



Title: Promoting Health Among Indigenous Youth Through Wellness and HOPE

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Research area: Type 2 diabetes

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Summary:

Type 2 Diabetes (T2D) is one of the fastest growing pediatric chronic conditions inequitably impacting diverse populations around the globe. Indigenous (First Nation, Métis, and Inuit) youth living in Canada are experiencing T2D at disproportionately higher rates than non-Indigenous youth. Unfortunately, these higher rates and complications of T2D that impact more Indigenous youth at younger ages (compared to non-Indigenous youth) are attributed to a complex interplay of social, physical, cultural, and political factors including colonization, systemic racism, lack of culturally-safe and -responsive health care contexts, and intergenerational trauma. Given these challenges, our team of Indigenous and non-Indigenous scholars and clinicians, Knowledge Keepers, collaborators, and people with T2D lived experience from across Saskatchewan is responding. The purpose of this research proposal is to co-create, implement, and evaluate Indigenous community-led and culture based T2D education and self-care support interventions (Health and Optimism in T2D Prevention and Education (HOPE)) that are relevant to Indigenous culture and values, and the needs of First Nation and Métis (FN-M) youth. Our team will actively engage two communities in Saskatchewan (one Cree and one Métis community) throughout the research process. The HOPE interventions will support FN-M youth to learn about maintaining and protecting their health and wellness in ways that are linked directly to their culture, language, and ancestral teachings through meaningful connection with their family, community, and Knowledge Keepers. In doing so, Indigenous youth will build resilience and hope, grounded in their cultural identity, leading to improved self-care, wellness, and quality of life.