



First Nations Health Authority  
Health through wellness

# Diabetes Dialogue

## Type 2 Diabetes and Indigenous Peoples: Supporting a Culturally-Safe and Self-Determined Journey

Presented by Jessica Guss and Rebecca Sovdi  
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# Jessica's Story



First Nations Health Authority  
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# Is race or ethnicity really the risk factor?

Poverty is a diabetes risk factor

Food insecurity is a diabetes risk factor

Racism is a diabetes risk factor

Trauma is a diabetes risk factor

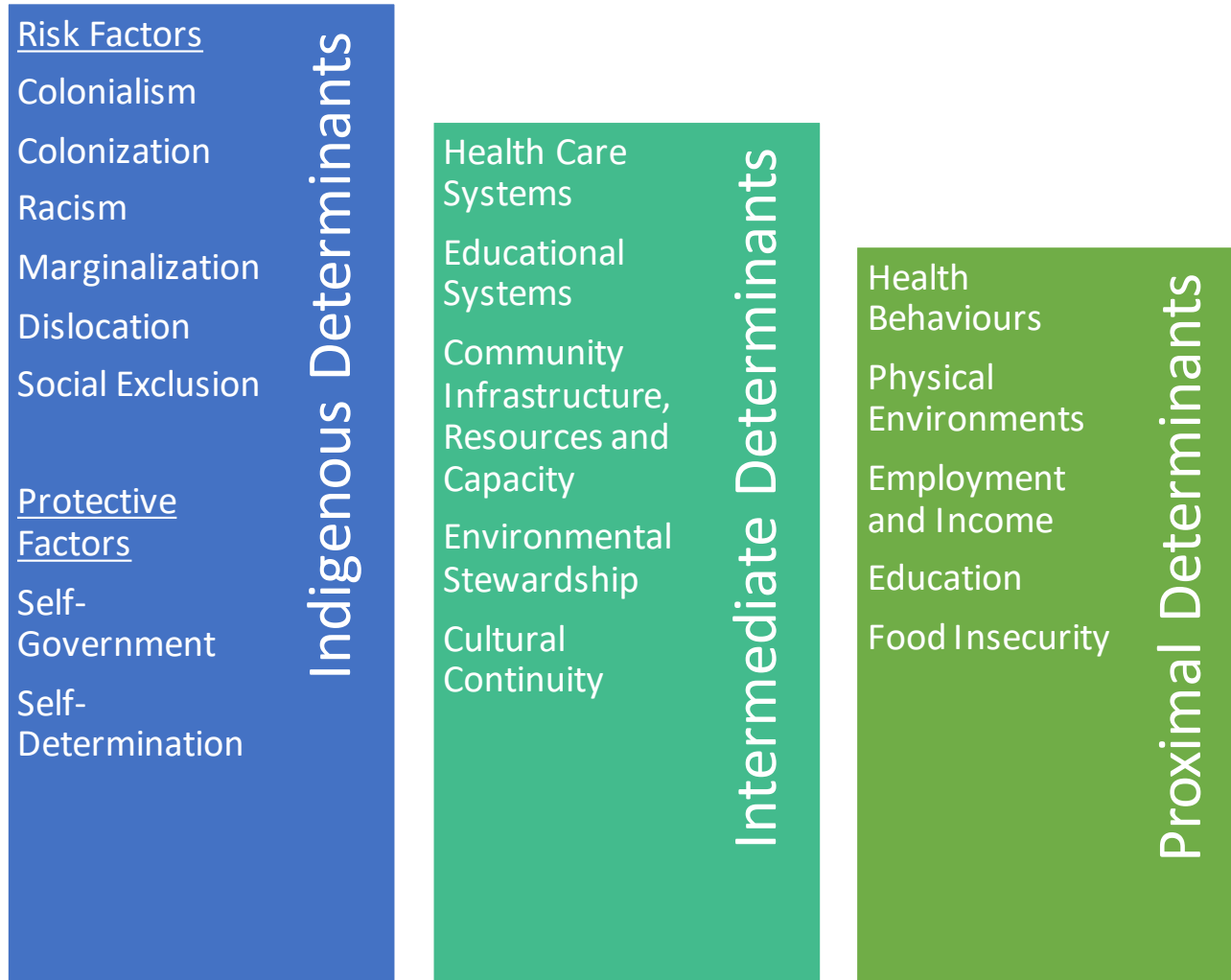
Colonialism is a diabetes risk factor

Chronic stress is a diabetes risk factor





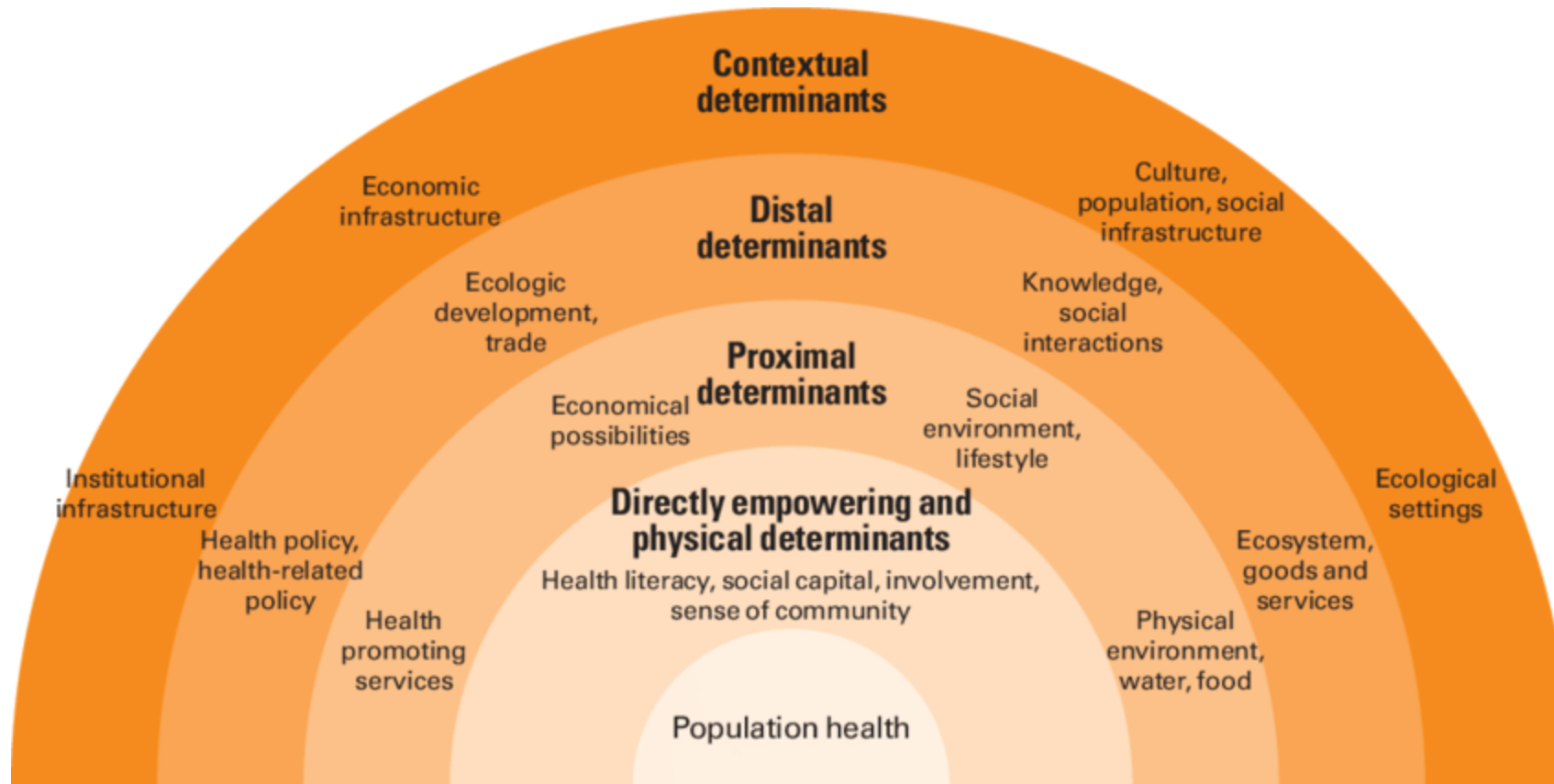
# Determinants of Health



Adapted from National Collaborating Centre for Indigenous Health



# Action must happen at multiple levels!





# A hopeful future – what can you do?

- Support self-determination – involve the person with diabetes in decisions about their treatment plan
- Explore your potential biases that may be impacting the care you provide or the way in which you approach your work
- Become an ally and an equal, not an expert
- Do not make assumptions about people – ask respectful questions and allow time for relationship building
- Start or continue your journey towards better understanding how the experiences of an individual or an entire ethnic or racial group are linked to chronic conditions that we often frame as ‘behavioural’ AND how focusing on behavioral solutions to contextual problems is not the solution