

Successes and Highlights

The College of Pharmacy and Nutrition has done much to integrate Indigenous knowledge and experiences into the Nutrition curriculum. Examples include:

(1) Aboriginal health and health care topics are included in many NUTR courses, notably community nutrition, clinical nutrition and nutrition program planning. The focus of NUTR 310.3 Food, Culture and Human Nutrition is diversity, and includes topics such as food traditions, nutrition transition and food security for Indigenous peoples, First Nations history, worldview, and traditional diets.

(2) Experiential learning is the focus of the Year 2 and 3 Nutrition Professional Practice courses, where students work together with Aboriginal adults and children in community agencies, community schools, health region programs, Tribal Councils and programs such as the Canada Prenatal Nutrition Program.

(3) Year 2 problem based learning module on Aboriginal Health and Healing, involving students in Nutrition, Pharmacy, Medicine, Physical Therapy and Social Work.

(4) In Year 4 of the Nutrition professional program, students are placed with the Regina Qu'Appelle or Saskatoon Health Region, plus affiliated sites and have excellent learning opportunities to celebrate diversity, challenge assumptions and misconceptions, investigate historical roots of contemporary health issues and instills thinking forward towards change.

- RQHR students complete an "Aboriginal Awareness" training sessions.
- SHR students participate in a "Cultivating Change" workshop, about changing how health care professionals look at communities they serve.
- All students have placements with dietitians in First Nations communities.



Future Plans

(1) In addition to the above, Nutrition faculty, academic staff and students take every opportunity to explore issues related to Aboriginal health – for example, this year's annual Nutrition Professional Enhancement Day in March focuses on Aboriginal Culture and Diet, and will be held at Wanuskewin Heritage Park.

(2) Events such as the one above are very valuable, and what the Nutrition program will be working on is a long term, consistent strategy to incorporate Aboriginal culture and health into the curriculum.

From our College Strategic Plan 2012- 2016:

College planning sessions involving students, faculty and staff were recently held to consider where we are, where we need to be, and we identified three strategies to get there – and contribute to the University's success in Aboriginal Engagement: Relationships, Scholarship and Programs.

Our New Nutrition Practice Coordinator

This November the College welcomed Jennifer Eskes to provide academic and administrative support to the program. Jennifer came to us from Whitehorse, where she served as Traditional Diet Coordinator and Manager of Nutrition & Food Services for the Yukon Hospital Corporation, which included responsibilities as Director of the Yukon First Nations Dietetic Internship and Manager of the Diabetes Education Centre. She was a founding Board Member of the Food Bank Society of Whitehorse and served on the Board of the Arctic Health Research Network and Yukon Public Health Association.

Aboriginal Framework

