



UVIKKAVUT QANUIPPAT? 2022

Québec Health Survey of High School Students in Nunavik

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Surveillance, Planning and Research Team, Public Health |
NRBHSS |

November 2025



Agenda

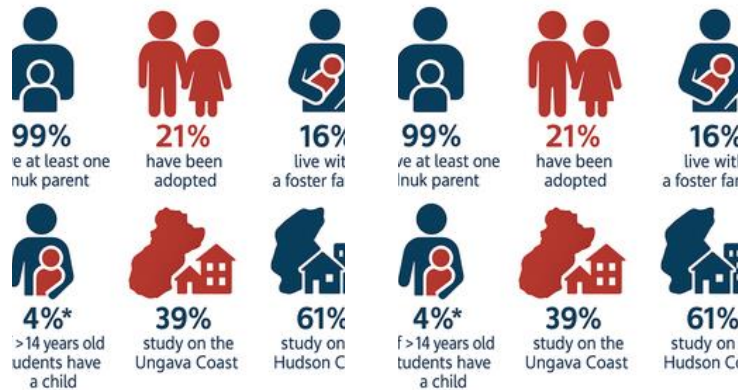
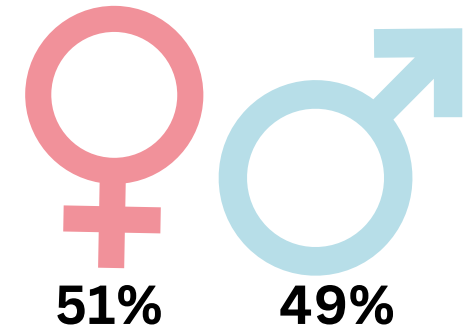
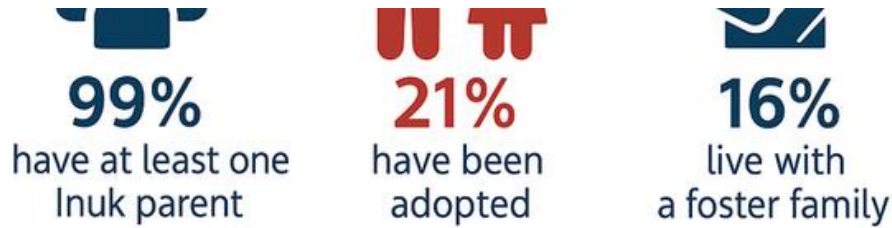
1. Overview of the Health Survey
2. What we have and know now
3. Dissemination steps implemented
4. Challenges, success and lesson learned

Presentation objectives:

1. Inform about the different themes included in the Uvikkavut Qanuippat? 2022 Health Survey
2. Provide and update about the dissemination of Uvikkavut Qanuippat? 2022 Health Survey results (2025)

Section 1

Characteristics of secondary school students

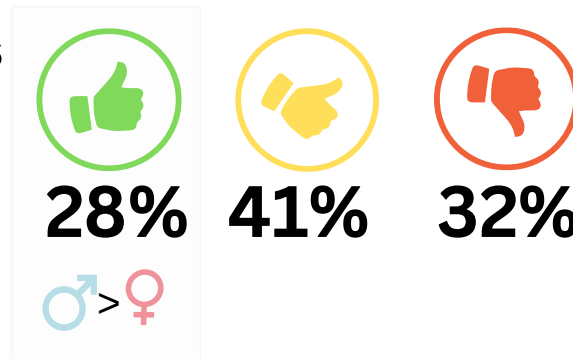


Section 2

The physical health and lifestyle habits

Perceived health status

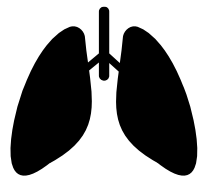
Chapter 3



Respiratory Health & Leisure-time Physical Activities

Chapter 4

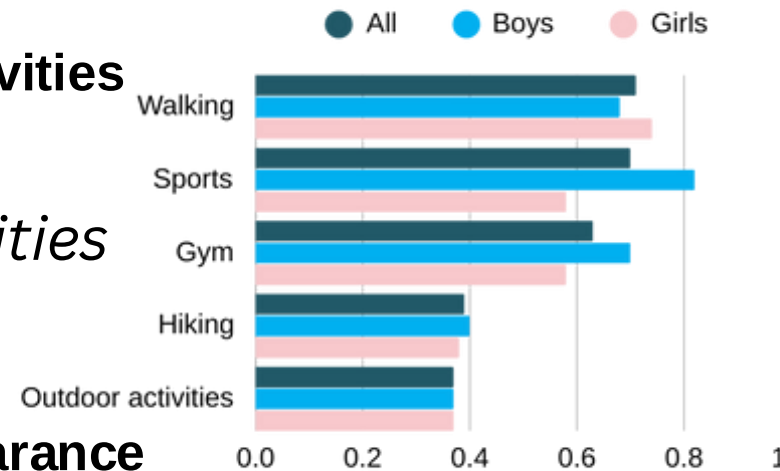
Chapter 7



19% of all students
22% Hudson
14% Ungava



14 activities



Recommended hours of sleep & Physical Appearance

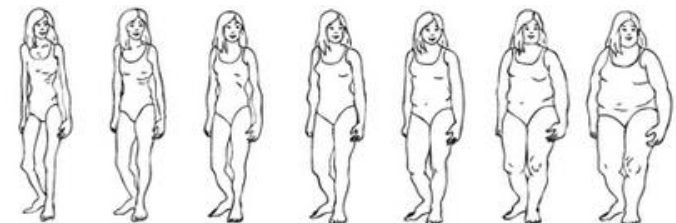
Chapter 8

Chapter 9

30% **do** sleep enough

- 24%^a for Cycle 1
- 38%^a for Cycle 2

- 85% see themselves as normal weight
- 54% are satisfied with their body image

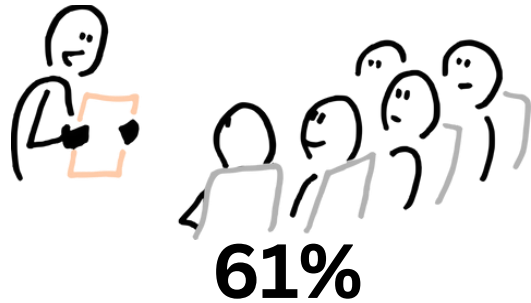


Section 2

Refers solely to consensual sexual activities – questions were only asked to students +14 years old

Sexual activities

Chapter 12



61%

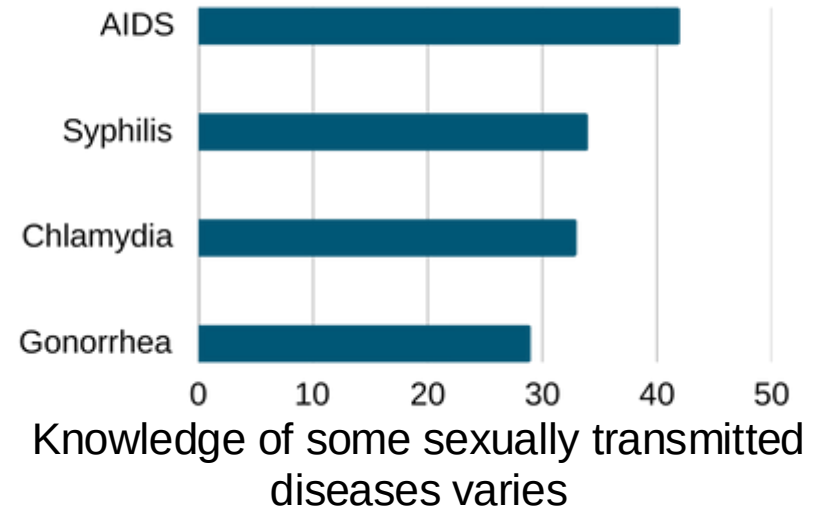
were taught about using condoms

34%

Had consensual sexual relations at least once

39%

used a condom during their last intercourse



Work experience

Chapter 5



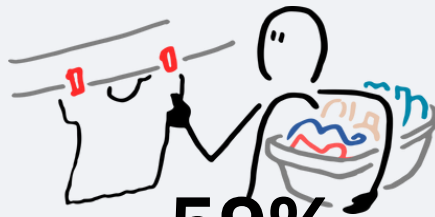
58%

worked during the school year



21%

worked 16 hours or more per week



59%

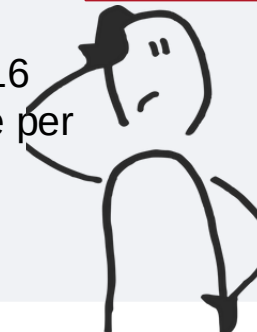
expressed having responsibilities at home



14%

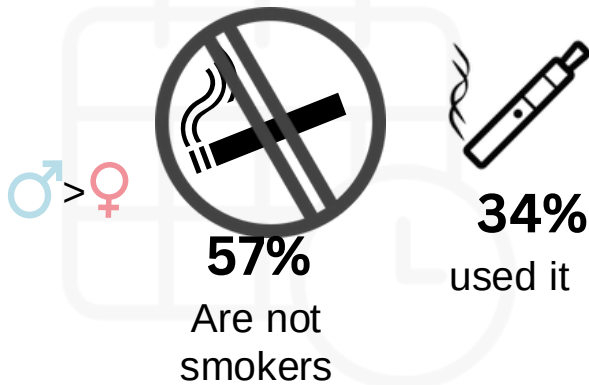
dedicated 16 hours or more per week

26% of students skipped school to go to work or do their home responsibilities



Section 2

Usage of Substances



71%
Did not drink

...Binge drinking is common among drinkers



48%
Did not smoke

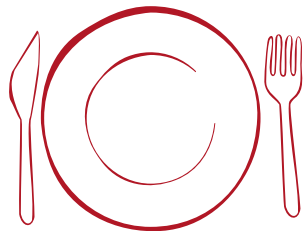
... 30% smoke regularly



81%
Did not use it

... 27% of cycle 2 do

Eating Habits and Food Security



60% of students do not consumed food or beverages before class

Many high school students experienced hunger (44%)

Coast
(Hudson 50%^a ; Ungava 34%^a)



All students want to consume more traditional food.s & 89% mentioned eating country food to be important (cultural identity)

A large marjority of students consume occasionally or often country food

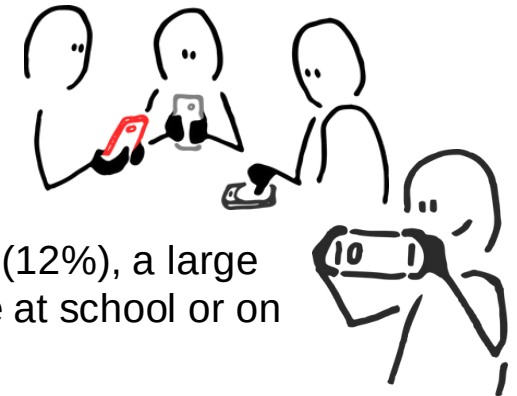
Section 3

Violence

6 different components of violence received and/or given in the last 12 months

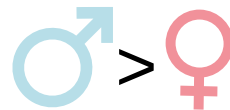


While cyberintimidation is relatively low (12%), a large majority of students experienced violence at school or on their way to school (75%)



♀ > ♂ Indirect aggressive behaviors are more common for girls (62%) than boys (53%)

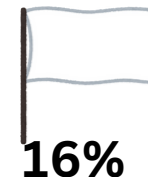
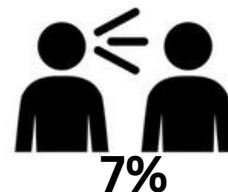
♂ = ♀ Direct aggressive behaviors are relatively similar across characteristics (~53%)



Rebellious or imprudent behaviours are frequent (81%)

delinquent behaviours are also frequent are more common for boys (70%) than girls (62%),

In love relationships...



Dissemination steps implemented

ISQ preliminary results report FR



ISQ methodological report FR



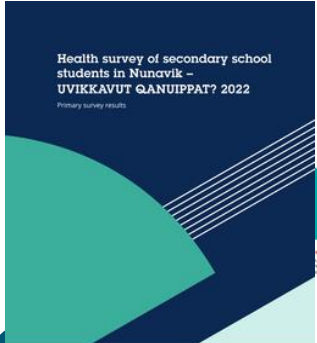
ISQ reports EN



NRBHSS summary EN



Summary IN & FR



Québec



Dissemination activities

Newsletters and Articles



Initiatives de nos partenaires



Enquête de santé Uvikkavut Qanuippat?

Les résultats de la première enquête de santé réalisée auprès des élèves du secondaire au Nunavik sont maintenant **en ligne**. Le rapport sommaire a aussi été distribué dans toutes les écoles secondaires du Nunavik.

Cette enquête de 2022 met en lumière le lien fort des élèves avec leur identité inuit, le soutien qu'ils reçoivent de leurs familles et de leurs communautés ainsi que leur attachement profond à leur nourriture traditionnelle.

L'enquête a également dévoilé plusieurs difficultés, dont la violence en milieu scolaire ou ailleurs, ainsi que le besoin de veiller à l'estime de soi, aux habiletés sociales et aux autres facteurs contribuant à la santé mentale. Ces conclusions alimenteront des discussions élargies sur l'éducation et le bien-être des élèves du Nunavik.

Kativik Ilisarniliriniq

Not reconducted

NRBHSS

Tarralik Magazine

MD
Fri 3/14/2025 10:23 AM

Re: Information request to submit an article in Tarralik

To: Joannie Richer (RRSSSN)

Cc: Jenny Simpraseuth (RRSSSN)

Follow up. Completed on Tuesday, March 18, 2025. You replied to this message on 3/14/2025 11:53 AM. Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Good morning Joannie,

I was able to discuss your pitch with my colleagues. Unfortunately, partly because Makivik had no involvement in the survey, it was decided that Tarralik isn't an appropriate venue for the article.

Best of luck and thank you for your initial enquiry.

Miriam Dewar

KATIVIK ILISARNILIRINIQ
Bureau 510 St-Laurent (QC) H4M 2V9
BY THE EDITORIAL TEAM
kativik.qc.ca

Nunatsiaq News

NEWS APR 25, 2025 - 2:48 PM EDT

Nearly half of Nunavik secondary school students smoke cigarettes: Study

Health board representatives believe habit is transferred to youths at young age

Results From Uvikkavut Qanuippat? 2022 – Nunavik's First Health Survey of High School Students Now Available

Thanks to the participation of 699 students and the collaborative work of Kativik Ilisarniliriniq and the Institut de la statistique du Québec (ISQ), the survey results provide a valuable snapshot of student health across the region.

Presented to various partners, including the KI Council of Commissioners and school principals, the findings offer insights into students' physical health, lifestyle habits, mental well-being and social adaptation. These findings add to a growing base of information that supports ongoing and informed conversations about student health and well-being in Nunavik.

Some highlights include students' strong connection to Inuit identity, great support from family and community, and a widespread appreciation for country food. The survey also draws attention to important challenges, including experiences of violence at or on the way to school and concerning patterns around smoking and sleep.

Why Does it Matter?

When data is used collaboratively, it becomes a tool for change. These results can help identify student health needs, improve services and programs, and support policy decisions that reflect the realities of students in Nunavik. Working together across teams and areas of expertise is key to making the most of this information. Each perspective brings value in interpreting the

results and turning them into meaningful action. The goal is for the data to remain untouched and forgotten.

Next Steps

The Surveillance, Planning, and Research (SuPR) Public Health Department of the NRBHSS is here for further exploration and use of the results. If you are interested in discussing the results, sharing your interpretations or how they can be applied in your work, please don't hesitate to reach out.

The more we collaborate, the more impactful the results will be.

You can access the Summary Report, Methodology and Full Report for detailed insights [here](#).

Reach out at nunavikhealthsurvey@ssss.gouv.qc.ca or Joannie Richer if you have any questions, needs regarding the results, or if you want to initiate a partnership.

Social Media Posts

JUN

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Nunavik Regional Board of Health and Social Services
 21 juin · 18

Several young Nunavimmut are proudly completing their elementary or secondary studies. Congratulations!

According to the Ulivkavut Qanuqpaq? survey conducted in 2022, nearly 9 out of 10 high school students want to earn a diploma. Among them, 55% aim to finish high school and 15% plan to go on to CEGEP or university. Supporting students' motivation means believing in their success. A study on student retention led by ESUMA, the concentration table on school perseverance in Nunavik, highlights several concrete ways to support youth motivation in education:

- Strong collaboration between parents and teachers
- Access to engaging extracurricular activities
- Integration of cultural and intergenerational knowledge into teaching
- Introduction to technological tools (PowerPoint, Word, Outlook) used in today's workplaces
- Inclusion of courses on basic life skills (budgeting, self care, stress management)
- Increase valorization of vocational training such as hairdressing or mechanics.

Long term stability of programs and services

What about you? What actions would you take to encourage young people to stay in school? Share your ideas or experiences in the comments.

Plusieurs jeunes Nunavimmut terminent avec fierté leurs études primaires ou secondaires. Bravo!

Selon l'enquête Ulivkavut Qanuqpaq? réalisée en 2022, près de 9 élèves du secondaire sur 10 veulent obtenir un diplôme. Parmi eux, 55 % souhaitent terminer leur secondaire, et 15 % visent le cégep ou l'université. Soutenir la motivation des élèves, c'est croire en leur réussite.

Une recherche sur la rétention scolaire menée par ESUMA, la table de concertation sur la persévérance scolaire au Nunavik, propose plusieurs façons concrètes pour soutenir les jeunes à rester motivés pendant leurs études:

- une collaboration forte entre les parents et les enseignants
- l'accès à des activités parascolaires stimulantes
- l'enseignement contenu de savoirs culturels et intergénérationnels
- l'introduction aux outils technologiques (Powerpoint, Word, Outlook) utilisés dans les milieux professionnels
- l'inclusion de cours sur des compétences de base (budgetation, soins personnels, gestion du stress)
- la valorisation de formations connues comme la coiffure ou la mécanique
- la stabilité des programmes et services dans le temps

Et vous, quelles actions faites-vous pour encourager la persévérance scolaire des jeunes? Partagez vos idées ou vos expériences en commentaire.

Nunavik Regional Board of Health and Social Services
 20 juin · 18

Summer has arrived in Nunavik, and the amount of daylight can influence our daily lives. According to the 2022 Ulivkavut Qanuqpaq? survey, about 50% of high school students sleep the recommended number of hours for their age group during the school week. Though summer days are free from the school routine, it's still important to get enough sleep that is crucial for kids' and teens' development, learning abilities and social connections.

Tips to get good rest this summer:

- Create a sleep routine: While a couple days of extra sun is nice, consistent sleep is important for the mind, body and soul.
- Sync family schedules: Try to keep late nights or very early mornings to a minimum, so everyone in the family gets enough rest.
- Limit screen time before bed: Reduce or avoid phone use and turn off notifications. Blue light and stimuli are not good before bedtime.
- Block out the light: Cover windows with non-transparent material to create a darker sleep environment. When on the land, eye masks or a shirt over your eyes could help.
- Identify ways to cope with stress before bedtime: A breathing exercise, a walk outside, a chat with a friend, some reading, or a good cry could help you unwind; whatever works for you. It is best to avoid cigarettes and alcohol - They might seem relaxing, but they actually interfere with sleep.
- Get creative: Put some relaxing music on a podcast, a fan for white noise, wear earplugs, plan exciting activities for the next day, read a book. You can try and find what works best for you.
- Reach out if needed: If sleep issues persist, don't hesitate to contact a healthcare professional for support.

Sleeping well is caring for ourselves. Helping us to be healthier and more aware. What do you think of these ideas? Do they make sense to you?



Vous et 9 autres · 1 commentaire · 6 partages

AUGUST

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Nunavik Regional Board of Health and Social Services
 11 août · 18

Results from Ulivkavut Qanuqpaq? 2022 show that despite a strong sense of identity and community in Nunavik, 76% of students experienced violence, bullying or cyberbullying at school or on the way to school.

Students want to succeed and help others. To do that, they need safety, support and positive role models: Family, friends, trusted adults: you play a key role in youth well-being.

Let's speak up and support each other.

Resource: <http://kiddhelpline.ca/~fm-a-bystander-to-bullying->

Les résultats de l'enquête Ulivkavut Qanuqpaq? 2022 démontrent que malgré un fort sentiment d'appartenance et de communauté au Nunavik, 76 % des étudiants ont vécu la violence, l'intimidation ou la cyberintimidation à l'école ou sur le chemin vers l'école.

Les étudiants veulent réussir et aider les autres. À cette fin, ils ont besoin de se sentir en sécurité, de soutien et de bons modèles. La famille, les amis et les adultes de confiance: vous jouez un rôle essentiel au bon être des jeunes.

Partons franchement et soutenons nous les uns les autres.

Ressource: <http://jeunessejeuets.ca/~je-une-temoin-?>

Nunavik Regional Board of Health and Social Services
 11 août · 18

WHAT CAN WE DO? QUE PEUT-ON FAIRE?

HATE!

SPEAK UP against bullying
 Speak up against bullying. Small interactions matter.

CREATE SAFE SPACES where youth feel good
 Create safe spaces where youth feel good. Create safe spaces where youth feel good.

STRENGTHEN RELATIONSHIPS between youth and trusted adults
 Strengthen the relationship between youth and trusted adults.



OCTOBER

O



The National Sleep Foundation recommends the following sleep durations:

- Ages 13 and under: 9–11 hours per night
- Ages 14–17: 8–10 hours per night
- Ages 18 and up: 7–9 hours per night

Vous et 2 autres · 3 partages

Total....

1 large report

1 summary report

Official release and memos

1 radio announcement (broadcasted for 2 weeks)

6 Result Presentations

2 newsletters + 1 news article

7 Facebook Posts

1 Thematic report and items for the Youth Summit
2025

Challenges, Successes and Lesson Learned

Challenges

- Delays in formatting, translation, and content review
- Prioritizing thematic areas to address first
- Identifying active and available collaborators
- Facilitate continuous collaboration and engagement

Successes

- Visibility at various organizational levels
- Strong collaboration with NRBHSS Communication
- Sporadic but meaningful work with Public Health professionals
- connection made with ESUMA, Complementary and Compassionate Services (KI), and QNIHS

Lessons

- Importance of clear prioritization and steps to manage workload effectively
- Regular check-ins help maintain collaborator engagement
- Building relationships take time but creates long-term value
- Patience, patience, patience

