The First Nations Regional Health Survey (RHS)

Phase 2 - 2008/10
Selected Results
Objectives of the First Nations Regional Health Survey (RHS)

• Offer scientifically and culturally validated information
• Enhance First Nations capacity and control over research
• Provide First Nations with key information for planning, policy & advocacy at community, regional and national levels.
• Assist First Nations in assessing their communities’ progress in health
• Serve as a model for Community Based Research
More than “just another survey”

• The RHS is the “only” national research project under complete First-Nations control

• RHS is rooted in self-determination, nationhood, self-governance and nation re-building

• RHS core values: *trust* and *respect* for First Nations peoples, communities and nations.
Mandate for RHS

- National political mandate comes from the Assembly of First Nations (AFN) Chiefs’ Committee on Health (CCOH)

- Most significant AFN national resolution – passed at the AGA in PEI (No. 32/2004).

- Regional support resolutions have also been passed by the regional political organization.

- **New Dec. 2009** (Resolution No. 48) – AFN Special Chiefs Assembly approval to create the First Nations Information Governance Center (FNIGC) and transfer RHS to FNIGC.
### Partnership & Coordination

<table>
<thead>
<tr>
<th>National</th>
<th>Regional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• First Nations Information Governance Centre</td>
<td>• Union of Nova Scotia Indians</td>
</tr>
<tr>
<td>• Assembly of First Nations (Ex-Officio)</td>
<td>Union of New Brunswick Indians</td>
</tr>
<tr>
<td></td>
<td>First Nation of Quebec and Labrador Health and Social Services Commission</td>
</tr>
<tr>
<td></td>
<td>Chiefs of Ontario</td>
</tr>
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<td></td>
<td>Assembly of Manitoba Chiefs</td>
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<td></td>
<td>Federation of Saskatchewan Indian Nations</td>
</tr>
<tr>
<td></td>
<td>Albert First Nations Information Governance Centre (for Treaty 6, 7, and 8)</td>
</tr>
<tr>
<td></td>
<td>Dene National Office</td>
</tr>
<tr>
<td></td>
<td>Council of Yukon First Nations</td>
</tr>
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<td></td>
<td>BC First Nations Health Authority (B.C.) Soon!</td>
</tr>
</tbody>
</table>
DATA IS IMPORTANT TO FIRST NATIONS

DATA → INFORMATION

KNOWLEDGE and EVIDENCE

CHANGE

HEALTH STATUS & WELL BEING
RHS Timelines

1997: RHS Pilot
9 regions ✓

2002-03: RHS Phase 1
completed ✓

2008/10: RHS Phase 2
completed ✓

2012: RHS Phase 3

2016: RHS Phase 4
Who was involved:

All First Nation in Canada except James Bay Cree (N. Quebec) and Labrador Innu

RHS Phase 1 (2002/03)
- 238 First Nations comm.
- 80% target sample achieved
- 22,602 surveys
  - 10,962 adults
  - 4,983 youth
  - 6,657 children

RHS Phase 2 (2008/10)
- 216 First Nation comm.
- 72.5% target sample achieved
- 21,757 surveys
  - 11,043 adults (18+)
  - 4,837 youth (12-17)
  - 5,877 children (0-11)
RHS Phase 2 (2008/10)

National
55 sub-regions
216 Communities
5.3% of total pop

YK
6 Sub-regions
15 Comms

NT
5 sub-regions
16 Comms

BC
4 sub-regions
36 Comms

SK
11 Tribal Councils
35 Comms

AB
3 Treaty Areas
16 Comms

MB
8 Tribal Councils
30 Comms

ON
5 PTO/Ind.
24 Comms

QC
9 Nations
22 Comms

NS/PEI
2 Regions
14 Comms

NF
1 Region
1 Comm

NB
1 Region
7 Comms

National
55 sub-regions
216 Communities
5.3% of total pop
Adult Themes Phase 2

- Demographics
- Household Characteristics
- Employment and Income
- Education
- Language and Culture
- Disability and Home care
- Chronic Disease
- Injuries
- Dental care and Access
- Mental Health
- Community Wellness
  - Gambling
  - Food Security
  - Violence
- Diabetes
- Physical Activity
- Nutrition and Traditional foods
- Smoking
- Alcohol and Drug use
- Sexual Health
- Healthcare Access/NIHB
- Traditional Medicine
- Housing
- Residential Schools
  - Care giving
  - Depression
  - Migration
  - Health Utilities Index
Youth Themes Phase 2

- Demographics
- Household Characteristics
- Education
- Language and Culture
- Chronic Disease
- Injuries
- Dental care and Access
- Mental Health
  - Suicide
- Community Wellness

- Diabetes
- Physical Activity
- Nutrition and Traditional foods
- Smoking
- Alcohol and Drug use
- Sexual Health
- Healthcare Access/NIHB
- Traditional Medicine
- Residential Schools
Child Themes Phase 2

- Demographics
- Household Characteristics
- Education
  - Current grade
  - Head Start
- Language and Culture
- Acute and Chronic Disease
- Injuries
- Dental care, BBTD, and Access to care
- Childcare

- Diabetes
- Physical Activity
- Nutrition and Traditional foods
- Residential Schools
  - Immunization
RHS Community Survey
Phase 2

- External Environment
- Shelter and Infrastructure
- Food and Nutrition
- Employment and Economic Development
- Education
- Justice, Safety & Security
- Health Services
- Social Services
- First Nation Identity
- Governance
RHS Independent Review

• Harvard University - Project on American Indian Economic Development - John F. Kennedy School of Government

• Measured: Methodology and Self-Determination in research

• Results released in June 2006

• For RHS Phase 2 – Johns Hopkins University - School of Public Health
“Compared to ... surveys of Indigenous people from around the world, ... RHS was unique in First Nations ownership of the research process, its explicit incorporation of First Nations values into the research design and in the intensive collaborative engagement of First Nations people ... at each stage of the research process.”

RHS Cultural Framework
Adult

(18+ Years)
Demographics

- Roughly **30%** of First Nations adults are younger than 30 years of age.
- **47.2%** of First Nations adults were working for pay, compared to over **60%** of the general Canadian adult population.
- **39.9%** of First Nations adults reported having less than a high school education.

23.8% in general Canadian pop.
Working for pay by education level

- Less than High School: 32.50%
- High School: 53.7%
- Post Secondary: 71.8%
- Graduate: 64.8%
Demographics

- Percentage reporting household income of less than $10,000 per year has increased from 11.7% to 16.8%

- 57.6% earned less than $20,000/year compared to 20% not living in First Nations communities
Migration

59.2% of First Nations adults have lived outside their community

<table>
<thead>
<tr>
<th>Main Reason for Moving</th>
<th>% of First Nations adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>36.3</td>
</tr>
<tr>
<td>Education</td>
<td>25.0</td>
</tr>
</tbody>
</table>

- A significantly higher proportion of males move away for reasons of employment, while the reverse is true for education.
Reasons for returning

Family and Connection to Home are top 2 reasons for returning home

- Family: 59.9%
- Connection to home: 31.1%
- Job opportunities: 21.0%
- Housing became available: 16.4%
Housing

• 50.9% living in homes with mould or mildew compared to 44% in 2002/03
  • On average 4.2 household occupants

• 70.8% of First Nations households require some type of repair
  • Of those requiring repair, 37.3% were considered major

Crowding 23.4% -- up from 17.2% in 2002/03

9.1% in general Canadian Pop.
80.8% reported having type 2 diabetes.

20.7% reported being diagnosed with diabetes (25+ years).

Any treatment increased from 89.8% in 2002/03 to 97.0%.

Diet (64.6%) and pills (72.9%) were most common therapies.

Insulin use increased from 16.7% to 22.9%.

“No treatment” fell from 10.2% in RHS 2002/03 to 3.0%.

Exercise decreased from 52.9% to 48.3%.

11.7% used traditional medicine – no change from 2002/03.
BMI, Physical Activity, Nutrition

Adult (18+)

- **34.8%** obese vs. **20%** in general pop.
- **5.4%** morbidly obese vs. **2.7%** in general pop.
- **25.2%** active
- **28.2%** moderately active
- **46.5%** inactive
### RHS Community Survey: Cost of Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Atlantic</th>
<th>Central</th>
<th>West</th>
<th>North</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf of Bread</td>
<td>$2.26</td>
<td>$2.62</td>
<td>$2.59</td>
<td>$3.24</td>
</tr>
<tr>
<td>400g Cheddar Cheese</td>
<td>$5.88</td>
<td>$5.72</td>
<td>$6.69</td>
<td>$7.74</td>
</tr>
<tr>
<td>Dozen Eggs</td>
<td>$2.78</td>
<td>$2.78</td>
<td>$3.11</td>
<td>$3.85</td>
</tr>
<tr>
<td>10kg Flour</td>
<td>$10.59</td>
<td>$13.03</td>
<td>$12.28</td>
<td>$16.59</td>
</tr>
<tr>
<td>4 Litres of Milk</td>
<td>$7.39</td>
<td>$5.63</td>
<td>$6.08</td>
<td>$6.96</td>
</tr>
<tr>
<td>1kg Peanut Butter</td>
<td>$4.49</td>
<td>$5.12</td>
<td>$5.92</td>
<td>$6.23</td>
</tr>
<tr>
<td>10lbs Potatoes</td>
<td>$5.15</td>
<td>$4.43</td>
<td>$7.85</td>
<td>$10.90</td>
</tr>
<tr>
<td>16-19oz Soup</td>
<td>$1.52</td>
<td>$2.15</td>
<td>$2.41</td>
<td>$3.01</td>
</tr>
<tr>
<td>6oz Tuna</td>
<td>$1.72</td>
<td>$2.03</td>
<td>$2.26</td>
<td>$2.51</td>
</tr>
<tr>
<td>5lbs Sugar</td>
<td>$3.10</td>
<td>$3.78</td>
<td>$5.83</td>
<td>$7.88</td>
</tr>
<tr>
<td>5lbs Apples</td>
<td>$5.13</td>
<td>$6.58</td>
<td>$5.49</td>
<td>$7.29</td>
</tr>
</tbody>
</table>
56.9% of First Nations adults were current smokers (daily or occasional)

- Less than 20% in the general Canadian population
- Smoking prevalence has remained unchanged since 2002/03
- No gender difference in overall prevalence

Females more likely to have made a quit attempt than males, both in 2002/03 and 2008/10

Cold Turkey is most common method for quitting at 77.2%
Alcohol Use

- **35.3%** of First Nations adults were abstinent from alcohol
- Unchanged from 2002/03 (34.4%)
- **23%** of adults in the general Canadian population

63.6% of First Nations adults reported binge drinking monthly or more often.
Youth

(12 - 17 Years)
61% of First Nations youth were abstinent from alcohol in the 12 months prior to RHS 2008/10

- Compared to 47% of youth in the general Canadian population
- No significant change in abstinence since RHS 2002/03
- No change in binge drinking since RHS 2002/03
- 39% of youth in the general Canadian population reported at least monthly binge drinking

Approximately half (51.4%) of First Nations youth who consumed alcohol reported binge drinking monthly or more often.
Personal Wellness

• **83.5%** have not considered suicide nor attempted suicide in their lifetime (**94.1%)**

• Decrease in both suicidal ideation and suicide attempts

![Bar graph showing decrease in suicidal ideation and attempts]

- **Ideation**
  - RHS 2002/03: 21.1%
  - RHS 2008/10: 9.6%
- **Attempt**
  - RHS 2002/03: 16.5%
  - RHS 2008/10: 5.9%

- 22.2% Females, 11.2% Males
- 8.3% Females, 3.6% Males
Children

(0-11 Years)
• 12.2% experienced an injury in 12 months prior to survey vs. 17.5% in 2002/03

• Head was the most common body site of injury at 21.4%

• Minor cuts, scrapes and bruises were the most common injury (45.1%), followed by broken/fractured bones (23.1%) and major sprain or strain (13.1%)
Injury

Where Did it Occur?

- Home: 58.0%
- School: 16.5%
- Street, Highway or Sidewalk: 13.3%
- Sports Fields or Facilities of Schools: 12.6%

How Did it Occur?

- Fall: 52.0%
- Accidental contact with person or animal: 14.3%
- Riding Bike: 10.5%
Emotional and Behavioural Well-being

- **95.1%** got along “very well” or “quite well” with the rest of their family.

- **14.1%** had more emotional or behavioural problems than other boys or girls of their age.

- **0.7%** had been diagnosed with anxiety or depression.

- **2.0%** had been diagnosed with ADD/ADHD.
RHS Phase 2 Preliminary Data
Results Available Now

www: fnigc.ca
NEW IN 2013

UPCOMING SURVEY PROCESS

THE FIRST NATIONS EARLY CHILDHOOD DEVELOPMENT, EDUCATION AND EMPLOYMENT, SURVEY(REEES) (ON-RESERVE)
NEW
Upcoming OCAP WORKSHOPS

SAVE THE DATE!
FEBRUARY 26 -28, 2013
OTTAWA, ON

Check out the details at www.fnigc.ca
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Welalioq,
Thank You
Merci!!!

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