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DIABETES ACTION CANADA



ACTION ON DIABETES

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We are proud to present this newsletter in both official languages. For story ideas or to comment on anything you read here, please contact us by email.



MESSAGE FROM THE CO-SCIENTIFIC LEADS

One of the major highlights for Diabetes Action Canada is the Annual Workshop where networking takes on new meaning for our investigators, patient advisors, and staff. This year our Annual Workshop was preceded by face-to-face meetings of our Patient Advisor groups who have now formed “Circles”. This concept was derived from our Indigenous Circle where members meet in a circle with equal opportunity for each member to contribute to the discussion without interruption. This environment of respectful participation empowers individuals to listen and ensures each individual has an equal voice. The pre-workshop meetings provided an opportunity for relationship building and development of goals and work plans for the coming year. Many thanks to Joyce Dogba, Holly Witteman, Jon McGavock, Alex McComber, Olivia Drescher and Pusha Sadi for their leadership of our Patient Engagement Goal Group activities including their organization and hosting of our important Patient Circles this year.

Our Annual Workshop focused on learning about what matters most to patients and their families who live with diabetes and its related complications. This represents the core of our mission for all of our patient-oriented research, knowledge translation and training activities. We wish to thank the Workshop Planning Committee, the outstanding speakers and, most importantly, all the participants who contributed to the discussion both in small groups and the plenary sessions. In this Newsletter, you will find a summary of the Workshop and a link to the full report. A very important outcome is the

of the patient-engagement work plan for all of our Goal Groups for 2017-18.

Also featured in this newsletter is the amazing work of our Indigenous Health Goal Group led by Jon McGavock, Alex McComber and Pusha Sadi and our Indigenous Circle. Elder Roberta Price is also featured, who is a member of the Indigenous Circle and a great inspiration to all of us. These tireless individuals have established some of the most successful interventional projects that are positively impacting Indigenous Health in Canada. We are extremely proud of their ongoing accomplishments and patient-oriented research planning. Our Indigenous Health Goal Group and its projects are an exemplar of successful community-engagement. They are addressing what matters most to individuals and their families living with diabetes. But there is so much more to do as we heard from many of our Workshop participants representing Indigenous and other communities. Access to the right care at the right time to prevent and treat diabetes complications including kidney failure, lower limb amputations, and blindness remain major challenges that we must address. Solutions will require effective partnering with both provincial and federal governments in collaboration with organizations such as Diabetes Canada, and the National Aboriginal Diabetes Association and many provincial advocacy and healthcare groups. We look forward to networking with them and with other SPOR Networks and SPOR SUPPORT Units across Canada in these critically important efforts.

Gary Lewis

Jean-Pierre Després

2017 ANNUAL DIABETES ACTION CANADA WORKSHOP

THEME: “Engaging people living with diabetes and their health care teams to improve patient experience and outcomes”

On May 26 and 27, Diabetes Action Canada held its annual workshop in Toronto with 77 participants including patient advisors, researchers, Steering Council members, sponsor representatives and staff. We welcomed Nancy Mason-MacLellan, the Director of the CIHR SPOR Program who joined us as an observer. We were very pleased that so many of our Patient Advisors could participate this year to share their lived experiential knowledge and wisdom.

This year we were honoured to invite Elder Roberta Price, a member of our Indigenous Circle, who inspired us with messages about her work among Indigenous Communities both in the health care and education systems. She enabled us to better understand the Indigenous Ways of promoting wellness and resilience. She emphasized the importance of approaching discussion in a circle, inviting each participant to share their views and stories with respect and uninterrupted attentiveness. Elder Roberta Price’s message of **“Nothing about us, without us”** resonated with all our participants with relevance not only for Indigenous Communities, but for all who are living with diabetes and its complications. Alex M. Otsehtokon McComber, the Co-Lead of our Indigenous Goal Group spoke in a keynote address about his experience in *“Community Mobilization and Engagement in Health Promotion Research: Empowering Individuals and Community”*.

His message focused on how personal empowerment and engagement of communities promoting healthy lifestyles are key to healing the multi-generational trauma experienced by Canadian Indigenous Peoples. These are the drivers of success for the highly successful projects led by Alex, Jon McGavock and our Indigenous Circle.

All the participants worked in small discussion groups in 2 sessions. The first focused on *“Building the Path for Meaningful Patient Engagement”* followed by a second session on *“Patient-Reported Outcomes and Experience – What matters most to people living with diabetes?”* The reports from these sessions outlined a rich and detailed set of recommendations about how Diabetes Action Canada can more effectively engage patients in all its activities. As well, a detailed list of highly relevant Patient-Reported Outcomes and Experience was created for use by our investigators. From this information, our Patient-Engagement Goal Group leads have pre-

HIGHLIGHTS OF THE 2017 WORKSHOP

At the Annual Workshop- May 26th, 2017

Gary Lewis presenting gift to **Elder Roberta Price**, who gave a key note address entitled:

“Welcoming Indigenous Ways of Knowing”



At the Annual Workshop –May 27th, 2017

Jon McGavock introducing Keynote speaker
Alex M. McComber who gave a keynote address entitled:

*“Community Mobilization & Engagement in Health Promotion
Research: Empowering Individuals and Community*



At the Annual Workshop-May 27th, 2017

Joyce Dogba, thanking Keynote speaker Alex M. McComber.



INDIGENOUS HEALTH GOAL GROUP RESEARCH

There are several Indigenous health strategies guiding Diabetes Action Canada Goal Group activities. The Indigenous Goal Group of the Diabetes Action Canada (DAC) Network engages community leaders, knowledge users and youth from across Canada to support and evaluate empowerment interventions. Two Indigenous-focused collaborative research projects are two examples of the Goal Group's expanding partnership. Importantly, these projects collaboratively address type-2 diabetes and its related complication along with other chronic diseases; the DAC team is also collaborating with the SPOR Network in Chronic Kidney Disease (CANSOLVD).

Aboriginal Youth Mentorship Program (AYMP)

Building on successful AYMP interventions in Manitoba, new support from Diabetes Action Canada, the Pathways to Equity research team has now rippled to communities in Alberta, Ontario, and Quebec. The purpose of this program is to empower Indigenous youth through a mentoring program delivered to elementary school aged students is led by Indigenous high school students who are mentored by young adult health leaders in their community. The goal of AYMP is to promote wellness and Mino-bimaadiziwin ("living in a good way") to more communities across Canada. Early work in Manitoba revealed that AYMP empowered youth to embrace a healthier lifestyle that prevents Type 2 diabetes and improves self-efficacy. Working with key stakeholders, regional working groups ("doors") are now in place to support these new programs and to build expertise across Canada. Band Council resolutions and/or contracts in 12 new communities have been established outlining the OCAP™ principles and governance structure. A code of ethics has been finalized that guides the research team and research ethics approval has been granted by all five participating universities. Three regional coordinators and young adult leaders for each community have been hired to deliver the program. The young adult leaders complete a two-day training session to become familiar with the program goals, data collection procedures and to receive hands-on training from other leaders from established programs. Leadership training, mentoring and ceremonial activities are also provided by young Indigenous leaders and elders.

In August 2016, over 100 people from the participating communities gathered to launch the program. Elders, youth, and stakeholders spent three days in Winnipeg to discuss the aims of the AYMP and share experiences and life stories. The youth spent time with elders and knowledge keepers participating in traditional games and activities, ceremonies, meals and outdoor cultural activities as part of their learning. This fall, young adult health leaders will partake in a gathering on Manitoulin Island with the support of leaders from Wikwemikong Unceded First Nation, before rolling out the second year of the intervention.

INDIGENOUS HEALTH GOAL GROUP RESEARCH**Diabetes Research Envisioned and Accomplished in Manitoba (DREAM)**

In collaboration with the SPOR Network In Chronic Kidney Disease (CANSOLVD) the Indigenous Peoples' Health Team continues to build on successful community-engagement programs in Manitoba. Collaborations with the National Aboriginal Diabetes Association, the Diabetes Integration Project, and other Indigenous stakeholder groups have enabled Indigenous Peoples living with diabetes to experience culturally sensitive and effective engagement strategies including a new data management system. Patient advisory and stakeholder advisory committees are now in place and pathway developing exercises completed including presentations by elders regarding cultural approaches to care. In collaboration with CANSOLVD, new staff people have been hired including a communication/knowledge translation lead and a data analyst. A systematic review and meta-analysis of clinical trials focused on prevention efforts in Indigenous communities is complete. A committee responsible for identifying Indigenous patient-specific needs for addressing diabetes complications has been established.

FEATURED MEMBERS



Alex M. Otsehtokon McComber, MEd, is a member of the Kanien'kehá:ka community of Kahnawake, in Quebec near Montreal. He has extensive experience working with the Kahnawake School Diabetes Prevention Project as a Diabetes Prevention Intervention Facilitator, Training Coordinator and Executive Director. He is the recipient of an Honorary Degree of Doctor of Science from Queen's University recognized for his exemplary work with a number of national diabetes organizations including Health Canada's Aboriginal Diabetes Initiative. He strives to integrate the traditional knowledge of the Rotinonsonni (The People of the Longhouse) into his daily life and share traditional teachings through community support mechanisms. Alex's holds close ties to Indigenous communities and believes strongly that health promotion, community mobilization, and personal empowerment for healthy lifestyles are key to healing multi-generational trauma. He serves as Co-Lead of the Diabetes Action Canada Goal Group on Indigenous Peoples' Health.



Ion McGavock Ph.D. is an associate professor in the Department of Paediatrics and Child Health within the Faculty of Health Sciences at the University of Manitoba. He is currently the co-leader of the DREAM THEME at the Children's Hospital Research Institute of Manitoba. Dr. McGavock held a CIHR New Investigator Salary Award from 2014-2014 and currently holds a CIHR Applied Health Chair in Obesity and Resilience in Indigenous Youth.

Dr. McGavock's formal training is in Kinesiology completing a Bachelor's Degree in Physical Education at the University of Manitoba (1997), a Masters Degree in Exercise Physiology at McGill University (1999) and a Ph.D. in Exercise Science at the University of Alberta (2003). Following his doctoral degree, he completed a CIHR -funded post- doctoral fellowship within the Alberta-Based STIHR training program TORCH (2003-2004) and Heart and Stroke Foundation/ CIHR Target Obesity Fellowship in Fellowship in Internal Medicine and Cardiovascular Exercise Physiology with Dr. Benjamin Levine and Ron Victor UT Southwestern Medical Centre (2004-2006).

Dr. McGavock's research program is focused on the prevention and management of type 2 diabetes in youth, with a particular focus on physical activity. His research program has three distinct pillars designed to span the spectrum of mechanistic human physiology studies to community-based participatory action research.

FEATURED MEMBERS



Elder Roberta Price, a member of Coast Salish - Snuneymuxw and Cowichan Nations, mother of 4 children grandmother to 6 and member of the Diabetes Action Canada Indigenous Circle. She has worked for many years as an Elder for Richmond, Delta & now most recently Burnaby school Districts as well as in Elder Visiting Program for BC Women's and Children's Hospital. She has facilitated cultural teaching circles in lower mainland schools for 27 years and within communities and at St. Paul's Hospital, the University of British Columbia (UBC) Learning Exchange and wherever she is upon. She has also worked with the UBC School of Nursing as an adviser/Research Partner and Elder and now for over 10- years providing indigenous leadership and support in research projects such as women's intimate partner violence and mental health. Roberta is the Elder for critical Research in Health and Health Care Inequities school of Nursing, UBC. She frequently responds to respectful requests to speak at local, national and international conferences.

Elder Roberta Price gave an inspiring and moving presentation on *Indigenous Ways of Knowing*. She focused on her own family's experience and the multi-generational impact of colonization and the residential school system on Indigenous Peoples' health (physical, mental and spiritual). She spoke about the importance of her Grandmother's and Elders' teachings on her life and the strength she has acquired now to support others as an Elder. Her work among Indigenous Peoples in the health care and education systems enables better understanding of Indigenous Ways to promote wellness and resilience.

NEWS & EVENTS

The Diabetes Action Canada Awards programs were adjudicated by independent review committees and decisions were based on a competitive process focused on excellence of the science, track record of the individual and relevance to patient-oriented research in diabetes.

Mentorship Awardees (\$10,000 for new investigators in their first 3 years of university appointment, engaged in patient-oriented research related to diabetes, to be mentored by two senior investigators, one at an external institution)

- Laura Desveaux – Institute for Health System Solutions and Virtual Care, Women’s College Hospital
- Martin Sénéchal – Faculty of Kinesiology, University of New Brunswick
- Marie-Claude Tremblay – Faculté de médecine, Université Laval
- Xiaolin Wei – Dalla Lana School of Public Health, University of Toronto

Priska Stahel – Toronto General Hospital Research Institute Supervisor: Gary Lewis

is

Post-doctoral Fellowship Awardee (in collaboration with Diabetes Canada, \$50,000/yr for 2 years, engaged in patient-oriented research related to diabetes)

Priska Stahel – Toronto General Hospital Research Institute Supervisor: Gary Lewis

Knowledge Translation Scholarship Awards (graduate students and post-doctoral fellows engaged in patient-oriented and knowledge translation research in the field of diabetes)

Graduate students (1year, MSc \$17,500, PhD \$19,000)

- Selena Davis – School of Health Information Science, University of Victoria Supervisor: Abdul Roudsari
- Ghazal Fazli – Institute of Health Policy Management and Evaluation, University of Toronto Supervisor: Gillian L. Booth

Post-doctoral fellows (1 year, \$40,000)

- Ruth Ndjaboue – Faculté de médecine, Université Laval Supervisor: Holly O. Witteman
- Séraphin-Guy Balla Ndegue – Faculté de médecine, Université Laval Supervisors: Maman Joyce Dogba/Monika Kastner

CONNECT WITH US

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About

Diabetes Action Canada is a Strategic Patient Oriented Research (SPOR) Network in Diabetes and its Related Complications, part of the Canadian Institutes of Health Research (CIHR) SPOR Program in Chronic Disease. Our mission is to transform the health outcomes of people living with diabetes and its related complications. It will facilitate important and meaningful connections between patients, their primary healthcare providers, and specialists to improve health care with significant cost savings for the health system.

Strategy for Patient-Oriented Research

SPOR

Putting Patients First

Stratégie de recherche axée sur le patient

SRAP

Le patient d'abord