

CVD Prevention and Management in Canadian First Nation Communities

The First Nations Health Authority Chair in Heart Health and Wellness supports closing the gap in Indigenous heart and vascular health to influence early life health trajectories that seek to optimize health through all developmental ages and stages including the improving health and wellbeing of Elders.

Improving access to health care means cultivating culturally safe cardiovascular services and programs while tackling the geographic challenge of providing rural and remote access to some of the most vulnerable communities in the Province. Nested within health care environment at Providence / St. Paul's Cardiology, advanced knowledge creation and research aims to improve health outcomes by investing in new and ancient indigenous ways of knowing related to prevention and wellness, promotion of healthy diets including traditional foods, the health benefits of regular exercise by promoting physical activity and recreation, secure access to healthy food, respecting tobacco, managing other health conditions through better-quality treatment and care for chronic illness such as diabetes and obesity, blood pressure control, tobacco misuse, lung and kidney disease and improved management of cholesterol. The I-HEART Centre was created to focus health interventions to carefully take into account age and gender over life's progression grounded in social, cultural and economic health determinants. The patient journey takes in account the intersection of key chronic conditions such as cardiac illness, diabetes, stroke and vascular disease. Finally, a key focus is supporting opportunities for training and mentoring, across health professions, advanced health and social research and allied health sciences disciplines.