




Exploring the Health Experiences of Indigenous Trans, Two-Spirit, and Gender Diverse Communities: A Scoping Review

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Leadership Group



TODAY'S PRESENTATION

DISCUSSION POINTS

1. About Trans PULSE Canada
 2. Rationale and Objectives of Scoping Review
 3. Scoping Review Methods
 4. Preliminary Findings
 5. Discussion and Implications for Future Study
- 



IN THIS CENSUS, TRANS & NON-BINARY PEOPLE COUNT!

Trans PULSE Canada is a community-based research survey for all trans and non-binary people aged 14+ in Canada.



Indigenous and trans, non-binary, gender diverse or Two-Spirit? Trans PULSE Canada includes questions designed by and for Indigenous community members to better understand our health, wellness, and strengths.

About Trans PULSE Canada

Trans PULSE Canada is a national community-based survey of the health and well-being of trans and non-binary people in Canada

INDIGENOUS LEADERSHIP GROUP

Comprised of Indigenous co-investigators who are academic or community researchers (including with the Canadian Aboriginal AIDS Network) as well as a larger group of research team members, Indigenous gender-diverse persons, and elders.



Rationale & Objectives



Systematically map the literature in the field of Indigenous health and gender identity research



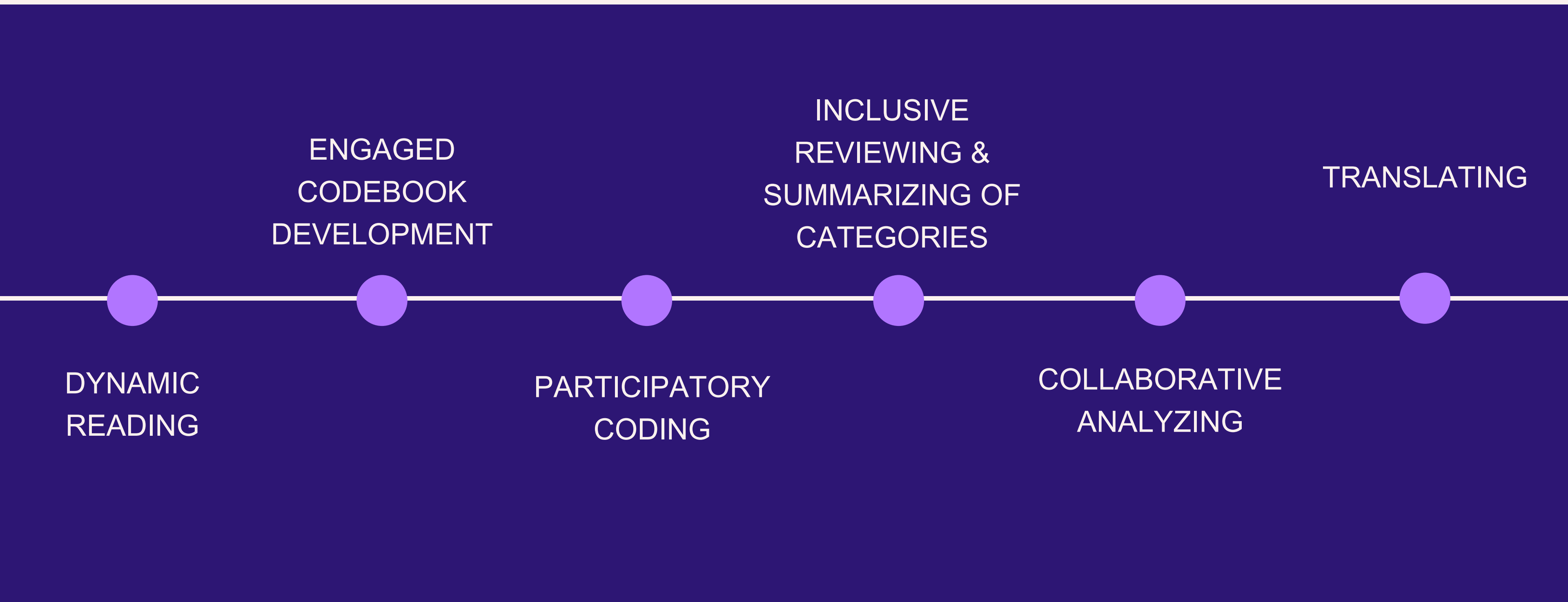
Identify existing knowledge gaps, expand knowledge in this field, and identify future research recommendations



Inform a research grant to develop a follow up project using decolonizing, community-based and strengths-based methodologies

Thematic Participatory Data Analysis

Flicker & Nixon's (2014) DEPICT Model



Thematic Analysis Findings

HEALTH EXPERIENCES

- 1. Health Experiences
- 1. Factors that Influence Health
- 1. Responses to Health Experiences

TRADITIONAL KNOWLEDGE SYSTEMS &

- 1. Traditional Medicine and Food
 - Perceived Value
 - Reasons for Use
 - Impact on health
- 1. Experiences combining Traditional and allopathic/alternative approaches to health

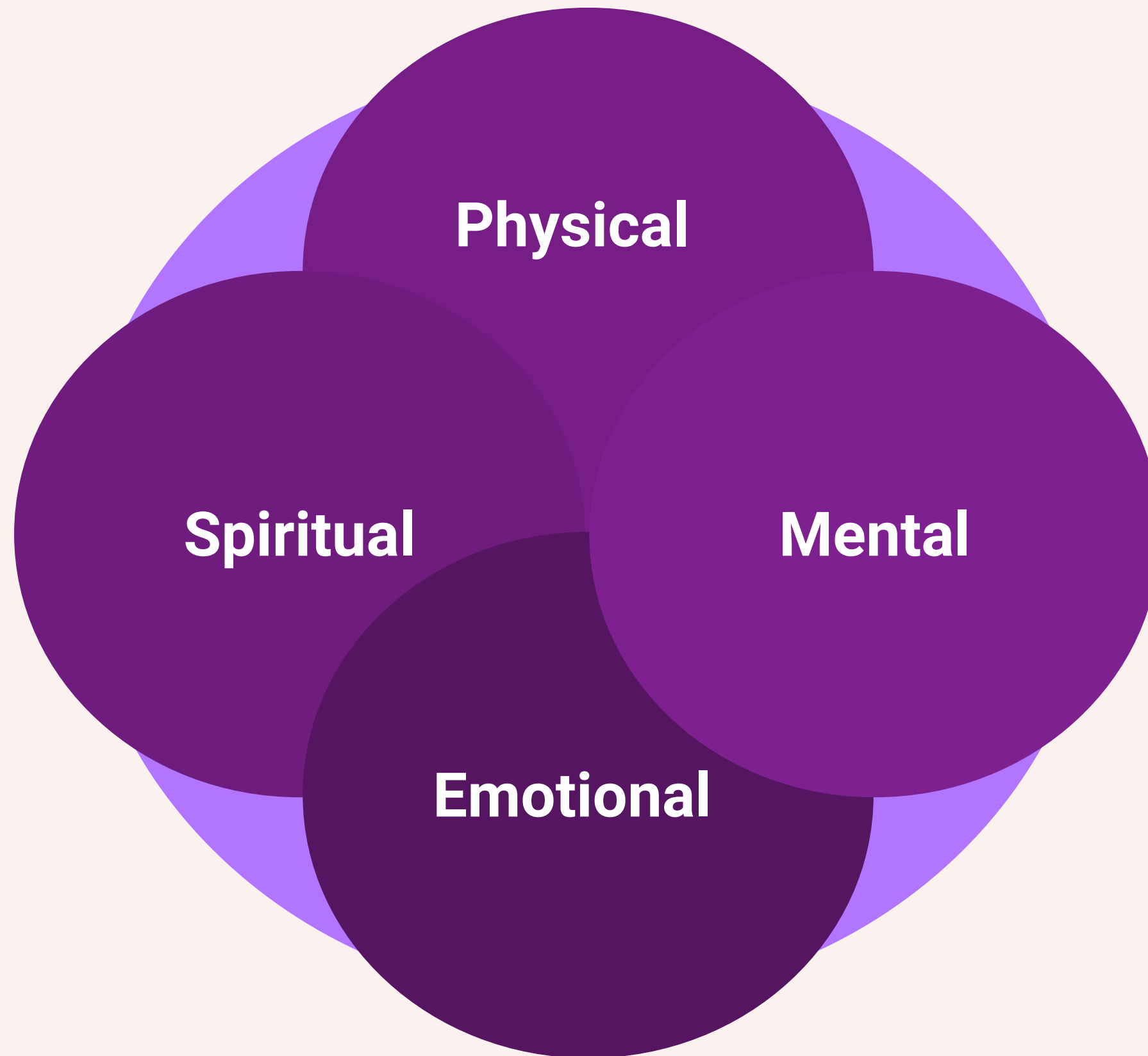
TRADITIONAL PRACTICES & ACTIVITIES

- 1. Types of traditional practices and activities
- 1. Impacts of participation on health
- 1. Challenges to participation
- 1. Community Reactions

CONNECTION BETWEEN LAND & HEALTH

- 1. Traditional Understandings of the land
- 1. Perceived Health Benefits of Connection to Land
- 1. Positioned in Relation to Western Social Determinants of Health

Health Experiences



Responses to Health Experiences

INDIVIDUAL

- Use/not use of substances
- Improved relationships with self
- Familial support
- Sense of community
- Connection to culture and identity as Two Spirit

HEALTH PROGRAMS & SERVICES

- Supports self-determination
- Cultural programming
- Understanding of sexual and gender diversity
- Accessible, affordable, non-judgmental support from counsellors who are informed about trans/Two Spirit issues

HEALTH POLICY

- Decolonizing environment
- Support of self-determination
- Create an environment of safety and support

Traditional food is
medicine

Traditional foods can be
both plants and animals

Use of traditional foods
and medicine as a
practice that has
connection to the
spiritual

What are Traditional Foods and Medicines?

Acquiring traditional
foods and medicine is a
spiritual practice

Storytelling

Connected to ceremony



Traditional Medicines and Food

PERCEIVED VALUE

- Can contribute to curing and healing from illness
- Indigenous medicines makes the connection between land, language, and culture
- Spiritual connection

REASONS FOR USING TRADITIONAL MEDICINES AND FOODS

- Used to treat illnesses (either physical, mental/emotional, or spiritual)
- Offers protection against Western diseases
- Food is medicine

Experiences Combining Traditional with Allopathic/Alternative Approaches to Health

Combination of Approaches

- *Traditional Medicine:*
 - Treating underlying cause
- *Western medicine*
 - Treating the symptoms

Tensions

- Use of marijuana and sweat lodges

Curing vs. Healing

- *Curing*
 - Treatment of illness
- *Healing*
 - A lifelong process

Traditional Practices and Activities

Impact of Participating

**Practices and
Activities**

**Indigenous
Community
Responses**

**Relationship to
the West**

Connection between Land and Health

**Traditional
Understanding of
Land**

**Perceived Health
Benefits of
Connection to
Land**



Discussion: Lessons Learned

- There is not a **clear definition** of transgender identity from an Indigenous lens in the literature
- Methodological limitations that don't lend itself to scientific study / proof or evidence rules in Western traditions
- Indigenous knowledge continues to be at the margins of Western thought
- Most of the literature is deficit-based and framed around lack of “fill in the blank”
- Lack of research on the link between land and health

Future Indigenous Trans Study: Preliminary

PURPOSE & OBJECTIVES

- What does wellness look like for Indigenous trans and gender diverse peoples?

METHODOLOGICAL APPROACH

- Community-Based Research (CBR)
- Indigenous & Decolonizing Approach
- Two-Eyed Seeing
- Strengths-Based

PROPOSED METHODS

- **Data Collection**
 - Urban/Rural
 - Body Mapping
 - In-Depth Interviews
- **Participatory Analysis**
 - Participatory (DEPICT Model)
 - Narrative and Visual Analysis



Questions/Answers?