



The Cultural Context of Healthy Body Weight and Body Image among Aboriginal Women in the Battlefords Tribal Council Region, Saskatchewan Canada

“Iskwēwak Mīwayawak” - Healthy Women



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Objective

to explore the socio-cultural meaning of the ‘healthy body’ from the perspective of Aboriginal women.

Phase 1: 2005-2006

Findings from the 1st Community Consultation / Sharing Circle: Research must address

- 1) the importance of Elder knowledge in community wellness
- 2) the broader socio-cultural (historical, gendered and visual) context of the healthy body
- 3) food security and health programming

Journal of Aboriginal Health, 2007

Phase 2: 2007-2010

Aboriginal women and obesity

- Most literature focuses on biomedical causes and consequences
- Little is known about the visual, gendered, historical and cultural meanings or experiences of healthy body weight and healthy body image
- Little is understood about the complex intersections between the physical body and the socio-cultural experiences of the body



Photovoice - a qualitative research tool, which enables communities:

- to reflect upon their personal and community strengths and concerns
- to promote dialogue and share knowledge
- to reach health policy makers

Our research will enable community members to

- Record and reflect upon community strengths and concerns
- Promote dialogue and knowledge about community issues through group discussions
- Provide information essential to policy makers to transform existing practices, programs and policies relating to healthy body weight and healthy body image



U of Saskatchewan Research Team: Carolyn Brooks, Janice Kennedy, Jan Baxter-Jones, Roanne Thomas-MacLean, Laurie Schimpf, Sylvia Abonyi, Jennifer Poudrier, Jenn Shea - Missing Karen Chad



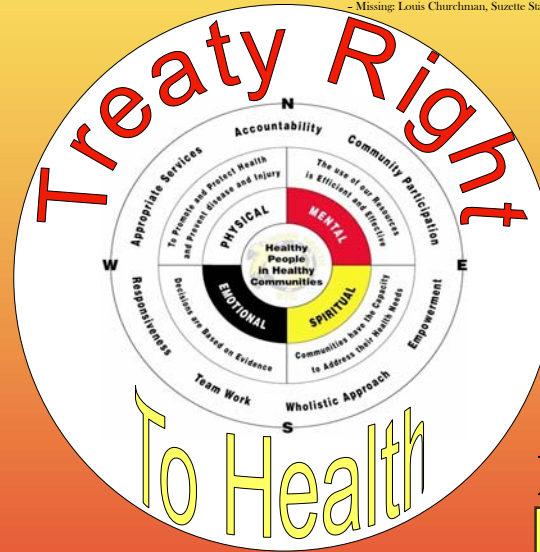
Miwayawin Health Services Research Team: Patricia Whitecall, Marcella Bird, Susan Hartman, Sandra Favell-Rewarts, Janice Kennedy, Jessilee Kohut, Laurie Ironstrand, Erin Stacey, Jacqui Hoppie, Joan Wentworth, - Missing: Louis Churchman, Suzette Starr

The Research Design

- Women take digital photographs of meaning of ‘the healthy body’
- Individual in depth interview
- Sharing Circles / Focus Group to discuss photography and ideas for community Community Photography Exhibit
- 3 Groups of 10 women from communities

Photovoice Pilot

“Wanting to play soccer, but knowing that I probably will never be able to play even amateur soccer. But just the feeling that you know here I am in my backyard I am going to just make a fool of myself kicking this ball and I don't care who sees me.”



Participating First Nations

- Little Pine First Nation
- Lucky Man Cree Nation
- Moosomin First Nation
- Mosquito Grizzly Bears Head Lean Man First Nation
- Poundmaker Cree Nation
- Red Pheasant First Nation
- Sweetgrass First Nation



“This is my grandson, my first grandchild. Because I love him so much I want to make sure I am there for him so I want to stay healthy and I am just showing him off. He has just got really intense curly hair. So that is the reason I am trying to stay healthy so I can be there for him.”

KAHISWAHPATAHMA

Our lives through our eyes

