How the research project came to life:
The study design

- Participants recruited into the Canadian Alliance for Healthy Hearts and Minds
- Prospective, pan-Canadian study of Canadians designed to uncover early causes of stroke and dementia
- For 3 months, participants entering the Healthy Roots Research Study were asked to eat and go about life as usual, after which time, they were to begin the program
- The 3-month “pre-study” period was a comparator against which their progress during Healthy Roots was assessed
The study design

“Control” Period
≈ 3 months

“Healthy Roots” Period
3 months
Healthy Roots: Who

- We recruited 22 participants from the 6 Nations community
- also enrolled in the Canadian Alliance for Healthy Hearts and Minds
Healthy Roots Food List

HAUDENOSAUNEE FOODS

FROM THE WATER
- Lake Trout
- Bass
- Northern Pike
- Salmon
- Grayling
- Rainbow Trout
- Pickerel
- Greenback
- Black Crappie
- Walleye
- Shad
- Brook Trout
- Steelhead
- Brook Sturgeon
- Lake Sturgeon
- Rainbow Shad

FROM THE FIELDS
- Wild Rice
- Black Walnuts
- Blueberries
- Corn
- Green Beans
- Tomatoes
- Sweet Potatoes
- Turnips
- Rutabaga
- Carrots
- Parsnips
- Leeks
- Potatoes
- Turnips
- Edible Roots
- Beets
- Egg Plants

FROM THE GARDEN
- Radishes
- Beets
- Carrots
- Corn
- Tomatoes
- Green Beans
- Peas
- Spinach
- Lettuce
- Cabbage
- Broccoli
- Cauliflower
- Brussels Sprouts
- Spinach
- Kale
- Collards
- Cabbage
- Brussels Sprouts
- Spinach
- Lettuce
- Cabbage
- Broccoli
- Cauliflower
- Corn
- Tomatoes
- Green Beans
- Peas

FROM THE WOODS
- Acorns
- Walnuts
- Hazelnuts
- Pine Nuts
- Maple Seeds
- Fireweed Seeds
- Beech Nuts

FROM THE SKIES
- Turkey
- Quail
- Pheasant
- Squirrel
- Rabbit
- Rabbit
- Rabbit
- Rabbit
- Rabbit

YOU WILL BECOME HEALTHY AGAIN

SAMPLE MEALS
- Pot Roast with Vegetables and Gravy
- Chicken with Rice and Vegetables
- Baked Salmon with Lemon and Herbs
- Turkey with Stuffing and Gravy
- Roast Beef with Mashed Potatoes and Vegetables
- Pork Chops with Rice and Vegetables
- Grilled Pork Tenderloin with Mushroom Sauce
- Grilled Salmon with Lemon and Herbs
- Grilled Chicken with Baby Greens and Vinaigrette
- Beef Stroganoff with Noodles
Healthy Roots food baskets:
What changed during Healthy Roots?

AS NUTRIENTS...
The Healthy Roots diet...

- Was higher in protein and polyunsaturated fats
- Was lower in refined carbohydrate (sugar and starch)
- Was lower in saturated and trans fats
- Was higher in potassium
- Was lower in sodium
Physical changes

THINGS THAT WE COULD SEE
Physiological changes

THINGS INSIDE THAT WE CAN’T SEE OR FEEL
Physiological changes

WHAT HAPPENED TO THE GUT BACTERIA?
Favourable changes in measures of body size and adiposity, favourable changes in glycemic control, improvement in sense of well-being and happiness and no major negative gastrointestinal symptoms.


Incorporates a non-diet/weight focus- statistics seem to focus on diet/weight change, but the entire study focuses more on body, mind and spirit supporting wellbeing- Our Haudenosaunee food is so much more than a physical impactor.

Demonstrates novel and/or sustainable partnerships and collaboration- this community-based participatory research was driven by our community, long standing research relationship but first time the question was driven by our community.