



MEAGAN A. ROY, Northern Ontario School of Medicine
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CHILDHOOD OBESITY AND OVERWEIGHT RATES IN M'CHIGEENG FIRST NATION: FIVE-YEAR TREND

ACKNOWLEDGEMENTS

M'Chigeeng First Nation

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PRESENTER DISCLOSURE

Recipient of a 2015 Heart and Stroke Foundation/TD
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BACKGROUND

First Nations individuals are developing diabetes at an earlier age than non-First Nations peoples, suggesting that early intervention in First Nations communities may be a key to better health outcomes when facing obesity¹.

M'CHIGEENG FIRST NATION



M'CHIGEENG FIRST NATION

"Our people will be healthy, self-reliant, respectful of our obligations to Mother Earth, and culturally grounded, showing mutual respect and support for all people."

- M'Chigeeng First Nation Vision Statement²

METHODOLOGY

- Community-based participatory research project
- Population: elementary school children from Lakeview Elementary School, ages 5 to 14
- Academic years: 2007 – 2012
- Compared with national BMI averages³

LAKEVIEW SCHOOL



RESULTS - QUANTITATIVE

- Rate of *overweight* children: 9.6% lower than the national average
- Rate of *obese* children: 2.6% lower than the national average



LAKEVIEW SCHOOL



RESULTS - QUALITATIVE

- Barriers to keeping prevention programs in place
- Focus on children and youth in the community
- Determinants of health
- Need for a community recreation centre



CONCLUSION

- Positive impact of grassroots initiatives on future health of community
- Program surveillance required to further investigate trend
- Ensure sustainability of programming

REFERENCES

¹ Harris, SZ. 2002. The impact of diabetes on cardiovascular risk factors and outcomes in a native Canadian population. *Diabetes Research and Clinical Practice* , 55, 165-173.

² M'Chigeeng First Nation. *M'Chigeeng First Nation*. Retrieved from <http://www.mchigeeng.ca> on August 20, 2015

³ Statistics Canada. 2015. *Body mass index of children and youth, 2012 to 2013*. Retrieved from <http://www.statcan.gc.ca/pub/82-625-x/2014001/article/14105-eng.htm> on May 11, 2015

A scenic view of a river at sunset. The sun is low on the left, creating a bright glow and lens flare. The river flows from the top right towards the bottom left. In the foreground, a grassy bank slopes down towards the water. A dog is running on the grass, moving from the top right towards the center. In the background, there are trees and utility poles along the riverbank.

THANK YOU

QUESTIONS