





# 2002

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2002

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- ወደፊት ለመጓጓዣ የሚያስፈልገውን ሁሉም ለውጥ ለማድረግ
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- retention of cultural values, language and activities; and,
- employment in order to support self and family adequately.

All groups outlined a wide range of current activities that promote health and wellness in their communities, and stressed the need for more. All communities had at least some programs or activities related to specific groups or needs:

በብዙሃን የሚገኘውን ስልጠናዎች ለማድረግ ለሚያስፈልገውን ሁሉም ለውጥ ለማድረግ ለሚያስፈልገውን ሁሉም ለውጥ ለማድረግ

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- support systems (Alcoholics Anonymous, healing groups, parenting groups, child care facilities);
- religion/spirituality (church/prayer meetings, choirs, being out on the land);
- recreational activities and hobbies (sports, sewing groups);
- community unity and involvement (community justice groups, Elders parties, volunteers);
- children and youth activities (Brownies, Cadets, youth groups and centres, issues-awareness groups, sports);
- traditional activities (camping, drum dancing and throat-singing, hunting);
- social activities (community feasts and games, dances, visiting);
- learning and education (school, cooking, tutoring, traditional skills, parenting);
- health programs and prevention (prenatal classes, health radio shows, smoke-free events, counselling/wellness centres);
- employment/financial assistance (income support, job skills workshops); and,
- health services (community health centres, public health services and visiting specialists – Labrador and Nunavik both have a regional alcohol/drug treatment centre).











**ወልጅቶላኞቻችን ለልጅና ለሌሎች ለሚገኙ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ**

**SUMMARY OF INUVIK WORKSHOP DISCUSSIONS**

**በቤተሰብና ለሌሎች ለሚገኙ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ**  
 ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

**Community Health Concerns**

The focus of this workshop was on identifying the health concerns experienced in the communities. The focus question for this workshop was:

*“ምርምር የሚደረግበት ልማትና ምርምር ስራ ስለሚደረግ*  
*ልማትና ምርምር ስራ ስለሚደረግ”*

*“What are the health concerns in your community?”*

በቤተሰብና ለሌሎች ለሚገኙ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

Participants were asked to identify health concerns in the following areas:

- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

- physical health concerns including chronic illnesses, acute illnesses and accidents;
- mental health concerns;
- social health concerns, including concerns related to relationships within and among families;
- spiritual health concerns, including issues such as self-image and identity.

በቤተሰብና ለሌሎች ለሚገኙ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

Participants were also asked to consider the following groups in their community:

- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

- infants
- children and youth
- women
- men
- Elders.

ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

The representatives from each community met as a group to make a list of their concerns, which were recorded on flip chart pages. Each community then reported its findings to the whole group. After each report, the following topics were discussed:

- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ
- ልማትና ምርምር ስራው ለሚገኝ ስድስት ወር ለሚደረግ የሚገኝ ልማትና ምርምር ስራ ስለሚደረግ

- concerns that caught your attention;
- questions to help you understand the situation in this community;
- issues or implications that are raised by this report.





ጋህኑከጥራታዎቹ ለመጠየቅ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።

- ለጥራታዎቹ ስራ ለማድረግ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።
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- ስራ ለማድረግ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።

ሕግ አወጣጥሮ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል። ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል። ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።

- ስራ ለማድረግ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።
- ስራ ለማድረግ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።
- ስራ ለማድረግ ለሕዝብ ክፍል ለማድረግ ለተወሰኑ ጥያቄዎች ስራ ማድረግ ለጀምረዎትል።
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After all of the reports, the group discussed them using the following topics as a guide:

- the most interesting aspects of the reports;
- issues that were raised for you;
- implications for the communities;
- implications for health care providers.

Common concerns related to the health and wellness of infants, children and youth were:

- nutrition;
- housing;
- parenting;
- supporting early childhood development, including pre- and post-natal classes for mothers and babies;
- enhancing and integrating traditional knowledge, values and practices;
- FAS/FAE;
- tobacco use and second-hand smoke;
- sexual abuse;
- neglect;
- loss of language;
- teenage pregnancy;
- lack of community recreation activities for youth.

Common concerns about women's health and wellness were:

- lack of education;
- limited programs and services; i.e., support groups, recovery programs, family abuse programs;
- substance abuse;
- gambling;
- physical and mental health problems, such as diabetes, various cancers, obesity, respiratory and cardiovascular conditions, arthritis, depression;
- environmental contaminants in foods;











ከባለሙያዎች ጋር ማሳተፍ ይቻላል። ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።  
 ለምሳሌ ለግብርና ለጥቅም ላይ የዋለውን ልምድ ለሌሎች ለማሳተፍ  
 ለማቻላት ለማሳተፍ ይቻላል። ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።

**የግብርና ልምድ ለማሳተፍ ለማቻላት ለማሳተፍ**

ለግብርና ለጥቅም ላይ የዋለውን ልምድ ለሌሎች ለማሳተፍ  
 ለማቻላት ለማሳተፍ ይቻላል። ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።

ግብርና ለማሳተፍ ለማቻላት ለማሳተፍ ይቻላል።

“ግብርና ለማሳተፍ ለማቻላት ለማሳተፍ ይቻላል። ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።  
 የግብርና ለጥቅም ላይ የዋለውን ልምድ ለሌሎች ለማሳተፍ ለማቻላት ለማሳተፍ ይቻላል።

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ለግብርና ለጥቅም ላይ የዋለውን ልምድ ለሌሎች ለማሳተፍ ለማቻላት ለማሳተፍ ይቻላል።  
 ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።

ለግብርና ለጥቅም ላይ የዋለውን ልምድ ለሌሎች ለማሳተፍ ለማቻላት ለማሳተፍ ይቻላል።  
 ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።

ለግብርና ለጥቅም ላይ የዋለውን ልምድ ለሌሎች ለማሳተፍ ለማቻላት ለማሳተፍ ይቻላል።  
 ሌሎችም ለሌሎች ለማሳተፍ ይችላሉ።

The participants enjoyed the presentation on traditional knowledge and practices from other regions, but indicated that they felt that the application of traditional knowledge related to health was lacking in the Western Arctic. Comments related to traditional knowledge and practices are contained in the feedback on factors that enable people to be healthy.

**Health and the Annual Cycle**

The focus of this session was to enable participants to make the relationship between community activities throughout the year and specific health concerns.

The focus question for this workshop was:

“What community activities and health issues appear in the various seasons of the year?”

Small groups brainstormed community activities and health issues for each season. Each group made a brief presentation of its discussions.

Winter activities discussed included hunting, trapping and ice fishing, snow removal and hauling ice, wood and gravel. Community health concerns during the winter were identified as physical impacts, such as injuries and accidents, frostbite and hypothermia, but also included depression, getting lost and ice safety.

Spring activities included hunting, camping, fishing, skidooning and other land-based activities. Health issues at that time of year included the need for gun safety, snow blindness, accidents due to ice breakup, water quality concerns and an increase in crime.























ኃላፊዎች ለሰነድ ሪፖርት ለገጠሞች ማረጋገጫ ስራ ላይ ተሳታፊ ሆነው፣ በሰነድ ሪፖርቱ ላይ ያሉ ጉዳዮችን ለማረጋገጥ ይህን ስራ አጠናቀዋል።

- ለሰነድ ሪፖርት ላይ ጉዳዮችን ለማረጋገጥ ይህን ስራ አጠናቀዋል።
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በሰነድ ሪፖርቱ ላይ ያሉ ጉዳዮችን ለማረጋገጥ ይህን ስራ አጠናቀዋል።

- ማህበራዊ ግድብ / ማህበራዊ ግድብ።
- ልዩ ልዩ ጉዳዮች።
- ገብነት።
- ልዩ ልዩ ጉዳዮች።
- ለሰነድ ሪፖርት ላይ ያሉ ጉዳዮችን ለማረጋገጥ ይህን ስራ አጠናቀዋል።
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After all of the reports, the group discussed them using the following topics as a guide:

- the most interesting aspects of the reports;
- issues that were raised for you;
- implications for the communities;
- implications for health care providers.

Common concerns related to the health and wellness of infants, children and youth were:

- nutrition/lack of food;
- overcrowded housing;
- poverty;
- suicide;
- parenting, including conflicts between parents, separation of parents and adoption;
- supporting early childhood development, including pre-and post-natal classes for mothers and babies;
- accidents and injuries due to lack of environmental and safety knowledge and skills/life skills;
- FAS/FAE;
- dental health;
- hearing problems;
- tobacco use and second-hand smoke;
- drug, alcohol and solvent abuse;
- mental, emotional and sexual abuse;
- neglect, including inadequate sleep/rest;
- exposure to violence on television and in video games;
- teenage pregnancy;
- high-risk sexual behaviours/lack of knowledge about STDs, HIV/AIDS;
- lack of community recreation activities for youth;
- issues related to cultural identity, pressure from both cultures;
- dropping out of school;
- peer pressure/low self-esteem/lack of self-respect;





- ስልጠና/ጥናት/ጥራት ማረጋገጫ/ጥራት ማረጋገጫ
- ልዩ ልዩ ጥናት/ጥራት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት

- lack of positive role models;
- lack of anger management/communication skills.

Common concerns about women’s health and wellness were:

CLAC ለሥነ-ምግባር ጥናት ላይ ለሚገኝ የጥናት/ጥራት ማረጋገጫ ለደብዳቤ ጥናት:

- ልዩ ልዩ ጥናት/ጥራት ማረጋገጫ
- ሥነ-ምግባር/ጥናት ማረጋገጫ
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- የጥናት/ጥራት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት

- lack of education;
- poverty/lack of employment opportunities;
- marriage breakdown, marital problems;
- starting families at a very young age;
- caring for others but not themselves/expected to care for or adopt their grandchildren;
- substance abuse;
- gambling;
- stress, overwork, too many expectations from the community;
- physical and mental health problems, such as various cancers, obesity, stress and depression;
- low self-esteem: “they’re treated as if they are nothing”;
- “misuse and abuse of single mothers”;
- abuse and violence;
- lack of healthy and positive recreational and social activities;
- lack of traditional and cultural supports.

CLAC ለሥነ-ምግባር ጥናት ላይ ለሚገኝ የጥናት/ጥራት ማረጋገጫ ለደብዳቤ ጥናት:

- ሥነ-ምግባር/ጥናት ማረጋገጫ
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት
- ልዩ ልዩ ጥናት ማረጋገጫ ለመስጠት ልዩ ልዩ ጥራት

Common issues specific to men’s health and wellness were identified as including:

- poverty/unemployment/lack of jobs;
- lack of education;
- insufficient knowledge and awareness of sexually transmitted diseases, including HIV/AIDS;
- “Need to know how to be a man, a good husband and father”;
- mental health issues related to jealousy and emotional pain, stress, low self-esteem, inability to express emotions or manage anger, marital breakdown;
- lack of positive role models;

































መድኛ ስብሰባዎች ለሚከተሉት ዓይነቶች ናቸው፡

- ስሜት/ሥነ-ምግባር መድኛ ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- መድኛ ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች

Community action included:

- approaching town councils, health groups, LIHC for specific information sharing and action;
- activities for community ownership, action and involvement;
- developing bilingual health information and awareness strategies in the communities;
- organizing own health workshops;
- taking an active role in teaching, including traditional information and skills.

በዚህ ስብሰባ ውስጥ ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች ናቸው፡

- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች

Categories of regional action ideas were:

- follow-up meetings, information sharing, networking;
- development of needed facilities and services (e.g. Elders' and youth centres, health staffing, interpretation, etc.);
- training.

Finally, suggestions were made as to follow-up activities that could be undertaken by NAHO and the Ajunnginiq Centre:

- information about, promotion of and visibility in our activities;
- follow-up activities (e.g. more workshops, conferences);
- Inuktitut materials;
- sharing of health information.

በዚህ ስብሰባ ውስጥ ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች ናቸው፡

- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች
- ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች፣ ስሜት/ሥነ-ምግባር ስብሰባዎች

In the wrap-up, participants discussed areas of interest, surprises, and similarities/differences among community reports. For example, surprises ranged from learning that breast milk was used for ear infections, to information about health service inadequacies, and men's need for support services. The lack of discussion on suicide was noted. The issues of language/culture loss, and health service inadequacies, were the most common similarities across communities.

ስሜት/ሥነ-ምግባር ስብሰባዎች ስሜት/ሥነ-ምግባር ስብሰባዎች ናቸው፡









- ለግንዛቤ ማሰባሰቢያ/ሮኔል ስርዓቶች ምክርቤት ለሰጠው ምክርቤት
- ጋንታ ማሰባሰቢያ/ሰዓታዊ ስርዓት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት

- inadequate sleep/rest because of noise/problems in the home;
- hearing problems/ear infections;
- not having opportunities to talk about feelings and problems;
- parenting problems, including conflicts between parents, separation of parents, poor discipline, inattention to the children;
- dropping out of school;
- FAS/FAE;
- cigarettes and chewing tobacco use;
- drug, alcohol and solvent abuse;
- teenage pregnancy;
- high-risk sexual behaviours/lack of knowledge about STDs, HIV/AIDS;
- lack of community recreation activities for youth;
- intergenerational misunderstandings and youth’s lack of interest in Elders;
- youth’s lack of spiritual interests;
- loss of language;
- dental health;
- peer pressure;
- low self-esteem;
- lack of positive role models;
- lack of anger management/communication skills.

አጠቃላይ ስርዓቶች ማሰባሰቢያ ስርዓት ለሰጠው ምክርቤት

- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
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- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት
- ለሌሎች ምክርቤቶች ምክርቤት ለሰጠው ምክርቤት

Common concerns about women’s health and wellness were:

- lack of education;
- poverty/lack of employment opportunities;
- not talking about problems;
- marriage breakdown, marital problems;
- starting families at a very young age;
- substance abuse (tobacco, alcohol, drugs);
- gambling;
- stress from many sources (financial, expectations, children, spouses, etc.);
- lack of support for single mothers;
- abuse and violence;
- lack of midwifery services for pregnancy and birth.













ለጎረቤቶቻችን/ሰጠንባቸውን  
 የሰጠንባቸውን ግብይት ለማረጋገጥ ለሚገቡት  
 ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት  
 ግብይት ለማረጋገጥ ለሚገቡት

- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)
- ልዩ ልዩ ግብይት (ለግብይት ለማረጋገጥ ለሚገቡት ግብይት ለማረጋገጥ ለሚገቡት)

The participants then reflected on activities that promote health in their communities and considered the question:

*"What activities do we do in our communities that promote wellness?"*

The Qikiqtani participants clustered their health-promoting community activities into the following categories:

- community/harmony/being as one;
- youth initiatives;
- gathering together;
- hunting/camping/land;
- Brighter Futures (education/training);
- taking care of your body;
- health programs/medicines.

Responses to this question from both Nunavut workshops fell within the following broad themes (shown with specific examples from the groups):

- support systems (AA and healing groups, parenting groups, daycares);
- religion/spirituality (church/prayer meetings, choirs, on-the-land);
- recreational and hobby activities (sports, sewing groups, square-dance groups);
- community unity and involvement (community justice groups, Elders parties, volunteers);
- healthy young people (Brownies/cadets etc., youth groups and centres, issues-awareness groups);
- traditional activities (camping, drum dancing and throat singing, hunting);
- social interactions (community feasts and games, dances, visiting);
- learning and education (school, cooking, tutoring, traditional skills);





**ᐊለᖅᐱ, ᐱᖅᐱ ᐊሂፊ ᐊᐅᑦᐱᐅᖅᖃᐅᐅᑦ [ᖅᐅᐅ-  
ᐊᑦᐱᖅᐱᑦᑦᑦᑦ ᐱᐱᐅᖅᐅᖅᐅᖅᐅ ᐱᑦᖅᐅᖅᐱᖅᐱᑦᑦᑦᑦ]**

ᐂᐂᐂᑦ ᐅᐱᐱᐱᑦᐱᑦ, ᐊᐅᐅᑦ ᐅᖅᖅᐱᐱᖅᐱᑦᑦᑦᑦ:

*“ᐱᑦᐅᑦ ᐊᐅᐅᖅᐱᑦᑦᑦᑦ ᐊለᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦ ᐱᐅᐅᖅᐱᖅᐱᑦᑦᑦᑦ?”*

ᐅᐅᖅᐱᐱᑦ ᖅᐅᐅᖅᐱᖅᐱᑦᐱᑦᑦᑦᑦ ᐊሂፊ ᖅᐅᐅᖅᐱᖅᐱᑦᐱᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᑦᑦᑦ ᐅᐅᑦᖅ ᐊᑦᖅᐱᑦᑦᑦᑦ:

“ᖅᐱᑦᑦ” ᐊሂፊ “ᖅᐱᑦᐱᖅᑦ” ᐊለᖅᐱᑦᑦᑦᑦ:

- ᐅᐅᖅᐱᑦᐱᑦ ᐊᑦᐱᐱᑦᐱᐅᐅᑦ ᐱᐱᐅᖅᐱᑦᐱᑦᑦᑦ, ᐊᐅᖅᐱᑦ ᐱᖅᐱᐱᖅᐱᑦᑦᑦᑦ, ᐅᐱᐱᖅᐱᑦ, ᐱᐅᖅᐱᑦ ᐱᐱᐅᖅᐱᖅᐱᑦᐱᑦᑦᑦᑦ, ᐱᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦ, ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ ᐱᐅᖅᐱᑦ ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦ ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ
- ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᐱᑦᑦᑦᑦ
- ᐱᖅᐱᐱᑦᐱᑦᑦᑦᑦ ᖅᐱᐱᑦᐱᐅᐅᖅᐱᑦᐱᑦᑦᑦᑦᑦᑦ
- ᐊᐅᖅᐱᑦᐱᑦᐱᖅᐱᑦᑦᑦᑦ ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ
- ᐱᐱᖅᐱᑦ ᖅᐅᐅᖅᐱᖅᐱᑦᐱᑦᑦᑦᑦ ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ

“ᖅᐱᑦᑦ ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦ” ᐊለᖅᐱᑦᑦᑦᑦ:

- ᐊᐅᐅᐱᐱᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᐱᑦᑦᑦᑦ ᐊሂፊ ᐅᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦ ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦ ᐱᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ ᐱᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦ
- ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦ ᐊᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- ᐊᑦᐱᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐊᐅᐅᖅᐱᑦᐱᖅᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ

- health programs and prevention (Well Child programs, prenatal classes, health centres, counselling/wellness centres).

**Questions, Issues and Recommendations**

During this session, participants discussed:

*“What health questions do you have that you need answers for?”*

Requests for more information and research suggestions included:

- rates of cancer, diabetes, heart disease, teen pregnancy, ear infections, suicide, AIDS, respiratory illnesses, school drop-outs;
- various medications;
- causes of illnesses;
- overcrowding as causing health problems;
- health assessments used in health centres.

“How to” questions:

- stop alcohol/drug imports and deal with addictions;
- manage pain (without getting addicted to painkillers ... traditional pain management?);
- stop suicide;
- keep children in school;
- minimize health problems of crowded housing;
- stop Elder abuse;
- retain doctors/nurses;
- obtain proper treatment/care in time;
- improve communication among the regions, between individuals, between Elders and youth, between parents and children;





