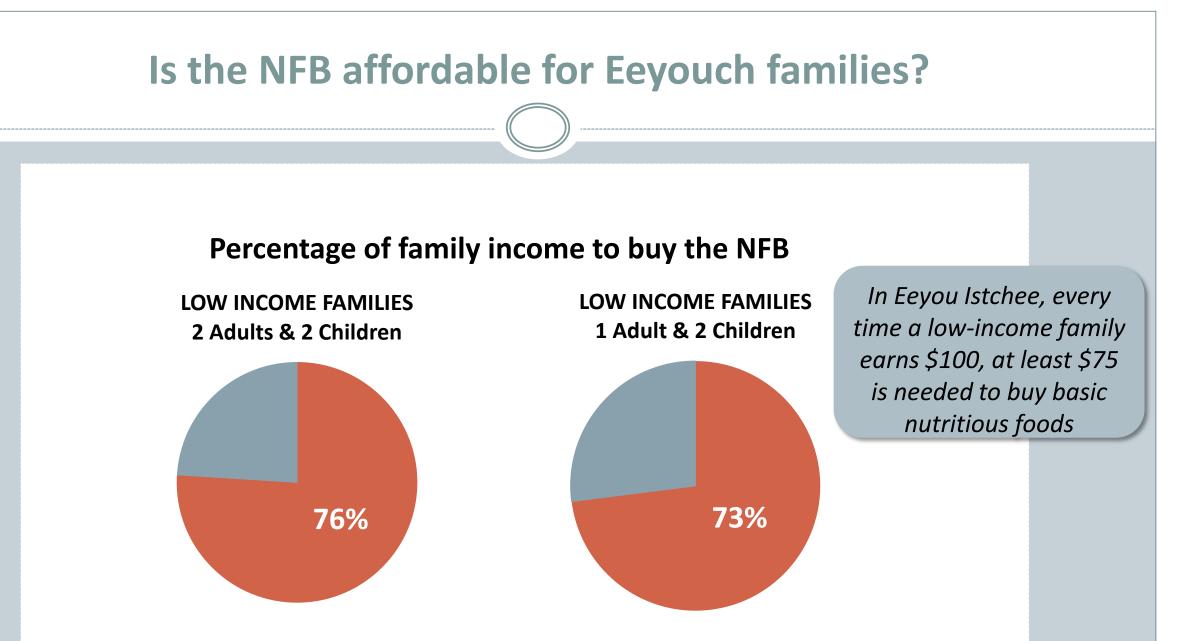
The Nutritious Food Basket (NFB) cost
 \$321.93 per week for a family of 4

It costs at least \$11 per person per day to eat well in Eeyou Istchee





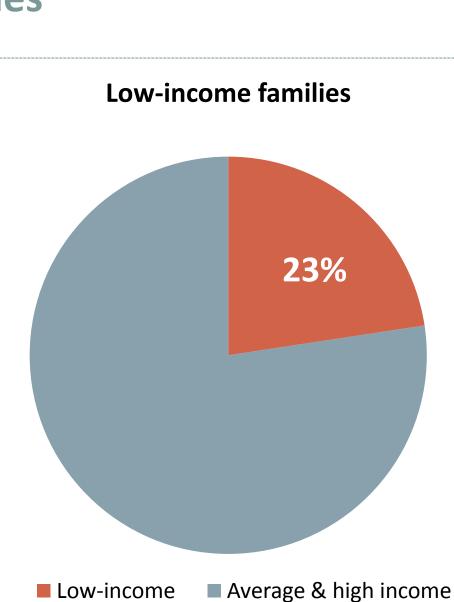
• The cost of the NFB is higher in Eeyou Istchee than in any other studied regions of Quebec



Low-income families

1 family out of 4 lives on a low-income (22.6%)

This is 5 times higher than in Jamesie (4.3%)
Almost ½ single-parent families are low-income (42.1%)



Are NFB items available?

- In Ouje-Bougoumou, 56 items (out of 71) were missing
- In other communities, 1 to 8 food items were missing
- Very small stores generally have high number of items missing

Table: Number of items missing per community

			NFB items
Communities		Stores	missing
		(n)	(n)
	Chisasibi	4	1
Coastal	Whapmagoostui	2	3
	Wemindji	1	2
	Waskaganish	3	2
	Eastmain	2	5
Inland	Waswanipi	3	8
	Nemaska	2	7
	Oujé-Bougoumou*	1	56
	Mistissini	3	2

⁴Only a convenience store in this community



- Restaurants, grocery stores, convenience stores, on the plane...
- Everywhere and in large quantity... It is getting out of control!

The good news is.... Chronic diseases and their complications are <u>preventable</u>!

How can Eeyouch prevent chronic diseases & their complications?



How can we prevent chronic diseases & their complications in our communities?



Framework for Action to Improve Access to Nutritious Food in Eeyou Istchee



Framework for Action to Improve Access to Nutritious Food in Eeyou Istchee

OBJECTIVES

This Framework for Action aims to improve access to nutritious food and acknowledges the essential role that it plays in the promotion of health, food security and prevention of chronic diseases.

The main objectives pursued by this Framework for Action are to:

- Ensure access to affordable nutritious food for all;
- Promote healthy food choices;
- Ensure adequate management practices at all levels of the food system to support healthy food choices;
- Ensure collaboration between the different stakeholders.

Framework for Action

to Improve Access to Nutritious Food in Eeyou Istchee

SIGNATORIES

The signatories of the present Framework for Action shall be any Cree entity or corporation that adopts and commits to it through a resolution of its authorizing body.

Framework for Action

to Improve Access to Nutritious Food in Eeyou Istchee

GENERAL COMMITMENTS:

- 1. Develop a **sustainable food system** that is inclusive, resilient, safe and diverse, that provides healthy and affordable foods to all people;
- 2. Encourage collaboration and coordination at regional and community levels, working to integrate food policy considerations into social, economic and environmental policies, programs and initiatives;
- 3. Seek **coherence** between local and regional food-related policies, programs and initiatives;
- 4. Engage all sectors within the food system in the assessment, development, implementation and evaluation of food-related policies, programs and initiatives;
- 5. Review and amend existing policies, plans and regulations in order to encourage the establishment of an equitable, resilient and sustainable food system;
- 6. Use this **Framework for Action as a starting point** to improve our food system and share developments with local and regional governments when appropriate.

Framework for Action

to Improve Access to Nutritious Food in Eeyou Istchee

IMPLEMENTATION:

9 areas where actions are required have been identified:

- **1.** Supportive Governance for Effective Actions
- 2. Healthy Eating and Nutrition
- 3. Traditional Food
- 4. Social and Economic Equity
- 5. Food Production
- 6. Food Supply, Transportation and Distribution
- 7. Food Quality and Hygiene
- 8. Water
- 9. Environment

List of Suggested Actions

- To provide ideas and inspire action
- Other actions could also be relevant

LIST OF SUGGESTED ACTIONS TO IMPROVING ACCESS TO NUTRITIOUS FOODS IN EEYOU ISTCHEE Note: Please note that this list has been prepared to provide ideas of actions which can be undertaken to improve access to nutritious food in Eeyou Istchee. Of course, other actions may also be relevant. Areas of Intervention/Orgenizations Ensure implementation and Ensure implementation and
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 Serve healthy foods in schools, daycares, sports centers, restaurants, meetings, community activities, on the plane, etc.



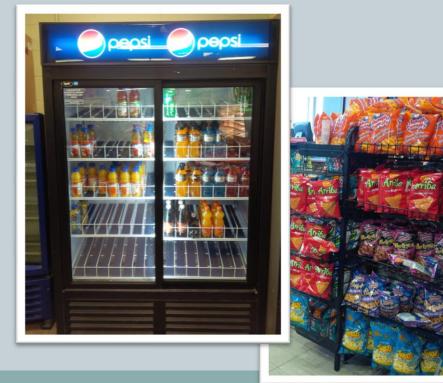
• Ensure that there are stores in each community that adequately stock & sell affordable nutritious foods





 Reduce quantity of sweet beverages & junk food in the stores, restaurants, sports centers, schools, etc.

Provide healthy snack and beverage options





Adopt and implement relevant strategies, policies, programs and by-laws



Nutrition Policy

As a health organization, the Cree Board of Health and Social Services of James Bay (CBHSSJB) is committed to promoting healthy eating habits and becoming a model for other entities serving food. This Nutrition Policy will serve as a guideline for use scross the organization.

Goal

The goal of this policy is to ensure that the CBHSSJB provides nutritious, safe, tasty, attractive and culturally appropriate food in its foodservice establishments and during activities it organizes or funds.

Scope

- The policy applies to:
- Chisasibi Hospital
 Multi-Service Day Centres (MSDC)
- Community Miyupimaatisiiun Centres (CMC)
- Group homes
- Reception centres
- Home and Community Care Program (HCCP)
- Public health and administrative offices
- Meetings, trainings and conferences organized or funded by the CBHSSJB

All food served, including those offered in activities organized or funded by the CBHSSJB, are governed by the Nutrition Policy:

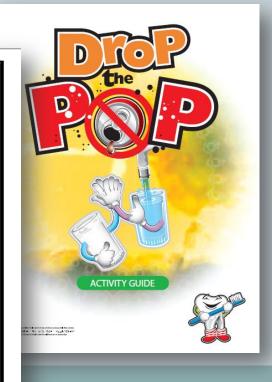
- Meals
- Snacks
- Vending machines and
- Catering

Target Group

All clientele served by the CBHSSJB, including patients, staff and visitors.

Regional Nutrition Policy Childcare Centers and Head Start 2010

- 1. Exclusive breastfeeding for the first 6 months of a child life is promoted and supported.
- Complementary feeding starting from the age of 6 months with continued breastfeeding up to 2 years of age and beyond is encouraged.
- 3. If an infant is not breastfed, parents provide iron-fortified formula until 1 year old.
- Meals and snacks are prepared and served in a way to eliminate choking hazards.
- Cooks prepare nutritious menus which are reviewed by a Nutritionist and follow the recommendations of the Canada Food Guide for First Nations, Inuit and Métis.
- 6. Water is available at all times and served to children.
- Mülk is served twice a day to children over 1 year old. Children aged 1 to 2 years old receive 3.25% milk and children older than 2 years old receive 2% milk
- In case of food allergies, the menu is adapted to the needs of the child in collaboration with the parents.
- The Childcare Center and Head Start rooms must be peanut and peanut butter free zones.
- 10. Junk food, pop, sweet drinks, energy drinks, sports drinks and artificial sweeteners are not served in the Childcare Center and in the Head Start rooms. Coffee, iea and other caffeinated drinks are not served to children.
- 11. Workers act as positive role models for children at all times.
- 12. Meals take place in a safe and enjoyable environment.
- Workers observe and respect Food Safety & Hygiene Standards at all steps of food handling: receiving, storing, preparing, and serving.





- Need to prevent chronic diseases & their complications in our communities
- Need all organizations to join forces with CBHSSJB and CNG and actively contribute by improving access to nutritious food in their own sectors of intervention and activities

RECOMMENDATIONS FROM THE JOINT WORKING COMMITTEE:

- Adopt Framework for Action to Improve Access to Nutritious Food in Eeyou Istchee
- Call upon Cree entities, associations, and other stakeholders to take action and improve access to nutritious food in Eeyou Istchee
- Develop a Regional Action Plan in collaboration with stakeholders

CNG and CBHSSJB call upon:

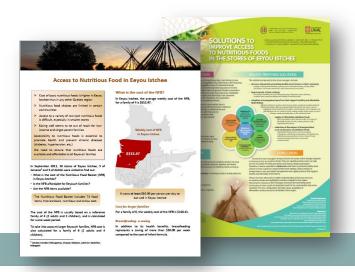
- their own departments, boards, councils, committees, working groups and employees to be models for other entities and lead by example, by promoting health and improving access to affordable nutritious foods in all their meetings, conferences, activities and interventions;
- the local Bands, the development corporations, the local and regional businesses and associations, the Cree School Board and the schools, the daycares, and all other Cree entities to join forces and take immediate action to promote health and improve access to affordable nutritious food in their own sectors of intervention and activities;
- the suppliers and transportation companies to support and enhance the improvement of access to affordable nutritious food in Eeyou Istchee and ensure quality of food, from supply to distribution;
- the community members and their various local wellness committees to be actively involved in the improvement of their community food environment, to ensure availability of affordable nutritious food for all.

Megwetch!

For more information:

www.creehealth.org/accessnutritiousfoods

www.creehealth.org/nutritionguidelines





- CBHSSJB, CDIS Report (2016)
- CBHSSJB & MDD, Access to Nutritious Foods in Eeyou Istchee (2016), <u>www.creehealth.org/accessnutritiousfoods</u>
- MDD, Access to Nutritious Foods in Eeyou Istchee (2011 report & summary), <u>www.creehealth.org/library/online/access-nutritious-food-basket-eeyou-istchee</u>
- ISQ, Bulletin statistique régional, Nord-du-Québec, Édition 2016, <u>www.stat.gouv.qc.ca/statistiques/profils/bulletins/2016/10-Nord-du-Quebec.pdf</u>
- INSPQ, Infocentre extraction, 2016 MSSS, Mortality databases, 2008 to 2012