



# Improving Access to Nutritious Food in Eeyou Istchee

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

**CNG Council Board Meeting  
January 24<sup>th</sup>, 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;

















# TOP 4 CHRONIC DISEASES



DIABETES



CANCER



HEART AND BLOOD  
VESSEL DISEASES



CHRONIC LUNG  
DISEASES

**Obesity**



# Chronic Diseases among Top 4 Causes of Death



**Cancer**



**Heart diseases**

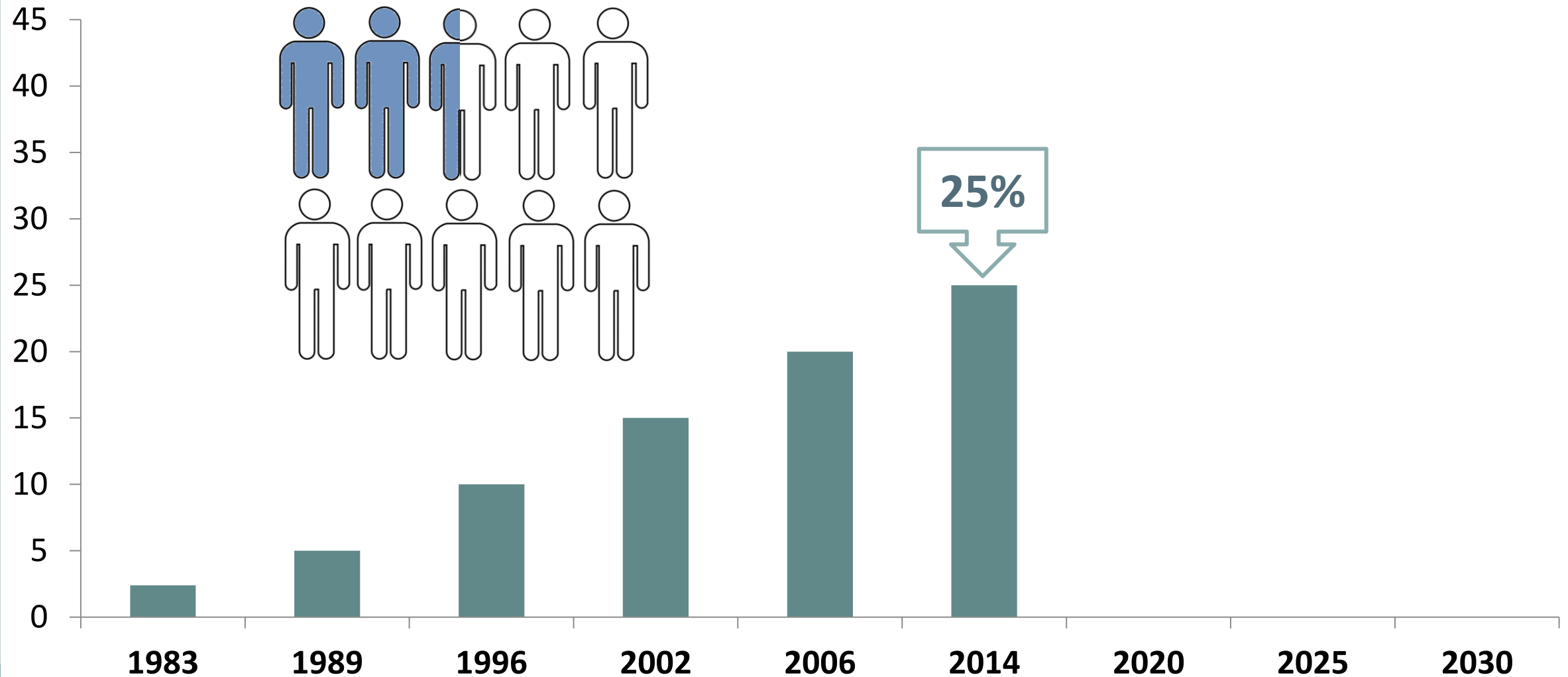


**Injuries & Suicide**

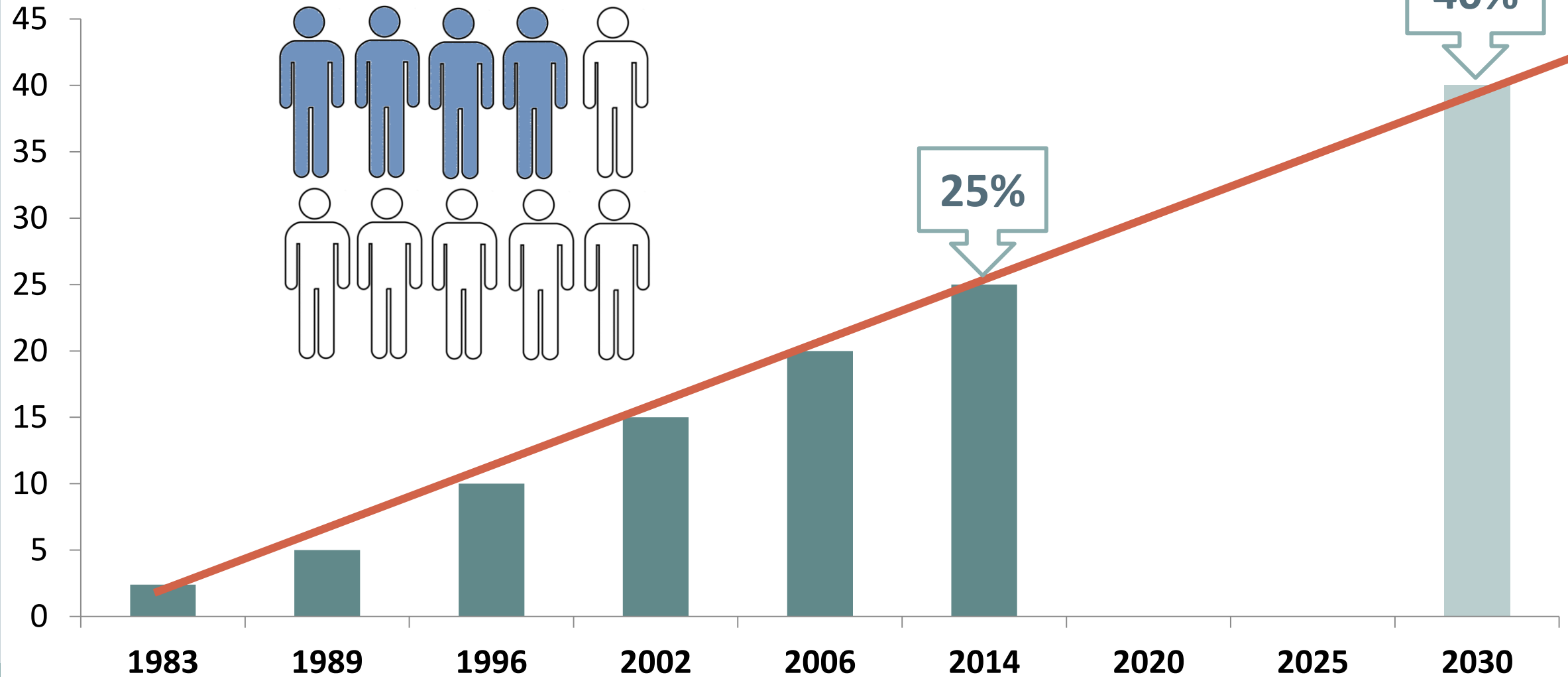


**Lung diseases**

# Important Increase in Diabetes since 1980's

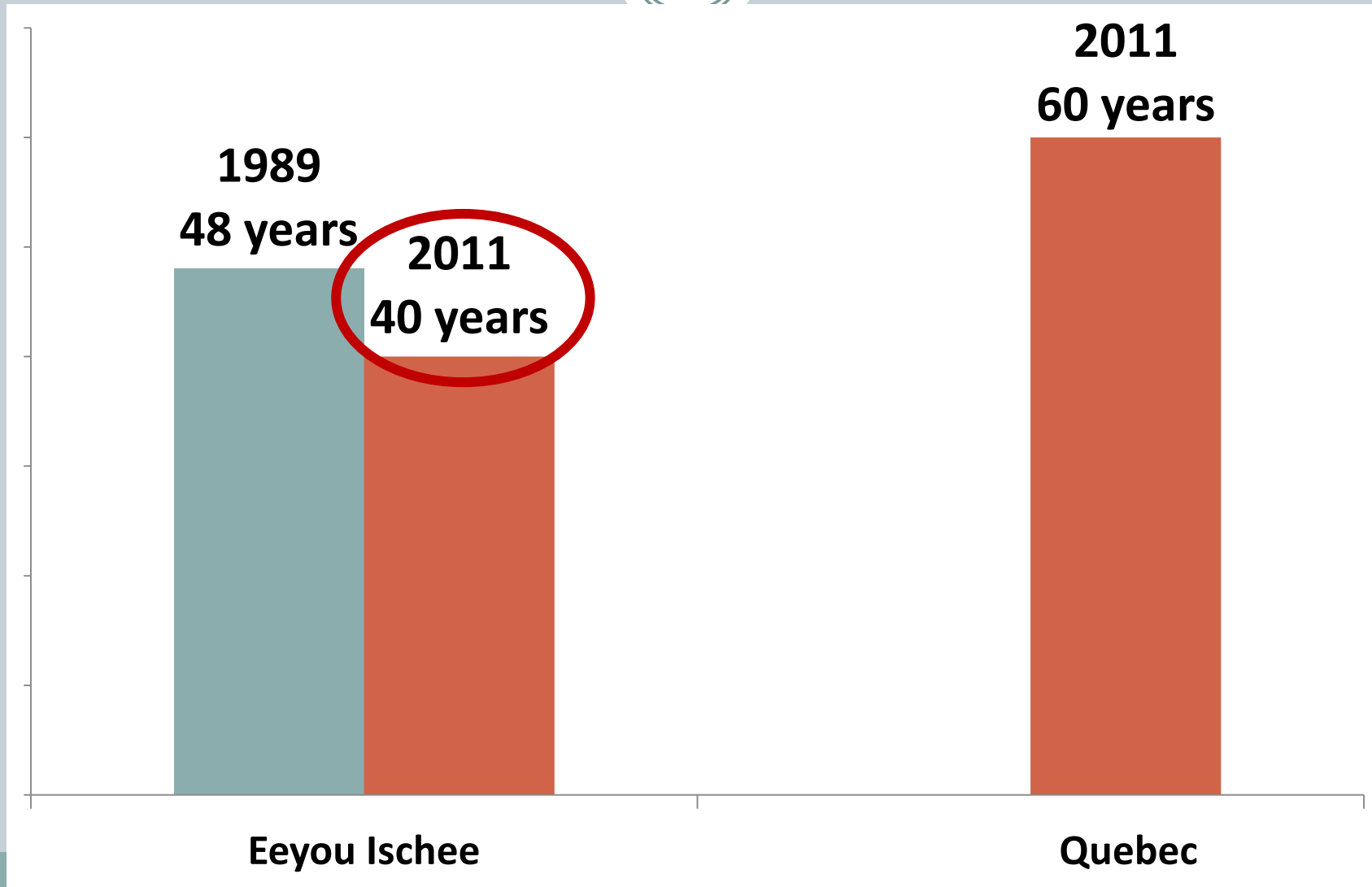


# Important Increase in Diabetes since 1980's





# Early age of diagnosis



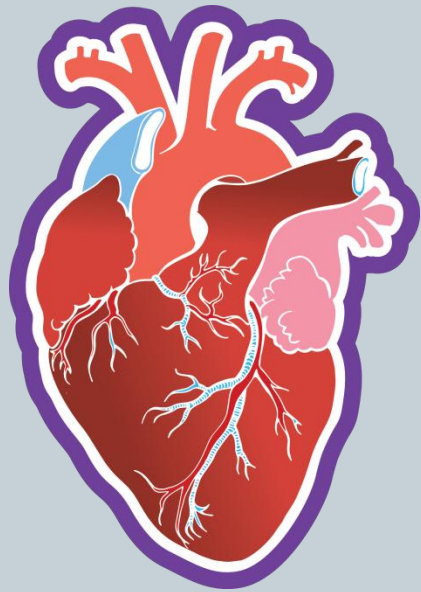
# Diabetes in Youth



- 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



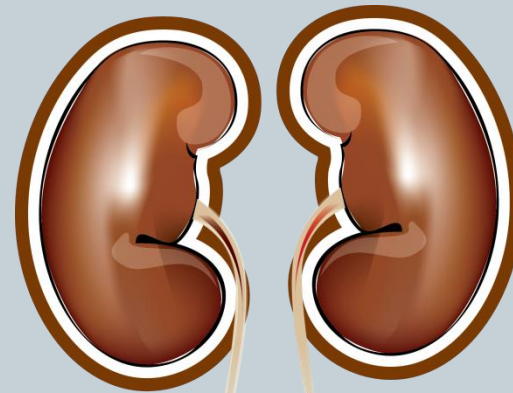
# Diabetes Complications



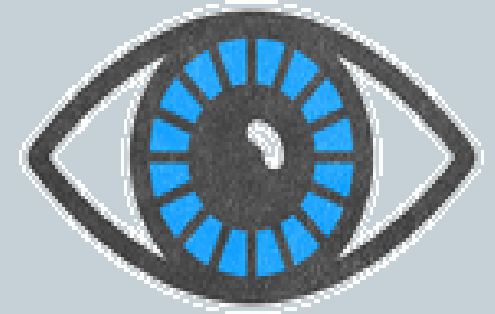
**Heart & Blood Vessels**  
(Cardiopathy)



**Nervous system**  
(Neuropathy)



**Kidneys**  
(Nephropathy)



**Eyes**  
(Retinopathy)



# Living with Diabetes Complications



# Kidney Function

## in adults (20+) living with diabetes



**Stage 1**

N=1031  
46%

**Stage 2**

N=821  
37%

**Stage 3 & 4** **Stage 5**

N=267 + 74  
12% + 3%

N=52  
2%



Normal kidney function

Late stages of  
kidney diseases

**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?

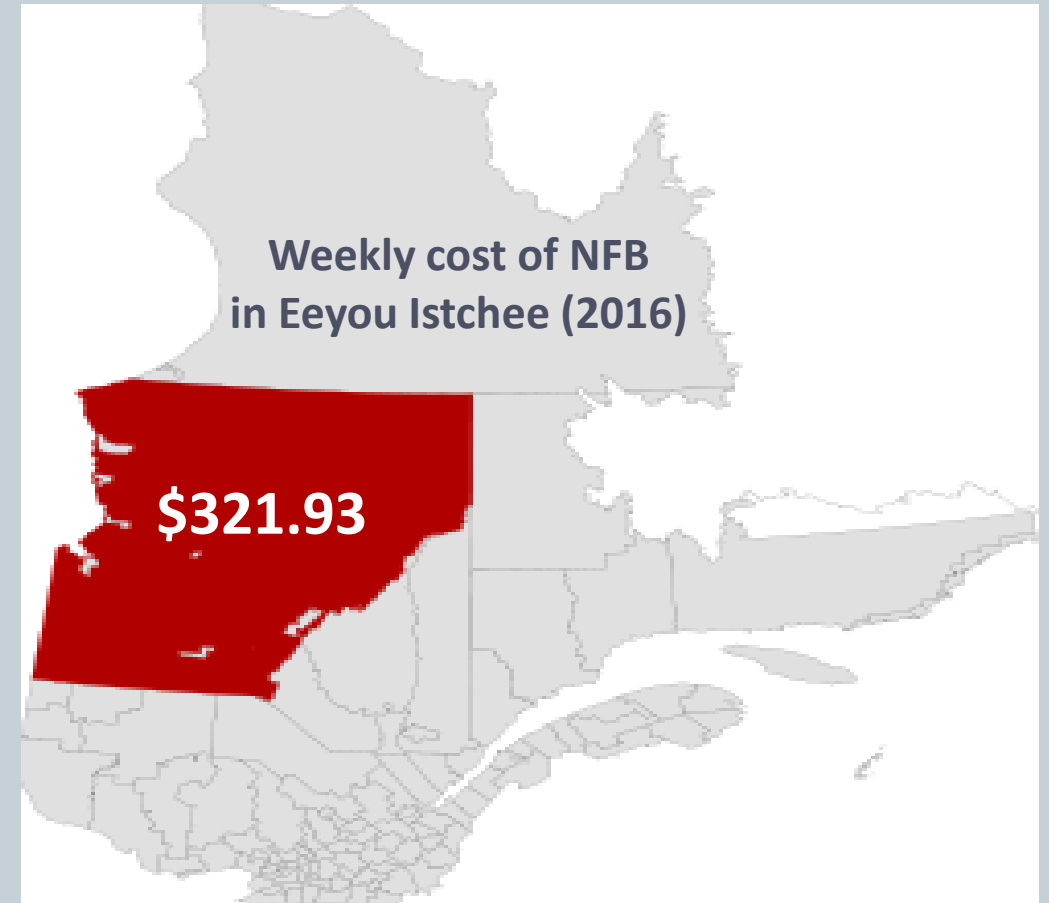


# What is the cost of the NFB in Eeyou Istchee?

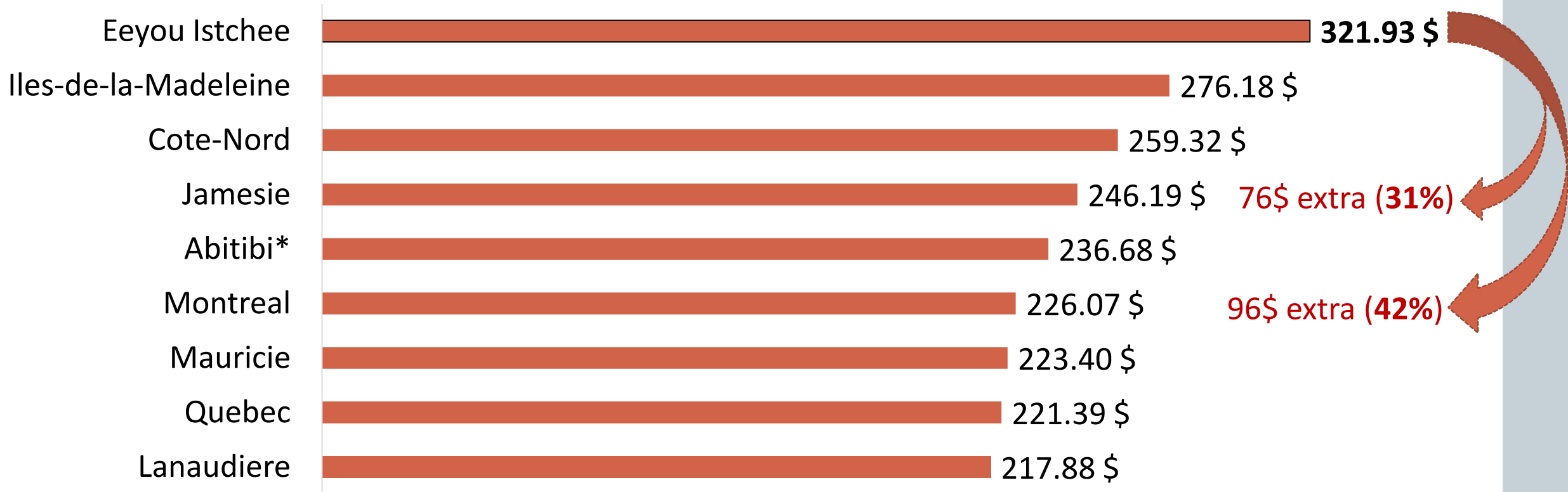
In 2016

- 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*



## Cost of NFB compared to other Qc regions



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

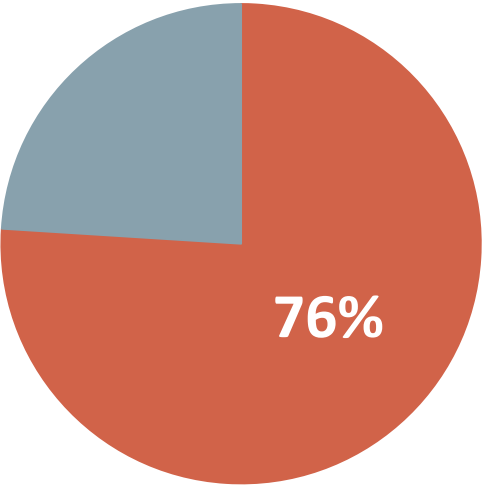


# Is the NFB affordable for Eeyouch families?

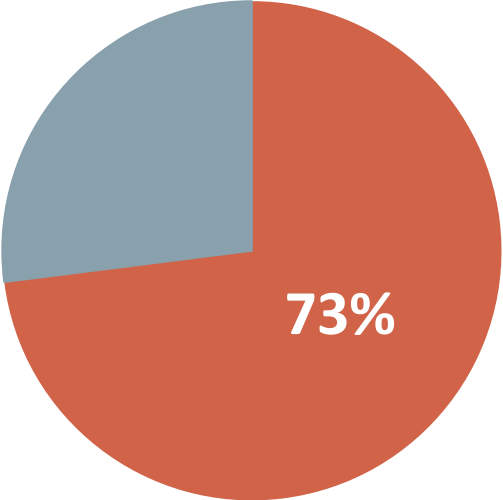


## Percentage of family income to buy the NFB

**LOW INCOME FAMILIES**  
**2 Adults & 2 Children**



**LOW INCOME FAMILIES**  
**1 Adult & 2 Children**



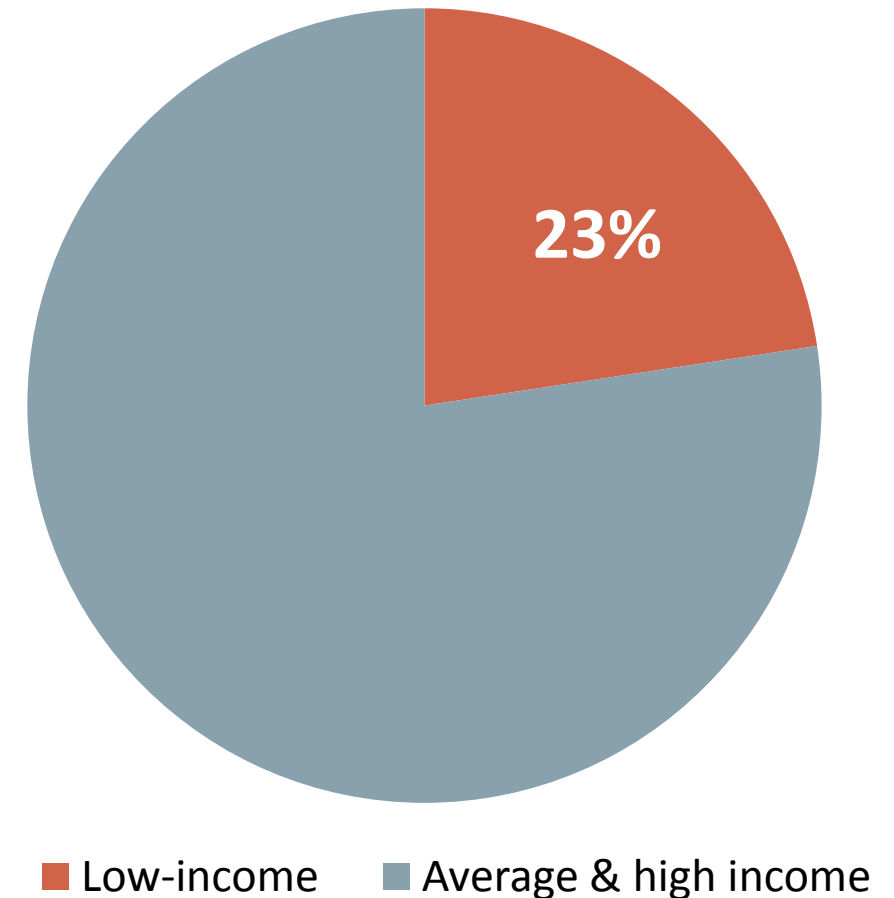
*In Eeyou Istchee, every time a low-income family earns \$100, at least \$75 is needed to buy basic nutritious foods*

# 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%)

Low-income families



# 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

Communities		Stores (n)	NFB items missing (n)
Coastal	Chisasibi	4	1
	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

\*Only a convenience store in this community

# Fast Foods, Sugary Foods & Sweet Beverages



- 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 preventable!**

# How can Eeyouch prevent chronic diseases & their complications?



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



**IT IS EASY TO WALK AND PLAY**



**THERE IS HEALTHY AND  
AFFORDABLE FOODS FOR ALL**



**COMMUNITY ENVIRONMENTS  
ARE SMOKE FREE**



**PEOPLE HAVE THE  
KNOWLEDGE AND SKILLS  
TO MAKE HEALTHY CHOICES**

# 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 EYYOU 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.*

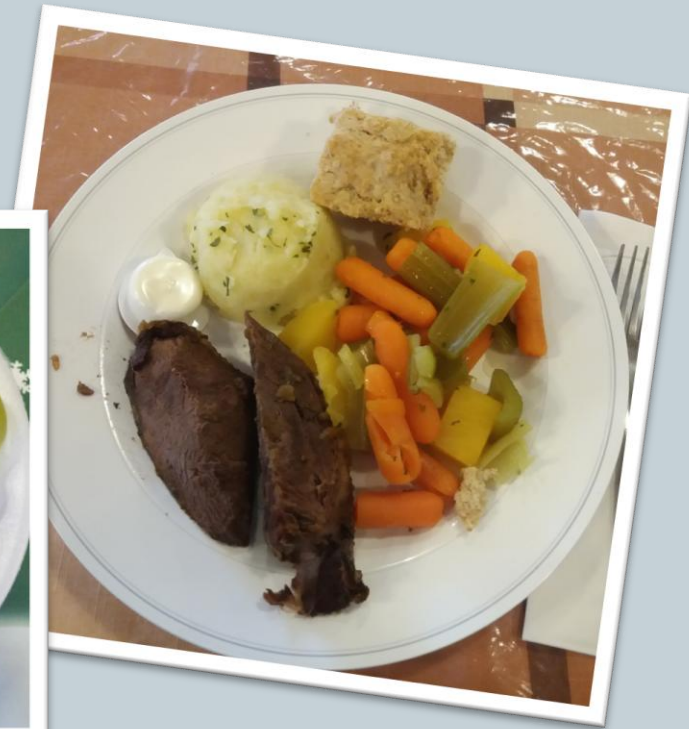
Areas of Intervention/Organizations	Level of Intervention	Comments
<b>CBHSSJB</b>		
Ensure implementation and respect of Nutrition Policy:	CBHSSJB Policy	Ongoing
Serve healthy meals and snacks to patients and staff establishments)	Program	Ongoing
Implement Traditional Food Program (in CHB food services)	Law (MAPAQ)	Ongoing
Offer hygiene & foods safety training	Program	Ongoing
Develop & support implementation of Health Promotion programs (Stores, Restaurants, etc.)	Programs	Ongoing
Promote healthy eating in media	Programs	Ongoing
Support development of Health Policies, Guidelines (e.g. School Health Policy, Healthy meeting guidelines,...)	Programs	Ongoing
Fund local educational initiatives related to nutrition and healthy lifestyles (e.g. cooking workshops, healthy snacks, community gardening, etc.)	HEAL program	Ongoing
<b>Daycares</b>		
Ensure implementation and respect of Nutrition Policy:	Daycare Policy	Ongoing
Serve healthy lunch & snacks to children	By-law	Policy might be more appropriate?
Prohibit low nutritious foods in daycares	CBHSSJB Program	Existing Program Need to be implemented
<b>Implement Daycare Nutrition Education Program</b>		
<b>CSB &amp; Schools</b>		
Develop & implement a school health policy/ No junk food policy	CSB Policy	
Prohibit low nutritious foods, schools and kids & youth events (sport, cultural, etc.)	By-law	Policy might be more appropriate?
Provide Healthy breakfast, lunch or snack programs (if needed)	Programs	Some programs exist but not everywhere
Implement Nutrition Education Program, Drop the Pop, gardening	CBHSSJB & CSB Programs	Some programs exist, some need to be developed
Teach food preparation in Cree culture classes	CSB Program	Ensure program respect school health policy
Include health in school curriculum	CSB Program	
Offer Healthy After-school Cooking Program	CSB Program	
Implement healthy meeting & events guidelines:		
Serve healthy foods to staff & community members	Policy	Some programs exist Need to ensure program is universal & respect school health policy
Develop and oversee adoption of General Framework Policy to promote health and improve access to nutritious food in Eeyou Istchee	Policy	



# Examples of Actions



- Serve healthy foods in schools, daycares, sports centers, restaurants, meetings, community activities, on the plane, etc.



# Examples of Actions

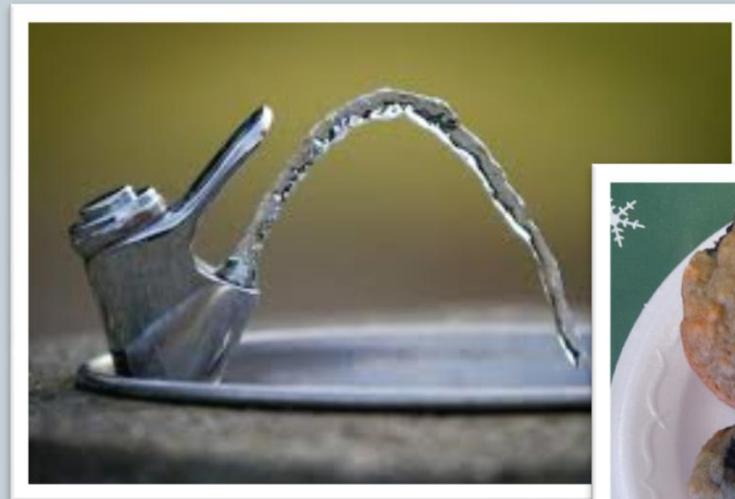
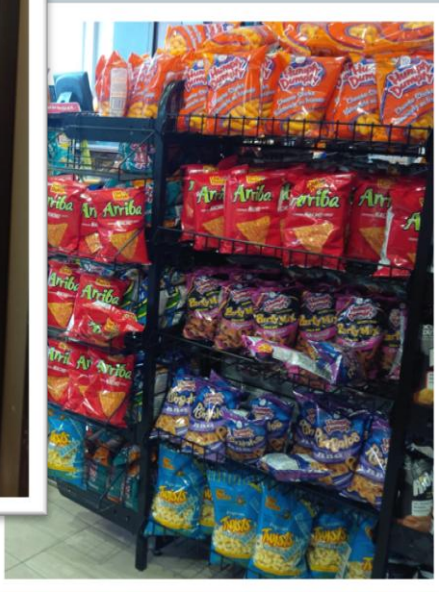
- Ensure that there are stores in each community that adequately stock & sell affordable nutritious foods





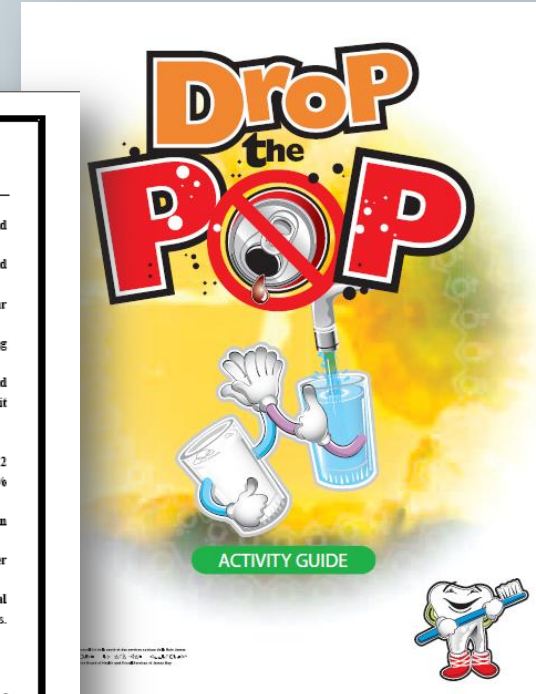
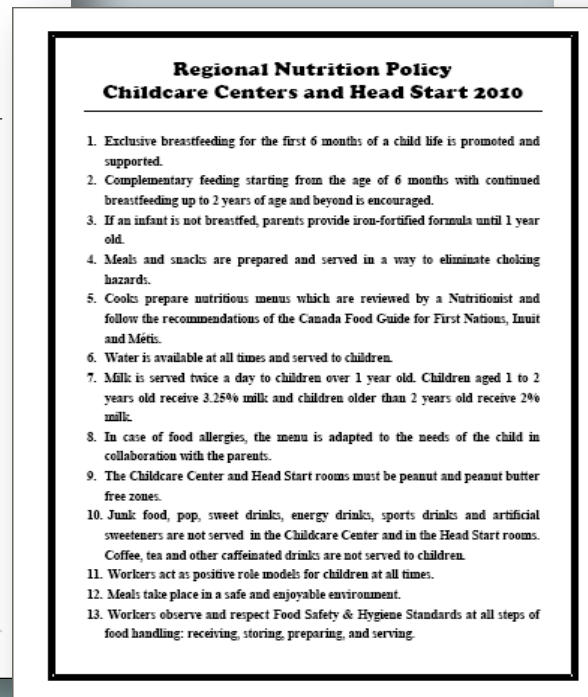
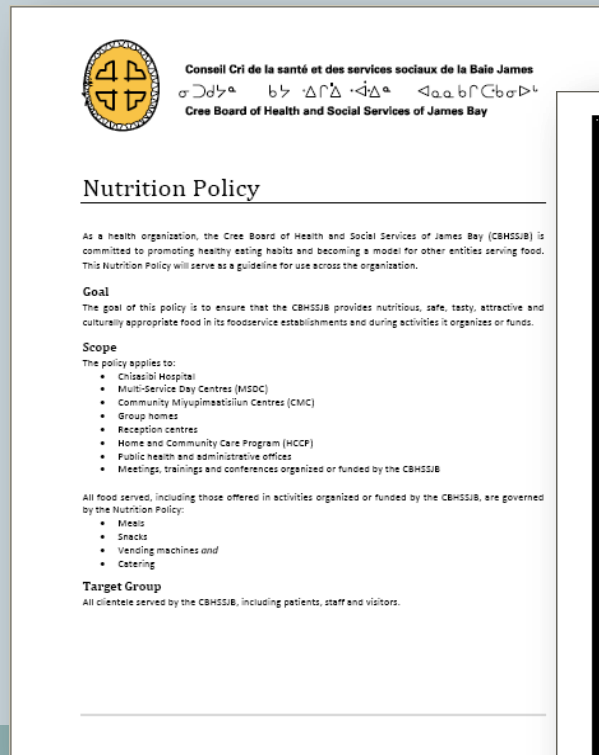
# Examples of Actions

- Reduce quantity of sweet beverages & junk food in the stores, restaurants, sports centers, schools, etc.
- Provide healthy snack and beverage options



# Examples of Actions

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



# Conclusion



- 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.

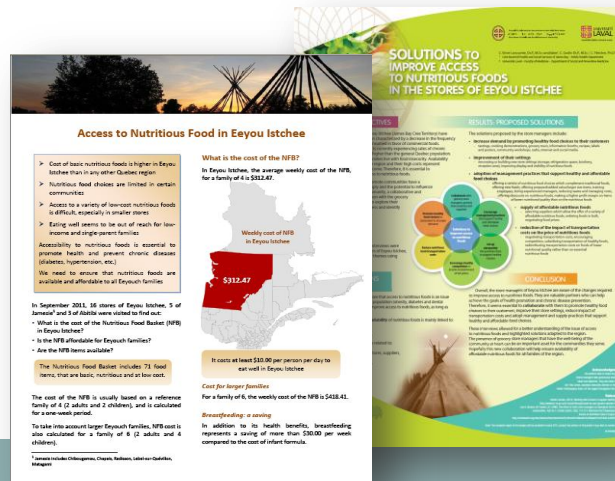


# Megwetch!

For more information:

[www.creehealth.org/accessnutritiousfoods](http://www.creehealth.org/accessnutritiousfoods)

[www.creehealth.org/nutritionguidelines](http://www.creehealth.org/nutritionguidelines)



# References



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