



First Nations Health Authority  
Health through wellness

# Are You Living with Diabetes?

## We Would Like to Hear from You!

**If you are a First Nations person with diabetes, we invite you to share your stories about living with diabetes.**



The First Nations Health Authority's Office of Chief Medical Officer is developing a report on diabetes among First Nations living in British Columbia (BC). This report will highlight First Nations stories and lived experience related to diabetes.

### **Why Share Your Story with the FNHA?**

Your story will help us better understand the needs of First Nations people in BC who live with diabetes and plan for the improvement of wholistic diabetes services.

### **Contact Information:**

If you would like to participate in the study, or have any questions, please contact Kathy Riyazi at [Kathy.Riyazi@fnha.ca](mailto:Kathy.Riyazi@fnha.ca) or call **778-879-2263** to book a phone interview. A \$100 honorarium will be sent to you in appreciation for your time and sharing your story. Interviews will be held between February and June 2023.



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# QUESTIONS & ANSWERS

## DIABETES REPORT PROJECT

### **What is the Diabetes Report project?**

The First Nations Health Authority (FNHA) is seeking to better understand how diabetes is impacting First Nations communities in British Columbia (BC) and First Nation people's wellness journeys. To do this, we are inviting people to share their experience of living with diabetes through an interview (phone/Zoom/in-person). The stories will be kept anonymous, and shared in a publicly available BC First Nations Diabetes Report alongside available data related to diabetes. This report will capture where we are, and what is needed to guide us forward in a good way.

### **Who can participate?**

This report highlights the experiences of First Nations people living with diabetes, so anyone who identifies as First Nations, and living with diabetes, is invited to share their story.

### **Why are you collecting stories?**

Stories are culturally relevant and helpful as First Nations people have always had an oral tradition; stories and knowledge are passed down from generation to generation. Hearing and collecting stories directly from community members will allow us to better understand what is working well for people living with diabetes, what the gaps in care are, and what could better support people on their wellness journey.

### **When is this story collection happening?**

The interviews will be held between February and June 2023.

### **How/where do I participate?**

The interviews will take place virtually with a member of the FNHA team. If there are any supports needed, such as access to a computer or Internet, the FNHA team can work with the health team in your community to help you connect.

To participate or for questions, please contact Kathy Riyazi  
at [Kathy.Riyazi@fnha.ca](mailto:Kathy.Riyazi@fnha.ca) or call **778-879-2263**.

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