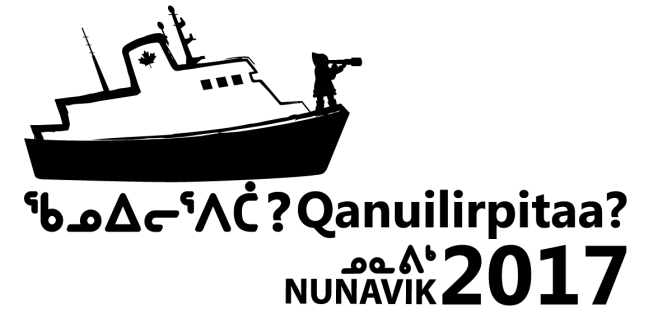


Key Findings of the *Qanuilirpitaa?* 2017 Health Survey

November, 2020

Living Conditions





SOCIODEMOGRAPHIC CHARACTERISTICS

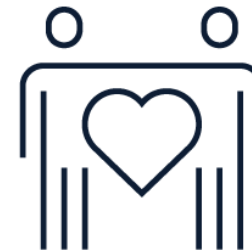
KEY FINDINGS

Describing and understanding the social, demographic and economic characteristics is a key first step in addressing health inequalities in Nunavik.

SOCIODEMOGRAPHIC CHARACTERISTICS

The Nunavik population is characterized by its **HIGH PROPORTION OF YOUNG ADULTS.**

44% **16 to 30 years old**
39% **31 to 54 years old**
17% **55 years and over**



Half of Nunavimmiut aged 16 years and over (53%) were in a **RELATIONSHIP**, while 42% were **SINGLE**.



KEY FINDINGS

A simple line drawing of a speech bubble with a smiling face. The bubble is circular with a small tail pointing towards the top right. Inside the bubble, there are two small curved lines for eyes and a larger curved line for a smile.

▷ ϵ \cdot d^c

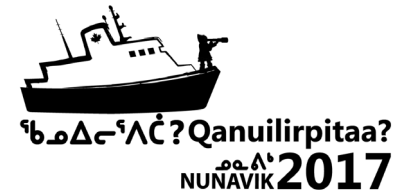
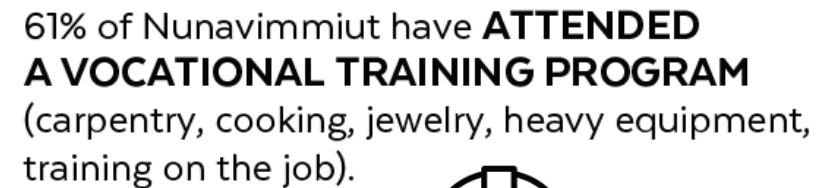
3 out of 4 Nunavimmiut reported speaking (73%) and reading (77%) **ENGLISH OR FRENCH WITHOUT DIFFICULTY OR FAIRLY WELL.**





KEY FINDINGS

More people reported having **ATTENDED SECONDARY SCHOOL** in 2017 compared to 2004 (61% vs. 56%).





SOCIODEMOGRAPHIC CHARACTERISTICS

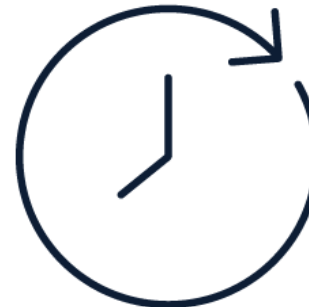
QANUILIRPITAA? 2017 HEALTH SURVEY

KEY FINDINGS

SOCIOECONOMIC CHARACTERISTICS

84% of Nunavimmiut participated in **PAID WORK** (including self-employment) and 42% in **UNPAID WORK** (childcare, volunteering).

45% of Nunavimmiut were **EMPLOYED FULL-TIME** at the time of the survey.



46% of Nunavimmiut reported an **ANNUAL INCOME BELOW \$20 000**. This is similar to 2004.

52% reported **NOT HAVING ENOUGH MONEY** to meet their needs.



HOUSING AND DRINKING WATER

KEY FINDINGS

Adequate housing and access to clean drinking water are basic human rights and are necessary to health and wellness of communities and to their social and economic development.

HOUSING

33% of the population lived in an **OVERCROWDED DWELLING*** in 2017.



Overcrowding has lessened since the *Qanuippitaa?* 2004 health survey but remains **HIGHER THAN IN THE REST OF CANADA.**



1 in 5 Nunavimmiut (19%) reported living in a dwelling in need of **MAJOR REPAIRS** (such as defective plumbing or electrical wiring, structural repairs to walls, floors, ceilings, etc.).



1 out of 3 Nunavimmiut (33%) reported having **OFFERED SHELTER** (in the 12 months before the survey) to someone who had nowhere else to live. This could be a sign of hidden homelessness.





KEY FINDINGS

3 out of 4 of
Nunavimmiut (75%)
**TREAT THEIR
WATER AT HOME**
(filtering or boiling)
before consumption –
independently of the
type of water used.



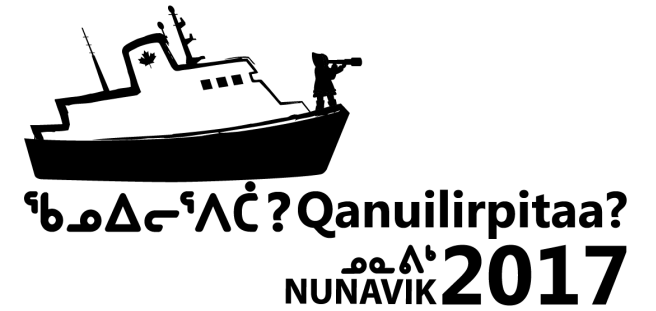
'ᑲᓄᐃᑦᐱᑕ? Qanuilirpitaa?

Living Conditions – What can be done

- Promote and support the Inuktitut language
- Ensure access to quality education and appropriate training
- Adapt employment conditions to Inuit realities, expend appropriate social assistance programs and cost-of-living reduction
- Negotiate funding for appropriate lodging conditions and temporary shelters for people in need
- Ensure regular drinking water delivery and wastewater collection



Physical Health



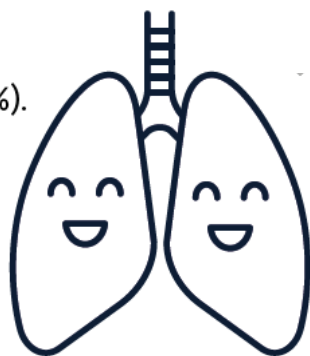


KEY FINDINGS

Healthy lungs and good breathing make it easy to get around and do daily activities such as working and going out on the land. Respiratory diseases* can be prevented and treated.

8 OUT OF 10
NUNAVIMMIUT have
good lung function (83%).

Nunavimmiut who
quit smoking
**RECOVER GOOD
LUNG HEALTH.**



ALLERGIES to certain substances that are present in Nunavik **SEEM RARE:** dog dander (3%), dust mites (5%) and moulds (<1%).

Diagnosed asthma is **LESS FREQUENT** in Nunavik (4%) than in the rest of Canada (15%).

The high rate of wheezing and airway obstruction among youth (27%) suggests that **SOME PEOPLE HAVE ASTHMA BUT DO NOT KNOW IT** and do not receive treatment.



ᐅᓂᐱᐸᐸ? Qanuilirpitaa?



RESPIRATORY HEALTH

QANUILIRPITAA? 2017 HEALTH SURVEY

KEY FINDINGS



7 out of 10 Nunavimmiut **SMOKE CIGARETTES DAILY**; tobacco smoking is the main factor causing respiratory problems.

SECOND-HAND SMOKE EXPOSURE and **CANNABIS USE** are other important factors affecting lung health.



Frequently going out on the land, participating in traditional or harvesting activities, and being food secure **ARE ASSOCIATED TO GOOD LUNG HEALTH.**



‘bΔc‘ΛĊ? Qanuilirpitaa?
NUNAVIK 2017



IRON DEFICIENCY AND ANEMIA

Anemia is often caused by iron deficiency. Iron is essential for the brain to function properly, to fight against infections and to have the energy needed to do daily activities.

Common symptoms of iron deficiency and anemia are tiredness, pale skin, shortness of breath, dizziness and headache, and heart palpitation or chest pain.

KEY FINDINGS



**WOMEN OF
CHILDBEARING AGE**
are especially at risk of
anemia and iron
deficiency.



LESS WOMEN
have **ANEMIA** in 2017 (22%)
compared to 2004 (45%).



LESS WOMEN
have **IRON DEFICIENCY**
in 2017 (24%) compared to
2004 (34%).

Anemia and iron deficiency
**ARE MORE FREQUENT
IN NUNAVIK** than in the rest
of Canada.

NUNAVIK COMPARES TO OTHER INUIT REGIONS

in terms of anemia and iron
deficiency prevalence.



ᐅᓂᓴᓕᑦᐱᓪ? Qanuilirpitaa?



IRON DEFICIENCY AND ANEMIA

QANUILIRPITAA? 2017 HEALTH SURVEY

KEY FINDINGS



Nunavimmiut
who **EAT MORE
COUNTRY FOOD**
have more iron
in their blood.

**BEING FOOD
INSECURE**
contributes to
both anemia and
iron deficiency.

**HIGH
CONSUMPTION OF
SUGARY DRINKS**
(pop, juice) may lower
iron in the blood.

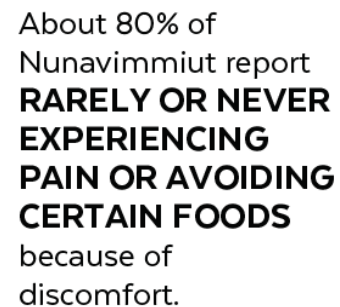
**HIGH
CONSUMPTION
OF HOT
BEVERAGES**
(tea, coffee,
herbal tea) may
increase the risk
of anemia.




ᑭᓄᓐᓂᓐᓂᓐᓂᓐᓂᓐ Qanuilirpitaa?
NUNAVIK 2017



Good oral health influences overall health, well-being and quality of life.
It allows people to enjoy foods without pain.



THEIR TEETH
EVERY DAY.

A simple line drawing of a toothbrush. The head of the toothbrush is on the right, featuring a single, large, rounded tooth. The handle is a long, thin rectangle extending to the left.

ᐅᓂᐱᐸᐃᑦ? Qanuilirpitaa?
NUNAVIK 2017



* Proportions are presented for Nunavimmiut who have teeth (i.e. 88% of the population).



UNINTENTIONAL INJURIES

KEY FINDINGS

Unintentional injuries including falls, motor-vehicles crashes, frostbites, cuts and firearms-related events are responsible for many deaths and disabilities among Nunavimmiut.

Most unintentional injuries that happen in the community or while out on the land can be prevented with safe practices.

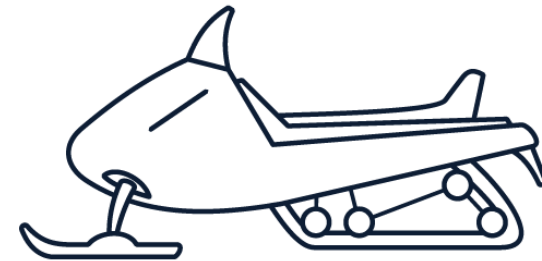
1 OUT OF 5 NUNAVIMMIUT
reported an injury that limited their
usual activities in the 12 months
before the survey (19%).



Among them,

80% reported having sought medical attention or treatment at a hospital or a nursing facility.

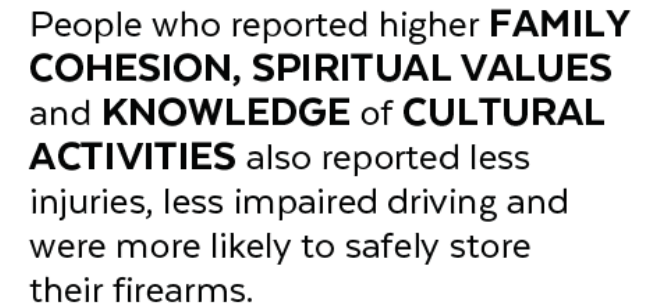
The main causes of injuries were **FALLS, ALL-TERRAIN VEHICLE** and **SNOWMOBILE CRASHES**.



'ᑲᓄᐱᑦᐱᑦ? Qanuilirpitaa?



FACTORS INFLUENCING THE RISK OF INJURIES



'ᑲᓄᐱᐸ? Qanuillirpitaa?

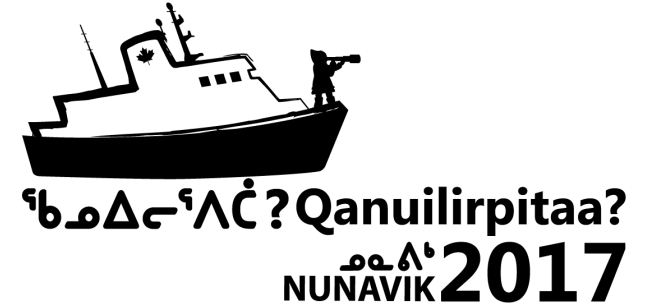
NUNAVIK 2017

Physical Health – What can be done

- Promote a smoke-free lifestyle
- Promote and increase access to country food and nutritious store-bought food; encourage homemade cooking
- Promote use of water instead of sugary drinks
- Ensure access to dental services
- Put in place culturally appropriate strategies promoting safety when traveling on the land
- Implement programs that recognize the root causes of non-intentional injuries by promoting spiritual, cultural, family and social ties



Social, Cultural, Mental Health and Wellness

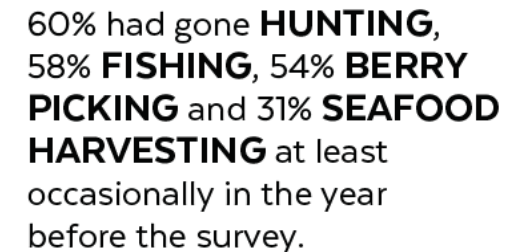
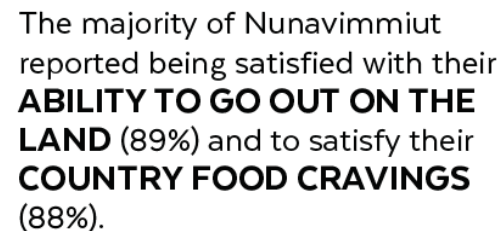




Sociocultural determinants of health and wellness are conditions and actions that support the spiritual, emotional, mental and physical health and wellbeing of people and communities.

99%

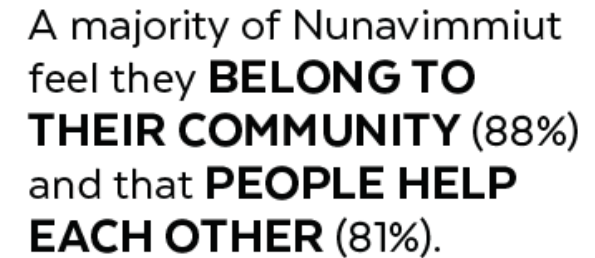
95% expressed that speaking **INUKTITUT** is an important part of their identity.





KEY FINDINGS

The vast majority of Nunavimmiut reported that they feel a great sense of **FAMILY TOGETHERNESS** (94%), and that their close family members **HELP AND SUPPORT EACH OTHER** (97%).



62% reported that there is a **FEELING OF TOGETHERNESS** in their **COMMUNITY**.





SOCIOCULTURAL DETERMINANTS OF HEALTH AND WELLNESS

QANUILIRPITAA? 2017 HEALTH SURVEY

KEY FINDINGS

HEALTH AND SOCIAL SERVICES

Despite a relatively high level of **CONFIDENCE IN HEALTH SERVICES** (76%), just over half of the population considered that **HEALTH SERVICES** (57%) and **SOCIAL SERVICES** (53%) are **SENSITIVE TO INUIT REALITIES**.



81%

stated the need for more **CULTURALLY ADAPTED HEALTH SERVICES**.

JUSTICE



28% of the population had **APPEARED IN COURT** either as an offender or as a witness during the 2 years preceding the survey.



ᑭᓄᓐᓂᓐᓂᓐᓂᓐ Qanuilirpitaa?
NUNAVIK 2017



SOCIOCULTURAL DETERMINANTS OF HEALTH AND WELLNESS

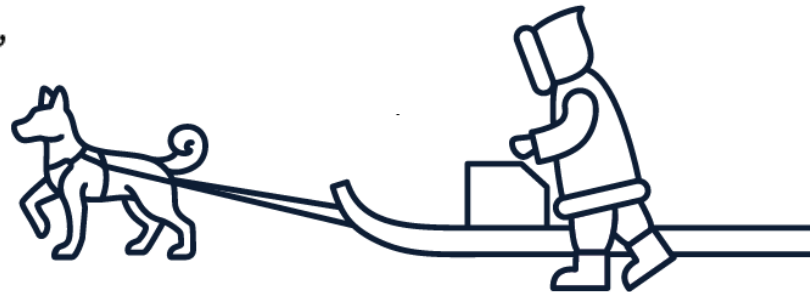
QANUILIRPITAA? 2017 HEALTH SURVEY

KEY FINDINGS

INTERGENERATIONAL TRAUMA

In the year before the survey, many Nunavimmiut have experienced **FAMILY STRESSORS** such as alcohol/drug use, death, suicide, life-threatening illness or accident.

Almost every participant's family has been affected directly by at least one **HISTORICAL EVENT** such as residential school attendance, forced relocation or the slaughter of sled dogs.



DISCRIMINATION

42%

FELT TREATED UNFAIRLY or **DISCRIMINATED AGAINST** in different contexts at least a few times in the year before the survey.



Mental health and wellness are linked to the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Mental wellness is a lifelong journey with ups and downs and is linked to the capacity to overcome difficulties. Being mentally well does not mean never having negative emotions (anger, sadness, etc.); these are part of the journey and can foster adaptation. The wellness of the community and the well-being of the individual mutually contribute to each other.



MENTAL HEALTH AND WELLNESS

KEY FINDINGS

Nunavimmiut who reported **STRONG CULTURAL IDENTITY** also reported higher life satisfaction, better perception of their health, higher self-esteem and resilience.



People who reported higher social and emotional **SUPPORT**, family and community **COHESION**, and **INVOLVEMENT** in community activities also reported **GREATER WELL-BEING** and **LESS DISTRESS**.



ᑲᓄᐃᑦᐱᑦ? Qanuilirpitaa?



KEY FINDINGS

TOBACCO USE remains common in Nunavik (72% daily) and people tend to start early in life.



6 out of 10
Nunavimmiut
reported living in
**SMOKE-FREE
HOUSES** (62%).

Most smokers
have adopted
the good habit
of **SMOKING
OUTSIDE** (71%).

Younger Nunavimmiut were more likely to have **TRIED TO QUIT SMOKING** in the year before the survey.



3 out of 10 Nunavimmiut reported using **CANNABIS DAILY** (32%).



‘ᑲᓄᐃᑦ‘ᐱᑦ? Qanuilirpita?



SUBSTANCE USE

QANUILIRPITAA? 2017 HEALTH SURVEY

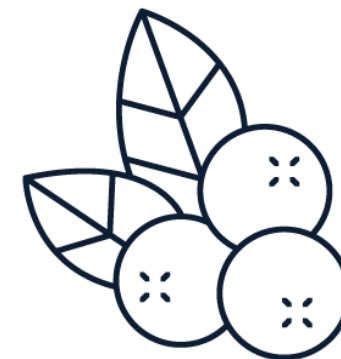
KEY FINDINGS

In the year before the survey, 37% of Nunavimmiut did not drink **ALCOHOL** or drank less than once a month.

3 OUT OF 10 NUNAVIMMIUT reported drinking at least five drinks on the same occasion once a week in the year before the survey (29%).



Frequently **GOING OUT ON THE LAND** is linked to less alcohol and cannabis use.



Frequently participating in **COMMUNITY ACTIVITIES** is linked to less cannabis use.



ᑭᓄᓐᓂᓐᓂᓐᓂᓐ Qanuilirpitaa?
NUNAVIK 2017

Mental Health & Wellness – What can be done

- Reinforce connection to the Inuit culture and to the land
- Promote favorable environments and community initiatives enhancing family and community wellness
- Ensure the access to sufficient and culturally appropriate clinical services for mental health and substance abuse
- Prevent discrimination experiences in public systems by ensuring culturally safe services



Productions

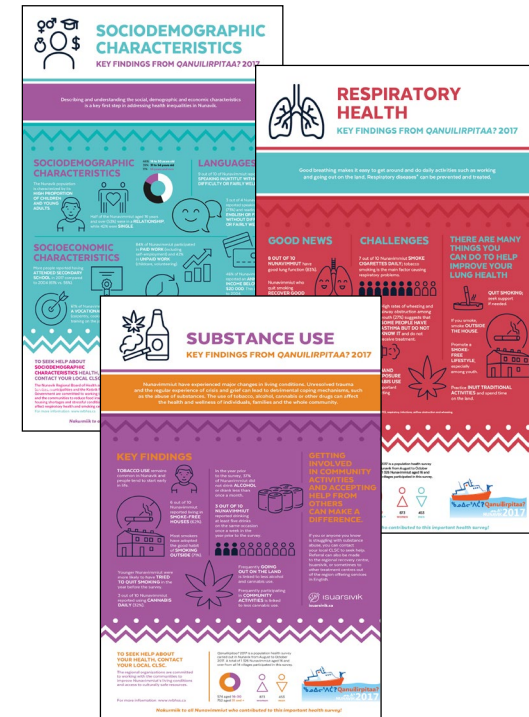
Reports



Summaries



Key Findings



Communication

Fall 2020:

- Nov. 12: Special NRBHSS BOD meeting & Nov. 17/19: Regional meeting
 - Objective: To provide an overview of the results before they are made public.
- Week of Nov 23: Publication of the results for 9 themes

Winter 2021:

- Publication of the results for the remaining themes
- Tour of the regional organizations & thematic presentations

Thematic Reports

| | Physical Health | Social, Cultural, Mental Health and Wellness | Living Condition and Environment |
|-----------|---|--|--|
| Fall 2020 | <ul style="list-style-type: none"> • Iron Deficiency and Anemia • Oral Health • Respiratory Health • Unintentional Injuries | <ul style="list-style-type: none"> • Mental Health and Wellness • Sociocultural determinants of Health and Wellness • Substance Use | <ul style="list-style-type: none"> • Housing and Drinking Water • Sociodemographic Characteristics |
| | + Methodological Report | | |
| 2021 | <ul style="list-style-type: none"> • Cardiometabolic Health • Zoonosis and Gastrointestinal Diseases | <ul style="list-style-type: none"> • Interpersonal Violence and Community Safety • Gambling, Internet and Media Use • Men's Health: Male gender role Perception • Reproductive and Sexual Health | <ul style="list-style-type: none"> • Contaminants: metals • Contaminants: POPs and emerging contaminants • Eating Habits and Nutrition • Food Security • Hunting, Fishing, Trapping |
| | + Community Component | | |