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Inuit Tuttarvingat



# **Inuit Tuttarvingat Use of Cloth Diapers in Inuit Communities Pilot Project 2009**



National Aboriginal Health Organization (NAHO)  
Organisation nationale de la santé autochtone (ONSA)  
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## Purpose

- To reduce garbage by re-using products
- To encourage families to save money by using cloth diapers and
- To promote Inuit midwifery and the Irnisuksiiniq - Inuit Midwifery Network Web site.





## Methods – Participant Search

- Advertised via radio, Public Service Announcements, Canadian Prenatal Nutrition Program Coordinators and posted in health centres and hamlets.
- We rec'd 27 women who were interested from Inuit Nunangat. 15 were chosen (6) in Cape Dorset, (1) Makkovik, (5) Kugluktuk, (1) Qikiqtarjuaq, (1) Clyde River.



## Methods - Participation

- Nine participated through the six months.
- Concerns – Six participants we could not follow up with due to:
  - custom adoption
  - no phones
  - they gave diapers to another mother because they did not want to use them and
  - a lack of interest from the participant.
- Other concerns from people who did not participate was water delivery.



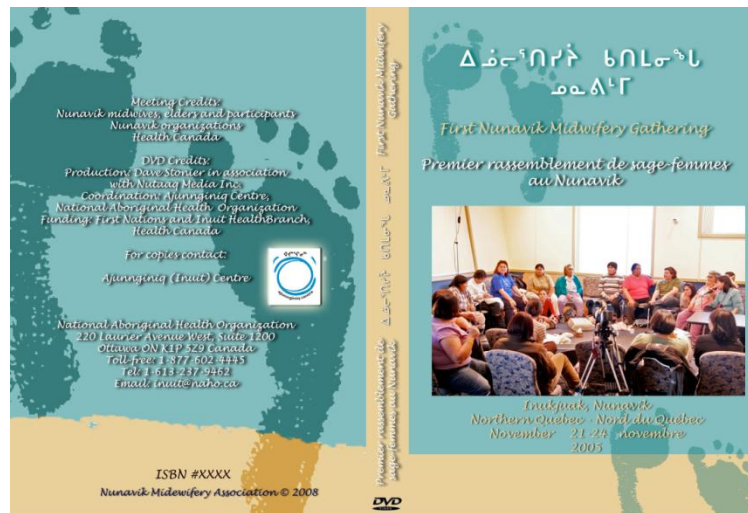
## Methods - Timelines

- Nine participants received diapers just before Christmas --we mailed the package through Canada Post;
- Six other participants received them from January to February.
- We conducted interviews in February and May through the phone, email and fax.



# Method - Partners

- Partnered with Arctic Coops Ltd to supply the participants with various products, such as detergent, vinegar, and paper towels for the duration of the pilot (6 months). \*





## Method - Questions

- Types of questions in the interview:
  - ease/difficulty of use,
  - community support (daycares/babysitters),
  - social change (making a difference in environment, or moving back to traditional methods of diapering), and
  - personal experience.





## Findings

- Participants would not pay up front for cloth diapers at a cost of \$300.00.
- Daycares/babysitters did not want to use the cloth diapers when caring for the child even when the mother offered to wash them at her home.
- Participants said they would re-use the diapers for their next child if they were in good condition to be used.





## Findings Con't

- Participants overall thought they saved anywhere from \$40.00-\$200.00 a month when using cloth diapers.
- Seven of the nine respondents said they would recommend using cloth to new mothers in the community.



## Findings Con't

- Participants felt they were helping the environment by reducing garbage in the community.
- Through the Canadian Prenatal Nutrition Program, many of the women who participated were asked where to get these diapers by other women in the community
- Elders and health centre staff were supportive, family and friends were happy, but wouldn't participate if they had children.



## Findings Con't

- Overall 5 of the respondents did notice the midwifery label on the diaper
- Only two women checked out the site and thought the website contained a lot of information and was very nice



## Next Steps

- Publish the material produced:
  - Tips on Washing Cloth Diapers
  - Benefits of Using Cloth Diapers
  - Power Point on our website
  - Where to purchase cloth diapers



## Questions and Recommendations

What can change in the North to allow women (or give the option) to purchase and use cloth diapers most of the time?

Creating partnerships with Arctic Coops and North Marts to give the option of purchasing cloth instead of disposable diapers.



## Conclusions

- Great product for Health Promotion considering the small amount of dollars the Centre invested and brought about awareness and possibly a change in attitude in certain communities.

## Question or Comments

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