## FIRST NATIONS AND INUIT REGIONAL LONGITUDINAL HEALTH SURVEY



## **OUR VOICE, OUR SURVEY, OUR FUTURE**

Adolescents Only (Ages 12-17)

Because what you think matters...

This is a self-administered Questionnaire - you complete this yourself

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

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## 1. Date of birth DAY MONTH YEAR If unknown or refused, please give an approximate age 01 2. Sex 02() 03 () Female Male 3. Name of First Nation or Inuit community where you currently live C. HOUSEHOLD AND LIVING ENVIRONMENT INFORMATION 4. How many rooms are in your home? Include kitchen, bedrooms, living rooms and finished basement rooms. Do not count bathrooms, halls, laundry rooms and attached sheds. 07 4 04 06 3 08 13 or Don't 16 ( 12 Refused 11 18 ( ) know 5. Including yourself, how many children and youth usually live in this household? Include all children under 18 who reside in the household at least half of the time. If none, mark "0". 19 Number of children under 6 years old (5 years and younger) 20 Number of children 6-11 years old 21 Number of children 12-17 years old (less than 18) Total (add up 3 numbers above) 22 Refused 23

PERSONAL BACKGROUND INFORMATION

В.

II.	Include all adults, 18 years and over, who reside in the household at least half of the time.								
24	Number of adults 18-64 years of age								
25	Number of adults 65 years and over								
26	Total (add up 2 numbers above)								
27 🔘	Refused								
7.	7. Who do you live with most of the time? Read the whole list. Check all that apply								
28 🔵	My biological mother (birth mother	r) 29 🔵	My biological father						
30 🔵	The mother that adopted me	31	The father that adopted me						
32 🔵	My stepfather	33 🔵	My stepmother						
34 🔵	My foster parent(s)	35 🔘	Aunt/ uncle/ cousins						
36 🔵	Brother(s)/ sisters(s)	37 🔘	Step-brother(s)/ step-sister(s)						
38	Unrelated children	39 🔘	Grandparent(s)						
40 🔵	I live in a boarding home	41 🔵	A man I am not related to						
42 🔵	A woman I am not related to	43 🔘	My child(ren)						
44 🔘	My boyfriend/ girlfriend/ spouse	45 🔾	Other (specify)						
46 🔵	Don't know	47 🔵	Refused						
8. Are your birth (biological) parents Check the answer that best describes their situation.									
48	Living together/ married 49	Not living together / Separated	50 Don't Know						
51	Living together/ not married 52	One of my parents is deceased	53 Refused						
54 🔵	Divorced 55 O	Both of my parents are deceased	•						

6. How many adults usually live in this household?

#### LANGUAGE AND TRADITIONAL CULTURE D.

9. \	What lan	quage do	you most	t often use	in dail	v life?
------	----------	----------	----------	-------------	---------	---------

01	English	02	0	Mi'kmaq
03	French	04	0	Mohawk
05	Sign language	06	0	Montagnais
07	Algonquin	08	0	Naskapi
09	Assiniboine	10	0	Nisgà
11	<u>Attikamekw</u>	12	0	North Slave
13	Blackfoot	14	0	Ojibway
15	Cayuga	16	0	Oji-Cree
17	Chipewyan	18	0	Oneida
19	Chippewa	20	0	Onondaga
21	Cree	22	0	Potawatomi
23	Dakota	24	0	Salish
25	Dogrib	26	0	Saulteaux
27	Gitksan	28	0	South Slave
29	Gwich'in	30	0	Stoney
31	<u>Haida</u>	32	0	Tuscorora
33	Inuktitut	34	0	Wet'su'weten
35	Lakota			
36	Malecite			
37	Other (specify)			
38	Other (specify)			

## 10. How important is it to you to speak your First Nations/ Inuit language?

39 🔵	Very important	40 🔾	Not important
41 🔵	Somewhat important	42	Don't know
43 🔵	Not very important	44	Refused

# 11. What languages do you understand? Mark all that apply

	Flu	uently		Relative well		A few words		Don't unders	tand	FI	uently		Relative well	ly Af		Don't understand
English	01	0	02	0	03	0	04	0	Mi'kmaq	05	0	06	07	0	08	0
French	09	0	10	0	11	0	12	0	Mohawk	13	0	14	<u></u>	0	16	0
Sign language	17	0	18	0	19	0	20	0	Montagnais	21	0	22	23	0	24	O
Algonquin	25	0	26	0	27	0	28	0	Naskapi	29	0	30	31	0	32	0
Assiniboine	33	0	34	0	35	0	36	0	Nisgà	37	0	38	39	0	40	0
Attikamekw	41	0	42	0	43	0	44	0	North Slave	45	0	46	<u>47</u>	0	48	0
Blackfoot	49	0	50	0	51	0	52	0	Ojibway	53	0	54	<u></u>	0	56	0
Cayuga	57	0	58	0	59	0	60	0	Oji-Cree	61	0	62	63	0	64	0
Chipewyan	65	0	66	0	67	0	68	0	Oneida	69	0	70	71	0	72	0
Chippewa	73	0	74	0	75	0	76	0	Onondaga	77	0	78	79	0	80	0
Cree	81	0	82	0	83	0	84	0	Potawatomi	85	0	86	87	0	88	0
Dakota	89	0	90	0	91	0	92	0	Salish	93	0	94	95	0	96	0
Dogrib	97	0	98	0	99	0	100	0	Saulteaux	101	0	102	10	3 🔘	104	0
Gitksan	105	0	106	0	107	0	108	0	South Slave	109	0	110	<u></u>	1 ()	112	0
Gwich'in	113	0	114	0	115	0	116	0	Stoney	117	0	118	<u></u>	9 🔘	120	0
Haida	121	0	122	0	123	0	124	0	Tuscorora	125	0	126	12	7 🔾	128	0
Inuktitut	129	0	130	0	131	0	132	0	Wet'su'weten	133	0	134	13	5 🔵	136	0
Malecite	137	0	138	0	139	0	140	0								
Others (specify)																
	141	0	142	0	143	0	144	0								
	145	0	146	0	147	0	148	0								

# 12. What languages do you speak? Mark all that apply

	Flu	uently		Relative well	ely A few words		Don't unders	tand	FI	uently	Relatively well	A few words	Don't understand
English	149	0	150	0	151	152	0	Mi'kmaq	153	15	54 ) 155	156	0
French	157	0	158	0	159	160	0	Mohawk	161	<u> </u>	52 163	164	0
Sign language	165	0	166	0	167 🔵	168	0	Montagnais	169	<u> </u>	70 () 171	172	O
Algonquin	173	0	174	0	175	176	0	Naskapi	177	17	78 179	180	<u> </u>
Assiniboine	181	0	182	0	183	184	0	Nisgà	185	18	36 ) 187	188	0
Attikamekw	189	0	190	0	191	192	0	North Slave	193	O 19	94 ) 195	196	0
Blackfoot	197	0	198	0	199	200	0	Ojibway	201	20	203	204	0
Cayuga	205	0	206	0	207	208	0	Oji-Cree	209	2′	10 211	212	0
Chipewyan	213	0	214	0	215	216	0	Oneida	217	2	18 219	220	0
Chippewa	221	0	222	0	223	224	0	Onondaga	225	<u> </u>	26 227	228	0
Cree	229	0	230	0	231	232	0	Potawatomi	233	23	34 235	236	0
Dakota	237	0	238	0	239	240	0	Salish	241	24	12 243	244	0
Dogrib	245	0	246	0	247 🔵	248	0	Saulteaux	249	<u>2</u> 5	50 251	252	0
Gitksan	253	0	254	0	255 🔵	256	0	South Slave	257	<u> </u>	58 259	260	0
Gwich'in	261	0	262	0	263	264	0	Stoney	265	26	66 267	268	0
Haida	269	0	270	0	271	272	0	Tuscorora	273	27	74 275	276	0
Inuktitut	277	0	278	0	279	280	0	Wet'su'weten	281	28	32 283	284	
Malecite	285	0	286	0	287	288	0						
Others (specify)													
	289	0	290	0	291	292	0						
	293	0	294	0	295	296	0						

Ε	13. How important are traditional cultural events in your life?  Each place has different types of traditional activities and different events are important to different people. Some examples are powwows, sweat lodges, pipe ceremonies and community feasts.							
01 🔵	Very important	02 (	Not importan	nt				
03 🔘	Somewhat important	04 (	Don't know					
05 🔵	Not very important	06 (	Refused					
14. Who helps you in understanding your culture?  Check all that apply.								
07	My grandparents	08 My parent	ts 09 (	My aunts and uncles				
10 🔘	Other relatives	11 My friends	12 (	My school teachers				
13	Community elders	Other con members	nmunity 15	Someone else				
16 🔵	No one	17 Don't know	w 18 C	Refused				
E. EDUCATION  15. Are you currently attending school?  19 ○ Yes 20 ○ No → Go to question 18 21 ○ Don't know 22 ○ Refused								
16.	What grade are you in?							
23 🔵	4 24 5	25 6 26	7 2	7 ( 8				
28	9 29 10	30 <b> 11</b> 3	1 12 3	2 13				
33 Other (please specify)								
34 Don't know 35 Refused								
17.	17. How do you feel about going to school?							
I like so very m	Linelin	e I dislike school somewhat	I dislike school R	Refused				
36	37 ) 38 (	) 39 ()	40 0 4	1 ()				

42 🔵	Pre-K	43 🔵	K	44 🔵	1	45		2	46 🔵	3	
47 🔵	4	48 🔵	5	49 🔵	6	50	0	7	51 🔵	8	
52 🔵	9	53 🔵	10	54 🔵	11	55		12	56 🔵	13	
57 Oth	ner (please	specify)									]
58	Don't kno	)W	59 Re	efused							
19.	Have you	u ever s	kipped o	r advan	ced	a grade,	as a	result	of acader	nic perforr	mance?
		a. C	<b>.</b>	00.4		5 "		an C			
60 (	Yes	61	) No	62 (		Don't kno	OW	63	) Refuse	ed	
20	Have you	u had ai	ny proble	me loar	ninc	n in echo	vol2				
20.	nave you	u IIau ai	iy proble	IIIS IEaI	ıııııç	j ili scho	)OI?				
64	Yes	65 🔵	No -	Go to C	22 Q	66 🔵	Don'	t know	67	) Refused	
	21. What kind(s) of problems have you had?  Check all that apply.										
		,,									
68	Reading		69 (	Writ	ting				70 🔵	Don't know	,
71 🔵	Short atte	ention sp	an 72 (	Mat	th				73 🔵	Refused	
74 🔵	Too man	y distract	ions 75 (	Diffi	iculty	/ understa	nding	teacher	76 Oth	ner	
22.	Have you	u ever r	epeated a	grade?	?						
77 (	Vac	78 (	) No	70 (		Don't kno	O\A/	80 (	Refuse	2d	
,, ,	103	70 (	) 110	75 (		DOITERIN	OW	00 (	) Neiuse	,u	
23.	What is t	the hiah	est level	of scho	ol tl	hat vou v	would	d like to	complet	e?	
		J				_			·		
81	High sch	ool diplor	ma			8	2 🔾	Doctor	rate degree	e (PhD)	
83	College	or CEGE	P (in Quebe	ec) diplor	ma	8	34 🔘	Not su	ire		
85 🔵	Trade, te	echnical c	r vocationa	al school		8	6 🔾	Refuse	ed		
87	Universit	y degree				8	88 🔵	Don't I	know		
89	Master's	degree				9	00 Ot	ther			

18. What is the highest level of schooling you have completed?

#### **GENERAL HEALTH** F.

	24.	In general	, would	you say	y that	your	health	is:
--	-----	------------	---------	---------	--------	------	--------	-----

01 02	0	Excellent Very Good	→ If excellent or very good, go Q 25
03	0	Good	
04	0	Fair	If good, fair or poor, go to Q 26
05	0	Poor	
			<b>,</b>

## 25. What things make you so healthy?

Mark all that apply.

06 🔵	Good diet (low fat, high fibre, fruits, vegetables, etc)	07 🔵	Regular exercise/ Active in sports
08 🔘	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
00	Harris tall and a state of a stat		
26.	How tall are you without shoes on?		

16		Feet 17	Inches	18		Centimetres
19	$\circ$	Don't Know	20	0	Refused	

## 27. How much do you weigh?

21		Pounds	22		Kilograms
23 (	Don't Kn	OW	24 (	Refused	

## 28. How satisfied are you with your weight?

,		Neither satisfied nor dissatisfied		,		Refused
25 🔵	26 🔵	27 28	0	29	30	31

#### **FOOD AND NUTRITION** G.

### 29. Do you eat a nutritious balanced diet?

32	0	Always/almost always	33	Never
34	0	Sometimes	35	Don't know
36	0	Rarely	37	Refused

## 30. On average, how often do you eat or drink the following foods: Choose the answer that best describes the way that you usually eat.

	Never / Hardly ever	Less than once a week	A few times a week	Once a day	Several times a day
Coffee/Tea	. 38	39 🔾	40 🔵	0	41 🔵
Soft Drinks/Pop	. 42 🔵	43 🔾	44 🔵	0	45 🔵
Fast food (e.g. burgers, pizza, hotdogs)	. 46	47 🔾	48	0	49 🔵
Cakes/Pies/Cookies/Candy/Chocolate	. 50 🔵	51 🔾	52 🔵	0	53 🔵
French Fries, Potato chips/ Pretzels, Fry Bread, etc	. 54 🔵	55 🔾	56 🔵	0	57 🔵
Added salt (e.g. from salt shaker)	. 58	59 🔾	60 🔵	0	61 🔵
Added sugar (e.g. on cereal or in coffee/tea)	. 62 🔵	63 🔾	64 🔵	0	65 🔵

## 31. 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.)	66	67	68
Fresh water fish	69	70	71
Salt water fish	72	73	74
Other water based foods (shellfish, eels, clams, sea weed, urchins, etc.)	75	76	77 🔘
Sea-based animals (whale, seal, walrus, etc.)	78	79	80
Game birds (goose, duck, partridge, etc.)	81	82	83
Small game (rabbit, muskrat, etc.)	84	85	86
Berries or other wild vegetation	87	88	89
Bannock / Fry Bread	90	91	92
Corn soup	93	94	95
Don't know	96	97	98
Refused	99	100	101
Other	102	103	104
Other	105	106	107
32. In the past 12 months, how ofter  Often Sometimes Never Don't k  108 109 110 111 (  H. PHYSICAL ACTIVITY			nal food with y
33. How often do you participate in your free time)?	any kind of ph	ysical activity	(either at scho
01 Never	02	Less than once	a week
03 Once a week	04 🔵	2-3 times a wee	ek
05 4-6 times a week	06	Every day	
07 O Don't know	08	Refused	

			d in any kind of physical activity (either at in an increase in your heart rate and breathing?
09 🔘	None	10	Less than 1 hour
11 🔵	From 1-5 hours	12	From 6-10 hours
13 🔵	From 11-20 hours	14	More than 20 hours
15 🔵	Don't know	16	Refused
	What types of physical activities have y Read list. Mark all that apply.	ou part	cicipated in during the last 12 months?
17 🔵	Hunting, trapping	18	Competitive or group sports (e.g. hockey, basketball, baseball, lacrosse, volleyball)
19 🔵	Fishing	20 🔵	Weights, exercise equipment
21 🔵	Bicycle riding	22	Golf
23 🔵	Walking	24	Bowling
25 🔵	Aerobics/Fitness class	26	Canoeing
27 🔵	Dancing (aerobic, traditional, modern etc.)	28	Martial arts (Karate, Judo etc.)
29 🔵	Running	30	Skiing
31	Hiking	32	Swimming
33 🔵	Skating	34	Skateboarding
35 🔵	Rollerblading / Inline skating / Rollerskating	36	Don't know
37 🔵	Berry picking or other food gathering	38	Refused
39 🔵	Snow-shoeing	40 Oth	ner
41 Oth	er	42 Oth	ner

## I. HEALTH CONDITIONS

## 36. 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 what age were you first told (years)?	Are you currently undergoing treatment or taking medication for this condition?	Has this limited the kinds of or amount of activity you do?
	No Yes	<u>Age</u>	<u>No</u> <u>Yes</u>	No Yes
Asthma	01 02 0 Don't Know 0 Refused 0	03  Don't Know O  Refused	04 O 05 O Don't Know Refused	06 O 07 O Don't Know O Refused O
Have you had an asthma attack in the past 12 months?	08 0 09 0			
Chronic Bronchitis	10 O 11 O	12 Don't Know	13 O 14 O	15 O 16 O
	Refused O	Refused O	Refused O	Refused O
Allergies	17 0 18 0	19	20 0 21 0	22 0 23 0
	Don't Know O	Don't Know Refused	Don't Know O Refused	Don't Know O
Blindness or other serios vision problem (can't be corrected with glasses)	24 25	26	27 28	29 🔾 30 🔾
	Don't Know Refused	Don't Know Refused	Don't Know O Refused	Don't Know O
Chronic ear infectionsor ear problems	31 32	33	34 ) 35 )	36 🔾 37 🔾
	Don't Know  Refused	Don't Know O	Don't Know O	Don't Know O
Hearing Impairment	38 39	40	41	43 0 44 0
	Don't Know O	Don't Know Refused	Don't Know O Refused O	Don't Know C
Difficulty hearing conversation with one person	45 46			
Hepatitis	47	Don't Know O	50 51 O Don't Know O Refused	52
What type of hepatitis?	Type A Type B		Don't Know	
	54 55		57	
HIV/AIDS	58 59 59	60	61 62	63 0 64 0
	Don't Know Refused	Don't Know O	Don't Know O	Don't Know O
Tuberculosis (TB)	65 66	67	68 69 69	70 0 71 0

Have you been told that you have :	No Ye		If yes, at what age were you first told (years) ?	Are you currer undergoing tre or taking medi for this conditi	eatment cation	Has this limited the kinds of or amount of activity you do?	
	Don't Know	$\stackrel{\underline{s}}{\cap}$	Don't Know	Don't Know	0	Don't Know	
	Refused	Ŏ	Refused O	Refused	Ŏ	Refused O	
	Active Inc	active	e Don't Knov	v			
Is your tuberculosis active or inactive?	72 0 73	0	74				
Epilepsy	75 76	0	77	78 79	0 80	0 81 0	
	Don't Know	0	Don't Know	Don't Know	0	Don't Know	
	Refused	0	Refused O	Refused	0	Refused O	
Psychological or nervous disorders	82 83	O	84	85 0 86	O	87 0 88 0	
	Don't Know		Don't Know O	Don't Know Refused		Don't Know O	
Learning disability	Refused 89 90	$\overline{\bigcirc}$	91	92 93	O 94		
	Don't Know	0	Don't Know	Don't Know		Don't Know	
	Refused	Ŏ	Refused O	Refused	Ŏ	Refused O	
Cognitive or mental disability	96 97	0	98	99 0 100	0 10	01 0 102	
	Don't Know	O	Don't Know	Don't Know	0	Don't Know	
Attention deficit disorder/Attention	Refused	<u> </u>	Refused O	Refused	0	Refused O	
deficit hyperactivity disorder (ADD/ADHD)	103 0 104	0	105	106 107	0 10	08 0 109 0	
	Don't Know	0	Don't Know	Don't Know		Don't Know	
Corobral paley	Refused 110 111	$\bigcirc$	Refused O	Refused		Refused O	
Cerebral palsy		0	112	113 0 114	0 1	15 0 116 0	
	Don't Know Refused	ŏ	Don't Know O	Don't Know Refused	Ŏ	Don't Know  Refused	
Physical disability other than cerebral palsy	117 ) 118	0	119	120 121	O 12	22 O 123 O	_
	Don't Know	Q	Don't Know	Don't Know	0	Don't Know	
	Refused	0	Refused	Refused	$\bigcirc$	Refused O	
Liver disease	124 ) 125			127 128	O 12	29 130	
	Don't Know Refused	0	Don't Know Refused	Don't Know Refused		Don't Know O	
Kidney disease	131 ( ) 132	$\bigcirc$	133	134 135	O 1:	36 0 137 0	
•	Don't Know	Ŏ	Don't Know	Don't Know	Ö	Don't Know	
	Refused	0	Refused	Refused	0	Refused O	
Diabetes (if no, go to Q. 39)	138 0 139	0	140	141 0 142	0 14	13 0 144 0	
	Don't Know	$\mathcal{C}$	Don't Know	Don't Know		Don't Know	
Other	Refused 146	$\bigcirc$	Refused 0	Refused 149	O 1	Refused 0	
	Don't Know	$\tilde{O}$	Don't Know	Don't Know	0	Don't Know	
	Refused	0	Refused O	Refused	0	Refused O	

Has this limited If yes, at what Are you currently the kinds of or undergoing treatment age were you amount of first told or taking medication activity you do? (years)? for this condition? Have you been told that you have: No <u>No</u> Yes <u>Age</u> Yes <u>No</u> Yes Other 153 () 154 155 158 152 156 Don't Know Don't Know Don't Know Refused Refused Refused if you have been told you have diabetes, go to Q 37 if not, go to Q 39. 37. Which type(s) of diabetes have you been diagnosed with in your lifetime? Include all diagnoses you have received. Refer to definitions below, if necessary. Pre-diabetic state Don't know Type 1 05 Gestational 06 Refused Type 2 Type 1 diabetes (previously known as insulin-dependent diabetes) typically occurs in childhood or adolescence and requires multiple daily injections for survival. Insulin treatment begins immediately after diagnosis. Type 2 diabetes (previously known as non-insulin dependent diabetes) usually begins after age 30. Type 2 diabetes is more common in First Nation and Inuit populations. There are risk factors for this type of diabetes such as obesity and lack of exercise. This type of diabetes can be prevented and effectively managed by eating healthy foods and engaging in regular exercise. Gestational diabetes: is limited to pregnancy.

Pre-diabetic state: includes impaired fasting glucose and impaired glucose intolerance. Both are determined by tests that reveal high blood glucose levels. The levels are not high enough to be diagnosed as type 1 or type 2 diabetes. This is sometime referred to as "borderline" diabetes.

38.	38. What kind of treatment or medicine, if any, are you takir	ig to control your diabetes?
	Check all that apply.	

	Yes	No	Don	't Know	Refused
Traditional ceremonies, help from healer 07	0	08 🔘	09	0	10
Diet	0	12 🔵	13	0	14
Exercise	0	16 🔵	17	0	18
Traditional medicines	0	20 🔵	21	0	22
Insulin	0	24 🔵	25	0	26
Pills	0	28	29	0	30
Other					
No Treatment or Medicine	0	34 🔵	35	0	36

#### **PHYSICAL INJURIES** J.

39. In the past 12 months, have you experienced any of the following injuries that required the attention of a health care professional?

Check an answer for each type.

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

# 40. What were the cause(s) of this injury (or injuries)? Check all that apply.

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

#### K. **HEALTH CARE UTILIZATION AND DENTAL CARE**

### 41. When did you last:

		nin the nonths		2 years ago	_	er 2 s ago		on't ember	Neve	er	Don't Know	Refused
Consult a traditional healer?	01	0	02	0	03	0	04	0	05	0	06	07
Have counselling, psychological testing, or any other mental health service?	08	0	09	0	10	0	11	0	12	0	13	14

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

	Yes	5	No	)	Don'	t Know	Refu	sed
Cholesterol test	15	0	16	0	17	0	18	0
Vision/ Eye exam	19	0	20	0	21	0	22	0
Hearing test	23	0	24	0	25	0	26	0
Blood sugar test	27	0	28	0	29	0	30	0
Complete physical examination	31	0	32	0	33	0	34	0

### 43. Approximately, when was the last time you had any dental care?

35 🔵	Less than 6 months ago
36 🔵	Between 6 months and 1 year ag
37 🔵	Between one and 2 years ago
38	Between 2 and 5 years ago
39	More than 5 years ago
40 🔵	Never
41 🔵	Don't know
42	Refused

	44. \	What type of dental treatment do you currently need?						
43	0	None						
44	0	Cavities filled or other restorative work (e.g. fillings, crowns, bridge)						
45	0	Maintenance (e.g. check-ups or teeth cleaning)						
46	0	Extractions (taking teeth out)						
47	0	Fluoride treatment						
48	0	Periodontal (gum) work						
49	0	Prosthetics (e.g. dentures, including repair and maintenance)						
50	0	Orthodontic work (braces)						
51	0	Urgent (dental problems requiring immediate attention)						
52	Ot	her						
53	0	Don't know						
54	0	Refused						
4		Have you experienced problems with your teeth or experienced any dental pain in the past month?						
55	0	Yes 56 No 57 Don't know 58 Refused						

#### **LIFESTYLE** L.

**46.** Have you used any of the following substances in the last 12 months (without a prescription)? For each, please select the answer that <u>best describes</u> your situation.

Have you ever used:		Never	About 2-3 times a year	About once per month	About 2-3 times a month	About 2- 3 times a week	About once a day	Refused
Chewing tobacco	59	0	60	61	62	63	64	65
Marijuana (weed, grass)/ Hash	66	0	67	68	69	70	71	72
PCP/ Angel dust	73	0	74	75	<u>76</u>	77	78	79 🔘
Acid/ LSD/ Amphetamines	80	0	81	82	83	84	85	86
Ecstasy	87	0	88	89	90	91	92	93
Inhalants (glue, gas, paint)	94	0	95	96	97	98	99	100 🔵
Sedatives/ Downers (Valium etc)	101	0	102	103	104	105	106	107 🔵
Cocaine/Crack/Freebase	108	0	109	110	111	112 🔵	113	114 🔵
Codeine/ Morphine/ Opiates (Percodan, Tylenol 3 etc.)	115	0	116	117	118	119 🔵	120	121
Heroin	122	0	123	124	125	126	127	128

47. C	During the past 12 months, have you had a drink of beer, wine, liquor or any other alcoholic
b	peverage?
0	ne drink includes one beer, or one glass of wine, or one shot (ounce) of hard liquor.

	56	0	Yes	57 🔵	No─►	Go to Q 49	58	Don't know	59 🔵	Refused
--	----	---	-----	------	------	------------	----	------------	------	---------

			have you had 5 or more drinks on one occasion? e glass of wine, or one shot (ounce) of hard liquor.					
60 🔵	Never	61 Less	than once per month					
62 🔵	Once per month	63 2-3 ti	mes per month					
64 🔵	Once per week	65 More	than once per week					
66 🔵	Every day	very day 67 Refused						
49.	At the present time	e, do you smo	oke cigarettes daily, occasionally or not at all?					
68	Not at all Go to	question 53.						
69 🔵	Daily							
70 🔵	) Occasionally							
71 🔵	Refused							
72 <b>51.</b>	Number of ciga  Number of ciga  At what age did you  Age In years	ven if approxin						
74 🔘	0 (never tried to quit)	75	) 5 or more tries					
76 🔵	1-2 tries	77	) Don't know					
78 🔵	3-4 tries	79	) Refused					
Skip	to Question 5	7						

80 🔘	Yes Go to next question, 54
81	No ── Go to question 57
82 🔵	Don't know
83 🔵	Refused
54.	At what age did you begin smoking cigarettes?
84	Age in years.
55	At what age did you quit smoking cigarettes?
85	Age in years
56.	What were your reasons for quitting smoking?
	Read the options and mark each response that applies
86 🔵	Respect for the cultural and traditional significance of tobacco
87 🔵	Chose a healthier lifestyle
88	Health condition
89 🔵	Doctor's orders
90 🔵	Peer pressure from friends or co-workers
91	Out of respect for loved ones
92 🔵	Greater awareness / education on ill effects of tobacco on my health
93 🔵	Pregnancy
94 🔵	Other
57.	Do you have a smoke free home?
95	Yes 96 No 97 Don't know 98 Refused

53. Have you ever smoked cigarettes daily?

The next questions ask about sex and birth control. These questions are being asked of people of different ages in various situations. They may not be about you.

58	Δro	VOII	sexuall	v activ	7مر
<b>50.</b>	AIE	vou	Sexuali	v activ	/e :

100 No 101

59. Have you had sexual intercourse in the last 12 months?

Yes 103 No → Go to Q 65 104 Refused

60.	How ma	ny people	e have you	had sexual intercourse with in the past 12 months?
106	) None	107 🔵	7-10	
108	) 1-2	109 🔵	11 or more	
110	3-4	111 🔵	Don't know	
112	) 5-6	113 🔵	Refused	
61.			owing birth Il that apply	control or protection methods do you and/or your partner(s) use?
114	) Withdra	awal	115	Rhythm (natural family planning)
116	) Condor	m	117 🔵	IUD
118	) Birth co	ontrol pills	119 🔵	I/we don't use any (none) — → Go to Q 63
120	) Diaphra	agm	121 🔵	Other (specify)
122	) Sponge	es	123	Don't know
124	) Depo P	rovera	125	Refused
126	) Foam			
62.	What do	you use	that/those	methods for?
127	Birth con	ntrol (to avo	oid pregnanc	y)
128	Protection	n from sex	cually transm	itted diseases including HIV/AIDS
129	Both (bir	th control a	and protectio	n from sexually transmitted diseases including HIV/AIDS
130	Other (sp	pecify)		
131	Don't' kn	iow		
132	Refused			
63.	Do you t	use cond	oms to avo	oid getting sexually- transmitted diseases, like HIV or gonorrhea?
133	Always ·	<b></b>	Go to 65	
134	Most of t	the time		
135	Occasion	nally		
136	Never			
137	Refused			

#### Check the answer that best describes your situation. 138( Your partner did not want to use one 139() You did not want to use one You were under the influence of alcohol or You do not have the HIV/ AIDS virus 141( ) Your partner does not have the HIV/ AIDS virus You were with your steady partner 143() You (or your partner) wanted to get pregnant 145() You did not have a condom at the time 146( You could not afford to buy any condoms 147() You could not obtain condoms where you were 148 You were too embarrassed to get condoms 149() You did not think of using a condom You could not talk to your partner about 150 151() You find condoms painful protection You or your partner allergic to latex condoms You thought you were safe 152 153( Religious reasons Don't know 155 156 Other 157( Refused 65. Have you ever been pregnant or got someone pregnant? 66. If yes, how old were you Years old Yes the first time? 160 No 161( Don't Know 162( Refused 67. How many children have you given birth to or fathered? If none, write "0". 163 Number of children

64. What is the main reason for not always using condoms?

#### PERSONAL WELLNESS AND SUPPORT M.

### 68. Outside of school hours, how often do you:

	Never	Less than once per week	1-3 times per week	4 + times per week	Not Applicable
Take part in sports teams or lessons	. 01	02	03	04	05
Take part in art or music groups or lessons	. 06	07	08	09	10
Take part in <b>traditional</b> singing, drumming or dancing groups or lessons	11	12 🔾	13	14 🔘	15 🔾
Have a job such as baby-sitting, working at a store, tutoring?	16	17 🔵	18	19 🔵	20 🔘

### 69. On average, about how many hours per day do you:

	Not at all or less than 1 hour	1 to 2 hours	3 to 5 hours	6 hours or more	Don't know	Refused
Watch T.V.	21	22	23 🔵	24	25 🔵	26
Play video games	27	28	29 🔵	30	31	32
Use computer (other than video games)	33	34	35 🔵	36	37	38
Spend time outdoors	39	40	41	42	43	44
Assist in household chores	45	46	47	48	49	50

### 70. How often do you feel that you are in balance in the physical, emotional, mental and spiritual aspects of your life?

Please check a response for each aspect.

	All of the time	Most of the time	Some of the time	Almost none of the time	Don't know	Refused
Physical	51	52	53	54	55 ) 56	0
Emotional	57	58	59	60	61 62	0
Mental	63	64	65	66	67 68	0
Spiritual	69	70	71	72	73 74	0

71. Please indicate how strongly you agree or disagree with the following statements: Please check a response for each sentence.														
	Strong igree	ly A	gree			her ee nor gree	Dis	agree		Strongly disagree		Oon't now	Re	fused
In general, I like the way I am 7	5	7	6 (		77	0	78	0	79	$\circ$	80		81	0
Overall, I have a lot to be proud of 8	2	8	3 (		84	0	85	0	86	0	87		88	0
A lot of things about me are good 8	9 (	9	0 (		91	0	92	0	93	0	94		95	0
When I do something, I do it well 9	6	9	7 (		98	0	99	0	100		10	01 (	102	0
72. Please indicate how strongly you agree or disagree with the following statements:  Please check a response for each sentence.  Neither														
		ongly gree	Α	gree	Αg	ree nor sagree		sagre	ee	Strongl disagre		Don't know	Re	fused
I can solve the problems that I have	01	0	02	0	03	Ŏ	04	Ŏ	05	0	06	0	07	0
No one pushes me around in life	08	0	09	0	10	0	11	O	12	0	13	0	14	0
I have control over the things that happen to me	15	0	16	0	17	0	18	O	19	0	20	0	21	0
I can do just about anything I really set my mind to	22	0	23	0	24	0	25	0	26	0	27	0	28	0
I often feel helpless in dealing with the problems of life	20	0	30	0	31	0	32	O	33	0	34	0	35	0
What happens to me in the future mostly depends on me	36	0	37	0	38	0	39	O	40	0	41	0	42	0
There is little I can do to change to many of the important things in my life	43	0	44	0	45	0	46	O	47	0	48	0	49	$\circ$
73. Please indicate your level of agreement with the following questions:  Please check a response for each sentence.														
Not at all A	little	Мо	dera	tely G	Quite	a bit	A lot		Do	n't know	R	efused		
How lonely do you feel? 50 5	1 (	5	2 (		53	0	54 (	C	55	0	56			
,	8 🔘	5	9 (		60	0	61 (		62	0	63			
How stressed do you feel? 64 66	5	6	6 (		67	0	68 (	$\bigcirc$	69	0	70			

74.	In the past 12 months, have you seen or talked on the telephone about your emotional or
	mental health to any of the following:

		Υ	es	Ν	lo	Don	't know	Re	fused
Friend		71	0	72	0	73	0	74	0
Immediate	e family member	75	0	76	0	77	0	78	0
Other fam	nily member	79	0	80	0	81	$\bigcirc$	82	0
Traditiona	ıl healer	83	0	84	0	85	0	86	0
Family do	ctor	87	0	88	0	89	0	90	0
Psychiatri	st	91	0	92	0	93	0	94	0
CHR (con	nmunity health representative)	95	0	96	0	97	0	98	0
Nurse		99	0	100	0	101	0	102	0
Counsello	pr	103	0	104	0	105	0	106	0
Psycholog	107	0	108	0	109	0	110	0	
Social wo	111	0	112	0	113	0	114	0	
Crisis line	115	0	116	0	117	0	118	0	
Other		119	0	120	0	121	0	122	0
75. H	ave you ever thought about	comi	mittin	g sui	cide?				
~: O									
01	Yes, when I was under 12 years								
02	Yes, when I was an adolescent (	12-17	years	of age	e)				
03	Yes, during the past year								
04	Never								
05	Don't know								
06	Refused								

_									
07	Yes, when I was under 12 years of	of age							
08	Yes, when I was an adolescent (12-17 years of age)								
09	Yes, during the past year								
10	Never								
11	Don't know								
12	Refused								
77. In the past 12 months, has a close friend or family member committed suicide?									
13	Yes 14 No 15	O Don't	know 16 (	Refuse	d				
78. During the past 12 months, was there ever a time when you felt sad, blue or depressed for 2 weeks or more in a row?									
<ul> <li>Yes 18 No 19 Don't know 20 Refused</li> <li>79. 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.  Mark one response for each item.</li> </ul>									
У	support. Could you tell me ho you when you need them.								
У	support. Could you tell me ho you when you need them.	ow often each	ch of the fo	Ilowing kind Some of	ds of support is  Almost none				
Someone	support. Could you tell me ho you when you need them.	All of the time	ch of the fo	llowing kind	ds of support is	s available to			
Someone talk when	support. Could you tell me how you when you need them.  Fark one response for each item.  E you can count on to listen to you	All of the time	Most of the time	Some of the time	Almost none of the time	Refused			
Someone talk when Someone help	support. Could you tell me how you when you need them.  Fark one response for each item.  Fe you can count on to listen to you need to talk	All of the time	Most of the time	Some of the time	Almost none of the time	Refused  05			
Someone help Someone needed it	e you can count on to listen to you need to take you to the doctor if you et to take you to the doctor if you	All of the time  . 01  . 06	Most of the time  02  07	Some of the time  03   08	Almost none of the time	Refused  05  10			
Someone talk when Someone help	e you can count on to listen to you need to talk  e you can count on when you need  e you can count on when you need  e to take you to the doctor if you  t who shows you love and	All of the time  . 01  . 06  . 11  .	Most of the time 02 07 12	Some of the time  03   08   13	Almost none of the time  04  09  14	Refused  05  10  15			
Someone talk where Someone help	e you can count on to listen to you need to take you can count on when you need to talk.  e you can count on when you need to take you can count on when you need to take you to the doctor if you to the who shows you love and	All of the time  . 01	Most of the time  02   07   12   17	Some of the time  03   08   13   18	Almost none of the time  04   09   14   19	Refused  05  10  15  20			
Someone talk where Someone help	e you can count on to listen to you need to take you can count on when you need to talk.  e you can count on when you need to take you can count on when you need to take you to the doctor if you to the who shows you love and you need you a break from you they you to the you a break from you they you to the you a break from you they you have you a break from you when you a break from you who can give you a break from you when you need to take you to the doctor if you they who can give you a break from you they you have a break from you when you need to take you to the doctor if you they who can give you a break from you need to take you to the doctor if you they who can give you a break from you need to take you to the doctor if you they who can give you a break from you need to take you to the doctor if you they who shows you love and you have you a break from you need to take you to the doctor if you they who shows you love and you have you a break from you need to take you to the doctor if you they who shows you love and you need to take you to the doctor if you they who shows you love and you need you have y	All of the time  . 01	Most of the time  02   07   12   17   22	Some of the time  03   08   13   18   23	Almost none of the time  04   09   14   19   24	Refused  05  10  15  20  25			

76. Have you ever attempted suicide?

# 80. Who would you go to <u>first</u> for help if you had a problem with: Check only one answer for each problem.

	Parent/ Guardian	Other family memb	,	Friends my age	Adult friend	Traditional healer	Doctor/ Nurse/ Health aide	Principal / School counsellor / Teacher	Other	No one	Don't Know	Refused
Family problems	01	02	0	03 🔘	04 🔘	05	06	07	08	09	10	11
Relationshi boyfriend/ girlfriend	ps 12 (	13	0	14 🔾	15 🔾	16 🔾	17 🔾	18	19 🔾	20	21	22 🔾
Financial problems	23	24	0	25 🔵	26	27	28	29	30	31	32	33
Drugs/ Alcohol	34	35	0	36 🔘	37 🔵	38	39	40	41	42	43	44
Anger/ Feeling out control	of 45 (	46	0	47 🔾	48 🔾	49	50	51	52 🔾	53	54	55
Depression	56	57	0	58 🔘	59 🔵	60	61	62	63	64	65	66
Problem with	th <sub>67</sub> (	68	0	69 🔵	70 🔵	71	72	73	74	75	76	77
Sexual/ Physical assault	78 (	79	0	80	81	82	83	84	85	86	87	88
Sexually transmitted diseases	89	90	0	91 🔵	92 🔵	93	94	95	96	97	98	99
Birth contro	1 100	101	0	102	103	104	105	106	107 🔵	108	109	110
Pregnancy	111	) 112	0	113	114	115 🔵	116	117 🔵	118	119	120	121

	1/ 1	
N. RESIDENTIAL SCHO	,, ,,	

Residential schools— also referred to as boarding or industrial schools— are the federal and church run institutions that many Aboriginal children attended across Canada between 1860 and 1974.

81. Was vour m	other or father	ever a student of	a residential school?
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	Yes	No	Don't know	Refused
Mother	01	02 🔵	03 🔵	04 🔵
Father	05 🔵	06	07 🔵	08 🔘

### 82. Were any of your grandparents students of a residential school?

	Yes	No	Don't know	Refused
Mother's mother	09	10	11	12
Mother's father	13	14	15	16
Father's mother	17 🔾	18	19	20
Father's father	21	22	23	24

83.	Are there other	r issues affecting	the well-being	of teens in this	community that	t should be
	asked about?					

## **ASSISTANCE**

How much assistance did the respondent require in filling out the questionnaire?								
01 (	None	02 🔘	Some	03	Very little	04	A lot	
Did someone interpret (translate) the questions? (In whole or in part)								
05	Yes	06	No <sup>07</sup>	O Do	on't 08	<sup>8</sup> O F	Refused	