



# SUBSTANCE USE

## QANUILIRPITAA? 2017 HEALTH SURVEY

Nunavimmiut have experienced major changes in their living conditions. Unresolved trauma and regular crisis and grief experiences can lead to detrimental coping mechanisms, such as substance abuse. The use of tobacco, alcohol, cannabis and other drugs can affect the health and wellness of individuals, families and whole communities.

### KEY FINDINGS

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



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



**Getting involved in community activities and accepting help from others can make a difference.**

If you or anyone you know is struggling with substance abuse, you can contact your local CLSC to seek help. Referrals can also be made to the Isuarsivik Regional Recovery Centre or sometimes to other treatment centres outside of the region offering services in English.



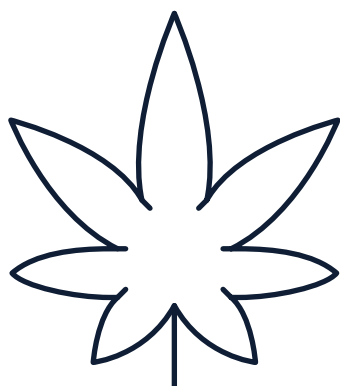
6 out of 10 Nunavimmiut reported living in **SMOKE-FREE HOUSES** (62%).

**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%).



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.



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.

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

#### TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Regional organizations are committed to working with the communities to improve the living conditions of Nunavimmiut and their access to culturally safe resources.

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:  
[nrbhss.ca/en/health-surveys](http://nrbhss.ca/en/health-surveys)

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