



Nunavut

Community Wellness in Action:
1998-1999

Summary Report of Community Wellness Initiatives

March 2000

Executive Summary

Community wellness is a shared vision for healthier communities. It results in less dependence on government and greater involvement by communities.

Community wellness proposes new partnerships with communities based on a belief in, and a respect for, the inherent right and ability of communities to solve their own problems and stay healthy.

In 1998/99, northern communities identified mental health issues as the priority for their wellness funding. They identified the need to promote social cohesion by using funds to bring people together in celebration and recreation.

Communities provided opportunities for elders and youth to come together in a variety of settings which promote the passing of traditional knowledge. As in years past, reclaiming cultural identity to promote self-esteem was seen as an important issue for Aboriginal people.

Every region in the Northwest Territories and Nunavut identified the importance of active living in promoting healthy child development. Organized sports, recreation, and on-the-land programs remained popular. In addition, funds were used to enhance various aspects of the education system, including the employment of classroom assistants, providing unique educational opportunities outside the school, and offering meal or snack programs to promote students' attendance and productivity.

The Healthy Children's Initiative and Aboriginal Head Start Initiative, in combination with Brighter Futures funds, supported early child development in the north. Programs focused on prevention, health promotion, and primary intervention.

The Canada Prenatal Nutrition Program continued to lead the Northwest Territories and Nunavut toward improved maternal health and healthier babies. Projects provided 'at risk' pregnant women with food supplementation, nutrition counseling, support, education and referral on lifestyle issues.

In 1998/99, more than 13 million dollars were allocated towards healing and empowering communities in the NWT and Nunavut. Federal, territorial, and local programs provided the support for action towards community wellness.

As of April 1, 1999, Nunavut became a separate territory. The reporting of future community wellness initiatives will be the responsibility of the Nunavut Government. The Government of the Northwest Territories wishes the Nunavut Government and communities success in their community wellness work!

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Introduction

The purpose of this report is to share information on community wellness initiatives with stakeholders, including communities and government, in order to celebrate accomplishments as well as promote collaboration and innovation. It also provides a window on wellness priorities identified by communities. In this regard, the information is provided directly from community reports, in the community's voice.

The information is presented by region with funding information highlighted in chart form. Detailed information about Brighter Futures/Building Healthy Communities funding is represented in pie charts. Medical Services Branch (First Nations and Inuit) funding is representative of actual expenditures for the 1998/99 fiscal year. Health Promotion Programs Branch (Off-Reserve) funding is representative of dollars committed to projects in Contribution Agreements. Sometimes, multi-year commitments are made in Off-Reserve funded programs.

The Healthy Children's Initiative (HCI) funding is representative of dollars committed to projects in Contribution Agreements. This is a Government of the Northwest Territories fund administered by the Departments of Health & Social Services, and Education, Culture & Employment. HCI funds comprise 26% of total funding for western communities, and 29% of total funding for eastern communities. An overview of Wellness Funding by region is provided.

A description of community initiatives by region is included.

Description of Funding Programs

BRIGHTER FUTURES/BUILDING HEALTHY COMMUNITIES



**Source: Health Canada - Medical Services Branch (First Nations & Inuit Programs).*

Brighter futures supports community projects designed to improve the physical, mental and social well-being of aboriginal children, their families and the community. Almost half of the community wellness funding comes from Brighter Futures/Building Healthy Communities.

Projects must have community support and reflect one or more of the following program elements:

- **Community Mental Health Program**
Funding to support communities to establish and manage their own community mental health programs.

Introduction

- **Child Development Program**
Funds are used to promote child development in harmony with their families and community. The program assists in children's programs that are community driven and promotes good health and social development for infants, toddlers, and preschoolers.
- **Solvent Abuse**
Funding supports setting up youth intervention programs. The program encourages projects that address youth issues which may lead to solvent abuse.
- **Injury Prevention**
Funding encourages community action to reduce the risk of injury.
- **Healthy Babies**
Funding supports projects that promote the infant health.
- **Parenting Skills**
Funding supports projects that increase parental self-esteem and teach parenting skills.

This program is administered by the GNWT Department of Health and Social Services on behalf of Medical Services Branch, Health Canada. Community organizations and individuals access funds by proposal and funding decisions are made by local Band Councils, Community Corporations, or Health and Social Services Boards.

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



**Source: Health Canada - Medical Services Branch (First Nations & Inuit Programs) and Health Promotion Programs Branch.*

The Canada Prenatal Nutrition Program (CPNP) targets women who are at risk of having unhealthy babies due to the poor health and malnutrition of the mother. The goal of CPNP is to provide pregnant women with food supplementation, nutrition counseling, support, education, and referral. Counseling around lifestyle choices, such as addictions, stress, or family violence, is available.

First Nations Inuit funds are administered by the GNWT Department of Health and Social Services on behalf of Medical Services Branch, Health Canada. Community organizations and individuals access funds by proposal, but funding decisions are made by local Band Councils, Community Corporations, or Health and Social Services Boards.

Health Promotion Programs Branch funds are administered from Alberta directly to community projects.

ABORIGINAL HEAD START INITIATIVE (AHS)



**Source: Health Canada - Health Promotion Programs Branch.*

This program is designed to support the development and implementation of community-driven and culturally appropriate programming designed to support healthy child development and school readiness.

AIDS COMMUNITY ACTION PROGRAM (ACAP)



**Source: Health Canada - Health Promotion Programs Branch.*

ACAP develops and strengthens the ability of community-based organizations to address their particular HIV/AIDS issues through targeted prevention, education, health promotion for people living with HIV/AIDS, and creating supportive environments.

COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)



**Source: Health Canada - Health Promotion Programs Branch.*

This program helps community groups and organizations address the health, educational, and developmental needs of children at-risk aged 0-6 years, while strengthening and supporting their families.

COMMUNITY ANIMATION PROGRAM (CAP)

**Source: Health Canada - Health Promotion Programs Branch.*

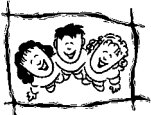
The CAP program provides assistance to communities taking action on issues involving health and the environment.

POPULATION HEALTH FUND (PHF)

**Source: Health Canada - Health Promotion Programs Branch.*

PHF increases community capacity for action on, and across, the determinants of health by supporting initiatives that facilitate joint planning and coordinated action across sectors.

HEALTHY CHILDREN'S INITIATIVE (HCI)



**Source: GNWT - Department of Health & Social Services and Education, Culture, & Employment.*

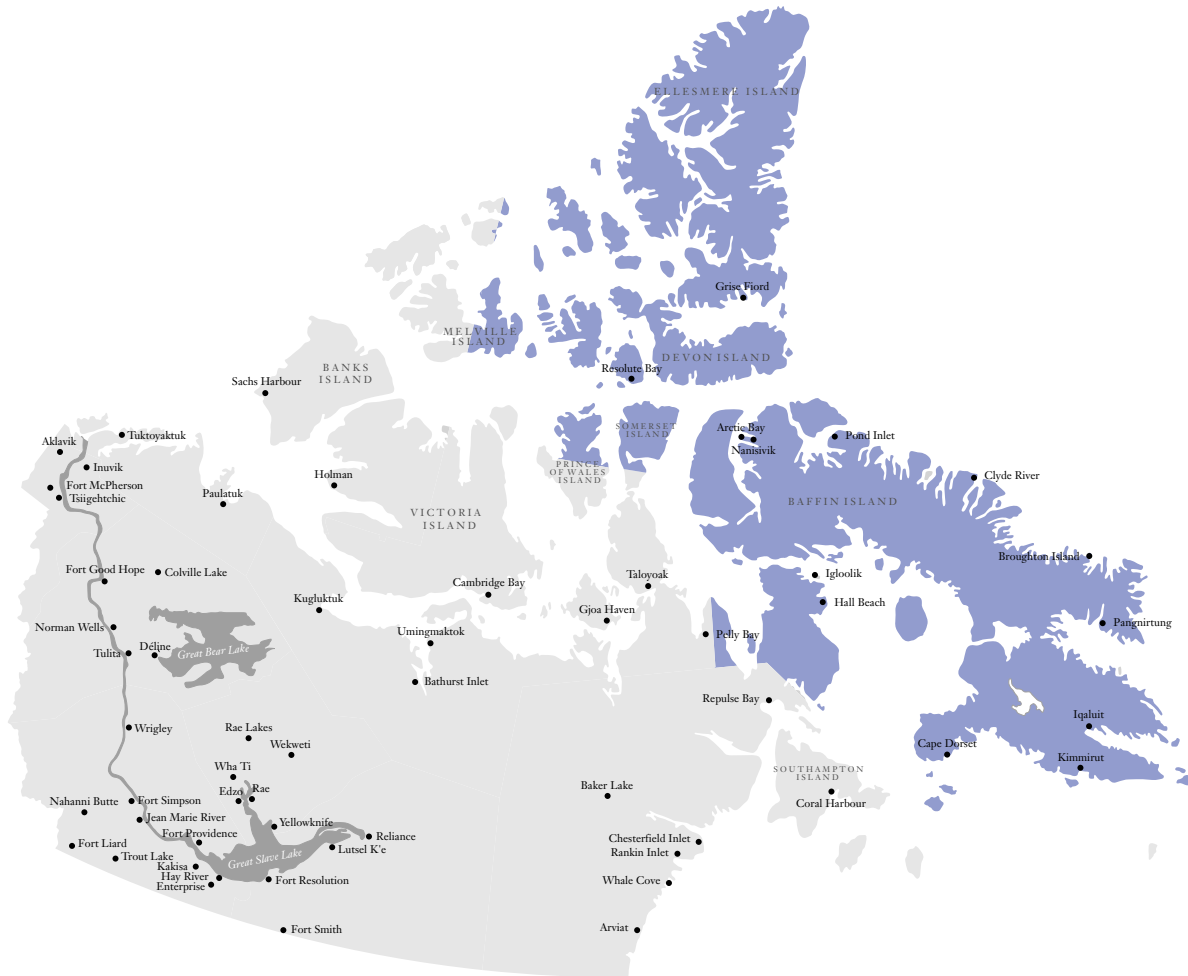
This program supports the development of children from prenatal to age 6 years. It focuses on disease prevention and health promotion. The program provides a wide range of programs and services, including primary intervention and therapeutic services. HCI promotes cooperation between government and local agencies/organizations.

Overview of 1998/1999 Wellness Funding by Region

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	GNWT Healthy Children	Total
Baffin Region	1,621,654.00	110,986.00	270,631.00	10,000.00	40,000.00	0.00	6,575.00	0.00	644,558.00	2,704,404.00
Keewatin Region	968,537.00	104,673.40	286,500.00	101,000.00	0.00	50,612.00	0.00	32,000.00	1,090,767.40	2,634,089.80
Kitikmeot Region	758,469.00	59,187.00	248,382.00	115,000.00	0.00	0.00	0.00	0.00	273,730.00	1,454,768.00
Total East	3,348,660.00	274,846.40	805,513.00	226,000.00	40,000.00	50,612.00	6,575.00	32,000.00	2,009,055.40	6,793,261.80

Baffin

Community Wellness in Action 1998-99

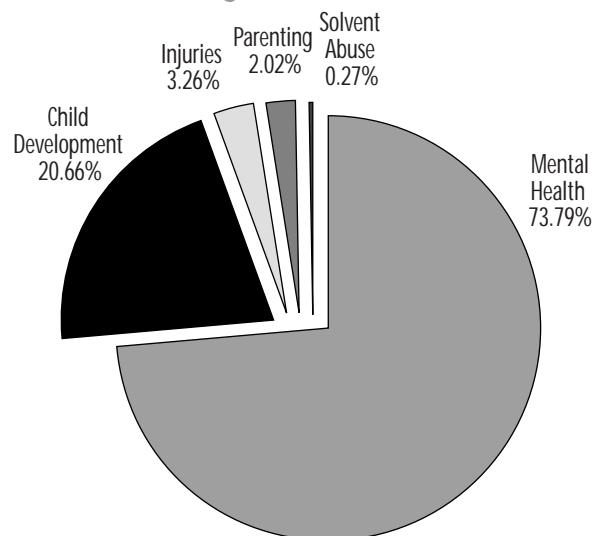


Baffin Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Arctic Bay	90,681.00	8,656.00	117,631.00				6,575.00		36,500.00	260,043.00
Cape Dorset	217,693.00	25,553.00							70,346.00	313,592.00
Clyde River	109,238.00	27,237.00							44,525.00	181,000.00
Grise Fiord	11,228.00								6,015.00	17,243.00
Hall Beach	83,008.00	22,567.00							56,360.00	161,935.00
Igloolik	94,783.00	8,817.00	153,000.00						61,858.00	318,458.00
Iqaluit	337,808.00			10,000.00	40,000.00				26,502.00	414,310.00
Kimmirut	58,524.00								34,247.00	92,771.00
Nanisivik	13,021.00								19,488.00	32,509.00
Pangnirtung	174,079.00	18,156.00							60,501.00	252,736.00
Pond Inlet	117,554.00								67,392.00	184,946.00
Qikiqtarjuaq	76,663.00								12,693.00	89,356.00
Resolute Bay	29,374.00								14,516.00	43,890.00
Regional Allocation	208,000.00								133,615.00	341,615.00
Total	1,621,654.00	110,986.00	270,631.00	10,000.00	40,000.00	0.00	6,575.00	0.00	644,558.00	2,704,404.00

Baffin Brighter Futures 1998/99



Arctic Bay

BRIGHTER FUTURES



- *Community Based Planning* – A co-ordinator position was funded for a community based planning project.
- *Youth Friendship Centre* – Staff developed youth activities.
- *Cultural Enhancement Program* – Cultural items including a Qulliq and carvings were purchased and historic pictures were restored.
- *Knowledge and Skills through Books* – Books were purchased for community use.
- *Summer Day Camp* – Almost all children aged 6-15 participated.
- *Bible Study* – The Gospel Church sent their congregation to Igloolik for a Bible study week. The women went by chartered plane and the men by snowmobile.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Manniujat Prenatal Cooking Class* – Weekly cooking classes were offered for two months. Two to three women attended and childcare was provided. The group organized a community feast.

ABORIGINAL HEAD START INITIATIVE



- *Arctic Bay Health Committee* – Sixteen children, aged three to five years, attended an Inuktitut program that encouraged their social, physical, and emotional development.

COMMUNITY ANIMATION PROGRAM

- *Earthworks* – Organized a community cleanup and developed awareness of how a cleaner environment contributes to a healthier environment.

HEALTHY CHILDREN'S INITIATIVE



- *Healthy Children – Our Future*

"(Youth Friendship Centre) Project was a great success. The staff did their jobs well and there was a very high attendance from youth. They still do not have enough activities for youth and are already looking at what they can do to occupy more of their time." (Brighter Futures)

Cape Dorset

BRIGHTER FUTURES



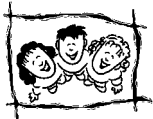
- *Training and Healing for Caregivers* – A three-day healing retreat was held on the land. Eight women participated.
- *Staying Connected to the Land* – Youth (ages 16- 20) and Elders went out on the land together. Activities included fishing, caribou hunting, clam digging and berry picking.
- *Working Together Bible Study* – The Gospel Church chartered an airplane to take 13 people to a Bible study in Rankin Inlet for six days.
- *School Breakfast Program* – Four hundred and thirty students in two schools had access to the program
- *Special Needs Resources* – An Elder was hired by the daycare to teach traditional songs, games and activities to children and staff.
- *Elders' Trip to Saluit*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Avuttutt (The Cravers)* – Thirty-six cooking classes and educational sessions were held. Seven women attended. Childcare and transportation were provided and a monthly draw made for a Good Food Box.

HEALTHY CHILDREN'S INITIATIVE



- *Working Together for Healthy Children*

"The school reports a great improvement in the level of attendance and participation as a result of this (breakfast) program." (Brighter Futures)

Clyde River

BRIGHTER FUTURES



- *School Breakfast Program* – Two cooks purchased, prepared and served nutritious food to students.
- *Food Provider for the Disabled* – Caribou was hunted and fish were caught and distributed to families in need. Some meat was used in a community celebration.
- *Nuqsutikkut* – The committee was formed with the encouragement of the Mental Health Worker. Office space was rented to use for counselling and suicide prevention projects. Workshops were popular, one attracting 42 people.
- *Winter Survival Techniques* – Survival courses were provided to youth who had dropped out of school. Youth learned how to prepare caribou and seal skins.
- *Tasuijikkut* – This group has done some filming and recording in order to preserve Inuit culture.
- *Elders' Project* – Counselling services provided to young offenders during territorial court sessions.
- *Student Exchange* – One student was sponsored on an exchange project with Broughton Island.
- *School Yearbook and Newspaper* – Students improved their writing skills and learned about layout design.
- *Operation Success Tutoring Program* – A tutor worked with students after school in "Study Hall".
- *Traditional Geographic Names Preservation* – Participants went to Elders' homes and interviewed them about traditional hunting grounds in order to learn the meaning of place names.

"More funds may be needed to complete the project."
(Tasuijikkut / Brighter Futures)

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Paqqjiit* – Weekly cooking classes, with 12 women attending each class, and monthly education sessions/activities were held. Transportation and food vouchers were also provided.

HEALTHY CHILDREN'S INITIATIVE



- *Ilisaqsivik Family Resource Centre* – Children's programming was provided.
- *Saipaqvivik Pairivik*

Grise Fjord

BRIGHTER FUTURES



- *Alcohol and Drug Prevention* – The program provides counselling to individuals in an effort to support them while they cope with the problems of addiction.
- *Community Easter Event* – Feast and traditional games held.
- *Community Christmas Feast* – Feast held on December 24.
- *School Nutritional Snack Program* – Umimmak School Staff and two parent volunteers prepared snacks for all students after morning recess.

HEALTHY CHILDREN'S INITIATIVE



- *Hamlet*
- Babysitting services and program

"The whole community came out and enjoyed the feast. They felt they were part of a 'big family'." (Brighter Futures)

Hall Beach

BRIGHTER FUTURES



- *Injury Prevention* – After the accidental death of a child playing on the streets, the community members developed a new playground.
- *School Breakfast Program and Tutor* – A person was hired to prepare breakfast and tutor students having difficulties with learning.
- *Community Wellness Coordinator* – A person was hired to submit proposals, translate for the Hamlet Council and Wellness Committee and complete other tasks.
- *Hockey Coach Training and Player Development* – A hockey coach-trainer came in to teach different coaching and training techniques. The trainer also coached hockey players.
- *Healing Process Project* – People with conflicts with spouses and personal problems received counselling.
- *Modern Parka Making Project* – Two sessions of sewing workshops were conducted.
- *Traditional Clothes Making* – Participants learned how to prepare skins and hides for sewing. They also made patterns and learned how to store and repair traditional clothing.
- *Hunting & Survival Program* – Participants were taught how to build igloos and other shelters for survival.

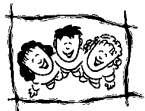
"The coaches and players learned a lot... There has been more involvement in the community regarding the physical activity and understanding of the game." (Hockey Coach Training and Player Development/ Brighter Futures)

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Whole Family Affair* – Cooking classes and educational sessions were held over an eight-month period, with eight women attending each session. A five-day traditional nutrition program was held, childcare and home visits were offered and a community feast organized.

HEALTHY CHILDREN'S INITIATIVE



- *Preschool Recreation*

Igloodik

BRIGHTER FUTURES



"...the traditional counseling was very popular." (Brighter Futures)

- *Traditional Counselling* – Two Elders were hired as traditional counselors for Social Services clients.
- *Community Wellness Coordinator* – A person was hired to ensure all proposals were submitted and translated for the Wellness Committee.
- *School Breakfast Program*
- *Student Counselling Support* – A counselor helped students in need and, in the case of students with family problems, provided counselling for students and parents.
- *Student Art Club* – After- school activity for students interested in art.
- *Children, The Future of Igloodik* – Brownies and Girl Guides programs were funded.
- *Victim Assistance Worker* – Training was provided to the worker on matters of child abuse.
- *Students at Risk Support Assistance* – One full-time and two half-time workers were hired to help certain students manage their behavior in large groups.
- *Youth Drama Workshop* – Youths were trained in scriptwriting, videotaping and acting skills to produce TV and video programs about youth concerns and suicide prevention.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Igloodik Prenatal Nutrition* – Bi-monthly cooking classes and ten weekly educational sessions/activities were held. Healthy snacks were provided for the women who attended program activities and a community feast was organized.

ABORIGINAL HEAD START INITIATIVE



- *Aboriginal Head Start* – Parents and Elders actively participated in daily program activities with high-risk children.

HEALTHY CHILDREN'S INITIATIVE



- *District Education Authority*
 - Working together for children

BRIGHTER FUTURES



- *School Breakfast Program* – Students and homeless people were offered a nutritious breakfast at Sailivik Centre
- *Sailivik Program Manager* – A program manager was employed to create and plan programs for homeless people and students who go to Sailivik for counselling.
- *Terry Fox Program* – For the third year running this program offered support for students who require academic help.
- *Men's Self-Help Group* – The men learned how to survive on the land.
- *Support Services (Illitiit)* – This group of volunteers and paid support staff have identified the social needs of Iqaluit. They are involved in the Homeless Shelter, the Canadian Mental Health Association and the local soup kitchen.
- *Special Tutor/Counselor* – The tutor helped students with their homework and assignments, and dealt with troubled, abused, and confused students.
- *Elders' Conference* – The second annual Elders' gathering was held in Salluit, Quebec.
- *School Healthy Lunch Program* – Children and parents were involved in the preparation of nutritious meals. Caribou was donated.
- *Classroom Assistance* – Two Inuktitut-speaking classroom assistants were employed. They provided support for a number of children with severe emotional and behavioral problems.
- *Music Camp '98* – Band and guitar classes were held. A final performance was held.
- *Therapist/Trainer for Caregivers* – A trainer was hired to prepare a trainee for counselling and work with families
- *Healing Circle Workshop* – Provided cultural and modern day therapeutic resources and services. It focused on adult and child survivors of sexual abuse.
- *Wellness Strategies '99* – This conference/seminar updated all concerned community members on the issues that need to be dealt with in the community.
- *In Healing We Can Laugh* – This workshop used laughter and fun to promote healing.
- *Gospel Nunavut Celebration of Music* – Ninety performers and crew provided entertainment.

"The men... would also like to see a forum to speak out about spousal assault and abuse."
(Men's Self Help Group / Brighter Futures)

Iqaluit



CANADA PRENATAL NUTRITION PROGRAM (HPPB)

- *Prenatal Nutrition Program* – Nutritional education for women from Iqaluit and other communities. A shortage of staff resources limited the activities and scope of the program during 1998-1999.



AIDS COMMUNITY ACTION PROGRAM

- *Just for the Health of It (Kamatsiaqtut Baffin Crisis Line)* – Provides a crisis line in Nunavut and recruits and trains volunteers.



HEALTHY CHILDREN'S INITIATIVE

- *Iqaluit Health Children Initiative*
- *Nutrition Program*
- *Language and Cultural Enhancement*
- *FAS/FAE Awareness Campaign*

Kimmirut

BRIGHTER FUTURES



- *Cultural Program Support* – Two cultural instructors met daily with students to teach them traditional skills and knowledge.
- *Brownies and Girl Guides* – The girls in the community had fun and learned a great deal about working together as a group.
- *School Breakfast Program*
- *Qammaq Construction* – There is one local person hired to work with 5-8 students teaching basic traditional construction techniques.
- *Tutoring Program* – The tutor worked with students on math, reading and current affairs.

HEALTHY CHILDREN'S INITIATIVE



- *The program provided toys to the community.*

"Students perform better with a full stomach." (School Breakfast Program / Brighter Futures)

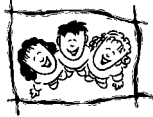
Nanisivik

BRIGHTER FUTURES



- *Learning Through Alternative Programming* – Learning included traditional thinking, survival skills, health issues, throat singing and sewing.

HEALTHY CHILDREN'S INITIATIVE



- *Building Strong Families*

Panguirtung

BRIGHTER FUTURES



- *Men's Self Help Group* – The younger men were taught survival skills and the traditional way of life.
- *Mammisarniq Traditional Healing Camp* – Six people camped out at a traditional camp for 10 days.
- *Community Wellness Coordinator*
- *Youth Summer Camp* – A three-week camp for students was held and parents volunteered.
- *School Breakfast Program* – A person was hired to work for two hours each morning to prepare breakfast for students.
- *Book Program* – Alookie School. Each child received two Inuktitut and two English books.
- *Book Program* – Attagoyuk School. Two hundred and thirty seven books were purchased.
- *DARE Program* – A participant was funded to attend a workshop on drug and alcohol prevention.
- *Inukshuk Youth Council* – Teenagers were provided with a safe and healthy place to gather.
- *National Addictions Awareness Week Activities* – Discussion groups, a public display, singing and dancing sessions and a community gathering were held.
- *School Yearbook* – Support was provided for the youth to complete the project.
- *Parenting Skills* – Elders went to the daycare to teach traditional songs and tell stories. They also taught parenting skills once a week.
- *Youth Bible Study* – Youth went to Northern Quebec for bible study.
- *Youth Parents' Program* – A program was offered to young parents.

"The book program has been a success for parents, students and teachers. Nine hundred books were received." (Book Program / Brighter Futures

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Great Women Cooking* – Fourteen cooking classes were offered with two to 12 women attending each class. Three educational sessions were held and a community feast was organized.

HEALTHY CHILDREN'S INITIATIVE



- *Cultural Toys*
- *Preschool Books*
- *Educational Toys*

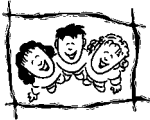
Pond Inlet

BRIGHTER FUTURES



- *Bible Study* – A group traveled to Igloolik for a Bible Study Conference.
- *Inuit Cultural Way* – Hunting, trapping and traditional activities were taught to the younger generation.
- *Wellness Coordinator*
- *Elders in the School Program* – Elders came into the school to teach the traditional way of life including respect and good listening skills.
- *Youth Healing Workshop* – The workshop focussed on victims and survivors of family abuse, alcohol and drug abuse.

HEALTHY CHILDREN'S INITIATIVE



- *Better Beginnings*
- *Daycare expenses*

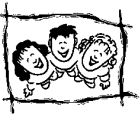
Qikiqtarjuaq

BRIGHTER FUTURES



- *Christmas Feast and Games*
- *Hamlet Day Celebrations*
- *Bible Study*
- *Parenting Skills*
- *Elders and Land Skills*
- *Pool Program*
- *Fishing Derby*

HEALTHY CHILDREN'S INITIATIVE



- *Arctic College*
 - Progressive Parenting
 - District Education Authority
 - Obtaining resources for parents
- *Piqatitaarvik*
 - Equipment for day care

Resolute Bay

BRIGHTER FUTURES



- *Healing & Caregiving Project* – This was a continuation of a 97/98 healing project.
- *School Lunch Program*
- *St. Barnabas Church Project* – A person from Broughton Island came to meet with young people to help them develop self-confidence.
- *School Science Fair*
- *School Trip on the Land*

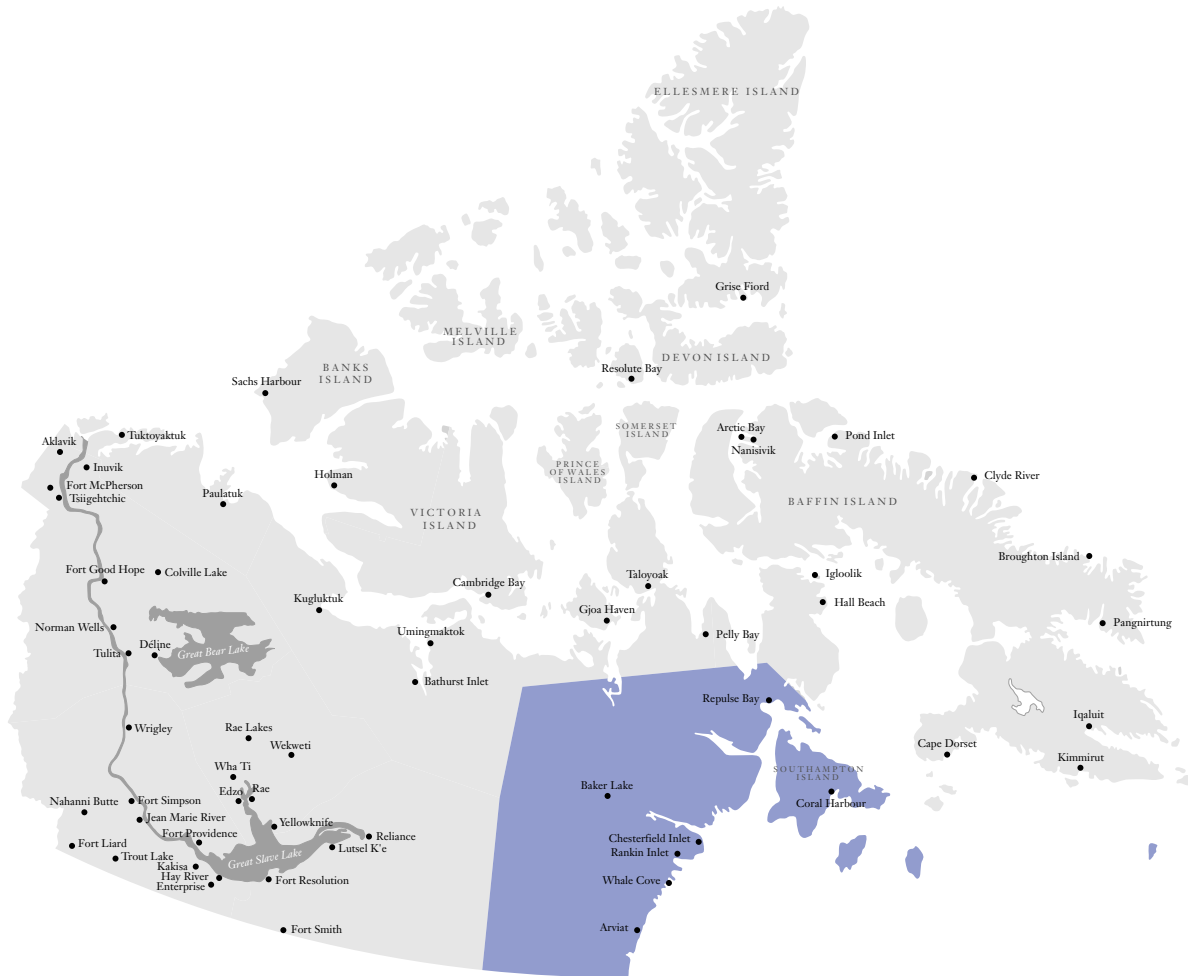
HEALTHY CHILDREN'S INITIATIVE



- *Community training and healing workshops*
- *Day program*

Keewatin

Community Wellness in Action 1998-99

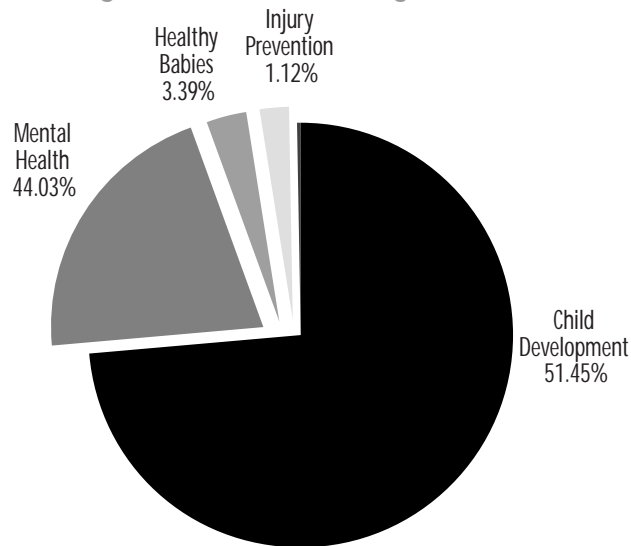


Keewatin Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Arviat	197,416.00	49,995.00	153,000.00			50,612.00			451,023.00	902,046.00
Baker Lake	184,515.00			101,000.00					73,372.00	358,887.00
Chesterfield Inlet	6,740.00								28,632.00	35,372.00
Coral Harbour	118,902.00		133,500.00						45,296.00	297,698.00
Rankin Inlet	239,596.00	32,953.00						32,000.00	304,549.00	609,098.00
Repulse Bay	97,766.00								42,751.00	140,517.00
Sanikiluaq	96,068.00	21,725.40							117,793.40	235,586.80
Whale Cove	27,534.00								27,351.00	54,885.00
Total	968,537.00	104,673.40	286,500.00	101,000.00	0.00	50,612.00	0.00	32,000.00	1,090,767.40	2,634,089.80

Keewatin Brighter Futures Funding 1998/99 Priorities



BRIGHTER FUTURES



- *Healthy Community / Healthy School* – Nutritious morning and afternoon snacks were provided to the 360 students at Levi Angmak Elementary School.
- *Classroom in the Igloo* – A large igloo was built and classes were held in it. Elders instructed elementary and high school students in traditional and land skills.
- *Classroom in the Fall Camp* – Classes were held in a traditional Inuit fall camp. Students received instruction about Inuit culture and lessons in traditional Inuit tool making.
- *Youth Programs* – These programs were run by the Mikilaaq Centre and consisted of canoeing, water safety, arts and crafts, and a drop-in centre.
- *Small Steps* – Small Steps is an early childhood intervention program that prepares dysfunctional and handicapped preschool children for the challenges of entering the school system by helping build their social and interpersonal skills.
- *Healthy Moms / Healthy Babies* – The Healthy Moms Society held classes designed to teach basic nutrition to expectant and new mothers.
- *What Inuktitut Words Mean* – Thirteen students gathered information on Arviat's three distinct Inuktitut dialects. Both schools in Arviat are using the dictionary.
- *Story Hour* – A story reading and craft activity was held twice a week at the Donald Suluk Library.
- *Student Summer Employment* – The Hamlet hired fourteen students to supervise ball fields and playgrounds.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- During the 1998-1999 fiscal year, Arviat Healthy Moms and Healthy Babies was sponsored by the Arviat District Education Authority and facilitated by a program coordinator, an assistant, the CHR and elders. A Steering Committee guided program implementation. Seventy-seven cooking classes were held three afternoons a week beginning June 24, 1998. Approximately seven women attended each class. A sewing circle was also held each Friday afternoon during which information was provided on healthy pregnancies and babies. A two-day parenting skills workshop was held in December 1998. Six women attended this workshop. Childcare and food supplements were provided, a sewing circle organized and home visits offered.

"[Classroom in the Igloo] allowed students an opportunity to gain pride in their culture." (Brighter Futures)

Arviat

ABORIGINAL HEAD START INITIATIVE



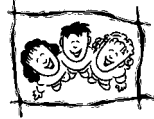
- *Arviani Piruqsaivik (Community Education Council)* – Children, aged three to five, learned how traditional values can be applied to everyday life. Parenting courses and family support groups were also available.

COMMUNITY ACTION PROGRAM FOR CHILDREN



- *District Education Authority*
- *Small Steps Program*

HEALTHY CHILDREN'S INITIATIVE



- *Early Childhood Program Coordinator*
- *Professional Development Workshops*
- *Training for one-on-one support for children*

Baker Lake

BRIGHTER FUTURES



- *Germany Trip* – Two students went on a cultural exchange to Germany.
- *Drop-in Centre* – A safe location was provided for youth.
- *School programs* – Children were bused to school and received a meal, the library was opened and a tutor/counselor program was continued.
- *Governor General's Visit*
- Inuit Book published
- *Skate* – A hockey clinic was held. The theme was "team play".
- *Pangnaqtit* – Young people were trained in land and survival skills using traditional methods.

CANADA PRENATAL NUTRITION PROGRAM (HPPB)



- *Prenatal Project* – The project supported at-risk pregnant women. Nutrition counselling/educational, prenatal classes, peer support for breast feeding mothers, baby food preparation sessions and weekly cooking classes were offered. There were approximately 35 participants. A sewing circle and parenting workshop were held.

HEALTHY CHILDREN'S INITIATIVE



- *Continued 1997/1998 Family Support Program* – Support provided to the Baker Lake Hospice Society.

"The Drop-in Center has provided a great safe location for our youth. RCMP love this program as youth problems are down." (Brighter Futures)

Chesterfield Inlet



BRIGHTER FUTURES

- *No report available*



HEALTHY CHILDREN'S INITIATIVE

- *Day Care Committee*
 - *Equipment*
- *Health Centre*
 - *Prenatal Nutrition Program*

Coral Harbour

BRIGHTER FUTURES



- *Wellness Coordinator*
- *School Breakfast Program*
- *Traditional Skills Program* – This included family skills, sewing skills and a cultural camp.
- *Healing Circle*
- *Youth Committee* – The youth ran a drop-in centre.
- *Suicide Prevention Open House*
- *Attungauyaitt Ladies Group* – This group held a traditional sewing course.

ABORIGINAL HEAD START INITIATIVE



- *Attiqait Preschool* – This program was available to 16 children, aged 3-5 for ten months. Activities reflected Inuit traditions and values. Elders and parents were involved.

HEALTHY CHILDREN'S INITIATIVE



- *Hamlet*
 - Early childhood / parenting

*"They feel they have made an impact, but feel there is lots of room for improvement."
(Youth Committee / Brighter Futures)*

Rankin Inlet

BRIGHTER FUTURES



"The children enjoyed the opportunity to be heard. The size of the lending library has increased." (Brighter Futures)

- *Tarparti Centre* – Three artists supplied assistance for six adults with intellectual difficulties.
- *Kataujak Society* – This group offered weekly support and one-on-one counselling services to abused women and their children. Other educational programs were also sponsored, including one on "date violence" for high school students.
- *Traditional Life Skills* – Land skills and traditional sewing skills were taught at the schools.
- *Music Festival* – One thousand people participated in the festival that took place in July 1998.
- *School Breakfast Program* – Elementary students were provided with a nutritious breakfast.
- *Youth Drop-in Centre* – The Centre provided an opportunity for youth to interact with Elders. Peer counselling and recreation were also provided.
- *Adult Education* – Twelve students completed the program that included improving literacy, gaining self-confidence and setting goals.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)

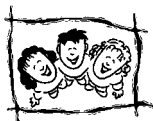


- During the 1998-1999 fiscal year, Piruqsaqatigiiktuut was sponsored by the Pulaarvik Kablu Friendship Centre and facilitated by the program coordinator and an assistant. A total of 16 cooking classes were held beginning October 13, 1998. Approximately five to six women attended each class. Food supplements (Good Food Box) were provided and a community feast organized.

POPULATION HEALTH FUND

- *Crime Prevention Strategy* – This was developed by the Pulaarvik Kablu Friendship Centre.

HEALTHY CHILDREN'S INITIATIVE



- *Community Wellness* – The program sponsored by the Hamlet.
- *Training for special needs* – The program sponsored by the Kataujaq Society.
- *Special Needs Assistant* – The program sponsored by the Kataujaq Society.

Repulse Bay

BRIGHTER FUTURES



- *Fall Sea Run Test Fishery*
- *Wellness Coordinator*
- *Elder and Youth Square Dance*
- *Preservation of Old Language*
- *Student Art Group*
- *Christmas Games and Feast*
- *Traditional Sewing Skills*
- *Tusarvik School Activities*
- *School Crossing Guard*
- *Food Bank*
- *School Breakfast Program*

HEALTHY CHILDREN'S INITIATIVE



- *Health Centre*
 - Prenatal nutrition program
- *District Education Authority*
 - Preschool programs

Sanikiluaq

BRIGHTER FUTURES



- *Preschool project* – Children learned shapes, colours, singing, games and counting in Inuktitut and English.
- *Traditional foods project* – Hunters provided country food to widows, young families and those on income support who didn't have the resources to go hunting.
- *Prenatal nutrition* – Prenatal educational and cooking classes were held once a week.
- *Community healing circle* – Healing circles were held every week.
- *School visits for Alcohol Abuse Prevention* – Two ladies from Suyurglingiituaq visited the school to talk about alcohol and drug abuse and suicide prevention.
- *Traditional sewing skills course* – Two instructors taught fifteen ladies how to clean sealskin and make kamiks. Young men made stretching frames and tools for the sewing course.
- *Introduction to Traditional Resource Use & Belcher Islands Environment Course* – The course taught young men the location of hunting grounds and how to use maps.
- *Introduction to Traditional Wildlife Management* – The group discussed the meaning of wildlife management from the Inuit point of view. The program lasted three months.
- *Land Food Project* – Local hunters took students on the land to teach fishing, hunting and seafood gathering.
- *Igloo Cultural Program* – Students worked with hunters to make an elaborate group of igloos at Tangasitic.
- *Saturday Story Hour for Kids*
- *Sodhouse Upgrade Project* – Many ladies were hired to work with students to show them how to prepare caribou skins.
- *Eiderdown Sewing Course* – An instructor taught young women how to sew eiderdown parkas for their children.
- *Community Wellness Centre and Wellness Coordinator*
- *Introduction to Forecasting Winter Weather* – Participants were instructed in traditional techniques to forecast weather.

"Young men really enjoyed making stretching frames and tools for the ladies."
(Traditional Sewing / Brighter Futures)

Sanikiluaq

- *Healing Workshop* – A leader was hired to conduct a healing workshop for the community. Between 50 and 60 people attended.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *The Sanikiluaq Prenatal Nutrition Program* – A weekly cooking class was held, facilitated by a program coordinator, a cooking instructor/cook, a childcare worker, health centre staff, and elders. Childcare was provided.

HEALTHY CHILDREN'S INITIATIVE



- *Municipality of Sanikiluaq*
- No specific program identified

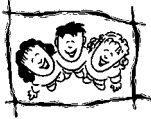
Whale Cove

BRIGHTER FUTURES



- *Building Healthy Lifestyles* – The Recreation Committee provided a sport skill development program. Two-hour sessions were held for each age group.
- *School Breakfast Program* – School staff members volunteered and took turns preparing a nutritious breakfast for all students.
- *Tutorial Program* – A tutor and homework supervisor was hired and a quiet space for studying was made available in the school each night.
- *Student Support Assistant* – A person was hired to assist with the kindergarten/grade one class.

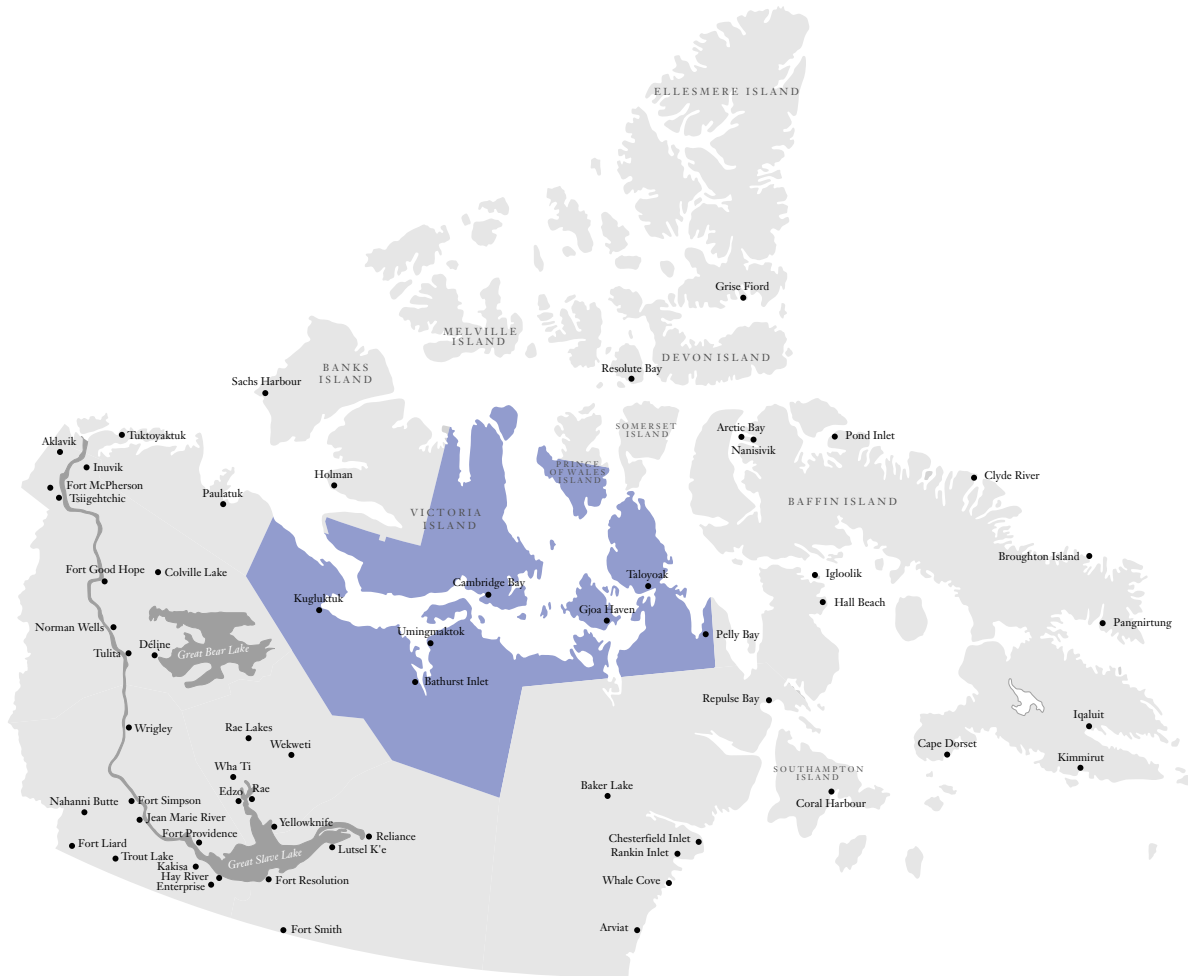
HEALTHY CHILDREN'S INITIATIVE



- *Special Needs Assistant*

Kitikmeot

Community Wellness in Action 1998-99

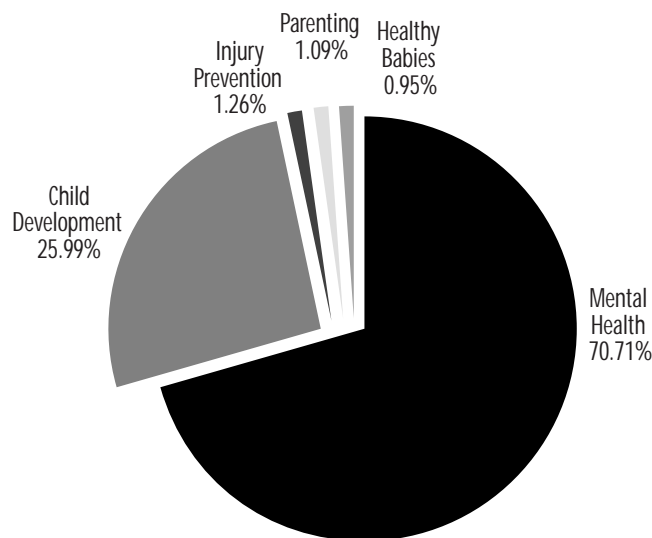


Kitikmeot Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Bathurst Inlet	6,382.00								no proposal	6,382.00
Cambridge Bay	146,108.00								81,181.00	227,289.00
Gjoa Haven	143,272.00		55,260.00						48,780.00	247,312.00
Kugluktuk	197,205.00	29,947.00	133,000.00						56,790.00	416,942.00
Pelly Bay	81,459.00	29,240.00							71,979.00	182,678.00
Taloyoak	77,105.00		60,122.00	115,000.00					15,000.00	267,227.00
Umingmaktok	11,702.00								no proposal	11,702.00
Regional	95,236.00									95,236.00
Total	758,469.00	59,187.00	248,382.00	115,000.00	0.00	0.00	0.00	0.00	273,730.00	1,454,768.00

Kitikmeot Brighter Futures Funding 1998/99 Priorities



Bathurst Inlet

BRIGHTER FUTURES



- *Traditional Arts & Crafts* – This program was offered to both men and women.
- *Moms and Tots* – Supplies were purchased for the program.

Cambridge Bay

BRIGHTER FUTURES



- *Sewing Classes* – As well as improving sewing skills, this program allowed participants an opportunity to discuss emotional issues.
- *Drum Dance Training* – The group met weekly and learned how to drum dance. They performed several times in their traditional outfits. The group established a code of ethics and was offered training in running a community organization and writing mini-project proposals.
- *Youth Development Work* – School caregivers were provided with workshops in survival skills, recreation programs, suicide prevention and mental health.
- *Community Gatherings & Wellness Coordinator* – A feast was held every Friday at the Community Wellness Centre.
- *Arts & Crafts for Youth* – This program was offered in the evenings.
- *Elders and Prevention of Elder Abuse* – Activities were held to celebrate the International Year of the Older Person.
- *Parenting Education* – The Heart-Math Foundation parenting program was run. Toys were purchased for the new Toy Lending Library.
- *Healthy Babies and Children FAS/FAE Prevention* – Two educational sessions were held on Fetal Alcohol Syndrome/Fetal Alcohol Effect.
- *Healing Circles* – Grieving and healing sessions were held weekly. The Addictions Counselor held a session on identifying and working with high risk kids.
- *Professional Counselling Services* – This service responded to increasing demands.
- *Support for Community Groups* – Financial and technical support was given to Brownies, Beavers, Girl Guides, Ladies of Nunavut, Doll Makers, and Drum Dancers.

"An average of 110 members visited the Wellness Centre every month."
(Brighter Futures)

HEALTHY CHILDREN'S INITIATIVE



- *Parent Advisory Committee*
 - Preschool program
 - Toy lending library
 - Special events days
 - Workshops for parents
- *Kullik Ilihakuik School*
 - Student support assistant for Grade One
- *Childcare Society*
 - Healthy snacks
- *NWT Literacy Council*
 - Inuit books

Gjoa Haven

BRIGHTER FUTURES



- *Uqsuqtuuq Youth Drop-In Centre* – The centre provided youth with a safe place to meet with their peers. Elders were invited for story telling and to teach traditional activities.
- *Community Justice Project* – This is an alternative method of hearing adult and youth charges. The committee decides the discipline that is usually in the form of community service work.
- *Inuit Traditional Clothing Program* – Elders passed traditions down to the younger generations.
- *Fire Fighter Training* – Four fire fighters took training and also offered a fire prevention workshop at the school.
- *Lunch Program / Food Bank*
- *Tungatiit Committee* – Provided healing for those people who experienced a serious illness or death in the family.
- *Cadets* – The program helped fund camping and travelling.
- *Elder/Youth Camp* – Elders taught youth how to set up a camp and survive on the land.

ABORIGINAL HEAD START INITIATIVE



- *Head Start* – The Gjoa Haven Community Education Council provided this program to children aged 3-5 years.

HEALTHY CHILDREN'S INITIATIVE



- *Hamlet*
 - Preschool program

*"The Centre for collecting food became a community gathering place."
(Food Bank / Brighter Futures)*

Kugluktuk

BRIGHTER FUTURES



- *Wellness Centre* – Students and Elders visited the Centre regularly. Activities included traditional arts and crafts, a language program, crisis hot line, wellness workshops and a youth club.
- *Student Support Assistant* – Two instructors were hired at the school to provide remedial sessions and a reading program to assist in the kindergarten class.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



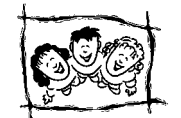
- During the 1998-1999 fiscal year, the Kugluktuk Prenatal Nutrition Program was sponsored by the Hamlet and facilitated by a program coordinator and a cooking instructor/cook. A Steering Committee guided program implementation. Cooking classes were offered twice weekly beginning October 1998. Twenty-four classes were offered with approximately five women attending each class. Forty-four weekly education sessions were held this fiscal year. Childcare, food supplements and food vouchers were provided and a sewing circle and community feast were organized.

ABORIGINAL HEAD START INITIATIVE



- *Head Start* – Kugluktuk District Education Council offered this program on a part-time basis to 16 children.

HEALTHY CHILDREN'S INITIATIVE



- *Cuddle Me Safe Baby Club* – This was sponsored by the Hamlet.
- *Early Childhood Programs* – Jimmy Hikok Ilihakuik School sponsored these.
- *Student Support* – An assistant was provided at the Jimmy Hikok Ilihakuik School.

Pelly Bay

BRIGHTER FUTURES



- *Wellness Coordinator* – This person coordinated the "Kids Wellness Project."
- *Kids Wellness Project* – The program focused on cultural activities to promote relationships between youth and Elders. Resource materials for parents and developmental toys for children were purchased. Recreation, reading, and drug awareness were program highlights.
- *Preschool Program* – An ongoing project supported by the Hamlet, the program introduces children to structured learning and play.
- *Kids Ready for School* – This program focused on motivating children to attend school on a consistent basis.
- *Day Care Lunch* – The program provided a nutritious lunch to the children at daycare every day.
- *CPR Training* – Fire Fighters, Day Care Workers, Hamlet staff and others working with youth had an opportunity to become certified in CPR and Standard First Aid.
- *Special Needs Assistant* – The school employed a person to work with four special needs children.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- During the 1998-1999 fiscal year, the Pelly Bay Prenatal Nutrition Program was sponsored by the Hamlet of Pelly Bay and facilitated by a program coordinator, cooking instructor/cook and nutritionist/home economist. Cooking classes were held twice a week beginning November 3, 1998. About nine to ten women attended the 30 classes offered. Three six-week education programs were run prior to March 21, 1999. Approximately seven to eight women attended each evening. A Good Food Box and childcare were also provided.

HEALTHY CHILDREN'S INITIATIVE



- *Kugaardjuk School*
 - Materials for student support assistance
 - Students support assistant for Grade One
- *Hamlet*
 - Prenatal nutrition program
 - Day care

*"There was a high level of parental involvement."
(Brighter Futures)*

Taloyoak

BRIGHTER FUTURES



- *Wellness Centre* – The Wellness Committee funded a Wellness Director and a Mental Health Worker. Programs included: Elders' Recreation, Youth Committee, Bicycle Safety, Community Workshops, and a Women's Sewing Circle.

CANADA PRENATAL NUTRITION PROGRAM (HPPB)



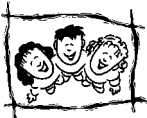
- This project, sponsored by the Hamlet of Taloyoak, enhances maternal child health in Taloyoak with a culturally sensitive prenatal nutrition component delivered within a community wellness framework. Project objectives include provision of stable access to nutritious foods during pregnancy; nutrition education and food purchasing and budgeting. Women received food vouchers to exchange for traditional and store-bought foods and attended cooking circles. Individual support was provided to women to improve nutrition and breastfeeding. The program enrolled approximately 34 new participants in 1998-1999.

ABORIGINAL HEAD START INITIATIVE



- *Natsiaq Illisariuqsayut Taloyoak (Taloyoak Community Education Council)*

HEALTHY CHILDREN'S INITIATIVE



- *Student Support* – An assistant was hired at Netsilik School.

Umingmaktok

BRIGHTER FUTURES



- *Sewing Classes* – Ladies and girls developed sewing skills including working with different fabrics, including hides.
- *Carving Classes* – An instructor was hired part-time.
- *Sports Program* – The recreation and sport program was enhanced.

Appendix A

Community Wellness in Action 1998-99



For more information see the following websites:

HEALTH CANADA

Health Promotion and Programs Branch

www.hc-sc.gc.ca/healthpromotion

Medical Services Branch

www.hc-sc.gc.ca/msb

DEPARTMENT OF HEALTH AND SOCIAL SERVICES, GOVERNMENT OF THE NORTHWEST TERRITORIES

www.hlthss.gov.nt.ca

DEPARTMENT OF EDUCATION, CULTURE AND EMPLOYMENT, GOVERNMENT OF THE NORTHWEST TERRITORIES

www.siksik.learnnet.nt.ca/

Search "Healthy Children Initiative"

