



Supporting the Trajectory of our Spirit: Living Kipaitaiiwahsinnooni (Our Spiritual Way of Life)

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Research Question

How do cultural, spiritual, land-based and community connections from the time of birth impact the health and well-being of Cree and Blackfoot children?



Research Objectives

To define Nation-based wellness indicators for Blackfoot Nations in the language.

To support the reestablishment of Blackfoot birth knowledge.

To share Indigenous knowledge frameworks (Creation Stories, Star Teachings, and Connection to the Land) by hosting knowledge exchange events.

To document other rites of passage, ceremonies and language activities that support wellness as identified by the Blackfoot Nations

To measure the impact of culture and practice on the health and well-being on early childhood wellness, youth wellness, and families by testing the Nation-based indicators.

To explore the issues of biobanking and biological sampling.

Why do we need First Nations Indicators of Well-being?



Historically First Nations well-being has been measured against urban, Non-First Nations and Canadian standards



Such measures of progress counted First Nations as “deficit white people”



Allows researchers to continue to measure our state of health based on western standards of illness not wellness

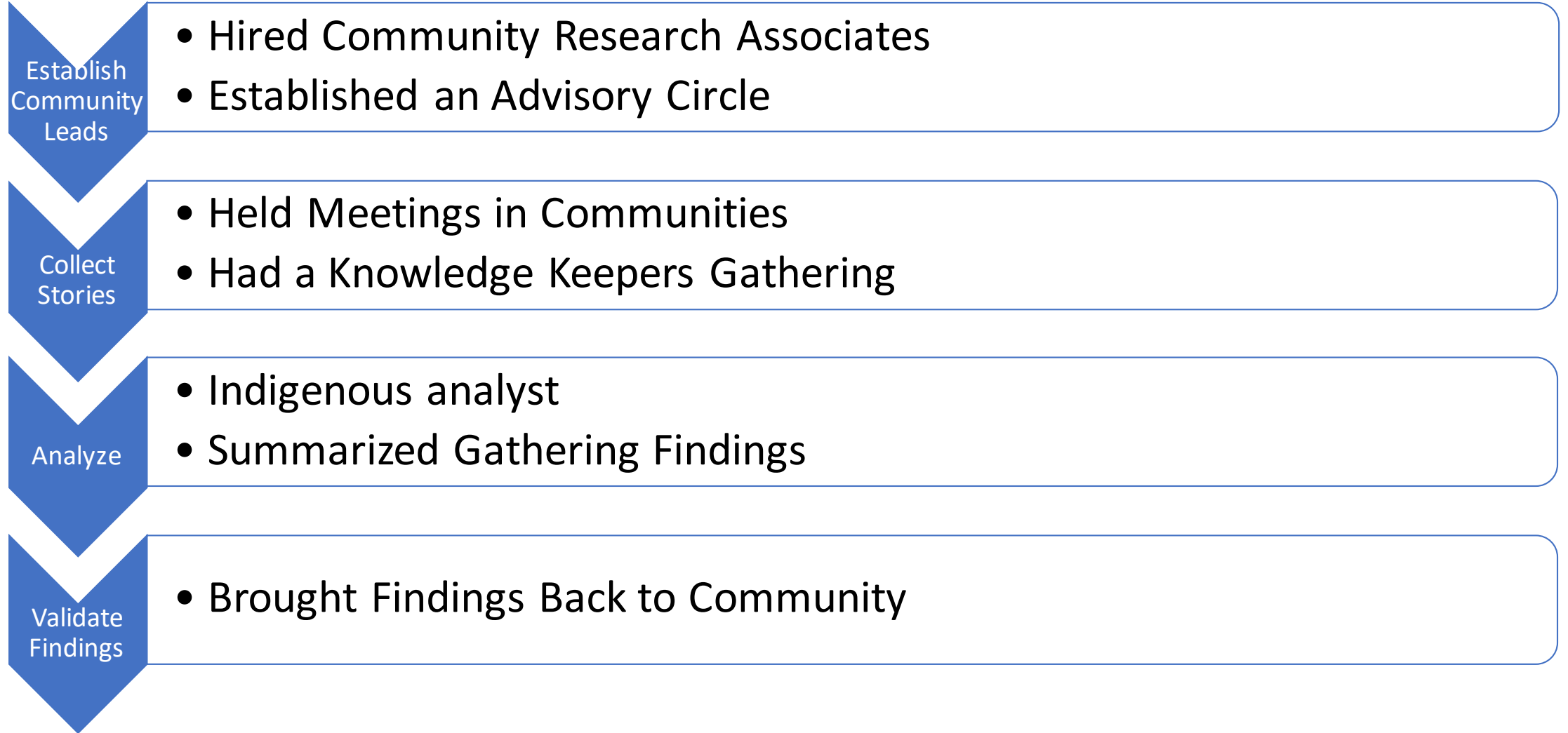


The data that exists measures the assimilation of the Indigenous Nations into the larger Canadian society



First Nation indicators Measure the life that we were intended for as the Original peoples of our territories, the life our ancestors had prayed for us

Process



Blackfoot Indicators



Know Family History

Lineage

- Clans
- Blackfoot Names



Feel Connected

To the land, ceremonies and people



Have Access to Our Blackfoot Knowledge & Education

Someone you know has ceremonial **transfers**, knows the songs, can show you medicines on the land, etc.

Know and speak the **language**



Understand & Embody Our Blackfoot Values



Colonial Interruptions Experienced Today

Blackfoot Wellness Framework



Next Steps



- Brainstorm how to measure listed indicators of wellness within Nations
- Turn indicators into curriculum for all Blackfoot members and those that come to work in the Nations

Nation Knowledge Keepers

Roger Hunt	Cathy Hunt	Maurice Little Wolf	Betty Smith	Agnes First Charger	Gwendora Bear Chief
Raymonda Water Chief	The late Norbert Fox	Beverly Hungrywolf	Francis Melting Tallow	The late Ervin Shade	Christine Shade
Dorothy Day Chief	Shane Little Bear	Sherry Cross Child	Herman Many Guns	Brenda North Peigan	Ruth Scalplock
Peter Weasel Moccasin	Leroy Heavy Runner	Harriot Heavy Runner	Rose Fox	Angeline Ayoungman	Larry Water Chief
Blair First Rider	Shirley Crowshoe	Pam Heavy Head	Martin Heavy Head	Floria Duck Chief	Delia Cross Child
Leroy Little Bear	Amethyst First Rider	Rosa Medicine Traveller	Clement Leather	Mike Bruised Head	Martha Day Chief
			Adeline Smith		



Thank you