



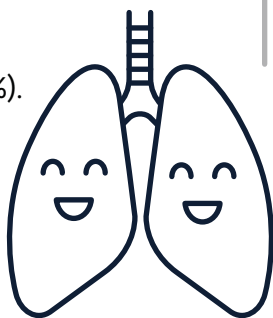
RESPIRATORY HEALTH

QANUILIRPITAA? 2017 HEALTH SURVEY

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.

KEY FINDINGS

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



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

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



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

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



7 out of 10 Nunavimmiut **SMOKE CIGARETTES DAILY** (72%); tobacco smoking is the main factor causing respiratory problems.

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.



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

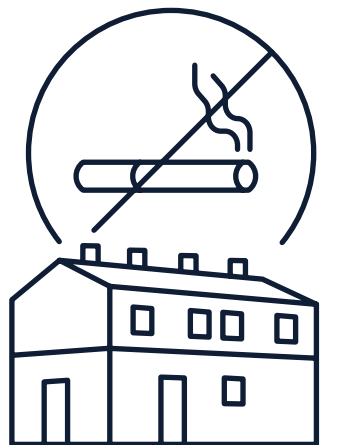


There are many things you can do to help improve your lung health



QUIT SMOKING; seek support if needed.

If you smoke, smoke **OUTSIDE THE HOUSE.**



Promote a **SMOKE-FREE LIFESTYLE,** especially among youth.

Take part in **INUIT TRADITIONAL ACTIVITIES** and spend time on the land.

* Respiratory diseases covered in this survey were asthma, Chronic obstructive lung disease (COPD), respiratory infections, airflow obstruction and wheezing. Tuberculosis and lung cancer were not addressed specifically.

TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Regional organizations are committed to working with the communities to reduce food insecurity, housing shortages and stressful conditions that affect respiratory health, and to promote smoking cessation.

Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.



574 aged 16-30
752 aged 31 and +



873 women



453 men



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For more information: nrhss.ca/en/health-surveys

Nakurmiik to all Nunavimmiut who contributed to this important health survey!