A PERSISTENT SPIRIT: Towards Understanding Aboriginal Health in British Columbia

edited by

PETER H. STEPHENSON, SUSAN J. ELLIOTT, LESLIE T. FOSTER, AND JILL HARRIS



Canadian Western Geographical Series Volume 31

Department of Geography, University of Victoria Victoria, British Columbia Canada

1995 University of Victoria

TABLE OF CONTENTS

	ACKNOWLEDGEMENTS	i
	PREFACE	iii
	TABLE OF CONTENTS	vii
	LIST OF TABLES	. xvi
	LIST OF FIGURES	xviii
	LIST OF PLATES	. xxi
I	CULTURE CONTACT, DEMOGRAPHY AND HEALTH AMON THE ABORIGINAL PEOPLES OF BRITISH COLUMBIA	
	Steven Acheson	
	Introduction	1
	The Aboriginal Peoples of British Columbia:	
	Settlement and Social Organization	1
	Northwest Coast Peoples	4
	Northern Athapaskan Peoples	6
	Interior Plateau Peoples	8
	Palaeopathologies: Diseases of the	
	Pre-contract and Early Contact Periods	9
	Demographic History	10
	Contact and Contagions: 'The Spirit of the Pestilence'	11
	Shamanism and Traditional Medicinal Practices	
	Contact and Cults	26
	Contact, Contagions and Change	27
	Conclusion	
	Glossary	29
	Acknowledgements	30
	References	31

2	NATIVE HEALTH IN BRITISH COLUMBIA: A VITAL STATISTICS PERSPECTIVE	43
	L.T. Foster, J. Macdonald, T.A. Tuk, S.H. Uh and D. Talbot	
	Introduction	43
	Measuring Native Indian Health Status	44
	Historical Statistics on B.C. Native Health	45
	Health Indicators for Status Indians in B.C. 1987-1992	51
	Birth-Related Stastical/Health Indicators	54
	Maternal Age and Parity	57
	Infant Birth Weight and Prematurity	58
	Congenital Anomalies	61
	Maternal Complications	62
	Perinatal Conditions	64
	Mode of Delivery	65
	Infant Mortality	
	Early Neonatal Mortality	67
	Neonatal Mortality	69
-	Post Neonatal Mortality	69
	Sudden Infant Death Syndrome (SIDS)	70
	Perinatal Mortality	71
	General Mortality	71
	Age-specific Death Rates	72
	Major Causes of Death	73
	Age Standardized Mortality Rates (ASMR) and	
	Potential Years of Life Lost Standard Rates (PYLLSR)	
	External Causes of Death	78
	Deaths from Digestive System Diseases	81
	Deaths from Neoplasms	82
	Deaths from Circulatory System Diseases	84
	Deaths from Respiratory Diseases	85
	Deaths from Infectious and Parasitic Diseases	86
	Deaths from Endocrine/Metabolic Diseases	88
	Summary	90
	References	91

3	MIND-BODY-PLACE: A GEOGRAPHY OF ABORIGINAL HEALTH IN BRITISH COLUMBIA	95
	Susan J. Elliott and Leslie T. Foster	
	Introduction	95
	A Geography of Aboriginal Peoples	97
	A Geography of Aboriginal Health	105
	A Geography of Aboriginal Health Care	112
	Mind-Body-Place	123
	Acknowledgements	124
	References	124
4	CHANGING TRADITIONAL DIET AND NUTRITION IN ABORIGINAL PEOPLES OF COASTAL BRITISH COLUMBIA	129
	Jennifer Hopkinson, Peter H. Stephenson, and Nancy J. Turner	
	Introduction	130
	The Pre-Contact Diet of Indigenous Peoples in British Columbia	
	Archaeological Evidence of Protein in the	
	Diet of Northwest Coast Aboriginal People	131
	Ethnographic Evidence and Traditional Diets in British Columbia	133
	Northwest Coast Environment	134
	Sea Foods	138
	Terrestrial Foods	139
	Plant Foods	140
	The Effects of Culture Contact	142
	Non-communicable Diseases in Northwest Coast Indigenous Populations	146
	The Feasibility for Partial Reinstatement of the Traditional Diet	147
	Conclusion	
	Appendix I: Scientific Terms	
	Appendix II: Medical Terms	
	References	

5	RESISTANCE KNOWLEDGES: THERAPY WITH ABORIGINAL PERSONS WHO HAVE EXPERIENCED VIOLENCE	167
	Allan Wade	
	Introduction	167
	Resistance to Violence and Oppression	169
	Fran's Story	169
	The Operations and Consequences of Residential Schools	171
	Deficiency, Resistance and Therapeutic Discourse	174
	Nora's Story	178
	Therapeutic Interviewing	181
	Naming Violence and Oppression	183
	Mapping the Effects of Violence or Oppression	184
	Eliciting Accounts of Resistance	
	Re-Authoring and the Performance of Meaning	187
	Therapy and the Suppression of Resistance to Colonial Oppression	188
	Colonization and Psychotherapy	
	Annette's Story	
	Conclusion	201
	Acknowledgement	
	References	202
6	ABORIGINAL SUICIDE RATES: INDICATORS OF NEEDY COMMUNITIES	207
	Mary Cooper	
	Introduction	207
	Are Aboriginal Suicide Statistics in British Columbia Valid?	208
	How High are Aboriginal Suicide Rates? Who is Most at Risk?	209
٠.,	Do Areas With Differing Aboriginal Suicide Rates	
•	Have Different Population Characteristics?	211
	Why When Where and How Did Aboriginal Suicides Occur?	216

	What Do Aboriginals Suggest Will Reduce Suicidal Behaviour?.	219
	Conclusion	220
	Acknowledgements	221
	References	221
7	ABORIGINAL MIDWIFERY IN BRITISH COLUMBIA: A NARRATIVE UNTOLD	223
	Celina Benoit and Dena Carroll	
	Introduction	223
	Three Narratives on Midwifery	227
	1. The Medical View	
	2. The Feminist View	
	3. The Aboriginal View	230
	Pre-Contact Period	231
	The Colonial Takeover	236
	Cultural Revival of Aboriginal Midwifery	240
	Acknowledgement	243
	References	243
8	EPIDEMIOLOGY OF CANCER IN FIRST NATIONS PEOPLE IN BRITISH COLUMBIA	249
	T.G. Hislop and Pierre R. Band	
	Population of First Nations People in British Columbia	249
	Epidemiology of Cancer in First Nations People	
	Screening Practices in First Nations Women	
	Cervical Cytology Screening Program	
	Screening Mammography Program of British Columbia	
	Conclusions	
	Acknowledgements	
	References	259

9	DIABETES AND ABORIGINAL PEOPLES: THE HAIDA GWAII DIABETES PROJECT IN A GLOBAL PERSPECTIVE	261
	M. Clare Heffernan	201
	Introduction	261
	Glucose Metabolism	
	Diabetes IDDM and NIDDM	
	Global Prevalence	
	Native American Prevalence	
	Native Canadian Prevalence	
	A Lifestyle Disease with a Genetic Predisposition	
	Environmental Factors: Dietary Change,	200
	Weight, Age, Physical Activity and Stress	268
	Effects of Dietary Change	
	Dietary Change among the Haida	
	Weight	
	Age	271
	Physical Activity	
	Stress	272
	Natural History of NIDDM	273
	Complications	
	The Haida Gwaii Diabetes Project	275
	Background	275
	The Project	276
	The Process	276
	The Use of Focus Group Discussions	276
	Biophysical Profile of NIDDM among the Haida	277
	Complications	277
	Focus Group Motifs	278
	Onset Experiences	278
	The Difficulty of Living with Diabetes	278
	Family Members	
	Community Perspectives	279
	Views on Causation	
	Traditional Reliefs about Disease	281

	Body Stature and Strength	281
	Effect on Providers	282
	Response Activities	282
	Approaches to Diabetes Education and Activities	2 83
	Cultural Sensitivity	28 3
	Prevention	284
	Secondary Prevention	284
	Diet	285
	Exercise	286
	Early Detection	286
	Primary Prevention	287
	Childhood Obesity	287
	Primary Prevention in Children	288
	Exercise	288
	Summary	289
	Acknowledgements	290
	Glossary	
	References	292
10	ICCLUDE IN THE ATTIL MANIA CENTER DECOMPOSITION	
10	ISSUES IN HEALTH MANAGEMENT PROMOTING FIRST NATIONS WELLNESS IN TIMES OF CHANGE	297
	Simon Read	
	Simon Read	
	Introduction	
	Historical Background	297
	The Nuu-Chah-Nulth Tribal Council	298
	Determinants of Health	299
	Impact of Colonization	
	Demographics and Health Status	304
	Issues in First Nations Health Service Delivery	
	Cultural Dialectic	306
	Health Resources	308
	Change	309
	Nuu-Chah-Nulth Experience	311
	Conclusion	327
	References	328

11	S'HULI 'U <u>TL</u> QUW'UTSUN/THE SPIRIT OF COWICHAN: A JOURNEY THROUGH THE <u>TS</u> EWUÏTUN HEALTH CENTRI HUYTSEEP QU NU SIIYE'YU KWUN'S 'I M'I EWU'U TUNA <u>TS</u> EWUÏTUN	
	Diane Modeste, Diana Elliott, Carmen Gendron, Bill Greenwell, Donna Johnny, Heather Payne, Gail Peekeekoot, Ruby Peter, Rebecca Rice, and Charlotte Williams	
	History of the Cowichan	332
	Organizational and Service Delivery Structure	333
	S'Iyus Smun'eem 'I' 'Iyus Stluliqul—	227
	Healthy Families and Happy Children.	
	Prenatal/postpartum	
	Well Baby Days	
	The Infant Development Program	
	Screening for Three and Five Year Olds	
	The Children's Program	
	Health for School Aged Children	
	Annual Youth Conference	
	Healthy Families and Healthy Communities	
	The Role of the Community Health Representatives	346
	Kwun'atsustul Counselling Program	347
	Men's Program	348
	Beyond Surviving to Thriving— A Program for Women and Their Partners	349
	Inter-Tribal Rally	349
	S'ul'hween Quw'utsun'	351
	In-Home Personal Care Program	352
	Conclusion	353
	References	
12	REBUILDING: LISTEN WITH THE EARS OF YOUR EYES	357
	Jill Harris	
	When You Know Who You Are You Don't Have to be Afraid	358
٠,	Public School	359
	Residential School	360

Private School	360
Becoming High and Mighty"	361
Smashed Dreams	362
Making a "New" Dream	364
The Wilderness Experience	367
The Treatment Centre as a Place of Healing	371
The Seed of Healing was "Planted"	376
The Awakening and Understanding	377
Dealing with the Legacy of Pain and Grief	378
Are You Hearing With The Ears of Your EYes?	381
"I Must Have Time To Look For My Children "	381
Waiting For The Right Time	383
Conclusion	384
References	384