

#### FNIGC CGIPN First Nations Information Governance Centre

Le Centre de gouvernance de l'information des Premières Nations

# 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**

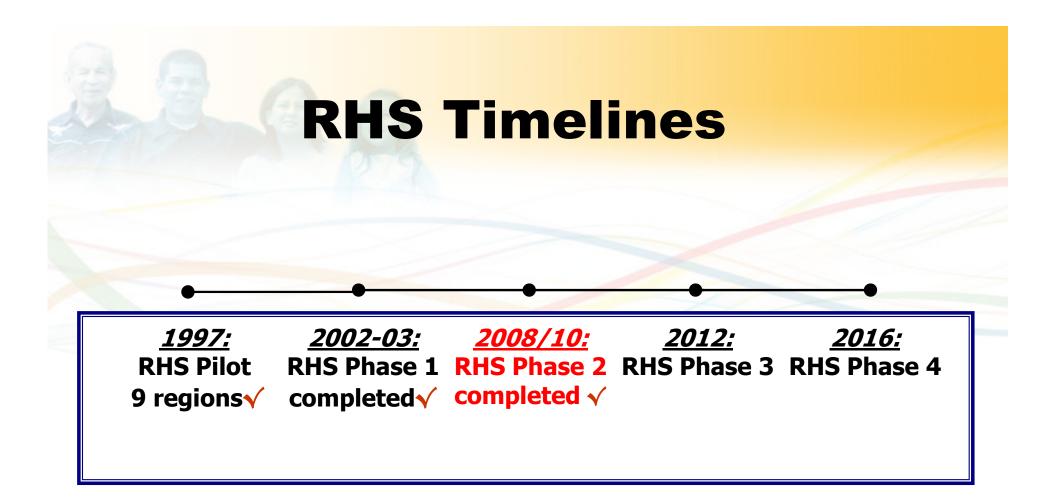
National	•First Nations Information Governance Centre
	Assembly of First Nations (Ex-Officio)
Regional	Union of Nova Scotia Indians
	Union of New Brunswick Indians
	First Nation of Quebec and Labrador Health and Social Services Commission
	Chiefs of Ontario
	Assembly of Manitoba Chiefs
	Federation of Saskatchewan Indian Nations
	Albert First Nations Information Governance Centre (for Treaty 6, 7,and 8)
	Dene National Office
	Council of Yukon First Nations
	BC First Nations Health Authority (B.C.) Soon!



#### **DATA IS IMPORTANT TO FIRST NATIONS**

# DATA INFORMATION KNOWLEDGE and EVIDENCE CHANGE HEALTH STATUS & WELL BEING







#### Who was involved:

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

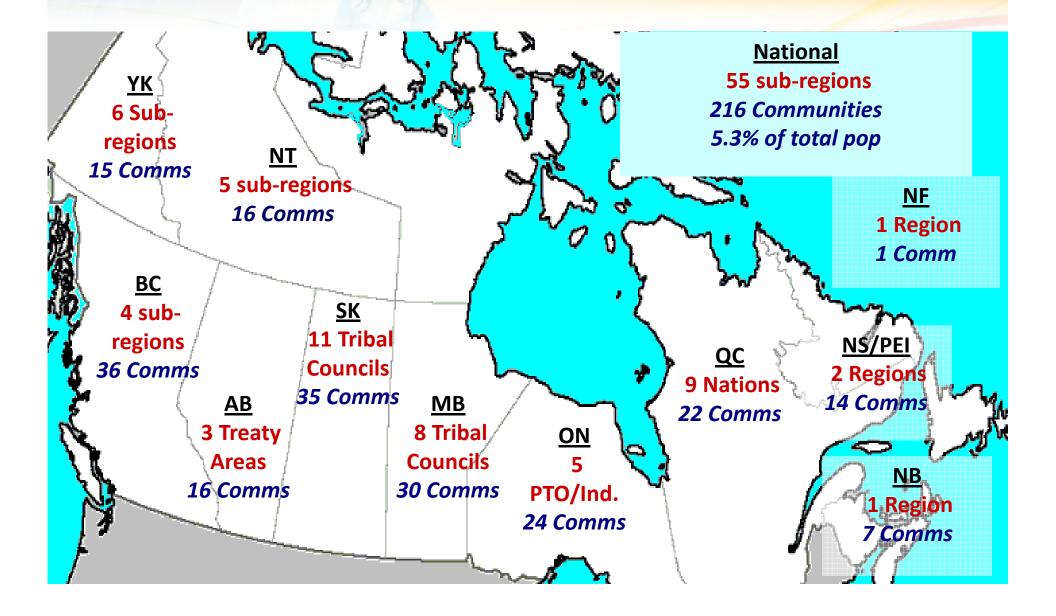
- RHS Phase 1 (2002/03)
- 238 First Nations comm.
- 80% target sample achieved
- 22,602 surveys
  - 10,962 adults
  - 4,983 youth
  - 6,657 children

• 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)**



# **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



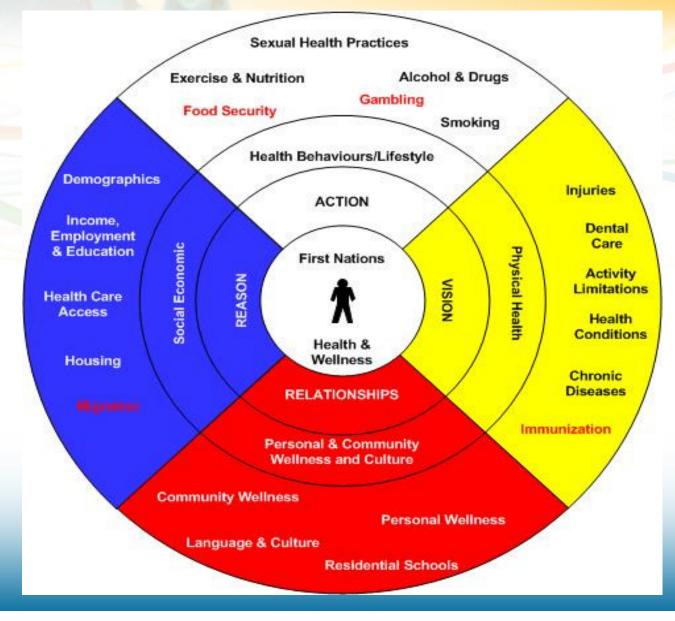
#### **RHS Phase 1 - Independent Review**

"Compared to ... surveys of Indigenous people from around the world, ... <u>RHS was unique in First Nations</u> <u>ownership of the research process</u>, its <u>explicit</u> <u>incorporation of First Nations values into the research</u> <u>design and in the intensive collaborative engagement</u> <u>of First Nations people</u> ... at each stage of the research process."

Source: Review of the First Nations Regional Longitudinal Health Survey (RHS) 2002/2003, April 2006. Harvard University - Harvard Project on American Indian Economic Development



### **RHS Cultural Framework**





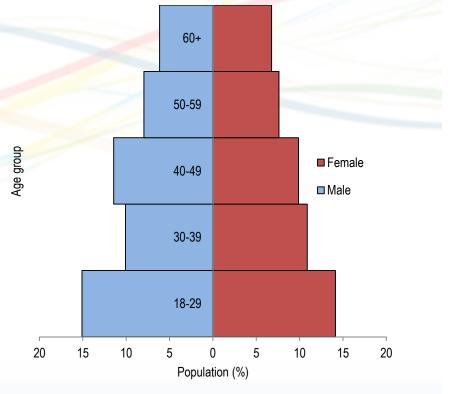


#### (18+ Years)



# Demographics

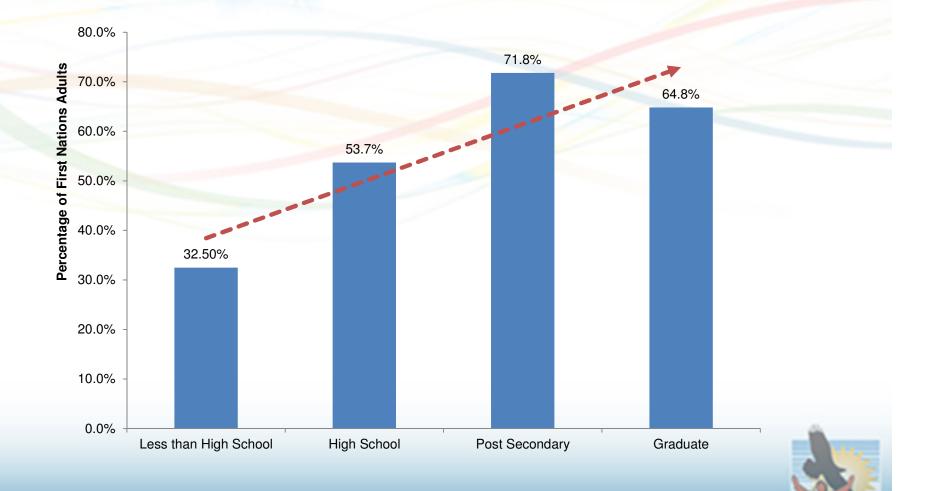
- Roughly **30%** of First Nations adults are younger than 30 years of age
- 47.2% of First Nations adults were working for pay, compared to over 60% of the general Canadian adult population
- 39.9% of First Nations adults reported having less than a high school education







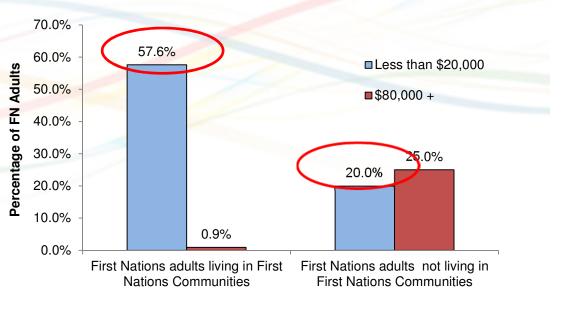
# Working for pay by education level



# 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



Living in First Nations or Non-First Nations Community



# Migration

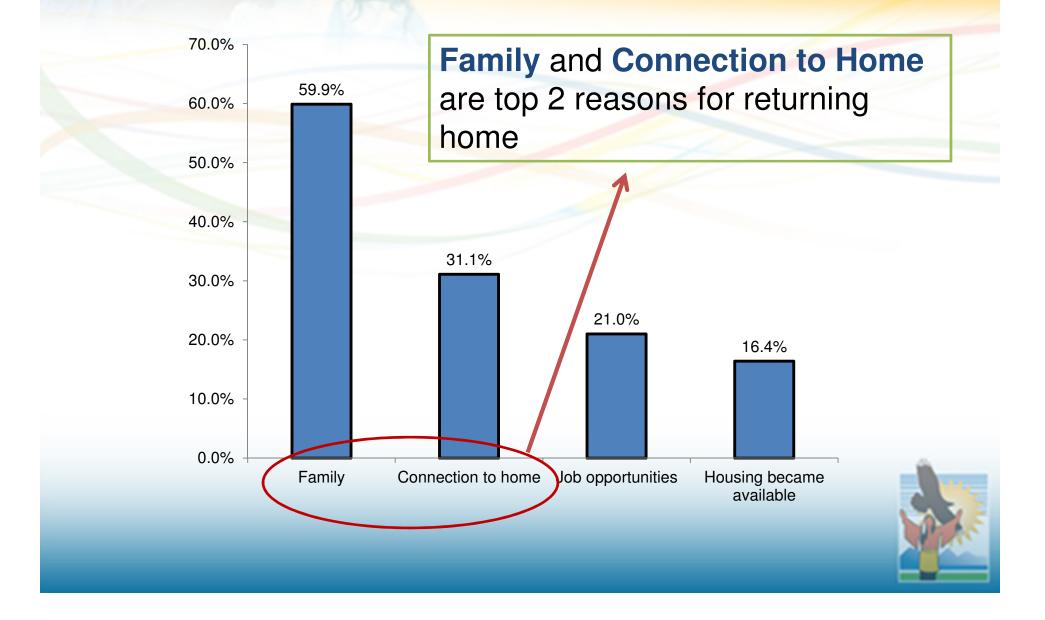
**59.2%** of First Nations adults have lived outside their community

Main Reason for Moving	% of First Nations adults Gender	
	М	F
Employment	36.3	15.4
Education	25.0	31.2

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



### **Reasons for returning**



### 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.



#### **Diabetes**

80.8% reported having type 2

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

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

20.7% reported being diagnosed with diabetes (25+ years) Insulin use increased from 16.7% to 22.9%

**11.7%** used traditional medicine – no change from d 2002/03

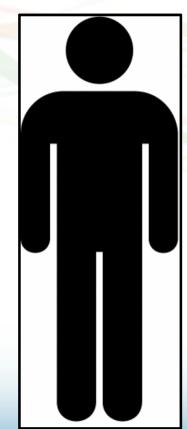
"No treatment" fell from 10.2% in RHS 2002/03 to 3.0%

Exercise decreased from 52.9% to 48.3%



# **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

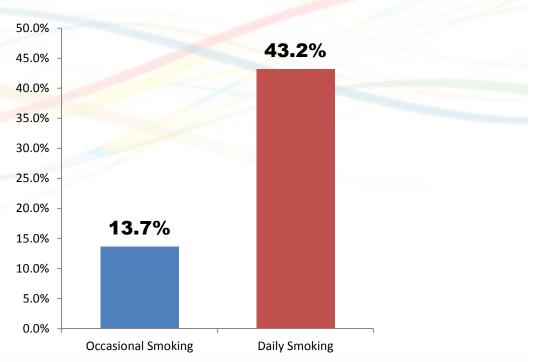
	Atlantic	Central	West	North
Loaf of Bread	\$2.26	\$2.62	\$2.59	\$3.24
400g Cheddar Cheese	\$5.88	\$5.72	\$6.69	\$7.74
Dozen Eggs	\$2.78	\$2.78	\$3.11	\$3.85
10kg Flour	\$10.59	\$13.03	\$12.28	\$16.59
4 Litres of Milk	\$7.39	\$5.63	\$6.08	\$6.96
1kg Peanut Butter	\$4.49	\$5.12	\$5.92	\$6.23
10lbs Potatoes	\$5.15	\$4.43	\$7.85	\$10.90
16-19oz Soup	\$1.52	\$2.15	\$2.41	\$3.01
6oz Tuna	\$1.72	\$2.03	\$2.26	\$2.51
5lbs Sugar	\$3.10	\$3.78	\$5.83	\$7.88
5lbs Apples	\$5.13	\$6.58	\$5.49	\$7.29



### Smoking

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

- Unchanged from 2002/03 (34.4%)
- 23% of adults in the general Canadian population





#### (12 - 17 Years)

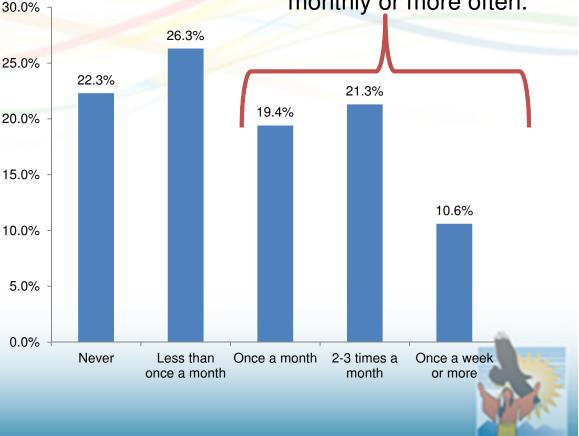


**61%** of First Nations youth were abstinent from alcohol in the 12 months prior to RHS 2008/10

- 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

# Alcohol Use

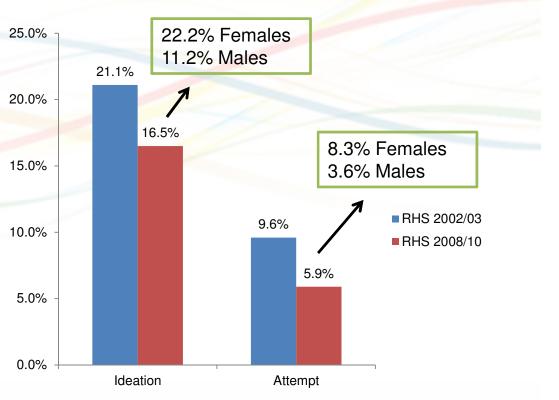
Approximately half (51.4%) of First Nations youth who consumed alcohol reported binge drinking monthly or more often.



#### **Personal Wellness**

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

 Decrease in both suicidal ideation and suicide attempts





# Children

#### (0-11 Years)

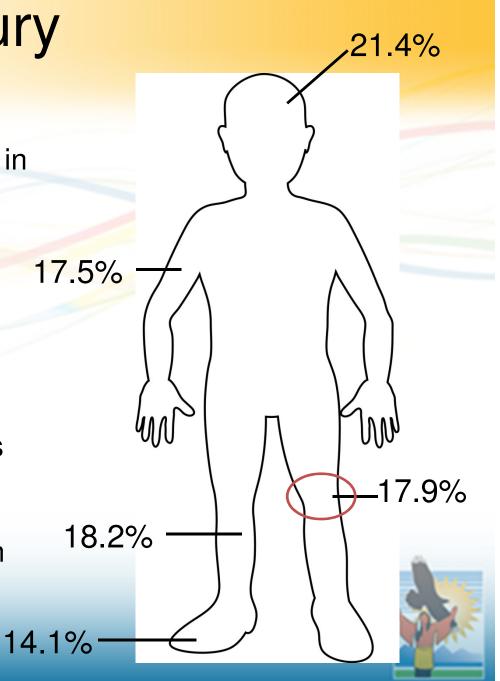


# Injury

•12.2% experienced an injury in 12 months prior to survey vs. 17.5% in 2002/03

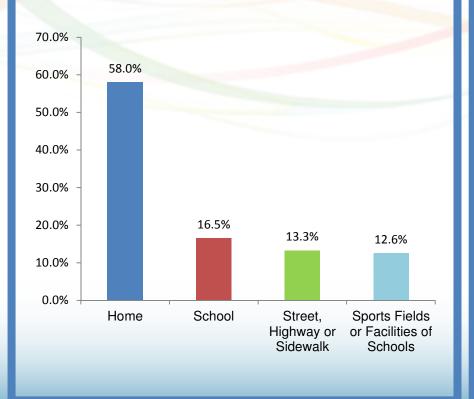
•Head was most common body site of injury at **21.4%** 

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

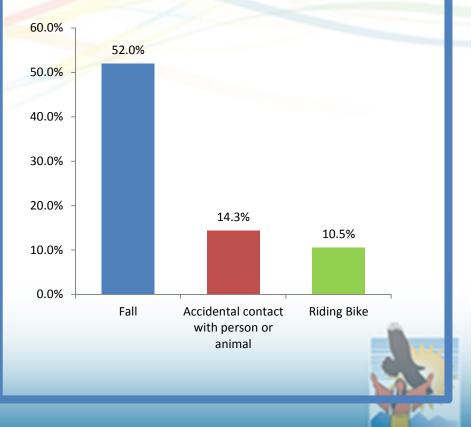


### Injury

#### Where Did it Occur?



#### **How Did it Occur?**



# 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 CHILDHOOL DEVEOPMENT, EDUCATION AND EMPLOYMENT, SURVEY(REES) (ON-RESERVE)



#### NEW Upcoming OCAP WORKSHOPS

#### SAVE THE DATE! FEBRUARY 26 -28, 2013

#### OTTAWA, ON

#### Check out the details at www. fnigc.ca



#### The FNIGC Offices are located at:

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