



**ARCTIC INSTITUTE OF  
COMMUNITY-BASED RESEARCH**

# **First Annual Conference**

March 20-21, 2012  
Whitehorse, Yukon



## Who We Are

The Arctic Institute of Community-Based Research (AICBR) is an incorporated Canadian non-profit organization that was established in February 2007. The original name of organization was the Arctic Health Research Network-Yukon. The name was changed in October 2011 to better reflect the evolution of the organization.

The vision of AICBR is the meaningful engagement of Northerners in health research focused on Northern health priorities, with results contributing to lasting health improvements. AICBR works to build capacity of Yukon residents, particularly Yukon First Nation citizens, to facilitate meaningful involvement in all stages of research projects. As well, AICBR has an ongoing focus on knowledge translation to ensure transfer of results to inform the development of Northern policies and programs, as well as ethics.

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[www.aicbr.ca](http://www.aicbr.ca)

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- D) Handout on H.Pylori & Presentation: H.Pylori in the Yukon-timelines; Dr. Karen Goodman, Janis Geary
- E) Handout on Food Security & Presentations:
  - (1) Working with Communities Towards Local Food Autonomy; Simon Frogg, Clara Winnepetonga, Michael Robidoux
  - (2) Presentation: Rebuilding Food Sovereignty in Nishnawbe Aski Nation, Joseph LeBlanc
  - (3) Presentation: Dawson Community Food Survey & Market Expansion Project; Danielle Palmer



## **Executive Summary**

The Arctic Institute of Community-Based Research (AICBR) hosted their first annual conference on March 20 and 21st 2012. In total 78 people registered for the conference and attended various components over the two days.

Three sessions were offered: Community-Based Research, an H. pylori research project in the Yukon, and Food Security. Outcomes included: developing a greater understanding of what community-based research is with conference participants; developing community-based research principles relevant for the Yukon; learning more about H. pylori and the possibility for Yukon First Nation communities to participate in this research project; discussing and sharing knowledge related to food security issues in the North; and the recommendation to develop a sustainable network for people to stay connected and share information related to ensuring food security for the Yukon.

Based on feedback and the evaluation forms, it is clear that Yukoners are interested in learning more about Community-Based Research. Participants expressed an interest in research opportunities related to the bacterium H. pylori. Participants were all very clear that continued knowledge exchange and action about food security is integral for the Yukon. AICBR looks forward to the opportunity to bringing people together again in the near future. See you in 2013!

## **Introduction**

The Arctic Institute of Community-Based Research (AICBR) hosted their first annual conference on March 20 and 21st 2012. Participants came from across the Yukon, five Canadian Universities, Northwest Territories and northern Ontario. They included Yukon First Nations, territorial and federal government representatives, rural and local food growers and producers, several non-government organizations, and academics. The purpose of the conference was to discuss and develop a Yukon/Northern perspective for community-based research, and to share information about an H. pylori project, and various opportunities for collaboration related to Yukon food security. Participants were seated so that each of the 13 tables had at least one representative from a Yukon First Nation community, at least one health practitioner or NGO, and at least one academic researcher. This way, they had the opportunity to network, share their ideas and experiences, and learn from each other, and to begin to plan for action and identify next steps in the topic areas.

In total 78 people registered for the conference and attended various components over the two days.



## Goals & Objectives

The overall goal for the conference was to be responsive to identified interests and needs in the Yukon and to create a greater understanding of AICBR's approach and focus through the offered sessions. Each session had particular objectives. The goal of the conference was also to identify training needs from participants in order to support participation in various projects and future initiatives.

### **Community-Based Research:**

To further develop a shared understanding of community-based research in the Yukon and to share and discuss some project opportunities.

### **H. pylori Project in the Yukon:**

To share information about a project opportunity regarding H. pylori in the Yukon.

### **Food Security:**

To share information about food security activities in the Yukon and to hear about food security activities in 3 First Nation communities in Northern Ontario. To discuss ways of moving forward collaboratively with food security in the Yukon.



*Dr. Suzanne Jackson with Clara Winnepetonga*

### **Main Activities**

#### **Community-Based Research**

Dr. Suzanne Jackson from the Dalla Lana School of Public Health, University of Toronto and advisor to AICBR presented the principles of community-based research with Jody Butler Walker, Executive Director of AICBR. Here, definitions of 'community', 'research', and 'community-based' were discussed. Groups then worked together to 'Yukonize' those principles. AICBR has taken the recommendations from the small group discussions and we will be adopting the improved principles as our approach to community-based research.

## H. pylori Project in the Yukon

Dr. Karen Goodman (Principal Investigator) and Janis Geary of the CANHelp Working Group, University of Alberta presented a project opportunity for Yukon First Nation communities to participate in researching the prevalence and treatment of *Helicobacter pylori*, a type of bacteria found in the stomach. They provided information about research that has been done in other Northern communities and discussed different ways of conducting the project including treatment options. Communities interested in learning more about this research opportunity can contact the CANHelp Working group. [canhelp@med.ualberta.ca](mailto:canhelp@med.ualberta.ca); 1-855-492-2525

## Food Security

Discussions on the second day of the conference focused on food security and were facilitated by Heidi Marion from Foodscapers. Food security is a pressing issue across the North. The document 'Resetting the Table: A People's Food Policy' (Food Secure Canada 2011) was distributed and referred to throughout the day. Food security may be defined as the ability to access sufficient amounts of nutritious and safe foods- this affects many Northerners in different ways. The goal of the second day of the conference was to bring many people together and discuss ways food (in)security affects them, share initiatives that are currently being done, and discuss potential community-based solutions. AICBR hopes to continue to bring people together and facilitate the development of a Yukon Food Security Network that will look at the current status of food security in the Yukon, identify promising practices, and advocate for food security in the Yukon. People interested in being involved in this working group should contact [info@aicbr.ca](mailto:info@aicbr.ca).



*Dr. Karen Goodman and Janis Geary with Bree*



From the Indigenous Health Research Group at University of Ottawa, Dr. Michael Robidoux discussed a food security project that his group has been working on with First Nation communities in Northern Ontario. Clara Winnepetonga of Wapekeka First Nation discussed culture programs that have been done in her community, and shared stories and pictures of community gardening and of youth and elders working together to hunt, fish and live off the land. Simon Frogg of Wawakapewin First Nation discussed the history of the area and the impacts it has had on the current lifestyle of his people. Joseph LeBlanc from the Nishnawbe Aski Nation presented a comprehensive overview of food sovereignty and the current status of the food system, as well as how to rebuild food sovereignty. This group has been working with Craig Larsen at Chronic Disease Prevention Alliance of Canada. The funding for these initiatives is through the Coalitions Linking Action & Science for Prevention. This group is hoping to build Northern partnerships in the area of food security for the purposes of knowledge exchange.

Simone Rudge from Yukon College Greenhouse and Aurora Mountain Farm shared photos and discussed her farming practices, including the raising of livestock in the Yukon. Simone also runs the Green Greenhouse Growers program under the Skills for Employment program at Yukon College. Simone's presentation included a video of her student's sharing what they've gained from taking the program and the goals they are working towards.

Matt Ball from Yukon Government Agriculture Branch discussed a different area of food security that concerns the land that is available to grow food and livestock, as well as other agricultural challenges (i.e. organic certification) that currently exist.

Danielle Palmer from Klondike Conservation Society (Dawson City, Yukon) discussed the Food Survey & Market Expansion Project. This project aimed to understand the current buying practices and attitudes towards local foods, as well as hurdles consumers face in supporting local agriculture in the Klondike region. It also aimed to research how to best support local farmers and facilitate the sector's ability to meet the community's growing needs for ensuring food security. The Conservation Society has been working in partnership with the City of Dawson, Tr'ondëk Hwëch'in, Robert Service School, Dawson Community Garden and Dawson Community Greenhouse.

Alice Boland of Little Salmon Carmacks First Nation shared pictures of the First Nation's Greenhouse and Farm Operation project. Alice told the story of how the project began and the learning process of finding out what would grow and what wouldn't. This greenhouse was started over ten years ago and is an inspiration to many other Yukon Communities.

Dr. Kent Mullinix, Director of Sustainable Agriculture and Food Security at Kwantlen Polytechnic University, and Dr. Scott Green from University of Northern British Columbia, introduced the proposed Yukon Food System Design and Planning project. Kent has assembled a team of 20 specialists who are ready to work with Yukoners to co-design an integrated food system. The plan will provide farmers, food-sector entrepreneurs, consumers, and the community at large with sequential steps, drawing a roadmap to food sovereignty for the whole Yukon.

AICBR and partners have recognized through various project activities that food security and achieving and maintaining a healthy lifestyle are interrelated. On the second day of the conference, the booklet 'Celebrating Our Stories: Building a Healthier Yukon Together' was released. AICBR worked with the Recreation and Parks Association of the Yukon and Yukon Government-Health & Social Services on this initiative. Success stories that contribute to achieving a healthy lifestyle were collected and produced into a colour booklet. The publication also includes a summary from the Deliberative Dialogue on Healthy Weights for Children in the Yukon gathering hosted by AICBR and partners in December 2011, and is posted on our website ([www.aicbr.ca](http://www.aicbr.ca)).

# CELEBRATING OUR STORIES:



Building a Healthier Yukon  
Together

## Discussion Outcomes

### Community-Based Research

#### What is Community?

Based on the discussions in the Community-Based Research session, Community is described as:

*In the Yukon, the primary community for AICBR work is a community of place where all living things are connected ecologically and spiritually - people, the land, animals and plants in rural and urban locations. AICBR also recognizes that all those living in the Yukon belong to several different communities – they connect to others with similar interests; like others who speak the same language, have the same history, belong to the same profession, care about the same problem, work together or go to school together. Both communities of place and communities of interest are evolving and dynamic.*

Based on the discussions in this session, Community-Based Research is described as:

*Community-Based research involves community members in all parts of the project or research. This relationship is built on trust, full participation of everyone, two-way communication, recognition of local expertise and community knowledge, and is driven by community agenda/issues/priorities. The researcher is a facilitator and partner rather than the leader. In the Yukon, community-based work is built on respect, caring, and sharing where communities, practitioners, and researchers have mutual goals and excitement about the work and recognize one another's strengths and contributions.*



Ron Pearson (AICBR Board member) and Bree Blotner with Tami Hamilton of Carcross Tagish First Nation



## Principles of Community-Based Research for the Yukon

Based on the discussions in this session, and on the four principles of Responsibility, Respect, Relevance and Reciprocity, community-based research principles for the Yukon and to be adopted by AICBR, can be described as:

1. Community members and researchers work together in all stages of projects. [Reciprocity and Responsibility]
2. Community members/research participants are actively involved in decisions about the research process from the beginning; and the process is responsive to cultural and community values. [Responsibility]
3. The research process strives for consensus and enables participation of all people. [Respect]
4. The relationship between researchers and community members is built on respect, trust, and learning with and from each other. [Respect]
5. The research project lays the ground for the exchange of knowledge, skills, resources, and ownership between stakeholders and within a mutual agreement. [Reciprocity]
6. Those involved in the research project have the responsibility to provide reciprocity. The
7. research process builds the capacity of community people to participate in and use the knowledge produced by the research. [Responsibility, Reciprocity, and Relevance]
8. There is continuous discussion/verification of data between all partners in order to generate meaningful, useful, and accessible results to inform community actions. [Reciprocity]
9. The research benefits and serves the community directly and addresses their interests and needs. [Relevance]
10. Research builds on and contributes to the strengths and resources of the community. [Relevance]
11. Health is addressed from positive, ecological and cultural beliefs and values. [Relevance]



*Ashten Staffen (AICBR Volunteer) with Caitlin Dorward and Dr. Kent Mullinix of Kwantlen Polytechnic University and Dr. Paula Pasquali and Jan Langford of Yukon Government Health and Social Services*

## H. pylori Project in the Yukon

After the H. pylori presentation, the small groups discussed how they would start to plan a research project like this in their community, as well as, how they would plan a steering committee. Some key highlights were to first talk to Chief and Council, the Health Centre, Mayor/Village office and see if they were supportive of the project. A visual aid, such as the video that was shown at the conference (Never Say Die: The Aklavik H. pylori Project) could be a useful tool to provide a better understanding of the overall project and what it entails. Overall, if a community is interested in participating in the project, they can contact either the CanHelp Working Group (see pg. 25) or AICBR to discuss and make a plan for next steps. Other community groups (i.e. Elders Council, Health & Social, others) should also be involved, according to community capacity. It was also recognized that a key position in the community should be established, with a person responsible for managing the project at the community-level to facilitate ongoing communication and collaboration.

With respect to forming a Steering Committee, it was felt that community members, the First Nation Health & Social director, someone from Chief and Council, the Nurse in charge, a First Nation liaison, and the researchers should be on the committee. It was recognized that it could be challenging to get community members involved because they may be intimidated by the other health professionals, and may be expected to volunteer their time, while the others are in paid positions. All in all, representation from the community (i.e. Elders, youth, etc.) was thought essential, and measures would have to be taken so they were recognized as having an equal voice to others.



*Dr. Karen Goodman presenting at the AICBR First Annual Conference*

<b>Theme</b>	Influencing Factors
<b>Education</b>	Knowing how to cook and prepare food
	Food preservation
	Daycare gardening
	Media-importance of educating children on nutrition/reducing media exposure to unhealthy choices
	Making healthy choices the easy choice (providing opportunities-government, policy; normalizing healthy choices; slow food movement)
	Putting food by their actual costs (i.e. cost of growing, transporting to Yukon, etc.)
<b>Priorities</b>	Other Priorities
	Convenience
	Affordability
	Garden Produce to prenatal mums and children
	Making healthy choices the easy choice (providing opportunities-government, policy; normalizing healthy choices; slow food movement)
	Provide students with opportunities to make healthy life choices with careers (i.e. Relative to student debt)
	Taxation of sugar-sweetened beverages; pop should be treated like candy
	What takes away from cooking?
	Normalizing healthy choices
<b>Theme</b>	Influencing factors
<b>Culture</b>	Culture (has both positive and negative effects)
	Value Systems (relearning how to be connected to our food/land/community)
	Part of the land, part of the water (connection to place and to each other)
	“the Last Child in the Woods”
	Celebrating what we’ve done
	Build a new food culture and autonomy
	Time (body clocks vs. normal time)
	Traditional economy
<b>Physical Environment</b>	Growing season
	Winter
	Changing lawns and gardens
	Neighbourhood compost centre and network
	Community assessment (lack of) (Eco-trust has an assessment tool)
	Compare communities to help understand similarities
	Compete for growing



## Session Evaluation Results

### *Community-Based Research*

Overall, the community-based session was well received. Participants enjoyed the opportunity to work in facilitated small groups, learn about community-based research, and hear different perspectives and ideas about research. The opportunity to share knowledge, stories and experiences with each other was also appreciated.

#### **Participants identified various training interests in community-based research.**

- Defining the true ethical priorities of partnerships pertaining community-based research; First Nation protocols for research
- More on research (data/research/analysis/data management)
- Support/discussion groups specially directed at researchers (mentoring program)
- Meaningful ways to share verified results with community
- More information on research projects happening/have happened in Yukon communities
- Case studies of successful community-based investigation
- Follow-up to this session on community-based research

### **H. pylori Project in the Yukon**

Participants in the H. pylori session found it to be very informative and it raised questions and concerns for their own community. The film *Never Say Die: The Aklavik H. pylori Project* was very much appreciated as a visual tool to learn about the project and about H. pylori. The main issue that some participants had with this session was that there are many unanswered questions with respect to H. pylori. For example, what are the proven causes, where and when did H. pylori come from/start? Participants noted that they would like to hear about the outcomes of the project and learn more about what the next steps are.

#### **With respect to training, people were interested in:**

- Research training for people/partners involved, including healthcare providers, Community Health Reps and nurses
- Planning
- General education and awareness workshops on H.pylori in the communities and opportunities for community discussion
- More detailed information about the issue, including facts vs. myths
- To put a great deal of energy into understanding the bacteria
- More video/visual tools to educate
- More information about the treatment

## Food Security

Participants in the food security session offered a significant amount of feedback. Participants enjoyed the opportunity to come together and hear about different initiatives in the Yukon and other northern communities. Learning from each other, sharing stories, being able to have open dialogue and time for people to talk was also communicated to be very important. Participants also liked the diversity of opinions, perspectives, inclusivity, and range of discussion. A strong First Nations presence was appreciated. The *Resetting the Table: A Peoples Food Policy* (Food Secure Canada 2011) document was also appreciated as an opportunity to learn about food policy.

It was thought that a gathering of people interested in the Yukon food security movement should be held one or two times per year in order to continue to move forward in this area. It was also suggested that a larger conference be held that could involve others from across the country to share and build on project ideas. Topic-specific sessions could also be held. Time was a constraint with the food security session. A longer panel discussion was suggested, with more time allotted for strategizing, sharing, and networking. It was noted that no youth were present and that it would be good to know what youth are saying, feeling, asking, with respect to food security.

**With respect to types of training people were interested in, there were multiple responses.**

### *o CAPACITY BUILDING*

- Community capacity building
- Technical information about gardening and farming in the Yukon
- Greenhouse technology
- Community garden training
- Training at Yukon College how to grow and have a harvest market later in the fall
- Alga-culture
- Mentor program and sharing of traditional knowledge between aboriginal communities
- Visual, hands-on training
- Food with the four seasons
- Food and health

### *o CENTRAL ONLINE HUB:*

- A list of mentors and where/when mentor is available (build a database)
- Some way of knowing what's going on where?
- Opportunities to share information with each other
- Updates: Quarterly (e)newsletter to highlight projects
- Knowledge of services and supplies available in the Yukon

### *o RESEARCH*

- What has been learned from all the research that has happened in this area
- Food security structures
- Knowledge of existing programs and initiatives that are successful, i.e. Carmacks green house
- Mapping exercise: Food activities in Yukon

### *o FUNDING OPPORTUNITIES*

### *o COMMUNITY EDUCATION AND AWARENESS RAISING*

- Opportunities to visit other institutions to learn

## Concluding Remarks

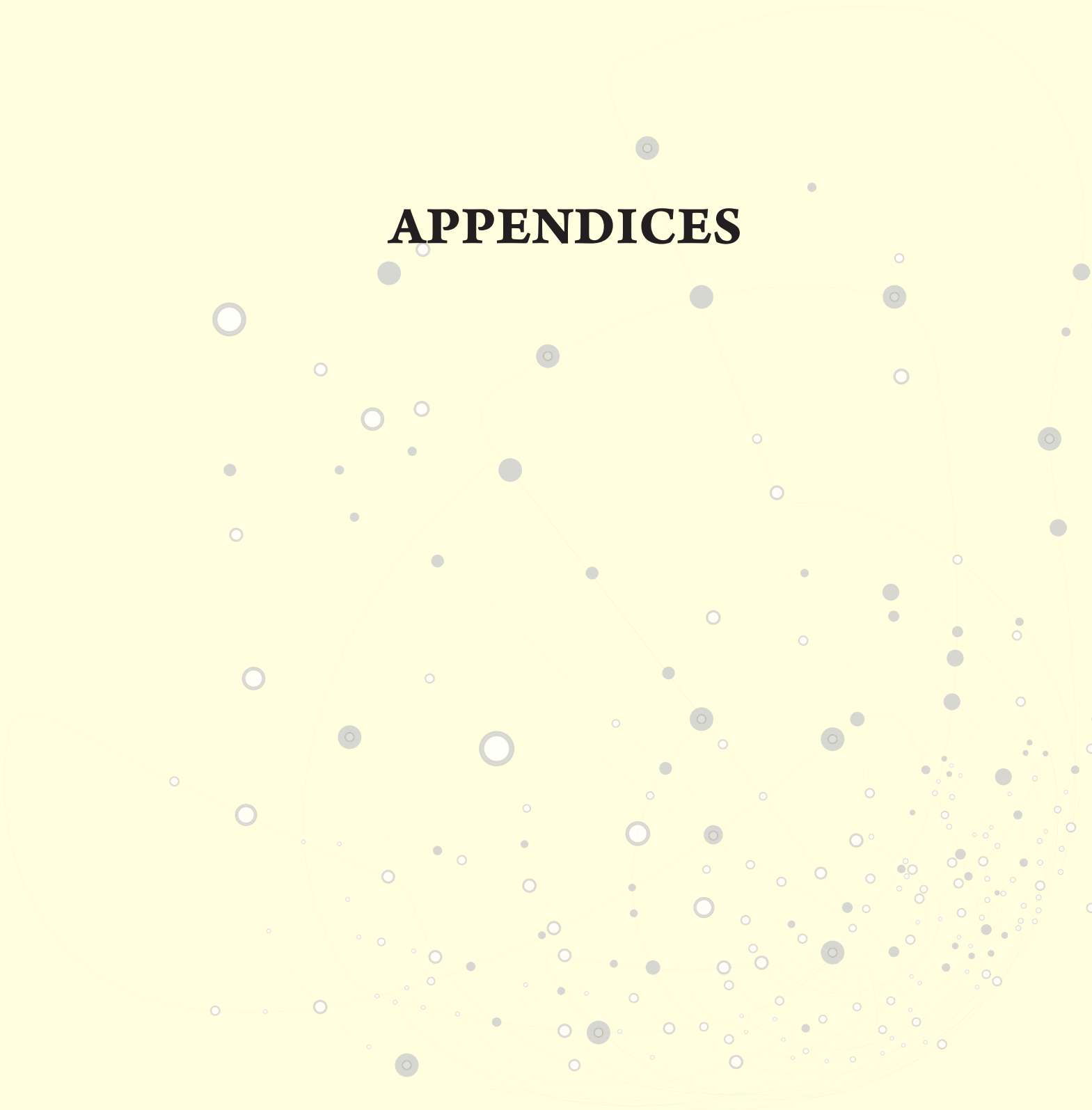
AICBR would like to thank everyone that attended the conference. Based on feedback and evaluations it is very clear that Yukoners are interested in learning more about Community-Based Research. Participants expressed an interest in research opportunities related to the bacterium *H. pylori*. Participants were all very clear that continued knowledge exchange and action around food security is integral for the Yukon. AICBR looks forward to the opportunity to bringing people together again in the near future.



*Dakka Kwaan Dancers perform for conference participants, March 21st, 2012.*



# APPENDICES



## Appendix A

### AGENDA First Annual AICBR Conference Westmark Hotel, Whitehorse Yukon March 20-21, 2012

**Tuesday, March 20th**

**8:30-9:00 Registration and Coffee**

**9:00-9:30 Opening Prayer**

Welcoming Remarks by Minister of Health & Social Services, Hon. Doug Graham

**9:45-12:00 Community-Based Research**

**Purpose:**

To further develop a shared understanding of Community-Based Research in the Yukon and to share and discuss some project opportunities.

- o Review of key principles of community-based research
- o Small Group discussions on a Yukon perspective of the principles of community-based research

**12:00-1:15 Lunch (provided)**

**1:15-4:00 H. pylori Project in the Yukon**

**Purpose:**

To share information about a project opportunity regarding H. pylori in the Yukon.

- o Presentation by University of Alberta researchers (Dr. Karen Goodman)
- o Overview of the Aklavik H. pylori project (Janis Geary)
- o Overview of the Old Crow H. pylori project
- o The potential role of AICBR (Jody Butler Walker)
- o Discussion of Yukon communities interest in the project
- o Questions and Answers (general discussion)

**4:00 Closing of the first day**

## Wednesday, March 21st

**8:30-9:00 Registration and Coffee**

**9:00-9:15 Welcoming Remarks and Review of First Day**

**9:30-11:45 Food Security**

**Purpose:**

To share information about food security activities in the Yukon and to hear about food security activities in 3 First Nation communities in Northern Ontario.

- o Presentation by Clara Winnepetonga, Joseph Leblanc, and Simon Frogg, guests from Northern Ontario and Dr. Michael Robidoux, University of Ottawa; with Q & A period
- o Presentations and panel discussion by guests on Yukon food initiatives, including Simone Rudge (Yukon College Greenhouse), Matt Ball (Yukon Government-Agriculture Branch), and Danielle Palmer (Klondike Conservation Society)

**11:45-12:00 Celebrating Our Stories: Healthy Ways of Living in Yukon Communities**

- o Report release

**12:00-1:15 Lunch (provided)**

**1:15-3:00 Food Security**

**Purpose:**

To discuss ways of moving forward collaboratively with food security in the Yukon.

- o Facilitated general discussion
- o How to form a Yukon food security network
- o Next steps

**3:00-3:30 Roundtable Summary, Evaluation & Closing of the Day**  
Closing Prayer



## Appendix B

NAME	ORGANIZATION/COMMUNITY
Adrienne Marsh	Recreation and Parks Association of the Yukon
Alice Boland	Little Salmon Carmacks First Nation Greenhouse
Ashley Van Bibber	Selkirk First Nation
Ashten Staffen	Volunteer for Arctic Institute of Community-Based Research
Beth Mulloy	Yukon Literacy Coalition
Billie Giroux	Kwanlin Dün First Nation Elder
Bradley Barton	Yukon Government-Agriculture Branch
Bree Blottner	Arctic Institute of Community-Based Research
Cain Vangel	Yukon Young Farmers
Caitlin Dorward	Kwantlen Polytechnic University
Caroline Sparks	Contractor, C. Sparks Consulting
Charlie James	Carcross/Tagish First Nation
Christine Tapp	Yukon Government-Health & Social Services
Clara Winnepetonga	Wapekeka First Nation
Colin O'Neil	Whitehorse Fireweed Market
Craig Larson	Chronic Disease Prevention Alliance of Canada
Dana Jennejohn	Yukon College
Danielle Palmer	Conservation Klondike Society
Danny Creswell	Carcross/Tagish First Nation
Dr. Karen Goodman	CANHelp Working Group, University of Alberta
Dr. Suzanne Jackson	Dalla Lana School of Public Health, University of Toronto
Elsie DeRoose	Health and Social Services, Government of Northwest Territories
Francois Haman	Indigenous Health Research Group, University of Ottawa
Heidi Marion	Foodscapers
Helen Stappers	Council of Yukon First Nations
Ingrid Wilcox	Master Gardener
Jade McGinty	Teslin Tlingit Council
Jan Langford	Health & Social Services, Yukon Government
Janis Geary	CANHelp Working Group, University of Alberta
Jeanne Burke	Gardener; AICBR Board Member
Jen Jones	Grad Student: Public Health
Jennifer Daniels	Canadian Prenatal Nutrition Program
Joan Norberg	Food Secure Canada, local farmer
Jody Butler Walker	Arctic Institute of Community-Based Research
Johnny Mackenzie	Yukon College-Whitehorse Greenhouse Growers
Jolene Geddes	Skookum Jim Friendship Centre
Joseph Leblanc	Nishnawbe Aski Nation
Judith van Gulick	Yukon Literacy Coalition
Julia Frische	Potluck Community Co-op
Karla Olsen	First Nation of Na-Cho Nyak Dun

Katelyn Friendship	Arctic Institute of Community-Based Research
Kawina Robichaud	Growing Ingenuity Group
Kent Mullinix	Kwantlen Polytechnic University
Kim Melton	Growers of Organic Food Yukon
Kim Neufeld	Community Dietician-Health & Social Services
Lisa Christensen	Yukon Research Centre
Lucy McGinty	Selkirk First Nation
Marie Martin	Kwanlin Dün First Nation
Marilyn Van Bibber	Arctic Institute of Community-Based Research
Matt Ball	Yukon Government-Agriculture
Michael Robidoux	University of Ottawa
Minister Doug Graham	Health & Social Services, Yukon Government
Pat Martin	Health Canada
Patrick James	Carcross/Tagish First Nation
Paula Pasquali	Yukon Government-Health & Social Services
Philip Boland	Little Salmon Carmacks First Nation Greenhouse
Rachel Byers	Little Salmon Carmacks First Nation
Rachelle Blais	Medical Student, Memorial University
Ron Pearson	Gardener, AICBR Board Member
Rosemarie Vandermeer	White River First Nation
Ryan Hennessey	Consultant
Sandy Washburn	First Nation of Na-Cho Nyak Dun
Scott Green	University of Northern British Columbia
Simon Crelli	Yukon College-Whitehorse Greenhouse Growers
Simon Frogg	Wawakapewin First Nation
Simone Rudge	Yukon College-Whitehorse Greenhouse Growers
Stephanie Starks	Family Physician
Tammy Hamilton	Carcross/Tagish First Nation
Tanya Morrison	Health Canada-First Nations & Inuit Health Branch
Tom Rudge	Growers of Organic Food Yukon, Slow Food
Valerie Whelan	Agriculture, Yukon Government and Agri-Food Canada
Vera Charlie	Little Salmon Carmacks First Nation
William H Venton	Yukon College-Whitehorse Greenhouse Growers
Willie Blackwater	Kluane First Nation

## **Community-Based Research**

### **DEFINITIONS**

#### **What is Community?**

There are several different definitions of the word ‘community’.

- a) One is a group of people who live within certain geographical boundaries – based on location. This could be people who live in one area of land, one small town or between certain city streets.
- b) Group of people who share the same interests. This could refer to a group of people from the same family background, language group, profession, or age no matter where they live. A community of interest means you connect to people with the same interest wherever they live and you can exclude people who don't share your interests. For example, there could be a community of health practitioners, farmers, Health Directors, or skiers.

#### ***What does this mean for community-based research for AICBR?***

We have to be clear about what communities might be interested in working with us, and how it could take shape. This can be challenging and take time. A key aspect is being inclusive through community meetings, notices, etc. throughout the research process.

#### **What is Community-Based?**

There is a need to clarify the difference between “community-placed” and “community-based”:

- a) When projects or research are located in the community, they are Community-Placed. People who live in the community are asked to participate in someone else's research or project idea. They could also be consulted to get ideas for parts of the research. Community-placed research can evolve into community-based research when Community-Based Principles are followed.
- b) Community-Based projects or research involve community members in all parts of the research or project. People who live in the community are involved from the beginning in generating the research question, who can be involved, the best ways to conduct the work, what to do with the results, how to communicate the results and what action to take because of the results. What does this mean for community-based research in AICBR? Community members need to be part of the research project from the beginning. AICBR researchers strive to work WITH the community to develop the research idea rather than bring in a fully formed research project. There are variations of this where communities decide what parts of the research they want to be part of in collaboration with other members of the research team.



## **What is Research?**

There are several ways to think about research:

- a) The simplest definition is that research is to find out about something. You have a question like – where did my ancestors come from? You do some research to find out some answers – this research could be looking up information in old records and it could be talking to people who know about your family. Anyone can do this without special expertise but you can also benefit from the experience of others who have done this successfully. Research can be creating new knowledge or remembering old knowledge.
- b) Some questions are more difficult to answer and require certain kinds of expertise. There are many levels of expertise and some community members know how to do basic research or evaluations and others (like AICBR staff) have received training and can guide research and evaluation. When the research requires specialized knowledge, the community-based research team can expand to include others (e.g. government policy analysts or university researchers).
- c) When you want to know whether your project or program is working as well as it could or whether it is making a difference, this kind of research is called an evaluation. Evaluations use research tools, such as surveys, interviews, and review of notes or records.

### ***What does this mean for community-based research with AICBR?***

Both evaluation and research can be community-based and involve both community members (from geographic communities and communities of interest) and researchers. If community members have an idea for research, they can talk to AICBR or others for advice about how to do it and what level of outside expertise might be required. If AICBR has an idea for research (often coming from funding opportunities), they will talk to community members about it to see whether they are interested. AICBR staff can work with community members to increase their skills to do many kinds of research and evaluation and they know others who can also contribute.



**Community-Based Research in AICBR**  
Suzanne F. Jackson, Ph.D.  
Dalla Lana School of Public Health  
University of Toronto  
AICBR Annual Conference, March 20, 2012

**What is Community?**

- ▶ **Location-based** – Areas with clear geographic boundaries (e.g. neighbourhood or small town)
- ▶ **Interest-based** – Group of people with shared interests or characteristics (e.g. language, profession or age)
- ▶ Sense of connection among members is common component
- ▶ People belong to more than one community



**Questions for You!**

- ▶ What does community mean to you?
- ▶ What communities do you belong to?



**Challenges**

- ▶ Ideal notion that community is stable with people who have same ideas and that everyone can be included (not reality)
- ▶ Creating boundaries & excluding people is common for all kinds of communities
- ▶ Power & personality issues are present in all communities

**Implications for AICBR**

- ▶ Need to know the type of community who might want to work with us
- ▶ How to engage/involve them in decisions from the beginning



**What is Community-Placed vs. Community-Based?**

- ▶ **Community-Placed** – Located IN the community – people in the community are asked to participate in someone else's research
- ▶ **Community-Based** – Research done WITH the Community – Community members are involved in decisions about the research from the beginning

### Questions for You!

- ▶ When have you been part of community-placed projects?
- ▶ What would be different if these projects were community-based?



### Implications for AICBR

- ▶ Involve the community members in the research from the beginning (maybe in the form of a Steering Committee)
- ▶ Work with the community to develop the research idea
- ▶ Collaborate with community members to decide who is involved in each research step
- ▶ Follow as many Community-Based Research Principles as possible



### What is Research?

- ▶ Research = finding out about something
- ▶ Creating new knowledge or remembering old knowledge
- ▶ Some questions need special expertise and others need to be involved
- ▶ Is my program working well or making a difference? Evaluation = a kind of research

### Questions for You!

- ▶ When have you collaborated on a project with others?
- ▶ What made this collaboration work?



### What are the Implications for AICBR?

- ▶ Evaluation and research can be community-based
- ▶ Research can be a collaboration between community members and research experts
- ▶ AICBR can provide advice, talk to community members about ideas to fill funding opportunities, provide training about research and evaluation





## Appendix D

### Session 2: Handout

Contact: Laura Aplin Fieldwork Lead CANHelp Working Group Phone: (780) 492-2525	7-142 Katz Group Building T6G 2E1 Edmonton, Alberta	
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### Background of the H. pylori (CANHelp) Working Group and Project

In 2007, the Canadian North Helicobacter pylori (CANHelp) Working Group was created to link community leaders and health officials with researchers at the University of Alberta. The goal of this group is to study H. pylori infection in Northern Canadian communities and to find solutions to community concerns about health risks. The CANHelp Working Group expanded to include the Yukon when the Vuntut Gwichin First Nation began their project in 2010. With additional funding recently confirmed, there is now an opportunity for other interested Yukon First Nation communities to participate.

From 2008 to present, CANHelp has studied H.pylori in Aklavik, NWT and is also currently working in the communities of Tuktoyaktuk, NWT and Old Crow, YT. Each community is at a different stage in the research process.

### Communities may choose to work with CANHelp to:

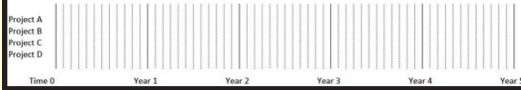
- Actively engage community members in the research planning and project implementation
- Test consenting community residents for H. pylori
- Investigate potential risk factors for getting H. pylori infection and related stomach diseases
- Offer stomach endoscopy's (sampling of stomach tissues) to infected participants
- Establish criteria for treating and offer treatment to infected participants
- Evaluate new or alternative H. pylori treatments that may work better in communities than what is currently being used
- Follow those treated long-term to identify factors associated with treatment failure and getting infected again later-on

In the Yukon, the CANHelp team will be inviting all Yukon First Nation communities that are interested in this scientific research the opportunity to participate in the project.

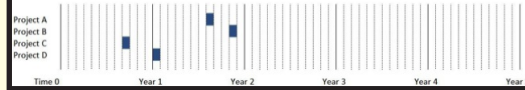
For more information about H. pylori, the research team, methods and sources of support, reports of research results, progress reports etc please visit the website:

<http://www.canhelpworkinggroup.ca>

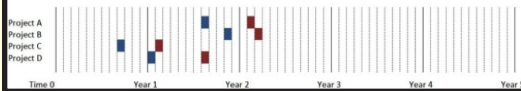
## Community Project Timelines



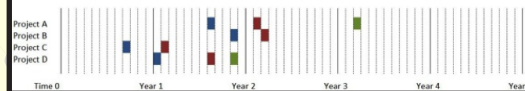
## Time to starting planning workshops



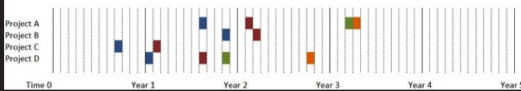
## Time to starting data collection



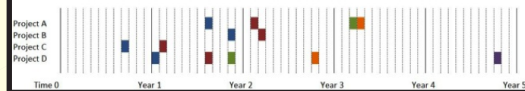
## Time to endoscopy



## Time to treatment



## Time to long term follow-up



### Participation

- Aklavik: 379
  - 333 tested for *H. pylori* (193)
  - 200 had endoscopy
- Old Crow
  - 186 tested for *H. pylori* (130)
  - 64 had endoscopy
- Tuktoyaktuk
  - 86 tested for *H. pylori*

### What we've learned so far

- Most of the research participants have *H. pylori* infection (60-70%)
- Compared to people in other parts of Canada, research participants with *H. pylori* are more likely to have severe inflammation in their stomach

### What we've learned so far

- The treatment that is used commonly across Canada only worked on the first try in about 60% of research participants



# Activate!

A year ago, the Potluck Community Co-op hosted a situation mapping day on the Yukon food system. Maybe you were there! Here are action points from an agriculture perspective:

- ONE** Establish an "Online Food Knowledge Hub!"
- TWO** Producers want Policy Development & Action: The 2006 Ag Policy already calls for a 200% growth in the agriculture sector by 2016!
- THREE** Promote and use the grassroots tool **RESETTING THE TABLE: A PEOPLE'S FOOD POLICY FOR CANADA** - concrete, action and product based for eaters and producers.
- FOUR** Backyard food is essential - needs support from: community assns, zoning, health + social programming, policy in many areas...
- FIVE** Know thy consumer: Consumer Studies Now! Growers need to know what we buy and what we will pay for it to plan a farm business.

# Food in the Yukon

March 2012.

Do we have enough?

Do we eat what we want?

What is food security?

Do we have any?

## Food security

is when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.

WORLD FOOD SUMMIT 1996

## What's growing on?

**YOUR LOCAL SCENE**  
What affects what you eat?

## Food Facts

- ▶ 1-2% of the food we eat comes from here
- ▶ 30 cents of every food buck is spent in restaurants
- ▶ we spend about 20 million dollars on meat + poultry each year
- ▶ farmers don't make a living on average here or in Canada
- ▶ the Whitehorse Food Bank has 8% more clients in 2012 from 2011 (Jan-Jan)

**Food Sovereignty**  
- La Via Campesina

The right of people's to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems is Food Sovereignty.

**Our Community's Health**

- ▶ MENTAL HEALTH
- ▶ DISEASE PREVENTION
- ▶ CLIMATE CHANGE
- ▶ EMERGENCY PREPAREDNESS
- ▶ FARM HEALTH (FARMER INCOME; SOIL FERTILITY)
- ▶ OIL PRICES
- ▶ HEALTHY WEIGHTS FOR YUKONERS
- ▶ environmental health (ferry, methane, food distribution)
- ▶ education + curriculum on food systems, agr. (K-12 +)
- ▶ teaching kids about gardening + it's fun

**FOOD**

Yukon Ag. Multi-year Development Plan by Serecon Mgmt + Consulting Services, Dismbar - Indio - White Food Bank

Working with Communities Towards Local Food Autonomy

Simon Frogg, Wawakapewin First Nation  
Clara Winnepetonga, Wapekeka First Nation  
Craig Larsen, Chronic Disease Prevention Alliance of Canada  
Francois Haman, U of Ottawa  
Michael A. Robidoux, U of Ottawa

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### Workshop Outline

- Simon:
  - Communities in historical and cultural context
  - Food Insecurity in context
  - Wawakapewin Programs: land based approaches to health, education and wellness
- Clara:
  - Community ownership and direction leading to sustainable solutions
  - Youth development programs enhancing land based skills in Wapekeka

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### Community Based Research Program with Northern Ontario First Nations

Wawakapewin First Nation  
Wapekeka First Nation  
Karabouka First Nation

CLASP

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## Rebuilding Food Sovereignty in Nishnawbe Aski Nation

Joseph LeBlanc  
Community Project Co-ordinator  
March 1, 2012



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### Food Sovereignty

Indigenous food related knowledge, values, and wisdom built up over thousands of years provides a basis for identifying four key principles that guide the present day food sovereignty movement in Indigenous communities (IFSN 2012).

- Sacred
- Self-determined
- Participatory
- Policy



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### Major Events in Our Food Systems


- Contact and Trade
  - Treaties
- Constitution Act
- Indian Act
- Residential Schools
- Mass Media and Acculturation



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### Challenges in the Food System

- Disempowered Food Producers
- Industrial Resource Management
- Legacy of Residential Schools
- Oligopolization of the Import Food Market
- Poor Nutrition Practice
- High Costs of Foods, Fuel, and Supplies



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### Opportunities Food System

- Many Food Actionists through NAN
- Co-ordinated Actions and Sharing Knowledge
- Vibrant Forest Food System in "Far North"
- Traditional Knowledge
- Strategic Partnerships
- Effective Community-based Solutions



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### 4 "Rs" of Rebuilding Food Sovereignty

- Reclaim
- Reorganize
- Reskill
- Restore




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### Reclaim

- NAN Food Security Resolution

Community-based Initiatives

- Food System Mapping / Land Use Planning
- Collective Harvests / Community Freezers
- Alternative Marketing / Good Food Boxes
- Community Food Charters




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### NAN Chiefs-in-Assembly Resolution 11/40

Support for the development of a food strategy

- Recognition of traditional food systems and role of market foods
- Mandate to develop food security strategy based on community solutions while seeking funding and working collaboratively with governments and regional organizations



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### Reorganize

- Food Sovereignty Working Group

Community-based Initiatives

- Community Food Security Committee
- Collective Harvests / Community Freezers
- Hunters' Support
- Strategic Partnerships



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### Reskill

- NAN Food Symposiums

Community-based Initiatives

- Gardening and Farm Mentors
- Video Conferencing
- Food Preparation and Storage
- Youth Forest and Freshwater Harvesting



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### Restore

- Community Action as Foundation of Sovereignty

Community-based Initiatives

- Strategic Partnerships
- Community Controlled Imports and Marketing
- Community Events and Celebrations
- Sharing and Community Responsibilities



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### Thank You!

Contact:  
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(807) 625-4981  
jleblanc@nan.on.ca




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## Dawson Community Food Survey & Market Expansion Project

Danielle Palmer  
Conservation Klondike Society



### Conservation Klondike Society



- o Formed in 1992
- o Need to promote more sustainable lifestyles

*"We aim to demonstrate and facilitate ways in which people can moderate their habits to help create a sustainable community."*

### Conservation Klondike Society

### CKS & Food Security

- o Dawson Climate Change Adaptation Plan
- o Food security identified as an important issue
- o Conservation Klondike Society
  - o Partnerships with City of Dawson, Tr'ondëk Hwëch'in, Robert Service School to help to create the Dawson Community Garden, Dawson Community Greenhouse, and other initiatives
  - o **Dawson Community Food Survey & Market Expansion Project**

### Goals

- o To understand the current buying practices and attitudes towards local foods as well as hurdles consumers face in supporting local agriculture in the Klondike region
- o Research how to best support local farmers and facilitate the sector's ability to meet the community's growing needs for food security

### Methodology

<p><b>Community-wide business and consumer survey</b></p> <ul style="list-style-type: none"> <li>o Baseline data</li> <li>o Current local food supply</li> <li>o Current local buying practices</li> <li>o Surveyed local consumers, restaurants, and grocers</li> </ul>	<p><b>Research and Market Expansion Strategy</b></p> <ul style="list-style-type: none"> <li>o Used survey results</li> <li>o Research next steps for development</li> <li>o Potential food models</li> </ul>
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## Results

- ca 82% of households are concerned about food security
- ca Largest barrier: Availability!
  - ca For consumers, restaurants, and grocers
  - ca Demand, price, and quality are not an issue
- ca Consumers: strong preference for self-production



## Results

Table 2 – Local Food Access: Practice and Preference

	Current Practice	Expressed Preference
Self-produce	4 <sup>th</sup>	1 <sup>st</sup>
Dowden Farmers Market	2 <sup>nd</sup>	2 <sup>nd</sup>
Grocery stores	1 <sup>st</sup>	3 <sup>rd</sup>
Hunt/gather	3 <sup>rd</sup>	4 <sup>th</sup>
Direct from farm	5 <sup>th</sup>	5 <sup>th</sup>
Home delivery	7 <sup>th</sup>	6 <sup>th</sup>
Restaurants	5 <sup>th</sup>	7 <sup>th</sup>

## Consumers

- ca Demand, quality, and price are not barriers
- ca Demand significantly exceeds supply
- ca Formal quality verifications are not a barrier (e.g. organic certification)
- ca Willing to pay at least 15% premium for locally-produced

## Restaurants



- ca Demand for local produce and meats had increased over recent years
- ca Availability is their only identified barrier.
- ca "Grow more!" to local producers.

## Grocers

- ca Local produce sells out when available
- ca Greatest barrier: consistency of supply



## Market Expansion

Table 1 – Okaloosa Domestic Consumer Food Market Estimates

	Weekly Spend	% Total	Annual Spend	Locally Produced	Available Market
Total	\$112,000	-	\$5.6 million	8.4%	\$5.71 million
Fruit and Vegetables	\$29,000	25.9	\$1.5 million	12.9%	\$1.41 million
Meat	\$22,000	19.6	\$1.1 million	25.2%	\$1.10 million
Eggs	\$4,000	3.6	\$0.22 million	11.1%	\$0.22 million
Dairy	\$15,000	13.4	\$0.76 million	2.6%	\$0.76 million

## Market Expansion

Table 3 - Klondike Restaurant Food Market Estimates

	Weekly Demand	% Total	Annual Demand	Locality Produced	Available Shortfall
Total	\$36,731	-	\$1.91 million	2.6%	\$1.84 million
Fruit and Vegetables	\$7,038	24.6	\$0.47 million	8.6%	\$0.43 million
Meat	\$10,530	28.8	\$0.55 million	1.1%	\$0.54 million
Eggs	\$4,038	11.0	\$0.21 million	0%	\$0.21 million
Dairy	\$4,896	13.1	\$0.25 million	0%	\$0.25 million

## Market Expansion

- ☐ Best option: expand local markets
  - ☐ The costs of exporting create disadvantages for competition in outside markets
  - ☐ Local demand exceeds supply
  - ☐ Could include mining companies & MUSH sector
- ☐ Community Supported Agriculture (CSA) would be supported

## Farmers

- ☐ Two largest not interested in changing or expanding production
- ☐ Over next 5-10 years reducing production and eventually retiring



## Farmers

- ☐ **New commercial farmers are needed!**
  - ☐ Face significant barriers to entry
  - ☐ CSA model could help identify and overcome barriers for new farmers



## Recommended Strategy

- ☐ Expand self-production
  - ☐ Build on success of Dawson Community Garden
- ☐ Enhance existing commercial production
  - ☐ Local food branding and marketing
- ☐ New production and distribution
  - ☐ CSA feasibility study

## Communication of Results

- ☐ Local producers
- ☐ Klondike Sun article
- ☐ Open House
- ☐ <http://conservationklondike.org>



## Response to Results

- ☐ Barriers
  - ☐ Dawson City Farmers Market fees
  - ☐ Access to land
  - ☐ Access to farm equipment
- ☐ Local Growers Co-op supported
  - ☐ Better access to funding
  - ☐ Ensure access to land and equipment
  - ☐ Allow farmers to learn and develop own business practices

## Next Steps

- ☐ More interviews & discussions with those interested in community food security
- ☐ Seek individuals interested in becoming producers in the Klondike region
- ☐ Contact a wider range of producers to further understand needs & barriers for an expanded market
- ☐ Research feasibility of new food production and distribution models

- ☐ <http://conservationklondike.org/>  
(click on projects and then food survey)