



Exploring the Cultural and Historical Meaning of the 'Healthy Body' with Health Care Professionals in First Nations Communities

Jennifer Poudrier*, Sylvia Abonyi**, Carolyn Brooks*, Karen Chad***, Janice Kennedy**** and Roanne Thomas-MacLean*

What is the meaning of the 'healthy body' (healthy body weight and body image) for health care professionals (nurses, dietitians, nutritionists, program leaders) who practice within (and are often members of) First Nations communities?



"Iskwëwak Mīwayawak" Women Feeling Healthy



Miwawayin Health Services Research Team: Patricia Whitecalf, Marcella Bird, Susan Hartman, Sandra Favel-Rewarts, Janice Kennedy, Jessilee Kohut, Laurie Ironstand, Erin Stacey, Jacqui Hoppie, Joan Wentworth – Missing: Louis Churchman, Suzette Starr, Tanya Delorme



Community Advisory Committee: Sitting: Mary Wagner (Saulteaux First Nation), Standing: Jean Whitecalf (Sweetgrass First Nation), Mary Kahm (Little Pine First Nation) and Mabel Oullette (Red Pheasant First Nation)



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

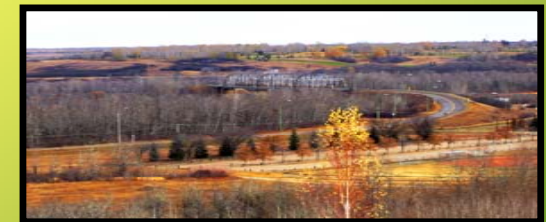
For MHS professionals, the 'healthy body' is:

1. Physically active for a good quality of life
2. Inextricably connected to the spiritual, environmental and cultural well-being of the individual AND the community
3. Culturally and historically constructed (has changed over time)
4. Currently over-defined by its external size and shape (slim does not mean healthy)

Phase 1 Community Based Research Partnership to address the socio-cultural, historical and visual context of healthy body weight and body image among First Nations women in Battlefords Tribal Council Region, Saskatchewan

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

Phase 2: Environmental Scan
8 in-depth semi-structured interviews with **Miwawayin Health Services** HC professionals to determine the meanings that they ascribe to the 'healthy body.'



The Healthy body is interpreted holistically with potential contribution to culturally appropriate program delivery.
Next Phase: Compare with community perspectives through Photovoice



•Department of Sociology, **College of Medicine, ***College of Kinesiology, University of Saskatchewan,
•**** Miwawayin Health Services Inc. Battleford Tribal Council
•WEBSITE: <http://homepage.usask.ca/~l1s922/index.html>

