

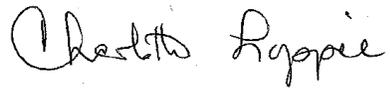
Editorial

Welcome readers. In this issue of the IJH, we present seven research-based articles that explore some of the health challenges, capacities, and opportunities experienced by Indigenous peoples in Australia, Canada, and New Zealand. Explorations into health challenges such as tuberculosis, substance use, and residential school trauma are grounded in colonial, political, and social contexts, which provide a critical foundation upon which to understand Indigenous health disparities. Similarly, the value and strength of Indigenous approaches, cultures, communities, and families is emphasized in discussions of Indigenous-focused and –led outpatient detox, culture-based healing, traditional foods, and active living interventions.

Sylvia Abonyi and colleagues explored the health experiences of First Nation people living with tuberculosis in Manitoba, Saskatchewan, and Alberta, Canada. Situated within colonial structures and systems, socioeconomic deprivation has resulted in a perpetuation of tuberculosis within many Indigenous communities. Participants of this study discuss the “tipping point” for seeking healthcare and the important influence of family, caregivers, and friends in that process. Jonathan Brett and colleagues assessed the acceptability of Australian Aboriginal community controlled outpatient detox, which was widely supported by participants. In particular, outpatient detox was viewed as a way to ensure individual, family, and community support, which was identified as a key to recovery from alcohol dependence. Tracey Carr and colleagues learned about the perceptions of healing among a group of former Indian residential school students from Saskatchewan, Canada. Although these participants continue to experience negative physical, emotional, mental, and spiritual impacts, many pursue healing through reconnecting with their culture and their faith. Sarah Herbert and colleagues sought to understand the experiences of alcohol use among older Māori people in New Zealand. Within a Māori cultural context, identity, social networks, relationships, and place emerged as important influences of alcohol use across the lifetime. Employing a Kaupapa Māori approach, Glenis Mark and colleagues interviewed rongoā Māori healers to discover the underlying concepts of their practice. Participants described the ways in which Māori beliefs and cultural values are foundational to the concept of rongoā Māori healing. Hannah Tait Neufeld and colleagues sought to understand the knowledge, availability, and use of traditional Indigenous foods among First Nations mothers living in either an urban area or a reserve community in Ontario, Canada. Mothers living in a reserve community reported improved access to traditional foods as well as proximity to the land and traditional food knowledge, while those living in urban areas faced geographic and economic barriers to learning about and accessing traditional foods. Embedded within a Māori philosophy, Anna Rolleston and colleagues engaged Māori participants in a structured lifestyle management programme to assess the impact on their cardiac health. Participants who engaged in this 12-week programme, which included individualized aerobic activities, resistance training, and health education saw significant reduction in weight and cardiovascular disease risk.

On behalf of the IJIH editorial team, we hope readers enjoy and are inspired by these insightful and culturally grounded articles. Thanks once again to all the authors and the Indigenous individuals, communities, and nations with whom they engage in this important work. You make a valuable contribution to our collective goal of enhanced wellness for Indigenous peoples around the globe and in future generations.

In health and healing,

A handwritten signature in black ink that reads "Charlotte Loppie". The signature is written in a cursive, flowing style.

Charlotte Loppie – Editor