FIRST NATIONS AND INUIT REGIONAL LONGITUDINAL HEALTH SURVEY



OUR VOICE, OUR SURVEY, OUR FUTURE

Adult Questionnaire

October 18, 2002 (Content equivalent to laptop-based survey)

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B. PERSONAL BACKGROUND INFORMATION

1.	Date of birth	
01	DAY MONTH YEAR	
16		
	own or refused, please ask for an approximate age 02 years	
It unk	own or refused, please select an age group	
01 🔘	18-24 years 02 45-54 03 75 +	
04 🔘	25-34 years 05 55-64 06 Refused	
07 🔵	35-44 years ⁰⁸ 65-74	
2.	Gender	
03	Male 04 Female	
3.	Name of First Nation or Inuit community where you <u>currently</u> live	
05		
00		
4.	Present marital status	
	Present marital status Married 07 Common law 08 Separated	
4.		
4 . 06	Married 07 Common law 08 Separated	."
4 . 06	Married 07 Common law 08 Separated Divorced 10 Widowed 11 Single	
4. 06 0 09 0 "The	Married 07 Common law 08 Separated Divorced 10 Widowed 11 Single next two questions ask about your height and weight. Use approximate numbers if necessary How tall are you without shoes on?	."
4. 06 0 09 0 "The	Married 07 Common law 08 Separated Divorced 10 Widowed 11 Single next two questions ask about your height and weight. Use approximate numbers if necessary How tall are you without shoes on?	."
4. 06 09 0 "The	Married 07 Common law 08 Separated Divorced 10 Widowed 11 Single next two questions ask about your height and weight. Use approximate numbers if necessary How tall are you without shoes on? Feet 13 Inches 14 Centimeters	. "
4. 06 0 09 0 "The 5. 12 15 0	Married 07 Common law 08 Separated Divorced 10 Widowed 11 Single next two questions ask about your height and weight. Use approximate numbers if necessary How tall are you without shoes on? Feet 13 Inches 14 Centimeters Don't Know 16 Refused	

If respondent is male, proceed to question 9.

7. Are you currently pregnant? Approximately how many weeks pregnant are you? Yes -Number of weeks 23 No 24 Don't know 25 Refused **LANGUAGE AND EDUCATION** C. 9. What language do you most often use in daily life? 26 27 English Malecite 28 French Mi'kmaq 30 Sign language 31 Mohawk 33 32 Algonquin Montagnais 34 35 Assiniboine Naskapi 36 Attikamekw 37 Nisgà 38 39 North Slave Blackfoot 40 () Cayuga 41 Oji-Cree 42 Chipewyan 43 Ojibway 44 Chippewa 45 Oneida 46 Cree 47 Onondaga 48 Dakota 49 Potawatomi 50 O Dogrib 51 Salish 52 () Gitksan Saulteaux 53 54 55 Gwich'in South Slave 56 57 Haida Stoney Inuktitut 59 58 Tuscorora 60 61 () Lakota Wet'su'weten Other (specify) 64 Other (specify)

"Because pregnancy affects the way health information is interpreted, the following question is being

asked to all women in the survey."

10. What languages do you understand? Mark all that apply

Relatively A few Relatively A few Fluently well words Fluently well words

	FΙι	uently	well	v	vords		Fluently		well		words	
English	65	O 66	0	67	0	Mi'kmaq	68	0	69	70	0	
French	71	72	0	73	0	Mohawk	74	0	75	O 76	0	
Sign language	77	78	0	79	0	Montagnais	80	0	81	82	0	
Algonquin	83	84	0	85	0	Naskapi	86	0	87	88	0	
Assiniboine	89	90	0	91	0	Nisgà	92	0	93	94	0	
Attikamekw	95	96	0	97	0	North Slave	98	0	99	0 100	0	
Blackfoot	101	102	0	103	0	Ojibway	104	0	105	106		
Cayuga	107	108	0	109	0	Oji-Cree	110	0	111	O 112		
Chipewyan	113	114	0	115	0	Oneida	116	0	117	118	3 (
Chippewa	119	120	0	121	0	Onondaga	122	0	123	124		
Cree	125	126	0	127	0	Potawatomi	128	0	129	130		
Dakota	131	132	0	133	0	Salish	134	0	135	136		
Dogrib	137	138	0	139	0	Saulteaux	140	0	141	O 142		
Gitksan	143	144	0	145	0	South Slave	146	0	147	148		
Gwich'in	149	150	0	151	0	Stoney	152	0	153	154		
Haida	155	156	0	157	0	Tuscorora	158	0	159	160		
Inuktitut	161	162	0	163	0	Wet'su'weten	164	0	165	166		
Lakota	167	168	0	169	0							
Malecite	170	171	0	172	0	Other (specify)	173					
						Other (specify)	 174 					

11. What languages do you speak? Mark all that apply

	Fluently			Relatively well		A few words		Fluently			latively well	A few words
English	01	0	02	0	03	0	Mi'kmaq	04	0	05	O 06	0
French	07	0	80	0	09	0	Mohawk	10	0	11	<u>12</u>	0
Sign language	13	0	14	0	15	0	Montagnais	16	0	17	18	0
Algonquin	19	0	20	0	21	0	Naskapi	22	0	23	O 24	0
Assiniboine	25	0	26	0	27	0	Nisgà	28	0	29	O 30	0
Attikamekw	31	0	32	0	33	0	North Slave	34	0	35	O 36	0
Blackfoot	37	0	38	0	39	0	Ojibway	40	0	41	O 42	0
Cayuga	43	0	44	0	45	0	Oji-Cree	46	0	47	O 48	0
Chipewyan	49	0	50	0	51	0	Oneida	52	0	53	<u>54</u>	0
Chippewa	55	0	56	0	57	0	Onondaga	58	0	59	O 60	0
Cree	61	0	62	0	63	0	Potawatomi	64	0	65	O 66	0
Dakota	67	0	68	0	69	0	Salish	70	0	71	72	0
Dogrib	73	0	74	0	75	0	Saulteaux	76	0	77	78	0
Gitksan	79	0	80	0	81	0	South Slave	82	0	83	O 84	0
Gwich'in	85	0	86	0	87	0	Stoney	88	0	89	90	0
Haida	91	0	92	0	93	0	Tuscorora	94	0	95	96	0
Inuktitut	97	0	98	0	99	0	Wet'su'weten	100	0	101	0 102	0
Lakota	103	0	104	0	105	0						
Malecite	106	0	107	0	108	0	Other (specify)	109				
							Other (specify)	110				

12.	What is the	highest grade	that vou have	completed in e	lementary and	secondary school?

111	0	No Schooling	112	1	113	0	2	114	0	3	115	0	4	116	0	5
117	0	6	118	7	119	0	8	120	0	9	121	0	10	122	0	11
123	0	12	124	13	125	0	Don't know	126	0	Refused						

13.	Did you graduate from high school?													
127	O Yes 128 O No 129	Don't 130 Refused												
14.	Check all that apply.													
131	Some trade, technical, or vocational school	132 Master's degree												
133	Some community college or CEGEP	134 Earned doctorate (PhD)												
135	O Some university	136 Other												
137	O Diploma or certificate from trade, technical or vocational school	138 O Don't know												
139	Diploma or certificate from community college, CEGEP, or university	140 Refused												
141	University degree	142 None												
	EMPLOYMENT AND IN	OOME												
D.	EMPLOYMENT AND IN	COME												
15.	Are you currently working for pay (wages	s, salary, self-employment)?												
01 (Yes 02	03 Refused												
16.	On average, how many paid hours do yo	u work per week?												
04	Number of hours													

17. During the year ending December 31, 2001, did you receive any income from the following sources?

Ask about each income source.

0	08
\cup	12
0	16
0	20
0	24
0	28
0	32
0	36
0	40
0	44 🔵
0	48
0	52
0	56
0	60
0	64

18. For the year ending December 31, 2001, please think of your total <u>personal</u> income, before deductions, from <u>all</u> sources. Please look at these categories and tell me which range it falls into.

Check only one category

66	Income loss	67	\$30,000-\$39,999
58	No income	69 🔘	\$40,000-\$49,999
70	\$1-\$4,999	71	\$50,000-\$59,999
72	\$5,000-\$9,999	73	\$60,000-\$69,999
74	\$10,000-\$14,999	75	\$70,000-\$79,999
76	\$15,000-19,999	77 🔵	\$80,000 and over
78	\$20,000-24,999	79	Don't know
80	\$25,000-\$29,999	81	Refused

E. OTHER PERSONS IN THE HOUSEHOLD

	How many children usually live in this household? Include all children under 18 who reside in the household <u>at least half of the time</u> . If none, mark "0".												
01	Number of children under 6 years old	(5 years an	d younger)										
02	Number of children 6-11 years old												
03	Number of children 12-17 years old (le	ess than 18)										
04	Total (add up 3 numbers above)												
05	Refused												
20. <u>Including yourself</u> , how many adults usually live in this household? Include all adults, 18 years and over, who reside in the household <u>at least half of the time</u> .													
06	Number of adults 18-64 years of age												
07	Number of adults 65 years and over												
08	Total (add up 2 numbers above)												
09	Refused												
	21. Including yourself, how many household members received income from any source for the year ending December 31, 2001 If no one else, enter "0" and proceed to section F.												
10	Number with any income	11 O Re	efused										
22. For the year ending December 31, 2001, please think of the total income, for <u>all household members</u> , <i>including yourself</i> , before deductions, from <u>all</u> sources. Please look at these categories and tell me which range it falls into. Chose only <u>one</u> category.													
12 🔾	Income loss	13 🔘	\$30,000-\$39,999										
14 🔘	No income	15 🔵	\$40,000-\$49,999										
16 🔾	\$1-\$4,999	17 🔾	\$50,000-\$59,999										
18 🔾	\$5,000-\$9,999	19 🔾	\$60,000-\$69,999										
20 🔵	\$10,000-\$14,999	21 🔵	\$70,000-\$79,999										
22 🔵	\$15,000-19,999	23	\$80,000 and over										
24 🔵	\$20,000-24,999	25	Don't know										
26	\$25,000-\$29,999	27	Refused										

Г.		пО	USIN	G											
23.	Note: F	r home: Please ma mark "O							ally bein	g paid	d or i	if the house is "rent to ow			
	28	\cap R	ented b	y you	you or another member of this household?										
	29	0 0	wned b	y you	you or another member of the household?										
	30	Other (s	specify)												
	31		on't kno								_				
	32	O R	efused												
24.	Do you	ı live in k	oand-o	wne	d housi	ng (or so	cial hou	using for	Inui	t)?				
33	Yes	34 () No)	35 (\mathbf{C}	Don't I	know	36	Ref	fused	l			
25.												iving rooms and finishe			
	Dasem	ent roon	is. Do	not	Count	Jatrii	rooms	s, nans	, launury	rooi	iiis a	and attached sheds.			
37 🔾	1	38) 2		39 🔵	3		40 🔘	4	41	0	5			
42 🔾	6	43	7		44 🔾	8		45 🔾	9	46	0	10			
47 🔾	11	48) 12		49 🔾	13 mo		50 🔘	Don't know	51	0	Refused			
26	Daga	our bom	a bay												
26.	Does y	our hom	ie navo			NI-		D	4 IZ	D-6					
A work	kina smo	ke detecto	nr?	Yes		No 53	\bigcirc	54	t Know	Refu 55	usea	111111111111111			
	_	oxide dete		56	\bigcirc	57		58	\bigcirc	59		, 			
	extinguis			60		61	$\overline{\bigcirc}$	62	\bigcirc	63		<u>,</u>			
		th service		64		65		66		67		/ 			
	-			68		69		70		71		/ 			
	nputer?		10	72		73		74		75) 			
		the Inter	net?) 			
	gerator (76	\bigcirc	77	\bigcirc	78		79		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
	e for coo	king?		80	\bigcirc	81	\bigcirc	82	\bigcirc	83					
Electri		_		84	0	85	\circ	86	0	87					
	unning w			88	0	89	O	90	0	91	C				
Hot ru	inning wa	iter?		92	\bigcirc	93		94		95)			

A flush toilet?

Either a septic tank or sewage service (any kind)?

Garbage collection service?

27.	Ma etc	Is this dwelling in need of repairs? Major repairs include: defective plumbing or electrical wiring, structural repairs to walls, floors, ceilings, etc. Minor repairs include: missing or loose floor tiles, bricks, shingles, defective step, railing, siding, etc.												
108	0	es, major repairs												
109	0	es, minor repairs												
110	0	No, only regular maintenance is needed (painting, furnace cleaning, etc.)												
111	0	Don't know												
112	0	Refused												
28.		ter damage from broken pipes, leaks or flood, and moisture in the air can cause mold and dew to form. In the last 12 months, has there been mold or mildew in your home?												
113	0	res 114 No 115 Don't know 116 Refused												
29.	Re	at is the main water supply for your household? ers to the <u>main</u> water supply where most of the household's water comes from (e.g. for showers, etc.) Not necessarily the same source as drinking water.												
117	0	Piped in (local or community water supply) 118 From a neighbour's house												
119	0	Trucked 120 Other												
121	0	Vell (individual or shared) 122 Don't know												
123	0	Collect it yourself from river, lake, pond 124 Refused												
125	0	Collect it yourself from water plant												
30.	Do	you consider the main water supply in your home safe for drinking?												
126	0	res 127 No 128 Don't 129 Refused												
31.		you use any other sources of drinking water? about each. Mark all sources used.												
130	0	No other sources.												
131	0	Bottled water												
132	0	Water from another house												
133	0	Boiled tap water												
134	0	River, lake or stream												
135	Othe													

G. **GENERAL HEALTH**

In general, would you say that your health is: 32.

01	0	Excellent	
02	0	Very Good	├
		_	,
03	0	Good	
04	0	Fair	├──→ If good, fair or poor, go to Q 34
05	0	Poor	

What things make you so healthy? Do not read list. Mark all that apply. 33.

06	Good diet (low fat, high fibre, fruits, vegetables etc.	07 🔵	Regular exercise/ Active in sports
08 0	Reduced stress	09 🔘	In balance (physical, emotional, mental, spiritual)
10 🔘	Good social supports (family, friends, co-workers)	11 🔵	Other
12 (Good sleep / Proper rest	13	Don't' know
14 🔘	Happy, content	15 🔵	Refused

H. HEALTH CONDITIONS

34. Have you been told by a health care professional that you have any of the following health conditions?

Only include conditions that have lasted at least 6 months or are expected to last at least 6 months.

Have you been told that you have):		If yes, at wh were you fin (years)?		Are you curr undergoing t taking medic this condition	treatment or cation for	Has this limited the kinds or amount of activity you do?		
	No Y	<u>Yes</u>	Age	<u>!</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	
Arthritis	01 0 02	0	03		04	05	06	07	
	Don't Know	0	Don't Know	0	Don't Know	Q	Don't Know	Q	
	Refused	\bigcirc	Refused		Refused		Refused		
Chronic back pain, excluding arthritis		\bigcirc	03		04	05	06	07 🔾	
	Don't Know Refused	\mathcal{C}	Don't Know Refused	\mathcal{C}	Don't Know	\sim	Don't Know Refused	\sim	
Rheumatism		$\overline{\bigcirc}$	10		Refused 11	12	13	14	
	Don't Know	ŏ	Don't Know		Don't Know	0	Don't Know	\overline{O}	
	Refused	Ŏ	Refused	<u>Ŏ</u>	Refused	Ŏ	Refused	Ŏ	
Osteoporosis	15 16	O	17	ЦL	18	19	20	21	
	Don't Know	\circ	Don't Know	\circ	Don't Know	\circ	Don't Know	\circ	
A -41	Refused		Refused		Refused		Refused		
Asthma	_	\bigcirc	24		25	26	27	28	
	Don't Know Refused	ŏ	Don't Know Refused	ŏ	Don't Know Refused	ŏ	Don't Know Refused	$\ddot{\circ}$	
Have you had an asthma attack in the past 12 months	29) 30	0							
Chronic bronchitis	31 32	0	33		34	35	36	37	
	Don't Know	Ó	Don't Know	Ó	Don't Know	Ö	Don't Know	O	
	Refused	\bigcirc	Refused		Refused		Refused	\bigcirc	
Emphysema	_	\bigcirc	40		41()	42 (43	44 🔾	
	Don't Know Refused	\mathcal{O}	Don't Know Refused	\mathcal{O}	Don't Know Refused	\mathcal{O}	Don't Know Refused	\sim	
Allergies	0	\bigcirc	47		148	49	50 O	51	
	Don't Know	\tilde{O}	Don't Know		Don't Know	Ö	Don't Know		
	Refused	Ŏ	Refused	Ŏ	Refused	Ŏ	Refused	Ŏ	
Cataracts	52 53	0	54		55 🔾	56	57	58	
	Don't Know	Ö	Don't Know	\circ	Don't Know	Q	Don't Know	\circ	
	Refused	\bigcirc	Refused		Refused		Refused		
Glaucoma		\mathcal{C}	61		62	63	64	65 🔾	
	Don't Know Refused	\mathcal{C}	Don't Know Refused	\mathcal{C}	Don't Know Refused	\mathcal{C}	Don't Know Refused	\mathcal{C}	
Blindness or serious vision problems (can't be corrected with glasses)	66 67	O	68		69 O	70	71 O	72	
<u> </u>									

Have you been told that you have	e:		If yes, at w were you f (years)?		Are you curr undergoing taking medi- this condition	treatment or cation for	Has this lim kinds or am activity you	ount of
	No Y	<u>Yes</u>	Ag	<u>e</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	Yes
	Don't Know Refused	0	Don't Know Refused	0	Don't Know Refused	0	Don't Know Refused	0
Hearing Impairment	. 73 74 Don't Know Refused	000	75 Don't Know Refused		Don't Know Refused	76 🔾	77 O Don't Know Refused	78 🔾
Epilepsy	79 0 80 Don't Know Refused	000	81 Don't Know Refused		82 O Don't Know Refused	83 🔾	84 O Don't Know Refused	85 0
Psychological or nervous disorders	86 87 Don't Know Refused	000	88 Don't Know Refused		89 O Don't Know Refused	90 0	91 O Don't Know Refused	92 0
Cognitive or mental disability	93 94 Don't Know Refused	000	95 Don't Know Refused		96 O Don't Know Refused	97 🔾	98 O Don't Know Refused	99 🔾
Attention deficit disorder/ attention deficit hyperactivity disorder (ADD/ADHD)		0	102		103	104	105	106
	Don't Know Refused	ŏ	Don't Know Refused	<u> </u>	Don't Know Refused	<u> </u>	Don't Know Refused	\mathcal{S}
Learning disability	Don't Know Refused	000	109 Don't Know Refused		110 Don't Know Refused	111 0	112 O Don't Know Refused	113
Heart disease	Don't Know Refused	000	116 Don't Know Refused		117 O Don't Know Refused	118	119 O Don't Know Refused	120
High blood pressure	Don't Know Refused			Don't Know Refused	Don't Know Refused	125	Don't Know Refused	127
Was the blood pressure related to pregnancy?	No 128 129	<u>Ye</u>						
Effects of stroke (brain hemorrhage)	130 131 Don't Know Refused	000	132 Don't Know Refused		Don't Know Refused	134	Don't Know Refused	136 🔾
Thyroid problems	137 138 Don't Know Refused	000	139 Don't Know Refused		Don't Know Refused	141 0	Don't Know Refused	143
Cancer	144 145	0	146		147	148	149	150

Have you been told that you ha	ve:		If yes, at what were you first (years)?	told under	ou currently going treatme medication fo andition?	ent or kinds or a activity yo	mount of
	<u>No</u>	<u>Yes</u>	<u>Age</u>	<u>N</u>	<u>Ye</u>	es <u>No</u>	<u>Yes</u>
	Don't Know		Don't Know Refused	Don't k		Don't Know Refused	
What type of cancer?	Refused 151		Reluseu	Refuse	ed C	Reiusea	
	٦						
Liver disease (excluding Hepatitis)	_	153	154	155) 156 (157	158
	Don't Know Refused	\sim	Don't Know (Don't I		Don't Know Refused	$\ddot{\circ}$
Stomach and intestinal problems		160	161	162		164	165
	Don't Know	Ŏ	Don't Know	Don't I	(now	Don't Know	Ö
	Refused	0	Refused	Refuse	ed C	Refused	0
HIV/AIDS	166	167	168	169	170	171	172
	Don't Know	O	Don't Know	O Don't I	Know C	Don't Know	
The sactor	Refused		Refused	Refuse		Refused	
Hepatitis		174	175	176	, and the second) 178 () Decrit (cons	179
	Don't Know Refused	ŏ	Don't Know Refused	Don't I	Ċ	Don't Know Refused	
	Type A	Тур			't Know		
What type of hepatitis?	180	181	182 (183			
Tuberculosis (TB)	184	185	186	187	188	189	190
raboroaloolo (12)	Don't Know	\tilde{O}	Don't Know	Don't K	now	Don't Kn	$\tilde{\circ}$
	Refused	Ŏ	Refused	Refuse		Refused	Ö
	rtciuscu		Reluseu				
	Active	Inac		n't know			
Is your tuberculosis active or inactive?		<u>Inac</u>		n't know			
	<u>Active</u>		tive Doi	<u>n't know</u>	198	O 199 O	200 🔘
inactive?	Active 191 194 Don't Know	192	193 Don't Know	197 (Don't l	Know (Don't Kn	\sim
inactive? Diabetes (if no, go to question 42)	Active 191 194 Don't Know Refused	192	193 196 Don't Know Refused	197 (Don't l Refusi	Know (Don't Kn	ow O
inactive?	Active 191 194 Don't Know Refused 201	192	193 196 Don't Know Refused 202	197 (Don't I Refuse 203 ((now (ed (Don't Kn Refused	ow 0
inactive? Diabetes (if no, go to question 42)	Active 191 194 Don't Know Refused	192	193 196 Don't Know Refused	197 (Don't l Refusi	Know (ed (Don't Kn	ow 0
inactive? Diabetes (if no, go to question 42)	Active 191 194 Don't Know Refused 201 Don't Know	192	193 196 Don't Know Refused 202 Don't Know	197 (Don't I Refuse 203 (Don't I	Know (ed (Don't Kn Refused 205 Don't Know	ow 0
inactive? Diabetes (if no, go to question 42) Other	Active 191 194 Don't Know Refused 201 Don't Know Refused	192	193 196 Don't Know Refused 202 Don't Know Refused	197 (Don't I Refuse 203 (Don't I Refuse	(now (ded (ded (ded (ded (ded (ded (ded (de	Don't Kn Refused 205 Don't Know Refused	ow O
inactive? Diabetes (if no, go to question 42) Other	Active 191 194 Don't Know Refused 201 Don't Know Refused	192	193 196 Don't Know Refused 202 Don't Know Refused 208	197 (Don't I Refuse Don't I Refuse 203 (Don't I Refuse 209 ((Know (Control (Contr	Don't Kn Refused Don't Know Refused Don't Know Refused Don't Know	ow O
inactive? Diabetes (if no, go to question 42) Other	Active 191 194 Don't Know Refused 201 Don't Know Refused 207 Don't Know Refused 4 4 4 4 4 4 4 4 4 4 4 4 4	192 (192 (195 (195 (195 (195 (195 (195 (195 (195	193 196 Don't Know Refused 202 Don't Know Refused 208 Don't Know Refused 208 Con't Know Refused 208 Con't Know Refused	Don't leads to the continue of	(now (ded (ded (ded (ded (ded (ded (ded (de	Don't Kn Refused Don't Know Refused Don't Know Refused Don't Know Refused The control of the con	ow O

35.												i n your l i below, if i					
	01	0	Type 1	02	0	Pre	e-diabetic	state	03	0	Don't	know					
	04	0	Type 2	05	0	Ge	stational		06	0	Refus	sed					
	adole		ce and									etes) typic Insulin t					
	Type type	2 dia of dia	betes is betes s	mor uch a	e con is obe	nmoi esity	n in Firs and lac	t Nati k of e	on ai xerci	nd Inu se. T	it popu his typ	diabetes) ulations. pe of diak regular ex	There	are ri an be	isk fa	ctors fo	or this
	<u>Gest</u>	ationa	al diabe	tes: is	s limit	ed to	o pregna	ancy.									
	deter	rmine	d by tes	ts the	at rev	eal h	igh bloc	d glu	cose	levels	s. The	ired gluc e levels a erred to a	re not	high e	enoug	ih to be	е
If r	espo	onde	ent is	mal	e, g	o to	ques	tior	ı 37								
36.	(For	wom	en only	v) We	re yo	u pr	egnant	whe	n yoı	ı wer	e first	diagnos	ed wit	h dia	betes	s (all ty	ypes)?
3 6 .	·	wom	en only	_	re yo	-	regnant	when Don know	ı't	1 0	e first	diagnos Refuse		h dia	betes	s (all ty	ypes)?
36. 07 (37.	Ye Wha	es it kinc	08 (atme	No nt or	mea	09	Don knov	i't w ou us	10	0		d				ypes)?
⁰⁷ (Wha Ask a	es it kinc about	08 (I of trea each tr	atmer eatmo	No n t or ent. (mea	osures a	Don know are you at app	i't w ou us	10	0	Refuse	d				ypes)?
07 (37. Tradit	Wha Ask a	es at kinc about	08 (I of trea each tr	atme eatmo	No nt or ent. (mea Chec Yes	osures a	Don know are you at app No	i't w ou us	10	0	Refuse	d				ypes)?
07 C	Wha Ask a	es It kinc about nedicir ceremo	08 (I of trea each tr	atmer eatmo	No nt or ent. (mea Chec Yes	osures a	Don know are you at app No 12	i't w ou us	10	0	Refuse	d				ypes)?
07 C	Wha Ask a stional or	es at kinc about nedicir ceremo	os (l of trea each tre nes	atmer eatmo	nt or ent. (mea Chec Yes 11 13	osures a	Don know are you at app No 12 14	i't w ou us	10	0	Refuse	d				ypes)?
or Carried Tradit heale Diet	Wha Ask a stional or	es It kince About Inedicir Inedicir Inedicir Inedicir Inedicir	os (d of trea each tre nes	atmer eatmo	nt or ent. (mea Chec Yes 11 13 15	osures a	Donknow Are you At app No 12 14 16 18	i't w ou us	10	0	Refuse	d				ypes)?
or Carried to the ale Diet Exercise Insulin	Wha Ask a stional or	es at kince about nedicir eeremo	os (d of trea each tre each tre each, he	atmer eatmo	nt or ent. (mea Chec Yes 11 13 15 17	osures a	Donknow Are you at app No 12 14 16 18 20	i't w ou us	10	0	Refuse	d				ypes)?
Tradit Tradit heale Diet Exerci	Wha Ask a stional or	es at kinc about nedicir eeremo	os (d of trea each tre each tre each, he	atmer eatmo	No nt or ent. (mea Chec Yes 11 13 15 17 19 21	osures a	Donknow Are you At app No 12 14 16 18	i't w ou us	10	0	Refuse	d				ypes)?
Tradit Tradit heale Diet Exerc Insulii Pills	Wha Ask a stional or	es It kince About Inedicir Inedicir Inedicir Inedicir Inedicir Inedicir	os (d of trea each tre each tre each, he	atmer eatmo	nt or ent. (mea Chec Yes 11 13 15 17	osures a	Donknow Are you at app No 12 14 16 18 20	i't w ou us	10	0	Refuse	d				ypes)?

38.	ln	the past two weeks, how often have	you	checl	ked you	r bloc	od suga	ar lev	els?	
25	0	More than once a day		26	Betwee	en 6-9	times in	past	2 weeks	
27	0	Between 10-13 times in past 2 weeks		28	Once in	n the p	oast two	week	s	
29	0	Between 2-5 times in past 2 weeks		30	Don't k	now				
31	0	Not at all in the past 2 weeks		32	Refuse	d				
33	0	Once a day								
39.		as your diabetes (all types) sk about each item, indicating yes or no		each es	No	Don'	t Know	Po	fused	
		I you to adopt a healthier lifestyle, which diet and exercise?	34	0	35	36	O	37	O	
		your vision (e.g. retinopathy)?	38	0	39	40	0	41	0	
Affe	ected y	your kidney function?	42	0	43	44	0	45	0	·-
Affe	ected y	your heart?	46	0	47	48	0	49	0	
Affe	ected y	your circulation other than your heart?	50	0	51	52	0	53	0	
		he feeling in your hands or feet (e.g.	54	0	55 🔘	56	0	57	0	
Affe	ected y	your lower limbs?	58	0	59	60	0	61	0	
Res	sulted	in infections?	62	0	63	64	0	65	0	
Res	sulted	in amputation	66	0	67	68	0	69	0	
40.	Aı	re you currently attending a diabetes Yes Go to Q 42 No	clir	71 (seeing s Don't know	omed	one for		etes ed fused	ucation?

	o <u>not</u> read list, but mark all that apply.
73	No longer require diabetes education, I already have the information I need.
74	I don't have sufficient information about where to go.
75	A diabetes clinic is not available in my area.
76	A diabetes health specialist is not available in my area.
77	The waiting list to see a specialist or attend a diabetes clinic is too long.
78	Unable to arrange transportation.
79	Could not afford it
80	Direct health care costs
81	Transportation costs
82	Childcare costs
83	Felt the health service for diabetes would be inadequate.
84	Felt the health service for diabetes would be culturally inappropriate.
85	Chose not to attend.
86 Oth	er

If you are not currently attending a diabetes clinic or seeing someone for diabetes education,

41.

PHYSICAL INJURIES

In the past 12 months, have you experienced any of the following injuries that required the attention of a health care professional? Ask about each type. 42.

		Yes		No
Broken or fractured bones	01	0	02	0
Burns or scalds	03	0	04	0
Dislocation	05	0	06	0
Sprain or strain (major)	07	0	08	0
Cuts, scrapes, or bruises (major)	09	0	10	0
Concussion	11	0	12	0
Poisoning	13	0	14	0
Injury to internal organ	15	0	16	0
Dental injury	17	0	18	0
Hypothermia, frostbite, other injury due to cold exposure	19	0	20	0
Other	21			

If no to all of the above, then go to Q 44

What were the cause(s) of this injury (or injuries)? Do not read list. Check all that apply. 43.

					If yes, was alcohol or drug relat							ed?
Causes:	No	!	Ye	<u>s</u>	Y	<u>es</u>		<u>No</u>	Don knov		Refus	<u>ed</u>
Motor vehicle accident (car or truck): driver or passenger	16	0	17	0	18	0	19	0	20	0	21	0
Motor vehicle accident: pedestrian	22	0	23	0	24	0	25	0	26	0	27	0
Motor vehicle accident: while riding a bicycle	28	0	29	0	30	0	31	0	32	0	33	0
Other bicycle accident	34	0	35	0	36	0	37	0	38	0	39	0
Snowmobile accident	40	0	41	0	42	0	43	0	44	0	45	0
ATV (all terrain vehicle) accident	46	0	47	0	48	0	49	0	50	0	51	0
Hunting accident	52	0	53	0	54	0	55	0	56	0	57	0
Boating accident	58	0	59	0	60	0	61	0	62	0	63	0
Fall or trip (not including bicycle, sport or snowmobile)	64	O	65	0	66	O	67	0	68	0	69	0
Sport (not including bicycle or hunting)	70	0	71	0	72	0	73	0	74	0	75	0
Domestic / Family violence	76	0	77	0	78	0	79	0	80	0	81	0
Other physical assault	82	0	83	0	84	0	85	0	86	0	87	0
Suicide attempt or self-inflicted injury	88	0	89	0	90	0	91	0	92	0	93	0
Dog bite	94	0	95	0	96	0	97	0	98	0	99	0
Bite by animal other than dog	100	0	101	0	102	0	103	0	104	0	105	0
Fire or flames or resulting fumes	106	0	107	0	108	0	109	0	110	0	111	0
Scalded by hot liquid or food	112	0	113	0	114	0	115	0	116	0	117	0
Natural environmental factors (sting, frostbite, etc.)	118	0	119	0	120	0	121	0	122	0	123	0
Near drowning	124	0	125	0	126	0	127	0	128	0	129	0
Asphyxia or other threats to breathing	130	O	131	0	132	0	133	0	134	0	135	0
Accidental poisoning	136	0	137	0	138	0	139	0	140	0	141	0
Other	142	O	143	0	144	O	145	0	146	0	147	0

44. <i>I</i>	Are you lim	aitad in	tha kin	de o	r am	ou n	st of a	ctivii		ı can	do at	hon	na haa	21160	of a ni	weica	lor
	mental con						it Oi a	Clivit	y you	ı Calı	uo ai	. 11011	ie bec	ause	oi a pi	тубіса	ii Oi
01	Yes, often	02	Yes, sometim	nes	03)	No	04 (Don't know	05	0	Refuse	ed			
	5. Are you limited in the kinds or amount of activity you can do at work or school because of a physical or mental condition or health problem?																
06	a Vos a Vos a Don't a																
	often sometimes know																
11	Yes, often	12 (Yes, sometin	nes	13)	No	14 (Don't	15	0	Refuse	ed			
K.		HOM	E HEA	LTI	H C	AR	E										
"These questions are being asked of people in different situations. They may not be relevant to everyone" 47. Because of a physical condition or health problem, do you believe that you currently need any of the following services at home?																	
everyo 47. E	one" Because of	f a phys wing so	sical co ervices	nditi	on o	r he	ealth _l	orobl	em, d	lo yo	u beli	eve t	hat yo	u cur	rently	<u>need</u>	any
everyo 47. E	one" Because of of the follo	f a phys wing so	sical co ervices	ondition at ho	on oome? cate l	r he	ealth _l	orobl	em, d	lo yo	u beli /hethe	eve t	hat yo	u cur	rently ed or n	need ot.	
everyo 47. E	one" Because of of the follo	f a phys wing so	sical co ervices	endition at house Indicate Indicate Indicate Indicate If you go to	on oome? cate l	r he	ealth _l	orobl	em, d	lo yo led, w	u beli /hethe	eve t	hat yo	u cur eceive ou cu	rently ed or n	need ot.	
everyo	one" Because of of the follo	f a phys wing so	sical co ervices or each.	Indication of the second of th	on o ome? cate / /es, o 48	r he	ealth palth pale of se	orobl	em, d	lo yo led, w	u beli hethe	eve t	hat yo rently r , do yo vice?	u cur eceive ou cu	rently ed or n rrently Don't	need ot.	ve
everyo	Because of of the follo Mark a responsekeeping maintenance	f a physwing so	sical co ervices or each.	ondition at hose section of the sect	on oome?cate l	r he	Don't	ervice Re	em, d	lo yo	u beli hethe	eve t r curr yes"	hat yo rently r , do yo vice?	u cur eceive ou cu	rently ed or n rrently Don't	need ot. recei	ve
Light hor repairs	Because of of the follo Mark a responsekeeping maintenance	f a physwing so	sical co ervices or each.	ondition at hose section of the sect	on o ome? cate l' /es, 0 48 es	r he? Peve	Don't	Problem Re	em, d	lo yo led, w 48.	u beli whether If " the	eve ter curri	nhat yor rently r, do yo	u cur eceive ou cu k	rently ed or n rrently Don't	need ot. recei	ve
Light hor repairs	Because of of the followark a responsekeeping maintenance etc.)	f a physwing soonse fo	sical co ervices or each.	ondition at hour lindical lifty go to Y	on o ome? cate // cate	r he??eve	Don't	Re 19	em, d	10 yo 1ed, w 48.	u beli whether If " the	eve ter currey cycs" yes" 21 29	nhat yor rently r, do yo	u cur eceive ou cul k 22	rently ed or n rrently Don't	need ot. recei	ve
Light hor repairs	Because of of the followark a responsekeeping maintenance etc.) om a nurse re care (term al care (groo	f a physwing soonse for	sical co ervices or each.	ondition at hour lindical lifty go to Y	on o ome? cate l' /es, 0 48 es	r he?? eve	Don't	Problem Revice Revice 19 27 35	em, d	48.	u beli whether If " the	eve to er curri	nhat yor rently r, do yo	u cur eceive Du cui k 22 30 38	rently ed or n rrently Don't now	need ot. recei Re 23 31 39	ve
Light hor repairs Care from Palliative Personal washing	Because of of the followark a responsekeeping maintenance etc.) om a nurse re care (term al care (groo	f a physwing soonse for (minor minally ill)	sical co ervices or each. No 16 24 32 40 48	ondition at hour lindical lifty go to Y 17 17 25 33 41	on o ome? cate // cate	r he?	Don't	Re 19 27 35	em, d	lo yo led, w 48. 20 28 36 44	u beli	eve ter curricy server 21 29 37 45	nhat yo	u cur eceive Du cui k 22 30 38 46	rently ed or n rrently Oon't now	need ot. recei Re 23 31 39 47	ve

DISABILITY AND ACTIVITY LIMITATION

J.

49.		es a mem alth probl		ur family	help with	າ your	home o	care, be	ecause o	of a chronic	condition	or
01	0 1	∕es, often	02	Yes, sometime	es 03 O	No	04	Don't know	05 🔵	Refused		
50.		you need g. ramp, h				ne as a	result	of a ph	ysical c	ondition or	health pro	blem?
06	0	Yes	07	No	08 0 [Don't kn	ow	09 🔘	Refus	ed		
				LCADE	ACCE	e e						
L.			ICALIF	CARE	ACCE	33						
51.	Do	you use t	traditiona	ıl medicir	ies?							
	10	O Yes										
	11	O No										
	12	O Don'	t know									
	13	Refu	ised									
52.					ving diffic	culties	access	sing tra	ditional	medicines	?	
	Rea	ad list. Ma	ark all that	apply.								
14	0	No Diffici	ulties									
15	0	Do not kr	now where	to get then	n							
16	0	Can't affo	ord it									
17	0	Too far to	travel									
18	0	Concerne	ed about et	ffects								
19	0	Do not kr	now enoug	h about the	em							
20	0			gh health ce								
21	0			-insured he		its (Hea	ilth Cana	ıda)				
22	0			use not int	erested							
23	0	Don't Kr										
24	0	Refused Other				7						
25	\cup	0 11 101										

Canadians generally?	cess to	o neait	n serv	<u>vices</u>	avallar	oie to ye	ou co	mpared	ιο
26 Same level of access 27	Less a	ccess			28) Refu	sed		
29 O Better access 30 O	Don't k	now							
54. During the past 12 months, have you health care? Read each item and mark all that app	·	erienc	ed an	y of t	he follo	owing b	arrie	rs to rece	eiving
		Yes		No		Don't know		Refused	
Doctor or nurse not available in my area	31	0	32	0	33	0	34	0	
Health facility not available (e.g. nursing station or hospital) in my area	35	0	36	0	37	0	38	0	
Waiting list too long		0	40	0	41	0	42	0	
Unable to arrange transportation	43	0	44	0	45	0	46	0	
Difficulty getting traditional care (e.g. healer, medicine person or elder)	47	0	48	0	49	0	50	0	
Not covered by Non-insured Health Benefits (e.g service, medication, equipment)		0	52	0	53	0	54	0	
Prior approval for services under Non-Insured health benefits (NIHB) was denied	55	0	56	0	57	0	58	0	
Could not afford direct cost of care/service	59	0	60	0	61	0	62	0	
Could not afford transportation costs	63	0	64	0	65	0	66	0	
Could not afford childcare costs	67	0	68	0	69	0	70	0	
Felt health care provided was inadequate	71	0	72	0	73	0	74	0	
Felt service was not culturally appropriate	75	0	76	0	77	0	78	0	
Chose not to see health professional	79	0	80	0	81	0	82	0	
Service was not available in my area	83	0	84	0	85	0	86	0	
Other	87	0							

55.	Ins thr Rea ma	ve you had any difficulty accessing any of the health services provided through the Non- sured Health Benefits Program (NIHB) provided to status First Nations and Inuit persons rough Health Canada. ad all options and check all that apply. Note: "Other Medical Supplies" includes: wheelchair, gnifying aid, walker, crutches, cane, artificial limb, modified kitchen utensils, modified clothing or be, special cushions.
88	0	No Difficulties
89	0	Medication
90	0	Dental Care
91	0	Vision Care (glasses)
92	0	Hearing aid
93	0	Other Medical Supplies
94	0	Escort Travel
95	0	Transportation services or costs (air or road)
96	0	Don't Know
97	0	Refused
98	0	Other
	M.	DENTAL CARE
56.	Ар	proximately, when was the last time you had any dental care?
	01 (Less than 6 months ago
	02	Between 6 months and 1 year ago
	03	Between one and 2 years ago
	04	Between 2 and 5 years ago
	05	More than 5 years ago
	06	○ Never
	07	On't know
	08 (Refused

57. Have you had any of the following problems accessing dental care? Read list. Mark all that apply.

		Yes		No		Don't know		Refused
Dental services not available in my area	09	0	10	0	11	0	12	0
Waiting list too long	13	0	14	0	15	0	16	0
Service not covered by Non-Insured Health Benefits	17	0	18	0	19	0	20	0
Prior approval for services under Non- Insured health benefits (NIHB) was denied	21	0	22	0	23	0	24	0
Can't afford it	25	0	26	0	27	0	28	0
Direct cost of care	29	0	30	0	31	0	32	0
Transportation costs	33	0	34	0	35	0	36	0
Child care costs	37	0	38	0	39	0	40	0
Other cost	41	0	42	0	43	0	44	0
Felt dental services were inadequate	45	0	46	0	47	0	48	0
Other	49	0						

58.	W	hat type of dental treatment	do you (currently	need?						
50	0	None									
51	0	Cavities filled or other restorative work (e.g. fillings, crowns, bridge)									
52	0	Maintenance (e.g. check-ups or t	eeth clea	ning)							
53	0	Extractions (taking teeth out)									
54	0	Fluoride treatment									
55	0	Periodontal (gum) work									
56	0	Prosthetics (e.g. dentures, includ	ing repair	and main	tenance)						
57	0	Orthodontic work (braces)									
58	0	Urgent (dental problems requiring	g immedia	ate attentio	n)						
59	Oth	ner									
60	0	Don't know									
61	0	Refused									
ſ	NI	ECOD AND MUTDIT	TON								
	N.	FOOD AND NUTRIT	ION								
59.	Do	o you eat a nutritious balance	ed diet?								
01	0	Always/almost ₀₂) _{Nev}	ıer							
03	\bigcirc	always Sometimes 04	`	i't know							
05	\circ	Rarely 06	`	used							
	Ŭ	ruiciy	, Itol	uscu							
60.		n average, how often do you									
	Cr	hoose the answer that best des	scribes tr	ie way tria	at you ust	ually ea	at.				
			Never / Hardly	Al ever a	oout once week	A fe		Onc	e a day	Seve a da	eral times y
Cof	fee/Te	ea	07 (08	0	09	0	10	0	11	0
Sof	t Drink	ks/Pop	12 (13	0	14	0	15	0	16	0
Fas	t food	(e.g. burgers, pizza, hotdogs)	17 (18	0	19	0	20	0	21	0
Cal	ces/Pi	es/Cookies/Candy/Chocolate	22 (23	0	24	0	25	0	26	0
					$\overline{}$					• • • • • • • • • • • • • • • • • • • •	
		ries, Potato chips/ Pretzels, Fry c.	27 (28		29	\circ	30	\circ	31	0
Bre	ad, et		32 (33		29 34	0	30	0	31 36	0

61. In the past 12 months, how often have you eaten the following traditional foods?

	Not at all	A few times	Often
Land based animals (moose, caribou, bear, deer, etc.)	42 🔵	43 🔘	44 🔘
Fresh water fish	45	46	47 🔵
Salt water fish	48	49 🔵	50
Other water based foods (shellfish, eels, clams, sea weed, urchins, etc.)	51	52 🔵	53
Sea-based animals (whale, seal, walrus, etc.).	54	55 🔵	56
Game birds (goose, duck, partridge, etc.)	57 🔵	58	59 🔵
Small game (rabbit, muskrat, etc.)	60 🔘	61 🔵	62 🔵
Berries or other wild vegetation	63	64 🔵	65
Bannock / Fry bread	66	67	68
Corn soup	69	70	71
Don't Know	72	73	74
Refused	75	76	77 🔵
Other	78	79 🔵	80 🔵

62. In the past 12 months, how often did someone share traditional food with your household?

Often	Sometimes	Never	Don't know	Refused
81	82	83	84	85 🔵

O. PHYSICAL ACTIVITY

	Read list. Mark all that apply.	ou parti	cipated in during the last 12 months?
01	Hunting, trapping	02 🔵	Berry picking or other food gathering
03	Fishing	04 🔘	Competitive or group sports (e.g. hockey, basketball, baseball, lacrosse, volleyball)
05	Bicycle riding	06 🔘	Weights, exercise equipment
07	Walking	08 🔘	Golf
09	Aerobics/Fitness class	10 🔘	Bowling
11	Dancing (aerobic, traditional, modern etc.)	12 🔵	Canoeing
13	Running	14 🔘	Martial arts (Karate, Judo etc.)
15	Hiking	16 🔵	Skiing
17	Skating	18 🔵	Swimming
19	Rollerblading / Inline skating / Roller-skating	20 🔘	Skateboarding
21	Don't Know	22 🔵	Snow-shoeing
23	Refused	24 Oth	ner
25 C	ther	²⁶ Oth	ner
	In a typical week, <u>how many</u> times do yo work, school, home or leisure) that resu	ou parti	cipate in any kind of physical activity (either at n increase in your heart rate and breathing?
64.	In a typical week, how many times do yo work, school, home or leisure) that resu	ou parti	cipate in any kind of physical activity (either at
27	In a typical week, how many times do yo work, school, home or leisure) that results of times per week Don't Know	ou parti	cipate in any kind of physical activity (either at
27 <u>28</u> <u>28</u>	In a typical week, how many times do yo work, school, home or leisure) that result in a typical week, how much time do you	ou parti lits in a	cipate in any kind of physical activity (either at
27 <u>28</u> 29 <u>29</u>	In a typical week, how many times do yo work, school, home or leisure) that result in a typical week, how much time do you	ou parti lits in a	cipate in any kind of physical activity (either at increase in your heart rate and breathing?
27	In a typical week, how many times do yo work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that results.	ou particults in a	cipate in any kind of physical activity (either at a increase in your heart rate and breathing? ipate in any kind of physical activity (either at a increase in your heart rate and breathing?
27	In a typical week, how many times do yo work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that result in a typical week.	ou particults in au	cipate in any kind of physical activity (either at a increase in your heart rate and breathing? ipate in any kind of physical activity (either at a increase in your heart rate and breathing?
27	In a typical week, how many times do yo work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that result in a typical week, how much time do you work, school, home or leisure) that result is a typical week.	u particults in au	cipate in any kind of physical activity (either at a increase in your heart rate and breathing? ipate in any kind of physical activity (either at a increase in your heart rate and breathing? 7-10 hours 11 or more hours

P. LIFESTYLE

Interviewer: Watch the skips

66.	4	At the present time, do	you smoke	e cigarettes?
38	0	Not at all → Go to qu	estion 70	
39	0	Daily		
40	0	Occasionally		
41	0	Refused		
67.		On average, how many Vrite in a number, even i		do you currently smoke each day? ate
42		Number of cigarettes	S	
68.	. 4	At what age did you be	gin smokin	ng cigarettes?
43		Age In y	years.	
44	0	Don't Know		
45	0	Refused		
69.	l	n the past 12 months, I	now many	times have you tried to quit smoking?
69.	\sim	n the past 12 months, I 0 (never tried to quit)	how many	times have you tried to quit smoking? 5 or more tries
	0			
46	0 0	0 (never tried to quit)	47 🔾	5 or more tries
46 48 50	000	0 (never tried to quit) 1-2 tries	47 ()	5 or more tries Don't know
46 48 50	O O kip	0 (never tried to quit) 1-2 tries 3-4 tries	47	5 or more tries Don't know Refused
46 48 50 S	O O kip	0 (never tried to quit) 1-2 tries 3-4 tries to Question 75 Have you ever smoked	47	5 or more tries Don't know Refused
46 48 50 S 70.	O O O O	0 (never tried to quit) 1-2 tries 3-4 tries to Question 75 Have you ever smoked Current non-smokers on	47	5 or more tries Don't know Refused
46 48 50 S 70.	0 0 0 kip	0 (never tried to quit) 1-2 tries 3-4 tries to Question 75 Have you ever smoked Current non-smokers on	47 0 49 0 51 0	5 or more tries Don't know Refused
46 48 50 S 70.	0 0 0 kip	0 (never tried to quit) 1-2 tries 3-4 tries to Question 75 Have you ever smoked Current non-smokers on Yes, daily Yes, occasionally	47 0 49 0 51 0	5 or more tries Don't know Refused
46 48 50 S 70.		0 (never tried to quit) 1-2 tries 3-4 tries to Question 75 Have you ever smoked Current non-smokers on Yes, daily Yes, occasionally No Skip	47 0 49 0 51 0	5 or more tries Don't know Refused

71. At what a	ge did you begin smoking cigarettes?
57 Age	in years.
58 O Don't Kno	ow.
⁵⁹ Refused	
72. At what a	ge did you quit smoking cigarettes?
	in years
61 Don't Kno	DW
62 Refused	
73. What were	e your reasons for quitting smoking? options and mark each response that applies
63 Respect f	for the cultural and traditional significance of tobacco
64 Chose a l	healthier lifestyle
65 Health co	ndition
66 Doctor's o	orders
67 Peer pres	ssure from friends or co-workers
68 Out of res	spect for loved ones
69 Greater a	awareness / education on ill effects of tobacco on my health
⁷⁰ Pregnand	;y
71 Don't Kno	ow .
72 Refused	
73 Other	

74.	Read the options and mark each response that applies
74) "Cold turkey" (will-power alone)
75) With help from spirituality
76) With assistance from family
77) Nicotine replacement- patch
78) Nicotine replacement- gum
79) Hypnosis
80) Acupuncture
81) Zyban (bupropion)
82	Other prescribed medication
83) Traditional methods
84	Support or self-help program
85) Don't Know
86) Refused
87	Other
75.	Do you have a smoke free home?
88	Yes 89 No 90 Don't know 91 Refused
	Tellacea Control Contr
76.	During the past 12 months, have you had a drink of beer, wine, liquor or any other alcoholic beverage?
00	
92	Yes ⁹³ No → Go to 79 ⁹⁴ Don't know ⁹⁵ Refused
77.	During the past 12 months, how often did you drink alcoholic beverages? Please select the answer that best describes your usage.
Aboı	ut 2-3 About once a About 2-3 About 2-3 About once
times	s/year month times a month times a week a day
96	97 0 98 0 99 0 100 0 101 0

78.	One drink inclu								ion?			
102	Never	103) Less tha	an once per r	nonth							
104	Once per mor	nth 105	2-3 times per month									
106	Once per wee	ek 107) More th	More than once per week								
108	Every day	109	Refused	t								
79.	Have you use For each, plea							nout a pre	escription)?			
Have	you ever use	ed:	Never	About 2-3 times/year	About once a month	About 2-3 times a month	About 2- 3 times a week	About once a day	Refused			
Chewi	ng tobacco		01 🔵	02 🔵	03 🔘	04 🔵	05	06 🔘	07 🔵			
Mariju	ana (weed, grass	s)/ Hash	08	09 🔵	10 🔾	11 🔵	12 🔵	13 🔵	14 🔘			
PCP/	Angel dust		15	16 🔵	17 🔾	18	19 🔵	20 🔵	21			
Acid/ L	.SD/ Amphetami	nes	22	23 🔵	24 🔾	25 🔵	26 🔵	27 🔵	28			
Ecstas	у		29	30 🔵	31 🔵	32 🔵	33	34 🔘	35 🔵			
Inhala	nts (glue, gas, pa	aint)	36	37 🔵	38 🔾	39 🔵	40 🔵	41 🔵	42 🔵			
Sedati	ves/ Downers (V	alium etc)	43	44 🔵	45 🔾	46 🔵	47 🔵	48 🔾	49 🔵			
Cocair	ne/Crack/Freeba	se	50	51	52 🔾	53	54	55 🔵	56			
	ne/ Morphine/ Op dan, Tylenol 3 e		57	58	59 🔾	60 🔵	61	62 🔘	63			
Heroin	-		64	65 🔵	66 🔾	67	68	69 🔵	70			
80.	Have you eve	r been treat	ted for sul	ostance abi								
		Yes	No	know	R	efused						
For ald	cohol	110	111	112	113	0						
For dru	ıgs	114	115	116	117	0						
For so	lvent abuse	118	119	120	121	O						

		xt ques nt ages									•		are being asked of people of
81.	Α	re you	sexual	ly ac	tive?	•							
01) Yes	02	\bigcirc	No	03 () P	refer n	ot to a	ınswer	/Refuse	ed	
		, , , , ,											
82.	Н	ave yo	u had s	exua	l int	ercou	ırse in	the la	ast 12	2 mont	hs?		
04	0	Yes	05 🔘	No	→	Go to	o Q 88	06 (C	Don't know	0	7 🔾	Refused
83.	. н	ow ma	ny peo	ple h	ave y	you h	ad se	kual ir	nterc	ourse	with i	n the i	past 12 months?
08	\bigcirc	None	09										
10	\bigcirc	1-2	11 (or m	ore							
12	\circ	3-4	13		on't kı								
14	O	5-6	15) Re	efuse	d							
84.													
04.		ead list.						or pr	Oloci		ctilou	s ao y	od and/or your partner(s) use:
16	0	Withd	Irawal		17	0	Rhythn	ı (natuı	ral fan	nily plar	nning)		
18	0	Cond	om		19	0	IUD						
20	Ō	Birth	control p	oills	21	Ö	I/we do	n't use	any (none)		→ Go	to Q 86
22	0	Diaph	nragm		23	0	Other (specify	/)				
24	0	Spon	ges		25	0	Don't k	now					
26	0	Depo	Provera	ı	27	0	Refuse	d					
28	0	Foam	1										
85.	. V	/hat do	you us	e tha	at/th	ose n	nethod	ls for	?				
29	\bigcirc	Birth c	ontrol (to	avoi	d pre	gnanc	y)						
30	Ŏ	Protec	tion fron	ı sexu	ıally t	ransm	itted di	seases	inclu	ding HI\	V/AIDS		
31	0	Both (b	oirth con	trol ar	nd pro	otectio	n from	sexuall	ly tran	smitted	diseas	ses incl	luding HIV/AIDS
32	0	Other	(specify)										
33	0	Don't k	know										
34	0	Refuse	ed										

86.	D	Oo you use condoms to avoid getting sexu	ally- trans	smitted diseases, like HIV or gonorrhea?
35	0	Always Go to 88		
36	0	Most of the time		
37	0	Occasionally		
38	0	Never		
39	0	Refused		
87.		What is the main reason for not always using the ck the answer that best describes your situ		ms?
40	0	Your partner did not want to use one	41 🔘	You did not want to use one
42	0	You were under the influence of alcohol or drugs	43 🔘	You do not have the HIV/ AIDS virus
44	0	Your partner does not have the HIV/ AIDS virus	45 🔘	You were with your steady partner
46	0	You (or your partner) wanted to get pregnant	47 🔾	You did not have a condom at the time
48	0	You could not afford to buy any condoms	49 🔾	You could not obtain condoms where you were
50	0	You were too embarrassed to get condoms	51 🔵	You did not think of using a condom
52	0	You could not talk to your partner about protection	53 🔘	You find condoms painful
54	0	You or your partner allergic to latex condoms	55 🔘	You thought you were safe
56	0	Religious reasons	57 🔵	Don't know
58	Oth	ner	59 🔘	Refused
88. 60		How many children have you given birth to none, write "0". Number of children	or father	red?
89.	V	Vithout revealing the test result, have you	ever beei	n tested for HIV?
122	0	Yes 123 No 124 Refused		
	Q.	PREVENTIVE HEALTH CARE		
90.	V	When did you last consult a traditional hea	ler?	
۱۸/	thin th	ne last 12 1-2 years Over 2 years I d	on't	Navas
VVI			ember	Never

91.	In the past 12 months, have you had any of the following tests or examinations?
	Please check a response for each.

	Yes	S	No)	Don	t Know	Refu	sed
Cholesterol test	06	0	07	0	08	0	09	0
Vision/ Eye exam	10	0	11	0	12	0	13	0
Blood pressure test	. 14	0	15	0	16	0	17	0
Blood sugar test	. 18	0	19	0	20	0	21	0
Complete physical examination	22	0	23	0	24	0	25	0
Rectal exam	. 26	0	27	0	28	0	29	0

If the respondent is FEMALE, continue to question 92 If the respondent is MALE, please proceed to question 95

32. HOW CITCH AC ACT DELICITIES DECISED - CYCLINICATION	92.	How often do	vou perform	breast self	f-examination ⁴
---	-----	--------------	-------------	-------------	----------------------------

30	Never performed one	31	Less often than every 2 to 3 months
32	About once per month	33	Don't know
34	About every 2-3 months	35	Refused

93. When was the last time you had a mammogram?

36	Never had one	37	6 months to less than 1 year ago
38	Less than 6 months ago	39	3 years ago to less than 5 years ago
40	1 year to less than 3 years ago	41	Don't know
42	5 or more years ago	43	Refused

94. When was your last PAP smear test?

44	Never had one	45	6 months to less than 1 year ago
46	Less than 6 months ago	47	3 years ago to less than 5 years ago
48	1 year to less than 3 years ago	49	Don't know
50	5 or more years ago	51	Refused

R. RESIDENTIAL SCHOOLS

"For the purpose of this survey, the term "Residential Schools" means the residential school systems attended by Aboriginal students which include residential schools run by religious orders, industrial schools, boarding schools, student residences, hostels and billets."

95.	D	id you attend residential school?		
01	0	Yes 02	on 100	03 O Don't know 04 Refused
96.	A	t what age did you start to attend resider	ntial scho	ool?
05		Age in years 06 Don't know	07	Refused
97.	A	t what age did you leave residential scho	ool?	
80		Age in years 09 O Don't know	10	Refused
98.		o you believe that your overall health and ttendance at residential school?	d well-be	eing has been negatively affected by your
11	0	Yes 12 ○ No → Go to Q 100 13	3 O Do	on't know —▶Go to Q 100 14 Refused
99.	W	of the following items, which do you feel or rell-being? sk about each. Mark only those that had a r		ted to the negative impact on your health and impact. Mark all that apply.
15	0	Loop of language		
		Loss of language	16	Isolation from family
17	0	Loss of cultural identity	16 🔾	Isolation from family Harsh discipline
17 19	0		0	·
	0 0 0	Loss of cultural identity	18	Harsh discipline
19	0000	Loss of cultural identity Physical abuse	18 ()	Harsh discipline Poor education
19 21	\sim	Loss of cultural identity Physical abuse Loss of traditional religion/spirituality	18 0 20 0 22 0	Harsh discipline Poor education Lack of food
19 21 23	\sim	Loss of cultural identity Physical abuse Loss of traditional religion/spirituality Harsh living conditions, such as lack of heat.	18 O 20 O 22 O 24 O	Harsh discipline Poor education Lack of food Sexual abuse
19 21 23 25	\sim	Loss of cultural identity Physical abuse Loss of traditional religion/spirituality Harsh living conditions, such as lack of heat. Lack of proper clothing	18 O 20 O 22 O 24 O 26 O	Harsh discipline Poor education Lack of food Sexual abuse Bullying from other children

100. Di	id either of you	r parents at	tend resider	ntial sch	iool?		
	Yes	No	Don't know	Refuse	d		
Mother	33	34	35	36			
Father	37	38	39	40			
le	41	- 44ll		:-!!		in 4n avenue a 400	•
it nei	tner parent a	attenaea	residenti	iai sch	1001, SKI	p to question 102	
	o you believe yo arenting you red		s) attendanc	e at Res	sidential S	School negatively affec	ted the
41	Yes 42) Not sure	43	No	44	Refused	
102. Di	id any of your g	randparent	s attend res	sidential	school?		
			Don'	't			
	Yes		knov	N C	Refused		
	mother 45	46	47		48		
	father 49	50	51		52		
	mother 53	54	55	0	56		
Father's f	father 57	58	59	0	60		
If non	e of the grai	ndparent	s attende	ed resi	dential s	school, go to que	estion 104.
	_	·					
	o you believe yo arenting your pa			ndance	at Resider	ntial School negatively	affected the
61	Yes 62 C	Not our	63	N.s.	64	Defined	
** ()	Yes 62) Not sure		No	0 4 0	Refused	
			NEO O				
S.	PERSON	AL WELI	NESS				
"Each pl	ace has differe	nt types of	traditional	activitie	s and diff	erent events are impoi	rtant to
differe:	nt people. Some	e examples o	ire powwows	s, sweat	lodges, pip	pe ceremonies and com	munity feasts."
104. H	ow important ar	re traditiona	l cultural ev	vents in	your life?		
01	Very important			02 (Not import	ont	
•	•				Not importa		
•	Somewhat importa			04 ()	Don't know		
05	Not very important	t e		06 (Refused		

05.	How important is traditi	onal	spiritua	ality	in you	r lif	e?			
07	Very important				08	N	lot impor	tant		
09	Somewhat important				10 🔘) <u>[</u>	on't kno	w		
11 (Not very important				12 🔘	F	Refused			
06.	How important is religion	n in y	your lif	e? (d	e.g. Ch	rist	tianity)			
13	Very important				14 🔘) N	lot impor	tant		
15	Somewhat important				16 🔘) D	on't kno	w		
17 🔘	Not very important				18 🔵	F	Refused			
07.	How often do you feel the emotional, mental and see Ask about each aspect and	spiritu nd ma	ı al) rk a res	spon	se for e	each	1.			ur life? (Physical,
		All of time	the	Mos the			ome of e time		ost none e time	
Physic	al	19	0	20	0	21	0	22	0	
Emotio	onal	23	0	24	0	25	0	26	0	
Menta	I	27	0	28	0	29	0	30	0	
Spiritu	al	31	0	32	0	33	0	34	0	
08.	In the past 12 months, h	nave y	you pei	rson	ally ex	per	ienced	any in	stances	of racism?
35) Yes ³⁶ No		Go to	Q 11	1 37	0	Don't I	Know	38	Refused
09.	If yes, how strongly has	this	affecte	d yc	our leve	el o	f self-es	steem	?	
	No Little effect effect 39 40	Som	e effect		rong ect		Very Str effect 43	ong		

		ongly ree	A	gree	Agr	either ee nor agree		sagre	e	Strong		Don't know	R	efused
I can solve the problems that I have	44	0	45	0	46	0	47	О	48	0	49	0	50	0
No one pushes me around in life	51	0	52	0	53	0	54	О	55	0	56	0	57	0
I have control over the things that happen to me	58	0	59	0	60	0	61	Ο	62	0	63	0	64	0
I can do just about anything I really set my mind to	65	0	66	0	67	0	68	О	69	0	70	0	71	0
I often feel helpless in dealing with the problems of life	72	0	73	0	74	0	75	O	76	0	77	0	78	0
What happens to me in the future mostly depends on me	79	0	80	0	81	0	82	О	83	0	84	0	85	0
There is little I can do to change to many of the important things in my life	86	0	87	0	01	0	88	0	89	0	90	0	91	0
mental health to any of the f		ving: Yes	_	No		Don't k			Refus			ionar	J 1	
			OI to	uniou i	011 (11	e tele	pnor	ic ab	out	,		ionar	, 1	
		ving:	01 (ionar	21	
mental health to any of the f	ollov	ving: Yes	_	No		Don't k		F				ionar	21	
mental health to any of the f	ollov	Yes		No	(Don't k		F				ionar	, i	
mental health to any of the f Friend Immediate family member	ollov 0	Yes 1		No 02 ((Don't k		F 04				ionai	ol.	
mental health to any of the f Friend Immediate family member Other family member	0 0	Yes 1 (5)		No 02	(Don't k		04 08				ionar		
mental health to any of the f Friend Immediate family member Other family member Traditional healer	0 0 0	Yes 1 5 9		No 02 06 10 0	(Don't k		F 04 08 12				ional		
	0 0 0 0 1	Yes 1 (55 (99 (77 (77 (77 (77 (77 (77 (77 (77 (77		No 02 06 01 00 11		Don't k		04 08 12 16				ional		
mental health to any of the f Friend Immediate family member Other family member Traditional healer Family doctor	0 0 0 0 1 1 1 1	Yes 1 (55 (77 (77 (77 (77 (77 (77 (77 (77 (77		No 02 06 01 10 14 01 18 0		Don't k 033 (111 (115 (119 (F 04 08 12 16 20				ional		
mental health to any of the f Friend Immediate family member Other family member Traditional healer Family doctor Psychiatrist	0 0 0 1 1 1 2	Yes 1 (55 (77 (77 (77 (77 (77 (77 (77 (77 (77		No 02 06 01 10 14 01 18 02 00	2	Don't k 007 (111 (115 (119 (123 (F 04 08 12 16 20 24				ional		
mental health to any of the f Friend Immediate family member Other family member Traditional healer Family doctor Psychiatrist CHR (community health representative) Nurse	0 0 0 0 1 1 1 2 2 2 2	Yes 1 (5 (9 (7 (7 (7 (7 (7 (7 (7 (7 (7 (7 (7 (7 (7		No 02 06 01 10 14 01 18 02 26 0		Don't k 007 (111 (115 (119 (123 (127 (127 (128 (127 (128 (127 (128 (F 04 08 12 16 20 24 28				ional		
mental health to any of the f Friend Immediate family member Other family member Traditional healer Family doctor Psychiatrist CHR (community health representative) Nurse Counsellor	0 0 0 0 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2	Yes 1 (5 (9 () 3 () 3 () 3 () 3 () 3 () 4 () 4 () 4		No 02 06 01 10 14 0 18 02 26 0 30 0		Don't k 03 (07 (11 (15 (19 (23 (27 (31 (31 (33 (34 (34 (35 (36		F 04 08 12 16 20 24 28 32				ional		
mental health to any of the f Friend Immediate family member Other family member Traditional healer Family doctor Psychiatrist CHR (community health representative) Nurse Counsellor Psychologist	0 0 0 0 0 1 1 1 2 2 2 2 2 3 3 3	Yes 1 () 5 () 9 () 5 () 9 () 7		No 02 06 01 10 14 0 18 0 22 0 30 0 34 0		Don't k 007 (111 (115 (119 (1223 (131 (135 (135 (135 (136 (136 (F 04 08 12 16 20 24 28 32 36				ional		
mental health to any of the f Friend Immediate family member Other family member Traditional healer Family doctor Psychiatrist CHR (community health representative) Nurse Counsellor	0 0 0 0 0 0 1 1 2 2 2 2 2 3 3 3	Yes 1 () 5 () 9 () 3 () 7 () 9 () 1		No 02 06 01 10 14 0 18 0 22 0 30 0 34 0 38 0		Don't k 03 (07 (11 (15 (19 (27 (31 (33 (33 (33 (33 (34 (34 (35 (36 (36 (36 (37 (37 (37 (37 (37 (37 (37 (37 (37 (37 (F 04 08 12 16 20 24 28 32 36 40				ional		

113.	Have you ever thought about committing suicide?
05	Yes, when I was under 12 years of age
06	Yes, when I was an adolescent (12-17)
07	Yes, as an adult
08	Yes, during the past year
09	Never
10	Don't know
11	Refused
114.	Have you ever attempted suicide?
12 🔘	Yes, when I was under 12 years of age
13	Yes, when I was an adolescent (12-17)
14 🔘	Yes, as an adult
15	Yes, during the past year
16	Never
17 🔾	Don't know
18	Refused
115.	In the past 12 months, has a close friend or family member committed suicide?
19	Yes ²⁰ No ²¹ Don't know ²² Refused

116. People sometimes look to others for companionship, assistance, guidance or other types of support. Could you tell me how often each of the following kinds of support is available to you when you need them.

Ask about each item. Mark one response for each.

	All of the time		Most of the time		Some of the time		Almost none of the time		Refused	
Someone you can count on to listen to you talk when you need to talk	23	0	24	0	25	0	26	0	27	0
Someone you can count on when you need help	28	0	29	0	30	0	31	0	32	O
Someone to take you to the doctor if you needed it	33	0	34	0	35	0	36	0	37	0
Someone who shows you love and affection	38	0	39	0	40	0	41	0	42	0
Someone who can give you a break from your daily routines	43	0	44	0	45	0	46	0	47	0
Someone to have a good time with	48	0	49	0	50	0	51	0	52	0
Someone to confide in or talk about yourself or your problems	53	0	54	0	55	0	56	0	57	0
Someone to do something enjoyable with	58	0	59	0	60	0	61	0	62	0

Т. **COMMUNITY WELLNESS AND TRADITIONAL CULTURE**

117. Thinking about the past 12 months, do you feel that there has been any progress in any of the following areas in your community? Please read all and provide response for each item.

	Good progress		Some progress		No progress		Don't Know		Refused	
Traditional approaches to healing	01	0	02	0	03	0	04	0	05	0
Renewal of First Nation/Inuit spirituality	06	0	07	0	80	0	09	0	10	0
Traditional ceremonial activity	11	0	12	0	13	0	14	0	15	0
Renewed relationship with the land	16	0	17	0	18	0	19	0	20	0
Use of First Nation/Inuit language	21	0	22	0	23	0	24	0	25	0
Reduction in alcohol and drug abuse	26	0	27	0	28	0	29	0	30	0
Availability of First Nation/Inuit health professionals	31	0	32	0	33	0	34	0	35	0
Cultural awareness in schools	36	0	37	0	38	0	39	0	40	0
Education and training opportunities	41	0	42	0	43	0	44	0	45	0
Housing quality	46	0	47	0	48	0	49	0	50	0
Water and sewage facilities	51	0	52	0	53	0	54	0	55	0
First Nations/Inuit control over health services	56	0	57	0	58	0	59	0	60	0
Recreation and leisure facilities	61	0	62	0	63	0	64	0	65	0
Police Services	66	0	67	0	68	0	69	0	70	0

ASSISTANCE

Did someone interpret (translate) the questions? (In whole or in part)

 71 \bigcirc Yes 72 \bigcirc No 73 \bigcirc Don't know 74 \bigcirc Refused