

Acadia First Nation Community Enhancement Development Community Based Water Monitoring

It is the responsibility of the CBWM to ensure proper monitoring of free chlorine, total and E. coli coliform levels and to ensure supplies are within expiry dates and that sufficient supplies are available to conduct regular scheduled testing. A successful Quality Assurance Program relies primarily on ensuring staff performing tests are trained adequately. Chlorine is analysed at the sample collection site. All results are recorded in the Community Based Water Monitor Log and data entered to WaterTrax* Drinking Water Information Management Site.

Quality Assurance Pilot Project, Microbiological Testing of Community Drinking Water Supply

First nations and Inuit Health Branch, Environmental health Officer have discussed participation in a pilot project for quality assurance of monitoring the community's drinking water supply for bacteria with the Community Based Water Monitor. The pilot is part of and is necessary to assist health Canada in revising its quality assurance program for microbiological monitoring for drinking water in First Nation communities to assess testing procedures. The pilot project has been implemented successfully in various First Nation communities in Manitoba and Québec in 2-11-2012 to identify barriers to, as well as time and cost implementing the revised quality control component. The program calls for community Based Drinking Water Quality Monitors with the EHO to test an environmental strain of E.coli once per month for a period of six months. This practice aims to increase the capacity of CBWMs and EHOs to regularly identify water samples that are positive for E.coli and to verify that the testing procedures and equipment used to test drinking water are functioning properly. This knowledge is an additional step assuring the safety of your community's drinking water.

Community Based Food Security Project Funding

Being food insecure means not being able to access or afford healthy foods. Food Security is the opposite of food insecurity. Food Security exists when all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. 2014-2015 food security funding will be utilized in hosting cooking sessions within Acadia First Nation communities. These sessions will assist members by sharing knowledge in preparing healthy budget wise meals. A portion of the funding is directed to the Annual Youth Moose Harvest for the purchasing of food for the week for the youth.

Health Canada's First Nations and Inuit Health Branch (FNIHB) Atlantic Region has chosen the Acadia First Nation Youth Moose Harvest as a success story involving your community and a FNIHB-funded community based program(s). Community success stories play an integral role in helping FNIHB communicate how community based programs are delivered in communities and what impacts they are having on First Nations and Inuit infants, children, and their families. The Community Enhancement Development Officer, Melanie Purdy submits proposals to secure funding to aid in the cost of this Annual Youth Moose Harvest and Fishing Excursions; the funding received contributes toward the purchasing of groceries and necessities for the Moose trip.

Below is your community success story:

The **Moose and Fish Harvesting Program** for youth established in 2008 with ADI food security funding in Acadia First Nation, NS, aims to address harvesting and distribution aspects of food security and provide youth the opportunity to learn traditional hunting and fishing methods. Elders (and mentors) teach the youth to properly trap, fish, and harvest food during week-long land-based camps. The camps educate youth on the importance of traditional food harvesting-and preparation, harvesting laws and regulations, wilderness survival techniques and, medicinal and edible plants, all of which promote culture, food security and sustainability within the community. Harvested foods are shared with Elders and other community members, creating an environment in which the entire community can benefit from healthy and traditional food alternatives.

Aboriginal Diabetes Initiative

The goal of the ADI is to reduce type 2 diabetes among Aboriginal people by supporting health promotion and primary prevention activities and services delivered by trained community diabetes workers and health service providers. Renewed funding has enabled First Nations and Inuit communities to continue to build on past successes in more than 600 First Nations and Inuit communities throughout Canada. The Aboriginal Diabetes Initiative has encouraged communities to address their own needs, building on their strengths and drawing on their traditions, in order to help community members prevent diabetes where possible and offer support to help manage or delay the condition effectively when it occurs. Acadia First Nation is innovative in their approach to tackling diabetes, forming strong partnerships where needed, employing local knowledge, and working together to reduce the burden of type 2 diabetes.

Diabetes sessions continue to take place in Acadia First Nation communities, along with screening and high blood pressure clinics and nutrition classes.

Community Action on Abuse of Older Adults

The Community Enhancement Development Officer undertook an important role by attending the train-the-trainer course on *Taking Action against Abuse of Older Adults*. As a facilitator these highlighted issues were obtained and will be fulfilled:

Get training materials, a lesson plan and hands-on experience in group facilitation, use of case studies and activities.

Become a certified facilitator and train front-line staff in the Acadia First Nation organization on how to identify, respond appropriately and provide suitable resources to older adults who may be experiencing abuse.

Gain professional and personal growth while networking with others in the industry.

Be part of the solution

*If you have any other questions or concerns please contact Melanie Purdy at 902-742-5599