



**Canadian Population Screening for Risk of Type 1 Diabetes
(CanScreen T1D) Research Consortium**

Indigenous Patient Circle – Sacred Agreement

P.A.T.H.™ Exercise Meeting

December 7, 2024

1. Respect and Kindness

- Check in with one another in a respectful, kind, and supportive way, recognizing the diverse aspects of wellbeing.
- Approach conversations with humility, understanding, and compassion, especially regarding the stigma and misunderstandings around diabetes.

2. Cultural Foundations

- Honor our First Nations identity, traditions, and ways of being, knowing, and doing.
- Incorporate and advocate for traditional medicines, land-based healing, smudging, prayers, and Elder guidance in our practices.
- Recognize and celebrate our cultural similarities while respecting cultural differences.

3. Safe and Inclusive Environment

- Foster a safe, inclusive, and culturally responsive space where all voices, including those of children, youth, and caregivers, are honored.
- Be mindful and open-minded, acknowledging the barriers faced by people living with diabetes.
- Promote a sense of belonging and mutual support as we work together toward shared goals.

4. Advocacy and Awareness

- Advocate for prevention, maintenance, and awareness of diabetes, emphasizing that Type 2 diabetes is preventable.
- Elevate the voices and perspectives of youth, children, and caregivers, recognizing diabetes as a family disease.
- Raise awareness by sharing knowledge within our networks and communities.

5. Collaboration and Relationships

- Build and sustain positive relationships with clinicians, researchers, and people living with diabetes.
- Ensure clinicians and researchers are vetted for anti-racism training and cultural competency.

- Advocate for equitable resources and opportunities for all members of our communities.

6. Understanding and Education

- Promote understanding of medications and diabetes management, bridging knowledge of Type 1 and Type 2 diabetes.
- Be responsive to emerging needs and ensure representation from different demographics, including ages, nations, and genders.
- Share worldviews and perspectives to build a collective understanding.

7. Responsibility and Representation

- Be mindful of how our actions and words contribute to the betterment of our relatives and communities.
- Advocate for opportunities for children and youth affected by diabetes, ensuring their needs are at the forefront.
- Recognize and honor where we come from, who we are, and who we represent in all our interactions.

8. Holistic and Grounded Approach

- Ground all our work on our cultural foundations, guided by principles of inclusion, respect, and shared understanding.
- Utilize and advocate for traditional and contemporary knowledge to address diabetes prevention and management.

By adhering to these guidelines, we commit to creating a community of respect, support, and shared purpose, guided by cultural values and the shared goal of improving the lives of those impacted by diabetes.