

RHS *at a* ***Glance***

**Selected Findings from the First Nations
Regional Longitudinal Health Survey (RHS) 2002/03**



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For further information or to obtain additional copies, please contact:

First Nations Centre
220 Laurier Avenue West, Suite 1200
Ottawa, ON K1P 5Z9
Tel.: (613) 237-9462
Fax: (613) 237-1810

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Introduction

Welcome to *RHS at a Glance*. This booklet highlights results from the First Nations Regional Longitudinal Health Survey (RHS) 2002/03 National Report. It provides a snapshot of the health and living conditions in First Nations communities for the following topics:

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The RHS was conducted in 238 First Nations on-reserve and other communities between August 2002 and November 2003, with more than 22,000 participants across the country. The RHS includes three questionnaires designed for adults (18 years and over), youth (12 to 17 years), and children (0 to 11 years).

The RHS is coordinated by the First Nations Centre at the National Aboriginal Health Organization and ten First Nations regional organizations. Nationally, the First Nations Information Governance Committee (a standing committee of the Assembly of First Nations Chiefs Committee on Health) oversees and guides the survey.

We wish to thank all First Nations who participated directly or indirectly in the RHS process. For detailed results, please refer to *The Peoples' Report* and the *First Nations Regional Longitudinal Health Survey 2003/03: Results for Adults, Youth and Children in First Nations Communities* (34 chapters), available on CD and on our website at www.naho.ca/fnc/rhs.

Survey Sampling

Figure 1. Number of sub-regions, communities, and the proportion of the on-reserve population sampled by region.

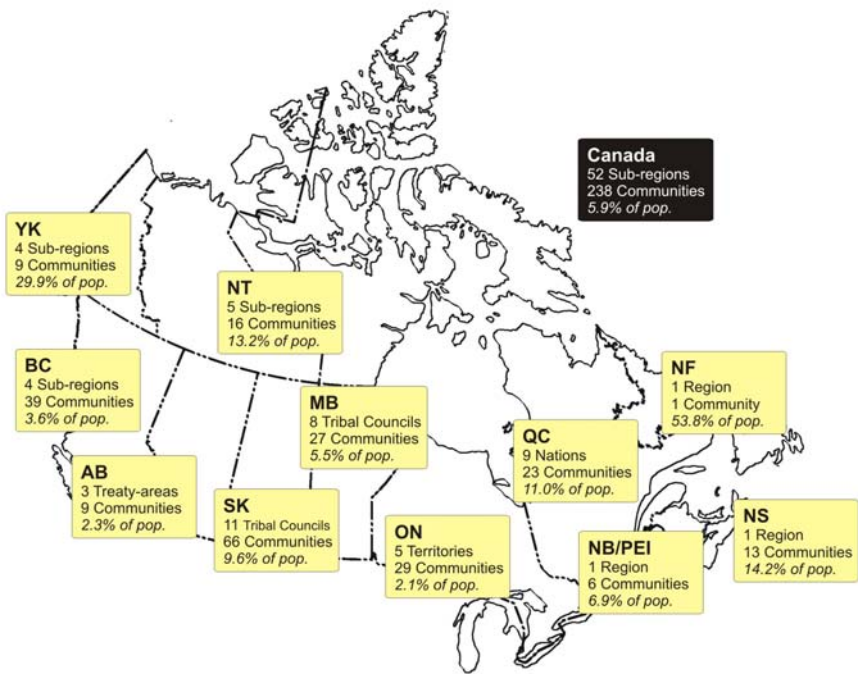


Table 1. Listing of participating communities by region.

Alberta	Ehatesaht First Nation
Alexander First Nation	Fort Nelson First Nation
Driftpile First Nation	Gitlaktamix Village Government (New Aiyansh)
Kainai	Glen Vowell Indian Band
Kapawe'no First Nation	Gwa'sala-Nakwaxda'xw Nation
Nakoda Bearspaw	Heiltsuk Nation
Piikani First Nation	Katzie First Nation
Siksika Nation	Kwadacha Band
Sucker Creek First Nation	Laxgalts'ap Village Government
Swan River First Nation	Leq'a':mel First Nation
	Malahat First Nation
British Columbia	Metlakatla Band
Adams Lake Indian Band	Mount Currie Band Council
Cambell River (We Wai Kum First Nation)	Musqueam Indian Band
Canim Lake Indian Band	Nadleh Whuten Band (Nadleh Whuden)
Columbia Lake Indian Band	Nanoose First Nation
Cowichan Tribes	

Nee-Tahi-Buhn Band
N'Quat'qua Band
Okanagan Indian Band
Osoyoos Indian Band
Scowlitz First Nation
Seabird Island Band
Sechelt Indian Band
Skway First Nation
Sliammon
Soowahlie First Nation
Stone Indian Band (Yunesit'in)
Takla Lake First Nation
Tl'azt'en Nation (Tslasden)
Tsartlip First Nation
Tseshaht First Nation
Tzeachten First Nation
Westbank First Nation
Williams Lake Indian Band (Sugar Cane)

Manitoba*

Barren Lands
Bloodvein
Borkenhead Ojibway First Nations
Canupawakpa Dakota First Nation
Ebb and Flow
Fairford
Fisher River
Fort Alexander
Garden Hill First Nation
Grand Rapids First Nation
Hollow Water
Kinojeoshtegon First Nation
Little Black River
Long Plain
Mathias Colomb
Norway House First Nation
Opaskwayak Cree Nation
Pine Creek
Rolling River
Roseau River
Sayisi Dene First Nation
Sioux Valley Dakota Nation
Split Lake Cree, First Nation
St. Theresa Point

Waywayseecappo
Wuskwi Siphk First Nation
York Factory First Nation

New Brunswick*

Big Cove
Eel Ground
Kingsclear
Madawaska Maliseet First Nation
Saint Mary's
Woodstock

Northwest Territories*

Dechi Laot'I First Nations
Deh Gah Gotie Dene Council
Deninu K'ue First Nation
Dog Rib Rae
Fort Good Hope
Gwitchia Gwich'in
Hay River Dene
Jean Marie River First Nation
Liidii Kue First Nation
Lutsel K'e Dene
Pehdzeh Ki First Nation
Tetlit Gwich'in
Tulita Dene
Wha Ti First Nation
Yellowknives Fene First Nation

Nova Scotia/Newfoundland

Acadia
Afton (Paq'tnkek)
Annalopis Valley
Bear River
Chapel Island First Nation (Potlotek)
Eskasoni
Horton
Membertou
Miawpukek
Millbrook
Pictou Landing
Shubenacadie
Wagmatcook
Waycocomagh (We'koqma'q)

Ontario

Aundeck Omni Kaning First Nation
Bkejwanong Territory (Walpole Island)
Chippewas of Kettle and Stony Point
Chippewas of Mnjikaning First Nation
Chippewas of the Thames First Nations
Couchiching First Nation
Delaware FirstNation (Moravian of the
Thames)
Eabametoong First Nation
Eagle Lake
Ginoogaming First Nation
Grassy Narrows First Nations
Kee-Way-Win
Lac Seul
Mohawks of the Bay of Quinte
Naotkamegwanning Anishinabe First
Nation
Ojibways of Batchewana
Ojibways of Pic River First Nation
Oneida Nation of the Thames
Sachigo Lake
Sagamok Anishnawbek
Sandy Lake
Saugeen
Temagami First Nation
Upper Mohawk: Six Nations (plus other 12
bands)
Wabigoon First Nation
Wahta Mohawks
Wasauksing First Nation
Whitefish Lake First Nation
Whitefish River

Québec

Betsiamites
Eagle Village - Kipawa
Essipit
Gesgapegiag
Kanesatake
Kawawachikamach
Kitigan Zibi
Lac Simon
Listuguj
Malécites de Viger
Manawan
Mashteuiatsh

Natashquan
Odanak
Opticiwan
Pakua Shipi
Pikogan
Timiskaming
Uashat Mak Mani-Utenam
Unamen Shipu
Wemotaci
Wendake
Wôlinak

Saskatchewan

Ahtahkakoop First Nation
Beardy's and Okemasis First Nation
Big River First Nation
Birch Narrows First Nation
Black Lake First Nation
Buffalo River Dene Nation
Canoe Lake First Nation
Carry The Kettle First Nation
Clearwater River Dene First Nation
Cote First Nation 366
Cowessess First Nation
Cumberland House Cree Nation
Day Star First Nation
English River First Nation
Fishing Lake First Nation
Flying Dust First Nation
Fond du Lac First Nation
Gordon First Nation
Hatchet Lake First Nation
Island Lake First Nation
James Smith First Nation
Kahkewistahaw First Nation
Kawacatoose First Nation
Keeseekoose First Nation
Key First Nation
La La Ronge First Nation
Little Black Bear First Nation
Little Pine First Nation
Makwa Sahgaiehcan First Nation
Mistiwasia First Nation
Montreal Lake First Nation
Moosomin First Nation

Mosquito-Grizzly Bear's Head First Nation
Muscowpetung First Nation
Muskeg Lake First Nation
Muskoday First Nation
Muskowekwan First Nation
Nekaneet First Nation
Ocean Man First Nation
Ochapowace First Nation
Okanese First Nation
One Arrow First Nation
Onion Lake First Nation
Pasqua First Nation #79
Peepeekisis First Nation
Pelican Lake First Nation
Peter Ballantyne Cree Nation
Pheasant Rump Nakota First Nation
Piapot First Nation
Poundmaker First Nation
Red Earth First Nation
Red Pheasant First Nation
Sakimay First Nation
Saulteaux First Nation
Shoal Lake of The Cree Nation
Star Blanket First Nation

Sturgeon Lake First Nation
Sweetgrass First Nation
Thunderchild First Nation
Wahpeton Dakota Nation
Waterhen Lake First Nation
Whitebear First Nation
Whitecap Dakota/Sioux First Nation
Witchehan Lake First Nation
Wood Mountain First Nation
Yellow Quill First Nation

Yukon

Kluane First Nation
Kwanlin Dun First Nation
Little Salmon Carmacks First Nation
Ross River Dena Council
Selkirk First Nation
Teslin Tlingit Council
Tr'ondëk Hwëch'in
Vuntut Gwitchin First Nation

**community names are those used in the 2002 Indian Register maintained by Indian and Northern Affairs Canada and may not be the communities' preferred names/spellings.*

Population Characteristics

Figure 2. Population pyramid.

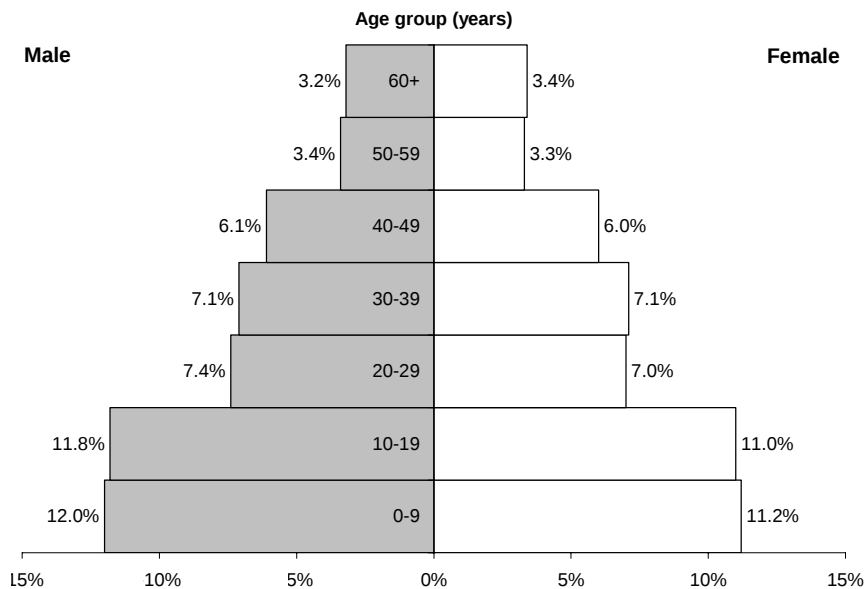
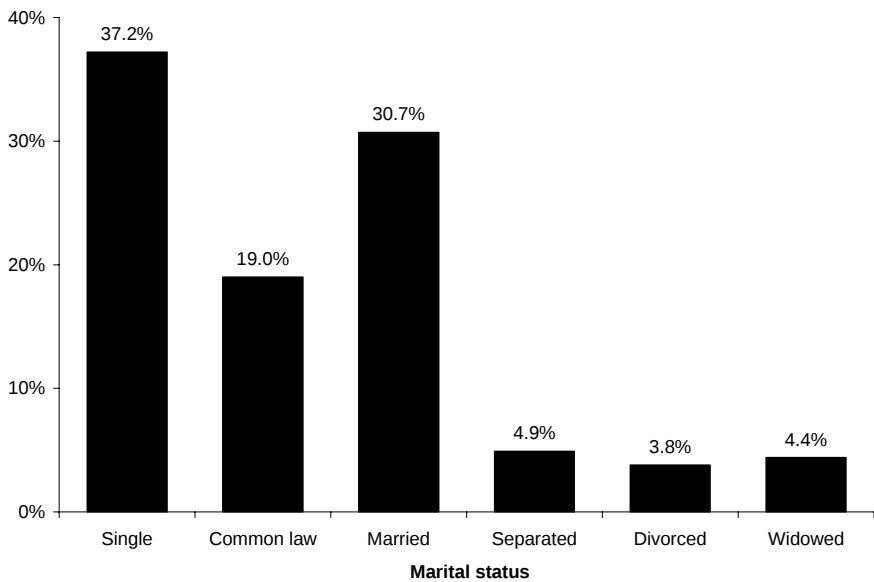
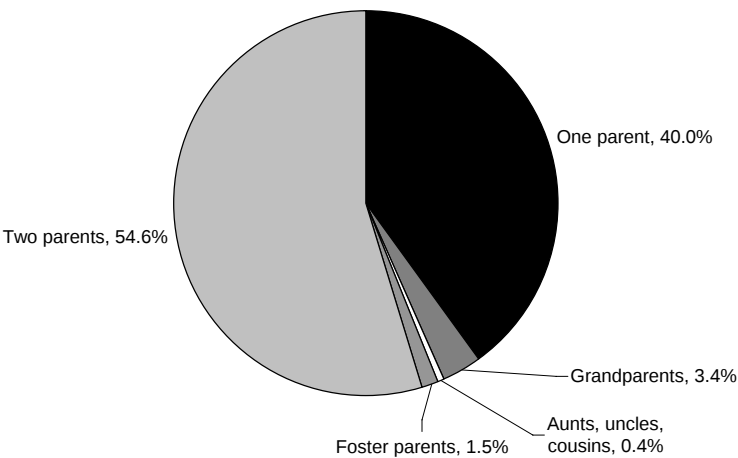


Figure 3. Marital status of First Nations adults.



Population Characteristics

Figure 4. Primary guardians for First Nations children.



Education and Employment

Figure 5. Highest level of education attained by First Nations adults.

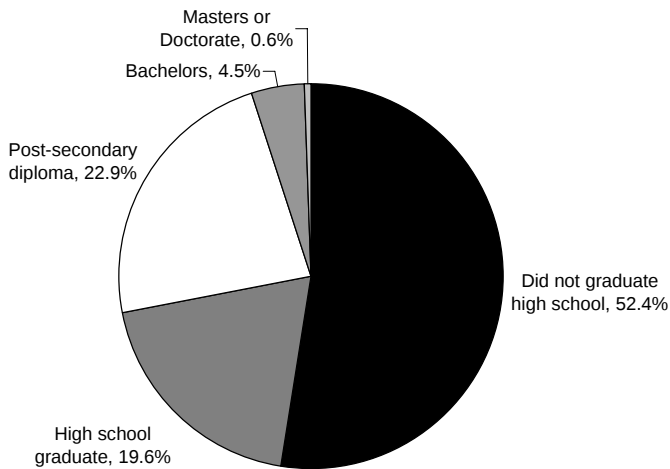
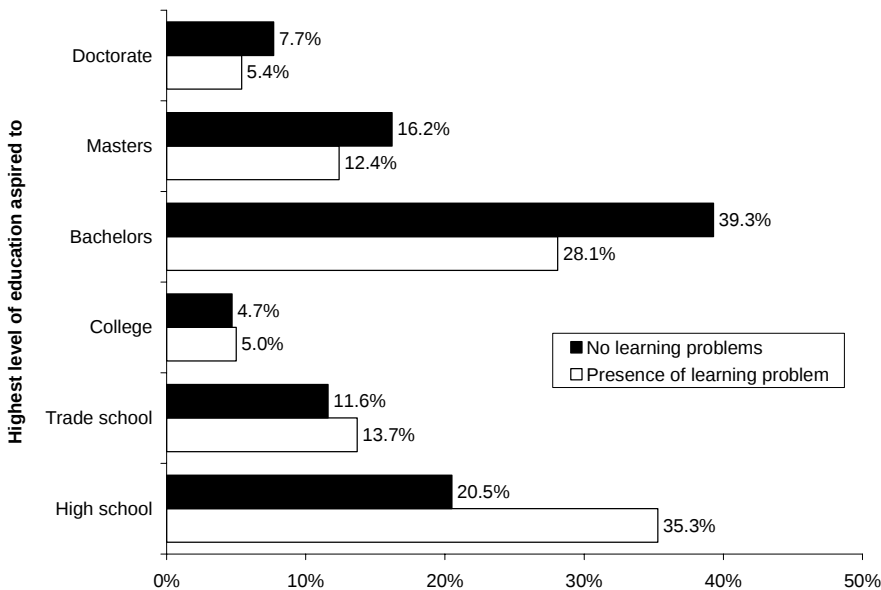


Figure 6. Relationship between youth educational aspiration and the presence of a learning problem at school.



Education and Employment

Figure 7. Employment status of First Nations adults.

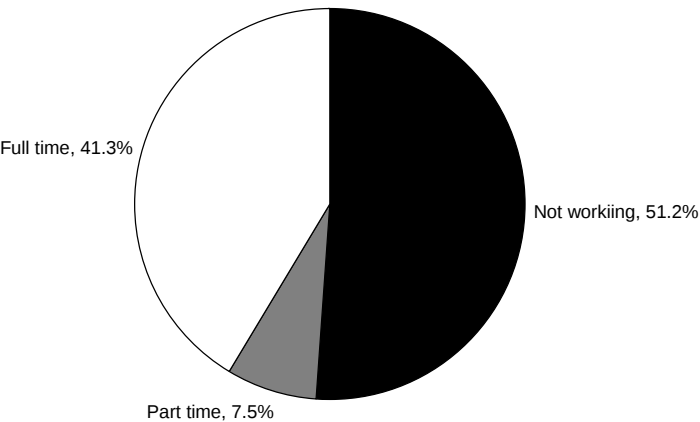
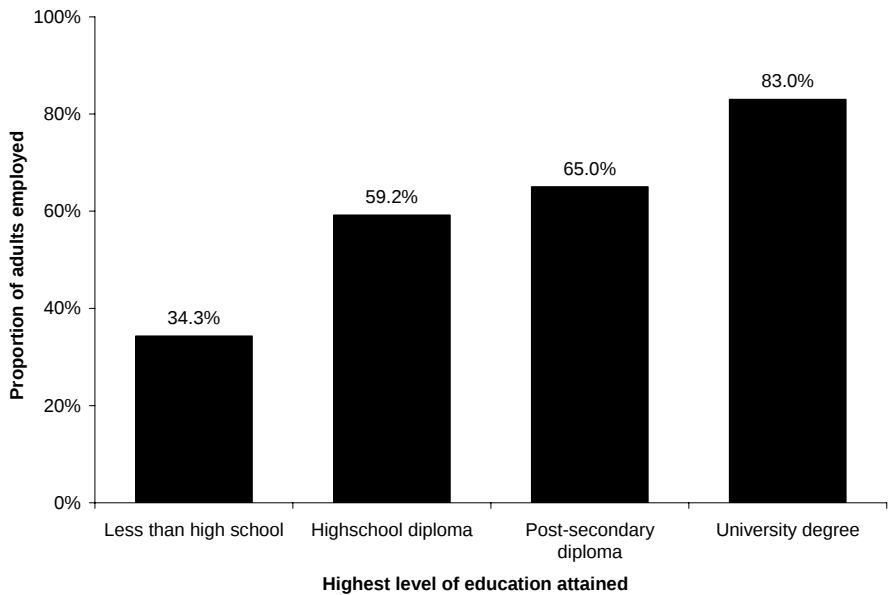


Figure 8. Proportion of adults who are employed (full or part-time) by highest educational attainment.



Language and Traditional Culture

Figure 9. Importance of traditional cultural events in adults' lives.

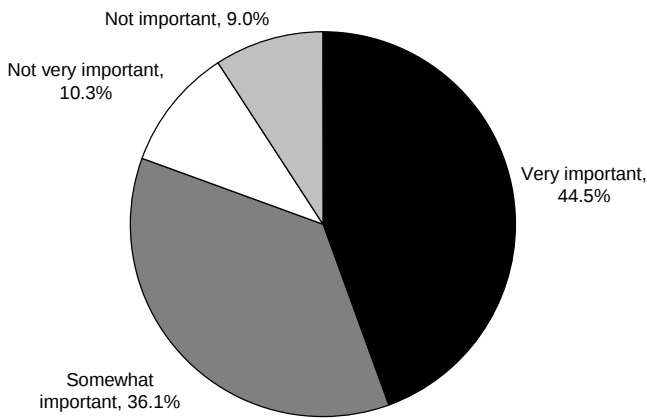
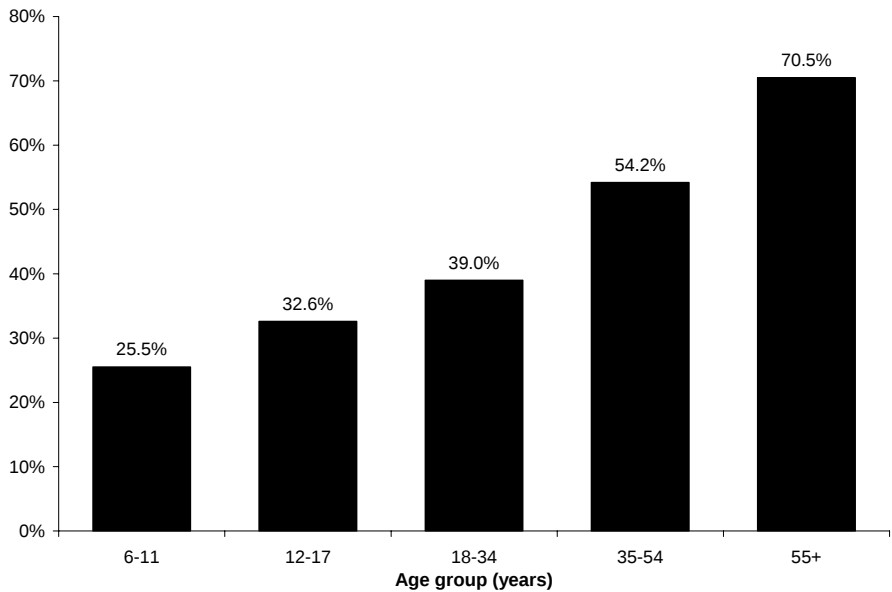


Figure 10. Proportion who understand a First Nations language ‘relatively well’ or ‘fluently’ by age group.



Language and Traditional Culture

Figure 11. Who helps First Nations youth understand their culture.

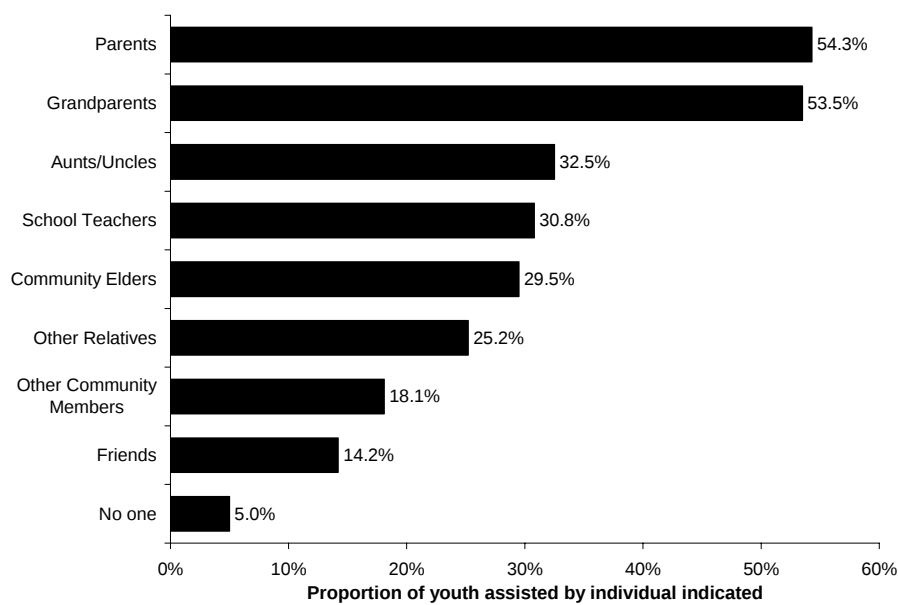


Table 2. Languages used most often in daily life by youth.

Uses a First Nation language	13.9%
Uses a First Nation language exclusively	12.6%
Uses English, French or Sign Language	87.6%
Uses English	85.4%
Uses French	2.4%
Number of daily use languages	
1	96.0%
2	3.0%
3	0.2%

Housing

Figure 12. Proportion living in overcrowded homes (>1 persons per room) by community size.

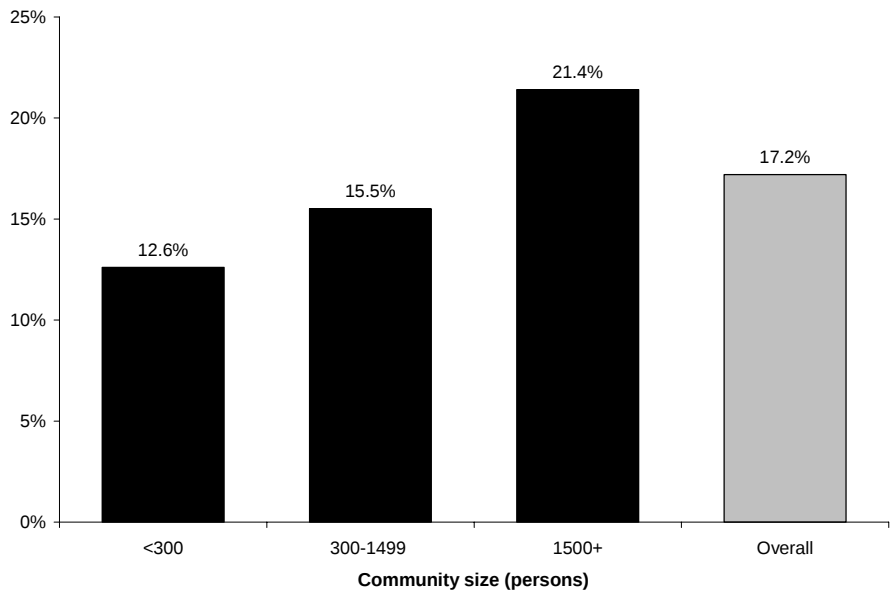


Table 3. Reported primary source of drinking water and the proportion considering that source not safe to drink.

Supply	Primary source	Proportion who feel that this source is unsafe.
Piped in local or community water supply	63.2%	28.6%
Trucked in	15.9%	41.0%
Well - individual or shared	16.5%	36.6%
Collected (by individual) from river, lake, or pond	0.9%	19.7%
Collected (by individual) from water plant	1.8%	34.4%
From a neighbour's house	0.7%	-
Other	1.1%	63.4%
Overall	100.0%	32.2%

Medical Conditions

Figure 13. Top 10 medical conditions affecting First Nations adults (has not been age adjusted).

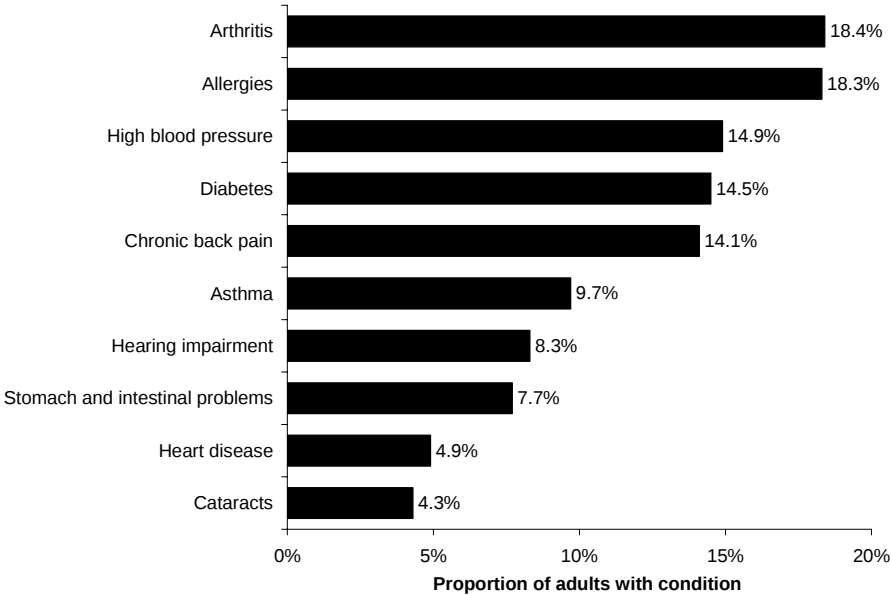
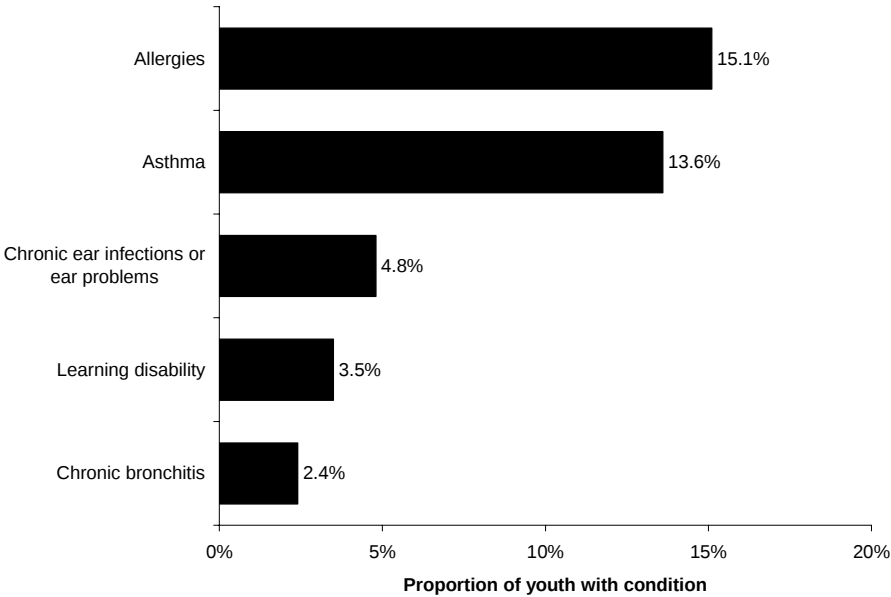
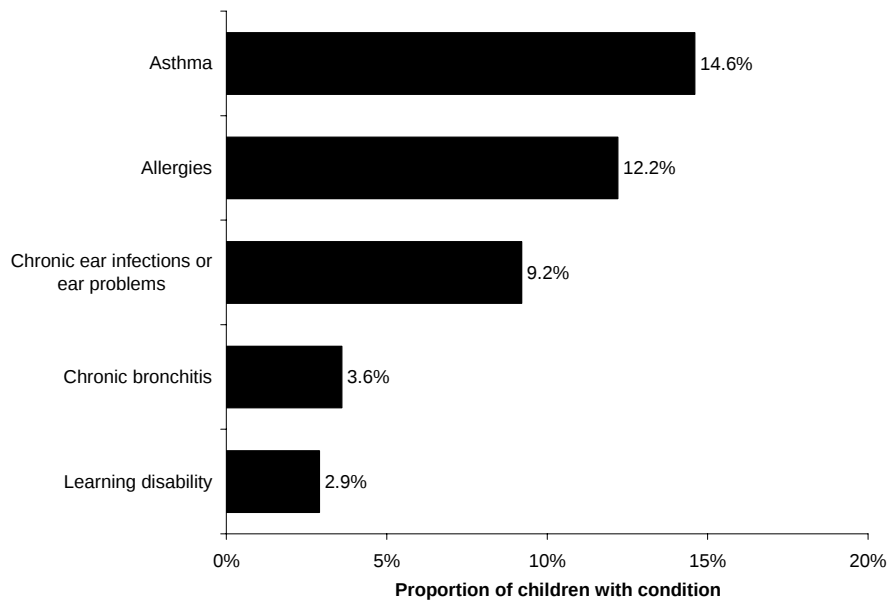


Figure 14. Top 5 medical conditions affecting First Nations youth (has not been age adjusted).



Medical Conditions

Figure 15. Top 5 medical conditions affecting First Nations children (has not been age adjusted).



Diabetes

Figure 16. Prevalence of diabetes among First Nations adults by gender and age group (19.7% overall among adults).

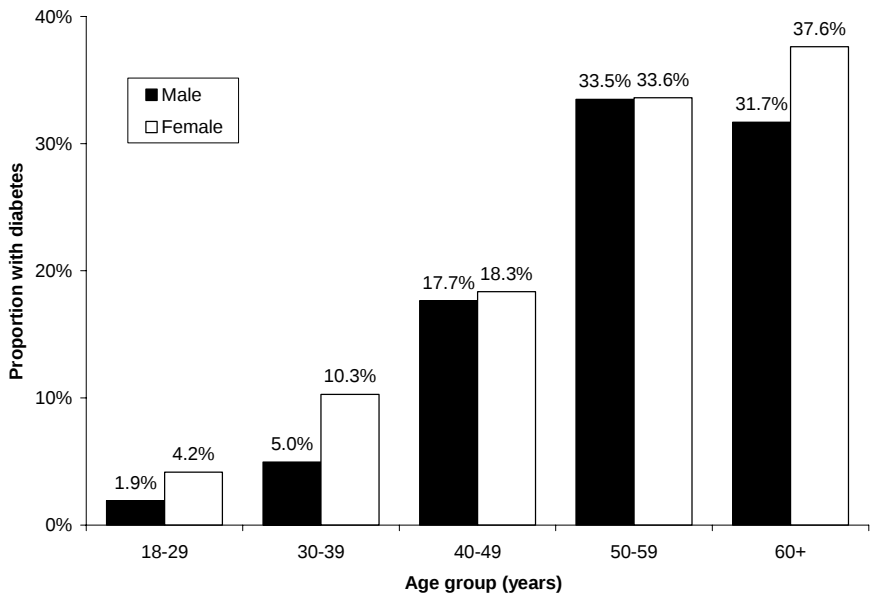
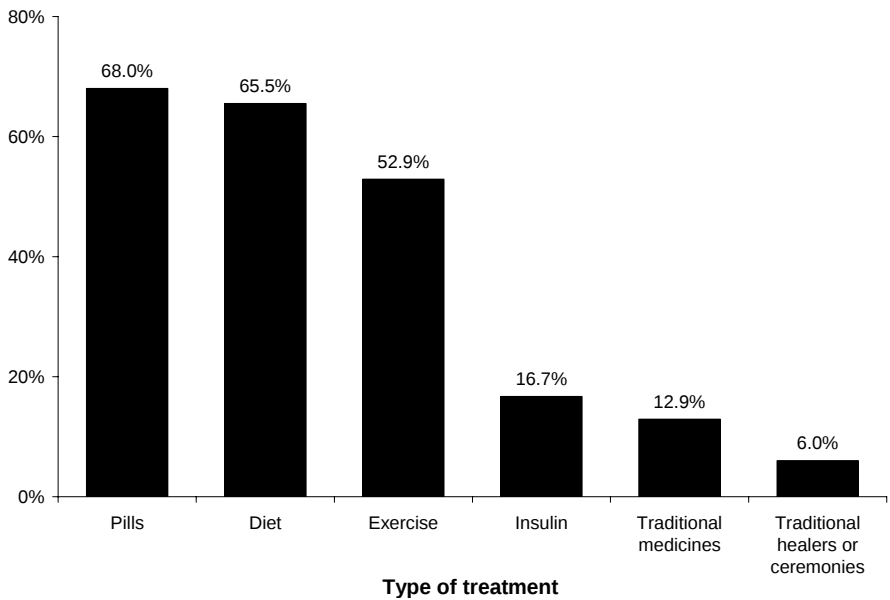


Figure 17. Treatments used by those with diabetes.



Injuries

Figure 18. Injury incidence (one or more requiring the attention of a health professional) among First Nations by age group.

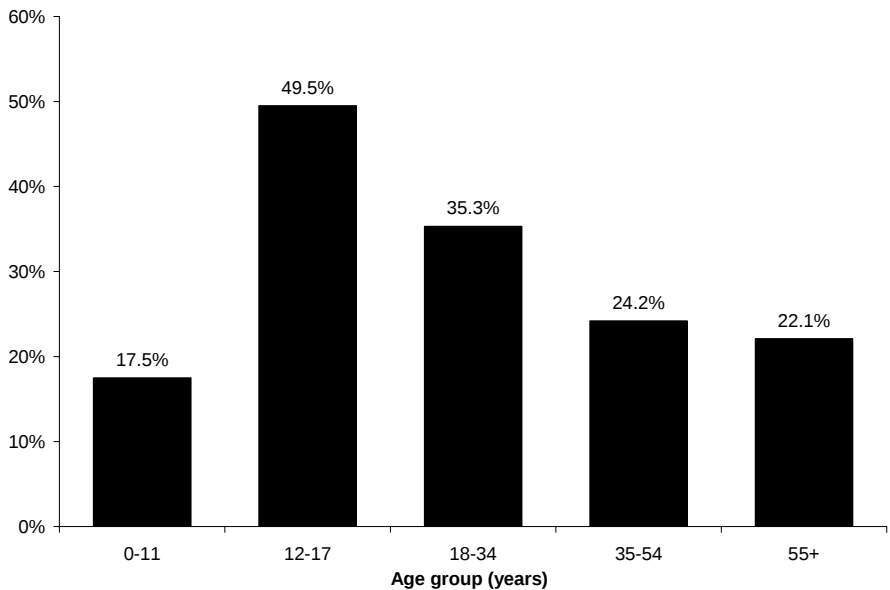
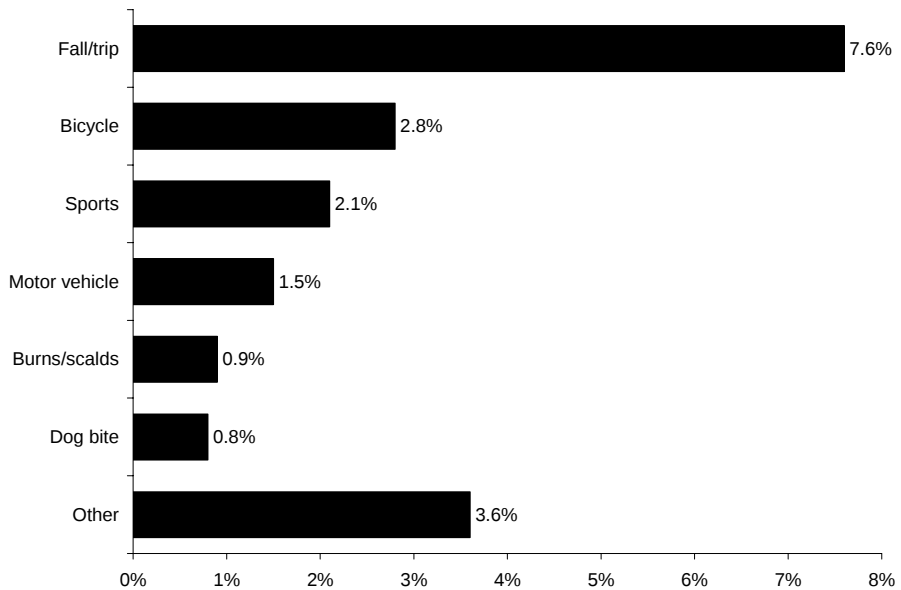


Figure 19. Leading causes of injury among First Nations children.



Injuries

Figure 20. Leading causes of injuries among First Nations youth.

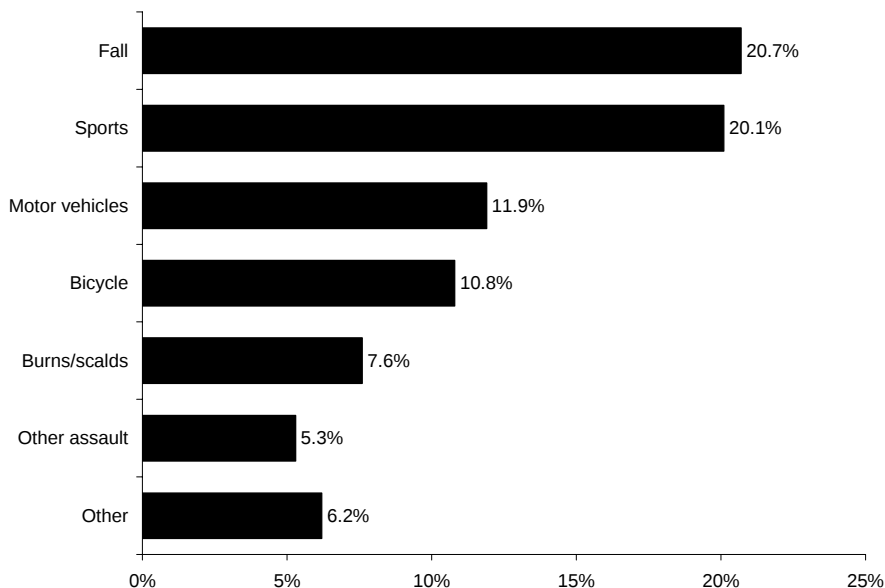
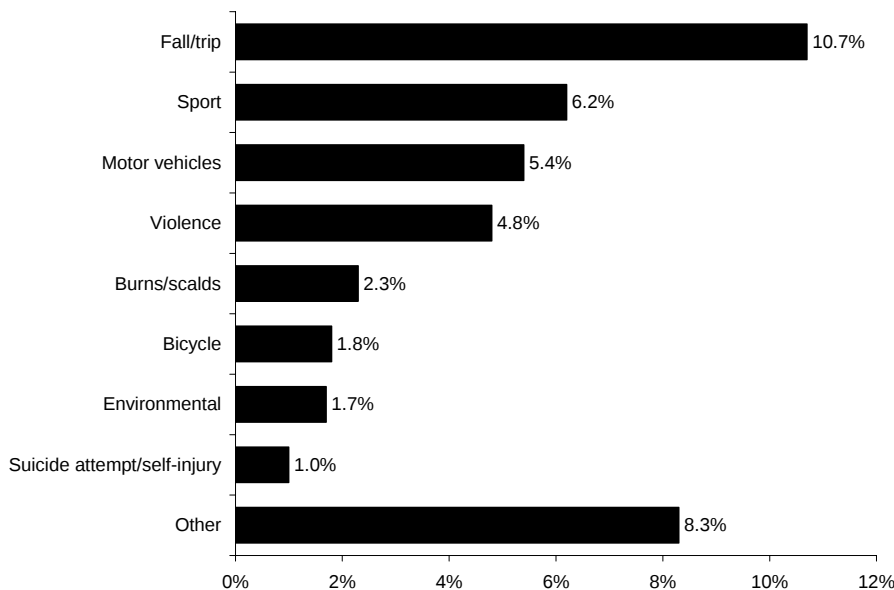


Figure 21. Leading causes of injuries among First Nations adults.



Dental Care

Figure 22. Types of dental work needed by First Nations adults.

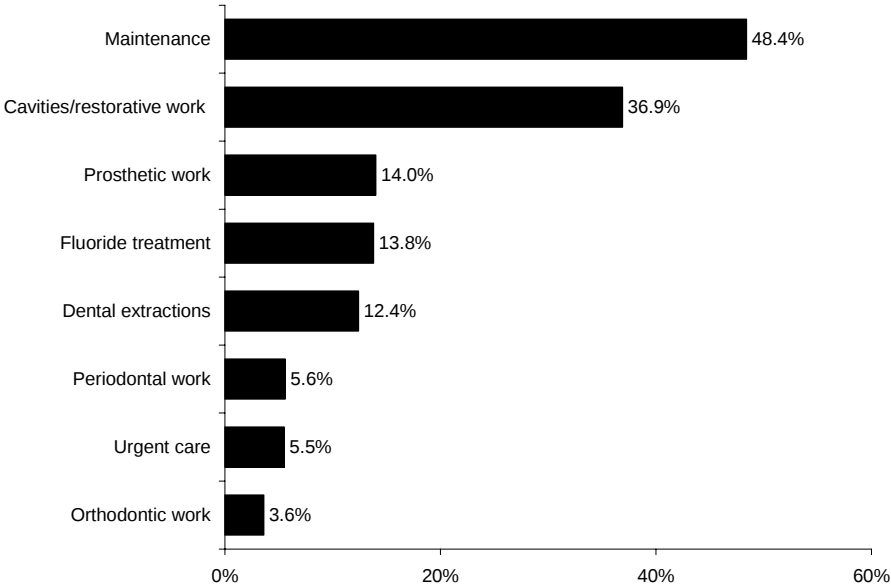
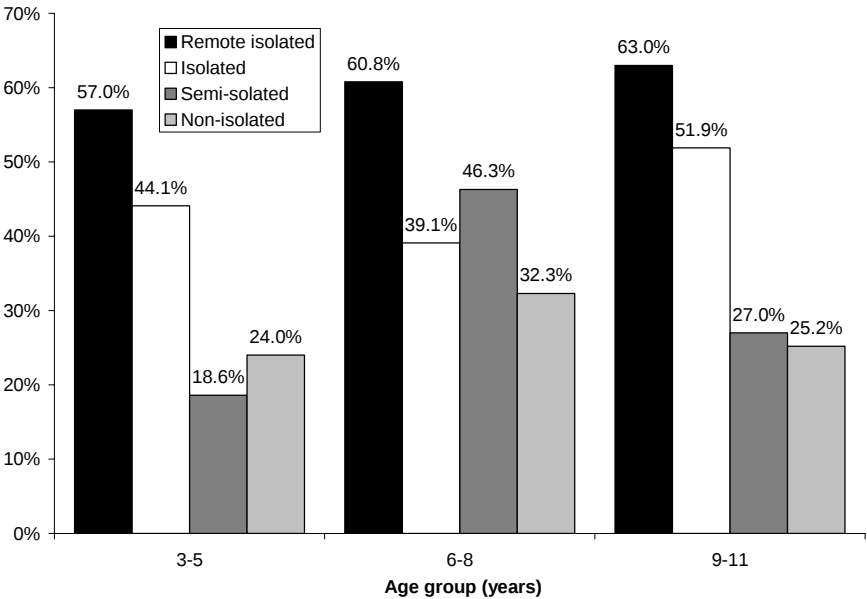


Figure 23. Need for dental fillings among First Nations children by age group and community isolation status.



Physical Activity and Nutrition

Figure 24. Distribution of body mass index (BMI) among adults by gender.

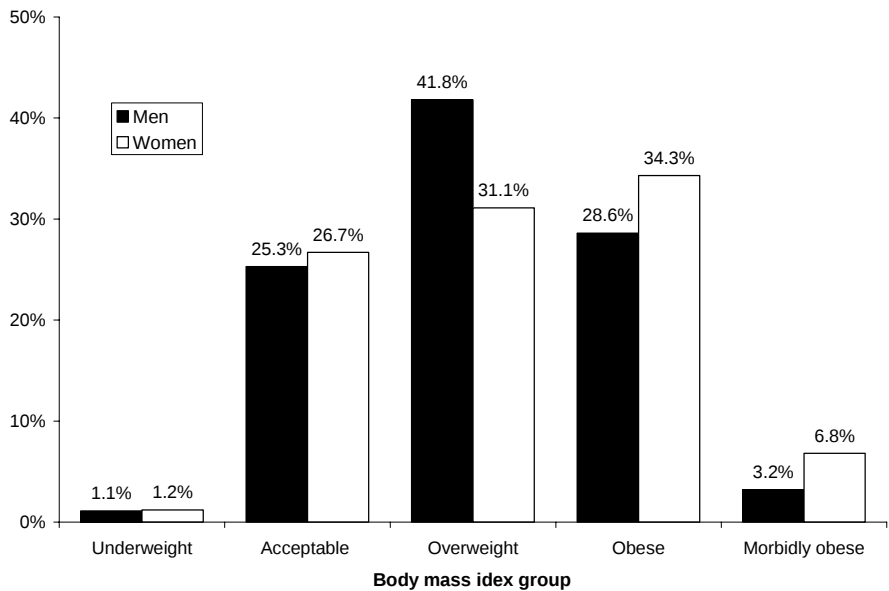
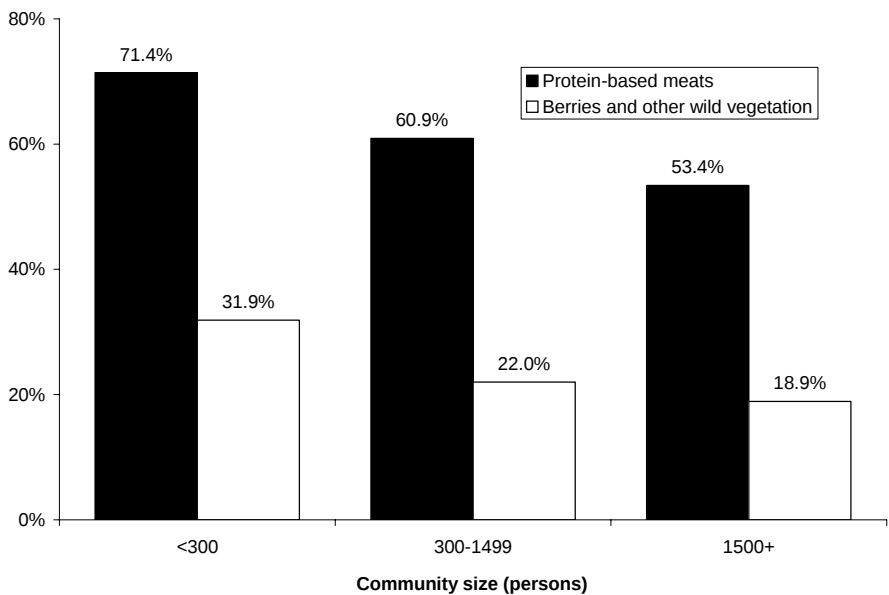


Figure 25. Consumption of tradition foods among adults by community size.



Physical Activity and Nutrition

Figure 26. Proportion satisfied with their body weight among First Nations youth by gender and body mass index.

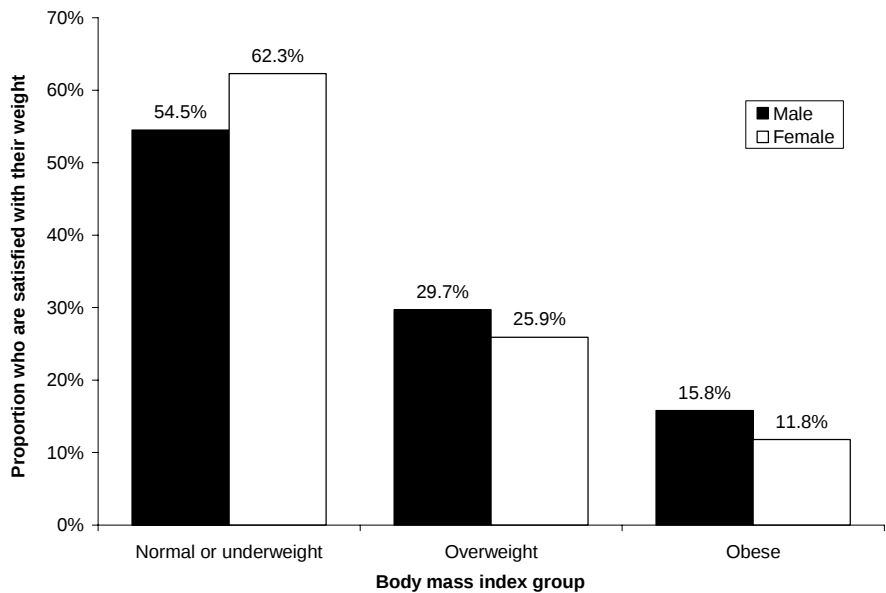
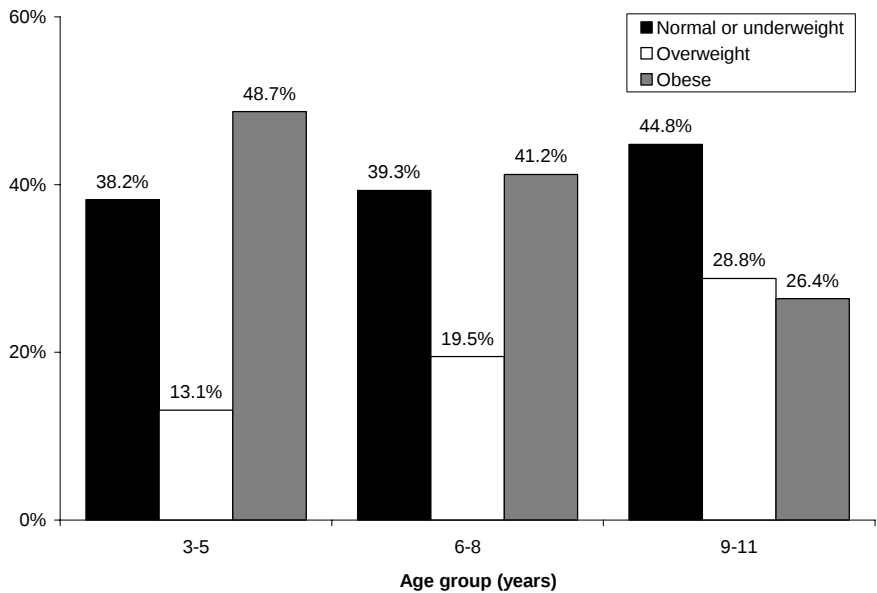


Figure 27. Distribution of body mass index among First Nations children by age group.



Smoking and Tobacco Use

Figure 28. Smoking among First Nations adults.

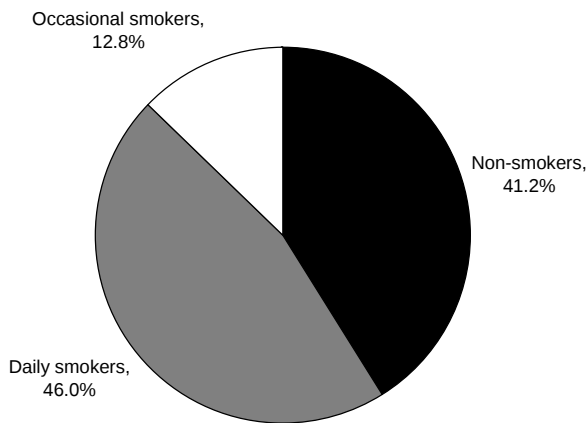
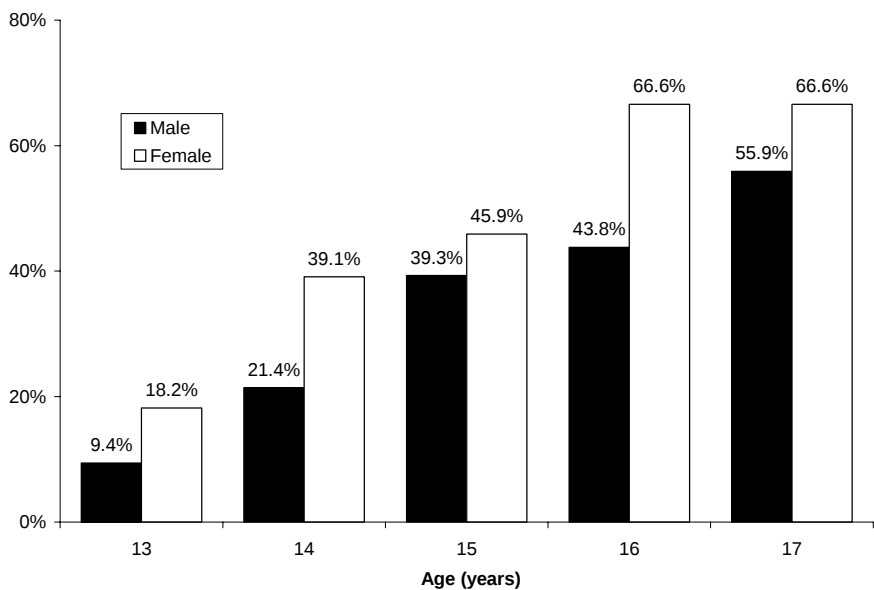


Figure 29. Smoking rates among First Nations youth by age.



Drug and Alcohol Use

Figure 30. Any consumption of alcohol in the past year among First Nations adults by age.

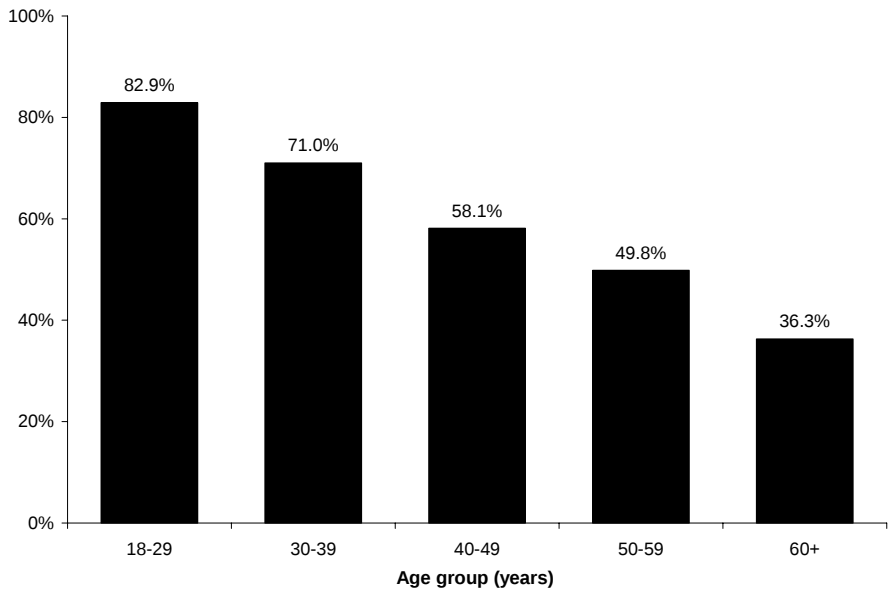
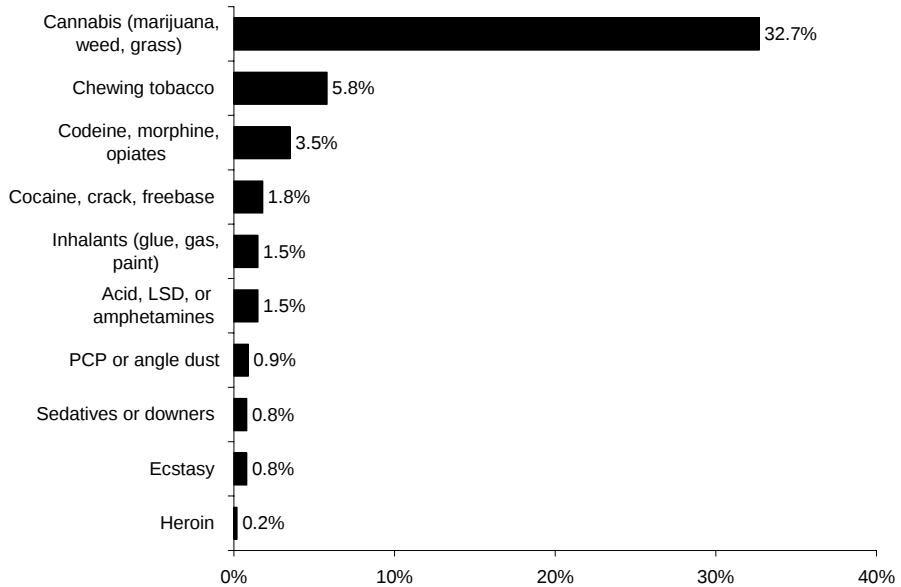


Figure 31. Use of various substances (at least once) over the past year by First Nations youth.



Community Progress

Table 4. Reported good or very good progress in various community areas by importance of traditional cultural events (adult population).

Area of community progress	Feelings about traditional cultural events		Ratio (a/b)
	Important (a)	Not important (b)	
Renewal of First Nations spirituality	61.7%	30.4%	2.0
Traditional ceremonial activity	68.3%	37.8%	1.8
Renewed relationship with the land	58.9%	33.1%	1.8
Traditional approaches to healing	63.9%	34.8%	1.8
Reduction in alcohol and drug abuse	39.0%	26.6%	1.5
Use of First Nations language	65.0%	46.5%	1.4
Availability of First Nations health professionals	63.0%	47.5%	1.3
Cultural awareness in schools	80.4%	64.1%	1.3
First Nations control over health services	66.5%	57.5%	1.2
Education and training programs	80.2%	71.8%	1.1
Water and sewage facilities	71.0%	61.9%	1.1



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

