

**Community Based Participatory Project: Engaging
Individuals/Families in the Development of Programs
to Enhance Health and Well-being**

Métis Nation – Saskatchewan

Executive Summary

Because Métis citizens do not benefit from the numerous programs and services that First Nations and Inuit Health Branch provide to First Nations on-reserve and Inuit people, the social determinants of health have a greater impact on individuals, families and communities.

It was the desire of the Métis Nation to build a framework that would con-jointly engage the community and university partners in better understanding the social determinants of health within Métis communities. The information gleaned and the dialogue with the community was designed to illuminate the social, economic and cultural conditions that influence health and well-being within the communities of the Métis Nation - Saskatchewan.

Utilizing community-based participatory research methods and based on elements that were negotiated with the Métis Nation – Saskatchewan, 1669 individuals were invited to participate in this research project. The response rate was 90.77% (1515/1669). It was clear from the preliminary analysis that no one program would address the challenges identified in and by the community. Sex, age and social economic status were all important contributing factors found in the analysis. A more extensive sharing of this information within the communities will be undertaken; thus, ensuring that the voices of the community are more intimately integrated into the development of evidence-informed health promotion programs.