

***First Nations Regional Longitudinal  
Health Survey (RHS) 2002/03***

***Report on Selected Indicators by Gender***

Prepared by the First Nations Centre at NAHO, on behalf of the  
First Nations Information Governance Committee

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**Topic Areas**



- Demographics
- Household characteristics
- Language, culture, and spirituality
- Socioeconomic characteristics
- Health and wellbeing
- Preventive and diagnostic healthcare
- Other healthcare use and access
- General health measures
- Chronic health conditions
- Social and emotional wellbeing





## Demographics

			Total
Proportion of on-reserve population (all ages)	46.8%	<b>53.2%</b>	100.0%
Proportion of females/males that are 60+ years (among those of all ages)	6.5%	<b>9.9%</b>	8.3%



## Household characteristics

			Total
Lives alone	<b>13.5%</b>	6.7%	10.1%
Lives in a home with one or more children under 18	60.7%	<b>73.7%</b>	67.1%
Lives in a home with two or more children under 18	40.3%	<b>52.0%</b>	46.1%
Household income: \$50,000+/year	23.8%	24.6%	24.2%
Household income: under \$20,000/year	31.4%	30.0%	30.7%
Lives in a smoke-free home	49.0%	<b>56.0%</b>	52.4%
Does not consider main water supply to be safe to drink	<b>36.2%</b>	28.6%	32.3%

## Language, culture, and spirituality



			Total
Understands a First Nations languages relatively well or fluently	49.8%	50.6%	50.2%
Unilingual (speaks a First Nations language relatively well or fluently not English nor French)	2.1%	2.2%	2.2%
Considers traditional cultural events to be important (very or somewhat)	78.4%	83.0%	80.6%
Considers traditional spirituality to be important (very or somewhat)	75.1%	77.8%	76.4%
Considers religion (e.g. Christianity) to be important (very or somewhat)	64.4%	<b>76.5%</b>	70.3%

## Socioeconomic characteristics

			Total
Highest level of schooling: did not complete high school	54.3%	50.4%	52.4%
Highest level of schooling: university degree completed (Bachelor's or higher)	3.7%	<b>6.7%</b>	5.1%
Working for pay at the time of the survey	48.3%	49.3%	48.8%
Working full time (30+ hours/week) at the time of the survey	42.6%	40.0%	41.3%
Working part time (less than 30 hours/week) at the time of the survey	5.7%	<b>9.4%</b>	7.5%
Personal income: \$50,000+/year	<b>5.9%</b>	3.8%	4.9%
Personal income: under \$20,000/year	59.8%	59.9%	59.9%
Earning income from employment sources	<b>60.8%</b>	52.1%	56.6%
Receiving income from government services	62.4%	<b>79.8%</b>	71.0%

**Note:** Unless otherwise indicated, all figures are based on the 18+, on-reserve population. Figures in **bold/italic** indicate that the gender difference is statistically significant (i.e. 95% confidence intervals do not overlap). All percentages are weighted to the First Nations on-reserve population. For more information concerning the survey please refer to the available reports at: [www.naho.ca/fnc/rhs](http://www.naho.ca/fnc/rhs).



## Health and wellbeing

			Total
Attended residential school	21.1%	19.4%	20.3%
Believes that residential school negatively affected their health and/or well-being	48.4%	46.0%	47.3%
Smoker: daily or occasional	59.3%	58.3%	58.8%
Smoker: daily or occasional (18-34 age group)	68.9%	68.9%	68.9%
Smoker: daily or occasional (35-54 age group)	57.1%	60.1%	58.5%
Smoker: daily or occasional (55+ age group)	<b>37.2%</b>	26.3%	31.5%
Had sexual intercourse in the past 12 months	<b>84.3%</b>	75.3%	79.9%
Had sexual intercourse in the past 12 months (18-34 age group)	91.7%	89.1%	90.5%
Had sexual intercourse in the past 12 months (35-54 age group)	85.6%	81.9%	83.9%
Had sexual intercourse in the past 12 months (55+ age group)	<b>53.1%</b>	23.2%	36.6%
Consumes alcohol, at least once a week	<b>22.8%</b>	11.9%	17.8%
Consumes 5 or more alcoholic drinks (on one occasion at least once a week)	<b>20.9%</b>	10.2%	16.0%
Used marijuana in the past 12 months (without a prescription)	<b>33.8%</b>	19.4%	26.7%
Used marijuana or hashish about once a day (in the past 12 months)	<b>14.0%</b>	5.0%	9.6%
Received treatment for alcohol abuse (ever)	<b>20.5%</b>	11.9%	16.3%
Received treatment for drug abuse (ever)	<b>8.5%</b>	5.5%	7.0%
Consumes fast food, daily	<b>10.7%</b>	5.1%	7.9%
Consumes cakes, pies, cookies, candy, or chocolate, daily	9.9%	7.2%	8.6%
Consumes soft drinks (pop), daily	35.4%	29.6%	32.5%
Consumes French fries, potato chips, pretzels, or fry bread, daily	<b>11.9%</b>	7.6%	9.8%
Sufficiently active (30+ min. activity with increased heart rate and breathing 4+ days/week)	<b>26.7%</b>	15.2%	21.3%
Overweight (but not obese)	<b>41.8%</b>	31.1%	37.0%
Obese or morbidly obese	31.8%	<b>41.1%</b>	36.0%
Overweight, obese or morbidly obese	73.6%	72.2%	73.0%

## Preventive and diagnostic healthcare



			Total
Obtained a cholesterol test, in the past 12 months	31.8%	<b>38.5%</b>	35.1%
Obtained a vision or eye examination, in the past 12 months	53.8%	<b>61.5%</b>	57.6%
Obtained a blood pressure test, in the past 12 months	61.1%	<b>70.1%</b>	65.5%
Obtained a blood sugar test, in the past 12 months	46.6%	<b>60.9%</b>	53.6%
Obtained a complete physical examination, in the past 12 months	36.0%	<b>49.9%</b>	42.8%
Obtained a rectal examination, in the past 12 months	<b>13.8%</b>	10.3%	12.1%
Obtained an HIV test, at least once in their lifetime	29.5%	<b>39.0%</b>	34.1%

## Other healthcare use and access



			Total
Uses traditional medicines	37.5%	39.2%	38.3%
Has received dental care in the past 2 years	71.5%	<b>80.3%</b>	75.9%
Reported one or more barriers in accessing health care	51.6%	<b>60.4%</b>	55.9%
Reported one or more problems in accessing NIHB-funded services	35.2%	<b>41.6%</b>	38.4%

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## General health measures

			Total
Self-reported to be in 'very good' or 'excellent' health	<b>42.6%</b>	37.1%	39.9%
Has a disability	21.2%	24.6%	22.9%
Incurred an injury, serious enough to require medical attention, in the past 12 months	<b>33.6%</b>	23.8%	28.8%

## Chronic health conditions

			Total
Diabetes, any type	12.9%	16.0%	14.5%
Diabetes, any type (20-34 age group)	1.7%	<b>6.5%</b>	4.1%
Diabetes, any type (35-54 age group)	17.2%	17.9%	17.5%
Diabetes, any type (55+ age group)	33.7%	38.5%	36.2%
Attended a diabetes clinic or see someone for diabetes education (among diabetics)	33.8%	47.5%	41.3%
Arthritis	15.1%	<b>21.9%</b>	18.4%
Allergies	13.5%	<b>23.2%</b>	18.3%
High blood pressure	12.9%	<b>17.0%</b>	14.9%
Chronic back pain	14.1%	14.1%	14.1%
Asthma	7.3%	<b>12.2%</b>	9.7%
Hearing impairment	<b>10.5%</b>	6.0%	8.3%
Stomach and/or intestinal problems	5.4%	<b>10.0%</b>	7.7%
Heart disease	4.9%	5.0%	4.9%
Thyroid problems	1.2%	6.6%	3.9%
Rheumatism	2.3%	<b>4.2%</b>	3.2%
Osteoporosis	1.4%	<b>4.5%</b>	2.9%

## Social and emotional wellbeing

			Total
Has felt sad, blue or depressed for 2 weeks or more in a row (in the past year)	25.7%	<b>34.5%</b>	30.1%
Has ever thought about suicide, in their lifetime	28.5%	33.4%	30.9%
Has ever attempted suicide, in their lifetime	13.1%	<b>18.5%</b>	15.8%
Has ever attempted suicide, in their lifetime (18-34 age group)	14.8%	<b>21.3%</b>	18.0%
Has ever attempted suicide, in their lifetime (35-54 age group)	13.7%	<b>19.7%</b>	16.6%
Has ever attempted suicide, in their lifetime (55+ age group)	7.2%	9.3%	8.3%
Talked to a friend about their emotional/mental health, in the past 12 months	48.1%	<b>72.2%</b>	60.0%
Talked to their immediate family about their emotional/mental health, in the past 12 months	50.6%	<b>71.0%</b>	60.6%
Talked to their family doctor about their emotional/mental health, in the past 12 months	17.8%	<b>29.4%</b>	23.5%
Can count on someone when they need to talk, most or all of the time	75.2%	<b>81.0%</b>	78.1%
Has someone to confide in or talk to about their problems, most or all of the time	71.2%	<b>79.0%</b>	75.1%
Has someone who shows them love or affection, most or all of the time	81.4%	<b>87.1%</b>	84.2%
Has someone to give them a break from their daily routine, most or all of the time	54.9%	<b>61.6%</b>	58.2%
Has someone to have a good time with, most or all of the time	78.9%	79.0%	78.9%

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