



National Collaborating Centre for Indigenous Health

What does meaningful engagement mean: “Drinking tea”
with practitioners of Indigenous-led community-
based participatory research (ILCBPR)

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Health Impact Assessment Webinar Series

Introduction

Dr. Diana Lewis



Dr. Heather Castleden



Who's in the Zoom

Room?

1. What best describes your current role?

- Student
- Research
- Government
- Community/Not for Profit Organization
- Indigenous Organization
- Private Sector
- Other

2. Do you work with/for an Indigenous community(s)?

- Yes, I currently do
- Yes, I have in the past
- No, I have not

3. How familiar with any of the following:

CBPR - Community Based Participatory (Action) Research

OCAP[®] - First Nations Ownership Control Access Possession

TCPS2 - Canada's Tri-Council Policy Statement-Ethical Conduct for Research Involving Humans

1 (Not familiar)

5 (Very familiar)



Outline

- Health Impact Assessment and Best Practices
- Community Based Participatory Research (CBPR)
- CBPR to Indigenous-Led Community Based Participatory Research (ILCBPR)
- CBPR and ILCBR and Indigenous Health Impact Assessment
- Conclusion

Health Impact Assessment (HIA) within *Impact Assessment Act 2019*



Identify and analyze potential impacts on the health and well-being of a population



HIAs are voluntary within the Impact Assessment Act (2019)



Comprehensive and engaged approach that emphasizes equity in the distribution of effects

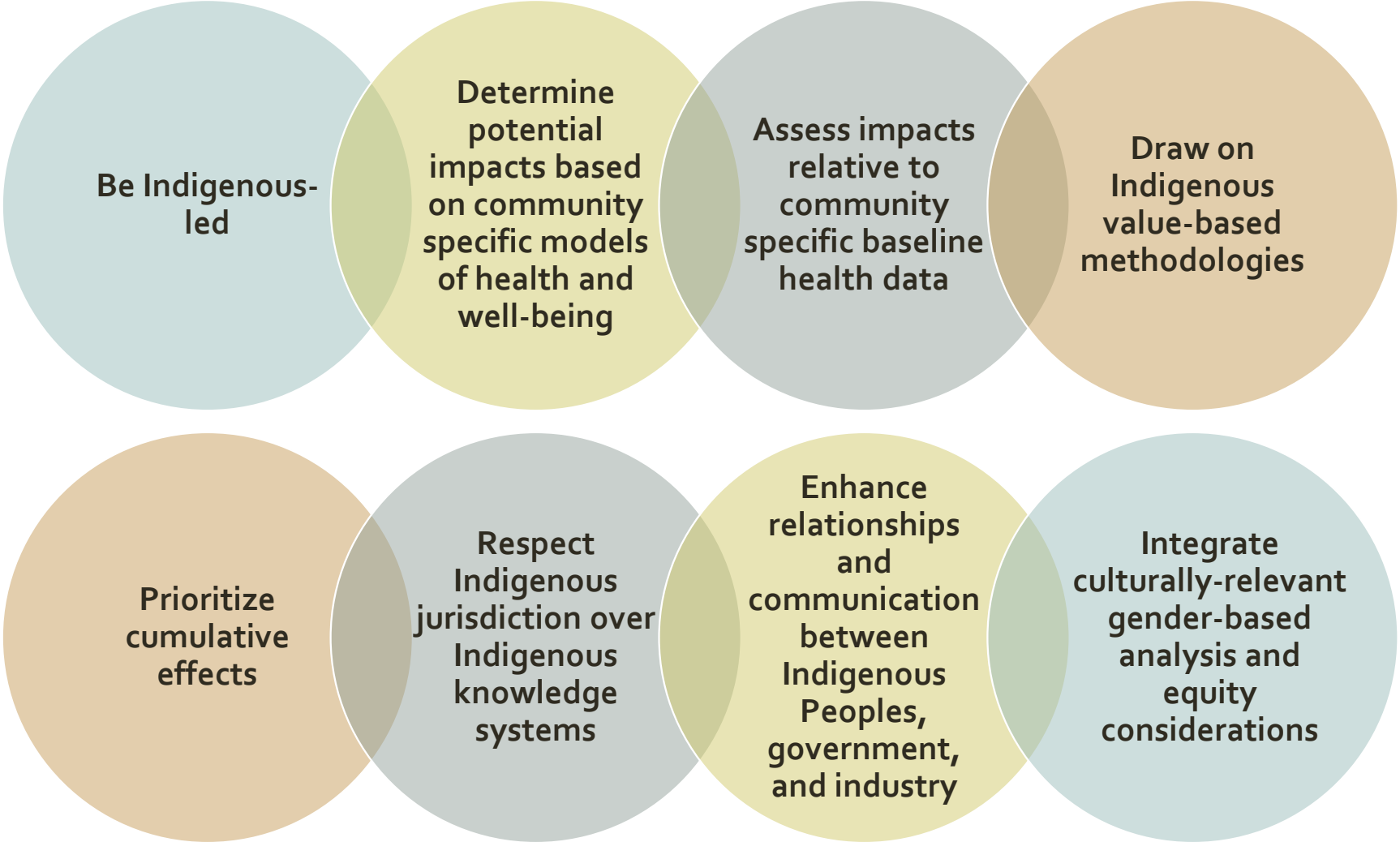


Lack of guidance for practitioners on Indigenous-specific HIA processes

These IAIA Five Key Principles include:

1. Take a comprehensive approach to health;
2. Engage all potentially impacted groups;
3. Consider equity and equality in the distribution of health effects;
4. Commit to the ethical and impartial use of evidence; and
5. Highlight sustainability in the assessment of short- and long-term future impacts.

HIA Best Practices



Community Based Participatory Research



Canadian Geographies
Géographies canadiennes

Research / Recherche |  **Full Access**

“I spent the first year drinking tea”: Exploring Canadian university researchers’ perspectives on community-based participatory research involving Indigenous peoples

Heather Castleden  Vanessa Sloan Morgan, Christopher Lamb

Community Based Participatory Research

Investigator Driven

- Investigator Chooses the Question
- Investigator Chooses how to Collect the Data
- Investigator Analyzes the Data
- Investigator Publishes the Findings

CBPR (in Theory)

- Investigator and Community Know Each Other: Respect and Trust
- Investigator and Community Co-Determine the Methods and Co-Collect the Data
- Investigator and Community Co-Analysis the Data
- Investigator and Community have Shared Authorship of Findings

CBPR (in Reality)

- Investigator Brings the Idea to a Community for Approval
- Investigator Hires a Community Member to Collect the Data
- Investigator Takes the Data and Does the Analysis
- Investigator Publishes the Findings and Acknowledges the Community

Indigenous-Led Community Based Participatory Research (ILCBPR)

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From Community-Based Participatory Research (CBPR) Involving Indigenous Peoples to Indigenous-Led CBPR: It Is More Than Just Drinking Tea

Diana Lewis, Heather Castleden, Ronald David Glass, and Nicole Bates-Eamer

Moving from CBPR involving Indigenous Peoples to ILCBPR



Based in relational ethics and accountability

Understanding the place and timing of research and community

Collaboration as an on-going process

Acts of refusal



Culturally relevant gender-based analysis

Data governance and sovereignty



Indigenous-Led Community Based Participatory Research (ILCBPR)

- ILCBPR is, in many ways, the same as CBPR was “in theory.”
- But ILCBPR moves from co-creation to Indigenous leadership in decision-making.
- This ensures relevance, respect, relationality, responsibility, and accountability.



Figure A

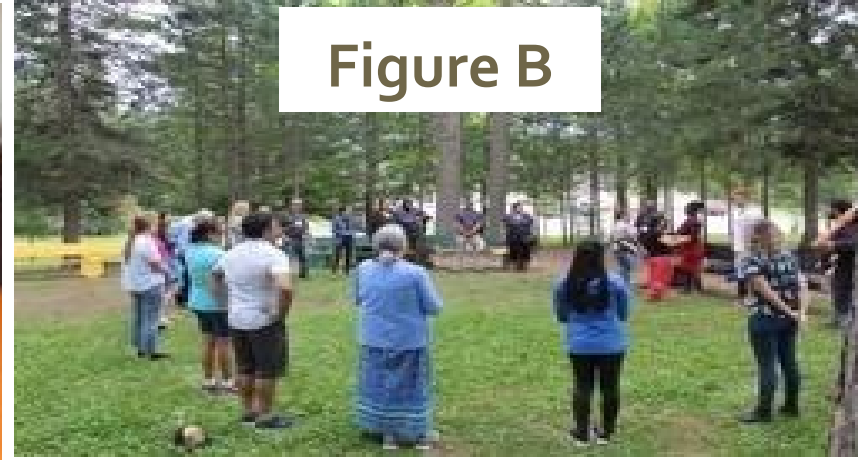


Figure B

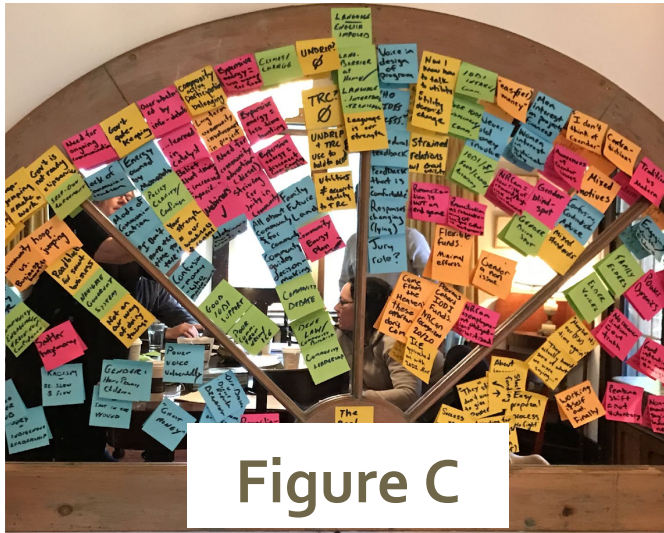


Figure C



Figure D



Figure E

Indigenous Data Governance and Sovereignty

Indigenous Data Governance and Sovereignty means that Indigenous Peoples are decision makers in:

 What data is collected and analyzed

 How data is interpreted

 How data is managed and stored

 How results are shared

Best practices and guidance:

Ownership Control Access Possession (OCAP)

Ownership Control Access Stewardship (OCAS)

Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2)

First Nations Data Governance Strategy (FNIGC)

United States Data Sovereignty Network

Findable Accessible Interoperable Reusable (FAIR) Principles

Collective Benefit Authority to Control Responsibility Ethics (CARE) Principles

Relationships... Would you like a cup of tea?



Community Based Participatory Research




1. Academic Impact
2. Research Capacity
3. Technical Capacity
4. Land Use and Community Planning
5. Health Prioritization
6. Legal Proceedings
7. Treaty Negotiations
8. AlterNative Film Festival
9. Employment Outcomes
10. Pride



CBPR (in Theory)

- Investigator and Community Know Each Other: Respect and Trust
- Investigator and Community Co-Determine the Methods and Co-Collect the Data
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A collage of tea-related items. On the left, there are several white teacup and saucer sets in a display case, some with floral patterns. In the center, a dark green diamond-shaped overlay contains white text. On the right, there are several bowls containing different types of tea leaves and blends, including green tea, black tea, and floral blends. A tea bag is also visible in the top right.

**What kind of tea
are we drinking
and who
chooses the
cups we drink
from?**

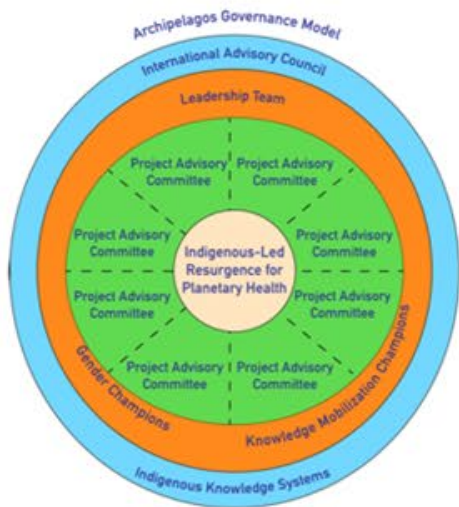


Figure 3 - Team Responsibility



What's worked in our relationships:
Develop governance structures and building teams

Ownership/Control/Access/Possession/Stewardship:
Who brews the tea, pours the tea, drinks the tea, and cleans up after?



*Americans throwing the Cargoes of the Tea Ships into the River,
at Boston*

Different ways I brew loose-leaf tea



Mason Jar & Strainer: minimal equipment, full visual control and unfurling of leaves. Versatile; can fit many different needs.



Gaiwan: traditional, ceremonial, helps to focus on sensory experience. Encourages lots of small infusions. Whole leaf teas only.



Basket strainer: Practical, small holes for broken-leaf teas like sencha/yerba mate. Should not be too small: let leaves expand!



Chawan/mug and matcha whisk: matcha and other powdered teas. Prevent chunks by making a paste first, then top up & foam!



Grandpa style: not for sensitive teas, but great on the go! Just keep refilling when it's at about 30% to keep the flavor going. You'll filter with your lips, so use big-leaf teas.



Haribo or basketed pot: a fancy version of the mason jar & strainer. If your tea is sensitive, don't leave it stewing in the bottom! Pour all liquid out.

Knowledge Collaboration:

How do we brew and make sense of our tea-drinking experience?

When do we share our tea with others?

Tuck, E., & Yang, K. W. (2014). R-words: Refusing research. Humanizing research: Decolonizing qualitative inquiry with youth and communities, 223, 248.

This is not a story to pass on.

—Toni Morrison (1987, p. 275)

... I knew that there were limits to what I could ask—and then what I could say . . .

—Audra Simpson (2007, p. 73)

We're telling all of you, but we're not telling anyone else.

—Fred Moten and Stefano Harney (2010, p. 5)





***Reciprocity:
Let's Make Tea
Together***

Community Representatives in the Audience? These are for you!

- Interview Researchers and Practitioners— Find the “Fit”.
- Ask them to share a recent **plain-language** publication or report
- Ask for community **references**.
- Ask them to come for a **face-to-face visit** in your community.
- Ask if they know about **UNDRIP**, **OCAP®**, and **TCPS2**.
- Ask them about ToR or MOUs and **consequences** for breaching.
- Ask them “**the money**” question!



We'la'lioq | Thank you

Questions?

Upcoming HIA Webinars

March 3, 2026 – Indigenous Values vs
Western Economic Values in Impact
Assessment

March 31, 2026 – What is distinctions-
based Health Impact Assessment?