

Union of Nova Scotia Indians

2015–16 First Nations Regional Health Survey

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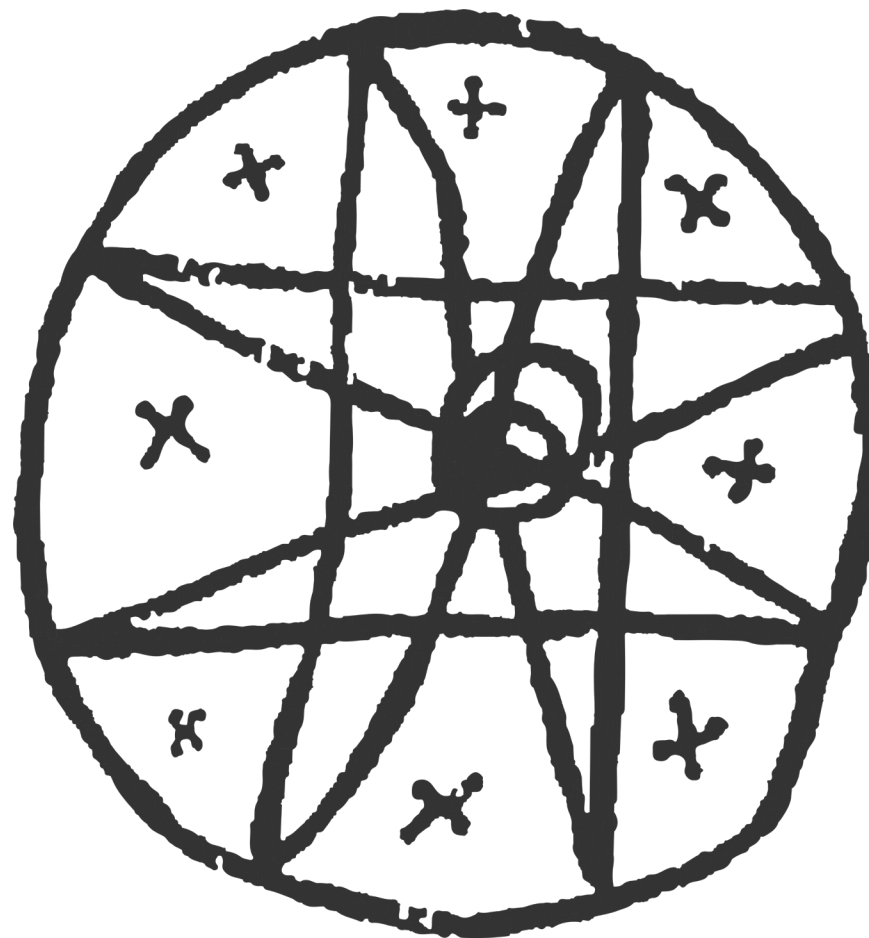
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I Introduction

OVERVIEW

This report presents an overview of descriptive analyses from the 2015–16 First Nations Regional Health Survey (RHS), carried out on Mi'kmaq communities of Nova Scotia [(Eskasoni First Nation, Paq'tnekek First Nation, Membertou First Nation, Millbrook First Nation, Waycobah First Nation (We'ko'kmaq), Wagmatcook First Nation, Potlotek First Nation, Sipekne'katik First Nation (Shubenacadie), Pictou Landing First Nation, Bear River First Nation (L'setkuk), Glooscap First Nation, Acadia First Nation and Annapolis Valley First Nation)] and one Prince Edward Island community (Lennox Island First Nation). Three separate reports have been prepared: Mi'kmaq adults (ages 18 and older), Mi'kmaq youth (ages 12 to 17) and Mi'kmaq children (newly-born to age 11). The reports present descriptive statistics on the demographics, indices of health and well-being and determinants of health.

It should be highlighted that this report represents *only a fraction* of the potential knowledge in the RHS. This fraction of knowledge provides information on various aspects of wellness of Mi'kmaq communities that can be compared to future/past generations. Also, this knowledge is important for informing development of performance measures, and to support further research, policy, programming and planning, with the goal of improving community well-being.

BACKGROUND AND OBJECTIVES OF THE RHS

The Regional Health Survey (RHS) was mandated by the Assembly of First Nations in 1996 due to lack of reliable information on the health and well-being of First Nations, since they are excluded from major national health surveys. It was also mandated to enable First Nations

to control their own health information. The pilot RHS was in 1997. The first, in 2002–03. The second, in 2008–10.

The First Nations Information Governance Centre (FNIGC), a non-profit First Nations organization, in collaboration with its regional member organizations, oversaw the national survey that collected data between 2015 and 2016. The FNIGC serves as the data steward for the national database. It is also responsible for reporting on national-level statistics and to work with and on behalf of regional First Nations organizations in coordinating and guiding activities at regional level. The regional partner in the RHS for Mi'kmaq communities in Nova Scotia (NS) and Prince Edward Island (PEI) is the Union of Nova Scotia Indians (UNSI), the steward for the regional RHS database. The FNIGC and their regional partners are guided by the RHS code of Research Ethics, which provides principles and procedures for implementing the RHS. In particular, the RHS is guided by the First Nations principles of Ownership, Control, Access, and Possession (OCAP)¹ for First Nations research and information management.

METHODOLOGY

Communities that participated in the survey were selected at the national level, taking into consideration regions, sub-regions and community sizes. Large communities were automatically included. And medium and small communities were randomly selected with equal probability. Individuals from each community were identified from band membership lists. The within community sampling rate was a function of overall sub-region probability (among regions) and the probability of selecting the community (within sub-region). Data collection across Canada took place between 2015 and 2016. Individual responses were weighted using INAC Indian Registry counts to reflect population representation

1 First Nations Centre (2007). OCAP: Ownership, Control, Access and Possession. Sanctioned by the First Nations Information Governance Committee, Assembly of First Nations. Ottawa. National Aboriginal Health Organization.

of the sample. A detailed description of the methodology used to develop the survey is found in the RHS National Report, on the FNIGC website.²

Data was collected by community members employed by UNSI. The data is representative and of high quality, given reaching a large proportion (92%) of the target population. The Complex Samples module of Statistical Package for Social Sciences (SPSS) was used for data analysis. The statistics and draft reports were reviewed and interpreted by the regional RHS Advisory Committee. The references made to the National RHS-3 statistics were taken from the National RHS-3 report, which is publicly available at <http://fnigc.ca> since 2018. Where statistics are compared to regional findings from the 2008–10 RHS-2, these were taken from the Nova Scotia 2008–10 Regional report published by the Union of Nova Scotia Indians in 2012.

Of note, not all survey respondents answered all the questions. And the degree of missingness of data due to non-responses varied from question to question. Respondents who reported “don’t know” or refused to answer were excluded from the analyses, except where indicated. This assumes random occurrence of item non-response. And that non-respondents to a particular question were not different, in characteristics on that item, from those who responded. The characteristics of non-respondents have not been investigated for this report.

MAINTAINING CONFIDENTIALITY: DATA SUPPRESSION DUE TO HIGH SAMPLING VARIABILITY AND LOW CELL COUNTS

In some cases, small numbers in some categories prevented the release of estimates due to low cell counts or high sampling variability. The primary intent of the rule is strict confidentiality through participants’ anonymity. As a result, estimates produced from fewer than five respondents or whose coefficient of variation was greater than 33.3%, were not reported (denoted within text by an ‘F’ in superscript: ^F or denoted

in figures and tables as a ‘dash’: -). Estimates for which the coefficient of variation is high (16.6% – 33.3%) were accompanied by a warning, denoted by an ‘E’ in superscript: ^E; these should be interpreted with caution.

2 <http://fnigc.ca/>

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Adult Report

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Executive Summary: Adult Report

DEMOGRAPHIC AND HOUSEHOLD INFORMATION

Mi'kmaw communities from Nova Scotia were the sample majority (97.6%), with the remainder (2.4%), from Prince Edward Island.

The sample had slightly more young adults ages 18–44 (62.4%) than ages 45 or older (37.6%). Of these, half identified as females (51.3%) and the other half (48.7%), males. Only a very small percentage (1.7%^E), self-identified as two-spirited/transgender. Most Mi'kmaw adults strongly identified as heterosexual (96.3%). Only a very small proportion (3.8%^E), as homosexual/bisexual.

Most Mi'kmaw adults in Nova Scotia and PEI have children (76%), with one to four children/adult most frequent. However, a notable proportion (24%) does not have any children. Women have twice as many children as men. Old adults ages 45 and over have more children than young adults ages 18 to 44. Most Mi'kmaw adults (61.7%) have first child at ages 19–25. While a significant proportion (24.5%) has earlier, ages 18 or below. Females have children earlier than males.

Nearly half (47.4%) of Mi'kmaw households had no children or youths below 17. Households with children/youths had mostly one to three. Close to half Mi'kmaw adults (47.1%) live in houses with five or more rooms. And a significant proportion (22.2%), in houses with eight rooms. Overcrowding is only experienced by a small proportion, who are mostly young adults, ages 18 to 44.

A majority (62.8%) of the Mi'kmaw of NS and PEI never lived off-reserve in their lifetime. Only a small proportion (37.2%) had lived off-reserve. Most Mi'kmaw adults (85.2%) worked in their own communities, with only a small percentage (11%) working outside. Less than half (45.6%) of Mi'kmaw adults were employed, mostly ages 41–50 (62.4%) compared to ages 18–30 (31.2%). Similar proportions of males (45.0%) and females (46.2%) are employed. Child care is a major reason adults were not working.

Most Mi'kmaw adults (64.4%) have household and personal incomes below \$39 999/year. A significant proportion (21%) have household incomes \$60 000 and above.

Majority of adults (62.9%) completed a high school Diploma/equivalent. Of these, most (69.4%) were females, compared to (56.3%) males. More adults ages 18 to 44 (67.9%) had completed a high school Diploma/equivalent, compared to (54.4%) ages 45 or older. Only a small proportion of adults (12.4%) had a university undergraduate degree, most (17.3%) of whom were females than males (7.2%). Only ten percent (9.9%) had a diploma/certificate from a community college, mostly males (29.2%) than females (5.5%). A majority of adults took some post-secondary education (PSE), but less than half completed the PSE programs. And older adults completed more PSE programs than young adults.

INDICATORS OF PERSONAL HEALTH AND WELLNESS

A large majority (87.9%) of adults rated their overall health good to excellent. And a majority (66.0%) did not see any change in their health compared to the previous year.

Chronic conditions are prevalent among adults. Only (35.1%) had not been diagnosed with any chronic condition. Twenty percent had one chronic condition. Sixty seven percent (66%), had one or more conditions. Forty five percent (45%) had two or more. Chronic conditions more prevalent among old adults. A large majority (84.4%) of ages 45 and older had at least one diagnosed chronic condition. Compared to (53.4%) ages 18 to 44. Two most prevalent chronic conditions among adults were high blood pressure and high cholesterol. Females and males had an equal proportion of diagnosed chronic conditions.

Injuries were not common among adults. Only seven percent (6.7%) had at least one injury, and four percent (3.8%^E) more than one in the past year.

A notable proportion (10.0%) of adults are living with physical/non-physical disabilities that limit activities at home or elsewhere. Most of these are ages 45 and older, compared to ages 18 to 44. Bending to pick objects from the floor, climbing a flight of stairs without resting and lifting 10lbs were the activities mostly limited by physical disabilities, with no significant differences between males and females. Vision and memory were the most limited by non-physical disabilities.

A combined majority (91.5%) rated their mental health as good, very good, or excellent. Only a small proportion (8.5%^E) as fair or poor. Significant proportions of adults had psychological and physiological symptoms of depression and anxiety, and notable proportions had mild to severe distress symptoms, according to K10 scores. Old adults, ages 45 and older felt less distressed than young adults, ages 18 to 44.

A notable proportion of adults (13%) seriously considered suicide at some point in life, of these, three percent (3%^E) in the past year. One in ten (10.0%) adults actually attempted suicide in their lifetime. Of these, two percent (1.9%^E) in the past year. And less than half (47%) that seriously considered suicide saw or spoke to a health professional about it. While a majority (63.5%) that attempted suicide saw or spoke to a health professional about it.

A majority (82%) of adults rated their oral health good to excellent. Most (84%) of whom were ages 18 to 44, compared to (77.6%), ages 45 and above. One in five adults wore dentures, false teeth, bridges, or dental plates due to missing permanent teeth. Most (48%) of whom were ages 45 and above.

PREDICTORS OF PERSONAL HEALTH AND WELLNESS

A majority of adults identified a good diet (68.6%), happiness and contentment (63.4%), good sleep and proper rest (63.8%) and good social supports from family and friends (61.4%) as determinants of good health.

A majority (67.9%) of adults had consulted a health provider in lifetime. However, a notable proportion (26%) had never consulted one in lifetime, most of whom were males ages 18 to 44, compared to ages 45 and older. A majority (68.3%) of adults never consulted mental health services in lifetime, most of whom were men than females.

More than half the population of adults needed health care in the past year, mostly old adults ages 45 and older. Of the half that needed health care, a majority received all the appropriate health care needed. Only a small proportion that required health care did not receive all the care needed.

A majority of adults (70.3%) did not change health care providers in the past year. But only a very small proportion (7.9%) changed. And a notable proportion (16.0%) of adults did not have health care providers.

The three most common barriers to health care encountered by adults were health care needed not covered by non-insured health benefits (NIHB) (33.5%), no knowledge if service was covered by NIHB (29.5%) and inability to afford direct costs of care/services (24.1%). Of note, a notable proportion (13%) had no health facilities in their area.

Most Mi'kmaw adults are not having complete physical and colorectal cancer tests/examinations. Only forty five percent (45.1%) had a cholesterol test. And only (33%) had a complete physical examination.

Eye exams (60.0%), blood sugar (51%) tests and blood pressure (80%) tests, the three most common tests adults are taking. However, more adults were tested for blood sugar and blood pressure in the 2008–10 RHS than in current RHS.

Many females are not having breast examinations by health professionals. A significant proportion (44%) of females never had a breast examination by a health professional. And above half (51.2%) never had a mammogram. However, nearly all (93%) had had a PAP smear at least once. More older females, ages 45 and older, had breast examinations and mammograms carried out by health professionals, than ages 18–44.

A majority of males not having prostate tests. Only (23.0%) had a physical prostate test or prostate-specific antigen (PSA) test.

Most adults were never tested for HIV/AIDS. Only (39%) had an HIV/AIDS test, at least once in lifetime, most of whom were ages 18–44 (45.1%) than older adults ages 45 and above (30.3%). More females (45.1%) had an HIV/AIDS test, than men (33.4%). However, a majority (55%) of adults took STI tests, most of whom were ages 18–44 (66.9%) than ages 45 and above (33.7%).

A notable proportion (27.3%) of adults needed dental treatment. Of these, a small majority (58.3%), needed dental maintenance. A small majority (54.2%) of adults had dental care within the past year, mostly (62.4%) women than men (45.6%).

A combined notable proportion (37.2%) had difficulties in accessing dental care due to services not covered by NIHB, not affording direct dental costs, needing prior approval for services under NIBH, transport costs, long waiting list, inadequate dental services and lack of dental services in one's area.

Traditional medicine is losing its significance among the Mi'kmaw. Only a small proportion of adults (13%) consulted a traditional healer in the past year, one in ten (9.9%) over a year ago. While a large proportion (77%) never consulted one; and a small majority (54.4%) were not interested in traditional medicine

A combined proportion (24.2%) of adults needed home services. However, long-term care, meal preparation, home maintenance and

running errands were receiving less than half the requirements. Ages 45 and older received twice more home services than ages 18 to 44. A small proportion (5.6%) of adults had an immediate family member in long-term care facilities. A small proportion (6.5%) of adults provided family members/friends with home care, mostly housekeeping (80.3%), food preparation (64.1%) and personal care (56.0%).

Food (15.8%), transport (15.8%), clothing (10.9%) and utilities (9.3%) were the top four basic requirements adults struggled to meet. Notable proportions of adults often purchased food that could not last, had to cut meal sizes or skip meals, ate less and were hungry in the past year. Further, significant proportions of adults resorted to feeding children a few types of low-cost food (41%), food that was not balanced (32.4%) and inadequate food quantities (18%) due to inadequate money for food.

While most adults consume nutritious foods (milk and milk products, meat and alternatives, bread, pasta, rice, grains, fruit and vegetables). Significant proportions consume junk food (fast food, sweets, soft drinks, 100% juice etc.) daily. And smaller proportions consume traditional foods (eating sea-based animals land-based animals fresh water fish, salt water fish other water-based foods).

Most (90%+) households have all the basic amenities (garbage collection services, septic tanks or sewage services, flush toilets, hot running water, cold running water (only a very small proportion (5%^E) rely on well-water), electricity, stoves and refrigerators. However, mold/mildew affected a notable proportion (16%) of households. And a notable proportion (9.5%) of dwellings needed major repairs.

A significantly large proportion (42.0%) of adults did not participate in any physical activities. And a majority (61.6%) spend at least 30 minutes in the physical activities daily. The rest less.

A significant proportion (24.0%) of adults spend eight or more hours/week on 'screen time'. Six percent, 12 or more hours/week. The largest proportion (76.0%) spend less 'on screen time'.

Most adults agreed they had control of their lives. They could solve their problems, were not pushed around and could do anything they set their minds to. However, significant proportions did not have control over lives. Some often felt helpless with problems. And some felt they had little ability to change many important things in their lives.

Self-esteem is high among adults. Large proportions liked who they were (91.8%), had a lot to be proud of (94.5%), had a lot of things good about them (94.9%) and did well in whatever it was they were doing (95.0%).

A majority (61.5%) of adults use English in daily life most often. While a significant proportion (35.0%) use a First Nations language. Less than half (47%) of adults could fluently understand Mi'kmaw. And (42.4%) could fluently speak Mi'kmaw. And a small proportion could hardly read Mi'kmaw fluently. While a large majority (90%) had at least some knowledge of a First Nations language, a notable proportion (11%) did not at all have any.

Small majorities of adults were in favour of First Nations spirituality (52.5%) and organized religion (58%). More old adults (59.7%), ages 45 and older, considered Traditional First Nations spirituality important, compared to (48.0%) ages 18–44. A majority of the Mi'kmaw adults (63.3%) participated in community cultural events sometimes and often. However, a notable proportion (16.6%) never participated in cultural events. Seventy three percent (72.5%) ages 45 and above considered organized religion important to their lives. Compared to (48.8%), ages 18–44. While a large proportion of adults (90%) had a good sense of belonging to community, a notable proportion (8%) had a weak sense of belonging.

A notable proportion (17.2%) of adults needed to see/talk to someone about emotional/mental health. Of these, half (59.8%) saw/talked to family (immediate and other). And another half (49.5%) saw/talked to friends. Smaller proportions saw/talked to mental health professionals, family doctors, social workers, traditional healers and nurses.

Mi'kmaw adults have good social supports. Large proportions counted on having someone who listened (88%), showed love and affection (85%) and to confide in (82%) most or all of the time. Also, large majorities had someone to have a good time with (81.6%), to do enjoyable things with (81%), to count on for help (77%), to take them to the doctor (65.0%) and give them a break from daily routines (73%) most or all of the time.

A large majority of adults (97.0%) had sexual intercourse at some point in their lifetime, eighty two percent (82.0%) in the past year. Ages 18 to 44 had more sex (92.3%) than ages 45 and older (64.8%) in the past year. Most adults (83%) had one sexual partner in the past year. A small proportion (14%) had two or three partners. And a very small proportion (4%^E), four or more.

Most Mi'kmaw adults are not protecting themselves against STIs and HIV/AIDS. Only a small proportion (33%), among the sexually active in the past years, used condoms. While a significant proportion (26%) did not use any protection at all. Of the adults using condoms in the past year, only (29.0%) always used condoms. Twenty eight percent (27.7%) used condoms most of the time. And (13.9%) used condoms occasionally.

A majority of adults (57.0%) had an alcoholic beverage in the past year. Of these, most (65%) were ages 18 to 44 compared to ages 45 and older (44.5%). However, a very small proportion (7%^E) drank daily. A majority (60.1%) of adults binged on alcohol two/three times/month or more. And only a small proportion (9%^E) never binged. A small proportion (9.0%) sought treatment for alcohol abuse.

A majority (58.8%) of Mi'kmaw adults never used cannabis (marijuana, pot, grass, hash, etc.) in the past year. More old adults (72.7%) than young adults (49.9%) used cannabis in the past year. Use of cannabis is more prevalent among Mi'kmaw females (68.7%) than males (48.3%). Of those using cannabis in past year, a quarter (24.2%) used cannabis for medical purposes. Most of these (39.0%) were ages 45 and older than ages 18 and 44 (18.9%). More men (29.8%) than females (15.4%) used cannabis for medical reasons.

Use of psychoactive drugs was not prevalent among the Mi'kmaw adults. A vast majority have never tried.

Adult Report

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SECTION 1 Demographic and Household Information

A total of 802 adults participated in the survey. A large majority (97.6%) was from Mi'kmaw communities in Nova Scotia. The remainder (2.4%) was from Prince Edward Island.

AGE AND GENDER

Sixty-two percent (62.4%) were between ages 18 and 44. And 37.6%, 45 or older.

Most adults identify as females or males

- Half (51.3%) identified as female.
- Less than half (48.7%), male.
- And 1.7%^E, transgender/two-spirited.
- Transgender refers to people whose sense gender differs from what that based on sex characteristics of birth. And two-spirited is a term used within some Indigenous communities to describe a person with both masculine and feminine spirits. Research in the general population suggests transgender individuals are more likely to experience discrimination, poverty, unemployment, homelessness, inadequate medical care, mental health problems.¹ Future research assessing unique determinants of health among transgender and two-spirit First Nations peoples is needed to determine their health status and risk/protective factors.

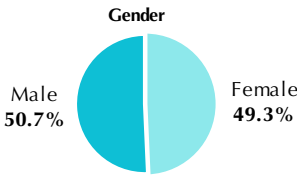


FIGURE 1.1 Proportions between ages 18 and 44, and 45 and older (N=802).

1 Grant, Mottet, Tanis, Harrison, Herman, & Keisling

SEXUAL ORIENTATION

Research in the mainstream population suggest those who do not identify as heterosexual are at greater risk for discrimination, stigma, and various negative health and social outcomes² and that openness about one's sexual orientation and having positive social support networks can protect against these potential risk factors.³

Most adults identify as heterosexual

Majority (96.3%) identified heterosexual

- Only 3.8%^E as homosexual/bisexual (Figure 1.2)
- These proportions similar to the general North American population.⁴

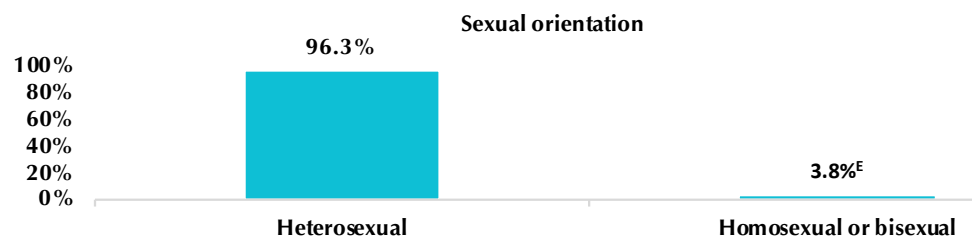


FIGURE 1.2 Proportions identifying as heterosexual or homosexual/bisexual (N=744).

CHILDREN

Three in five Mi'kmaw adults have children

Only 24.0% had no biological children (Figure 1.3)

- Sixty percent (59.6%) had one to four children
- And 16.6% five and more
- Two/three children/adult most frequent
- Six or more children least frequent (Figure 1.3)

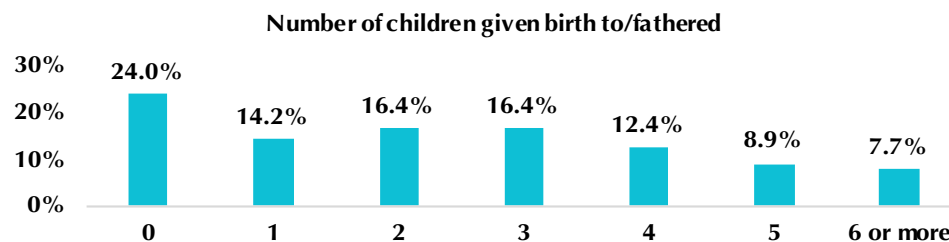


FIGURE 1.3 Proportions with 0 to 6 or more biological children (N=786).

2 Bränström, Hatzenbuehler, & Pachankis, 2016; Conron, Mimiaga, & Landers, 2010

3 Marx & Kettrey, 2016; Kosciw, Palmer, & Kull, 2015

4 Gates, & Brown, 2011, Statistics Canada, 2015

Female adults have more children than male adults

- A third (34.1%) of males had no biological children. Compared to 14.6% females (Figure 1.4).
- Just above a third (35.1%) females had two/three children. Compared to 30.2% males.
- And 34.6% females had four or more children.
- Compared to 22.9% males (Figure 1.4).

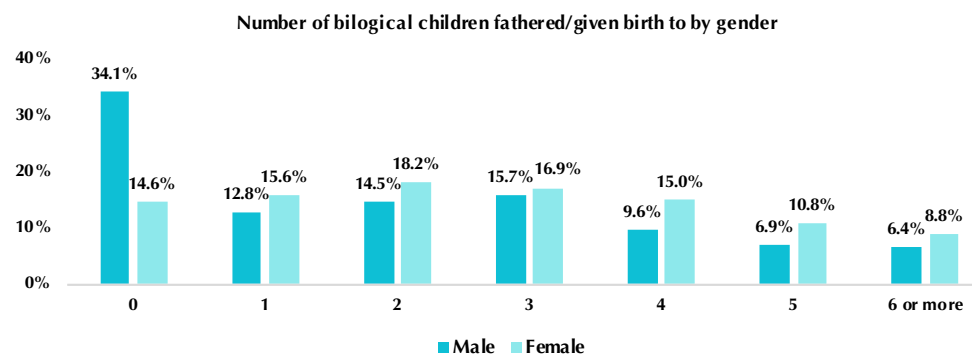


FIGURE 1.4 Proportions of males and females with zero 0 to 6 or more biological children (N=786).

Old adults have more children than young adults

- A third (32.5%) ages 18 and 44 had no children Compared to one tenth (9.9%) ages 45 and above with no children (Figure 1.5).
- Eighty percent (82.8%) ages 45 and older had two/more children. Compared to fifty percent (49.2%) ages 18-44 with two/more children
- Fourteen percent (13.5%) ages 45 and over had six or more children.
- Compared to four percent (4.3%) ages 18-44 with six or more children (Figure 1.5)

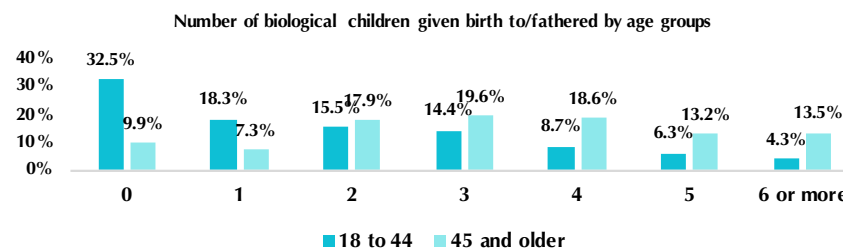


FIGURE 1.5 Proportions of 18–44 and 45 and older with 0 to 6 or more children (N=786)

One in four adults had children aged 18 or below

A quarter (24.5%) adults had first child at 18 or below (Figure 1.6)

- Sixty two percent (61.7%) adults had first child between 19 and 25
- An eighth (12.4%) had children between 26 and 34
- And a tiny fraction (^F), 35 or older (Figure 1.6).

Females are having children earlier than males

A third (33.7%) of females had first child at 18 or below

- Compared to an eighth (11.7%) of males with first child at 18 years
- Two tenths males (18.9%) had first child between 26 and 34
- Compared to eight percent (7.7%) females with first child between 26 and 34

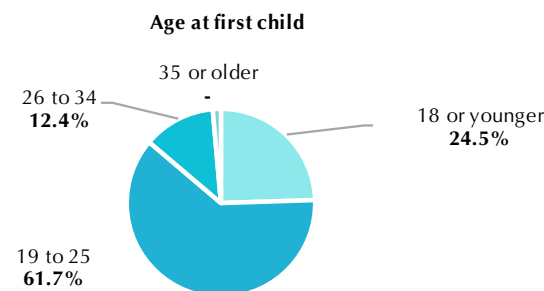


FIGURE 1.6 Proportions having first child at 18 years or younger, 19–25, 26 to 34, or 35 or older (n=625).

HOUSEHOLD CHARACTERISTICS

Nearly one in two households had no children/youth living in household

- Just under half (47.4%) of adults lived with no children and/youths aged 17 or younger (Figure 1.7).
- Two for every five adults (42.4%) lived with between one and three children.
- And the remainder (11.2%), with four or more children (Figure 1.7).

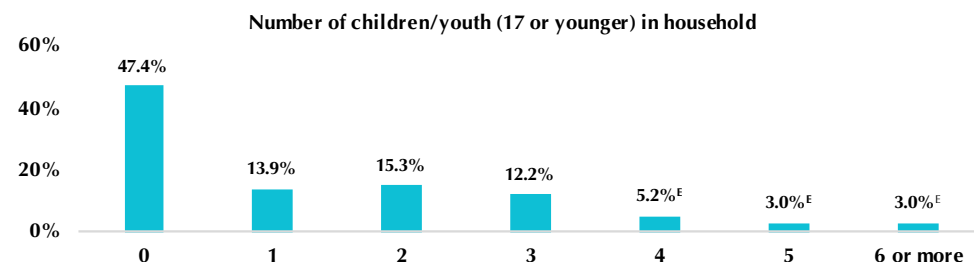


FIGURE 1.7 Proportions of adults living with zero (0) to 6 or more children/youths aged 0 to 17 years (N=764).

One to two adults/household mostly common among Mi'kmaw

- Number of adults 18 years or older living in household the majority of the time included the participant.
- A third (34.4%) of households had one adult only (Figure 1.8)
- Two in five (38.8%) households had two adults.
- And the remainder (26.7%) had two or more adults (Figure 1.8).

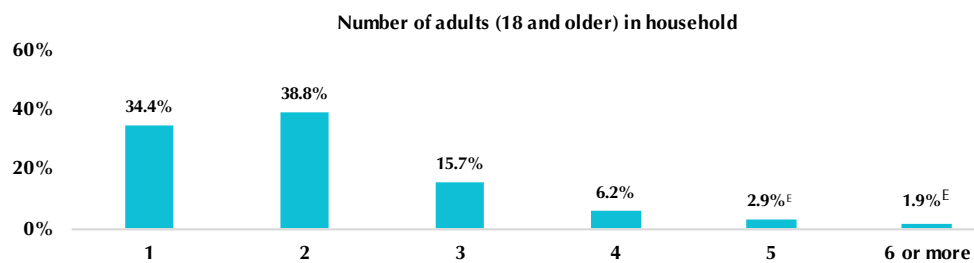


FIGURE 1.8 Proportions of adults living with 0 to 6 or more other adults (N=800).

Most households had one to five people total

- The total number of people in household were the children, youths and adults, including the participant.
- Two in five (41.3%) households had one or two people (Figure 1.9)
- Forty six percent (45.7%) had three to four people
- Fourteen percent (14%), five or more people
- And the smallest fraction (1.6%^E), had 10 or more people (Figure 1.9).

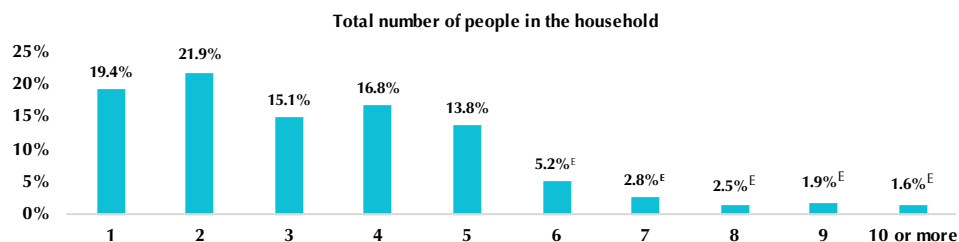


FIGURE 1.9 Proportions of adults living in household with 0 to 10 or more people (including the respondent; N=763).

- Most Mi'kmaw houses had five to eight rooms
- Number of rooms included kitchens, bedrooms, living rooms, and finished basements. And excluded bathrooms, hallways, laundry rooms and attached sheds.
- Seventy percent (69.5%) households had five to eight rooms (Figure 1.10).
- Thirteen percent (13.4%) had four or less
- And seventeen percent (16.8%) had six or more rooms (Figure 1.10)

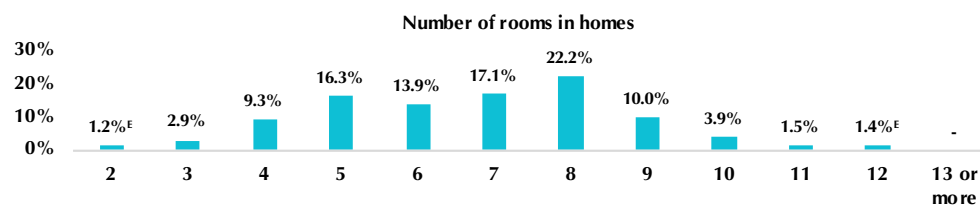


FIGURE 1.10 Proportions of homes with 2 to 33 rooms or rooms (N=799).

Overcrowding is defined as having more than one person per room in a house. It is often assessed by a crowding index. The index is calculated by dividing the total number of people living in the household into the total number of rooms in the house. An index above one means overcrowding. Index one is ideal, one person/room.

Overcrowding mostly experienced by one in ten young adults ages 18–44

- Seven percent (6.8%) adults in total sample lived in overcrowded households (Figure 1.11).
- Ten percent (9.8%) ages 18 to 44 lived in overcrowded households
- While only two percent (1.9%^E) ages 45 and above lived in overcrowded households (Figure 1.11).

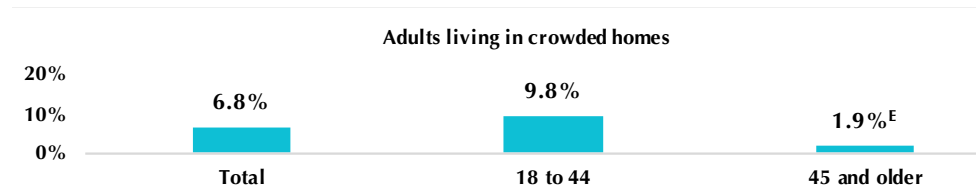


FIGURE 1.11 Proportions living in crowded homes (index above 1) (N=762).

MIGRATION

Most Mi'kmaw adults had never lived off-reserve

- Sixty-three percent (62.8%) adults had not lived off reserve at any point in lifetime.
- Thirty-seven percent (37.2%) adults in sample had lived off-reserve (Figure 1.12). Compared to fifty eight percent (58%) Canadian First Nations that had lived off reserve.⁵

One potential explanation for most Mi'kmaw not living off-reserve could be related to the small geographical sizes of Nova Scotia and Prince Edward Island, in which close proximity to towns/cities may facilitate living on-reserve while commuting for work, school and other activities taking place outside of the community

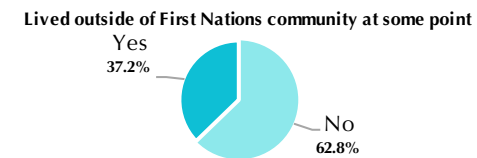


FIGURE 1.12 Proportions of adults living outside of a First Nations community at some point in lifetime (N=793).

Most Mi'kmaw household incomes below middle-class levels

- Sixty four percent (64.4%) household incomes less than \$39,999
- And thirty six percent (35.7%) above \$40,000 (Figure 1.13).

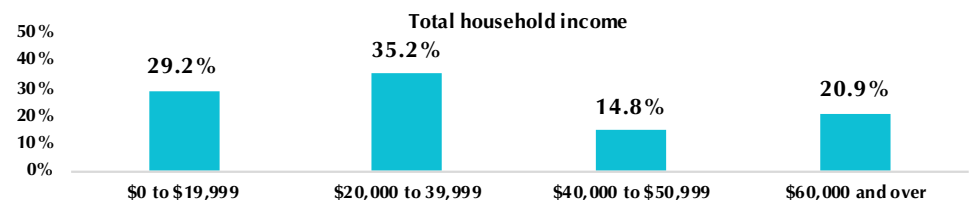


FIGURE 1.13 Proportions of household income categories (N=407).

5 First Nations Information Governance Centre, 2012, p. 28

EMPLOYMENT AND PERSONAL INCOME

Employment highest among old adults than young adults

- Forty-six percent (45.6%) adults were working for wages/salary/self-employed (Figure 1.14). Similar to 46.9% in 2008-10 RHS.
- Employment highest (62.4%) among ages 41-50 (Figure 1.14)
- And employment lowest among ages 18-30 (31.2%) and 60 and older (34.6%)
- Similar proportions of males (45.0%) or females (46.2%) were working for pay.

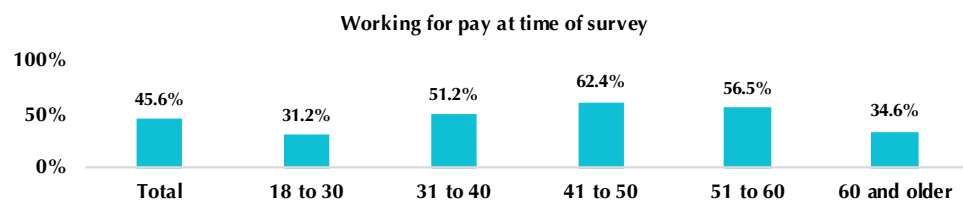


FIGURE 1.14 Proportions working for pay (wages, salary, self-employed) in the total sample and by age groups (N=780).

Most Mi'kmaw adults work in their own First Nations communities

- Majority (85.2%) employed in own First Nation community. Compared to 10.6% employed outside (Figure 1.15)
- And small (f) proportions employed in another First Nations community or 'Other' (Figure 1.15).

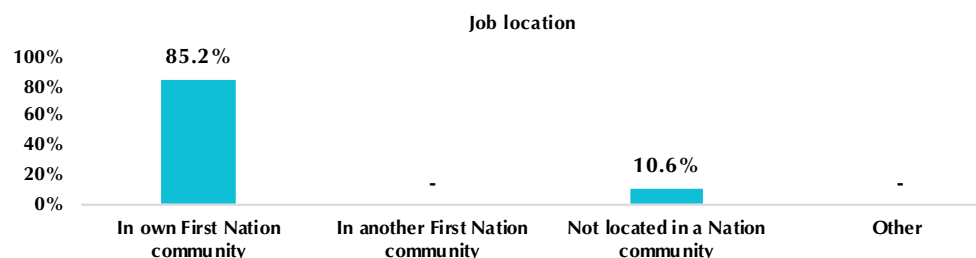


FIGURE 1.15 Proportions of jobs located in own First Nation, in another First Nation, outside of a First Nation community or 'Other' (n=342).

Parenting, a major reason for not working

- Thirty percent (29.3%) were stay-at-home parents (Figure 1.16).
- Similar proportions (12%) of non-working adults were students, in poor health/disabled, retired or who could not find work in community.
- Also, similar proportions (8%) not working were on maternity leave, seasonal workers and those who had given up looking for work (Figure 1.16).

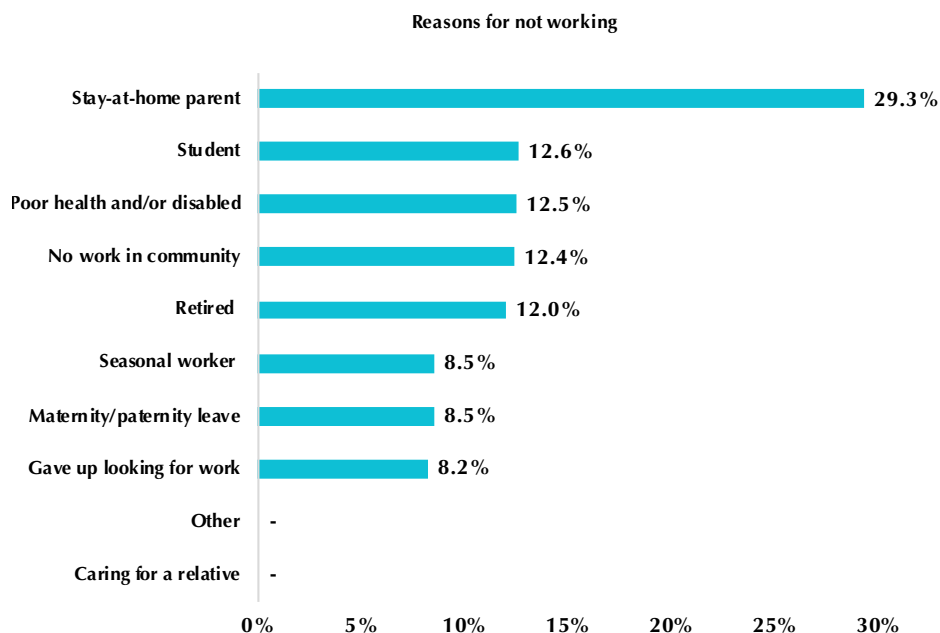


FIGURE 1.16 Proportions of reasons for not working among adults (n=313).

More men than women were looking for work

- A third (32.9%) among unemployed adults at time of survey were not looking for work.
- Forty five percent (45.4%) unemployed males not looking for work. Compared to twenty one percent (20.9%) females (Figure 1.17)

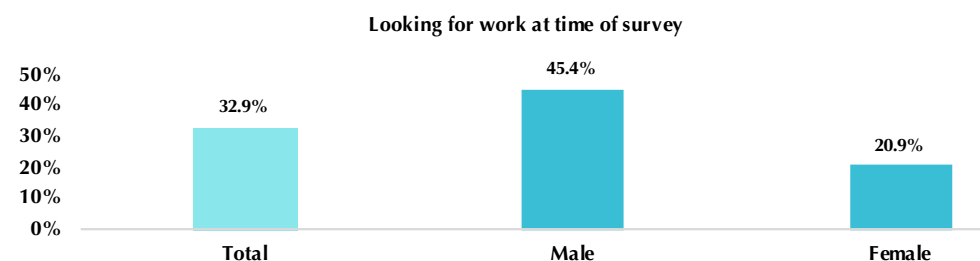


FIGURE 1.17 Proportions of adults looking for work at the time of survey, in the total sample and among males and females (n=431).

Most personal incomes below middle-class levels

- The estimated annual personal income from all sources included income from social assistance, child tax benefits, disability benefits, workers' compensation, etc.
- Three quarters (73.7%) incomes less than \$40 000 (Figure 1.18)
- Thirty-seven percent (37.4%) annual incomes less than \$20,000. Similar to 2008-10 RHS.
- Twenty six percent (26.4%) incomes \$40 000 and above
- And 11% \$60 000 and above (Figure 1.18).

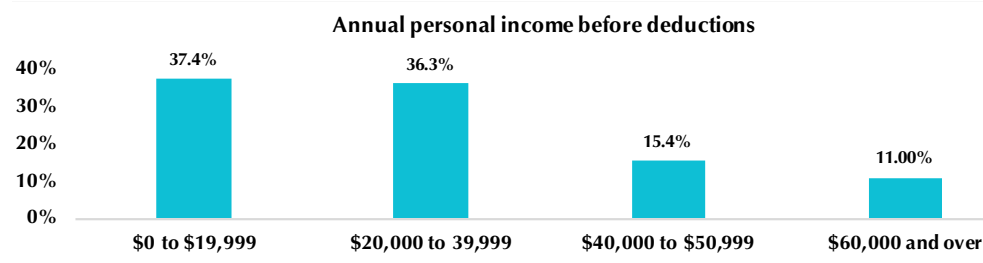


FIGURE 1.18 Proportions of personal income groups among adults (N=422).

EDUCATION

Majority of adults had completed a high school Diploma/equivalent

More females than males had completed a high school Diploma/equivalent

More young adults than old adults had completed a high school Diploma/equivalent

- Majority (62.9%) of adults had a high school diploma or equivalent (Figure 1.19).
- Seventy percent (69.4%) females had a high school diploma or equivalent (Figure 1.19). Compared to fifty three percent (52.5%) in 2008–10 RHS.
- Fifty six percent (56.3%) males had a high school or equivalent (Figure 1.19). Compared to forty five percent (45.2%) in 2008-10 RHS.
- Sixty eight percent (67.9%) ages 18 to 44 had at least a high school diploma or equivalent. Compared to 54.4% ages 45 or older (Figure 1.19).

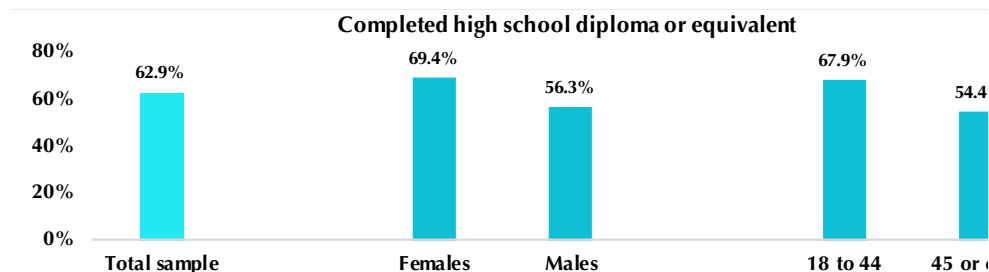


FIGURE 1.19 Proportions in total sample, among females and males and age groups with a high school diploma or equivalent (N=761).

Three in five adults had some post-secondary education (PSE)

- Majority (64.4%) had some PSE.
- Thirty six percent (35.6%) did not have any PSE (Figure 1.20). Compared to thirty one percent (30.5%) in 2008-10 RHS.
- Twelve percent (12.4%) of the current sample had a university undergraduate degree (Figure 1.20). Compared to 9.3% in 2008-10 RHS.
- Ten percent (9.9%) of the current sample had a diploma/certificate from a community college (Figure 1.20). Compared to 9.9% in 2008-10 RHS.
- And fourteen percent (14.0%) in current sample had a diploma/certificate from a trade, technical or vocational school (Figure 1.20). Compared to 9.2% in 2008-10 RHS.

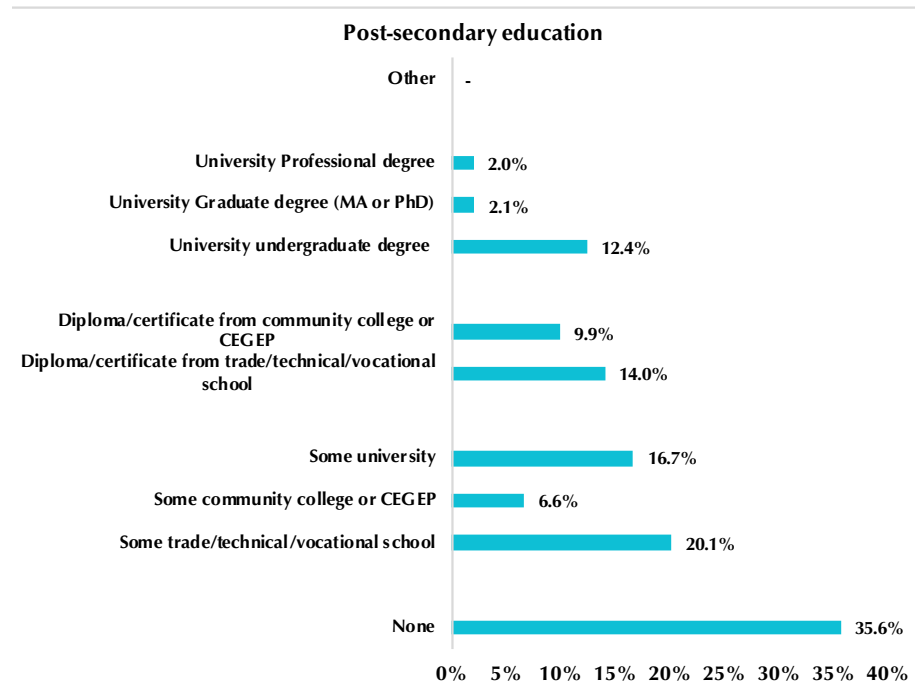


FIGURE 1.20 Proportions of completed PSE programs (N=726).

Old adults had completed more PSE programs than young adults

- Seven percent (7.1%) ages 45 and older had completed a masters'/ professional degree. Compared to none, ages 18-44 (Figure 1.21)
- Nineteen percent (18.6%) ages 18-44 had some university. Compared to 13.4% ages 45 and older
- Sixteen percent (15.6%) ages 45 and older had a university undergraduate degree. Compared to 10.5% ages 18-44.
- Forty percent (39.2%) ages 18 to 44 had never taken any PSE courses. Compared to 29.4%, ages 45 and older (Figure 1.21).

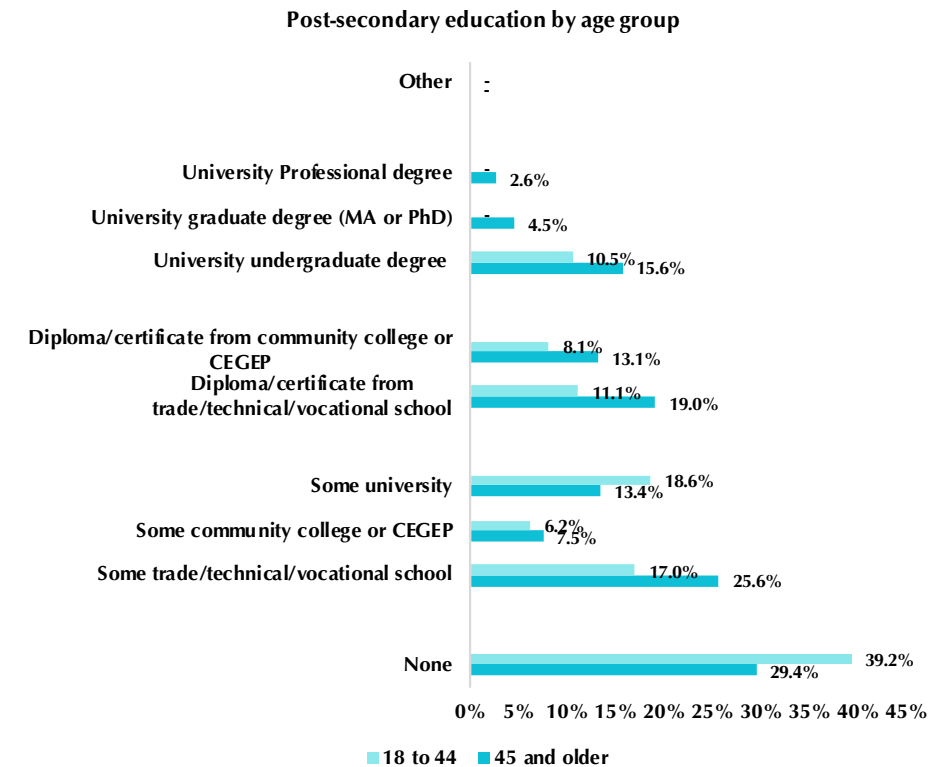


FIGURE 1.21 Proportions of completed PSE programs by age groups (N=765).

More males completed trade/technical education

More females completed undergraduate university degrees

- Similar proportions of females (36.2%) and males (35.0%) had never enrolled in a PSE program (Figure 1.22).
- Thirty percent males (29.2%) had some trade, technical or vocational school education. Compared to 11.5% females.
- In contrast, 17.3% females completed an undergraduate university degree. Compared to 7.2% males.

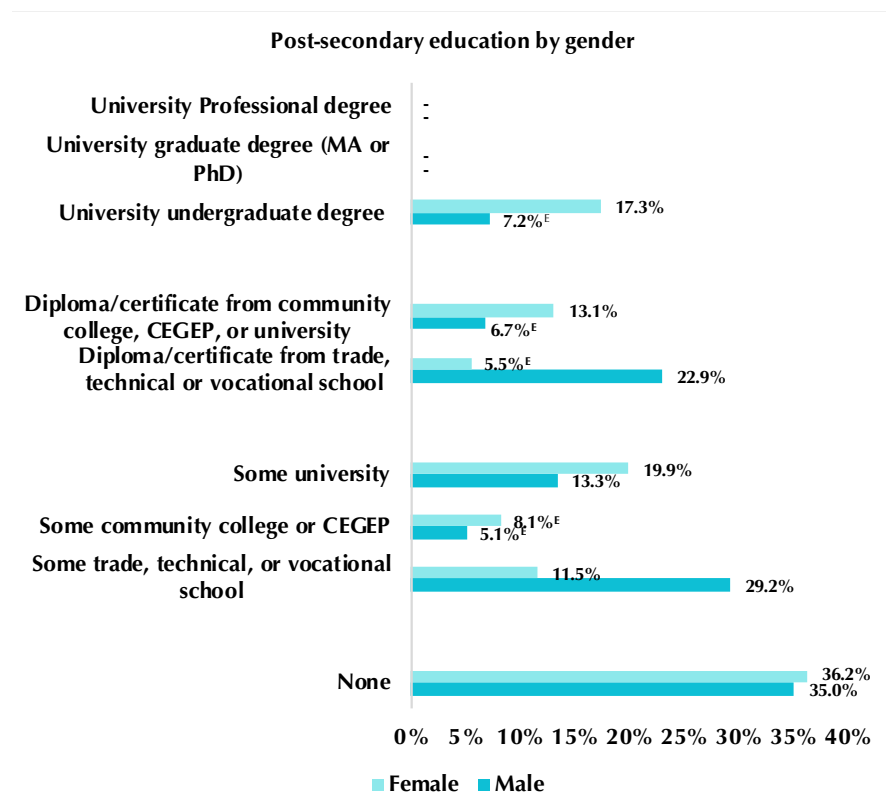


FIGURE 1.22 Proportions of completed PSE programs among male and female adults (N=726).

Less than half adults had completed a PSE program

More old adults had completed at least one PSE program

Only 34.8% adults completed a PSE program of some kind

- And (43.3%) ages 45 and older completed at least one PSE program. Compared to (29.8%) ages 18-44 (Figure 1.23).

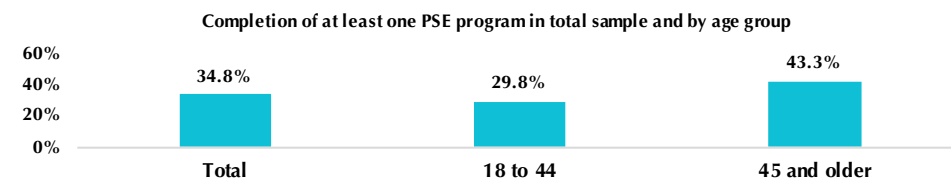


FIGURE 1.23 Proportions of adults with at least one PSE program in total sample and among age groups (N=729).

SECTION 2 Indicators of Personal Health and Wellness

SELF-RATED HEALTH

Most adults self-rated their health good to excellent

Eighty eight percent (87.9%) adults rated their health as good to excellent (Figure 2.1). Compared to 80.6% in 2008-10 RHS

- Only 12.1% self-rated poor or fair in the current RHS (Figure 2.1).
- Twenty one percent (20.7%) ages 45 and above self-rated poor or fair health. Compared to seven percent (6.9%) ages 18 to 44.

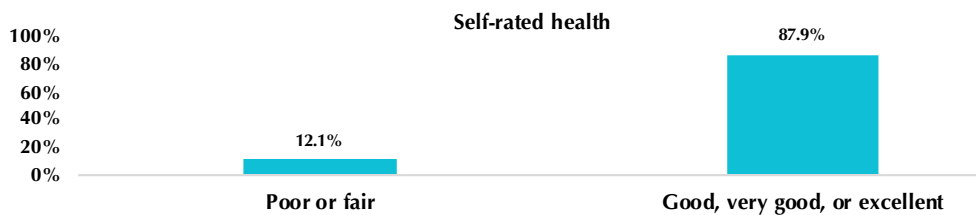


FIGURE 2.1 Proportions of adults who self-rated their health as ‘good, very good or excellent’ and poor or fair (N=800).

Most adults self-rated their health at least good

- Fifty percent (48.2%) self-rated their health very good (Table 2.1)
- Ten percent (9.4%) self-rated excellent
- Thirty percent (30.3%) self-rated good
- And only 2.1%E self-rated poor (Table 2.1)

TABLE 2.1 Proportions of adults with self-rated health as excellent, very good, good, fair and poor (N=800).

Self-rated health	Proportions
Excellent	9.4%
Very good	48.2%
Good	30.3%
Fair	10.0%
Poor	2.1%E

Over three in five adults perceived little changes in their health

- Two-thirds (66.0%) felt their health was about the same as one year ago (Figure 2.2)
- One quarter (25.9%) felt it was 'somewhat' or much better than last years
- And eight percent (8.1%^E) felt it was 'somewhat' or much worse than one year ago (Figure 2.2).

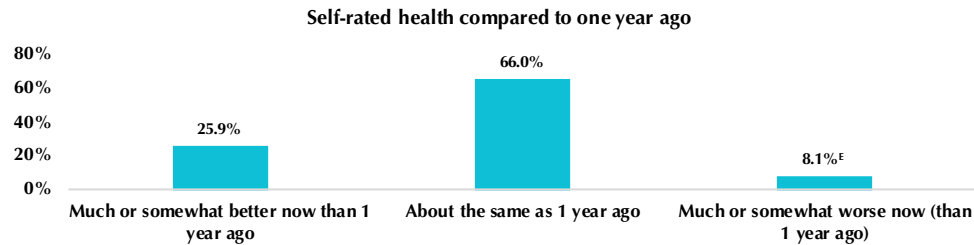


FIGURE 2.2 Proportions of adults who rated their health as 'much better', 'somewhat better', 'about the same', 'somewhat worse', or 'much worse now' than it was one year ago (N=789).

DIAGNOSED CHRONIC HEALTH CONDITIONS

Chronic conditions are health conditions that are expected to last or have already lasted 6 or more months.

Over three in five adults had at least one chronic condition

- Only 35.1% of adults had not been diagnosed with any chronic conditions (Figure 2.4).
- One-fifth (19.9%) had been diagnosed with one condition.
- Forty-five percent (45%) had two or more chronic conditions.
- And twenty percent (19.6%) had four or more chronic conditions (Figure 2.4)

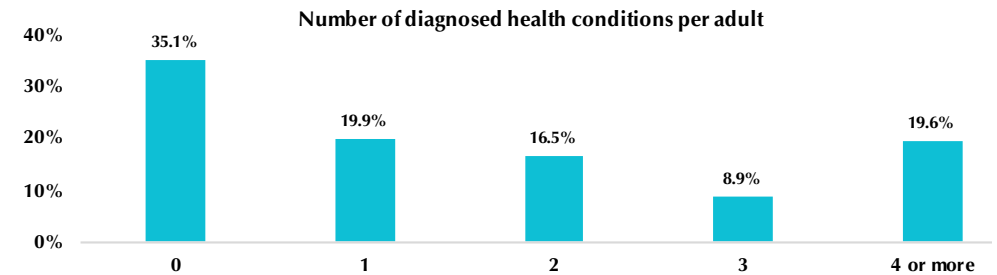


FIGURE 2.4 Proportions of adults diagnosed with none, one, two, three and four or more health conditions (N=800).

Old adults had more chronic conditions

- Forty seven percent (46.6%) ages 18 and 44 not diagnosed with any health condition. Compared to only 15.7%, ages 45 and older (Figure 2.5).
- Above one-half (53.4%) ages 18 and 44 had at least one diagnosed health condition. Compared to 84.4% ages 45 and older.
- And thirty seven percent (36.9%) ages 45 and above were diagnosed with four or more health conditions. Compared to only 9.7% ages 18-44 (Figure 2.5)

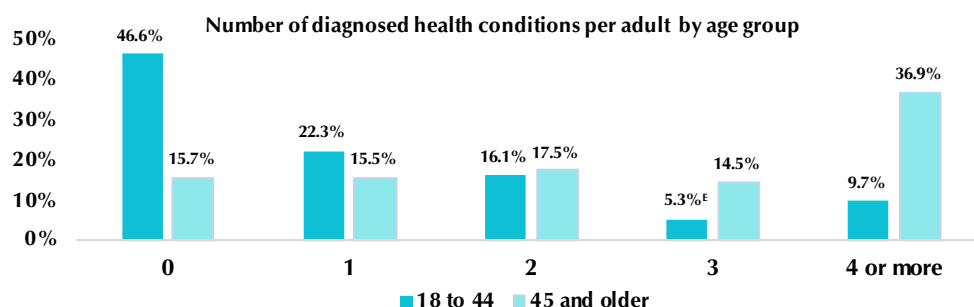


FIGURE 2.5 Proportions among 18-44 and 45 and above age groups diagnosed with none, one, two, three and four or more health conditions (N=800)

Cardiovascular health conditions most common among adults

- Most common chronic condition was high blood pressure (27.3%) (Figure 2.6). Higher than 17.2% in 2008-10 RHS
- Second most common condition was high cholesterol (20.7%)
- Third most were allergies (20.1%)
- Fourth most common was diabetes (15.9%) (Figure 2.6).
- A very small proportion (2.0%) had cancer (Figure 2.7)
- Smallest proportions had kidney problems, anemia, effects of stroke, liver disease, speech difficulties and glaucoma (Figure 2.7)

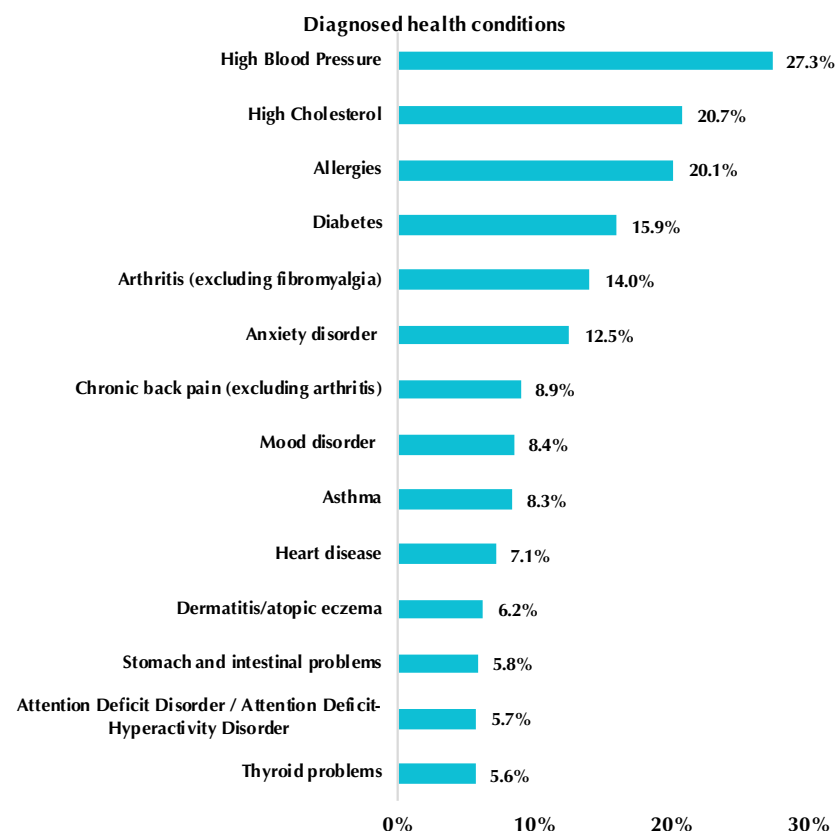


FIGURE 2.6 Proportions of chronic conditions diagnosed among adults

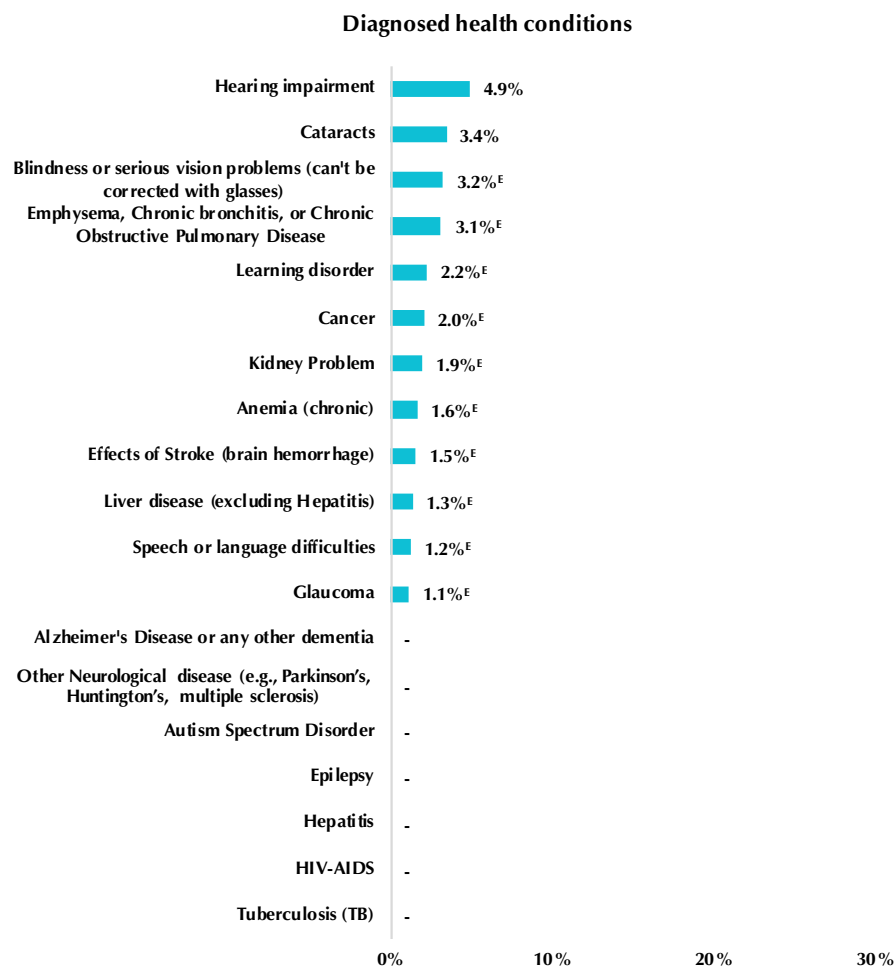


FIGURE 2.7 Proportions of chronic conditions diagnosed among adults.

- There were no statistically significant gender differences in proportions with specific diagnoses.
- Proportions of males and females with six most common diagnoses similar to 2002-03 and 2008-10 RHS (Tables 2.2 & 2.3).

TABLE 2.2 Trends in proportions of chronic conditions among males 2002-2016.

Chronic conditions	2002-03	2008-10	2015-16
High blood pressure	19.3%	26.6%	28.0%
Allergies	15.9%	17.3%	13.7%
Diabetes	19.2%	17.0%	15.0%
Arthritis	22.9%	16.9%	11.7%
Chronic back pain	18.6%	18.8%	9.2%
Asthma	-	9.8%	7.2%

- Proportions of males and females with chronic back pain, arthritis, allergies and diabetes decreased slightly (Tables 2.2 & 2.3).
- It was not possible to determine trends in proportions with anxiety disorders, mood disorders or high cholesterol because the disorders were not included in the previous RHS.

TABLE 2.3 Trends in proportions of chronic conditions among females: 2002-2016.

Chronic conditions	2002-03	2008-10	2015-16
High blood pressure	16.9%	25.9%	26.6%
Allergies	24.4%	30.4%	26.2%
Diabetes	20.2%	20.3%	16.7%
Arthritis	27.0%	26.9%	16.2%
Chronic back pain	-	15.0%	8.5%
Asthma	12.6%	12.7%	9.3%

INJURY

Injuries not common among adults

- Seven percent (6.7%) adults were injured once in past year (Figure 2.8).
- Four percent (3.8%^E) were injured more than once in past year.
- And 89.6% never experienced injuries in past year (Figure 2.8).
Compared to 80.7% in 2008-10 RHS.

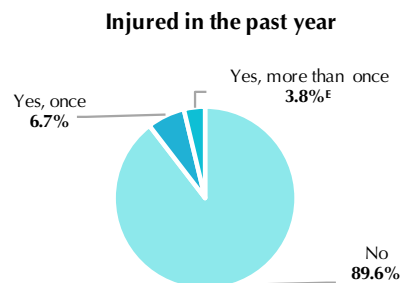


FIGURE 2.8. Proportions injured in past year (N=726).

DISABILITY

Disabilities were defined as physical or mental conditions that had already lasted or expected to last six or more months and limited kinds or amount of activities at home, work, or otherwise.

Most adults did not have physical/mental conditions that limited activities at home/work/elsewhere

- Ninety percent (88.9%) adults did not have physical or mental disabilities (Figure 2.9).
- One out of ten (10.0%) had physical disabilities that limited activities
- And less than two percent (1.4%^E) had mental disabilities (Figure 2.9).
- Ages 45 or older had more physical disabilities (18.8%), compared to ages 18-44 (4.9%). There were no differences by gender or age in mental disabilities.

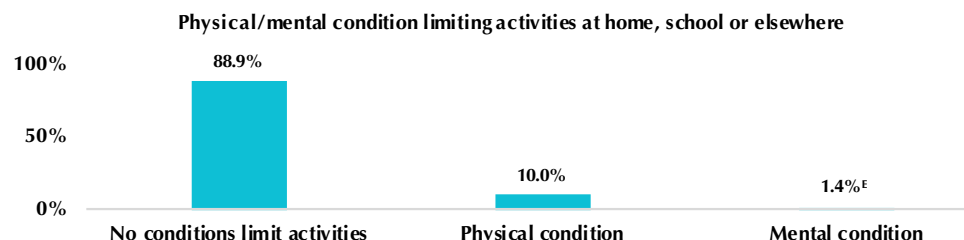


FIGURE 2.9 Proportions with/without physical or mental conditions limiting activities at home, school or otherwise (N=788).

Bending to pick things from the floor, most common physical activity limited among adults

- Seventeen percent (16.6%) had problems bending to pick things from the floor (Figure 2.10)
- Sixteen percent (15.5%) had problems climbing a flight of stairs without resting
- Fifteen percent (14.6%) had problems lifting/carrying 10lbs (Figures 2.10).

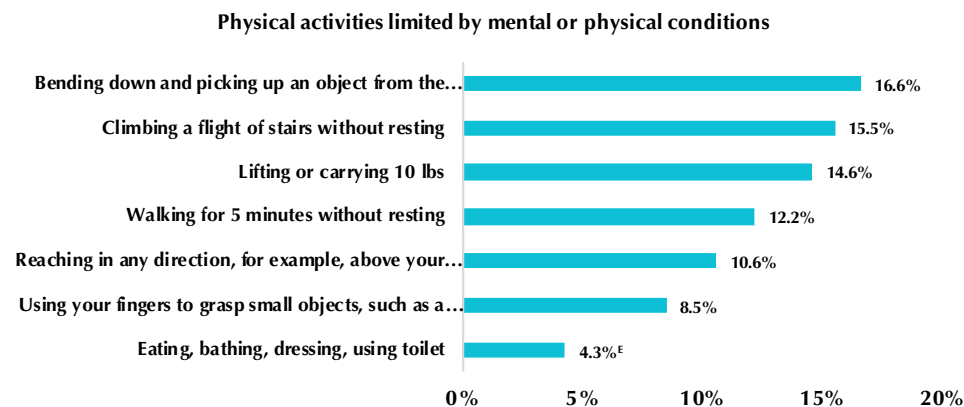


FIGURE 2.10 Proportions of physical activities limited by physical or mental disabilities.

Seeing/reading, most common non-physical activities limited among adults

- Thirty two percent (31.7%) had problems reading newsprint (Figure 2.11)
- Sixteen percent (15.5%) had memory problems
- Twelve percent had hearing problems
- Small percentages had speech (4.7%^E) and learning (5.5%^E) problems (Figure 2.11)

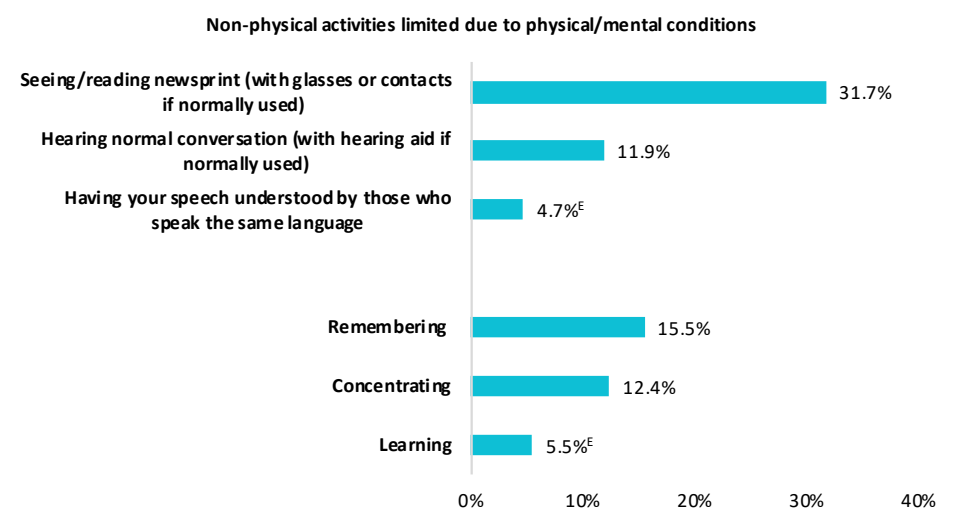


FIGURE 2.11 Proportions with non-physical limitations due to physical and mental conditions.

Women suffer more than men from disabilities that limit physical activities

- Twenty one percent (21%) women reported limitations in bending down to picking objects from the floor. Compared to 11.9% males (Table 2.4)
- Nineteen percent (19.3%) females had problems climbing a flight of stairs without resting. Compared to 10.6% males.
- Nineteen percent females (19.1%) had problems lifting/carrying 10lbs. Compared to 9.9% males (Figure 2.4).
- And significantly greater proportions of ages 45 and older, reported being limited in all listed physical and non-physical activities, except concentrating and learning than ages 18 to 44 (Table 2.4 and Table 2.5).

TABLE 2.4 Proportions limited in certain physical activities due to physical or mental disabilities by gender and by age groups.

Limitations	Males	Females	18 to 44	45 and older
Bending down and picking up an object from the floor	11.9%	21.0%	9.4%	28.3%
climbing a flight of stairs without resting	10.6%	19.3%	7.3%	27.8%
Lifting or carrying 10 lbs	9.9%	19.1%	6.9%	27.2%
Walking for 5 minutes without resting	10.1%	14.1%	5.7%	22.7%
Reaching in any direction	6.9%	14.0%	4.1%	21.2%
Using your fingers to grasp small objects	6.7%	10.2%	3.3% ^E	17.0%
Eating, bathing, dressing, using toilet	4.8%	3.8%	-	8.6%

Old adults had more non-physical limitations than young adults

- Majority (58.5%) ages 45 and older had vision problems. Compared to 15.4% ages 18-44 (Table 2.5)
- Twenty three percent (23.3%) ages 45 and older had hearing problems. Compared to only 5% ages 18-44.
- Twenty percent (19.8%) ages 45 and older had memory problems. Compared to 13.2% ages 18-44
- Eight percent (7.7%) ages 45 and older had learning problems. Compared to 4.1% ages 18-44 (Table 2.5)

TABLE 2.5 Proportions limited in certain non-physical activities due to physical or mental disabilities by age groups.

Limitations	18 to 44	45 and older
Seeing/reading newsprint (with glasses or contacts)	15.4%	58.5%
Hearing a normal conversation (with hearing aid)	5.0%	23.3%
Having speech understood by those who speak the same language	-	8.9%
Remembering	13.2%	19.8%
Concentrating	11.3%	14.2%
Learning	4.1%	7.7%

EMOTIONAL AND MENTAL HEALTH

Most adults rated their mental health good to excellent

- Over ninety percent (91.5%) rated their health good, very good to excellent (Figure 2.12).
- And the remainder (8.5%^E) rated their health fair or poor (Figure 2.12).
- There were no significant differences by age or gender in mental health.

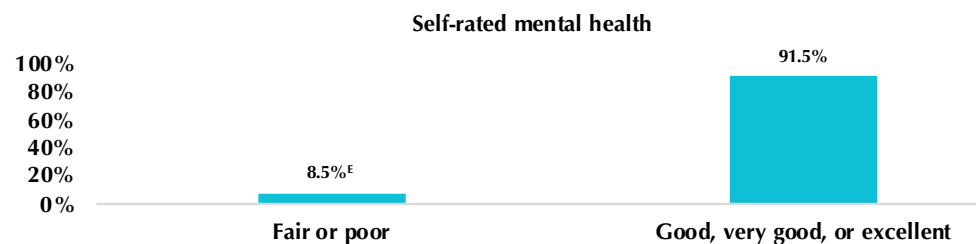


FIGURE 2.12 Proportions who rated their mental health as excellent, very good, good, fair, and poor (N=793).

Respondents completed the Kessler Psychological Distress Scale (K10) to assess psychological and physiological symptoms of anxiety and depression. The K10 scores range from 10 to 50⁶, depending on degree of anxiety and depression disorders. The higher the score, the more severe the disorder

Many adults had psychological symptoms of depression

- Fourteen percent (14.3%) adults felt hopeless some to all of time in the past month. Compared to 16.6% in 2008-10 RHS (Figure 2.13)
- Thirty percent (30.0%) felt depressed some to all of the time. Compared to 21.7% in 2008-10 RHS
- Fourteen percent (14.1%) felt so sad that nothing could cheer them up some to all of the time. Compared to 15.5% in 2008-10 RHS
- And 8.7% felt worthless some to all of the time. Compared to 11.1% in 2008-10 RHS (Figure 2.13).

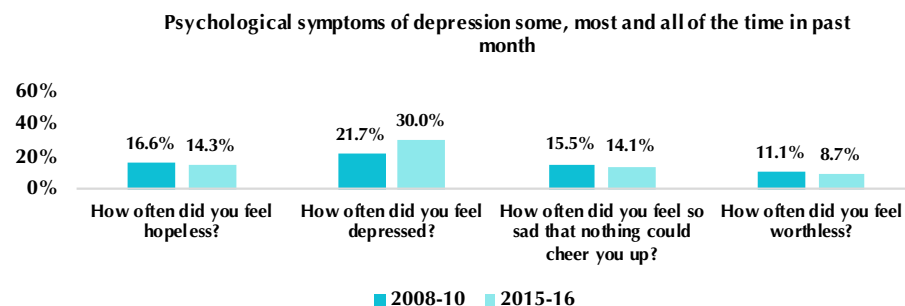


FIGURE 2.13 Trends in proportions of adults with psychological symptoms of depression some, most or all of the time in the past month: 2008-10 and 2015-16 RHS.

Many adults had physiological symptoms of depression

- Sixty percent (58.0%) adults felt tired for no good reason for some to all of the time. Compared to 50.2% in 2008-10 RHS (Figure 2.14).
- And 28.4% felt that everything was an effort for some to all of the time. Compared to 27.6% in 2008-10 RHS (Figure 2.14)
- No significant changes in physiological symptoms of depression from the 2008-10 RHS.



FIGURE 2.14 Trends in proportions of adults with physiological symptoms of distress for some, most and all of the time in the past month: 2008-10 and 2015-16 RHS.

Many adults had psychological symptoms of anxiety

- One-third (34.1%) of adults reported were nervous for some to all of the time in the past month (Figure 2.15).
- And for seventeen percent (16.8%), nothing could calm them down for some to all of the time in the past month.
- There were no significant changes in these proportions since the 2008-10 RHS (Figure 2.15).

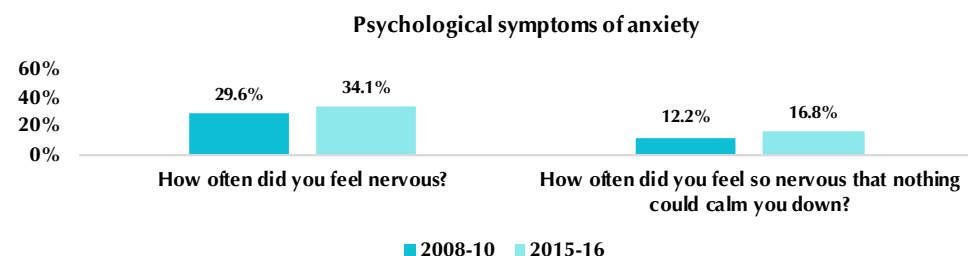


FIGURE 2.15 Trends in proportions of symptoms of psychological anxiety some, most and all of the time among adults in the past month: 2008-10 and 2015-16 RHS.

Many adults had psychological anxiety symptoms

- Only 27.8% adults did not feel nervous at all in the past month (Table 2.6)
- Thus, a majority (72.2%) felt nervous a little to all of the time in the past month
- And only tiny fraction (2.2%^E) felt nervous all of the time in the past month (Table 2.6).

TABLE 2.6 Proportions of times adults felt nervous or so nervous that nothing could calm them down in the past month.

Duration of anxiety symptoms	How often did you feel nervous? (N=770)	How often did you feel so nervous that nothing could calm you down? (N=766)
All of the time	2.2% ^E	-
Most of the time	6.0% ^E	1.8% ^E
Some of the time	25.9%	14.7%
A little of the time	38.2%	38.3%
None of the time	27.8%	44.9%

At least three in five had physiological symptoms of anxiety

- Two thirds (65.5%) were restless a little to most of the time in the past month (Table 2.7).
- And sixty percent (59.9%) felt so restless they could not sit still for a little to most of the time in the past month (Table 2.6).
- Only a third (33.4%) did not feel restless at all in the past month.
- And only 39.2% did not feel so restless that they could sit still in the past month (Table 2.6)

TABLE 2.7 Proportions of times adults felt restless and so restless that they could sit still in the past month

Duration of anxiety symptoms	How often did you feel restless or fidgety? (N=765)	How often did you feel so restless you could not sit still? (N=764)
All of the time	-	-
Most of the time	4.5% ^E	4.1% ^E
Some of the time	15.4%	15.9%
A little of the time	45.6%	39.9%
None of the time	33.4%	39.2%

Physiological anxiety symptoms not decreasing among adults

- In the current RHS, 23.4% adults were restless in the past month. Compared to 21% in the 2008-10 RHS
- In the current RHS, 19.8% adults were so restless they could not sit still. Compared to 20.8% in 2008-10 RHS (Figure 2.16)

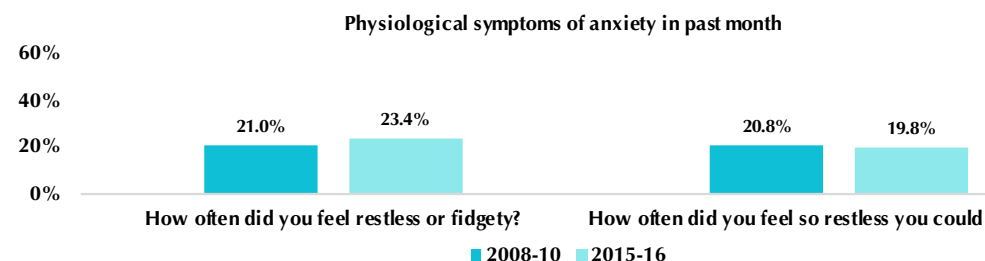


FIGURE 2.16 Trends in proportions with symptoms of physiological anxiety for some, most and all of the time in the past month: 2008-10 and 2015-16 RHS.

Old adults had less distress levels

Three in seven adults had mild to severe distress levels

- More than half the sample (54.9%) had total distress scores of 10 to 19 (low distress) (Figure 2.17)
- And 45.1% had total distress scores of 20 to over 30 (mild to severe distress) (Figure 2.17).
- Sixty four percent (64.1%) ages 45 and above had K10 scores 10-19. Compared to 49% ages 18-44 (Figure 2.17)
- And 35.9% ages 45 and above had mild to severe distress. Compared to 51% ages 18-44 (Figure 2.17).

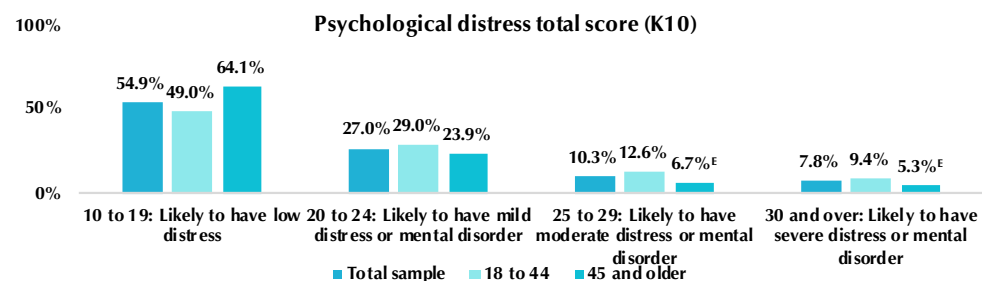


FIGURE 2.17 Proportions of adults with K10 score between 10 and 19, 20 and 24, 25 and 29 and 30 and above (N=934).

Nearly three in seven adults were sad/blue

- Forty-four percent (43.9%) felt sad/blue/depressed for two weeks/more in past year (Figure 2.18).
- Only (36.3%) females felt sad/blue/depressed. Compared to (52.0%) males (Figure 2.18).
- And (49.6%) ages 18 to 44 felt depressed. Compared to (35.3%) ages 45 and older.

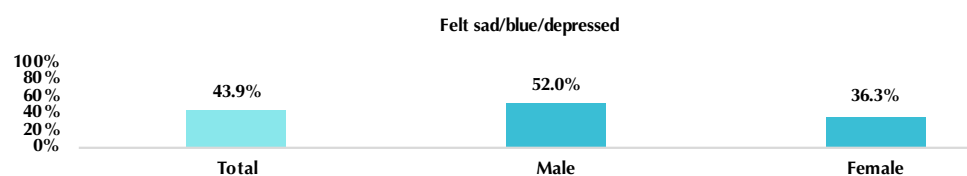


FIGURE 2.18 Proportions in the total sample and among males and females feeling blue or depressed for 2 weeks or more at a time in past year (N=719).

SUICIDAL THOUGHTS AND BEHAVIORS

One in 13 adults had suicidal thoughts

- Just above one in ten (12.5%) seriously considered suicide at some point in lifetime
- And 2.7%^E of these, in the past year (Figure 2.19).

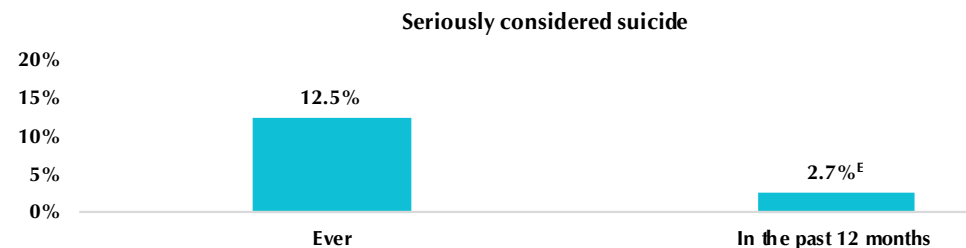


FIGURE 2.19 Proportions of adults that seriously considered suicide in their life (N=772) and in the past year (N=772).

Nearly one in ten adults had attempted suicide

- One in ten adults (9.0%) attempted suicide at some point in lifetime (Figure 2.20). Compared to 9.9% in 2008-10 RHS.
- And 1.9%^E attempted suicide in the past year (Figure 2.20)

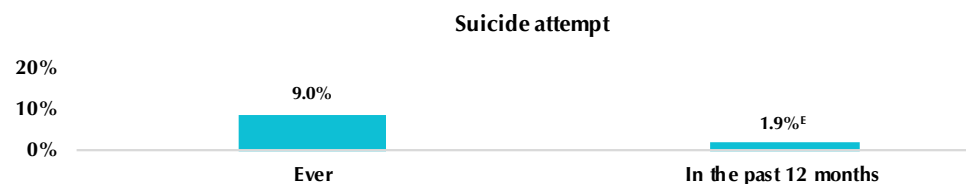


FIGURE 2.20 Proportions that attempted suicide in lifetime and past year (N=765).

Many suicidal adults not seeking professional help

- Only 47.3% adults with serious suicidal thoughts saw or spoke to a health professional (Figure 2.21).
- And 63.5% adults who attempted suicide spoke/saw a health professional (Figure 2.21).

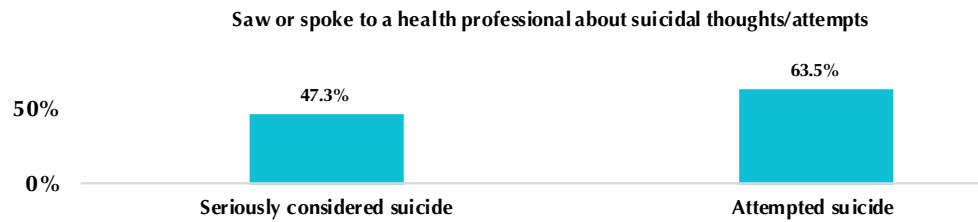


FIGURE 2.21 Proportions of adults who saw/spoke to a health professional after seriously considering (n=85) or attempting (n=66) suicide.

PERCEIVED BALANCE

Emotional, mental and spiritual balance declining among adults

- About four-fifths (78.1%) in current sample felt physically in balance for most or all of the time. Compared to 80.5% in 2008-10 RHS (Figure 2.22).
- Only 46.6% felt emotionally in balance for most or all of the time in current sample. Compared to 81.7% in 2008-10 RHS.
- Only 46.8% felt mentally in balance for most or all of the time in the current sample. Compared to 81.8% in 2008-10 RHS
- And 66.4% felt spiritually in balance for most or all of the time in current sample. Compared to 78.9% in 2008-10 RHS (Figure 2.22)

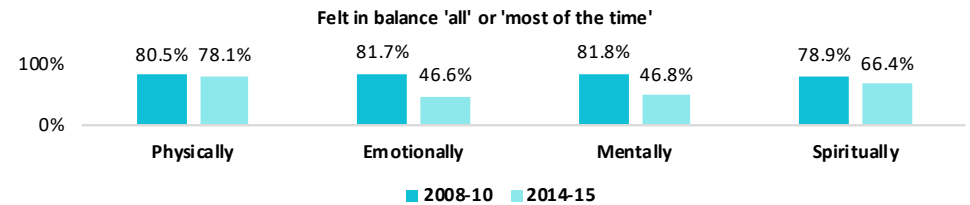


FIGURE 2.22 Trends of proportions of adults that felt in balance physically, emotionally, mentally and spiritually for some, most and all of the time: 2008-10 and 2015-16 RHS.

ORAL HEALTH

Most adults self-rated their oral health good to excellent

Old adults self-rated their oral health poorer than young adults

- Just over half (52.7%) of adults described their oral health as good to excellent (Table 2.8)
- Eighty four percent (84.2%) ages 18 to 44 self-rated good to excellent oral health. Compared to 77.6% ages 45 and older (Table 2.8).
- Nineteen percent (18.8%) ages 18-44 self-rated excellent oral health. Compared to 8.3% ages 45 and older (Table 2.8)
- Five percent (4.8%) ages 18-44 self-rated poor oral health. Compared to eight percent (7.9%) ages 45 and above (Table 2.8)

TABLE 2.8 Proportions of adults with excellent, very good, good, fair or poor self-rated oral health (N=790).

Oral health rating	Total sample	18 to 44	45 and older
Excellent	14.8%	18.8%	8.3%
Very good	37.8%	40.5%	33.4%
Good	29.1%	24.9%	35.9%
Fair	12.3%	11.1%	14.4%
Poor	6.0%	4.8% ^E	7.9%

One in three adults wear false teeth

Old adults wear most of the false teeth

- Twenty three percent (22.7%) adults wore dentures, false teeth, bridges or dental plates (Figure 2.23).
- Half (48.3%) ages 45 and above wore false teeth. Compared to only 7.25%^E ages 18 to 44 (Figure 2.23).

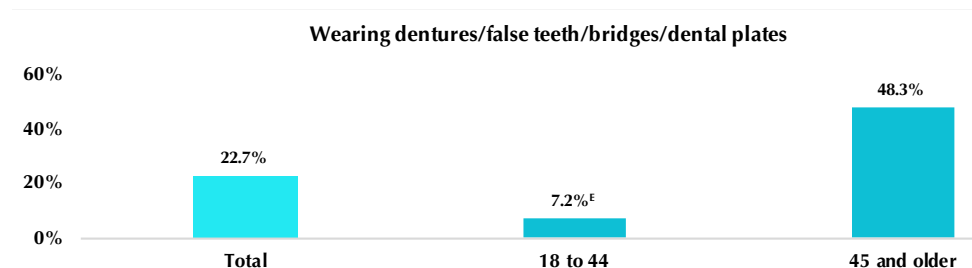


FIGURE 2.23 Proportions wearing full/partial dentures/false teeth/bridges/dental plates in total sample and ages 18 to 44 and 45 and older (N=795).

SECTION 3 Predictors of Personal Health and Wellness

SELF-REPORTED DETERMINANTS OF PERSONAL HEALTH

Good diet, good sleep and happiness most cited as determinants of personal health

- Good diet was the most identified (68.6%) (Figure 3.1).
- Then good sleep (63.4%)
- Third was happiness/contentment
- And cultural/traditional activities were among the least (Figure 3.1).
Good diet, good sleep and contentment were also the most common in 2008-10 and 2002-03 RHS.

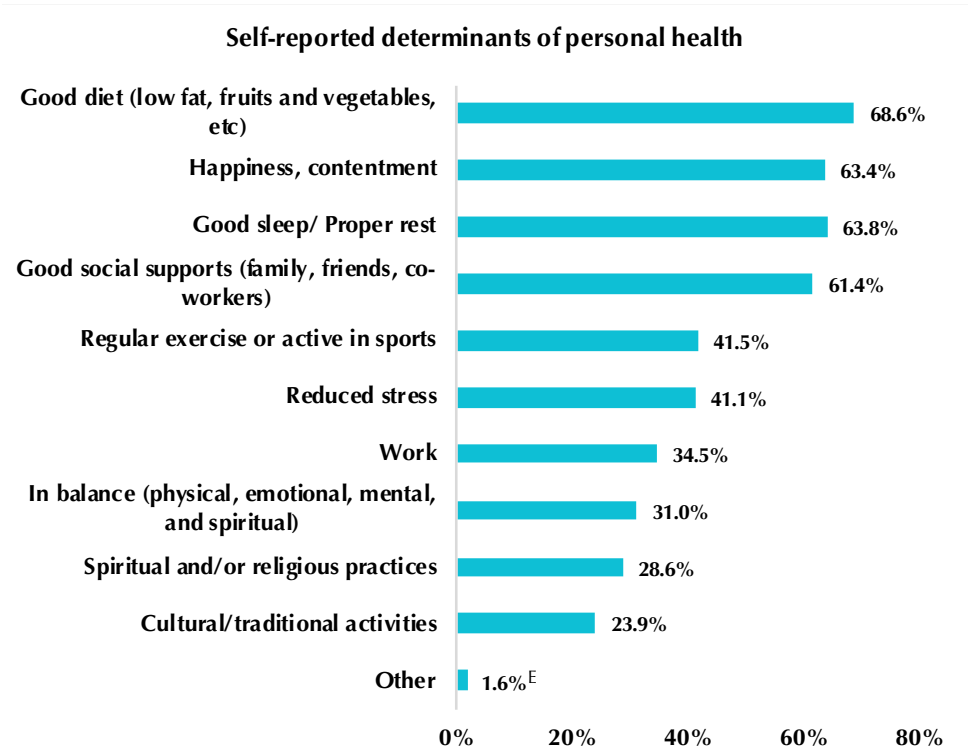


FIGURE 3.1 Proportions of determinants of health among adults (N=773).

HEALTH CARE FROM DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL AND EXPERIENCED BARRIERS

Majority of adults had visited a doctor/nurse in past year

Majority of adults had not visited mental health services

More females visiting the doctor/nurse or mental health services than males

- A majority (67.9%) visited a doctor/nurse in the past year. Compared to only 19.7% who visited mental health services (Table 3.1).
- Sixty percent (59.1%) males visited the doctor/nurse in past year. Compared to 76.2% females.
- And 32.6% males had never visited the doctor/nurse. Compared to 20.1% females
- And 15.7% males visited mental health services in past year. Compared to 23.5% females (Table 3.1).
- Only 26.2% in sample had never visited the doctor/nurse. Compared to 68.3% who had never visited mental health services.
- And 74.1% males had never visited mental health services. Compared to 62.7% females (Table 3.1).

TABLE 3.1 Proportions that never consulted/consulted a community health nurse/a mental health service within/over a year ago

Time of consultation	When did you last visit a doctor or community health nurse? (N=795)			When did you last access a mental health service? (N=795)		
	Total	Males	Females	Total	Males	Females
Never	26.2%	32.6%	20.1%	68.3%	74.1%	62.7%
Over 1 year ago	5.9% ^E	8.3% ^E	3.7% ^E	12.0%	10.2%	13.8%
Within the past year	67.9%	59.1%	76.2%	19.7%	15.7%	23.5%

Most community health care services were rated good to excellent

- Eighty-three percent (82.7%) rated the quality of community health care services good to excellent (Table 3.2)
- And 17.3% rated poor or fair (Table 3.2).

TABLE 3.2 Proportions of health care services rated excellent, good, fair or poor (N=765).

Quality of community health care services	Proportions/ Percentages
Excellent	16.6%
Good	66.1%
Fair	13.1%
Poor	4.2% ^E

Seven in ten adults did not change health care providers

One in six adults do not have a primary health care provider

Health care providers included doctors, nurses or other health professionals

- Majority (70.3%) did not change health care providers in past year (Figure 3.2). Compared to 64.3% in 2008-10 RHS.
- Sixteen percent (16%) did not have a primary health care provider.
- And 13.7% changed primary health care providers at least once in the past year (Figure 3.2). Compared to 35.7% in 2008-10 RHS. This high proportion in 2008-10 RHS could have been influenced by the absence of the question on having a primary health provider in the survey.

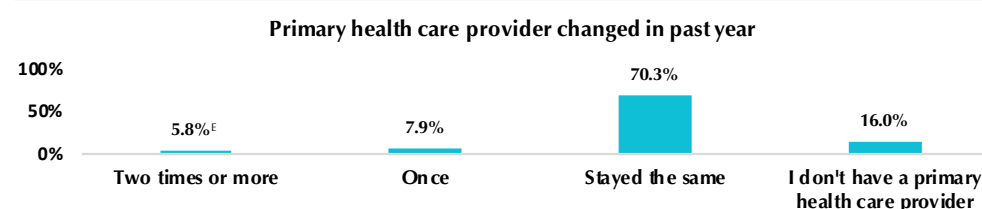


FIGURE 3.2 Proportions not having a primary health care provider and not changing or changing a primary health care provider in past year (N=756).

Old adults required more health care than young adults

Most of the health care required by adults was received

- Half (49.5%) the adults did not require any health care in the past year (Figure 3.3)
- Fifty four percent (54%) Ages 18 to 44 did not require health care. Compared to 42% ages 45 and older.
- Forty-eight percent (48.2%) required and received the health care needed (Figure 3.3).
- Only two percent (2.2%^E) required but did not receive the health care needed (Figure 3.3)

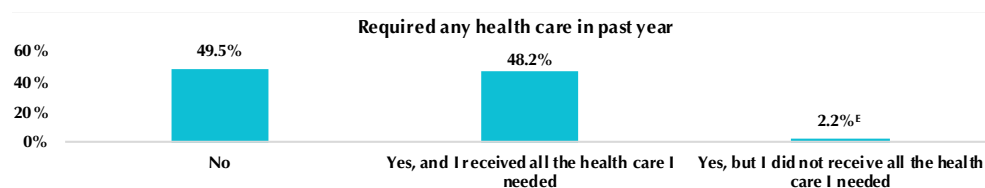


FIGURE 3.3 Proportions that did not require, required and received and required but did not receive needed health care (N=793)

Non-coverage by Non-insured Health Benefits (NIHB) biggest barrier to receiving care

- Most barriers experienced by at least 20% of adults (Figure 3.4)
- Largest barrier was non-coverage by NIHB (33.5%)
- Second largest was not knowing if covered by NIHB (29.5%)
- Third largest was not able to afford direct costs of services (24.1%) (Figure 3.4).
- Significant proportions (13%) had no health care facilities in area (Figure 3.4)

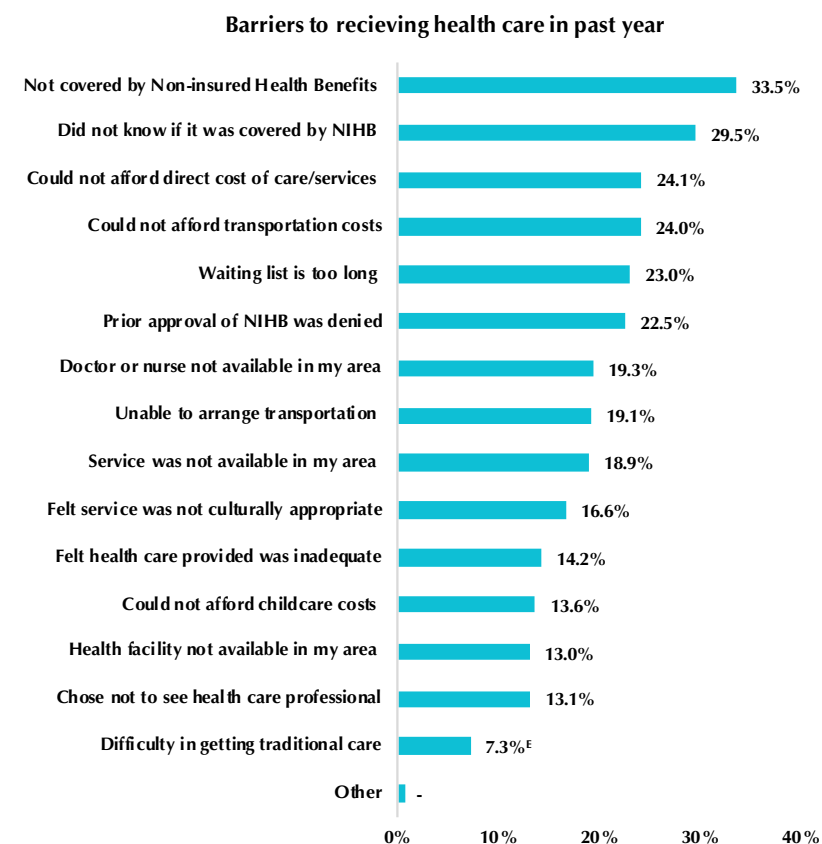


FIGURE 3.4 Proportions of barriers to health care experienced by adults in past year

Difficulties accessing Non-Insured Health Benefits

- One in two adults had difficulties accessing NIHB services
- A majority (66.5%) of adults did not experience any difficulties accessing health services through NIHB (Figure 3.5)
- But a significant proportion (45.8%) had difficulties accessing dental care, medication, transportation costs, vision care, chiropractors, escort travel and other medical supplies and (Figure 3.5).

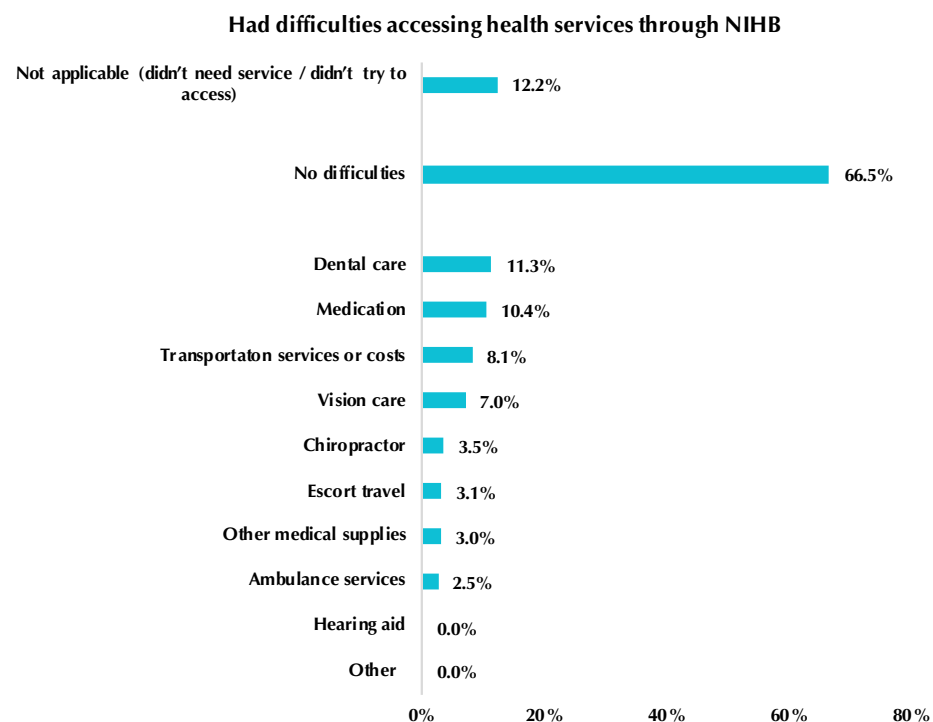


FIGURE 3.5 Proportions of difficulties encountered in accessing health care through NIHB.

MEDICAL EXAMINATIONS, TESTS, AND SCREENINGS

Nearly seven in ten adults had not taken a complete physical examination

- Only 45.1% had cholesterol tests (Figure 3.6).
- Only 32.7% had complete physical examinations.
- And only 15.6% had colorectal cancer tests.
- More adults ages 45 and older had health screens compared to ages 18-44 (Figure 3.6).
- Vision test most popular (60.0%).
- Fifty five percent (55.8%) had blood pressure tests (Figure 3.6). Compared to 72.4% in 2008-10 RHS.
- Half (51.0%) had blood sugar tests (Figure 3.6). Compared to 66.3% in 2008-10 RHS.
- Sixty three percent (63.0%) females had blood pressure tests. Compared to 48.3% males.
- Fifty seven percent (56.9%) females were tested for blood sugar. Compared to 44.8% males.

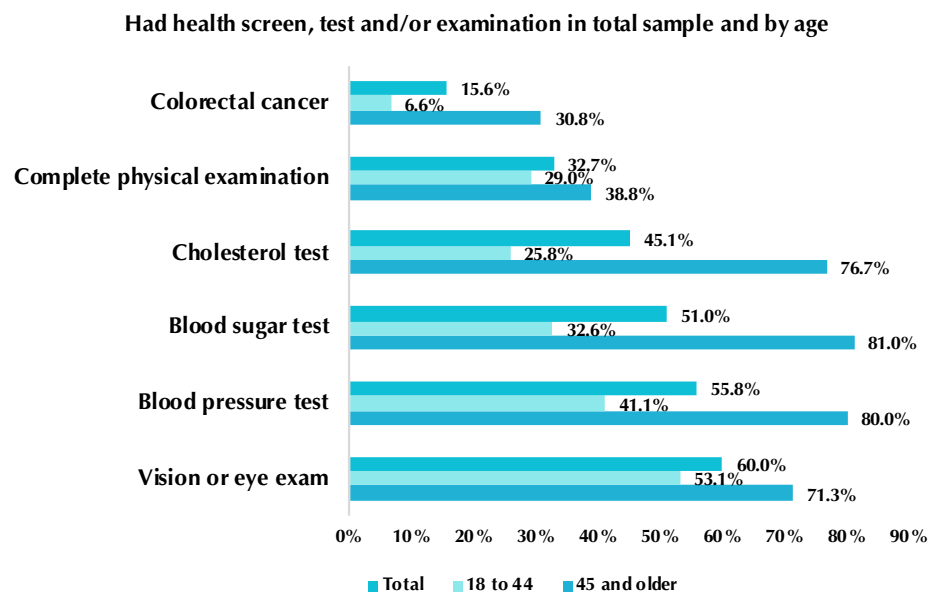


FIGURE 3.6. The proportions of health screens, tests or examinations taken by adults

Nearly all female adults had taken PAP smears, breast examinations and mammograms

Older female adults had taken more breast examinations or mammograms than older females

- Fifty-six percent (56.2%) females had breasts examined for lumps by a health professional at least once (Figure 3.7)
- Forty nine percent (48.8%) females had mammograms. A 10% increase from the 2008-10 RHS.
- And 92.7% females had PAP smears (Figure 3.7).
- A majority (89.5%) ages 45 and older had breast examinations (Figure 3.7). Compared to only 33.6% ages 18-44
- Also, a majority (88.4%) ages 45 and older had mammograms. Compared to only 22.6% ages 18-44
- Equal proportions of ages 18-44 and 45 and older had PAP smears (Figure 3.7)

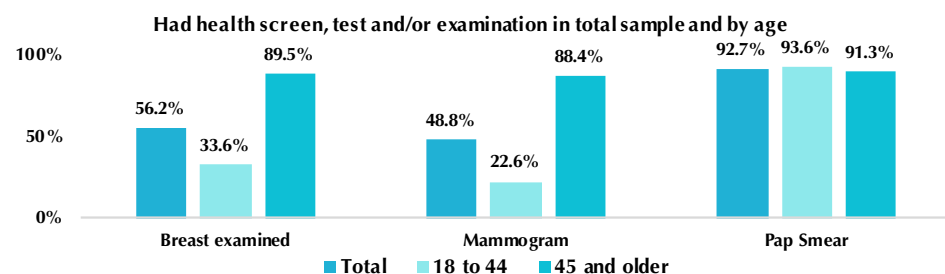


FIGURE 3.7 Proportions that had breasts examined by a health professional, a mammogram, and a PAP smear, in the total sample and age groups.

Nearly eight in ten adults had not taken a prostate cancer test

Old adults taking most prostate cancer tests

- Only 23.0% male adults have had a physical prostate check or prostate-specific antigen (PSA) test (Figure 3.8). Compared to 27.9% in 2008-10 RHS.
- Half (54%) ages 45 and older had prostate checks/PSA test. Compared to only 6.3% ages 18-44 (Figure 3.8).

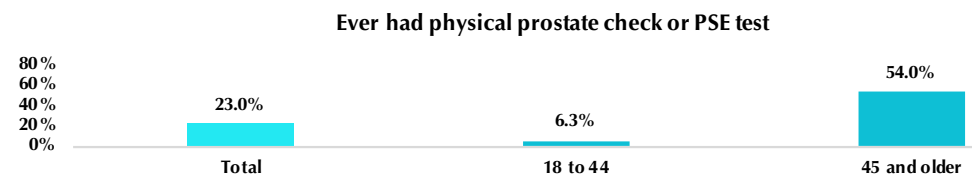


FIGURE 3.8 Proportions having physical prostate checks/PSA tests in total sample and age groups (18-44, 45+) (N=362).

At least one in two adults had been tested for STIs, mostly ages 18-44

Nearly two in five adults had been tested for HIV/AIDS, mostly, ages 18-44

- Over one-half (54.5%) had been tested for sexually transmitted infections (STIs) at least once in their lifetime (Figure 3.9).
- And 39.4% had been specifically tested for HIV/AIDS
- Sixty seven percent (66.9%) ages 18-44 were tested for STIs. Compared to 33.7% ages 45 and older
- Forty five percent (45.1%) ages 18-44 tested for HIV/AIDS. Compared to 30.3% ages 45 and older (Figure 3.9)

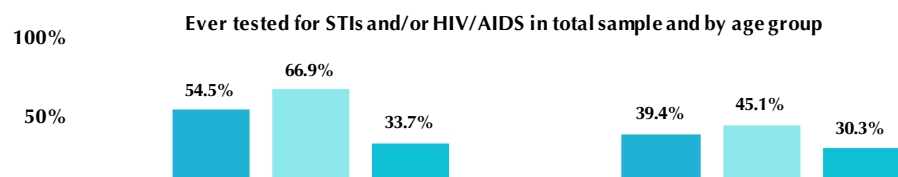


FIGURE 3.9 Proportions tested for STIs and/or HIV/AIDS in the total sample and among ages 18-44 and 45 and above (N=730).

DENTAL CARE

Nearly three in five adults needed dental maintenance

Just above one-quarter (27.3%) of adults needed at least one dental treatment at time of survey (Figure 3.10)

- Seventy three percent (72.7%) did not.
- Fifty eight percent (58.3%) needed dental maintenance
- And 28.2% needed cavity filling or other restorative work (e.g., crowns, bridge) (Figure 3.10). Compared to 40.3% in 2008-10 RHS.

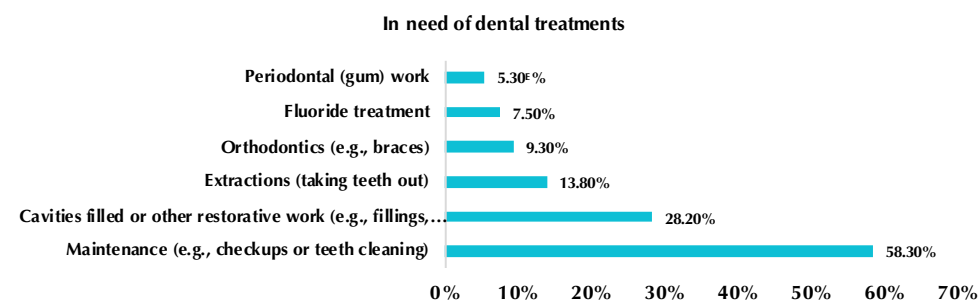


FIGURE 3.10 Proportions of dental treatments needed by adults (N=758).

Three in five adults had dental care a year or less ago

Nearly two in five adults had dental care more than a year ago

- Just over one-half (54.2%) of adults had dental a year ago or less. Compared to 63.2% in 2008-10 RHS (Table 3.3).
- A quarter (24.6%) had dental care less than six months ago. Compared to 38% in 2008-10 RHS
- Forty five percent (45.4%) had dental care a year or more ago. Compared to 36.5% in 2008-10 RHS
- Ten percent (10.1%) had dental care two to five years ago. Compared to 7.8% in 2008-10 RHS.
- And 5.9%, had dental care five years ago. Compared to 7.2% in 2008-10 RHS (Table 3.3).
- More women (62.4%) than men (45.6%) received dental care in the past year. There were no differences by age groups.

TABLE 3.3 Proportions of when last adults had dental care, trends: 2008-16

Last time receiving dental care	Proportions/percentages	
	2008-10	2015-16
Less than six months ago	38.0%	24.6%
Between six months and one year ago	25.2%	29.6%
Between one and two years ago	21.5%	29.4%
Between two and five years ago	7.8%	10.1%
More than five years ago	7.2%	5.9% ^E
Never	-	-

Seven in ten adults had no problems accessing dental care

Nearly one in five adults had difficulties accessing dental services not covered by NIBH or direct costs of dental care

- Most adults (72.0%) had no difficulties accessing dental care (Figure 3.11).
- However, significant proportions had difficulties accessing services not covered by NIHB etc. (Figure 3.11)

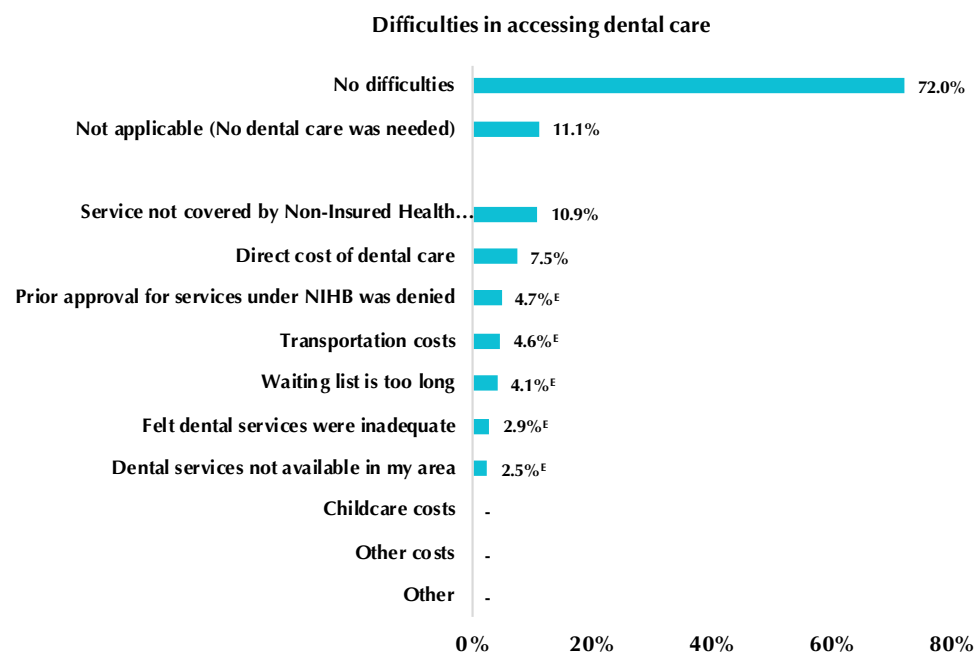


FIGURE 3.11 Proportions of difficulties encountered in accessing dental care.

USE OF TRADITIONAL HEALERS AND MEDICINE

Traditional medicine dying among the Mi'kmaw

- Thirteen percent (13.3%) consulted a traditional healer in the past year. Compared to 13.3% in 2008-10 RHS (Table 3.4)
- Ten percent (9.9%) consulted one over a year ago. Compared to 10.9% in 2008-10 RHS.
- And three-quarters (76.8%) had never consulted one. Compared to 70.5% in 2008-10 RHS (Table 3.4).
- No significant differences between current and 2008-10 RHS in proportions consulting traditional healers.
- There were no significant gender or age differences in consulting traditional healers

TABLE 3.4 Proportions of when traditional healers were consulted, trends: 2008-10 to 2015-16 RHS.

When last consulted a traditional healer?	Proportions/percentages	
	2008-10	2015-16
Never	70.5%	76.8%
Over 2 years ago	5.7%	7.1%
One to two years ago	5.2%	2.8% ^E
Within the past year	13.3%	13.3%
Don't remember	5.3%	-

At least one in two adults were not interested in traditional medicine

- Just over one-quarter (27.8%) did not encounter difficulties in accessing traditional medicine (Figure 3.12).
- Just over one-half (54.4%) were not interested in accessing traditional medicine.
- Twenty percent (19.7%) did not know where to access traditional medicine or did not know enough about traditional medicine.
- Three percent (3.0%) had difficulties with coverage by NIHB
- Another three percent (2.9%) wanted traditional medicine in health care settings
- And one percent (1.3%) encountered distance problems (Figure 3.12)
- There were no differences by gender or age groups.

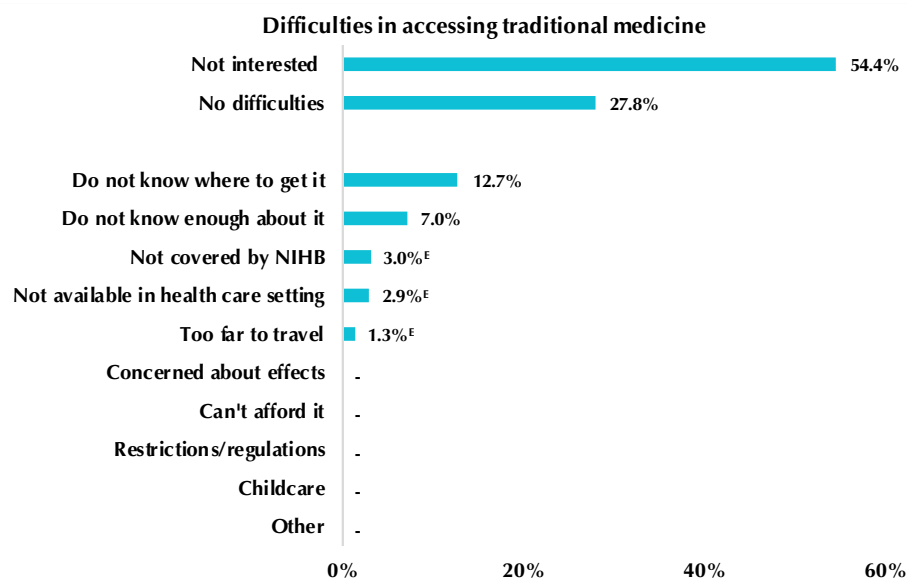


FIGURE 3.12 Proportions of difficulties encountered in accessing traditional healers.

HOME HEALTH CARE SERVICES NEEDED DUE TO LONG-TERM PHYSICAL OR MENTAL CONDITIONS

Home maintenance and light housekeeping, the most needed services

- Three most needed services were home maintenance (6.7%), light housekeeping (6.3%), and meal preparation (2.8%) (Figure 3.13).
- Ages 18 to 44 received two services only: home maintenance (2.8%^E) and light housekeeping (2.3%^E) (Table 3.5).
- Compared to ages 45 and above who received more services: home maintenance (13.0%), light housekeeping (12.9%), personal care (2.4%^E) and care from a nurse (4.0%^E) (Table 3.5).
- Small proportions needed long term and personal (Figure 3.13)

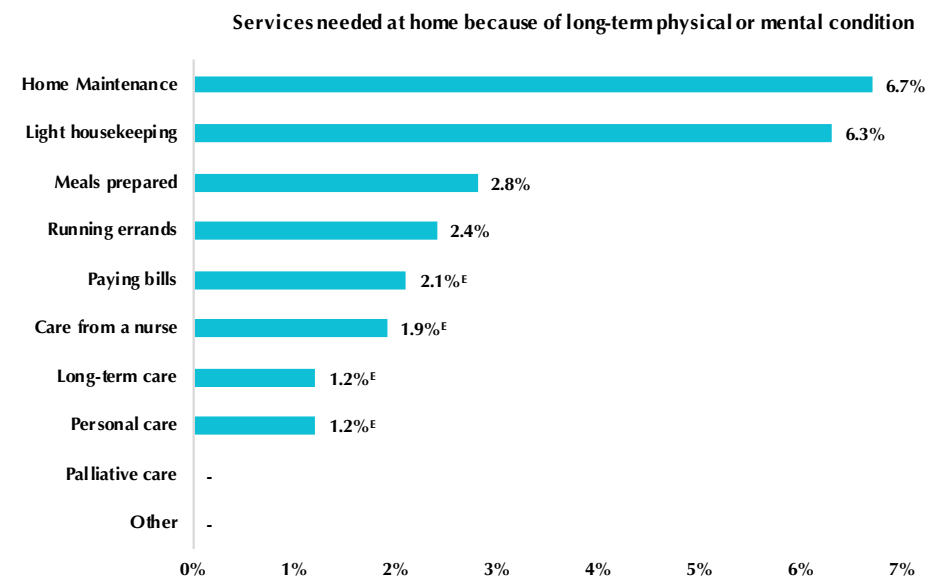


FIGURE 3.13 Proportions of home services needed due to long-term physical or mental health conditions among adults.

Requirements for home services among adults showed a decline

- Seven percent (6.7%) needed home maintenance in current RHS. Compared to 12.7% in 2008-10 RHS (Table 3.5)
- Six percent (6.3%) needed light housekeeping in current RHS. Compared to 11.9% in 2008-10 RHS
- Three percent (2.8%) needed meals prepared in current RHS. Compared to four percent (3.5%) in 2008-10 RHS
- And two percent (1.9%) needed care from a nurse in current RHS. Compared to four percent (3.5%) in 2008-10 RHS (Table 3.5)

TABLE 3.5 Proportions of home services needed due to long-term mental or physical health conditions in total sample and age groups, trends: 2008-10 to 2015-16 RHS.

Services needed	Proportions/percentages			
	2008-10	2015-16		
	Total sample	Total sample	18 to 44	45 and older
Home maintenance	12.7%	6.7%	2.8% ^E	13.0%
Light housekeeping	11.9%	6.3%	2.3% ^E	12.9%
Meals prepared or delivered	3.5% ^E	2.8%	-	4.0% ^E
Care from a nurse	3.5% ^E	1.9%	-	4.0% ^E
Personal Care	1.5% ^E	1.2	-	2.4% ^E
Palliative Care	-	-	-	-

Palliative care and nurse care, the two most received home care services

- Seventy percent (68.8%) of those who needed care received care from a nurse (Figure 3.14)
- And Sixty one percent (60.5%) received palliative
- Fifty eight percent (58%) were helped with paying bills
- Fifty seven percent received personal care
- And fifty percent (51%) received light housekeeping
- Home maintenance received less than half (48.1%) the requirements. Also helping with meal preparation (42.7%) and long-term care (30.4%) (Figure 3.14).

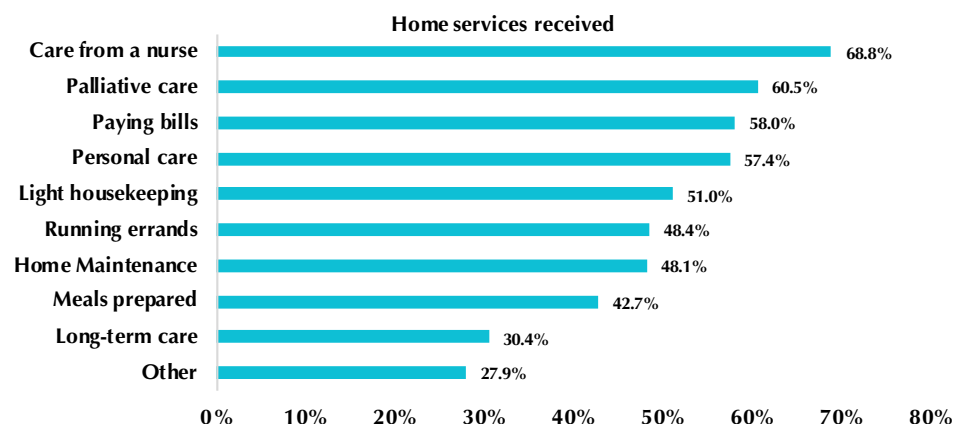


FIGURE 3.14 Proportions of services received due to long-term mental or physical health conditions

Nurse care services showed a decline

Old adults received most of the home services

- Seventy percent received nurse care in current RHS. Compared to 81.3% in 2008-10 RHS (Table 3.6)
- Sixty percent (59.5%) ages 45 and above received home maintenance in current RHS. Compared to only 16.6% for ages 18-44
- Ages 45 and above received all the light housekeeping, meal preparation, nurse care and personal care (Table 3.6).

TABLE 3.6 Proportions of home services received among ages 18 to 44 and 45 and older due to long-term mental/physical health conditions, trends: 2008/10 to 2015/16 RHS

Services received	Proportions/percentages			
	2008-10	2015-16		
		Total sample	18 to 44	45 and older
Home maintenance	47.1%	48.1%	16.6%	59.5%
Light housekeeping	55.8%	51.0%	-	65.6%
Meals prepared or delivered	43.2%	42.7%	-	51.9%
Care from a nurse	81.3%	68.8%	-	84.6%
Personal Care	51.8%	57.4%	-	75.8%
Palliative Care	-	-	-	82.7%

LONG-TERM CARE FACILITIES

Two types of long-term care facilities are available, nursing homes and residential care facilities. There are no long-term care facilities located on-reserve in NS or PEI. Six percent (5.6%) adults had an immediate family member in long-term care facilities.

INFORMAL CAREGIVING

One in 14 adults were helping provide home care informally

- Majority of adults (93.5%) did not help family members or friends with home care. Compared to 6.5% who helped.
- Three most common types of informal care services provided were housekeeping (80.3%), food preparation (64.1%) and personal care (56.0%) (Figure 3.16).
- And the three least common types of informal care services provided were administration of medication (22.4%^E), paying bills (28.8%^E), and home maintenance (36.2%^E) (Figure 3.16).

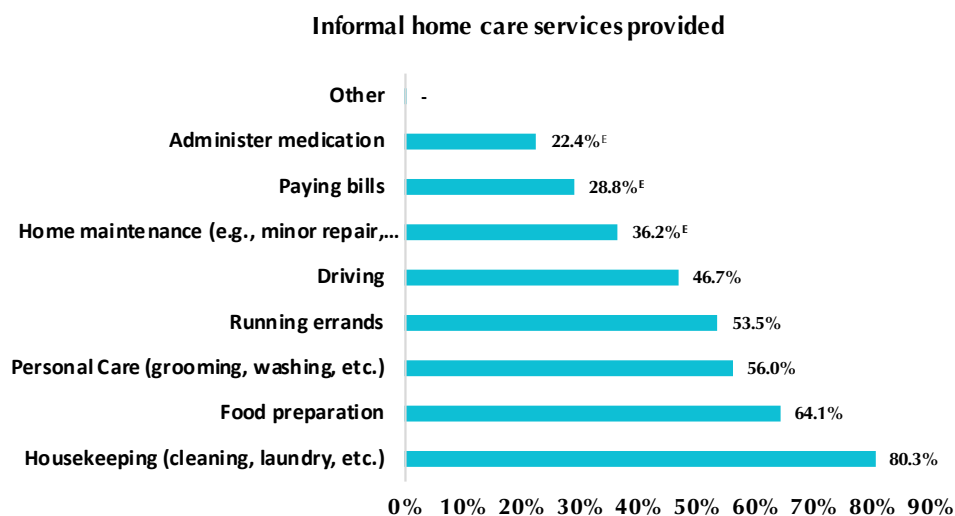


FIGURE 3.16 Proportions of informal home care services provided family members or friends (n=66).

STRUGGLING TO AFFORD BASIC LIVING REQUIREMENTS

One in six adults struggled for food and transportation

- Adults struggled the most with food (15.8%), transportation (15.5%), and clothing (10.9%) (Figure 3.16)
- Smaller proportions struggled with utilities (9.3%), child care (5.2%^E) and shelter (2.5%^E) (Figure 3.16).
- Compared to the 2008-10 RHS, a greater proportion of adults not struggling to pay for basic living requirements in current sample.

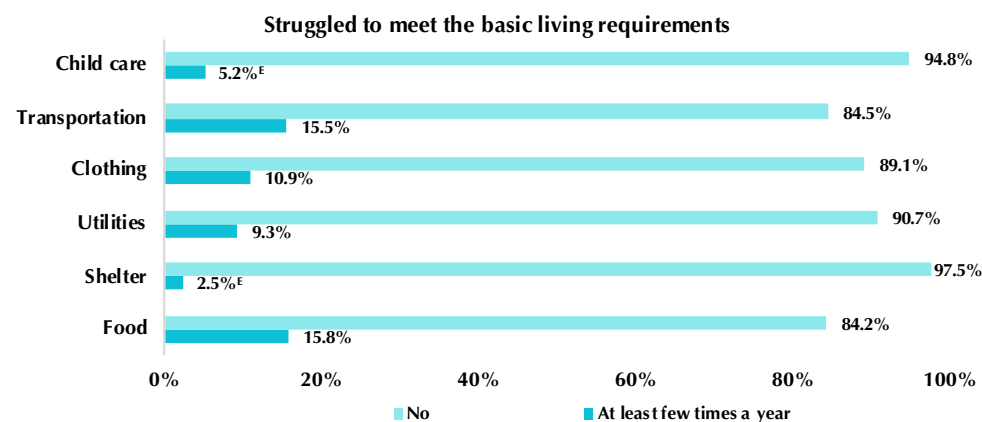


FIGURE 3.16 Proportions of basic living requirements adults struggled to meet.

FOOD SECURITY

Two in five adults do not have enough food, sometimes or often

- Nine percent (8.7%) often purchased food that did not last during the past year (Figure 3.17).
- And 31.0% sometimes purchased food that did not last in the past year
- Nine percent (8.8%) often could not afford balanced meals in the past year
- And 31.1% sometimes could not afford balanced meals in the past year (Figure 3.17).

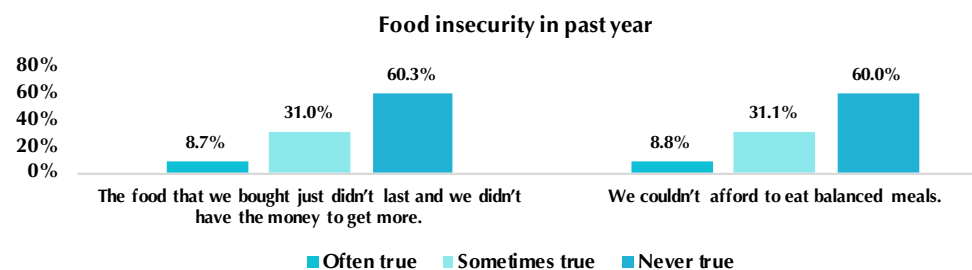


FIGURE 3.17 Proportions experiencing food insecurity often, sometimes or never in past year (N=773).

One in six adults cut/skipped meals due to insufficient money

- Fourteen percent (13.9%) had to cut meal sizes or skipped meals due to insufficient funds for food in past year (Figure 3.18).
- The majority (86.1%) did not have to skip or cut meals (Figure 3.18).

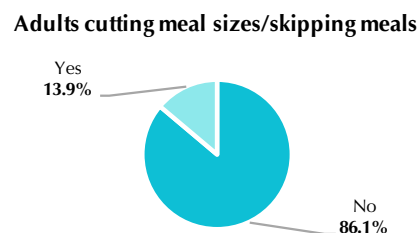


FIGURE 3.18 Proportions skipping/cutting meal sizes due to insufficient funds for food in the past year (N=783).

Nearly one in two adults were skipping meals monthly

- Of those skipping meals in the past year, forty nine percent (48.9%) skipped 'almost' every month.
- Thirty percent (29.4%), during some months.
- And twenty two percent (21.7%^E) for only one or two months in the year (Figure 3.19).

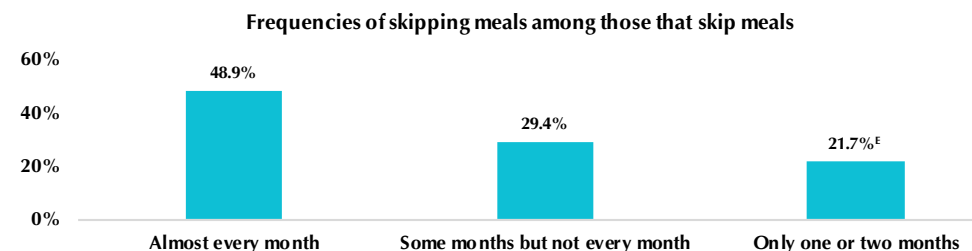


FIGURE 3.19 Proportions of households skipping meals 'almost' every month, 'some' but not every month, or for only one or two months in past year (n=95).

Nearly one in six adults were hungry

Nearly one in five adults were eating less

- Thirteen percent (12.9%) adults were hungry sometime in the past year due to insufficient money for food (Figure 3.20)
- And seventeen percent (17.1%) ate less than they should due to insufficient money for food (Figure 3.20).



FIGURE 3.20 Proportions that were hungry (N=782) or ate less (N=785) due to insufficient money for food

Many children faced food insecurity in adult households

- Two-fifth (41.2%) of adults with children in households relied on a few types of low-cost food for the children due to insufficient fund in the past year (Figure 3.21).
- One-third (32.4%) adults could not afford balanced meals for children in the past year
- And one-fifth (17.5%) of adults' children were not eating enough due to insufficient funds in past year (Figure 3.21).

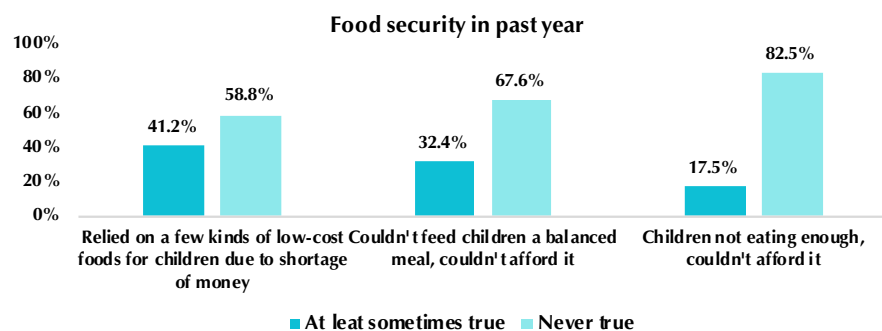


FIGURE 3.21 Proportions relying on low-cost food (n=351), could not feed balanced meals to children (n=350) or whose children were not eating enough (n=348) due to food insecurity in the past year.

NUTRITION AND TRADITIONAL FOODS

Most adults were eating nutritious foods

- Eighty percent (79.7%) ate milk and milk products (Figure 3.22).
- Eighty two percent (81.7%) ate meat and alternatives
- Eighty one percent (81%) ate bread, pasta, rice and other grains.
- Seventy eight percent (77.7%) ate vegetables.
- And sixty two percent (61.9%) ate fruit (Figure 3.22).
- There were no significant differences compared to 2008-10 RHS.

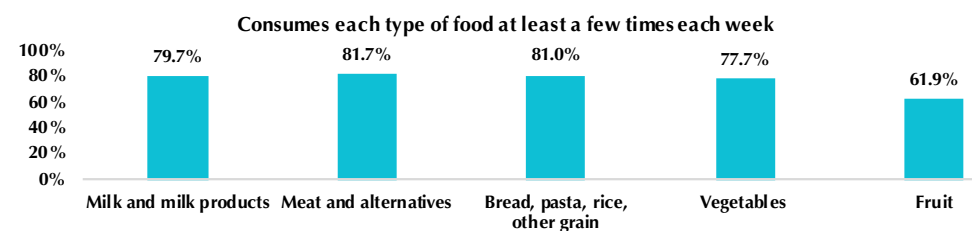


FIGURE 3.22 Proportions consuming milk and milk products, meat and alternatives, bread, pasta rice, other grains, vegetables and fruit, at least a few times a week.

Majority of adults were consuming junk food

- Sixty percent (61.6%) adults ate fast food at least a few times a week (Table 3.7).
- And sixty percent (59.8%) ate sweets at least a few times a week (Table 3.7).
- Notably, ten percent (10.2%) consumed fast food twice/more per day
- Notably also, thirteen percent (12.5%) consumed sweets twice/more per day
- Twenty one percent (20.9%) consumed fast food at least once/day in current RHS (Table 3.7). Compared to twelve percent (11.8%) in 2008-10 RHS. A significant increase.

TABLE 3.7 Proportions of number of times adults consumed fast foods and sweets.

Number of times	Fast food (N=794)	Sweets (N=792)
Two or more times a day	10.2%	12.5%
Once a day	10.7%	15.6%
A few times a week	40.7%	31.7%
About once a week	21.5%	12.8%
Never/hardly ever	17.0%	27.4%

Majority of adults were consuming empty calories (fruit juices and pop)

- Sixty-two percent (61.5%) adults consumed 100% fruit juice at least once/day (Figure 3.23)
- Half (50.4%) consumed soft drinks/pop or artificially flavoured drinks at least once/day
- Seventy seven percent (76.8%) had water at least once/day (Figure 3.23). Compared to 89% in 2008-10 RHS.
- And eleven percent (10.9%) consumed energy drinks at least once/day (Figure 3.23)

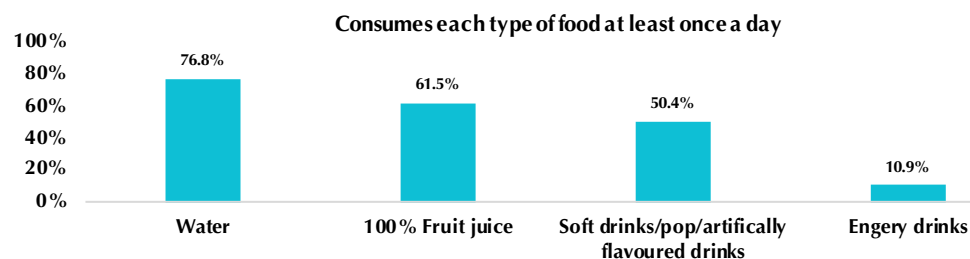


FIGURE 3.23 Proportions consuming water, 100% juice, soft drinks/pop or energy drinks at least once/day.

Traditional foods disappearing from the Mi'kmaw table

Sea-based animals nearly absent from the Mi'kmaw table

- A majority (83.5%) was not eating sea-based animals at all. (Table 3.8). Only 3.9% ate sea-based animals a few times
- One-half (47.3%) was not eating fresh water fish at all. And only 16.4% ate often
- Another one-half (46.3%) was not eating salt water fish at all. And only 18% ate often
- And just above half (57.7%) was not eating other-water based foods at all. And only 10.5% ate often (Table 3.8)
- A third consumed fresh water fish, salt water fish and other water-based foods a few times (Table 3.8)

TABLE 3.8 Proportions eating sea-based animals, fresh water fish, salt water fish and other water-based foods

Frequency	Sea-based animals (whale, seal, etc.) (N=785)	Fresh water fish (N=786)	Salt water fish (N=791)	Other water-based foods (N=786)
Not Applicable (not local traditional food)	11.7%	1.8% ^E	-	-
Not at all	83.5%	47.3%	46.3%	57.7%
A few times	3.9% ^E	34.5%	34.6%	30.4%
Often	-	16.4%	18.0%	10.5%

Small game and game birds disappearing from Mi'kmaw table

- Half (50.3%) were not eating land-based animals at all. And only 21.4% was eating often (Table 3.9)
- A big majority (84.4%) was not eating game birds at all. And none were eating often
- Above three quarters (76.7%) were not eating small game at all. And 2.0%^E were eating often.
- And two thirds (66.2%) were not eating meat, fish, or vegetable broth. And 9.1% were eating often (Table 3.9).

TABLE 3.9 Proportions eating land-based animals, game birds, small game or meat, fish or vegetable broth.

Frequency	Land based animals (N=787)	Game birds (N=782)	Small game (rabbit, muskrat, etc.) (N=784)	Meat, fish, or vegetable broth (N=792)
Not Applicable (not local traditional food)	2.3% ^E	6.0%	4.0% ^E	3.5% ^E
Not at all	50.3%	84.4%	76.7%	66.2%
A few times	26.1%	-	17.2%	21.2%
Often	21.4%	-	2.0% ^E	9.1%

Wild rice and corn soup disappearing from the Mi'kmaw table

- Forty eight percent (48%) were not eating berries or wild vegetables at all. Only 18.5% were eating often (Table 3.10)
- Twenty nine percent (29.3%) were not eating Bannock/Fry bread at all. And 31.4% were eating often
- Sixty percent (59.5%) were not eating wild rice at all. Only 15.2% were eating often (Table 3.10)
- And seventy seven percent (77.4%) were not eating corn soup at all. Only 4.7% were eating often (Table 3.10).
- Sixty-three percent had someone share traditional foods with their households often (13.5%) or sometimes (49.7%). Compared to fifty-five percent who had someone rarely (24.0%) or never (30.6%) sharing with their households.

TABLE 3.10 Proportions of number of times adults were eating berries/wild vegetables, Bannock/Fry bread, wild rice and corn soup.

Frequency	Berries or other wild vegetables (N=794)	Bannock or Fry bread (N=796)	Wild rice (N=788)	Corn Soup (N=787)
Not Applicable (not local traditional food)	-	-	3.5% ^E	3.9% ^E
Not at all	48.0%	29.3%	59.5%	77.4%
A few times	32.1%	37.9%	21.9%	14.0%
Often	18.5%	31.4%	15.2%	4.7%

Majority of Mi'kmaw adults were not eating nutritious foods often enough

- Forty percent (39.0%) ate nutritious balanced meals always or 'almost always' (Figure 3.24)
- Fifty percent (49.7%) ate nutritious balanced meals sometimes
- And eleven percent (10.7%) rarely (Figure 3.24).

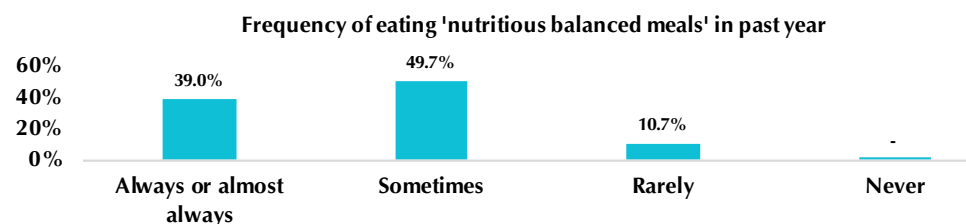


FIGURE 3.24 Proportions eating nutritious balanced meals always or 'almost always, sometimes, rarely or never in the past year (N=789).

HOUSING

Most houses had most of the basic amenities

- All homes had garbage collection services, septic tanks or sewage services, flush toilets, hot running water, cold running water, electricity (99.4%), stoves (99.9%) and refrigerators (99.7%) (Figure 3.25).
- Less than half (38.4%) of homes had carbon monoxide detectors (Figure 3.25).

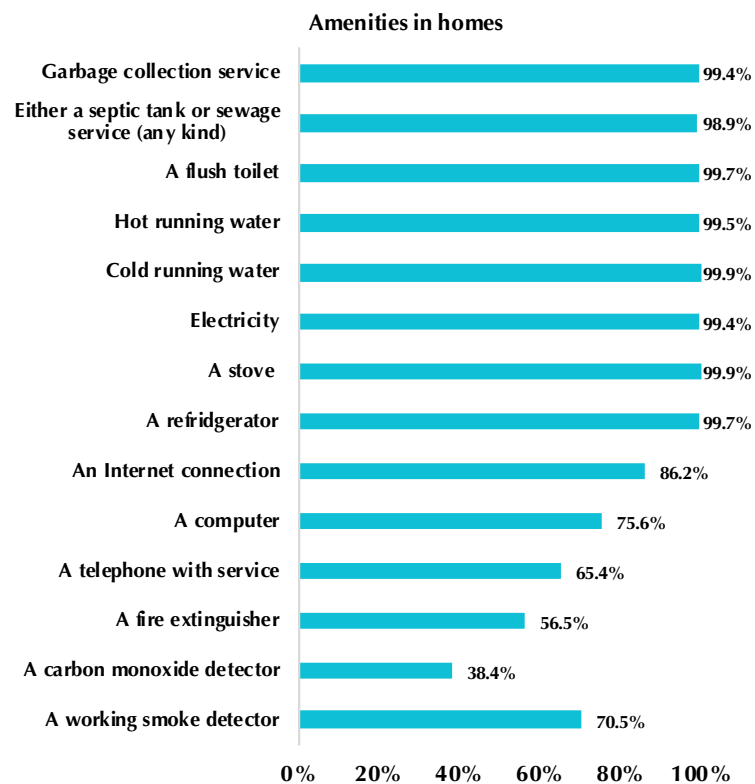


FIGURE 3.25 Proportions of amenities in homes

One in ten homes needed major repairs

- Nearly one in two houses needed minor repairs or regular maintenance
- Ten percent (9.5%) houses needed major repairs (Figure 3.26). Compared to 17.3% in 2008-10 RHS
- Forty three percent (42.7%) needed minor repairs
- And forty eight percent (47.8%) needed regular maintenance (Figure 3.26).
- Sixteen percent (15.6%) houses had mold/mildew in the past year. Compared to 46.4% in 2008-10 RHS.

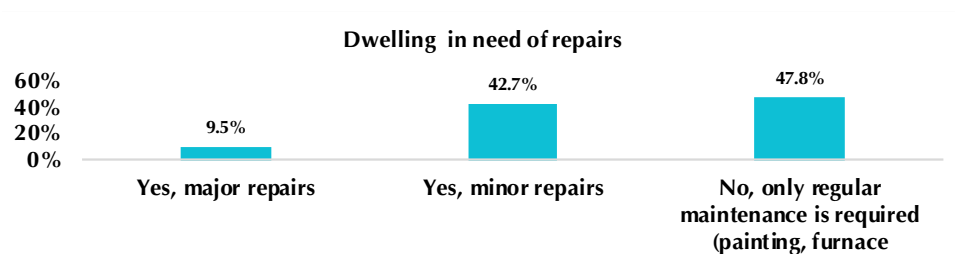


FIGURE 3.26 Proportions of dwellings in need of major repairs, minor repairs or only regular maintenance (N=775).

DRINKING WATER IN HOME

Nearly all households had piped water

- Ninety-five (94.5%) of households had piped water (Figure 3.27)
- And only five percent (4.9%^E) relied on well water (Figure 3.27).

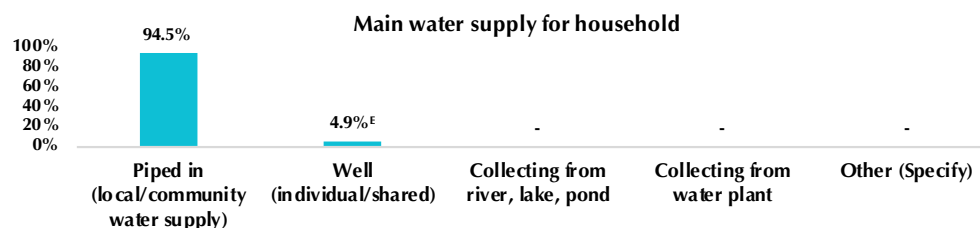


FIGURE 3.27 Proportions having piped water and well water as main water supply in households (N=765).

One in seven adults considered their water supply unsafe for drinking all year round

- A large majority (85.6%) considered their main water supply safe for drinking all year round (Figure 3.28).
- And fourteen percent (14.4%) did not (Figure 3.28).

Main water supply in home safe for drinking year round?



FIGURE 3.28 Proportions that considered their main water supply safe or not safe for drinking year-round (N=764).

Bottled and filtered water most popular alternative water sources

One in six households had no alternative sources of drinking water

- Fifty eight percent (57.8%) with unsafe drinking water used bottled water (Figure 3.29)
- And forty one percent (40.5%) used filtered tap water (Figure 3.29)
- Sixteen percent (16.3%) had no other sources of drinking water (Figure 3.29).

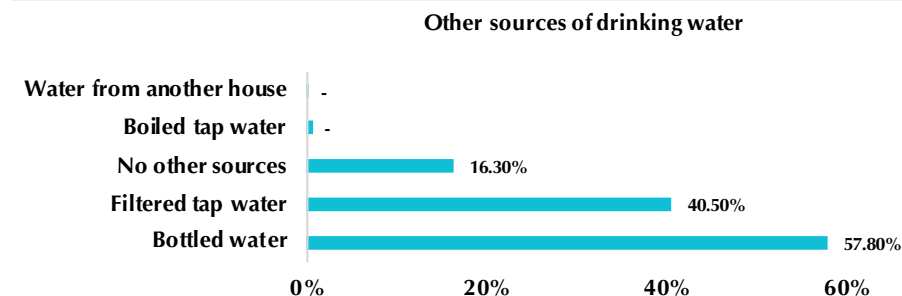


FIGURE 3.29 Proportions of other sources of drinking water (N=786).

PHYSICAL ACTIVITY

Walking was the most popular physical activity

Two in five adults were not engaging in any physical activities

- Two out of every five (42.0%) not participating in physical activities in the past three months (Figure 3.30).
- Three most popular physical activities were walking (33.9%), weights/exercise equipment (19.7%) and outdoor gardening/yard work (14.5%).
- Only three percent (3.2%) engaged in canoeing/kayaking
- Only 6.5% engaged in berry picking/food gathering
- Only 12.0% hunted and trapped (Figure 3.30)

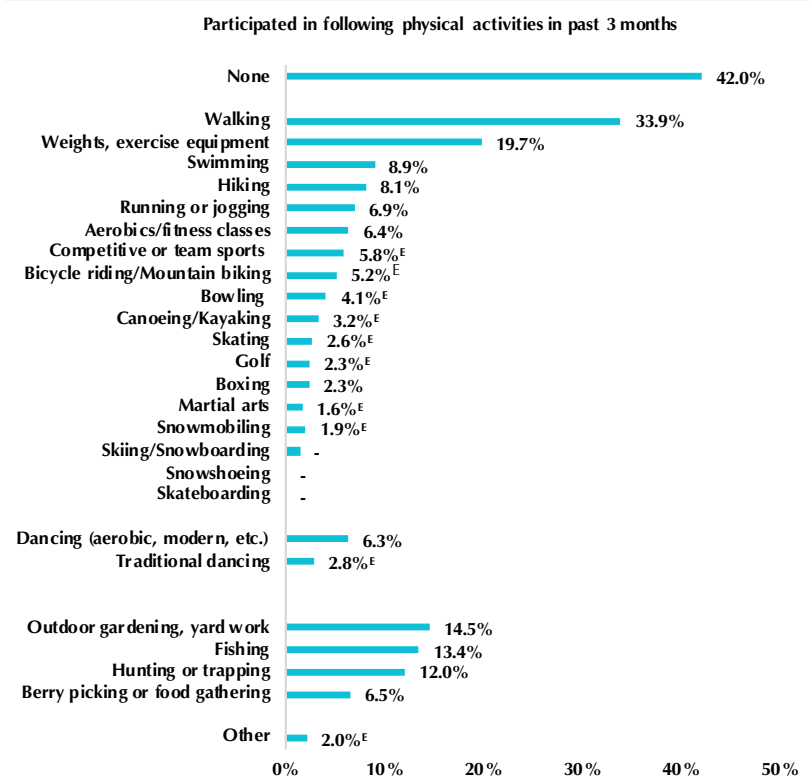


FIGURE 3.30 Proportions of activities adults participated in during the past 3 months

Of the physically active adults, three in five were active for at least 30 minutes/day

- Sixty two percent (61.6%) engaged in physical activities for at least 30 minutes/day (Table 3.11).
- The remainder (38.4%) reported 150 minutes or less per week.

TABLE 3.11 Proportions of periods adults engaged in physical activities per week (N=626).

Duration of activity	Proportions/ percentages
At least 60 minutes physical activity daily	31.9%
30-59 mins physical activity daily.	29.7%
At least 150 mins physical activity weekly (but < 30 mins/day)	11.2%
60 to 149 mins physical activity weekly	9.1%
0-59 mins physical activity weekly	18.2%

ADULT BMI CATEGORIES

BMI Categories are based on Health Canada guidelines, which suggest that individuals weighing less than 18.5kg/m² are underweight, those 18.5 to 24.9 kg/m² are normal weight, those 25 to 29.9kg/m² are overweight, and those equal to or over 30 kg/m² are obese (Health Canada, 2015).

Almost half of the adult participants are obese

- Over one in five (21.1%) of adults were underweight or normal⁷
- One-third were overweight
- Just under half (45.7%) were categorized as obese

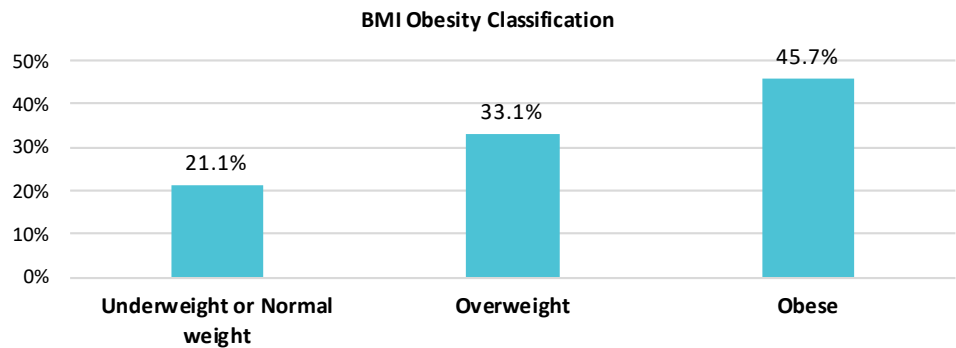


FIGURE 3.31 The proportions of adults who were categorized as underweight or normal weight, overweight or obese.

7 The proportion of adults categorized as underweight was too small to report and so was combined with those with a normal weight.

SCREEN TIME

Nearly one in four adults were spending 8hours/more per week on ‘screen time’

Screen time” is time spent watching tv, movies, videos, computers, tablets or smart phones.

- Twenty four percent (23.9%) spent eight hours/more per week ‘screen time’ (Table 3.12)
- Twenty percent (20.1%) spent six to eight hours/week
- And twenty four percent (24.1%) spent four hours or less on ‘screen time’ (Table 3.12)

TABLE 3.12 Proportions of periods of time adults spent watching TV, working at a computer, etc. per week (N=746).

Time spent on screen	Proportions/ percentages
0 to < 2hrs	4.2% ^E
2hrs to < 4hrs	19.9%
4hrs to < 6hrs	31.8%
6hrs to < 8hrs	20.1%
8hrs to < 10hrs	13.2%
10hrs to < 12hrs	4.6% ^E
12hrs or more	6.1%

SELF-MASTERY

Nearly all adults had excellent self-mastery in three aspects

- Ninety-five percent (95.4%) adults could solve their problems (Figure 3.32)
- Ninety three percent had no one push them around
- And another ninety three percent could do about anything they set their minds to (Figure 3.32)

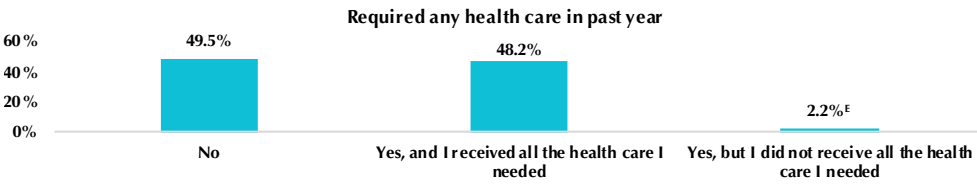


FIGURE 3.32 Proportions of adults that could solve their problems, had no one push them around or could do anything they set their minds to

- Ninety percent (89.3%) had control over things in their lives (Table 3.13)
- And eighty six percent (85.8%) had their future depend on them (Table 3.13)

TABLE 3.13 Proportions of adults who had control over things in their lives and whose future was in their hands

Degree of agreement/ disagreement	I have control over the things that happen to me (N=792)	What happens to me in the future mostly depends on me (N=788)
Strongly agree	45.1%	41.5%
Agree	44.2%	44.3%
Neither agree nor disagree	8.3%	12.0%
Disagree	-	-
Strongly disagree	-	-

Nearly one in two adults had weak self-mastery in two areas

- Fifty three percent felt helpless in dealing with life problems (Figure 3.33)
- And fifty three percent (53.4%) felt little control to change important things in their live (Figure 3.33)

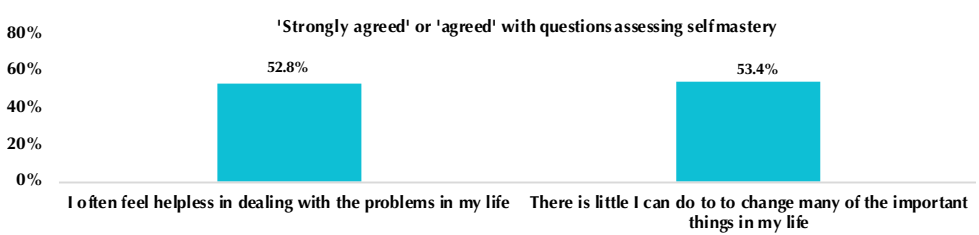


FIGURE 3.33 Proportions of adults who felt helpless in dealing with life problems and who could do little to change important things in their lives

SELF-ESTEEM

Large majorities of adults had very high self-esteem

- Ninety two percent (91.8%) liked the way they were (Figure 3.34)
- Ninety five percent (94.5%) were proud of who they were
- Ninety five percent (94.9%) had a lot of good things about them
- And ninety five percent (95.0%) did their things well (Figure 3.34)

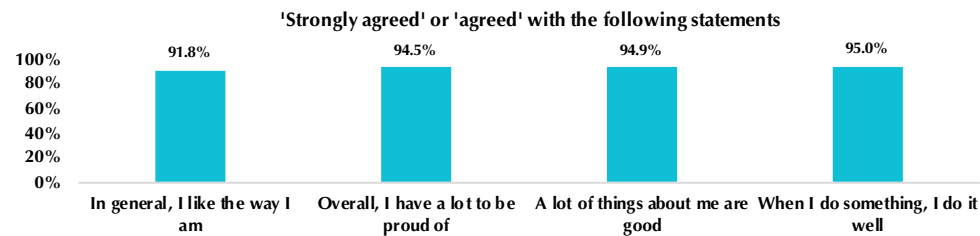


FIGURE 3.34 Proportions that liked who they were, had a lot to be proud of, had a lot of good things about them and who did their things well

Female adults had higher self-esteem than males

- Sixty three percent (63.4%) females had a lot to be proud of. Compared to fifty percent (49.8%) males (Figure 3.35)
- And sixty four percent (64.3%) females had a lot of good things about them. Compared to fifty one percent (51.4%) males (Figure 3.35)

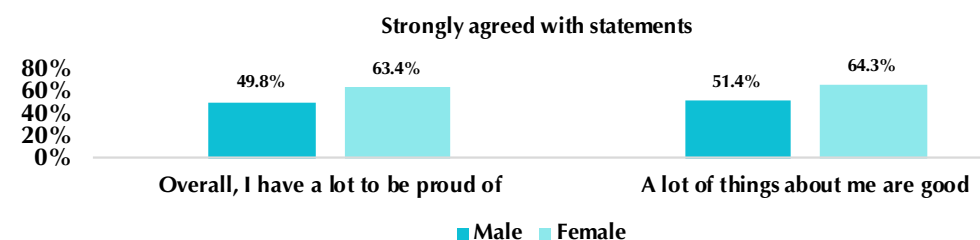


FIGURE 3.35 Proportions of males and females that had a lot to be proud of and had a lot of good things about them

USE OF FIRST NATIONS LANGUAGE AND SELF-RATED LANGUAGE ABILITIES

English language used dominantly among the Mi'kmaw

One in three Mi'kmaw adults using a First Nations language

- Sixty two percent (61.5%) used English most often in daily life (Figure 3.36)
- Insignificant proportion used both English and First Nations languages or 'Other'
- And thirty five percent (35.0%) used a First Nations language (Figure 3.36).

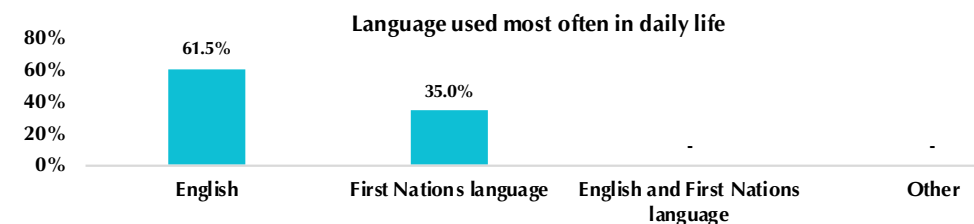


FIGURE 3.36 Proportions using English, a First Nations language, both English and First Nations language or Other in daily life (N=802).

One in ten adults had no knowledge of a First Nations language

- Ninety percent (89.1%) of adults had some knowledge of a First Nations language (Figure 3.37).
- Compared to ten percent (10.9%) who did not (Figure 3.37).

Had at least some knowledge of a First Nations language

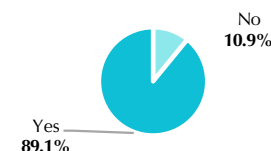


FIGURE 3.37 Proportions with at least some knowledge of a First Nations language (N=800).

Only one in ten adults were fluent in reading a First Nations language

Only one in twenty adults were fluent in writing a First Nations language

- Forty seven percent (47.2%) adults could fluently understand a First Nations language (Table 3.14)
- Forty two percent (42.4%) adults could fluently speak a First Nations language
- Only nine percent (9.3%) could read a First Nations language fluently
- And only five percent (5.1%) could write fluently (Table 3.14).

TABLE 3.14 Proportions with abilities to understand, speak, read, and write a First Nations language

Ability	Understand (N=783)	Speak (N=783)	Read (N=777)	Write (N=774)
No ability	13.4%	13.5%	38.4%	47.4%
A few words	20.0%	26.2%	37.9%	37.3%
With effort (basic)	14.4%	13.1%	10.8%	8.4%
Relatively well (intermediate)	5.0%	4.7% ^E	3.5% ^E	1.8% ^E
Fluently (fluent)	47.2%	42.4%	9.3%	5.1%

TRADITIONAL FIRST NATIONS SPIRITUALITY AND ORGANIZED RELIGION

Majority of adults were in favour of First Nations spirituality and organized religion

At least two in five adults were indifferent to First Nations spirituality and organized religion

- Fifty three percent (52.5%) agreed or strongly agreed to First Nations spirituality (Table 3.15)
- And fifty eight percent (58.0%) agreed or strongly agreed to organized religion
- Forty four percent (43.6%) neither agreed nor disagreed to traditional First Nations spirituality (Table 3.15)
- And twenty eight percent (27.6%) neither agreed nor disagreed to organized religion
- Only four percent (3.9%) disagreed or strongly disagreed to First Nations spirituality
- And only fifteen percent (14.7%) disagreed or strongly disagreed to organized religion (Table 3.15)

TABLE 3.15 Proportions of degree of agreement to traditional First Nations spirituality and/or organized religion.

Degree of agreement/ disagreement	Traditional First Na- tions Spirituality (N=784)	Organized religion (N=783)
Strongly agree	19.3%	25.5%
Agree	33.2%	32.5%
Neither agree nor disagree	43.6%	27.6%
Disagree	2.6% ^E	9.3%
Strongly Disagree	1.3% ^E	5.2% ^E

More old adults in favour of First Nations spirituality and organized religion than young adults

- Sixty percent (59.7%) ages 45 and older agreed or strongly agreed to importance of their Traditional First Nations spirituality. Compared to 48% ages 18-44 (Figure 3.38)
- And 72.5% ages 45 and older agreed/strongly agreed to importance of organized religion. Compared to 48.8% ages 18-44 (Figure 3.38)
- There were no differences by gender.

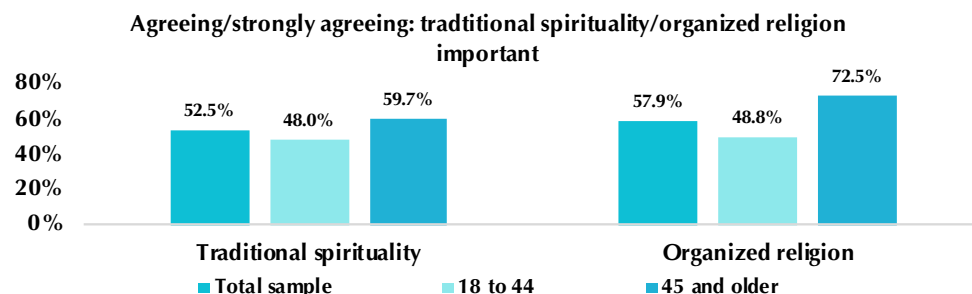


FIGURE 3.38 Proportions agreeing/strongly agreeing to the importance of their traditional First Nations spirituality and/or organized religion

PARTICIPATION IN COMMUNITY CULTURAL EVENTS AND SENSE OF BELONGING

One in six adults were not participating in cultural events at all
One in three adults participated in cultural events sometimes or always

- Only thirty percent (30.2%) participated in cultural events 'always or almost always' (Figure 3.39)
- A third (33.1%) participated sometimes
- Two in ten (20.1%) rarely participated
- And seventeen percent (16.6%) never participated (Figure 3.39)
- There were significant differences by gender or age groups.

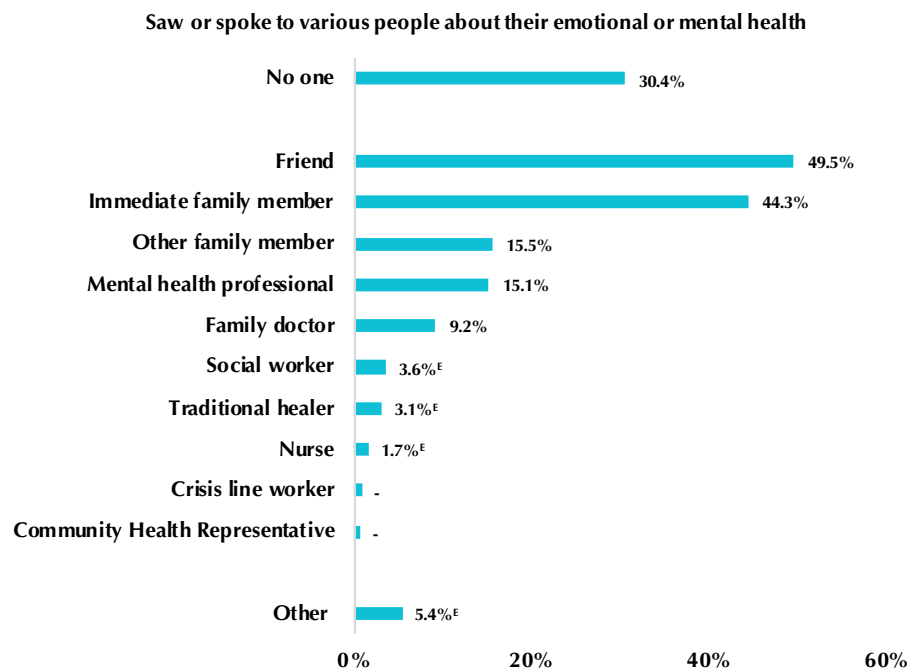


FIGURE 3.39 Proportions participating in local community cultural events 'always/almost always', 'sometimes', 'rarely' or 'never' (N=795).

One in ten adults had weak sense of belonging to local community

More than one in two adults had a good sense of belonging to local community

- Thirty four percent (33.9%) had a strong sense of belonging (Figure 3.40)
- Majority (56.1%) had 'somewhat strong sense of belonging
- Only eleven percent (11.1%) had 'somewhat weak or very weak sense of belonging (Figure 3.40)
- There were no differences by age or gender groups.

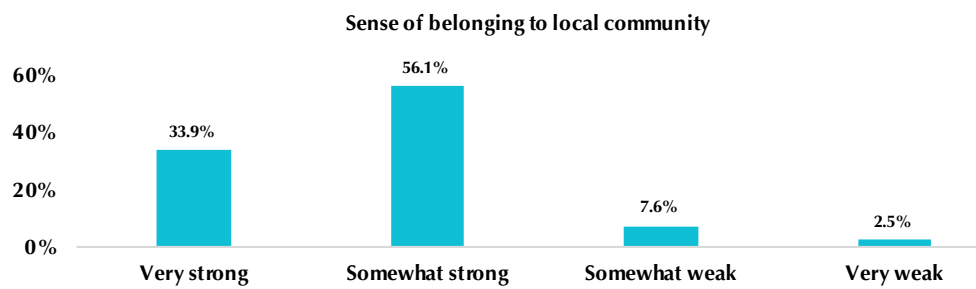


FIGURE 3.40 Proportions having a very strong, 'somewhat strong', 'somewhat weak' or very weak sense of belonging to local community (N=720).

SOCIAL SUPPORT

One in six adults needed to see/talk to someone about emotional/mental health

- Eighty three percent (82.8%) did not need to see/talk to someone about emotional/mental health on past year (Figure 3.41).
- But seventeen percent (17.2%) needed to see/talk to (Figure 3.41).
- There were no differences by age or gender groups.

Adults neededing to see/talk about emotional/mental health in past year

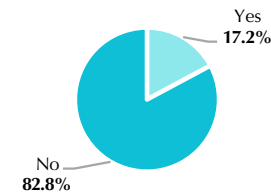


FIGURE 3.41 Proportions that needed to see/talk to anyone about their emotional or mental health in past year (N=760).

Friends and family mostly approached about emotional/mental health issues

Nearly one in three adults were not talking to anyone about emotional/mental health issues

- Half (49.5%) spoke to friends about emotional/mental health (Figure 3.42)
- Forty four percent (44.3%) spoke to immediate family members
- Sixteen percent (15.5%) spoke to other family members
- Thirty percent (30.4%) spoke to no one
- And small proportions spoke to health professionals, social workers or 'Other' (Figure 3.42).

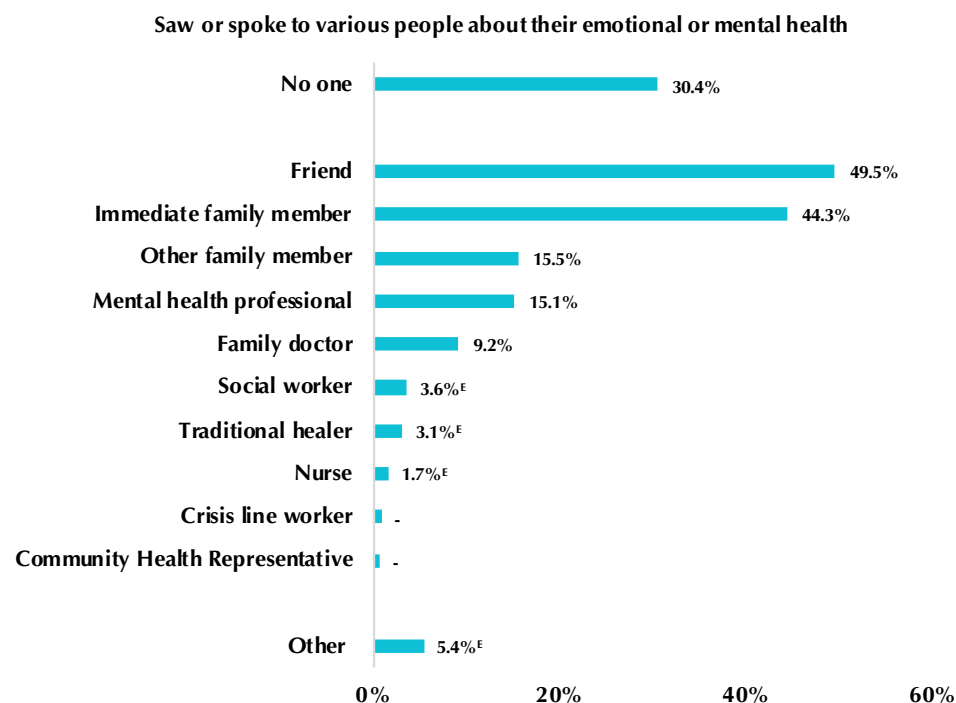


FIGURE 3.42 Proportions of people seen/spoken to about emotional/mental health (N=776).

At least eight in ten adults had someone to count on and confide in, and who showed them love

- Eighty eight percent (88.0%) had someone they counted on to listen when they needed to talk most/all of the time (Table 3.16)
- Eighty one percent (81.9%) had someone to confide in most/all of the time.
- Eighty five percent (84.7%) had someone to show them love and affection most/all of the time (Table 3.16)
- And very small proportions had no one to count on to talk to, confide in or show them love all of the time (Figure 3.12)
- Eighty five percent (84.7%) ages 45 and older had someone to talk to when they needed to most/all of the time. Compared to 90% ages 18-44.

TABLE 3.16 Proportions of periods adults had someone to count on to talk to, confide in and show them love.

Period	Someone you can count on to listen to you talk when you need to talk (N=781)	Someone to confide in or talk about yourself or your problems (N=783)	Someone who shows you love and affection (N=787)
All of the time	64.9%	47.0%	56.6%
Most of the time	23.1%	34.9%	28.1%
Some of the time	9.5%	15.5%	12.7%
Almost none of the time	1.6% ^E	-	-
None of the time	-	1.8% ^E	1.8% ^E

Eight in ten adults had someone to have fun with

Eighty two percent (81.6%) had someone to have a good time most/all of the time (Table 3.17)

- Eighty one percent (81.1%) had and someone to do something enjoyable with most/all of the time (Table 3.17).
- And small proportions had someone to do enjoyable things with for 'almost none' and none of the times (Table 3.17)

TABLE 3.17 Proportions of periods when adults had someone to something enjoyable or have a good time with.

Period	Someone to do something enjoyable with (N=784)	Someone to have a good time with (N=787)
All of the time	48.2%	54.7%
Most of the time	32.9%	26.9%
Some of the time	16.5%	15.4%
Almost none of the time	-	1.9% ^E
None of the time	-	1.1% ^E

A few adults had no one to take them to the doctor or give them a break from daily routines

A majority of adults had someone to count on for help, take them to the doctor and give them a break from daily routines

- Seventy seven percent (76.7%) had help they could count on for most/all of the time (Table 3.18)
- Sixty five percent (65.0%) had someone to take them to the doctor for most/all of the time
- And seventy three percent (72.6%) had someone to give them a break from daily routines for most/all of the time (Table 3.18)
- Six percent (5.7%) did not have someone to take them to the doctor. And four percent (3.7%^E) did not have someone to give them a break from daily routines (Table 3.18)

TABLE 3.18 Proportions of periods when adults had someone to count on for help, take them to the doctor or give them a break from daily routines.

Period	Someone you can count on when you need help (N=784)	Someone to take you to the doctor if you needed it (N=784)	Someone who can give you a break from your daily routines (N=781)
All of the time	47.1%	42.6%	44.2%
Most of the time	29.6%	22.4%	28.4%
Some of the time	20.5%	20.3%	19.3%
Almost none of the time	-	9.0%	4.5% ^E
None of the time	-	5.7%	3.7% ^E

A Majority of adults felt loved or were not lonely

- About ninety percent (88.6%) of adults felt loved a lot or quite a bit (Table 3.19).
- And only three percent (2.7%^E) did not feel loved at all.
- Eighty three percent (82.9%) adults did not feel lonely at all or felt lonely only a little bit.
- And three percent (2.6%) felt lonely a lot (Table 3.19).

TABLE 3.19 Proportions of degree of feeling loved or lonely among adults.

Degree of feeling	Felt loved (N=732)	Felt lonely (N=732)
Not at all	2.7% ^E	32.8%
A little	3.3% ^E	50.1%
Moderately	5.5%	10.3%
Quite a bit	21.5%	4.2% ^E
A lot	67.1%	2.6% ^E

SEXUAL ACTIVITY

Eight in ten adults were currently sexually active

- A very large majority of adults (97.0%) had sexual intercourse at some point in their lifetime (Figure 3.43)
- And of these, eighty two percent (82.0%) had sex in the past year (Figure 3.43).

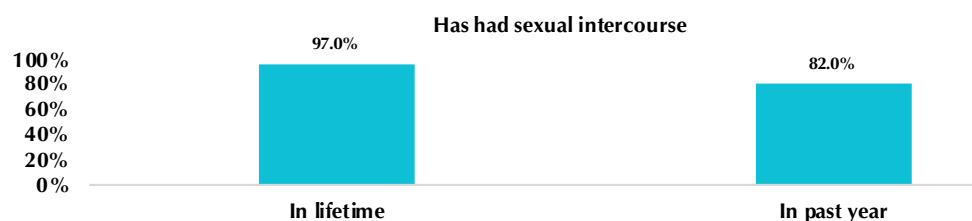


FIGURE 3.43 Proportions that had sexual intercourse at some point in their lifetime (N=740) and in the past year (N=740).

Young adults were having most of the sex

- Ninety two percent (92.3%) ages 18 and 44 had sexual intercourse in the past year (Figure 3.44)
- Compared to sixty-five percent (64.8%) ages 45 and older (Figure 3.44).

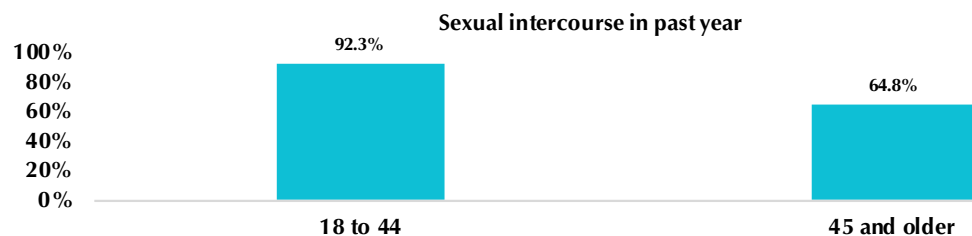


FIGURE 3.44 Proportions of ages 18 to 44 and 45 and older that had sexual intercourse in the past year (N=740).

Eight in ten adults had only one sexual partner

One in six adults had two or more sexual partners

- Eighty three percent (82.7%) had one sexual partner in the past year (Figure 3.45)
- And seventeen percent (17.1%) had two or more partners (Figure 3.45).

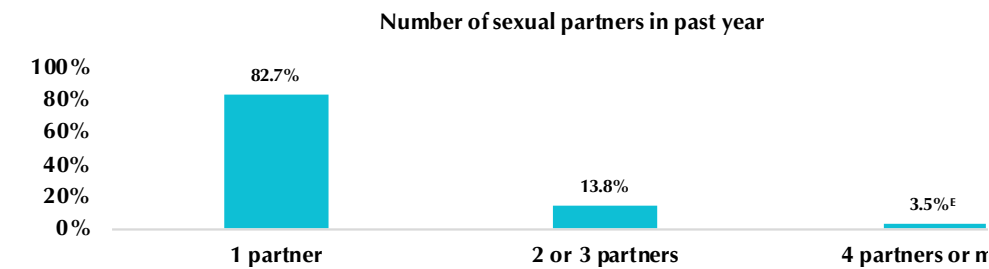


FIGURE 3.45 Proportions having 1, 2, 3, 4 or more sexual partners (n=427).

Condoms were the most popular protective method during sex

One in four adults were not using any form of protection during sex

- Above one-quarter (26.4%) did not use any form of birth control/protective methods (Figure 3.46).
- Condoms, the most common contraceptive method used by adults (32.8%)
- Birth control pills, the second most used birth control method (17.8%).
- And Depo Provera, the least favoured method (5.3%) (Figure 3.46).

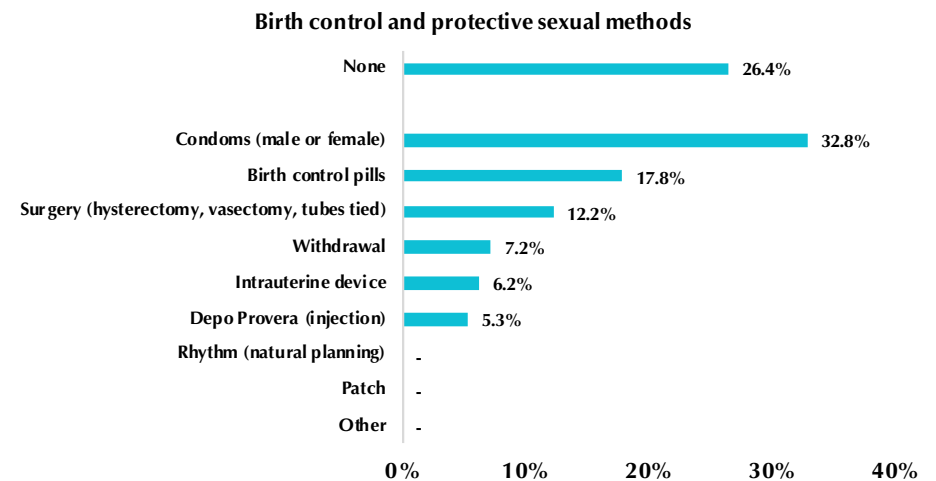


FIGURE 3.46 Proportions of birth control or protective methods used among adults having sex (n=437).

One in three adults never used condoms

Nearly three in five adults were using condoms most of the time and always

- Of adults using protective methods during sex in the past year, about one-third (29.0%) used condoms always (Figure 3.47)
- Twenty eight percent (27.7%) used condoms most of the time
- Fourteen percent (13.9%) used condoms occasionally
- And 29.4% never used condoms (Figure 3.47).

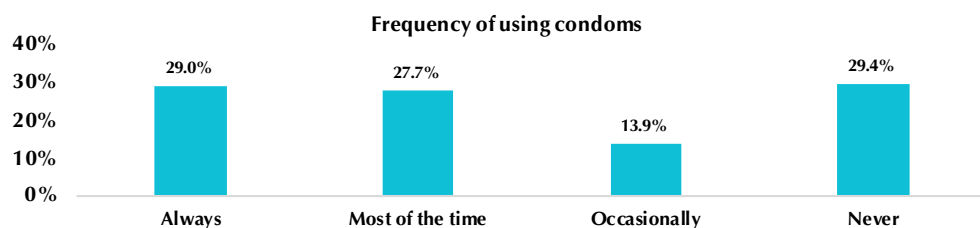


FIGURE 3.47 Proportions of adults using condoms ‘always’, ‘most of the time’, ‘occasionally’, or ‘never’ (n=282).

Birth control, the main reason for using protective methods

- Fifty two percent (51.6%) used protective methods for birth control/avoid pregnancy (Figure 3.48)
- Only seventeen percent (16.8%) used for protection against STIs
- And thirty percent (30.3%) used for both birth control and protection against STIs (Figure 3.48).

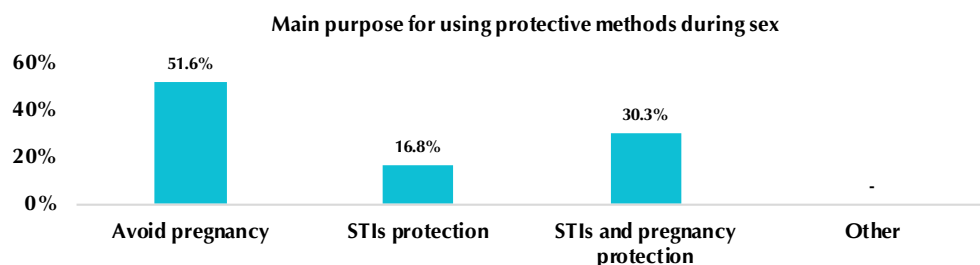


FIGURE 3.48 Proportions using protective methods for ‘birth control’, for ‘protection from sexually transmitted infections’, for ‘both’ or ‘Other’ (n=238).

SUBSTANCE USE

Three in five adults consumed alcoholic beverages

- Just over one-half (57.0%) had an alcoholic beverage in the past year (Figure 3.49). Compared to sixty seven percent (66.5%) in 2008-10 RHS
- And forty three percent (43.0%) did not take any alcohol in past (Figure 3.49)
- Sixty five percent (64.7%) ages 18 to 44 had an alcoholic drink in the past year. Compared to 44.5% ages 45 and older.
- There were no significant differences by gender.

Had an alcoholic beverage in past year

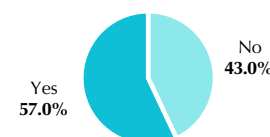


FIGURE 3.49 Proportions having an alcoholic beverage in the past year (N=789).

Frequency of drinking alcohol low among Mi'kmaw adults

- Seven percent (7.1%^E) had alcohol daily (Figure 3.50)
- Three percent (2.7%) had alcohol two to three times/week
- And seventy three percent (73.5%) had two to three times/month or less (Figure 3.50).
- There were no significant differences by age or gender groups

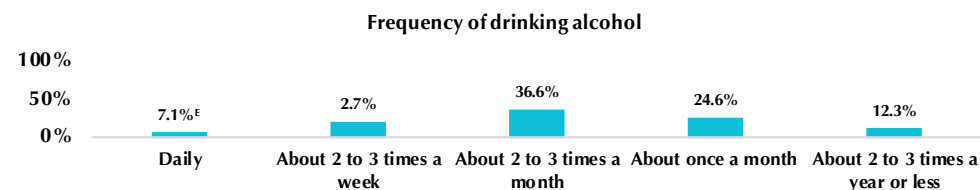


FIGURE 3.50 Proportions having alcohol ‘daily’, ‘about 2 to 3 times a week’, ‘about 2 to 3 times a month’, or ‘about 2 to 3 times a year or less’ in the past year (n=386).

Two in five adults binged at least once/month

- Males binge on alcohol when they have five or more alcoholic drinks on one occasion.
- Females binge on alcohol by having at least four alcoholic beverages on one occasion.
- Forty one percent (41.1%) adults binged at least once/month (Table 3.20)
- Twenty eight percent (28.3%) binged at least once/week
- Only three percent (3.1%) binged every day
- And nine percent (9.4%) never binged (Table 3.20)
- There were no significant differences by age or gender groups.

TABLE 3.20 Proportions of when adults binged on alcoholic drinks in the past year (n=43).

How often consumed alcohol	Proportions/percentages
Never	9.4%
Less than once a month	18.1%
Once per month	12.2%
Two to three times per month	28.9%
Once per week	12.5%
More than once per week	15.8%
Every day	3.1%

One in ten sought treatment for alcohol addiction/abuse

- Nine out of ten (91.0%) did not seek treatment for alcohol abuse/addiction in the past year (Figure 3.51).
- Only 9.0%^E sought treatment for alcohol abuse/addiction in past year (Figure 3.51).
- There were no significant differences by age or gender groups.

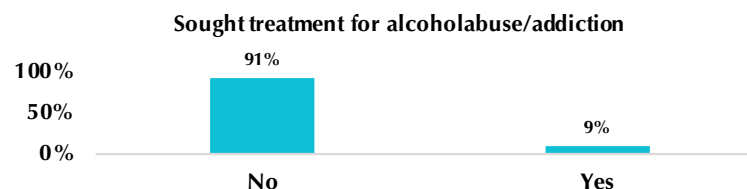


FIGURE 3.51 Proportions seeking treatment for alcohol abuse/addiction in the past year among those drinking alcohol (n=378).

Majority of adults not using cannabis

One in three adults used cannabis almost daily/daily and weekly

- About sixty percent (58.8%) never used cannabis (Table 3.21). Compared to sixty six percent (65.8%) in 2008-10RHS.
- Twenty eight percent (27.7%) used cannabis daily.
- And smaller proportions used weekly/monthly (Table 3.21)

TABLE 3.21 Proportions of how many times adults used marijuana/cannabis in the past year (N=782).

Cannabis use in past year	Proportions/percentages
Never	58.8%
Once or twice	8.2%
Monthly	1.7% ^E
Weekly	3.7% ^E
Daily or almost daily	27.7%

More young adults using cannabis than old adults

- About one-half (49.9%) ages 18 and 44 never used cannabis in the past year (Figure 3.52).
- Compared to seventy-three percent (72.7%) ages 45 and older who never used in past year (Figure 3.52).
- Sixty nine percent (68.7%) females used cannabis in past year.
- Compared to forty eight percent (48.3%) males who never used in past year

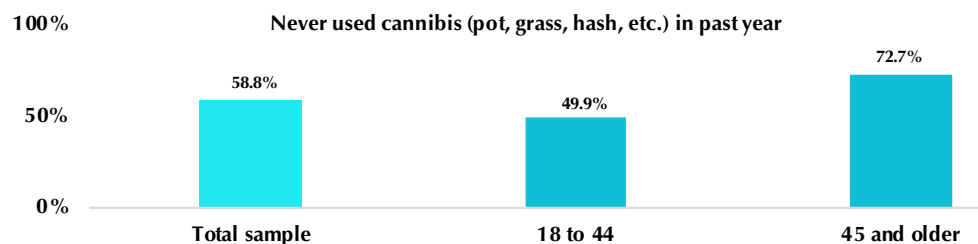


FIGURE 3.52 Proportions never using marijuana/cannabis in past year in the total sample and among age groups (N=782).

One in four adults were using cannabis for medical purposes

More old adults than young adults using cannabis for medical reasons

- About one-quarter (24.2%) of adults used cannabis for medical purposes in past year (Figure 3.53).
- Forty percent (39.0%) ages 45 and older used cannabis for medical purposes in past year. Compared to twenty percent (18.9%) ages 18-44.
- Thirty percent (29.8%) males used cannabis for medical reasons. Compared to fifteen percent (15.4%) females.
- But differences not significant.

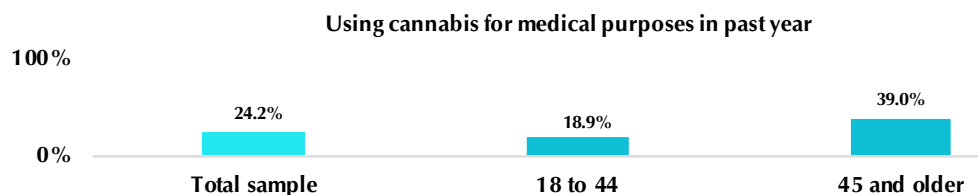


FIGURE 3.53 Proportions using marijuana/cannabis for medical purposes in the total sample and age groups (n=276).

Psychoactive drugs hardly used by adults

- Large majorities never tried psychoactive drugs (Table 3.22)
- Similar to 2008-10 RHS.

TABLE 3.22 Proportions of adults never trying specific psychoactive drugs in the past year in the total sample and age groups.

Psychoactive drugs	Proportion/percentages		
	Total sample	18 to 44	45 and older
Heroin	99.0%	98.6%	99.8%
Methamphetamine or crystal meth	98.3%	97.2%	99.9%
Salvia	98.1%	97.2%	99.5%
Hallucinogens	97.9%	97.0%	99.3%*
Ecstasy	97.9%	98.4%	100.0%*
Inhalants	96.9%	95.5%	99.1%
Amphetamines	96.7%	95.1%	99.3%*
Cocaine	93.9%	91.1%	98.3%*
Other	98.9%	99.7%	-

Large majorities of adults were not using prescription drugs

- Ninety-six percent (95.7%) of adults never used prescription stimulants in the past year (Table 3.23).
- Eighty two percent (81.8%) never used prescription sedatives in past year.
- And seventy six percent (75.7%) never used prescription pain relievers with opioids in past year.
- More adults ages 18 to 44 never used prescription drugs than ages 45 and older (Table 3.23).
- There were no differences by gender

TABLE 3.23 Proportions that never used prescription stimulants, sedatives and pain relievers with opioids in past year in the total sample and age groups.

Type of prescription drug	Proportion/percentage		
	Total sample	18 to 44	45 and older
Prescription stimulants	95.7%	94.1%	98.2%
Prescription sedatives	81.8%	80.8%	83.3%
Prescription pain relievers with opioids	75.7%	75.8%	75.5%

Prescription pain relievers with opioids most popular among drug users

- Twenty four percent (24.3%) used prescription relievers with opioids in past year (Figure 3.54)
- Eighteen percent used prescription sedatives
- Cocaine is the third most popular drug for users (6.1%)
- And crystal meth is the least popular drug (Figure 3.54)
- Insignificant proportions used amphetamines, inhalants, hallucinogens, ecstasy, saliva and crystal meth in past year (Figure 3.54)

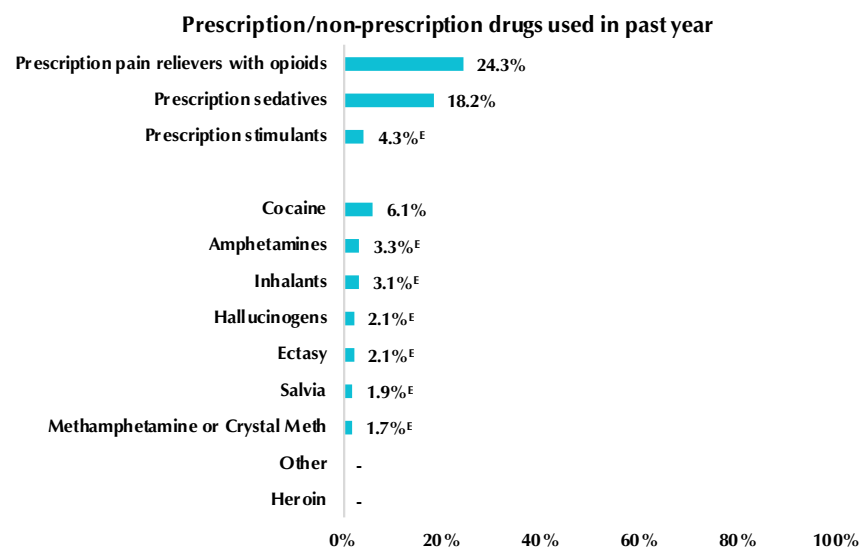


FIGURE 3.54 Proportions of cocaine, ecstasy, amphetamines, methamphetamines or crystal meth, hallucinogens, inhalants, salvia, heroin, pain relievers with opioids, stimulants, sedatives used in past year.

Prescribed drugs mostly abused

- About one-half (48.7%) adults using prescription drugs used only prescribed drugs (Figure 3.55)
- Compared to one-fifth (21.0%) that used non-prescribed.
- And the remainder (30.3%) used both, some prescribed drugs and some not (Figure 3.55).
- Sixty one percent (61.4%) females used prescribed prescription drugs. Compared to thirty six percent (36.2%) males

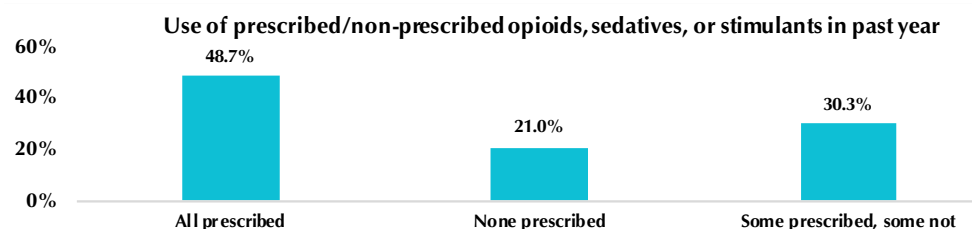


FIGURE 3.55 Proportions of adults using prescription drugs that were prescribed, not prescribed and some prescribed and some not (n=227).

Nearly one in three adults were taking prescription drugs for longer than prescribed

- Thirty percent (29.8%) used prescription pain relievers with opioids, stimulants, and/or sedatives for longer than prescribed, among those using prescription drugs in the past year (Figure 3.56)
- Of these, 38.1% were males.
- And 21.6% females (Figure 3.56).
- Forty one percent (40.9%) ages 18-44 used prescription drugs for longer than prescribed.
- Compared to eighteen percent (17.9%) ages 45 and older.

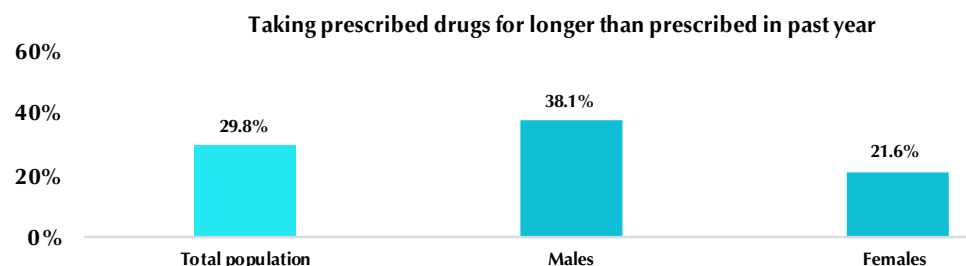


FIGURE 3.56 Proportions using prescription opioids, sedatives, or stimulants for longer than prescribed in the past year, in the total population and among males and females (n=186).

One in 11 sought and completed treatment for addictions/substance abuse

More young adults sought and completed treatment for addictions, compared to old adults

- A large majority (86.5%) did not seek treatment for substance abuse in past year (Figure 3.57)
- Only nine percent (8.6%) sought and completed treatment in the past year
- Eighty two percent (82.2%) age 18-44 did not seek treatment in past year. Compared to ninety six percent (95.6%) ages 45 and older.
- Twelve percent (12.0%) ages 18-44 sought and completed treatment in past year. Compared to nine percent (1.5%) ages 45 and older.
- Insignificant proportions sought treatment but could not find any.
- Very small proportions sought but did not complete treatment (Figure 3.57)
- There were no significant differences by gender.

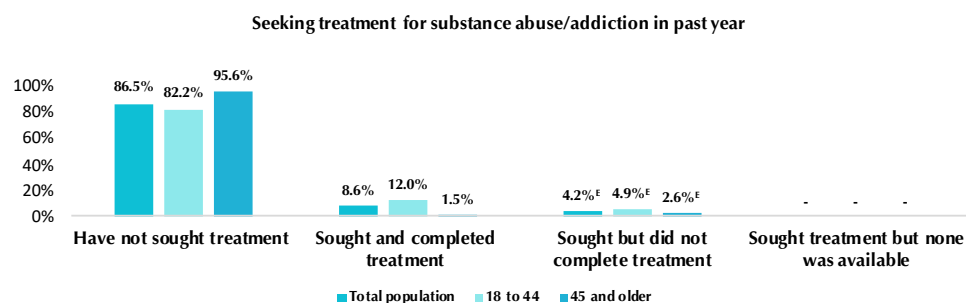


FIGURE 3.57 Proportions seeking treatment, in the past year, for substance abuse/addiction among prescription and non-prescription drugs' users in the total population and among age groups.

CIGARETTES

One in two adults were not smoking cigarettes

One in two adults were smoking cigarettes occasionally and daily

- Half (51.6%) the adults were not smoking cigarettes at the time of survey (Figure 3.58)
- Forty four percent (43.9%) smoked daily.
- And the remaining five percent (4.5%^E) smoked occasionally (Figure 3.58).

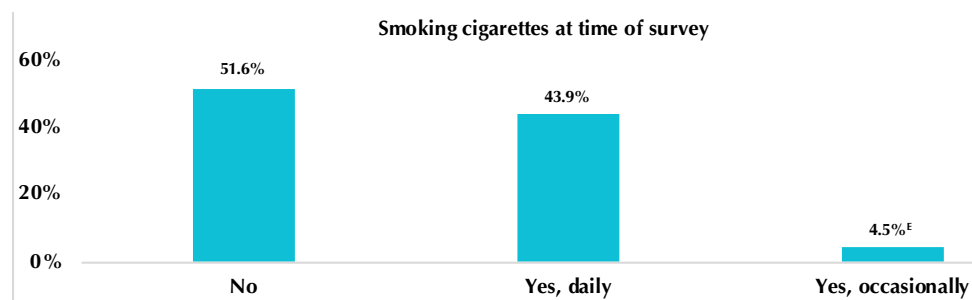


FIGURE 3.58 Proportions of adults not smoking cigarettes, smoking cigarettes 'daily', smoking cigarettes 'occasionally' (N=800).

Females smoked more than males

Old adults smoked more than young adults

Seven in ten Mi'kmaw adults had never smoked cigarettes

- Seventy two percent (71.9%) of current non-smokers never smoked in the past (Figure 3.59)
- About one-fifth (19.1%) smoked daily
- And about one-tenth (9.0%^E) smoked occasionally (Figure 3.59).
- Seventy eight percent (77.8%) ages 18 to 44 never smoked before. Compared to sixty three percent (62.8%) ages 45 and older (Figure 3.59)
- About one-third (28.2%) ages 45 and older used to smoke daily. Compared to thirteen percent (13.2%) ages 18-44
- Eighty percent (80.8%) males never smoked in the past. Compared to sixty four percent (64.0%) females (Figure 3.59)

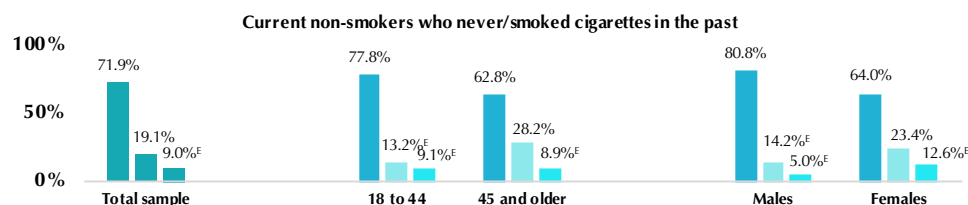


FIGURE 3.59 Proportions that never smoked, used to smoke daily, or used to smoke occasionally, in the total sample, among age groups (18-44, 45+) and gender (n=437).

Nearly eight in ten smokers smoked 10 or more cigarettes/day

- 52.7% smoked 10-19 cigarettes/day (Figure 3.60).
- 24.8% 20 or more cigarettes/day
- And 22.5% one-nine/day (Figure 3.60)

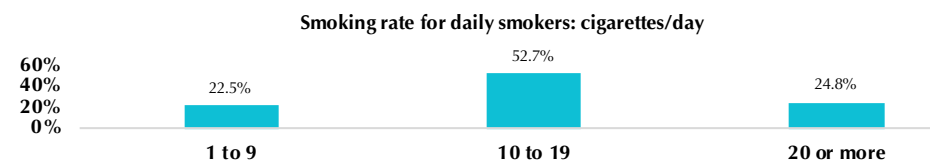


FIGURE 3.60 Proportions smoking 9 or less cigarettes/day, 10 to 19 cigarettes/day and 20/more cigarettes/day (N=239).

One in five adults were exposed to second-hand smoke in homes

One in two were exposed to second-hand smoke in private vehicles

- One-fifth (21.7%) of adults were exposed to second-hand smoke in their homes, daily (Figure 3.61).
- And just above fifty percent (52.8%) were exposed in a private vehicle, daily (Figure 3.61)

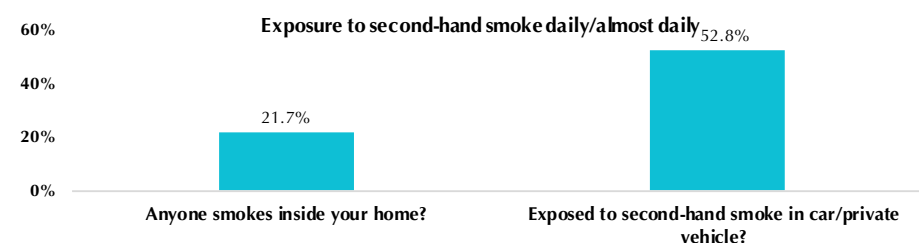


FIGURE 3.61 Proportions exposed daily to second-hand smoke in their homes (N=794) and/or private vehicle (N=790).

GAMBLING

Gambling includes betting/spending money on bingo, card games, lottery tickets, Video Lottery Terminals (VLT), casino, sports games and internet gambling.

More than one in two adults gambling

- Over half (57.6%) gambled in past year (Figure 3.62).
- And 66.3% ages 45 and older gambled in past year. Compared to 52.2%, ages 18 to 44.
- There were no differences by gender.

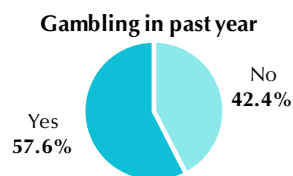


FIGURE 3.62 Proportions gambling or not gambling in the past year (N=782).

One in three gamblers borrowed to gamble

One in four gamblers bet money they could not afford to lose

- A third (33.0%) of gamblers borrowed to gamble in past year (Figure 3.63)
- A quarter (25.8%) bet more than they could afford to lose
- Fourteen percent (13.9%) had financial problems due to gambling (Figure 3.63).
- Sixty six percent women (65.5%) borrowed to gamble. Compared to thirty four percent men (34.4%).
- No significant differences by gender or age groups.

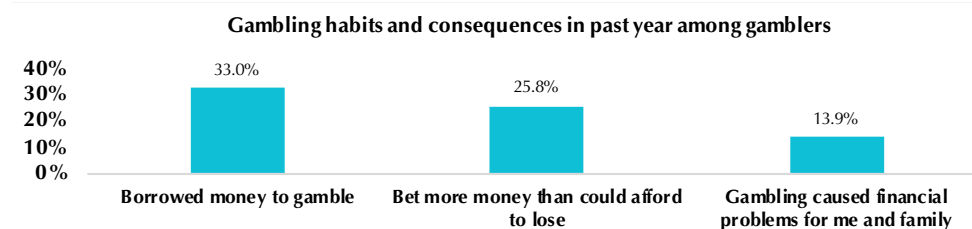


FIGURE 3.63 Proportions borrowing money to gamble, betting more money than could afford losing and having financial problems for self and family due to gambling.

INCARCERATED OR CHARGED WITH CRIMINAL OFFENCE

One in six adults had been incarcerated

More males than females had been incarcerated

- Seventeen percent (16.8%) of adults had been incarcerated or detained in lifetime (Figure 3.64)
- Of these, twenty-seven percent (27.0%) were males. Compared to eight percent (7.5%^E) females (Figure 3.64).

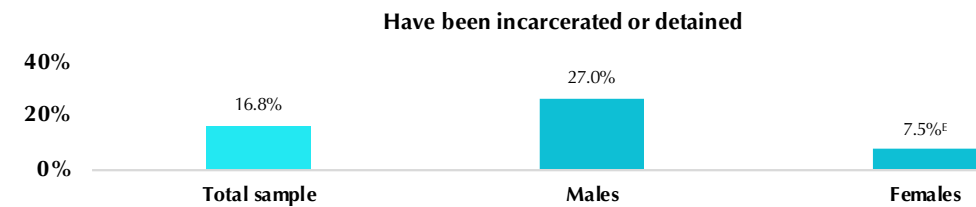


FIGURE 3.64 Proportions that had been incarcerated or detained in the total sample and among gender (N=671).

One in six adults had been charged with a criminal offence before

More males than females had been charged with criminal offences

- Sixteen percent adults (15.8%) were charged with a criminal offence in lifetime (Figure 3.65)
- Of these, 25.3% were males. Compared to 7.4%^E females (Figure 3.65).

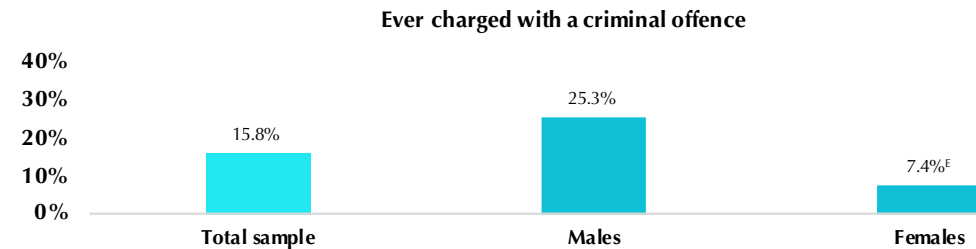


FIGURE 3.65 Proportions ever charged with criminal offences in the total sample and by gender (N=677).

FEELINGS OF STRESS

Seven in ten adults were a bit and extremely stressed

- Twenty eight percent (28.4%) adults had most days quite a bit stressful/ extremely stressful (Figure 3.66)
- Two in five (42.1%) had most days a bit stressful
- And twenty eight percent (28.4%) had most days not stressful at all or not very stressful (Figure 3.66).
- There were no differences by age cohort or by gender.

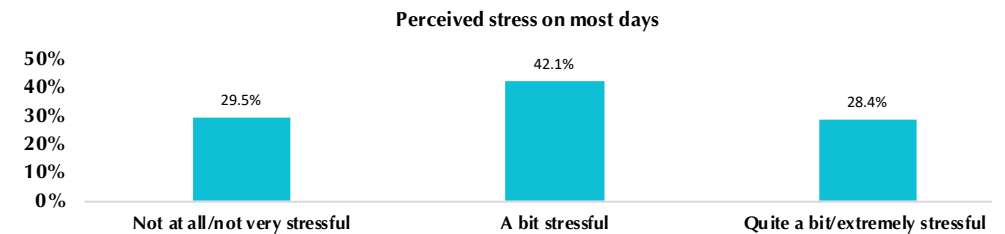


FIGURE 3.66 Proportions of adults with most days 'not at all stressful'/not very stressful', 'a bit stressful' and 'quite a bit stressful', /extremely stressful'.

EXPERIENCES OF AGGRESSION, CYBER-BULLYING, AND RACISM

Chronic bullying can have lifelong negative repercussions for victims and perpetrators⁸.

Physical aggression increasing among adults

Old adults experiencing more physical and verbal aggression than young adults

- Twenty eight percent (28.0%) experienced physical aggression sometimes/often in past year. Compared to nineteen percent (19.2%) in 2008-10 RHS (Table 3.24).
- Thirty two percent (31.7%) adults experienced verbal aggression sometimes/often in past year. Compared to a third (33.4%) in 2008-10 RHS (Table 3.24).
- Seventy two percent (72.1%) rarely or never experienced physical aggression in past year. Compared to eighty one percent (80.8%) in 2008-10 (Table 3.24).
- Sixty eight percent (68.3%) rarely or never experienced verbal aggression in past year. Compared to sixty seven percent (66.6%) in 2008-10 RHS (Table 3.24)
- Fifty three percent (52.7%) ages 18 to 44 never experienced any physical aggression. Compared to sixty six percent (66.2%) ages 45 and older
- Forty two percent (42.3%) ages 18-44 experienced verbal aggression in past year. Compared to fifty six percent (56.1%) ages 45 and older.

TABLE 3.24 Proportions of frequencies of experiencing physical and/or verbal aggression in the past year.

Frequency	Physical aggression		Verbal aggression	
	2008-10	2015-16	2008-10	2015-16
Yes, often	5.0%	11.3%	9.1%	13.0%
Yes, sometimes	14.2%	16.7%	24.3%	18.7%
Yes, rarely	18.6%	14.1%	21.6%	20.6%
No, never	62.2%	58.0%	45.0%	47.7%

Cyberbullying is increasingly prevalent among youth and adults and has become a worldwide phenomenon with increasing use of social media.⁹

Young adults experienced most of the cyber-bullying

About one in thirteen adults experienced cyber-bullying

- Eight percent (7.6%) adults experienced cyber-bullying in the past year (Figure 3.67)
- Eleven percent (10.6%) ages 18 to 44 experienced cyber-bullying in past year. Compared to an insignificant proportion ages 45 and older (Figure 3.67).
- Eleven percent (11.3%) females experienced cyber-bullying in past year. Compared to four percent (3.6%) males.

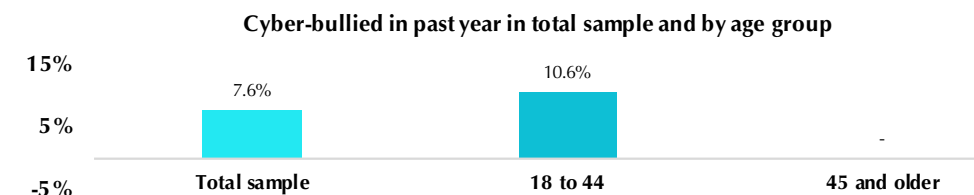


FIGURE 3.67 Proportions bullied and/cyber-bullied in the past year in the total sample and age groups (N=769).

Most of the bullied adults were not seeking help

Over ninety percent (93.4%) of the bullied adults did not seek any help

- Ninety eight percent bullied males (97.4%) did not seek help. Compared to ninety percent (89.7%) bullied females who did not.
- Three in 20 adults had experienced racism
- Fifteen percent (14.9%) adults experienced racism in the past year (Figure 3.68). Compared to thirty one percent (31.2%) in 2008-10 RHS. And thirty nine percent (39.3%) in 2002-03 RHS
- And eighty five percent (85.1%) did not (Figure 3.68).
- There were no significant differences in perceiving racism among gender or age groups.

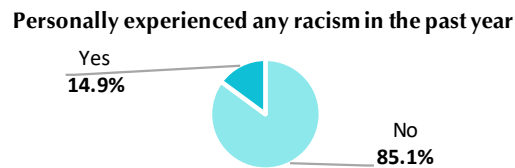


FIGURE 3.68 Proportions that personally experienced instances of racism in the past year (N=768).

Racism affecting self-esteem of three in five adults

- Two-fifths (41.7%) had their self-esteem not affected by racism (Figure 3.69)
- And a majority (58.4%) had their self-esteem affected somehow (Figure 3.69).

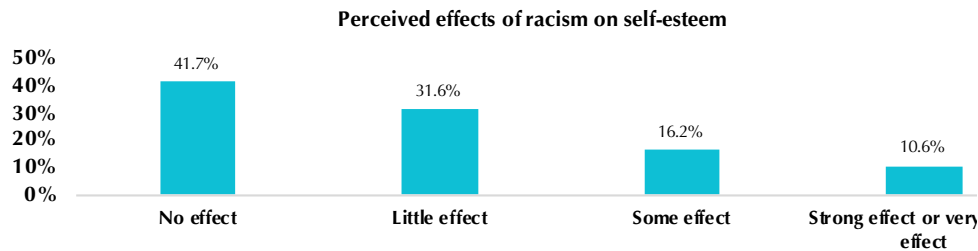


FIGURE 3.69 Proportions whose self-esteem was not affected, a little affected, affected some and strongly affected by racism in past year

PERSONAL AND FAMILIAL ATTENDANCE AT INDIAN RESIDENTIAL SCHOOL

One in 25 adults were actual survivors of the Indian Residential schools

One in five adults had a parent or grandparent who had attended an Indian Residential school

- Fifty five percent (55.0%) had a parent or grandparent who attended an Indian Residential School (Figure 3.70).
- And four (3.8%) percent were actual survivors of the Indian residential schools (Figure 3.70).

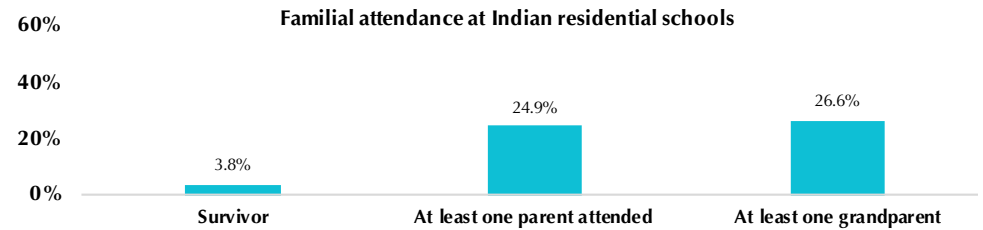


FIGURE 3.70 Proportions who attended (survivors: N=975), who had at least one parent attend (N=931), and/or a grandparent attend Indian residential schools (N=893).

SECTION 4 Community Health and Wellness

COMMUNITY STRENGTHS

Use of a First Nations language, community health programs and First Nature culture were the top three community strengths

- Thirty nine percent (38.9%) identified use of a First Nation language as a community strength (Figure 4.1)
- Thirty eight percent (37.8%) identified community health programs
- And thirty six percent (35.6%) identified awareness of First Nations culture (Figure 4.1). Compared to 28% in 2008-10 RHS

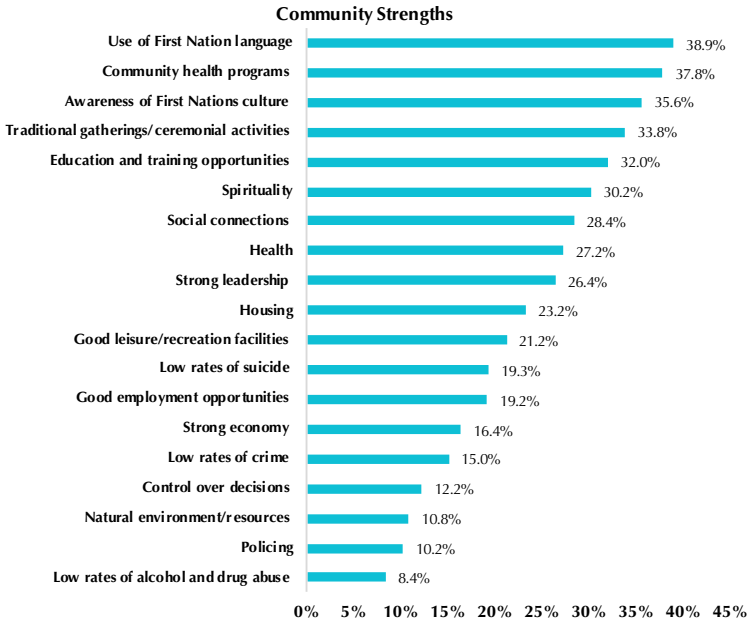


FIGURE 4.1 Proportions of community strengths identified by adults.

- Thirty four percent (33.8%) identified traditional ceremonial activities as a community strength (Figure 4.1). Compared to forty-six percent (45.5%) in 2008-10 RHS
- Twenty eight percent (28.4%) identified social connections as a community strength (Figure 4.1). Compared to forty-seven percent (46.8%) in 2008-10 RHS.

COMMUNITY CHALLENGES

Alcohol and drug abuse, housing and low employment most identified community challenges

- 79.0% identified alcohol and drug abuse as a community challenge (Figure 4.2). Compared to 90.1% in 2008-10 RHS
- 42.4% identified housing issues (Figure 4.2). Compared 59.4% in 2008-10 RHS.
- And 40.5% identified low employment/number of jobs (Figure 4.2). Compared to 67.2% in 2008-10 RHS

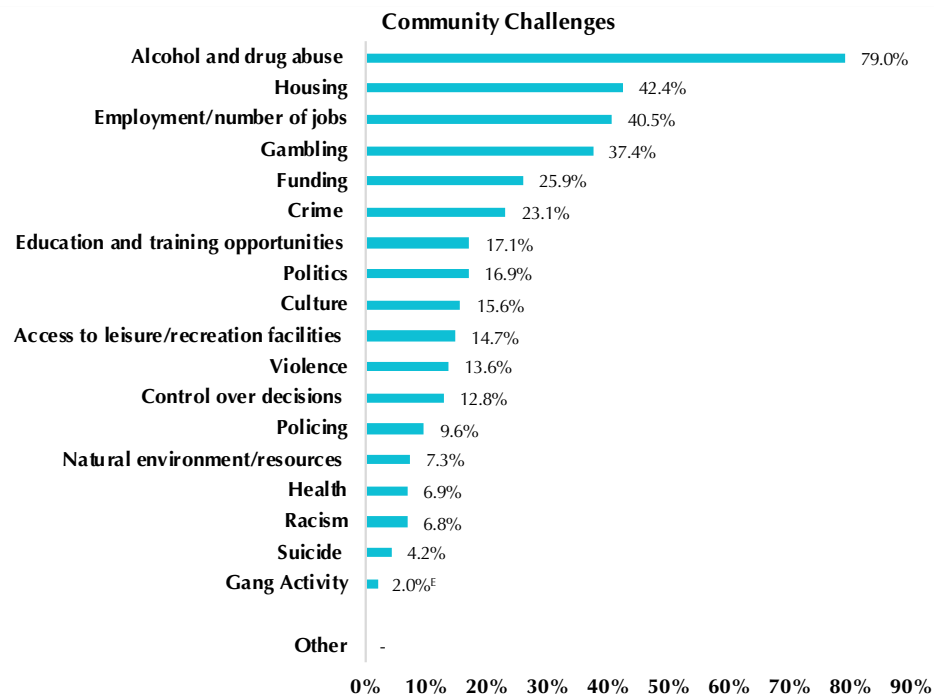


FIGURE 4.2 Proportions of community challenges identified by adults.

COMMUNITY PROGRESS

Access to leisure/recreational facilities, health and culture have made the most progress

- Seventy seven percent (77.4%) identified progress in access to leisure/recreational facilities (Figure 4.3)
- Seventy three percent (73.3%) identified health. Compared to forty five percent (44.8%) in 2008/10 RHS
- And seventy two percent (71.6%) identified culture (Figure 4.3). Compared to fifty percent (49.8%) in 2008/10 RHS.
- Sixty nine percent (69.2%) identified progress in education/training opportunities (Figure 4.3). Compared to fifty five percent (54.8%) in 2008-10 RHS
- Sixty four percent (63.7%) identified natural environment/resources (Figure 4.3). Compared to twenty nine percent (28.7%) in 2008-10 RHS
- Sixty percent (59.9%) identified control over decisions (Figure 4.3). Compared to a quarter (24.5%) in 2008-10 RHS.
- Fifty eight percent (57.4%) identified employment and jobs (Figure 4.3). Compared to twenty one percent (21.2%) in 2008-10 RHS
- Fifty one percent (50.8%) identified progress in funding (Figure 4.3). Compared to Twenty five percent (25.2%) in 2008-10 RHS

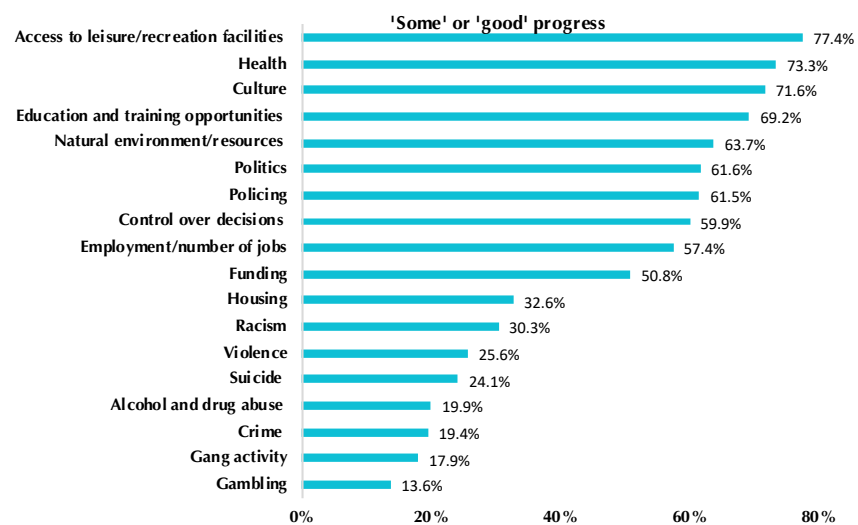


FIGURE 4.3 Proportions of community issues where 'some' or 'good' progress had been made according to adults

Youth Report

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2 Executive Summary: Youth Report

DEMOGRAPHIC AND HOUSEHOLD INFORMATION

A total of 388 youths, equally represented (50.7%) males and (49.3%) females, completed the survey. Majority (60%) were ages 15–17, the remainder (41%), 12–14.

Most (95%) youths identified as males/females. Only a very small proportion (5.4%) as transgender/two-spirited. Most youths (88%) self-identified heterosexual. Only (10%) bisexual, and the remainder (insignificant proportion) as homosexual.

Most households (68.9%) had one to three children/youth. Most youths (79.5%) live with one to three adults. Five percent (4.5%) with none. And (6%) with five or more adults. Most households (81.8%) had five or more people. And (16%) had four or less.

Largest proportion of youths (41%) live with biological parents who are separated and not living together, most (42.6%) of them with biological mother only. Only (8.9%) of children lived with biological father only. Thirty one percent (31%) children lived with married biological parents living together. And smaller proportions lived with parents not married but living together, or neither biological parents.

A notable proportion (47%) of mothers had a university degree/professional degree/Diploma/certificate from a community college. Compared to (37%) fathers. Twenty one percent (20.8%) mothers had a High school Diploma. Compared to (18.5%) fathers.

INDICATORS OF PERSONAL HEALTH AND WELLNESS

Most youths (90%) perceived their health good to excellent. And half (51%) reported improvements in health compared to the previous year.

A majority (52%) of youths had at least one/more chronic conditions. Top four conditions were allergies, anxiety and mood and learning disorders.

Most youths (87.1%) had no physical/mental conditions limiting activities. Small proportions (13%) did.

Only a small proportion (27%) of youths was very satisfied with own weight. Thirty two percent (32.4%) were 'somewhat' satisfied. Eighteen percent were neither satisfied nor dissatisfied. And (22%) were 'somewhat' dissatisfied or very dissatisfied.

Most youths (81%) rated their oral health good to excellent. And most (77.7%) did not need dental treatment. Only (22%) did. Of these, (55.2%) needed dental maintenance.

Most youths (85%) rated their mental health good to excellent. Twenty two percent (22%) females had poor mental health. Compared to (8%) males. Significant proportions of the youths had psychological distress symptoms, physiological depression symptoms and anxiety symptoms.

A significant proportion (20.5%) of youth seriously considered suicide at some point in time. Of these, (54.4%), in the past year. More female youths (26.1%) than males (15.3%) seriously considered suicide in lifetime. A notable proportion of youths (10.2%) attempted suicide in lifetime. Of these, 42% in past year. More youths seek professional help for suicide attempts (65%) than suicidal (59%) thoughts. A significant proportion of youths (11%) lost a close friend or family member to suicide.

Majority (60%+) of youths felt in balance physically, mentally, emotionally and spiritually for all or most of the time.

A majority of youth (62.8%) had no injuries in the past year. A significant proportion (37%) had one or more injuries.

Above half (50%+) youth considered a good diet, contentment, regular exercise and good sleep as most important for personal health.

Significant proportions of youths are not visiting the doctor or nurse frequently. Twelve percent (12.2%) had not seen a doctor/community health nurse in one or more years. And one in ten (10.5%) never saw one. Seventy seven percent (77.3%) visited a doctor/nurse in past year.

While a majority (68%) had never consulted mental health services. A notable proportion (32%) had consulted at least once in lifetime. Of these, (21%) in past year. Forty one percent (40.8%) females had consulted mental health services at one point. Compared to (24.4%) males.

While a majority (81%) of youths had never consulted a traditional healer. A significant proportion of youths (20%) consulted one, at least once in lifetime. Of these, a notable proportion (11%), in the past year. Only (20.0%) youths had a complete physical examination. The most common tests among youths are eye exams (59.5%). While STIs (6.2%) and HIV/AIDS tests (3.3%) are rare.

A large proportion of youths (49.0%) took the HPV vaccine, mostly females (63.5%) than males (35.1%).

A majority of youth (60.0%) enjoys 6 to 8 hours sleep/night. Twenty three percent (23%) 9 or more hours/night. And a notable proportion (8%), 5 or less hours/night.

Only a small proportion (28.1%) of youth were eating nutritious balanced meals always/almost always. A majority (58%), only 'sometimes'. And a notable proportion (14%) rarely or never.

Only sixteen percent (15.9%) had someone share 'often'. For, forty four percent (43.9%), someone shared 'sometimes'. Twenty seven percent (27.1%) had some share 'rarely'. And (13.1%), 'never' had someone share. Most youths (96%) are not homeless. Only (4%) are.

A notable proportion (15.8%) of youths was not exercising at all. Among those exercising, a majority (78%) exercised for at least 150 minutes/week. The top five exercise activities youths participated in were, competitive sports (40.4%), walking (39.8%), running/jogging (39.5%) and weights/exercise equipment (31.2%) and fishing (25.5%) in the past three months.

A majority (79%) of youths spent 8 hours or less/week 'screen time'. And a significant proportion (21.2%) eight hours or more.

Most youths agreed or strongly agreed that they could solve their problems (84.4%), had no one push them around (78.0%), could do anything they set their minds on (77.0%) and had control over things that happen to them (73.0%). However, significant proportions felt helpless in dealing with problems (35%) and accepted to having little control on changing many things in their lives (41%).

Most youths had someone prepared to listen when they needed to talk (72%), someone to confide in (70%), someone to show them love (78%), someone to count on when they needed help (84%), someone to take them to the doctor (76%) and someone to give them a break from daily routine (65%).

A majority of youths had someone to do enjoyable things with (81%). And someone to have a good time with most or all of the time (80%).

Most youths (92%) consulted friends and family about mental health issues. And small proportions consulted mental health professionals (10%), social workers (3%^E), crisis line workers (3%^E), nurses (3%^E) and traditional healers. However, a large proportion (43.0%) had no one to talk to about mental health issues.

Majorities of youths consulted parents and peer friends about drugs/ alcohol problems (69%) consulted, while (13%) had no one to consult; anger/feeling out of control (69.9%), while (10.9%) had no one to consult; depression (69%), while (13%) had no one to consult; and suicidal thoughts (64.2%), while (15.7%) had no one to consult.

Large majorities of youths consulted parents and peer friends about sexual assault (80.2%), while (8%) had no one to consult; physical assault (77.4%), while (8%) had no one to consult; bullying (77.0%), while (60.1) consulted 'Other'; and financial problems (76.3%), while (14.5%) had no one to consult.

Large majorities consulted parents, peer friends and doctors and nurses about STIs (89.5%), while (6.8%) had no one to consult; birth control (82.1%), while (11.3%) had no one to consult; and pregnancy (83.1%), while (10.5%) had no one to consult.

A majority (90%) of youths use English in daily life. And only very small proportions use a First Nations language (6%) or more than one First Nations language (4%^E) in daily life.

Half (50%) the youths is not participating in cultural events at all. And half (50%) participates 'sometimes' or 'almost always/always'. More females (59%) than males (32%) participate in cultural events.

A majority (77%) of youths had a 'somewhat' strong or very strong sense of belonging to community. While (23%) had 'somewhat' weak or very weak sense of belonging to community.

A notable proportion (32%) of youths had sexual intercourse experience. Of these, (50%) were ages 15 to 17 and (6%), ages 12 to 14.

A small majority (55.4%) had sex with only one partner. Forty four percent (45%) had sex with two or more partners. Twenty four percent (24.1%), two partners. Eight percent (8.4%), three partners. And (12.0%), four or more partners.

A majority (63.3%) of youths 'always' used condoms. Twenty percent (19.6%) used 'most of the time'. And (17%) never/occasionally used condoms.

Condoms were most popular (82%) for birth control. Birth control pills (36.1%), second most popular. A small proportion did not use any birth control methods at all.

A significant proportion (18%) of youths was drinking alcoholic beverages, mostly old youths, ages 15–17. A small majority (58.4%) binged on alcohol at least once/month or more, with (12.4%) binging once weekly. Only (12%) never binged in lifetime.

A large majority (79.5%) had never used non-medical cannabis.

A notable proportion (9%) had used at least once. Four percent (4.2%) used weekly/monthly. And (7.2%) used daily or almost daily. A large majority (90%) ages 15 to 17 had used cannabis, compared to (72%), ages 12 to 14.

A notable proportion (11%) was using pain relievers with opioids. Smaller proportions were using sedatives (2.9%) and stimulants (2.6%). While (51.8%) used only prescribed prescription drugs, (48.2%) used some prescription drugs that were not prescribed.

While a majority (78%) of youths had never smoked cigarettes in lifetime. A significant proportion (11%) used to smoke daily/occasionally. A majority of smokers (87.2%) started smoking at age 17.

A large proportion (84%) of youths smoked five or more cigarettes/day. And (60%), 10 or more cigarettes/day. A third (33%) of youths were exposed to second-hand smoke at home and in private vehicles daily.

A large majority (76%) of youths had some degree of stress. Only (24.5%) did not have stress at all.

Thirty five percent (34.5%) of youths experienced bullying in past year. Among the bullied, (46%) did not seek help. While (27%) sought and received all the help they needed, and (28%) sought but did not receive all the help they needed. Cyber-bullying affected (25%) of youths.

A small majority (54.5%) of youths attended the Aboriginal Head Start program. But a significant proportion (45.5%) did not.

A majority of youth (68%) at least liked school. But a significant proportion (33%) either disliked or were unsure about liking/disliking school. A notable proportion (24%) repeated a grade. Of these, (32.2%) were males and (15.0%) females.

A large proportion (42.1%) of youth had learning problems. A majority (57.9%) did not. Half (50.1%) males had learning problems. Compared to (34%) females.

Most youths had difficulties with subjects (63.6%), reading (52.8%) or writing (52.2%) in school. Also, distractions affected a significant proportion (44.4%). Another significant proportion (34%) had difficulties with teachers. And a notable proportion (32%) had attention problems.

A significant proportion (24%) of youths had repeated a grade. Thirty two percent (32.2%) males repeated a grade. Compared to (15%) females. Most youths had a grandparent (49%) or other family member (43%) who had attended an Indian Residential school. Only a small proportion (2.9%^E) had a parent.

A large majority (71.0%) of youth considered elders the strength of the community. Other strengths mostly cited were, awareness of First Nations culture (55.5%), community health programs (52.4%), traditional gatherings/ceremonial activities (45%) and education and training opportunities (44%).

A large majority of youths (86%) identified alcohol and drug abuse as a community challenge. Other challenges mostly cited were, employment (40.1%), violence (40.1%), crime (39.6%) gambling (37.7%) and housing (36.0%).

The top five areas where most community progress was identified by youths were, culture (66%) education and training opportunities (64%), housing (56.8%), access to recreational facilities (52.3%) and policing and politics (52%). The least progress was made in alcohol and drug abuse (25%), suicide (26%), gambling (30%), violence (38%) and gang activity (34%).

Youth Report

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SECTION 1 Demographic and Household Information

GENDER AND AGE

Male and female youths were equally represented

- A total of 388 youths completed the survey.
- Males (50.7%) and females (49.3%) were equally represented (Figure 1.1).

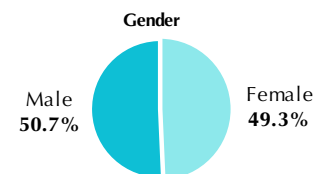


FIGURE 1.1 Proportions identifying male or female (N=388).

One in 20 identified as two-spirited/transgender

- Five percent (5.4%^E) identified as two-spirited and/or transgender (Figure 1.2).
- And ninety five percent (94.6%), not (Figure 1.2)

Identifies as two-spirited and/or transgender

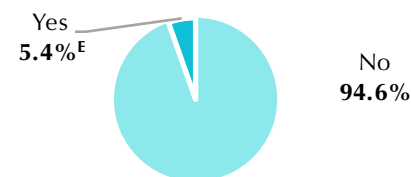


FIGURE 1.2 Proportions identifying as two-spirited and/or transgender (N=214).

About three in five youths were ages 15-17

- Sixty percent (59.4%) were ages 15 to 17.
- And forty percent (40.6%) 12 to 14 (Figure 1.3).

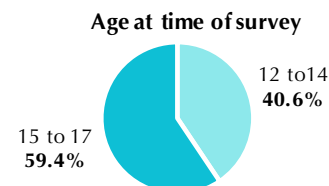


FIGURE 1.3 Proportions of ages 12 to 14 and 15 to 17 (N=388).

SEXUAL ORIENTATION

Nine in ten youths identified as heterosexual

- Majority (88.1%) identified heterosexual
- One-tenth (10.1%^E) as bisexual.
- And an insignificant proportion (^F) homosexual (Figure 1.4).

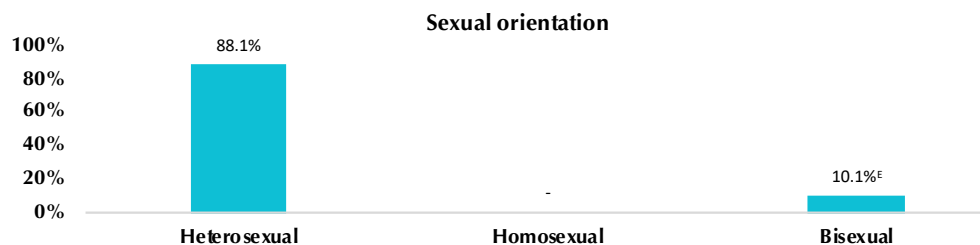


FIGURE 1.4 Proportions identifying as heterosexual, homosexual or bisexual (N=184).

HOUSEHOLD CHARACTERISTICS

Three in ten households had four or more children/youths below 18

Nearly 7 in 10 households had between one to three children/youths below 18

- Twenty one percent (20.5%) in the sample were an only child/youths under 18 living in household (Figure 1.5)
- Twenty-four percent (24.1%) households had two children/youth under 18
- And similar proportion (24.3%) of households had three.
- The remainder (31.1%) had four or more children and/or youths under 18 (Figure 1.5).

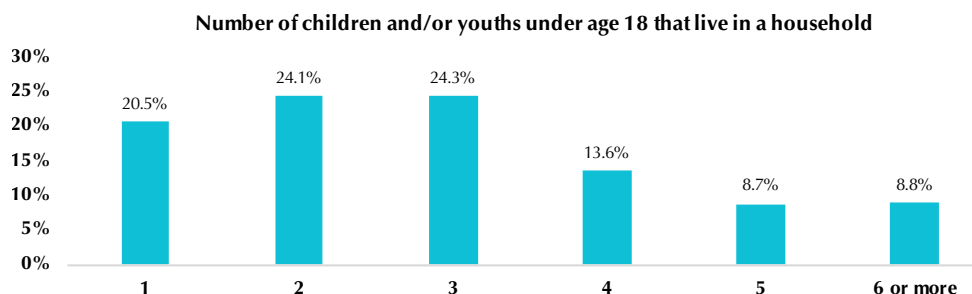


FIGURE 1.5 Proportions of youths living with 0 to 6 or more other children/youths under 18 (N=342).

One in 20 children/youths were living without adults

Nearly two in five children/youths were living with two adults

At least one in three children/youths were living with three or more adults/household

- Thirty nine percent (38.5%) children/youths lived in households with two adults (Figure 1.6)
- Twenty two percent (21.8%) lived with three adults
- Sixteen percent (15.9%) with four or more adults (Figure 1.6).
- Nineteen percent (19.2%) with one adult
- And five percent (4.6%) with no adult in household (Figure 1.6).

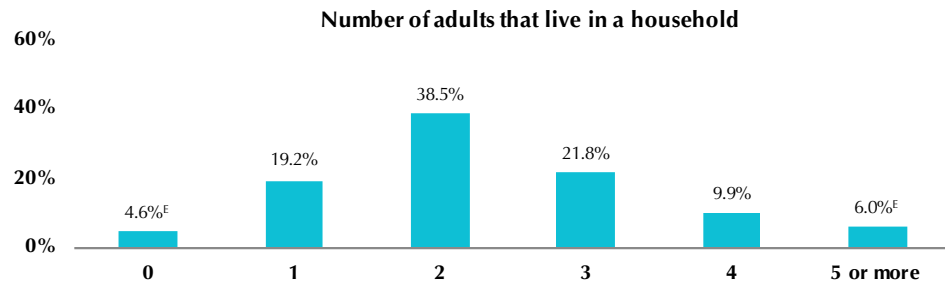


FIGURE 1.6 The proportions of youths who live with 0, 1, 2, 3, or 4 or more adults (N=386)..

Two in five households had seven or more people

About one in 20 households had three people only

- Forty two percent households (41.5%) had seven or more people (Figure 1.7)
- Twenty one percent (21.4%) had six people
- Nineteen percent (18.9%) had five people
- And the remainder, with four people or less (Figure 1.7).

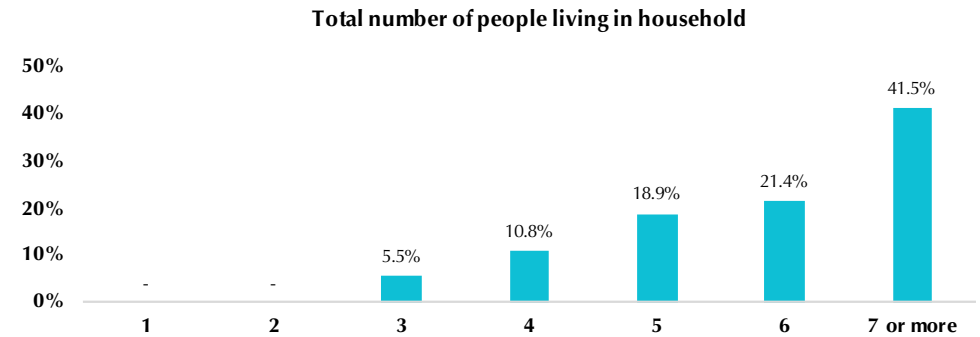


FIGURE 1.7 Proportions of youths living in households with 0 to 7 or more people (children, youths, adults, including respondent) (N=386).

Two in five youths were living with separated parents

One in three youths were living with married parents living together

- Forty-one percent (41.2%) lived with biological parents not living together (Figure 1.8)
- Thirty one percent (30.9%) lived with married biological parents
- Ten percent (10.4%) lived with both parents, but not married (10.4%)
- Nine percent (8.8%) lived with divorced parents
- Nine percent (8.7%) had deceased parents (Figure 1.8).

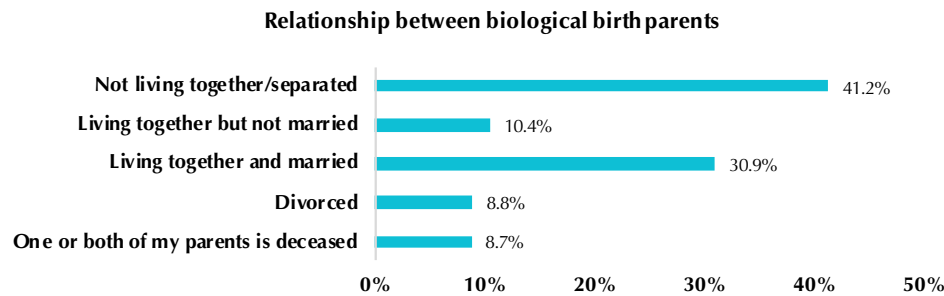


FIGURE 1.8 Proportions of youths whose parents were not living together, living together but not married, living together and married, divorced, and with one or both parents deceased (N=363).

Two in five youths were living with their biological mothers

One in ten youths were living with neither biological parents

Nearly two in five youths were living with both biological parents

- Just over two in five (42.6%) youths lived with biological mother only (Figure 1.9)
- Just over one-third (36.4%) lived with both biological parents
- Just over one in ten (12.1%) did not live with either of biological parents
- And just under one in ten (8.9%) lived with biological father only (Figure 1.9).

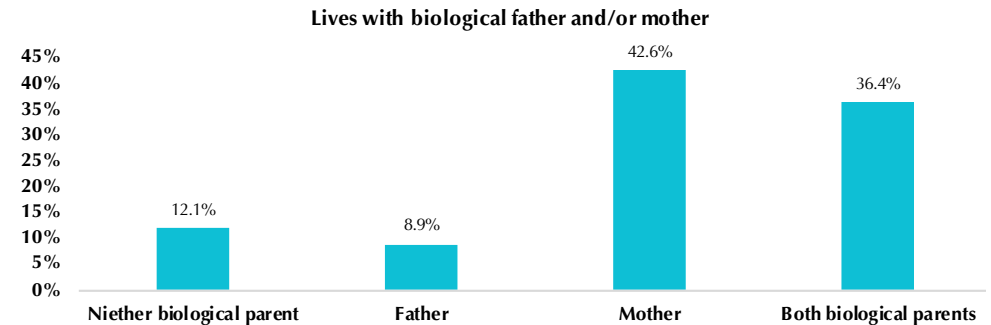


FIGURE 1.9 The proportions of youths who lived with neither biological parent, lived with father, mother and both biological parents (N=380).

Nearly 8 in ten youths were living with biological mother

- Eighty percent (79.0%) lived with biological mother (Figure 1.10). Compared to forty five percent (45.3%) who lived with the biological father
- Fifty four percent (54.0%) lived with brother(s)/sister(s)
- Twelve percent (11.7%) lived with grandparents
- Ten percent (9.7%) lived with stepfathers. Compared to insignificant proportions living with stepmothers
- Insignificant proportions were living with boyfriends/girlfriends
- Fifteen percent (15.4%) lived with other relatives. Compared to five percent (4.8%^E) who lived with non-relatives
- And the remainder, insignificant proportions lived with stepmothers, adopted mothers/fathers etc. (Figure 1.10).

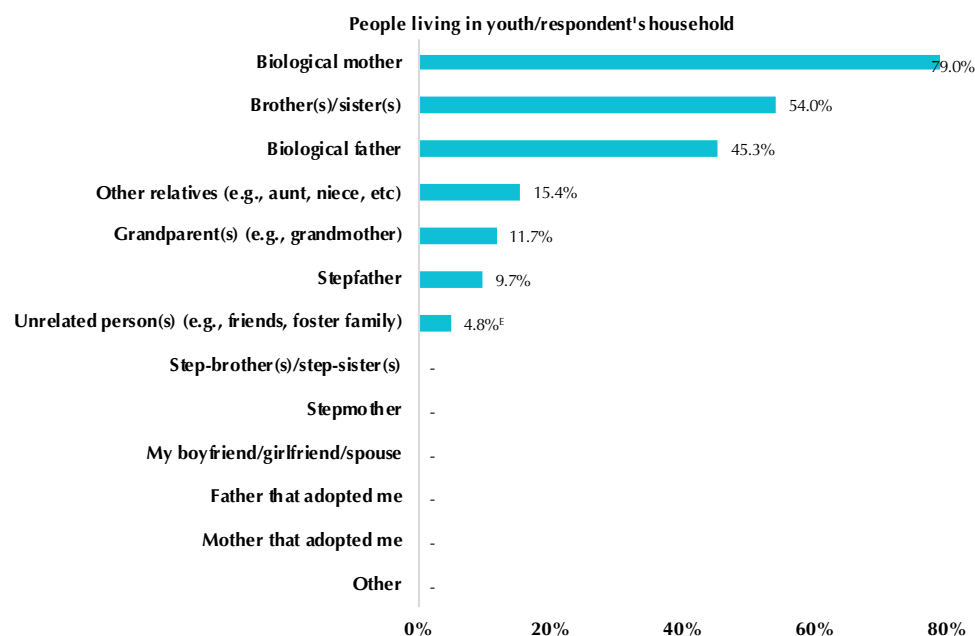


FIGURE 1.10 Proportions of relations youths lived the majority of the time (N=380)

PARENTAL EDUCATION

One in five youths had mothers with a high school Diploma/equivalent

Nearly one in three youths had mothers with University/Graduate/Professional degree

- Twenty eight percent (28.3%) had a mother with an undergraduate/graduate/professional degree
- One in five (20.8%) had a mother with high school Diploma/equivalent
- Eighteen percent (18.4%) had a mother who completed a diploma/certificate from community college, trade school, or CEGEP.
- Seven percent (7.3%^E) of mothers had some postsecondary education not completed
- Seventeen percent (17.1%) mothers had some high school and six percent (6.4%^E) had mothers with no formal education/elementary schooling (Figure 1.11).

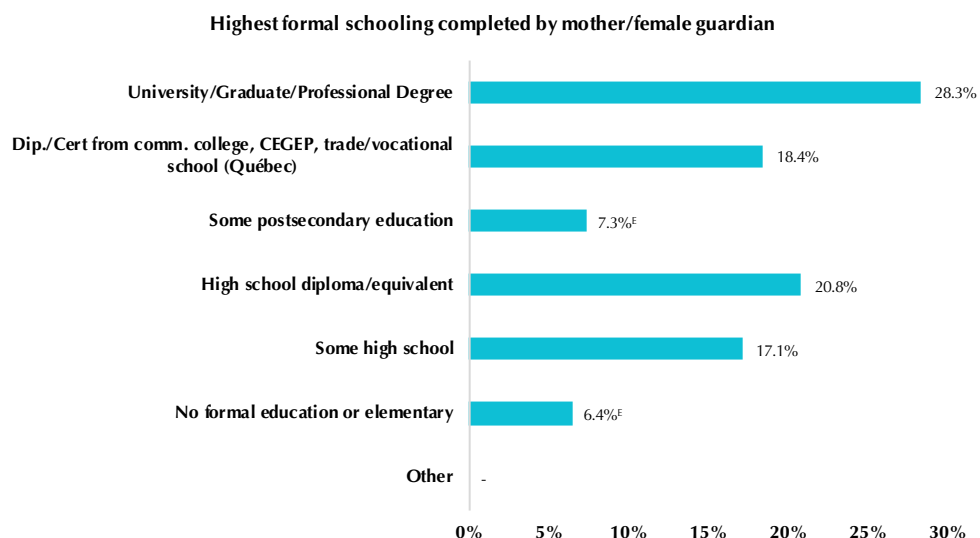


FIGURE 1.11 Proportions of highest level of formal schooling by mothers/female guardians (N=294). Key: Dip. – Diploma; Cert. – Certificate; comm.- community

Most fathers had only some high school education

- Thirty percent (29.6%) of fathers/or male guardians had some high school, with no completed requirements (Figure 1.12)
- Nineteen percent (18.5%) fathers/male guardians had an undergraduate/graduate/professional degree
- Another nineteen percent (18.6%) fathers had a diploma/certificate from community college.
- And another nineteen percent (18.5%) fathers had a high school Diploma/equivalent.
- Six percent (5.8%) of fathers had some post-secondary education
- And seven percent (7.0%^E) fathers had no formal schooling or only some elementary or elementary schooling (Figure 1.12).

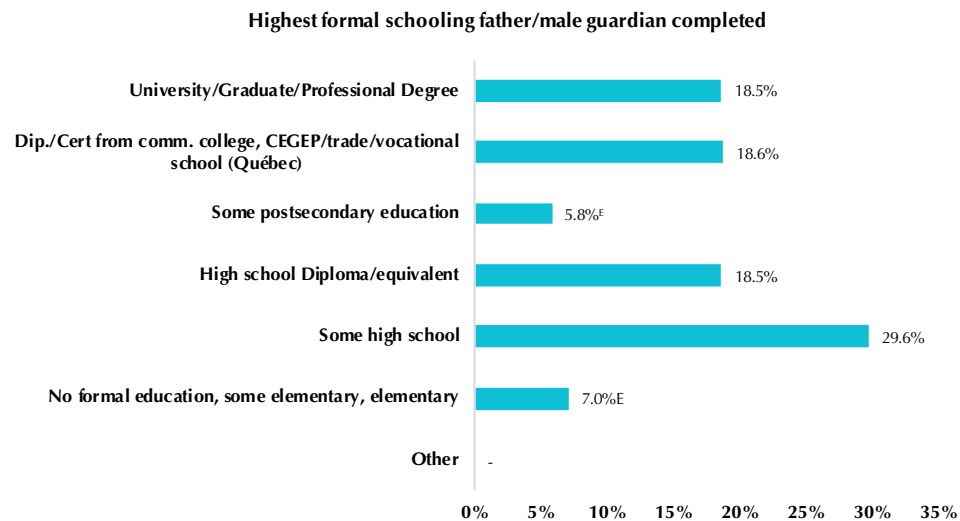


FIGURE 1.12 Proportions of highest level of formal schooling by father/male guardian (N=244). Key: Dip. – Diploma; Cert. – Certificate; comm.- community

SECTION 2 Indicators of Personal of Health and Wellness

SELF-RATED GENERAL HEALTH

Nine in 10 youths self-rated their health good to very good

- Twenty four percent (24.3%) self-rated their health excellent (Table 2.1)
- Thirty two percent (31.6%) very good
- Thirty five percent (35.3%) good
- And nine percent (8.8%) fair or poor (Table 2.1). Similar to (7%) in the 2008–10 RHS.

TABLE 2.1 Proportions of youths with excellent, very good, good, fair, or poor self-rated health (N=382).

Self-rated General Health	Proportions
Excellent	24.3%
Very good	31.6%
Good	35.3%
Fair or Poor	8.8%E

Two in five youths saw no improvement in their health

One in four youths considered their health much better than the aprevious year

- Most youths (42.0%) self-rated their health ‘about the same’ as in previous year
- Just above one one-quarter (26.6%) as ‘somewhat better’
- One-quarter (24.6%) as ‘much better’
- And seven percent (6.7%^E), as much/somewhat worse (Figure 2.1).

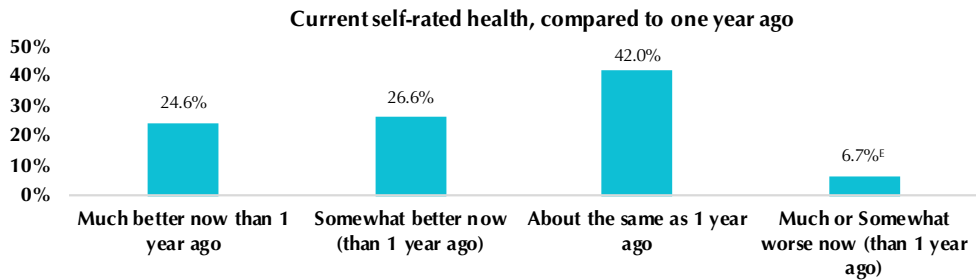


FIGURE 2.1 Proportions of self-rated health compared to the previous year (N=367).

DIAGNOSED CHRONIC CONDITIONS

Nearly one in two youths had no health conditions at all

One in two youths had one or more health conditions

- One in five (20.4%) had one condition (Figure 2.2)
- Thirty percent (31.2%) had two or more conditions
- And forty eight percent (48.4%) had not been diagnosed with any physical and/or mental health conditions (Figure 2.3).

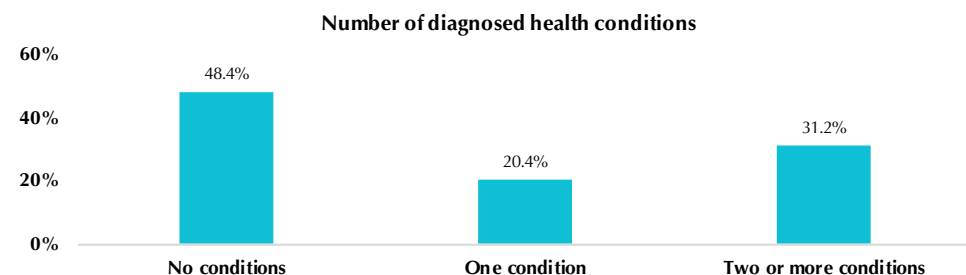


FIGURE 2.2 Proportions with no conditions, one condition and two or more conditions (N=385).

More males than females had ADHD

More females than males had anxiety disorders

Allergies, anxiety and mood disorders most common among youths

- Twenty two percent (21.8%) youths had been diagnosed with allergies (Figure 2.3). Allergies also highest in 2008/10 and 2002/03 RHS
- Fourteen percent (14.4%) had an anxiety disorder
- Another fourteen percent (13.5%) had a mood disorder.
- Eleven percent (11.1%) had a learning disorder
- Smaller proportions had asthma, ADHD, dermatitis, speech or language difficulties, blindness/vision problems, chronic ear infections, heart disease, stomach/intestinal problems, or chronic back pain
- Insignificant proportions had cancer, diabetes, arthritis etc.
- And thirty two percent (32.2%) had a disorder not listed (Figure 2.3).
- Twenty one percent (21.4%) females had anxiety disorders. Compared to eight (7.9%) males.

- Thirteen percent (12.6%) males were diagnosed with ADHD. Compared to two percent (1.9%) females
- And sixteen percent (16.4%) males had learning disorders. Compared to six percent (5.9%) females.

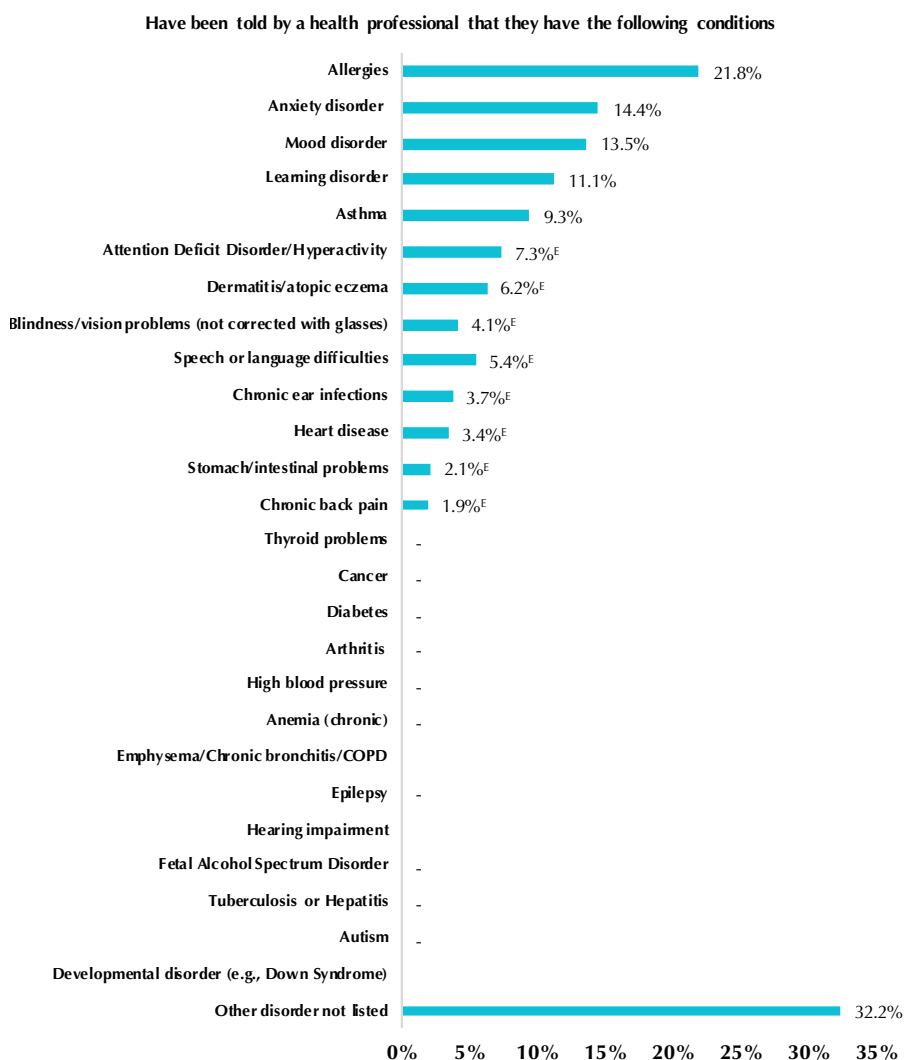


FIGURE 2.3 The proportions of youths diagnosed with various physical and/or mental health conditions.

One in 16 youths had physical/mental conditions that limited their activities

- Majority (87.1%) of youth did not have any physical and/or mental conditions limiting activities at home, school, or otherwise.
- Seven percent (6.8%^E) had a physical condition that limited activities
- And another seven percent (6.8%^E) had a mental condition that limited activities (Figure 2.4).

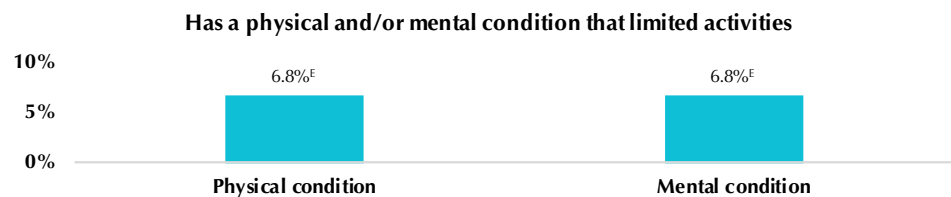


FIGURE 2.4 Proportions that had physical and/or mental conditions which limited physical activities at home, school or otherwise (N=352).

SATISFACTION WITH WEIGHT

Nearly three in five youths were satisfied with their weight

Nearly one in ten were very dissatisfied with their weight

- Twenty seven percent (27.4%) very satisfied with own weight. Compared to nine percent (8.6%) very dissatisfied (Table 2.2)
- Thirty two percent (32.4%) ‘somewhat’ satisfied with own weight. Compared to thirteen percent (13.3%) ‘somewhat’ dissatisfied
- And eighteen percent (18.3%) were neutral about own weight (Table 2.2).
- A third (33.1%) of females dissatisfied with own weight. Compared to twelve percent (11.5%^E) males.

TABLE 2.2 Proportions of degrees of satisfaction with own weight.

Degree of Satisfaction with weight Proportions

Very satisfied	27.4%
Somewhat satisfied	32.4%
Neither satisfied nor dissatisfied	18.3%
Somewhat dissatisfied	13.3%
Very dissatisfied	8.6% ^E

ORAL HEALTH

Eight in ten youths rated their oral health good to excellent

- Eighty one percent (81.0%) rated their oral health good to excellent
- And nineteen percent (18.8%) fair to poor (Table 2.3).

TABLE 2.3 Proportions with excellent, very good, good, fair or poor oral health (N=379).

Self-rated oral health	Proportions
Excellent	15.6%
Very good	32.4%
Good	33.1%
Fair	15.9%
Poor	2.9% ^E

One in five youths needed dental treatments

- A majority (77.7%) were not in need of any dental treatments (Figure 2.5)
- And the remainder (22.3%) needed at least one dental treatment (Figure 2.5).

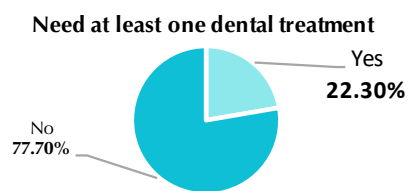


FIGURE 2.5 Proportions of youths in need of dental treatment (N=348).

Dental maintenance was the most required dental treatment

- Majority (55.2%) needed dental maintenance (Figure 2.6).
- Twenty eight percent (27.5%) needed cavity filling
- Sixteen percent (15.8%) needed orthodontics
- And eight percent (8.2%) needed fluoride treatment (Figure 2.6).

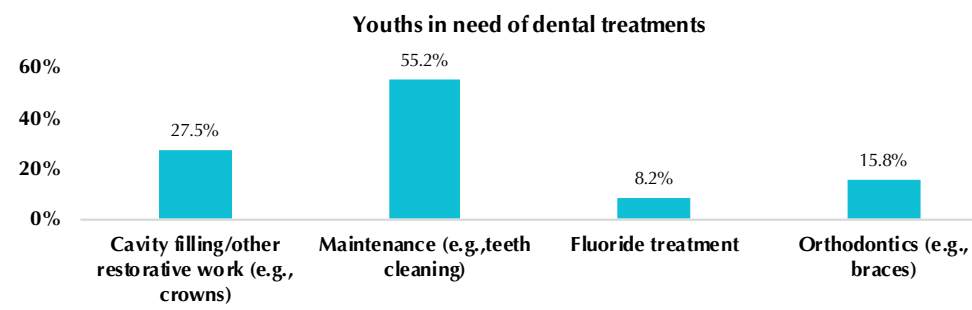


FIGURE 2.6 Proportions of dental treatments required by youths (N=348).

INJURY

Nearly two in five youths had injuries in past year

- Majority of youths (62.8%) had not been injured in past year (Figure 2.7)
- And thirty seven percent (37.2%) had at least one injury (Figure 2.7). Similar to 2008–10 RHS

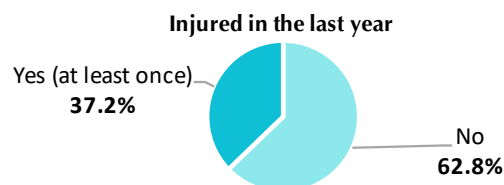


FIGURE 2.7 Proportions injured in past year (N=361).

SELF-RATED MENTAL HEALTH

Eight in ten youths rated their mental health good to excellent

- Just over one-fifth (21.6%) self-rated their mental health 'excellent' (Table 2.4)
- Thirty percent (30.3%) 'very good'
- One-third (33.0%) 'good'
- Eleven percent (11.0%) 'fair'
- And four percent (4.1%^E) poor (Table 2.4)

TABLE 2.4 The proportions with self-rated mental health as excellent, very good, good, fair, or poor (N=382).

Self-rated Mental Health	Proportion/Percentage
Excellent	21.6%
Very good	30.3%
Good	33.0%
Fair	11.0%
Poor	4.1% ^E

More women than men self-rated their mental health poor/fair

- Twenty two percent (22.2%) females self-rated their mental health poor to fair (Figure 2.8)
- Compared to eight percent (8.2%) males (Figure 2.8)



FIGURE 2.8 Proportions of male and female youths with self-rated mental health "fair" or "poor" (N=382).

PSYCHOLOGICAL DISTRESS IN THE PAST MONTH

At least one in five youths had some form of psychological distress symptoms

- Just over one-quarter (27.2%) felt depressed 'some' to 'all', of the time (Table 2.5)
- Twenty two percent (22.1%) felt hopeless
- Twenty one percent (20.5%) felt so sad nothing could cheer them up
- And eighteen percent (18.0%) felt worthless (Table 2.5) at least some of the time (Figure 2.10).

TABLE 2.5 Proportions of when youths felt hopeless, depressed, so sad nothing could cheer them up and worthless.

Frequency	How often did you feel hopeless?	How often did you feel depressed?	How often did you feel so sad that nothing could cheer you up?	How often did you feel worthless?
All of the time	5.1% ^E	4.8% ^E	4.0% ^E	4.3% ^E
Most of the time	8.8%	7.1% ^E	5.6% ^E	5.2% ^E
Some of the time	8.2%	15.3%	10.9%	8.5%
A little of the time	21.5%	21.7%	26.6%	17.6%
None of the time	56.3%	51.1%	52.8%	64.4%

One in ten to one in five youths had physiological symptoms of depression at different frequencies

- Forty six percent (46.3%) felt tired for no good reason, for some to all of the time (Table 2.6)
- And thirty nine percent (39.4%) felt that everything was an effort, for some to all of the time (Table 2.6).

TABLE 2.6 Proportions of when youths felt tired for no good reason and that everything was an effort

Frequency	How often did you feel tired for no good reason?	How often did you feel everything was an effort?
All of the time	9.7%	7.0% ^E
Most of the time	12.0%	11.0%
Some of the time	24.6%	21.4%
A little of the time	23.7%	29.7%
None of the time	30.1%	30.9%

Many youths had anxiety symptoms

- Forty three percent (43.4%) felt nervous, for some to all of the time in the past month (Table 2.7)
- Thirty one percent (30.8%) felt restless or fidgety for some or all of the time.
- Twenty eight percent (28.2%) felt so restless they could not sit still for some to all of the time (28.2%).
- And twenty four percent (23.8%) felt so nervous that nothing could calm them down for some to all of the time in past month (Table 2.7).

TABLE 2.7 Proportions of when youths felt nervous, that nothing could calm them down, restless/fidgety or restless that they could not sit still.

Availability	How often did you feel nervous?	How often did you feel so nervous that nothing could calm you down?	How often did you feel restless or fidgety?	How often did you feel so restless you could not sit still?
All of the time	5.6% ^E	2.6% ^E	4.9% ^E	2.5% ^E
Most of the time	11.3%	8.5%	6.5%	5.9% ^E
Some of the time	26.5%	12.7%	19.4%	19.8%
A little of the time	27.8%	17.0%	25.3%	22.3%
None of the time	28.8%	59.1%	43.9%	49.5%

K10 scores assessed symptoms of anxiety and depression. Total scores ranged from 0 to 40, with higher scores reflecting higher levels of psychological distress.

Eight in ten youths had severe levels of psychological distress, with more males than females

- Eighty percent (80.3%) youths had K10 scores of 20 or above, severe psychological distress (Figure 2.9)
- Eighty seven percent (87.3%) males had K10 scores of 20 and above. Compared to seventy three percent (73.4%) females (Figure 2.9).

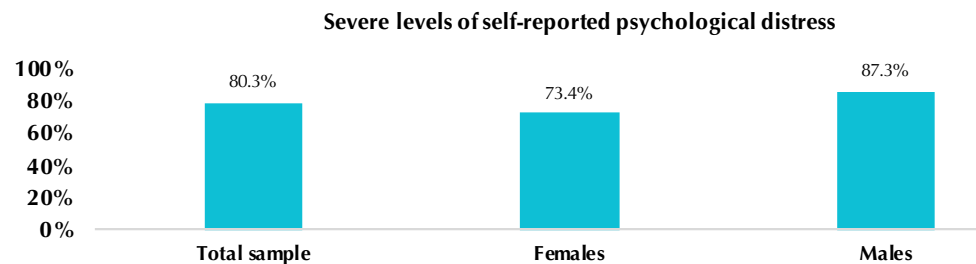


FIGURE 2.9 Proportions with “high” stress according to the psychological distress K10 scale.

SUICIDAL THOUGHTS AND ATTEMPTS

One in ten youths had attempted suicide

Two in five youths had seriously considered suicide

- Four out of five (79.5%) youths had never seriously considered suicide in their lifetime (Figure 2.10)
- One-fifth (20.5%) seriously considered suicide at some point (Figure 2.10). And fifty four percent (54.4%) in the past year
- And one in ten (10.2%) attempted suicide at some point (Figure 2.10), compared to eight percent (8.3%) in 2008–10 RHS.
- Forty two percent (41.5%) attempted suicide in the past year
- Twenty six percent (26.1%) of females seriously considered suicide. Compared to fifteen percent (15.3%) males. But difference not statistically significant.

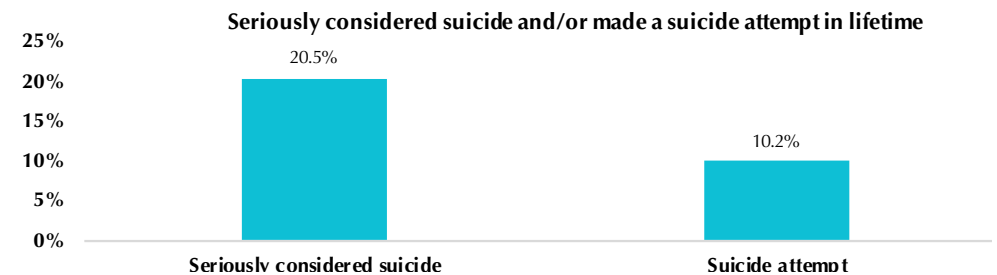


FIGURE 2.10 Proportions having seriously considered or attempted suicide at some point in their lifetime (N=362).

Majorities that seriously considered or attempted suicide sought professional help

- Sixty percent (58.8%) who seriously considering suicide saw or spoke to a health professional (Figure 2.11)
- And sixty-five percent (64.7%) who had attempted suicide spoke to someone after (Figure 2.11).

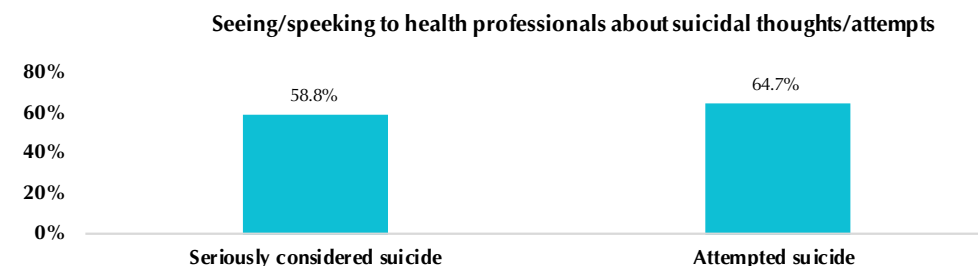


FIGURE 2.11 Proportions seeing or speaking to health professionals about suicidal thoughts/suicide attempts.

One in ten youths had lost a close friend or family member to suicide

- A majority (89.3%) had not lost a close friend or family member to suicide in the past year (Figure 2.12)
- But eleven percent (10.7%) lost a close friend or family member to suicide in the past year (Figure 2.12).

A close friend or family member took their own life in the past year

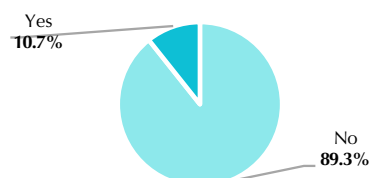


FIGURE 2.12 Proportions that lost a close friend or family member to suicide in the past year (N=349).

PERCEIVED BALANCE

One in ten to two in five youths were not in balance

- Sixty eight percent (68.0%) felt in balance, physically, for 'most' or 'all' of the time. Compared to nine percent (9.0%) feeling in balance, physically, for 'almost none' or 'none' of the time (Table 2.8)
- Sixty one percent (61.2%) felt in balance, emotionally, for 'most' or 'all' of the time. Compared to thirteen percent (13.3%) feeling in balance, emotionally, for 'almost none' or 'none' of the time
- Sixty percent (59.8%) felt in balance, mentally, for 'most' or 'all' of the time. Compared to seventeen percent (17.1%) feeling in balance, mentally, for 'almost none' or 'none' of the time
- And fifty six percent (56.4%) felt in balance spiritually for 'most' or 'all' of the time. Compared to seventeen percent (16.7%) feeling in balance, spiritually, for 'almost none' or 'none' of the time (Table 2.8)

TABLE 2.8 Proportions feeling physically, emotionally, mentally and spiritually in balance all, most, some or almost none of the time.

	Physically (N=354)	Emotionally (N=350)	Mentally (N=340)	Spiritually (N=332)
All of the time	26.9%	22.8%	24.1%	25.6%
Most of the time	41.1%	38.4%	35.7%	30.8%
Some of the time	23.0%	25.5%	23.1%	26.9%
Almost none of the time	4.4% ^E	7.5% ^E	7.3% ^E	9.7% ^E
None of the time	4.6% ^E	5.8% ^E	9.8% ^E	7.0% ^E

PREDICTORS OF PERSONAL HEALTH AND WELLNESS

SELF-REPORTED DETERMINANTS OF PERSONAL HEALTH

Good sleep/proper rest, regular exercise and happiness/contentment leading factors for being healthy

- Two-thirds (64.3%) of youths identified good sleep/proper rest as good for personal health (Figure 2.13)
- Fifty six percent (55.6%) identified regular exercise as good for personal health
- And fifty four percent (53.6%) identified happiness/contentment
- Work (13.8%) was the least identified for personal health (Figure 2.13).

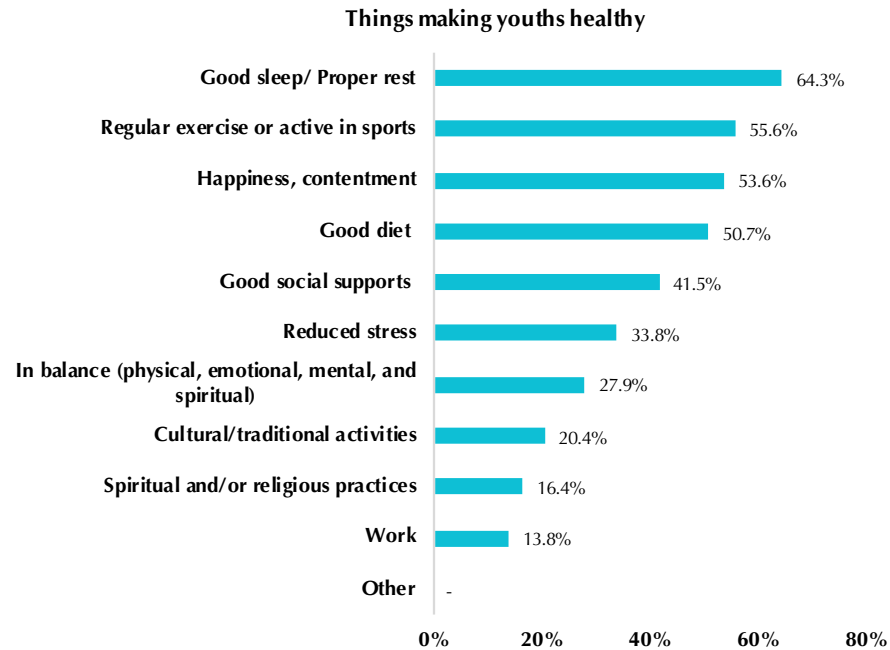


FIGURE 2.13 Proportions of things making youths healthy (N=360).

SECTION 3 Health care

One in ten youths had never consulted a doctor or medical professional
Majority of youths had consulted a doctor/medical professional within the past year

- While a majority (77.3%) had visited a doctor/community health nurse in the past year.
 - Twelve percent (12.2%) had visited one, one or more years ago
- And eleven percent (10.5%) had never visited one (Figure 3.1).

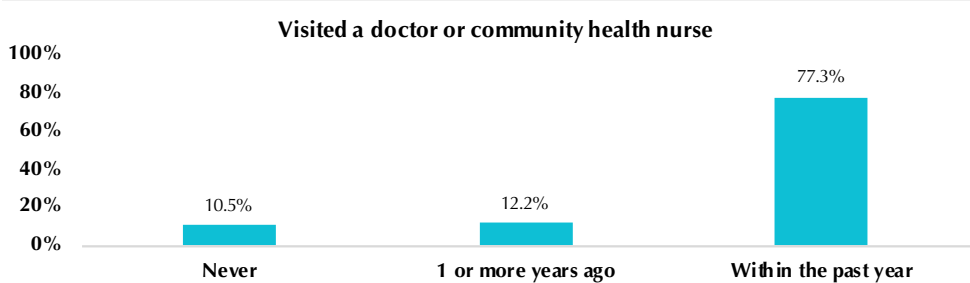


FIGURE 3.1 Proportions that ‘never’ or visited a doctor or community health nurse one/more years ago or in the past year (N=355).

Nearly 7 in 10 youths had never accessed mental health services

Two in five youths had consulted mental health services in the past year

- Sixty eight percent (67.7%) had never accessed mental health services (e.g., counselling/psychological testing) (Figure 3.2)
- While thirty two percent (32%) had accessed at least once in lifetime (Figures 3.2 and 3.3)
- With twenty one percent (20.8%) in the past year (Figure 3.2).

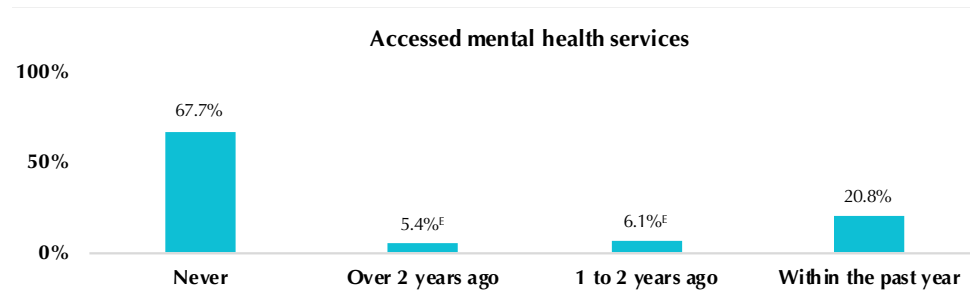


FIGURE 3.2 Proportions that 'never' or accessed mental health services over two years ago, between one and two years ago, and in the past year (N=348).

One in three youths had accessed mental health services

More females than males accessing mental health services

- Forty one percent (40.8%) females accessed mental health services in past year
- Compared to twenty four percent (24.4%) males (Figure 3.3).

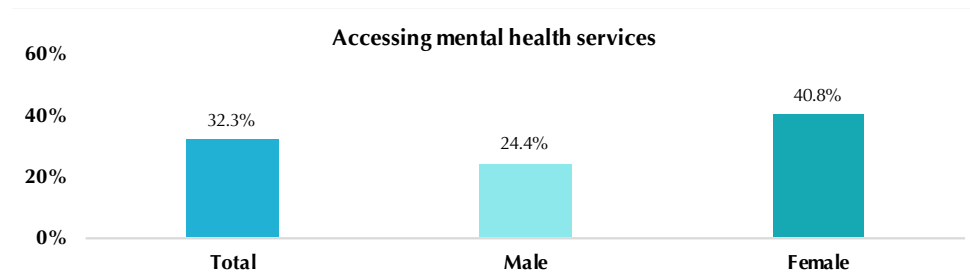


FIGURE 3.3 Proportions accessing mental health services in the total sample (N=348) and among males and females.

Eight in ten youths had never consulted a traditional healer

One in ten youths had consulted a traditional healer in the past year

- Eighty one percent (80.6%) had never consulted a traditional healer (Figure 3.4)
- And nineteen percent (19.4%) had consulted at least once in lifetime
- With eleven percent (11.0%) within the past year (Figure 3.4)

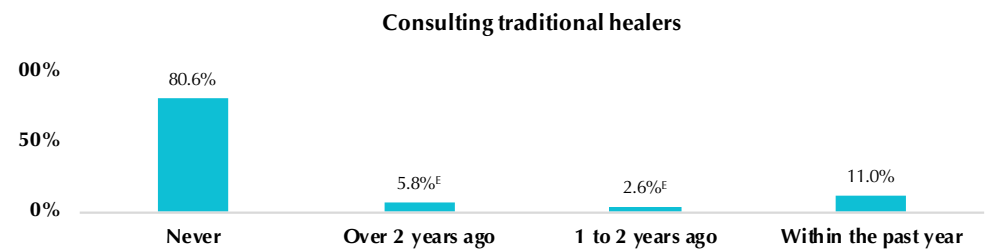


FIGURE 3.4 Proportions that 'never' or consulted a traditional healer over two years ago, between one and two years ago, and within the past year.

HEALTH TESTING/SCREENING

Three in five youths had had an eye exam

Only one in ten youths had had a complete physical examination

- Sixty percent (59.5%) youths had a vision or eye exam at least once (Figure 3.5)
- Thirty percent (29.9%) had pressure tests
- Twenty percent (20.4%) had complete physical examinations
- And another twenty percent (19.8%) had blood sugar tests (Figure 3.5).

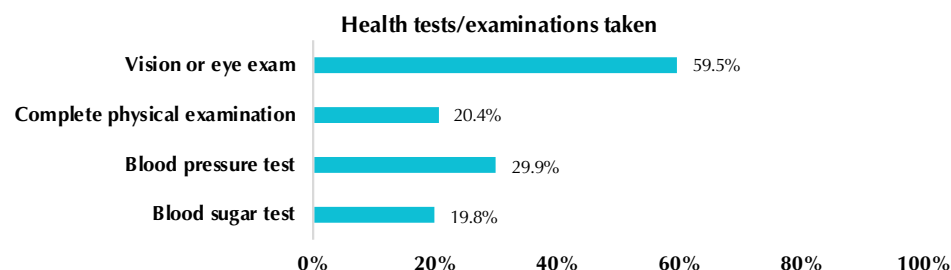


FIGURE 3.5. Proportions that had ‘vision or eye exams’ (N=379), ‘blood pressure tests’ (N=376), ‘blood sugar tests’ (N=371), and ‘complete physical examinations’ (N=355).

Youths are not being tested for STIs or HIV/AIDS

- Only six percent (6.2%) had taken STI tests (Figure 3.6)
- And only three percent (3.3%) had taken HIV/AIDS tests (Figure 3.6).

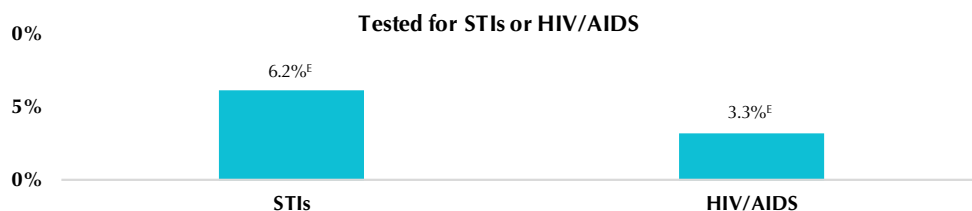


FIGURE 3.6 Proportions tested for STIs (N=367) and HIV/AIDS (N=362).

HPV VACCINE

The HPV vaccine protects against the human papillomavirus and cervical cancer.

Half the youths receiving the HPV vaccine

More females than males having HPV vaccine

- Forty nine percent (49.0%) had the HPV vaccine (Figure 3.7). Compared to forty two percent (41.8%) in 2008–10 RHS.
- And sixty four percent (63.5%) females had the vaccine. Compared to thirty five percent (35.1%) males (Figure 3.7).

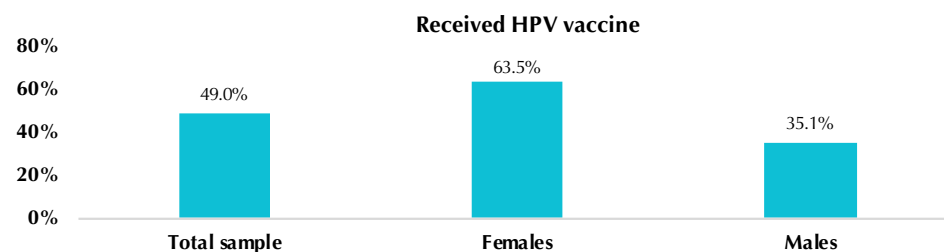


FIGURE 3.7 Proportions of youths that had the HPV vaccine (N=292).

SLEEP

Nearly seven in ten youths were sleeping 6 to 8 hours/night
Nearly one in ten youths were sleeping less than 6 hours/night

- Eighty two percent (82.1%) slept for six or more hours/night (Figure 3.8)
- And the remainder (eight percent (7.8%) for five or less/night (Figure 3.8)

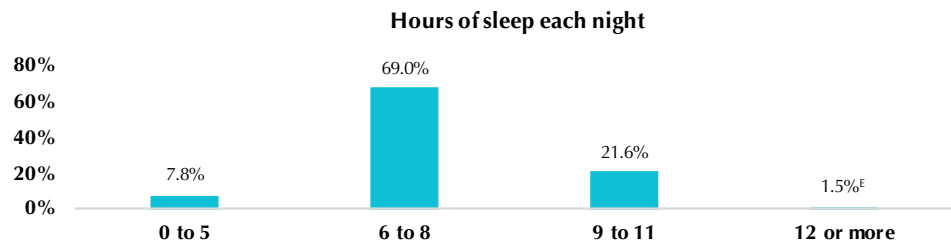


FIGURE 3.8 Proportions of youths that slept for 0 to 5 hours, 6 to 8 hours, 9 to 11 hours and 12 or more/night (N=345).

NUTRITION

One in three youths rarely or never had nutritious meals
Only one in three youths were eating nutritious balanced meals always

- Twenty nine percent (28.1%) had “nutritious balanced meals” ‘always’ or ‘always’ (Figure 3.9).
- Fifty-eight percent (58.0%) had ‘sometimes’.
- Eleven percent (10.6%) had ‘rarely’
- And three percent (3.3%^E) ‘never’ (Figure 3.9).

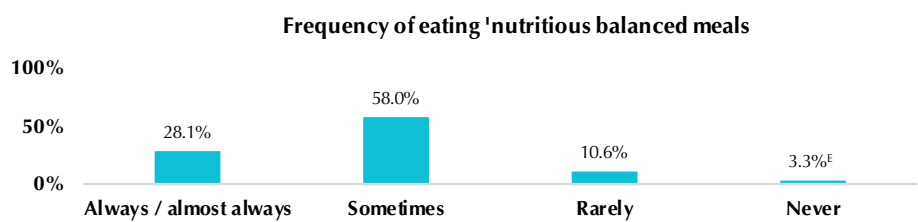


FIGURE 3.9 Proportions of frequencies of eating ‘nutritious balanced meals’ (N=375).

Sharing of traditional food disappearing

- Only sixteen percent (15.9%) had someone share traditional food with their household ‘often’ (Figure 3.10).
- Forty-four percent (43.9%) had someone share ‘sometimes’
- Just more than one-fourth (27.1%) had someone share ‘rarely’.
- And thirteen percent (13.1%) never had someone share with their household (Figure 3.10).

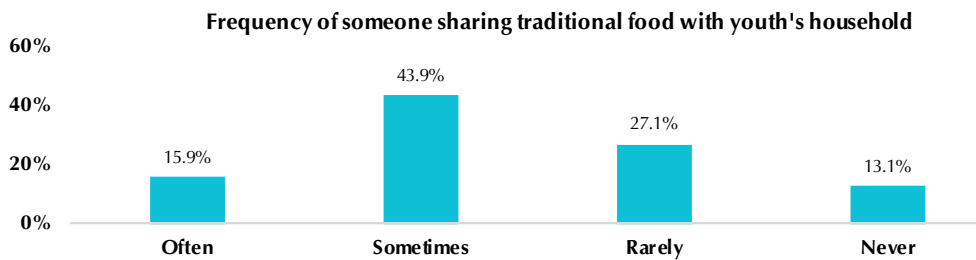


FIGURE 3.10 Proportions of youths having someone share traditional food with their household (N=351).

HOMELESSNESS

Homelessness was a very small problem among youths

- Ninety six percent (95.7%) youths had never been homeless (Figure 3.11)
- Compared to only four percent (4.3%) who had been (Figure 3.11).

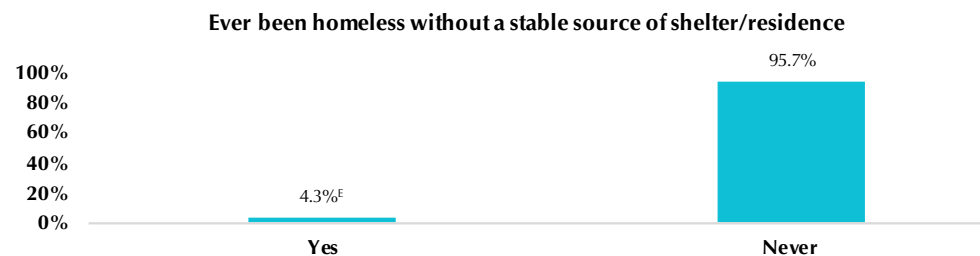


FIGURE 3.11 Proportions that had been (Yes) or never been homeless among youth respondents (N=355).

PHYSICAL ACTIVITY

One in six youths were not physically active

Competitive team sports, walking and running/jogging most popular activities

- Sixteen percent (15.8%) of youths had not exercised in the past three months (Figure 3.12).
- Four top-of-the-list activities were: team sports (40.4%), walking (39.8%), running or jogging (39.5%) and weights/exercise equipment (31.2%)
- Four bottom-of-the-list activities were: bowling (5.9%^E), skateboarding (4.4%^E), snowshoeing (4.1%) and snowmobiling (3.6%) (Figure 3.12).
- Traditional activities were not most popular: canoeing/kayaking (6.4%^E), traditional dancing (9.0%), berry picking (7.8%) and hunting and trapping (17%) (Figure 3.12)

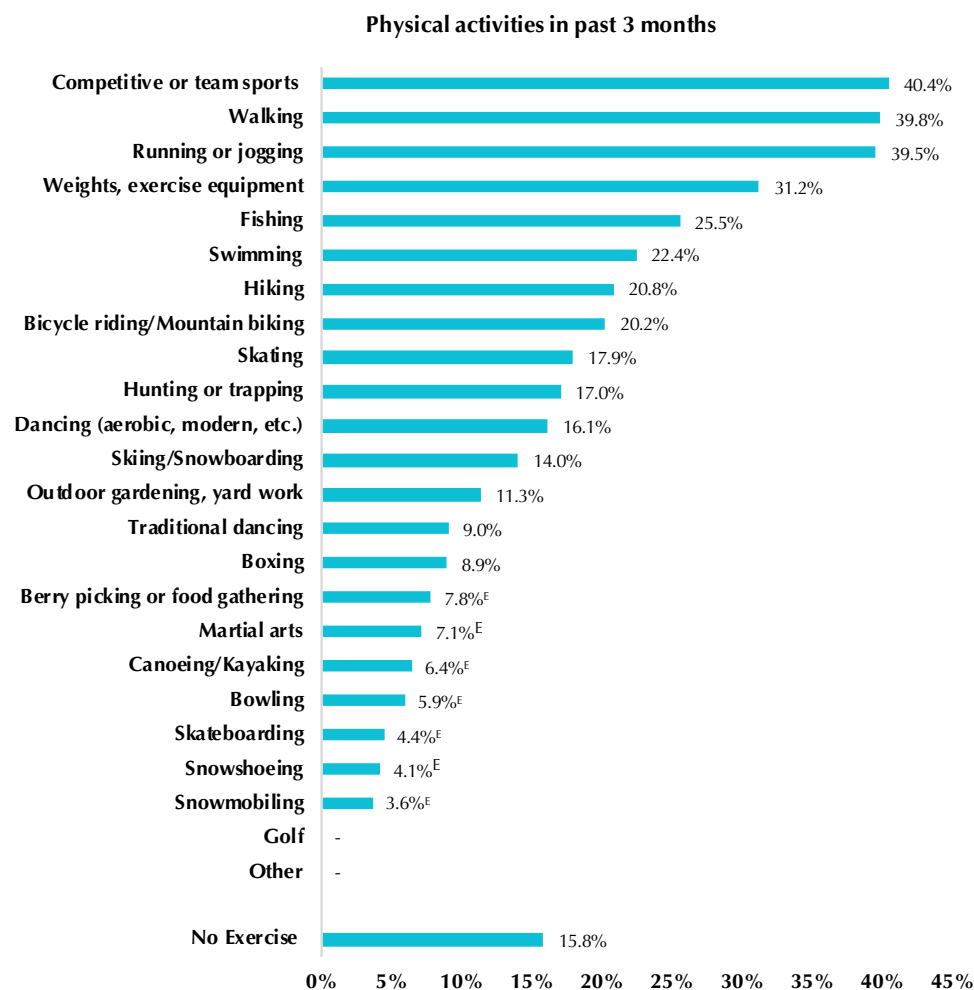


FIGURE 3.12 Proportions of physical activities youths engaged in, in the previous 3 months (N=376).

One in ten youths exercised 0–59 minutes/week only

Three in five youths exercised for at least 30 minutes/day

- Majority (637.6%) exercised for at least 30 minutes daily (Figure 3.13)
- Fourteen percent (13.9%) exercised for at least 150 minutes/week
- And the remainder (22.5%) exercised for 149 minutes and below/week (Figure 3.13).

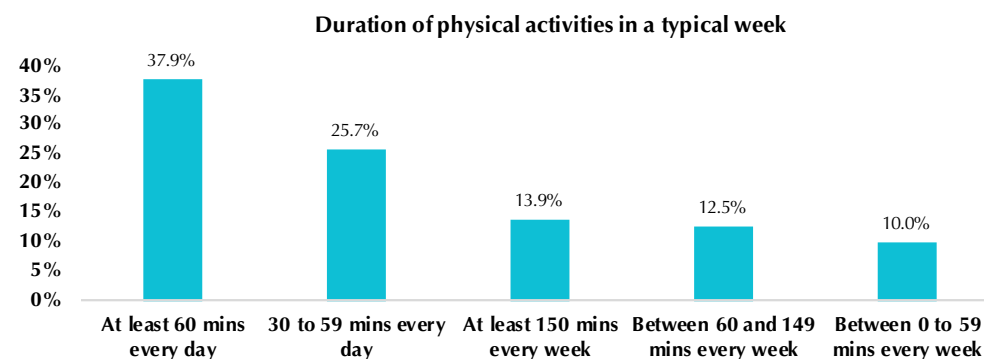


FIGURE 3.13 Proportions of duration of physical activities youths engaged in, in the previous 3 months (N=376).

YOUTH BMI CATEGORIES

The BMI Variable is calculated based on the reported height and weight, and the categories presented are based on the World Obesity Policy and Prevention International standard cut-off points.

Just over a quarter of youth are within a normal weight

- Less than five percent (2.7%^F) were underweight
- Thirty-seven percent (36.5%) are normal weight
- Thirty-six percent are overweight
- One-quarter (25.1%) are obese

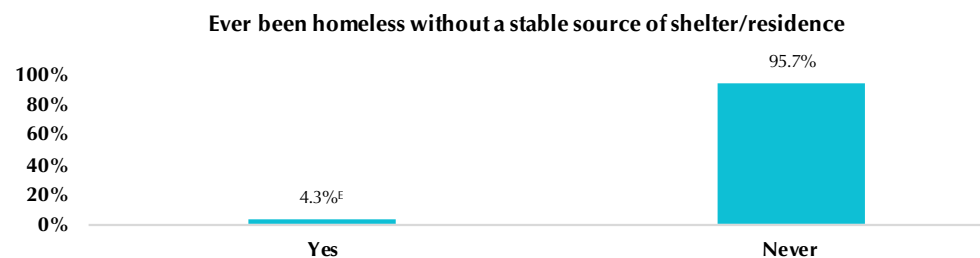


FIGURE 3.14 Proportions of youth who were categorized as underweight or normal weight, overweight or obese.

SCREEN TIME

"Screen time" is time spent watching television, movies, videos, computers, tablets or smart phones, including time in and out of school.

Two in five youths were spending eight hours/week or more screen time

Three in five youths were spending eight hours/week or less screen time

One in ten youths were spending more than 12 hours/week screen time

- Twenty one percent (21.2%) spent eight or more hours "screen time" per week (Figure 3.15)
- The remainder (63.7%) spent eight or less hours/week "screen time"
- Eleven percent (10.7%) spent 12 or more hours/week "screen time"
- And nine percent (8.6%) spent two or less hours/week "screen time" (Figure 3.15)

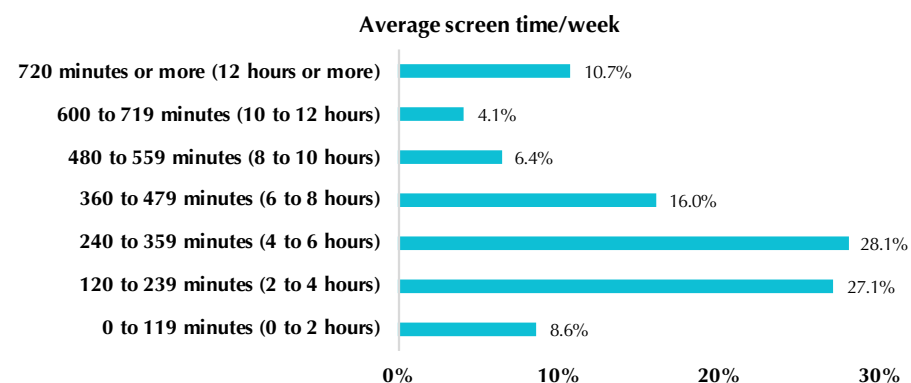


FIGURE 3.15 Proportions of periods spent on screen time/week (N=376).

SELF-MASTERY

Many youths reported high levels of self-mastery

- A large majority (84.4%) 'agreed' or 'strongly agreed' they could solve their problems
- Seventy eight percent (77.5%) 'agreed' or 'strongly agreed' that no one pushed them around
- And seventy seven percent (76.8%) 'agreed' or 'strongly agreed' they could do just about anything they set their minds to (Table 3.1).

TABLE 3.1 Proportions of degree of agreement to solving one's problems, no one pushing them around and able to do anything.

Degree of agreement	I can solve the problems that I have	No one pushes me around in life	I can do just about anything I really set my mind to
Strongly agree	28.9%	30.8%	29.6%
Agree	55.5%	46.7%	47.2%
Neither agree nor disagree	11.6%	14.3%	14.7%
Disagree	3.7% ^E	7.3% ^E	7.5% ^E
Strongly disagree	-	-	-

At least one in seven youths had control or could do anything they wanted

- Seventy three percent (73.1%) 'agreed' or 'strongly agreed' to having control over things happening to them (Figure 3.16).
- Thus, twenty eight percent (28%) did not have control

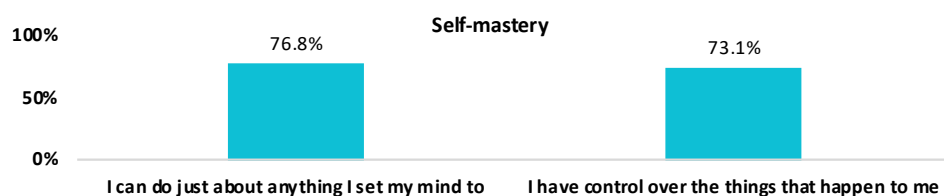


FIGURE 3.16 Proportions that 'strongly agreed' or 'agreed' to being able to do anything they wanted and be in control of their lives (N=365).

One in three youths felt helpless

Two in five youths felt little ability to change things in their lives

- One-third (34.6%) 'agreed' or 'strongly agreed' they felt helpless dealing with problems in life (Figure 3.17)
- And forty-one percent (41.4%) 'agreed' or 'strongly agreed' there was little they could do to change many important things in their lives (Figure 3.17).

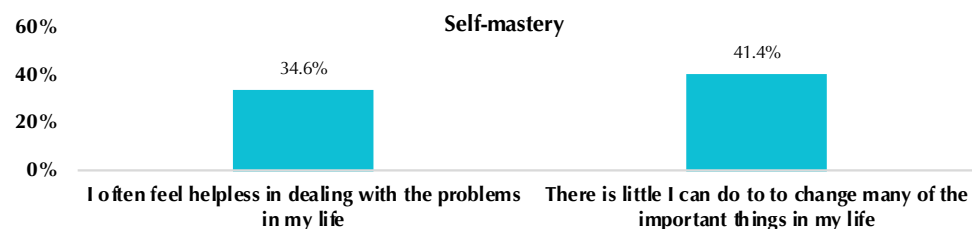


FIGURE 3.17 Proportions of youths who 'strongly agreed' or 'agreed' with feeling helpless or being able to change little in their lives (N=365).

SOCIAL SUPPORT

Social support is an important determinant of health. And can be conceptualized in various ways. For one, it can be defined by its function, frequency of contacts/availability, or the source of support. People sometimes look to others for companionship, assistance, guidance or other types of support.

About one in ten youths had poor social support

About nine in ten youths had good access to social support

- Seventy two percent (72.3%) counted on someone to listen when they needed to talk for 'most/all' of the time. Compared to seven percent (7.1%) who only counted on someone for 'almost' none or 'none' of the time (Table 3.2)
- Seventy percent (70.1%) had someone to confide in for 'most/all' of the time. Compared to ten percent (10.2%) who only had for 'almost none' or 'none' of the time (Table 3.2)
- Seventy eight percent (78%) had someone who showed them love for 'some/all' of the time. Compared to seven percent (6.9%) who only had for 'almost' none or 'none' of the time (Table 3.2)
- And similar proportions had, 'some' of the time, someone to count on to listen when needing to talk (20.5%), someone to confide in (18.7%) and someone to show them love (15.1%)

TABLE 3.2 Proportions of availability of someone counted on when needing to talk, someone to confide in and someone to show me love and affection.

Availability	Someone to count on listening when needing to talk (N=360)	Someone to confide in/talk about self/problems (N=360)	Someone who shows me love and affection (N=363)
All of the time	42.5%	42.1%	58.6%
Most of the time	29.8%	28.0%	19.4%
Some of the time	20.5%	18.7%	15.1%
Almost none of the time	3.5% ^E	5.6% ^E	4.3% ^E
None of the time	3.6% ^E	5.6% ^E	2.6% ^E

- Eighty four percent (84%) counted on someone for help for 'most/all' of the time. Compared to seven percent (6.5%) who counted on someone to help for 'almost' none or none of the time (Table 3.3)
- Seventy six percent (76.1%) had someone to take them to doctor when they needed to. Compared to eight percent (7.6%) who only had someone for 'almost' none or 'none' of the time
- Sixty five percent (64.5%) had someone to give them a break for 'most/all' of the time. Compared to thirteen percent (13.1%) who had someone to give them a break for only 'some' or 'none' of the time (Table 3.3)
- Similar proportions had someone to count on for help for 'some' of the time (19.5%), take them to the doctor when they needed to for 'some' of the time (15.2%) and give them a break from daily routines (22.3%) for 'some' of the time (Table 3.3)

TABLE 3.3 Proportions of when youths had someone to count on for help, take them to the doctor or to give them a break

Availability	Someone you can count on when you need help (N=364)	Someone to take you to the doctor when you needed to (N=362)	Someone who can give you a break from your daily routines (N=349)
All of the time	44.6%	56.0%	34.4%
Most of the time	29.4%	21.1%	30.1%
Some of the time	19.5%	15.2%	22.3%
Almost none of the time	2.7% ^E	2.5% ^E	6.8% ^E
None of the time	3.8% ^E	5.2% ^E	6.3% ^E

Majority youths have positive social interactions

- Eighty one percent (80.7%) had someone to do enjoyable things with for 'most/all' of the time (Table 3.4)
- Fifteen percent (15.3%) had someone to do enjoyable things with for only 'some' of the time. And three percent (2.6%^E) for 'almost' none of the time
- Another eighty percent (79.8%) had someone to have a good time with for 'most/all' of the time.
- Sixteen percent (16.2%) had someone to have a good time with for only 'some' of the time. And three percent (2.9%) for 'almost' none of the time (Table 3.4)

TABLE 3.4 Proportions of availability of someone to do enjoyable things with and have a good time with.

Availability	Someone to do something enjoyable with (N=365)	Someone to have a good time with (N=364)
All of the time	50.0%	54.8%
Most of the time	30.7%	25.0%
Some of the time	15.3%	16.2%
Almost none of the time	2.6% ^E	2.9% ^E
None of the time	-	-

Friends and family, most trusted about emotional/mental health issues

Two in five youths had no one to open up about emotional/mental health issues

- Forty-three percent (43.0%) had no one to see or talk to on the telephone about their emotional/mental health (Figure 3.17).
- Thirty seven percent (36.9%) opened up to friends about emotional/mental health issues
- Thirty two percent (32.1%) spoke to parents
- Twelve percent (12.4%) opened up to immediate family members
- Eleven percent (11.1%) opened up to 'Other' family members (Figure 3.18)
- And eighteen percent (18.2%) spoke to mental health professionals, social workers, crisis workers or nurses (Figure 3.17)

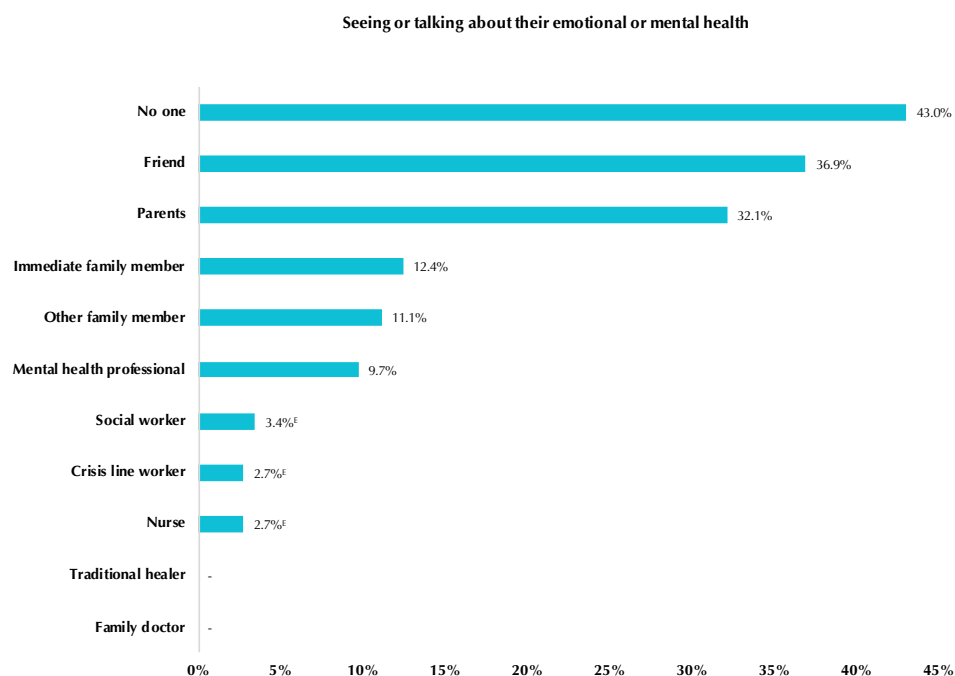


FIGURE 3.18 Proportions of people youths saw or spoke to on the telephone about emotional or mental health issues (N=369).

Most youths go to parents/family with family and friendship problems

Most youth go to friends of their age with problems concerning relationships

Significant proportions had no one to go to about problems with family, relationships and friends

- Fifty eight percent (58.1%) consulted parents and 'Other' family members about family problems. While six percent (6.3%) had no one to consult (Table 3.5).
- Forty four percent consulted peer friends (own age) about relationship problems (boy/girlfriends). While sixteen percent (16.3%) had no one to consult.
- And fifty eight percent (57.6%) consulted parents and 'Other' family members about problems with friends. While eleven percent (11.4%) had no one to consult (Table 3).

TABLE 3.5 Proportions of people youths go to for problems with family, relationships and friends

Person consulted	Family problems	Relationships (boy-friend/girlfriend)	Problems with friends
Parent	46.7%	28.9%	47.0%
Other family	11.4%	7.8%	10.6%
Friend my age	29.8%	43.7%	23.5%
Adult friend	-	-	4.4% ^E
Traditional healer	-	-	-
Medical Doctor or nurse	-	-	-
Principal, teacher or counselor	-	-	2.1% ^E
No one	6.3% ^E	16.3%	11.4%
Other	-	-	-

At least one in ten youths had no one to consult about alcohol/anger/depression/suicide

Parents and peer friends consulted most about drugs/alcohol, anger, depression and suicidal thoughts

- Sixty nine percent (69.3%) consulted parents and peer friends for drugs/alcohol problems. Thirteen percent (12.8%) had no one to consult (Table 3.6)
- Seventy percent (69.9%) consulted parents and peer friends for anger/feeling out of control. Eleven percent (10.9%) had no one to consult
- Sixty nine percent (69%) consulted parents and peer friends for depression problems. Thirteen percent (13%) had no one.
- And sixty four percent (64.2%) consulted parents and peer friends for suicidal thoughts. Compared to sixteen percent (15.7%) had no one to consult (Table 3.6)

TABLE 3.6 Proportions of people youths go to for problems with drugs/alcohol, anger/feeling out of control, depression and suicidal thoughts.

Who do you consult?	Drugs/Alcohol	Anger/feeling out of control	Depression	Suicidal thoughts
Parent	46.2%	38.9%	41.5%	41.1%
Other family	7.6% ^E	9.3% ^E	5.5% ^E	7.1% ^E
Friend my age	23.1%	31.0%	27.5%	23.1%
Adult friend	3.1% ^E	3.0% ^E	2.7% ^E	2.4% ^E
Traditional healer	-	-	-	-
Medical Doctor or nurse	2.5% ^E	-	2.6% ^E	3.1% ^E
Principal, teacher or counselor	1.9% ^E	3.3% ^E	4.7% ^E	4.8% ^E
No one	12.8%	10.9%	13.0%	15.7%
Other	-	1.7% ^E	-	-

About one in ten youths had no one to consult about sexual or physical assault or finances

Parents and peer friends consulted most about sexual and/physical assault, bullying and financial problems

- Eighty percent (80.2%) consulted parents or peer friends on sexual assault. While eight percent (8.4%) had no one to talk to about sexual assault (Table 3.7)
- Seventy seven percent (77.4%) consulted parents and peer friends on physical assault. While eight percent had no one to talk to
- Another seventy seven percent (77.0%) consulted parents and peer friends on bullying. While sixty percent consulted 'Other'
- Seventy six percent (76.3%) consulted parents and peer friends on financial problems. While fifteen percent (14.5%) had no one to consult
- And smaller proportions consulted adult friends, medical doctors/nurses, principal/teacher/counselor and other family members (Table 3.7).

TABLE 3.7 Proportions of people youths go to for sexual assault, physical assault, bullying and financial problems.

Who do you consult?	Sexual assault	Physical assault	Bullying	Financial problems
Parent	66.7%	62.8%	60.1%	68.3%
Other family	3.2% ^E	7.0% ^E	5.9% ^E	5.4% ^E
Friend my age	13.5%	14.6%	16.9%	8.0%
Adult friend	1.7% ^E	2.2% ^E	2.9% ^E	2.9% ^E
Traditional healer	-	-	-	-
Medical Doctor or nurse	1.7% ^E	-	5.3% ^E	-
Principal, teacher or counselor	2.8% ^E	2.2% ^E	8.1% ^E	-
No one	8.4% ^E	8.2% ^E	-	14.5%
Other	-	-	60.1%	-

One in ten youths had no one to consult about STIs, birth control or pregnancy

Parents, medical doctors/nurses and peer friends consulted most on STIs, birth control and pregnancy

- Ninety percent consulted parents, doctors/nurses and peer friends on STIs. While seven percent (6.8%^E) had none to consult (Table 3.8)
- Eighty two percent consulted parents, doctors/nurses and peer friends on birth control. While eleven percent (11.3%) had none to consult
- Eighty three percent (83.1%) consulted parents, doctors/nurses and peer friends on pregnancy. While eleven percent (10.5%) had no one to consult
- And smaller proportions consulted other family members (Table 3.8).

TABLE 3.8 Proportions of people youth go to for sexually transmitted infections, birth control and pregnancy

Who do you consult?	Sexually transmitted infections	Birth Control	Pregnancy
Parent	56.1%	55.3%	55.8%
Other family	3.2% ^E	4.3% ^E	4.7% ^E
Friend my age	11.6%	9.5%	14.3%
Adult friend	-	-	-
Traditional healer	-	-	-
Medical Doctor or nurse	21.8%	17.3%	13.0%
Principal, teacher or counselor	-	-	-
No one	6.8% ^E	11.3%	10.5%
Other	-	-	-

LANGUAGE AND CULTURAL ENGAGEMENT

One in 16 youths used a First Nation language in daily life

English was the dominant language for youths' daily lives

- Only six percent (5.6%) used a First Nations language in daily life
- Compared to more than three-quarters (81.8%) using English in daily life
- A very small proportion (3.9%^E) used more than one language (Figure 3.19)

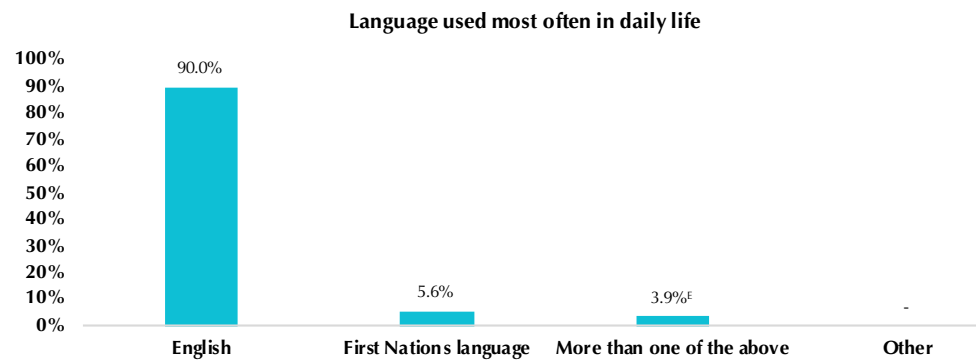


FIGURE 3.19 Proportions using English, First Nations language and more than one language in their daily lives.

Eight in ten youths had some knowledge of a First Nations language

- Eighty two percent (81.8%) had at least some knowledge of a First Nations language, even only a few words (Figure 3.20).
- Eighteen percent (18.2%) did not have any (Figure 3.20)

Having some knowledge of a First Nations language

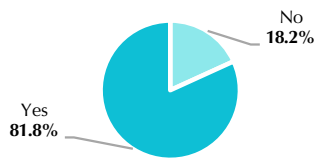


FIGURE 3.20 Proportions of youths with at least some knowledge (even a few words) of a First Nations language (even a few words) (N=374).

Speaking a First Nations and traditional cultural events was very important to youths

- More than three-quarters (80.8%) of youths 'strongly agreed' or 'agreed' that speaking their First Nations language are important (Figure 3.21)
- And eighty percent (79.6%) 'strongly agreed' or 'agreed' that traditional cultural events were important to them (Figure 3.21).

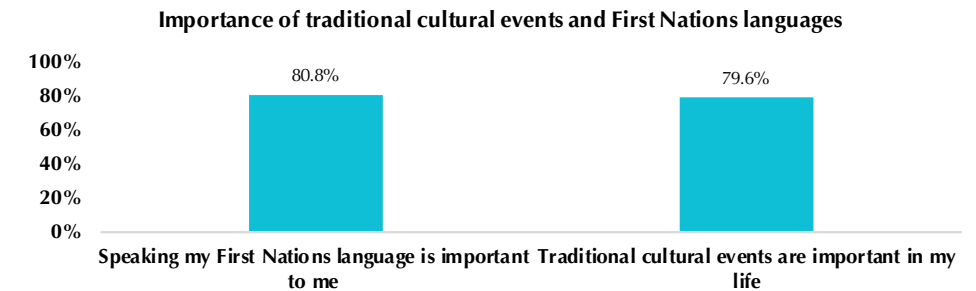


FIGURE 3.21 Proportions of youths that 'agreed' or 'strongly agreed' that speaking their First Nations language' and/or engaging in "traditional cultural events" were important to them.

PARTICIPATION IN COMMUNITY CULTURAL EVENTS

More females than males were taking part in community cultural events
More than one in two youths were not taking part in community cultural events

- Only forty six percent (45.9%) youths took part 'sometimes' 'almost always' and 'always' in community cultural events (Figure 3.22)
- Fifty nine percent (59.2%) females took part 'sometimes' 'almost always' and 'always' in community cultural events
- Compared to (31.9%) males (Figure 3.22).

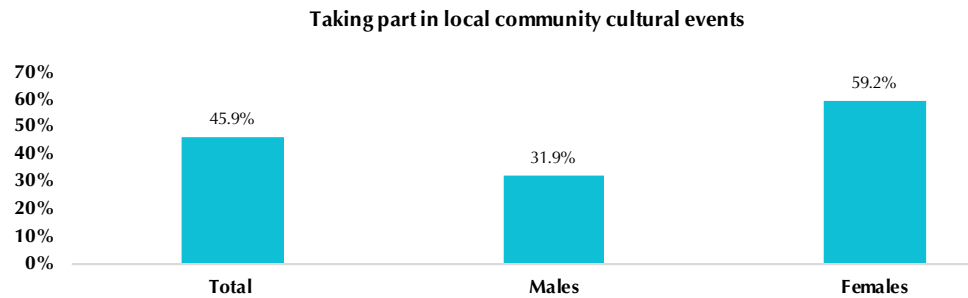


FIGURE 3.22 Proportions taking part in local community cultural events 'sometimes'/'almost always/always' in total sample and among males and females (N=384).

SENSE OF COMMUNITY BELONGING

Three in four youths had a strong sense of belonging

One in four youths had a weak sense of belonging

- One quarter (25.9%) youths had a 'very strong' sense of belonging to their local community (Figure 3.23)
- Fifty one percent (50.6%) had 'somewhat' strong sense of belonging
- And twenty four percent (23.5) had 'somewhat' and very weak sense of belonging (Figure 3.23)

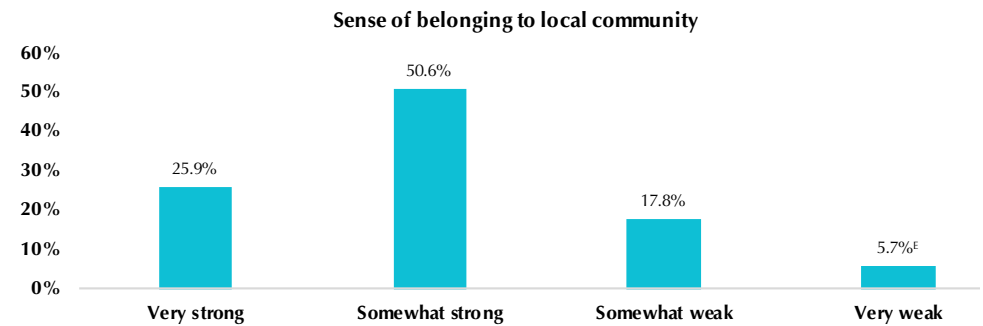


FIGURE 3.23 Proportions of youths with 'very strong', 'somewhat strong', 'somewhat weak', or 'very weak' sense of belonging to their home community (N=289).

SEXUAL ACTIVITY

Older youths had more sexual experience

Nearly one in three youths had sexual intercourse experience

- Almost one-third (31.6%) having had sexual intercourse experience (Figure 3.24)
- One-half (50.1%) of youths ages 15 to 17 having had sexual intercourse experience
- Compared to six percent (5.6%) ages 12 to 14 (Figure 3.24)

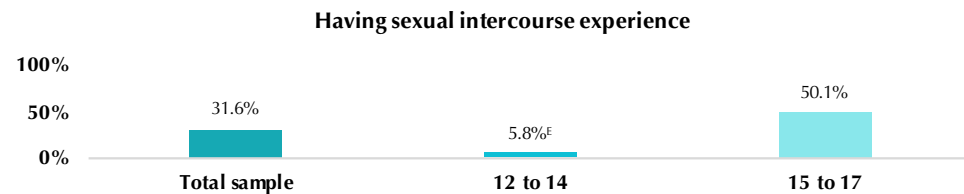


FIGURE 3.24 Proportions with sexual intercourse experience in total sample and among age groups 12-14 and 15-17 (N=360)

Nearly nine in ten youths with sexual experience were currently sexually active

- Eighty-seven percent (86.9%) youths with sexual experience had sexual intercourse in past year
- Compared to thirteen percent (13.1%) who did not have sex in past year (Figure 3.25)

Having sexual intercourse in the past year

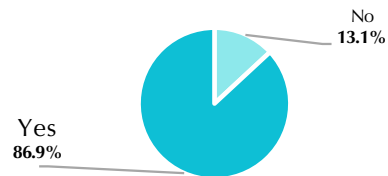


FIGURE 3.25 Proportions that had and did not have sexual intercourse in the past year among those with sexual intercourse experience (n=107).

One in two youths had one sexual partner

Two in five youths had two/more sexual partners

- A small majority (55.4%) had only one sexual partner in past year (Figure 3.26).
- While forty five percent (44.5%) had two or more (Figure 3.26).

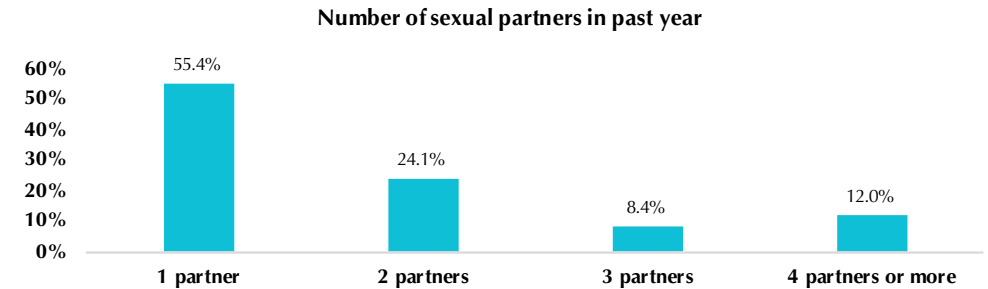


FIGURE 3.26 Proportions having 1 to 4/more sexual partners among those having sex in past year (n=87).

Three in five youths were using condoms always during sexual intercourse

Nearly two in five youths were using condoms occasionally or never during sex

- Almost two-thirds (63.3%) used condoms 'always' during sexual intercourse (Figure 3.27).
- Twenty percent (19.6%) used 'most' of the time
- And seventeen percent (17.1%) 'occasionally/never' (Figure 3.27)

Frequencies of condom usage

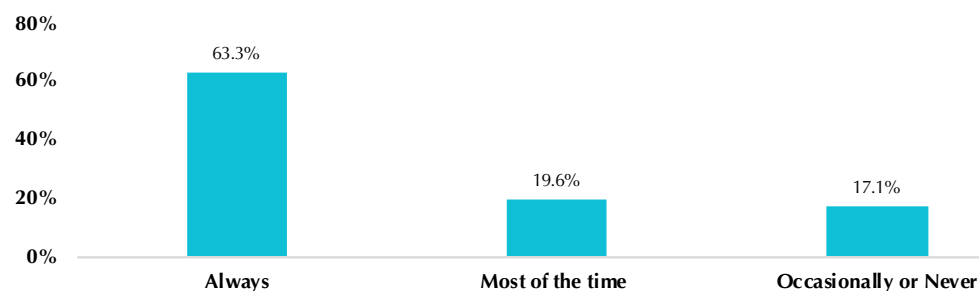


FIGURE 3.27 Proportions using condoms ‘always’ ‘most’ of the time and ‘occasionally’ during sexual intercourse (n=78).

Condoms were most popular for birth control than birth control pills

- Majority (81.5%) used condoms for birth control, among youths having intercourse in past year (Figure 3.28)
- Thirty six percent (36.1%) used birth control pills
- And eight percent (7.5%) did not use any birth control method (Figure 3.28)

Birth control methods used

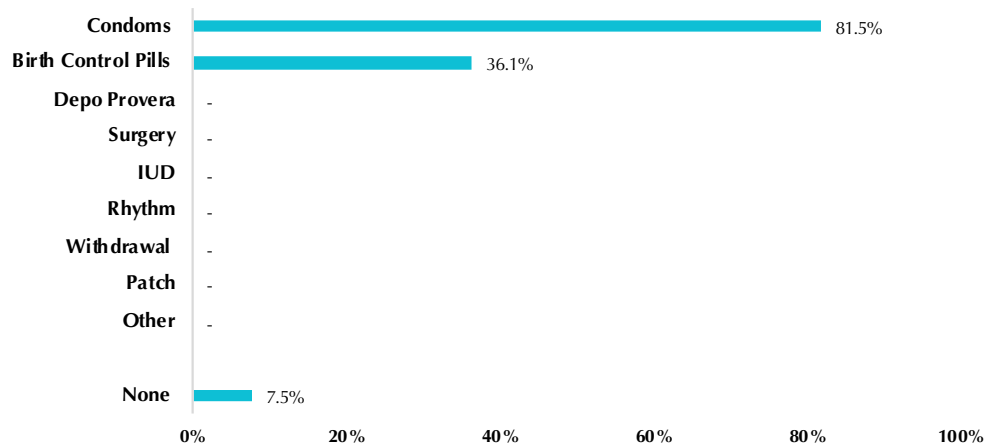


FIGURE 3.28 Proportions of birth control methods used by youths in the past year (n=87).

SUBSTANCE USE

Nearly two in five youths, mostly ages 15-17, were drinking alcoholic beverages

- Eighteen percent (17.6%) youths in sample had an alcoholic beverage within the past year (Figure 3.29)
- And twenty eight percent (28.2%) of the sample were drinkers ages 15–17. Compared to insignificant proportions ages 12–14 (Figure 3.29)
- Nineteen percent (19.2%) females in sample had alcoholic beverages in the past year. While sixteen percent (16.1%) males in sample had. Compared to twenty seven percent (27.4%) females and thirty six percent (35.5%) males in 2008–10 RHS. And forty nine percent (49%) females and thirty one percent (31%) males in 1997 RHS.
- No significant differences between gender and age groups in current RHS

Having alcoholic beverages in the past year

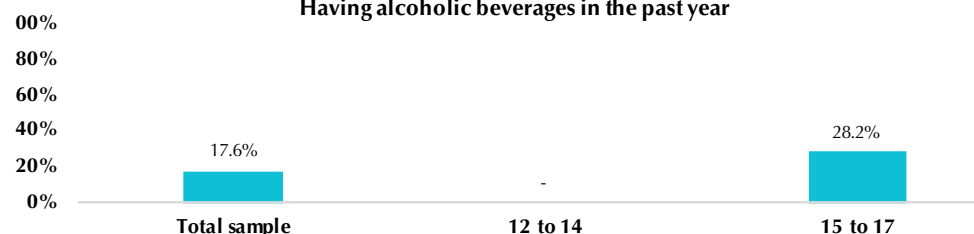


FIGURE 3.29 Proportions of youths that had alcoholic beverages within the past year (N=377).

Drinking alcohol two to three times/week was the most among youths

- Sixteen percent (15.9%) of alcohol drinkers had alcohol two to three times/week (Figure 3.30)
- And eighty four percent (84%) two to three times/month or less (Figure 3.30).

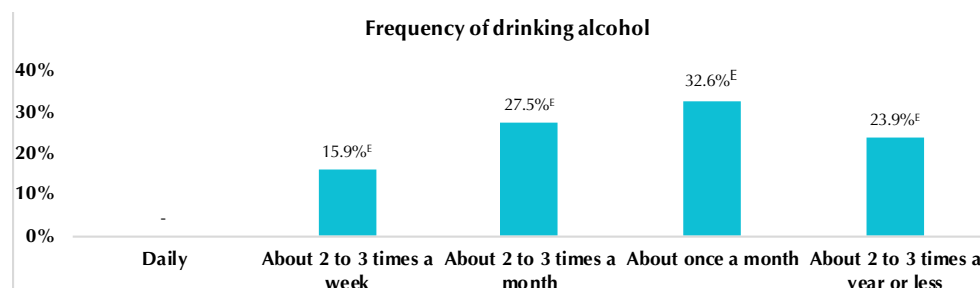


FIGURE 3.30 Proportions of frequencies youths had alcoholic beverages among those consuming alcoholic beverages in the past year (n=55).

Binging on alcohol is having five or more alcoholic drinks on one occasion (males). And four or more (females).

About one in ten youths never binged on alcohol or binged once/week

- Twelve percent (12.0%) never binged on alcohol in the past year (Figure 3.31)
- Fourteen percent (14.3%) binged less than once per month in the past year
- Fifty eight percent (58.4%) binged at least once/month
- And twelve percent binged once/week (Figure 3.31).

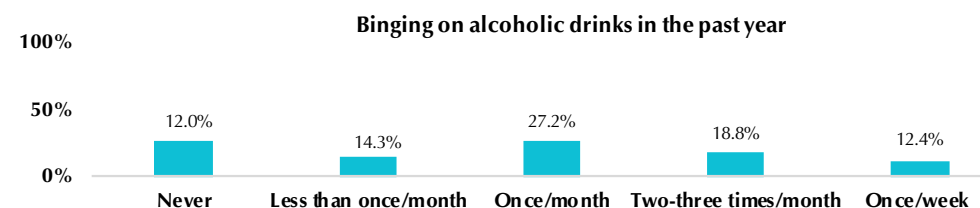


FIGURE 3.31 Proportions of youths binging on alcoholic drinks in the past year among those who consumed alcoholic beverages (n=55).

About one in ten youths completed/did not complete alcohol treatment

- A large majority (86.3%) of youths that had alcoholic beverages in the past year did not seek treatment for alcohol abuse/addiction (Figure 3.31).
- While fourteen percent (13.6%) that had alcoholic beverages in past year sought and completed treatment, started treatment but did not complete, or sought, but treatment was unavailable (Figure 3.32).

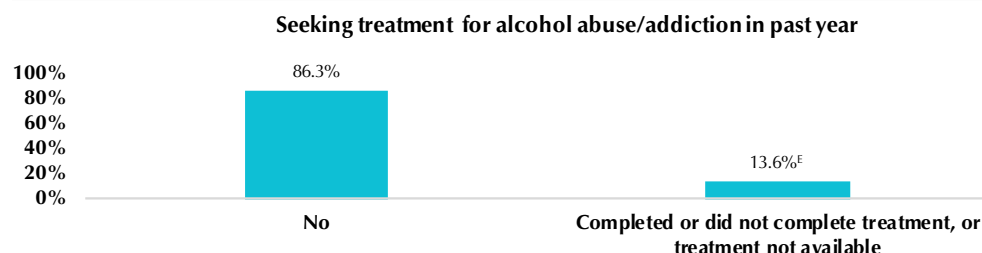


FIGURE 3.32 Proportions seeking treatment for alcohol abuse/alcohol addiction among those that had alcoholic beverages in past year (n=57).

Nine in ten youths never used cannabis

About one in ten youths used cannabis almost daily/daily/weekly/monthly

- Eighty percent (79.5%) of youths never used cannabis (Figure 3.33)
- Nine percent (9.1%) had used once/twice
- Four percent (4.2%^E) used weekly/monthly
- And seven percent (7.2%) used daily or almost daily (Figure 3.33).
- Ninety percent (89.8%) ages 15 to 17 used cannabis. Compared to seventy two percent (72.3%) ages 12–14.
- There were no differences by gender in cannabis usage.

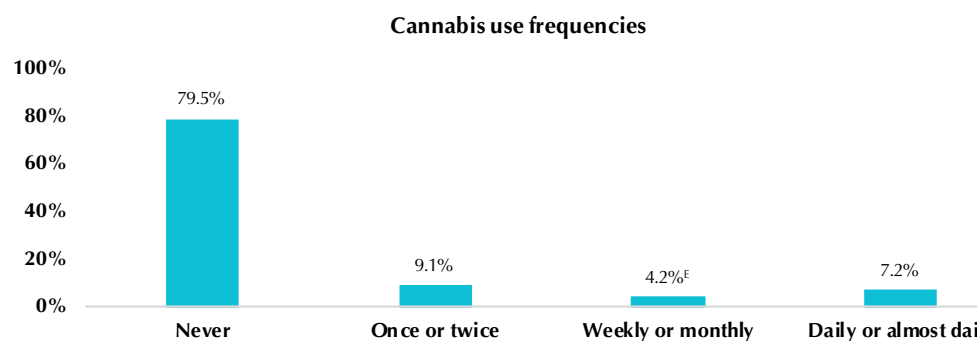


FIGURE 3.33 Proportions of frequencies youths used non-prescription cannabis (N=376).

Proportions using non-prescription drugs that included cocaine, amphetamines, heroin, inhalants, and/or hallucinogens was too small to report. A large majority had never tried these drugs.

About one in ten youths were using pain relievers with opioids

- Eleven percent (11.3%) of those using prescription drugs used pain relievers with opioids in the past year.
- Three percent (2.9%^E) used sedatives
- And another three percent (2.6%) used stimulants (Figure 3.34).

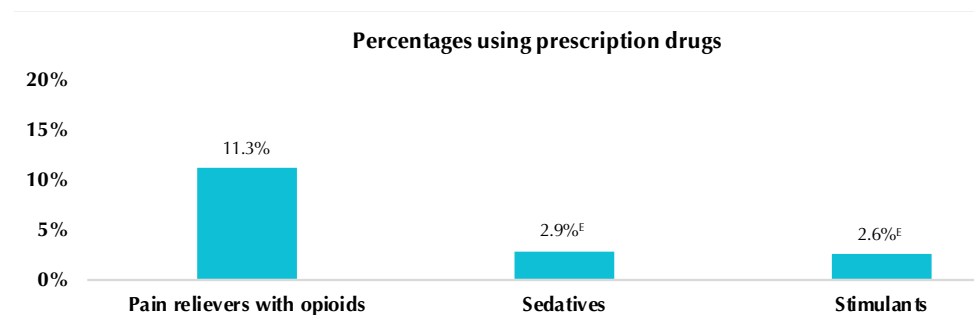


FIGURE 3.34 Proportions using pain relievers with opioids (N=367), sedatives (N=374), and/or stimulants (N=373) at some point in their life.

One in two youths were using only prescribed prescription drugs

Nearly one in two youth were using some non-prescribed prescription drugs

- Just more than one-half (51.8%) used only prescribed prescription drugs in the past year
- And forty eight percent (48.2%) used some prescription drugs that were not prescribed (Figure 3.35).

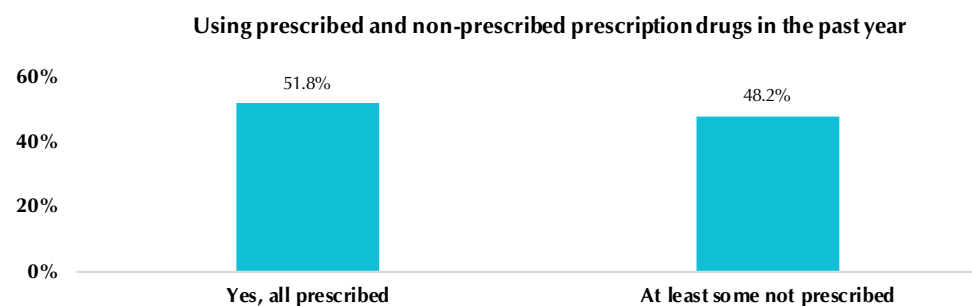


FIGURE 3.35 Proportions using prescribed or non-prescribed prescription drugs among youths using prescription drugs in past year.

CIGARETTES

Nearly 8 in ten youths had never smoked cigarettes, mostly the young

- Seventy eight percent (77.6%) of youth had never smoked cigarettes. (Figure 3.36).
- Eleven percent (11%) used to smoke daily or occasionally
- Eight percent (8.2%) smoked daily
- And three percent (3.2%) smoked occasionally (Figure 3.36). Compared to twenty one percent (21%) who smoked occasionally in 2008–10 RHS.
- Ninety one percent (91.0%) ages 12–14 had never smoked. Compared to sixty nine percent (68.5%) ages 15–17 that had never smoked
- Five percent (4.6%) ages 12–14 used to smoke daily/occasionally. Compared to thirteen percent (13.4%) ages 15–17
- And fifteen percent (15.3%) ages 15–17 smoked occasionally. Compared to insignificant proportion ages 12–14 (Figure 3.36)

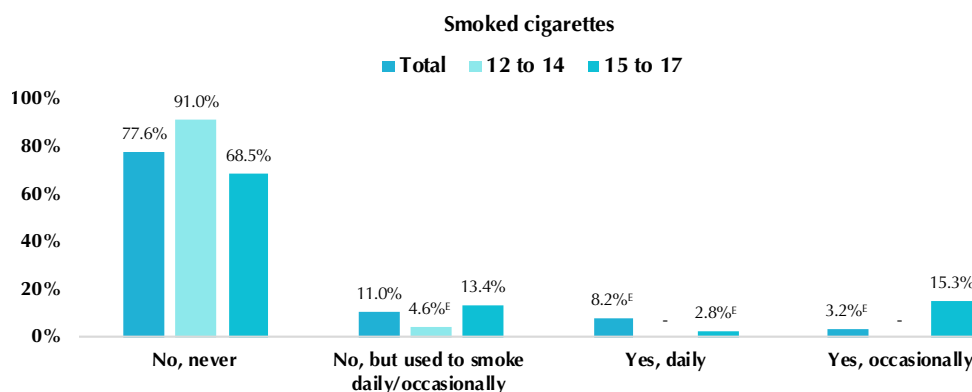


FIGURE 3.36 Proportions that the never smoked cigarettes, used to smoke daily/occasionally, and smoked daily and occasionally (N=374).

17 years was the common age at first cigarette among youths

- The majority (87.2%) among daily/occasional smokers were 17 at first cigarette (Figure 3.37)
- Five percent (4.5%^E) were 15–16
- Four percent (4.4%) 13–14
- And another four percent (3.8%) were 12 and below (Figure 3.37).

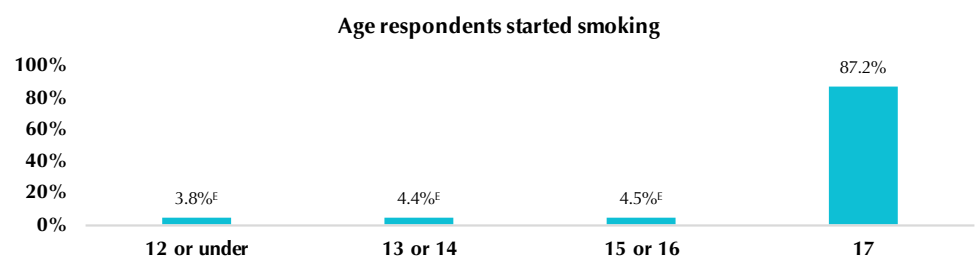


FIGURE 3.37 Proportions of age groups at first cigarette.

Three in five youths smoked 10 or more cigarettes/day

- Sixty percent (59.5%) smoked 10 or more cigarettes/day (Figure 3.38).
- Twenty five percent (24.8%) smoked five to nine/day
- And sixteen percent (15.9%) five or less/day (Figure 3.38).

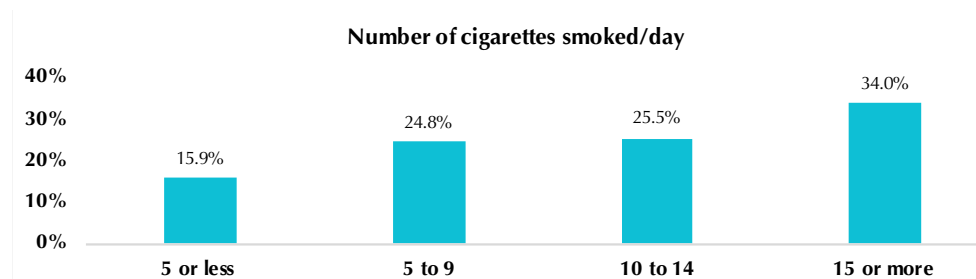


FIGURE 3.38 Proportions of number of cigarettes smoked/day among daily smokers.

About one in three youths were exposed to second-hand smoke in homes and private vehicles

- About one-third (32.2%) were exposed to second-hand smoke in homes almost/every day (Figure 3.39).
- And another one-third (32.8%) were exposed to second-hand smoke in private vehicles almost/every day (Figure 3.39).

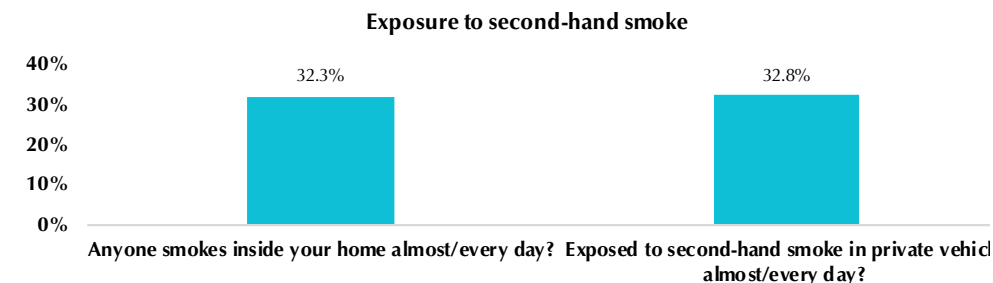


FIGURE 3.39 Proportions exposed to second-hand smoke in homes and private vehicles almost/every day (N=368).

FEELINGS OF STRESS

Only one in four youths were not stressed at all

- Thirty percent (30.3%) had 'a bit stressful' levels (Figure 3.40)
- Seventeen percent (16.8%) had 'quite' a bit stress level
- Three percent (3.3%) had 'extremely' stressful levels
- Twenty five percent (25.2%) 'not very stressful' levels
- And another twenty five percent (24.5%) had 'not at all stressful' levels (Figure 3.40).

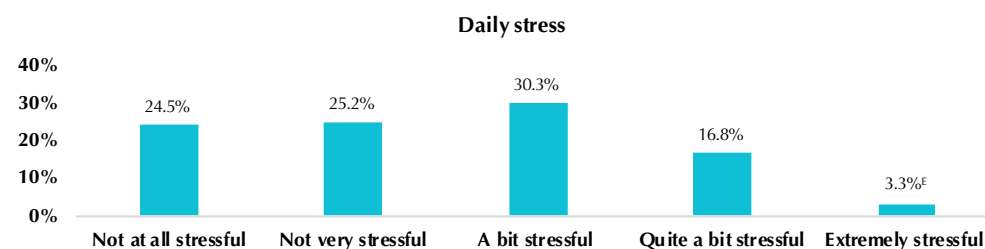


FIGURE 3.40 Proportions reporting no stress at all, not very stressful levels, 'a bit' stressful levels, 'quite a bit' stressful and extremely stressful levels (N=354).

BULLYING

One in three youths were bullied in past year

Nearly one in four youths were cyber-bullied in past year

- Thirty six percent (34.5%) were bullied in the past year (Figure 3.41)
- And twenty four percent (24.4%) were cyber-bullied in the same past year (Figure 3.41).

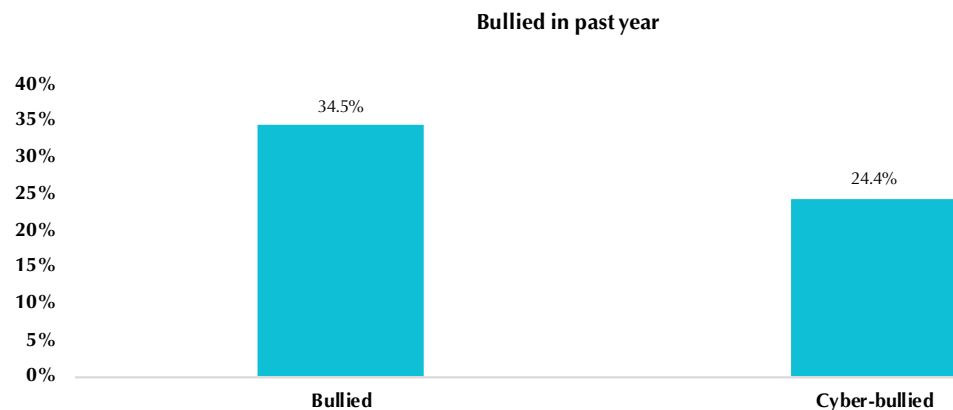


FIGURE 3.41 Proportions 'bullied' or 'cyber-bullied' in the past year (N=359).

Nearly one in two youths were not seeking help to deal with bullying

- Forty-six percent (45.9%) among the bullied did not seek help (Figure 3.42)
- Just above one-quarter (26.6%) of the bullied sought and received all the help they needed
- And twenty eight percent (27.5%) sought but did not receive all the needed (Figure 3.42).

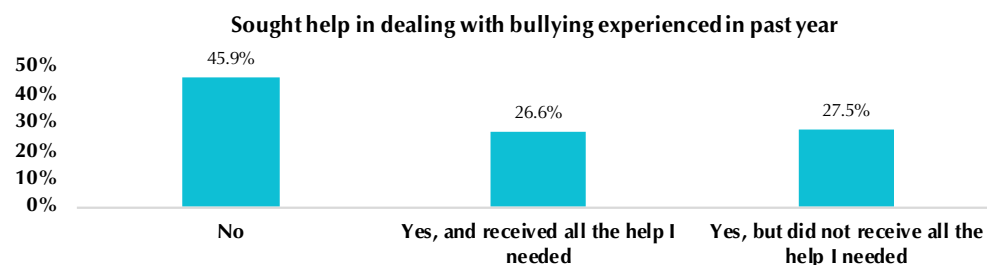


FIGURE 3.42 Proportions that did not seek and sought help to deal with bullying among the bullied in the past year (n=138).

FAMILIAL ATTENDANCE AT INDIAN RESIDENTIAL SCHOOL

Nearly one in two youths had a grandparent/other family member that had attend an Indian residential school

- Only three percent (2.9%^E) had at least one parent/guardian who attended an Indian Residential School (Figure 3.43)
- Almost one-half (48.9%) had at least one grandparent who had attended.
- And forty three percent (43.4%) had another family member who attended an Indian Residential school (Figure 3.43).

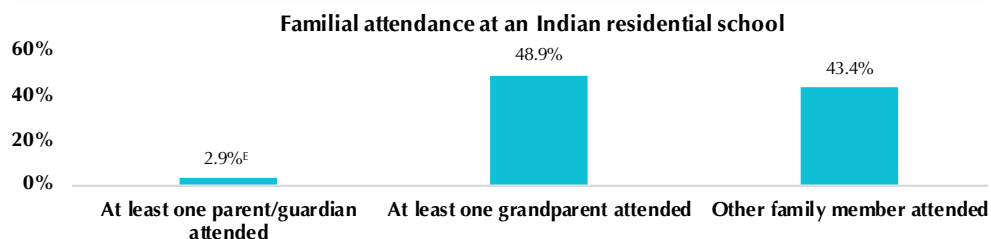


FIGURE 3.43 Proportions that had at least one parent/guardian (N=352), at least one grandparent (N=319) or other family member attend an Indian residential school (N=288).

SCHOOL AND EDUCATIONAL OUTCOMES

Nearly one in two youths never attended the Aboriginal Head Start program

- Fifty five percent (54.5%) had attended an Aboriginal Head Start program (Figure 3.44)
- And the remainder (45.5%) had not (Figure 3.44).

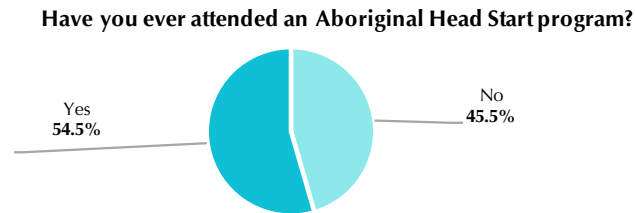


FIGURE 3.44 Proportions that attended and did not attend an Aboriginal Head Start program (N=298).

One in 6 youths disliked school

Nearly seven in ten youths at least liked school somewhat

- Nine percent (8.5%) at least dislikes school 'somewhat' (Figure 3.45)
- Eighteen percent (17.6%) is not sure
- Forty percent (39.7%) 'somewhat' likes school
- And only twenty eight percent (27.6%) like school very much (Figure 3.45)

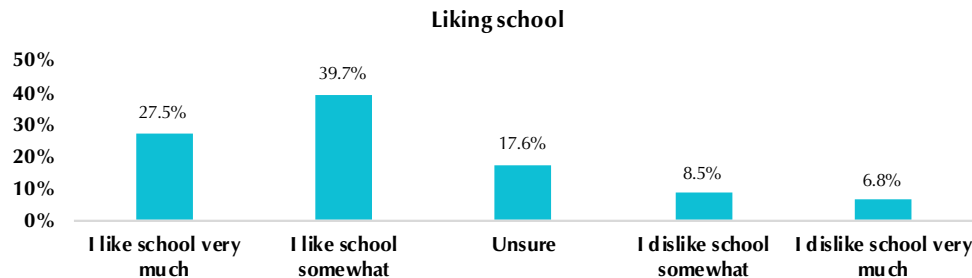


FIGURE 3.45 Proportions of degree of liking school among youths (N=382).

Nearly one in four youths had repeated a grade

- Almost a quarter (23.7%) of the youths repeated a grade
- And thirty two percent (32.2%) males had repeated a grade.
- Compared to fifteen percent (15.0%) females (Figure 3.46).

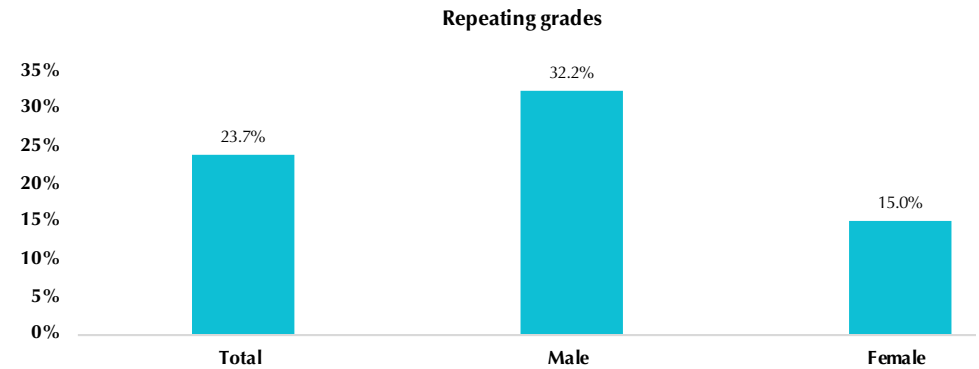


FIGURE 3.46 Proportions that repeated a grade among youths (N=373).

Two in five youths had learning problems

- While fifty eight percent (57.9%) had no learning problems in school at all (Figure 3.47)
- Forty two percent (42.1%) reported having a learning problem (Figure 3.48).
- Half (50.1%) male youths had at least one learning problem. Compared to thirty four percent (33.6%) females.

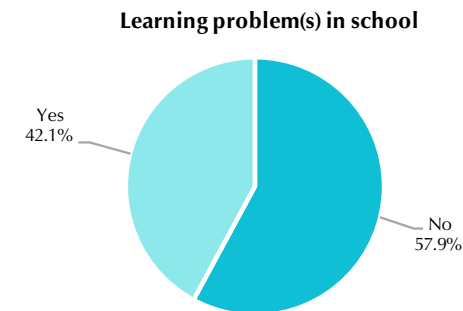


FIGURE 3.47 Proportions of youths with/without learning problems in school (N=357).

Two in five youths had distractions in school

Three in five youths had problems with subjects in school

- Close to two-thirds (63.6%) had difficulties with subjects in school (Figure 3.48)
- Just above half (52.8%) had reading problems
- Another half (52.2%) had writing problems
- And forty four percent (44.4%), had too many distractions. Which could be related to problems with short attention span (31.9%)
- Other problems were language barrier, social problems and having difficulties with teachers (Figure 3.48)

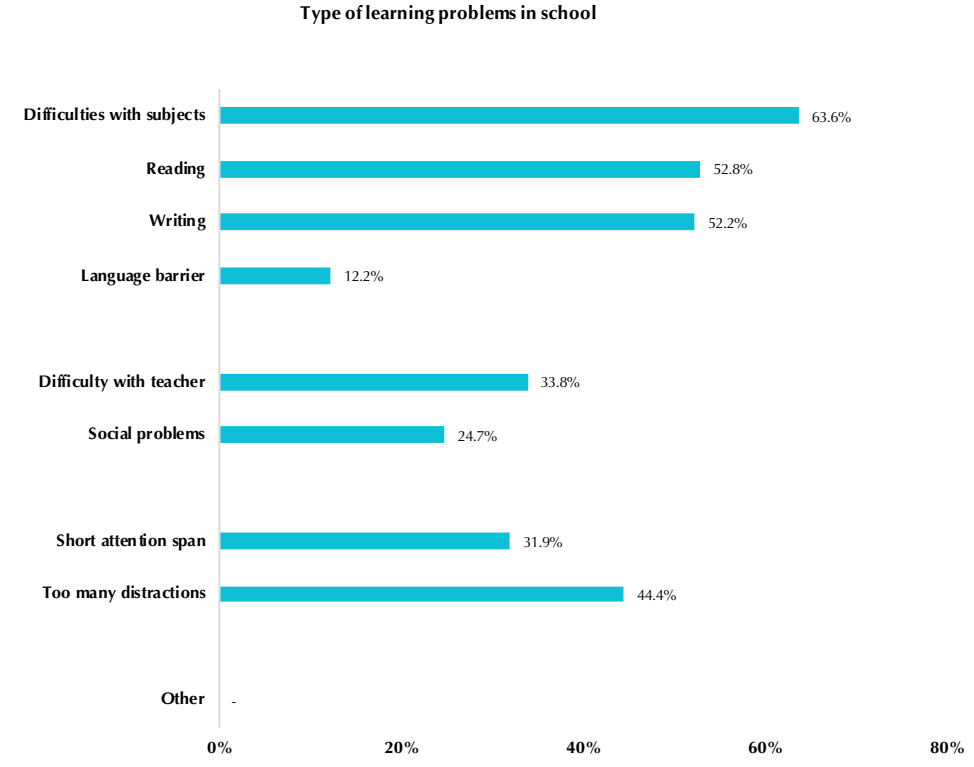


FIGURE 3.48 Proportions of learning problems among youths with at least one learning problem in school (n=133)

SECTION 4 Community Health and Wellness

COMMUNITY STRENGTHS

Elders, the strength of communities

- The largest proportion (71.0%) identified elders as a community strength (Figure 4.1)
- Followed by awareness of First Nations culture (55.5%)
- Then community health programs (52.4%)
- And numerous other strengths were below 50% (Figure 4.1)

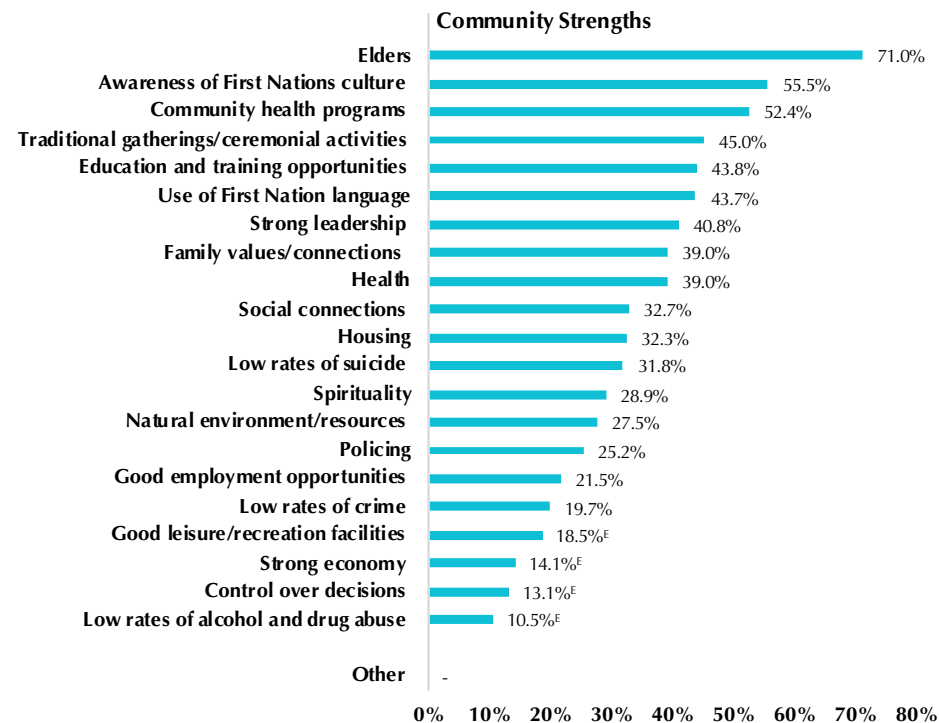


FIGURE 4.1 Proportions of strengths in communities (N=154).

COMMUNITY CHALLENGES

Alcohol and drug abuse, the biggest challenge in communities

- Eighty-six percent (86.0%) identified alcohol and drug abuse as a community challenge (Figure 4.2). Compared to 80% in 2008/10 RHS.
- Employment and number of jobs (40.1%), violence (40.1%), crime (39.6%), gambling (37.7%) and housing (36.0%) were other challenges mostly identified (Figure 4.2)



FIGURE 4.2 Proportions of challenges in communities (N=180).

COMMUNITY PROGRESS

Education and training opportunities made the most progress in communities

- Sixty four percent (63.7%) identified education and training opportunities to have made 'good' or 'some' progress (Figure 4.3)
- Fifty seven percent (56.8%) identified housing
- Fifty two percent (52.3%) identified access to recreational facilities
- And nearly fifty percent (49.4%) identified funding (Figure 4.3)

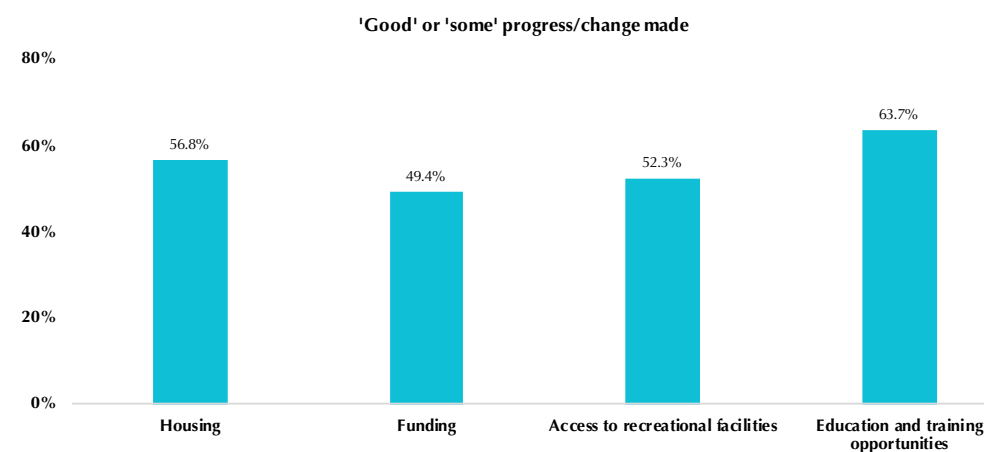


FIGURE 4.3 Proportions identifying 'some' or 'good' progress/change in community housing, funding, access to recreational facilities and education and training opportunities.

Culture, the second biggest progress made

- Sixty six percent (65.6%) identified culture to have made 'some' or 'good' progress (Figure 4.4)
- And policing, politics and natural environment resources were identified as to have made 'some' or 'good' progress by at least 50% of youths (Figure 4.4)

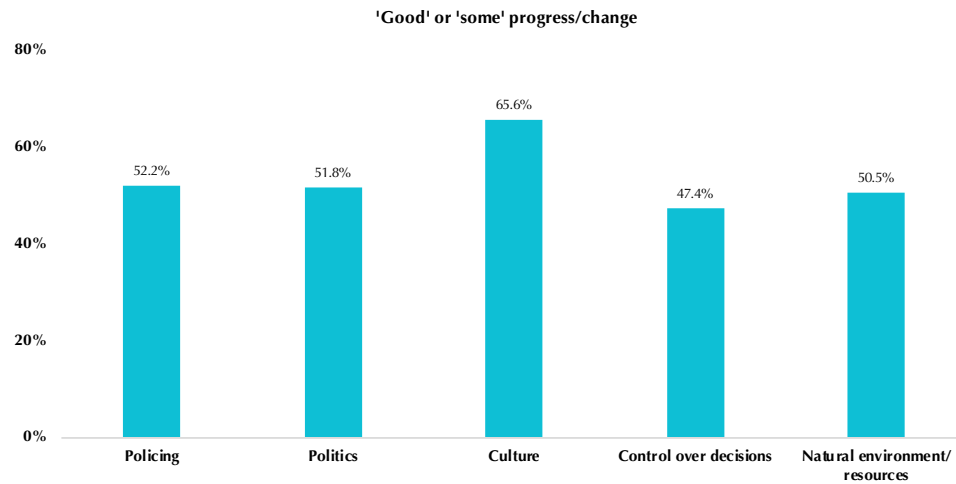


FIGURE 4.4 Proportions identifying 'some' or 'good' progress in community policing, politics, culture, control over decision and natural environment/resource.

Alcohol and drug abuse, crime, violence and gambling continue to be problems in communities

- Only twenty five percent (24.6%) identified 'some' or 'good' progress in alcohol and drug abuse (Figure 4.5)
- Forty one percent (40.8%) identified 'some' or 'good' progress in crime
- Thirty seven percent (36.7%) identified 'some' or 'good' progress violence
- And thirty percent (29.9%) identified 'some' or 'good' progress in gambling (Figure 4.5)

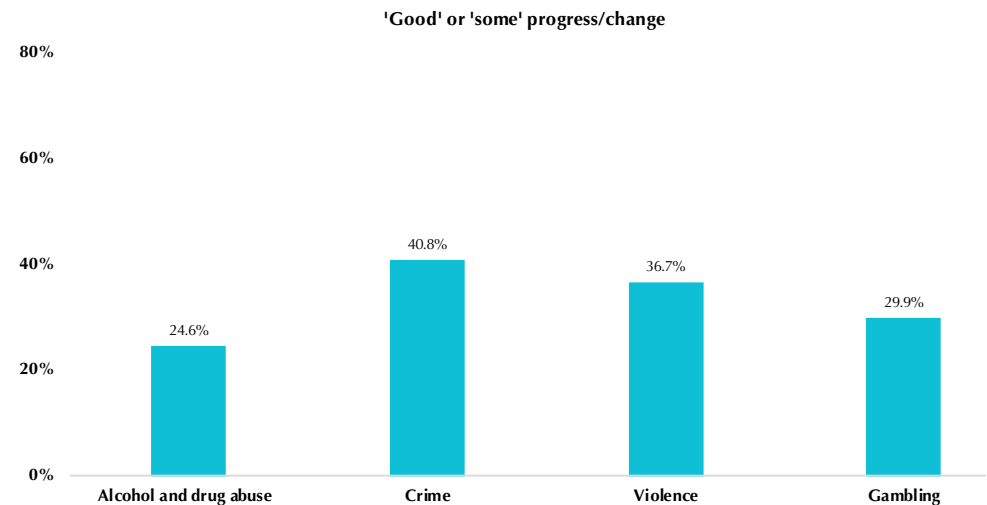


FIGURE 4.5 Proportions identifying 'some' or 'good' progress/change in alcohol and drug abuse, crime, violence and gambling issues.

Suicides, gang activity and racism continue to be problems in communities

- Only twenty six percent (26.4%) identified 'some' or 'good' progress in suicides (Figure 4.6)
- Thirty four percent (33.9%) identified 'some' or 'good' progress in gang activity
- And forty two percent (42.4%) identified 'some' or 'good' progress in racism (Figure 4.6).

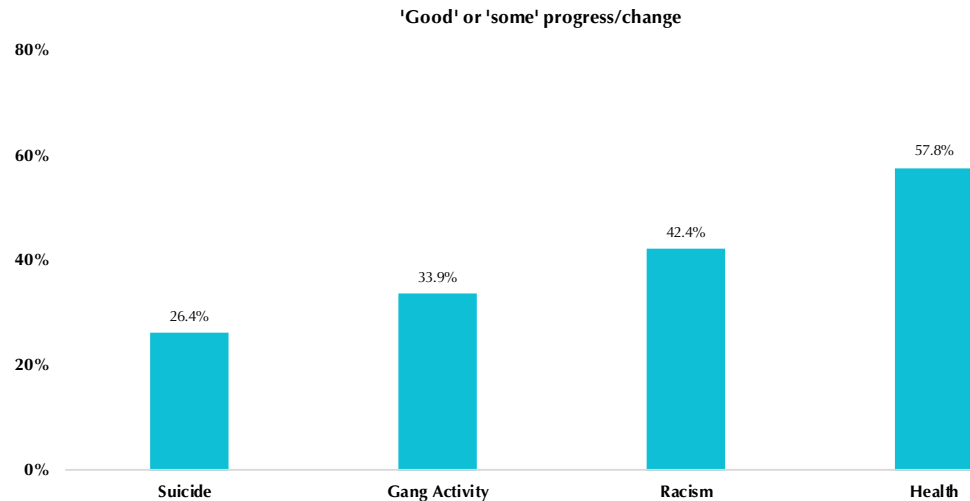


FIGURE 4.6 Proportions identifying 'some' or 'good' progress/change in suicides, gang activity, racism, and health

Child Report

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[back of section divider]

3 Child Report

EXECUTIVE SUMMARY

A total of 417 caregivers participated on behalf of children. The sample of children had similar proportions of age groups 6 to 11 (56.1%) and 5 and younger (43.9%). And males (49.0%), females (51.0%).

One to five children per household were most frequent, at proportions of 18% each. Most households had two adults. A significant proportion had just one adult.

Three to six was the most frequent total number of people/households. Most households (90%) had at least 5 rooms. Overcrowding affected only 10% households.

Children primarily live with biological mothers (91%). Between biological mothers and fathers, 45% of children lived with biological mothers, and 45% with both parents together.

More mothers (34%) had a high school Diploma or equivalent than fathers (27%). Similar proportions of mothers (10%) and fathers (12%) had a Diploma or certificate from a trade school. More mothers (20%) had an undergraduate degree or above, than fathers (6%). More male parents (50.4%) than female (37.2%) worked for pay.

Children's health was rated very good to excellent (>85%), although a significant proportion of children (35%) had one to three or more diagnosed health conditions. Allergies, dermatitis and speech/language difficulties were the most common health conditions. Although most children had no injuries (87%) in recent past year, a significant proportion (12%) had one or more injuries.

Children's oral health was rated good to excellent (81%). But 50% needed dental maintenance. And 21%, cavity feeling and fluoride treatment. A small majority (55.3%) of children received dental care less than six months ago. And 16% never in lifetime.

Majority of children (82.3%) did not have more emotional/behavioral problems than others. Seventeen percent (17%) had, who were mostly boys than girls.

A majority of children (54.7%) required health care from a health professional. Most common barriers to accessing health care experienced were coverage by Non-Insured Health Benefits (NIHB) (45.1%). And long waiting lists (20.0%).

A very large majority of children (96%) had routine vaccinations. A majority (63.0%) were not taking drugs. And 24% were taking vitamins.

While a small majority (52.4%) of mothers did not smoke during pregnancy, a significant proportion (42.1%) did. A majority of mothers were not exposed to second-hand smoke during pregnancy. However, a significant proportion (20.6%) was exposed.

A significant proportion of mothers (20.2%) had gestational diabetes. About all (97%) mothers did not drink alcohol during pregnancy. Large majorities of mothers took Folic acid (85%) and iron (80%) supplements during pregnancy.

A significant majority (61%) of children were not breastfed at all. And only 15% were exclusively breastfed for 6 months or more. A very large proportion (87%) of children were bottle-fed formula.

Only small proportions of children are eating water-based, land-based and other traditional foods *often*. And have few people share traditional foods with their households frequently. However, significant proportions consume *Fast* food (41.4%) and sweets (60.4%), at least a few times a week. And large proportions drink water (98.1%), 100% fruit juice (88.2%) and pop (45.4%). A majority (67%) of children are eating nutritious balanced meals *almost always/always*. A significant proportion (33%) is not.

Most children (94%) sleep 8 to 10 hours/day. A small proportion 8 or less hours/day.

A significant proportion of children (32.1%) is not physically active. Swimming is the most popular physical activity (36%) among those active.

Majority of children (51%) are in elementary school. Only 11% of children attended an Aboriginal Head start program. And most children (76%) do not have child care at all.

A majority (60%) of children is not reading for fun *every day*. Most children (94%) spend eight hours or less on 'screen time'. A significant proportion (13%) of children had repeated grades.

Traditional activities that include singing, drumming and dancing lessons/ groups are the second most popular (33%) after team sports (55%).

Most children (93%) get on well with family. And participate in cultural events (46%). Parents, grandparents and other relatives primarily help children understand culture.

English is the dominant language used by children. A majority of children do not understand or speak a First Nations language at all levels, although caregivers highly value the importance of First Nations culture and languages. A Majority (81%) of children participate in cultural events.

Bullying is significant (39%) among children ages 5 and below. Most children (62%) seek and receive help for bullying. Some children (27%) are not receiving all the help needed. And a significant proportion (11%) is not seeking help at all.

A large proportion (73%) of children had a grand-parent or family member who attended an Indian Residential school. Very few children had a parent who attended.

3 Child Report

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SECTION 1 Demographic and Household Information

AGE AND GENDER

Age groups similarly represented

- A total of 417 caregivers completed the survey on behalf of their children.
- A small majority (56.1%) of the children were ages 6 and 11 (Figure 1.1).
- And the remaining (43.9%) were 5 years or younger (Figure 1.1).

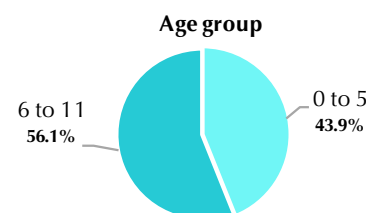


FIGURE 1.1 Proportions of ages 0-5 and 6-11 among children.

Female and male children were equally represented.

- Forty nine percent (49.0%) children were males.
- And fifty one percent (51.0%) females (Figure 1.2).

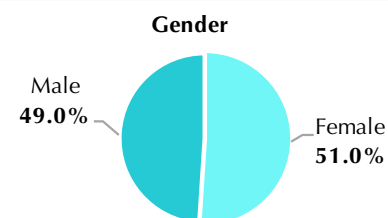


FIGURE 1.2 Proportions of female and male children.

HOUSEHOLD CHARACTERISTICS

The number of households with one or two to five children were similar.

- Eighteen percent (17.5%) households had only one child/youth (Figure 1.3).
- Twenty-three percent (23.1%) had two children/youths.
- Twenty-one percent (21.2%) had three children/youths.
- And twenty percent (19.5%) had four/more children/youths (Figure 1.3).

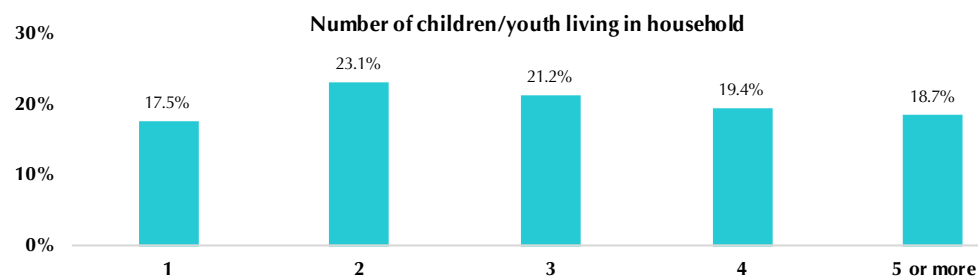


FIGURE 1.3 Proportions of 0–5 or more children living in households..

Most children lived with two adults in the household.

- About twenty-eight percent (27.9%) lived with one adult (Figure 1.4).
- Fifty-seven percent (56.8%) with two adults. And fifteen percent (15.4%) with three or more adults (Figure 1.4).

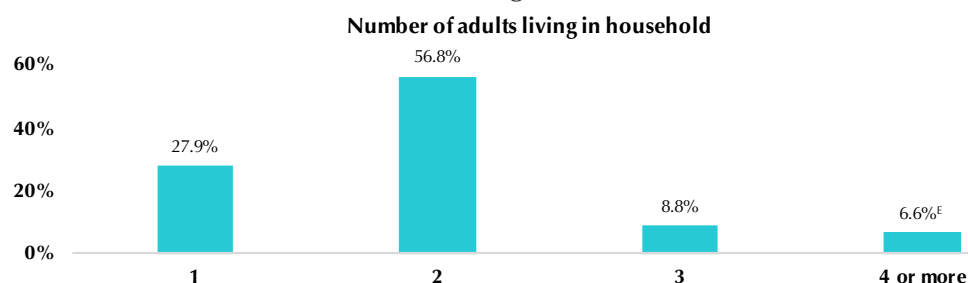


FIGURE 1.4 Proportions of children living with one, two, three, four or more adults.

The total number of people living in a household included the number of children, youths and adults in the household, including the child.

Most households had between 3 and 6 people in total

- Six percent (5.8%) of children lived with two people (Figure 1.5).
- Seventeen percent (16.9%) with three.
- Eighteen percent (18.1%) with four.
- Twenty two percent (22.0%) with five.
- Sixteen percent (15.8%) with six. And smaller proportions with seven or more (Figure 1.5).

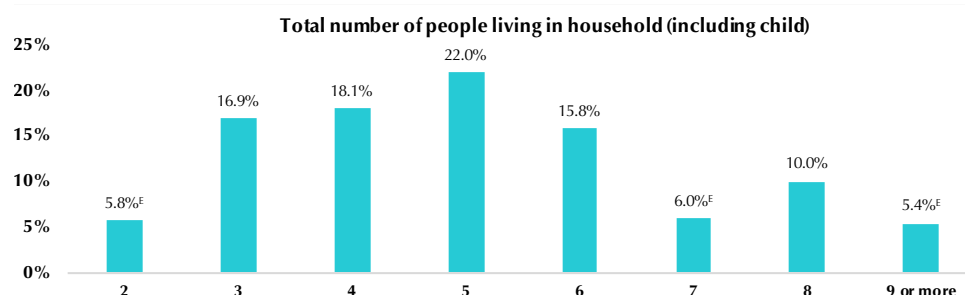


FIGURE 1.5 Proportions of two to nine or more people living with children in same household (including the child).

The number of rooms included kitchens, bedrooms, living rooms and finished basements. Excluding bathrooms, hallways, laundry rooms or attached sheds.

Most households had 5 or 7 to 9 rooms

- Seventeen percent (17.2%) of houses had five rooms (Figure 1.6).
- Eighteen percent (18.4%) had seven rooms.
- Another seventeen percent (17.3%) had eight rooms.
- Twenty six percent (25.7%) had nine or more rooms. And smaller proportions had three, four or six rooms (Figure 1.6).

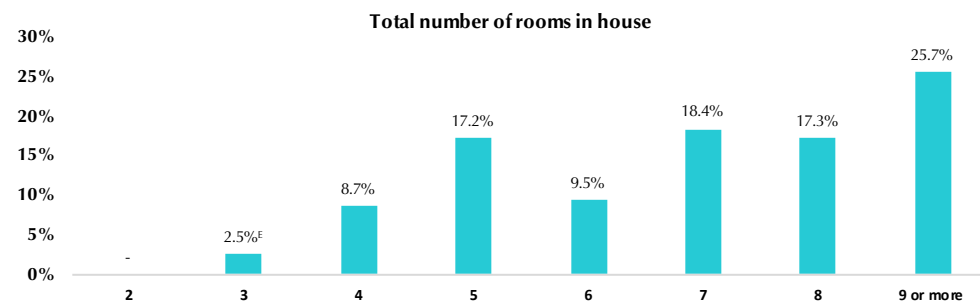


FIGURE 1.6 Proportions of children living in a house with two to nine or more rooms.

- Early childhood is particularly important for studying associations between housing conditions and health, given young children spend most of their time indoors.
- Overcrowding, defined as having more than one person per room in the house, is associated with various health risks.
- The crowding index, which measures overcrowding, is calculated by dividing the total number of people living in the household by the total number of rooms in the house.

A notable proportion of children living in overcrowded homes

A majority (73.3%) of children lived in uncrowded households (Figure 1.7). Sixteen percent (16%) lived ideally (one person/room). The remaining (10.7%) lived in crowded households (more than one person/room) (Figure 1.7).

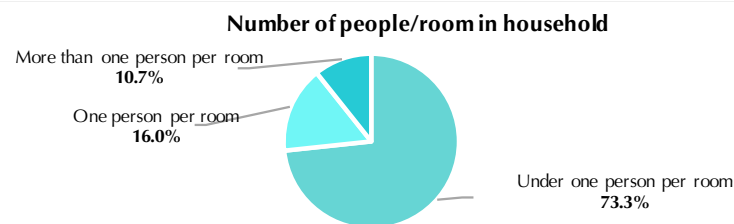


FIGURE 1.7 Proportions of children living in a home with below one person/room, one person/room and more than one person/room.

Most of children/youths were living with biological mothers.

- Ninety-one percent (90.6%) of children lived in the same household with their biological mother (Figure 1.8). Compared to forty nine percent (48.9%) that lived with biological fathers.
- Figures similar to 2002/03 RHS.
- Just over half lived with their biological sibling(s) (52.0%).
- One in ten with grandparents (10.2%).
- Another one in ten (9.8%) with 'Other' relatives. And small proportion of children lived with step-parents, step-siblings or adopted parents (Figure 1.8).

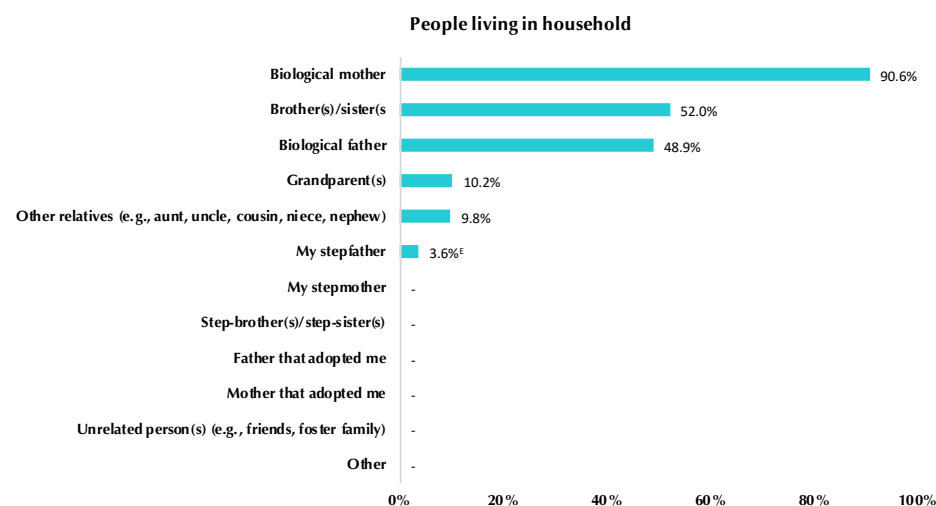


FIGURE 1.8 Proportions of relatives living with children/youth in household.

Most children were either living with biological mothers only or both biological parents.

- Forty-five percent (45.2%) lived with both biological parents (Figure 1.9).
- Another forty-five percent (45.4%) lived with the biological mother only. And smaller proportions with biological father only or neither biological parent (Figure 1.9).

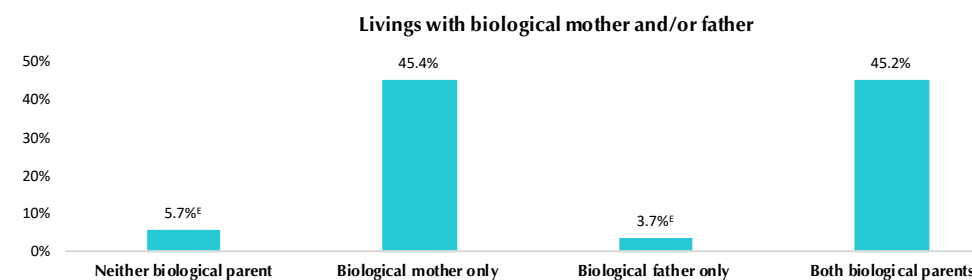


FIGURE 1.9 Proportions of children living with neither biological parents, biological mother/father only and both biological parents.

PARENTAL EDUCATION AND EMPLOYMENT

Most mothers/female guardians had a high school Diploma/equivalent

- Thirty four percent (33.6%) of the mothers/female guardians had a high school Diploma/equivalent (Figure 1.10).
- Twenty percent (20.0%) had less than high school education.
- Twenty percent (19.8%) did not have a high school diploma or equivalent.
- Fifteen percent (15.2%) had an undergraduate University degree.
- Just over one in ten (11.1%) attained some post-secondary education but had not yet completed.
- Ten percent (9.7%) completed a community college or CEGEP program.
- Smaller percentages completed a program at a trade or vocational school, or a Master's/professional/PhD degree (Figure 1.10).

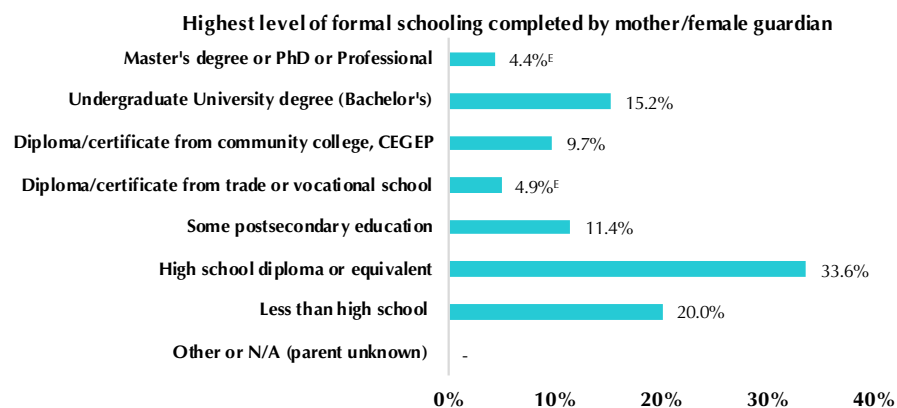


FIGURE 1.10 Proportions of highest levels of formal education attained by mothers/female guardians of children.

Mothers/female guardians getting more educated with time.

- Twenty percent (19.6%) mothers/female guardians had university undergraduate/MA/PhD/professional degree in current RHS. Compared to (15.8%) in 2008-10. And (11.8%) in 2002-03 RHS (Table 1.1).
- Proportions obtaining Diplomas/certificates from community colleges/CEGEP, or from trade/vocational schools maintained and decreased from 2002-2016.
- Forty five percent (44.6%) had high school Diplomas/equivalent in current RHS. Compared to (38.6%) with same qualifications in 2008-10 RHS. And (26.5%) with same qualifications in 2002-03 RHS. And those with less than high school decreased from (41.1%) in 2002-03 RHS. To (25.7%) in 2008-10 RHS. And (20%) in 2015-16 RHS (Table 1.1).

TABLE 1.1 Trends in proportions of highest levels of formal education completed by mothers/female guardians of children: 2002-2016.

Highest level of education completed	2002/03	2008/10	2015/16
University undergrad, MA, PhD, or Professional degree	11.8%	15.8%	19.6%
Diploma/certificate from community college or CEGEP	13.9%	13.3%	10.0%
Diploma/certificate from trade or vocational school	6.5%	6.6%	4.7% ^E
High school diploma or equivalent (including 11.1% who completed 'some PSE' in 2015/16)	26.5%	38.6%	44.6%
Less than high school (no high school diploma)	41.1%	25.7%	20.0%
Other or N/A	—	—	—

Most fathers/male guardians had less than high school education.

- The largest proportion (34.7%) had less than a high school education (Figure 1.11).
- Just over one-quarter (27.0%) had a high school or equivalent.
- Five percent (5.0%^E) enrolled but had not yet completed post-secondary education.
- Twelve percent (12.2%) completed a program at trade/vocational school.
- Ten percent (9.9%) completed a program at community college or CEGEP. And four percent (3.8%^E) completed an undergraduate university degree (Figure 1.11).

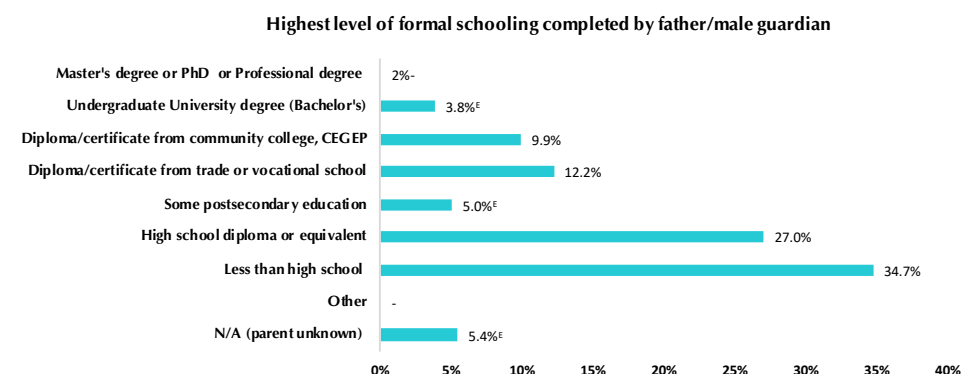


FIGURE 1.11 Proportions of highest levels of formal education attained by children's fathers/male guardians.

More and more fathers/male guardians improving their education

- Six percent (5.8%) had a University undergraduate, MA/PhD degree in current RHS. Compared to (8.7%) in 2008-10 RHS. And (9.6%) in 2002-03 RHS (Table 1.2).
- Ten percent (9.9%) had a Diploma/certificate from community college, CEGEP/university in current RHS. Compared to (12.3%) in 2008-10 RHS. And (5.8%) in 2002-03 RHS.
- Twelve percent (12.2%) had a Diploma/certificate from trade/vocational school. Compared to (6.7%) in 2008-10 RHS. And (10.7%) in 2002-03 RHS.
- Thirty two percent (32.0%) had a high school Diploma/equivalent in current RHS. Compared to (32.2%) in 2008-10 RHS. And (26.5%) in 2002-03 RHS.
- Thirty five percent (34.7%) did not have a high school Diploma. Compared to (40.2%) in 2008-10 RHS. And (48.0%) in 2002-03 RHS (Table 1).

TABLE 1.2 Trends in proportions of highest levels of education attained by children's fathers/male guardians: 2002/03, 2008/09 and 2015/16 surveys.

Highest level of education completed	2002/03	2008/10	2015/16
University: Undergraduate, MA or PhD or Professional degree	9.6%	8.7%	5.8%
Diploma/certificate from community college, CEGEP or university	5.8%	12.3%	9.9%
Diploma Diploma/certificate from trade or vocational school	10.7%	6.7%	12.2%
High school or equivalent (including the 4.6% ^E who completed 'some PSE')	26.5%	32.2%	32.0%
No high school diploma	48.0%	40.2%	34.7%
N/A – Parent unknown	-	-	5.4% ^E
Other	-	-	-

More fathers/male guardians than mothers/female guardians were working for pay.

- Half (50.4%) of fathers/male guardians worked for pay (Figure 1.12). Compared to (37.2%) mothers/female guardians who worked for pay (Figure 1.12).
- In 2008-10 RHS, (43.5%) mothers/female guardians and (56.0%) fathers/male guardians worked for pay.

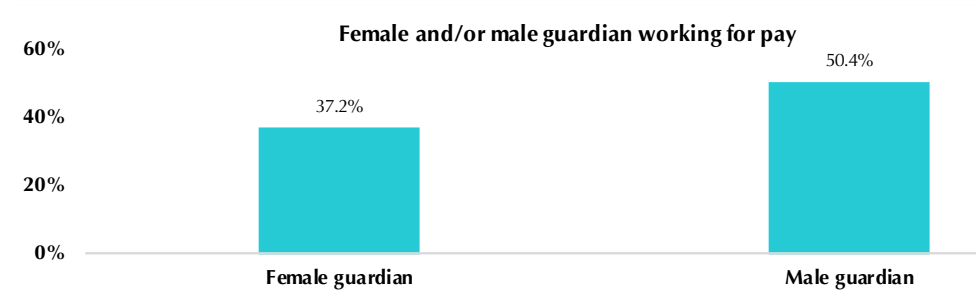


FIGURE 1.12 Proportions of mothers/female guardians and fathers/male guardians working for pay at the time of survey.

SECTION 2 Indicators of Personal Health and Wellness

CHILDREN’S CAREGIVER-RATED HEALTH

Most caregivers rated their children’s health very good to excellent.

- Majority, (87.2%) of caregivers rated their children’s health as either ‘very good’ or ‘excellent. Compared to (88.1%) in 2008-10 RHS (Figure 2.1).
- There were no significant differences by child gender or age group.

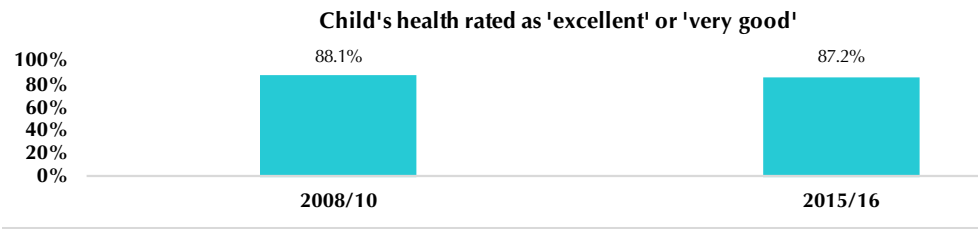


FIGURE 2.1 Proportions of children’s health rated as ‘excellent’ and ‘very good’ in 2008/10 and 2015/16 RHS.

CONDITIONS THAT RESTRICT ACTIVITIES

Most children did not have mental/physical conditions that restricted participation in activities.

- A majority (98.1%) of children had no mental/physical conditions that limited activities (Figure 2.2). And only (1.9%^E) had physical/mental conditions that restricted activities (Figure 2.2).
- There were no differences by gender or age groups.

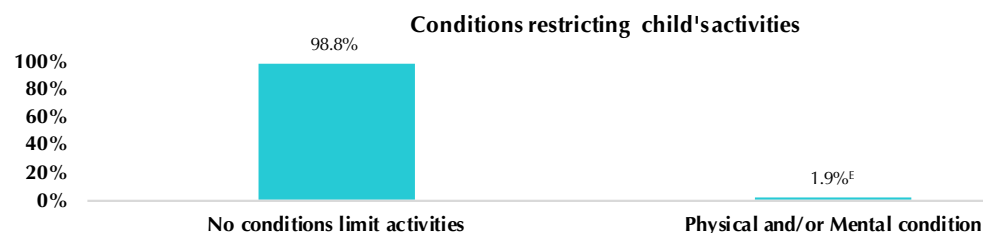


FIGURE 2.2 Proportions of children with/without physical/mental conditions that limited their activities.

DIAGNOSED HEALTH CONDITIONS

One in four children had one or more health conditions.

- Nearly two-thirds (65.3%) of the children had no diagnosed health conditions (Figure 2.3).
- Approximately one-fifth (19.7%) had one health condition.
- About eight percent (7.9%) had two. And seven percent (6.8%^E) had three or more (Figure 2.3).
- As expected, older children (6 to 11 years) had significantly less health conditions (58.4%) than ages five and younger (74.0%).
- There were no differences by gender.

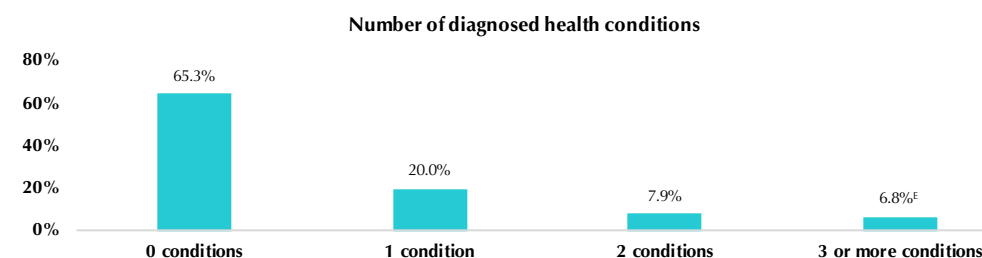


FIGURE 2.3 Proportions of children diagnosed with no, one, two, three or more health conditions.

Allergies, dermatitis and speech/language difficulties most identified children's conditions.

- Thirteen percent (13.0%) children had allergies (Figure 2.4). Compared to (20%) in 2008-10 RHS.
- Nine percent (9.2%) had dermatitis/atopic eczema.
- Seven percent (7.3%), speech/language difficulties.
- Six percent (5.6%^E), asthma.
- Five percent (4.6%^E), attention deficit disorder (ADD) (Figure 2.4). And smaller proportions, learning, anxiety and autism spectrum disorders, chronic ear infections and stomach/intestinal problems (Figure 2.4).
- More older children, ages 6 to 11, were diagnosed with ADD/ADHD than those aged 0 to 5.
- There were no significant differences by gender and age groups for any specific diagnoses.

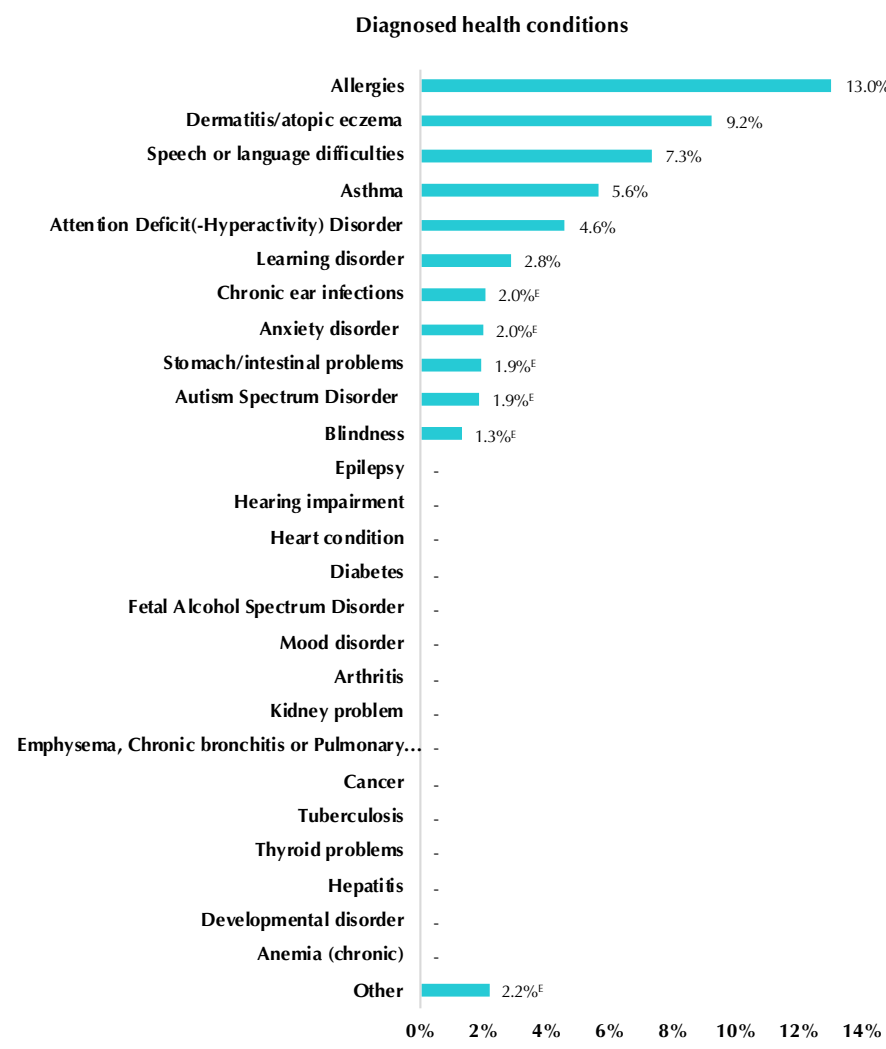


FIGURE 2.4 The proportions of children by diagnosed health conditions.

Proportions receiving treatment for diagnosed conditions varied according to type of condition/disorder.

- Ninety two percent (91.9%) received treatment for Autism (Table 2.1).
- Eighty percent (80.3%) for asthma.
- Seventy six percent (76%) for learning disorders.
- Seventy one percent (70.8%) for stomach/intestinal issues.
- Sixty eight percent (68.4%) for ADHD Another (68.4%) for speech/ language difficulties. And (45.2%) for allergies (Table 2.1).

TABLE 2.1 Proportions of children receiving treatment for diagnosed health conditions.

Diagnosed health condition	Proportion receiving treatment
Allergies	45.2%
Dermatitis/atopic eczema	60.3%
Anxiety disorder	63.7% ^E
Speech or language difficulties	68.4%
Attention deficit disorder (ADD) or attention deficit-hyperactivity disorder (ADHD)	68.4%
Stomach and intestinal issues	70.8% ^E
Learning disorder	76.0% ^E
Asthma	80.3%
Autism	91.9%
Chronic ear infections	-
Blindness	-

EAR INFECTIONS

- Ear infections are relatively common among children, especially between 6 months and 3 years of age.
- Usually, ear infections are neither serious nor contagious.
- In 2008/09, about half of children in the general Canadian population had had at least one ear infection in their lifetime.¹

Nearly one in two children had had an ear infection.

- Just more than half (52.0%) of children never had an ear infection in their lifetime (Figure 2.5). And the remainder (48.0%) had had an ear infection in their lifetime (Figure 2.5). Compared to (58.9%) in 2008-10 RHS report.

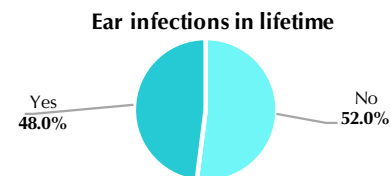


FIGURE 2.5 Proportions of children who never had/had an ear infection at some point in their lifetime.

1 Statistics Canada. (2015). Recent trends in upper respiratory infections, ear infections and asthma among young Canadian children. Health reports, 21. Accessed online at <http://www.statcan.gc.ca/pub/82-003-x/2010004/article/11364/findings-resultats-eng.htm>.

Nearly one in four children had an ear infection in the past year.

- Three-quarters (76.5%) had no ear infections in the past year (Figure 2.6).
- One-tenth (9.7%) had one ear infection in the past year.
- Nine percent (8.8%) had two ear infections in the past year. And five percent (5.4%^F) had three or more ear infections (Figure 2.6).
- There were no significant differences by gender or age groups.

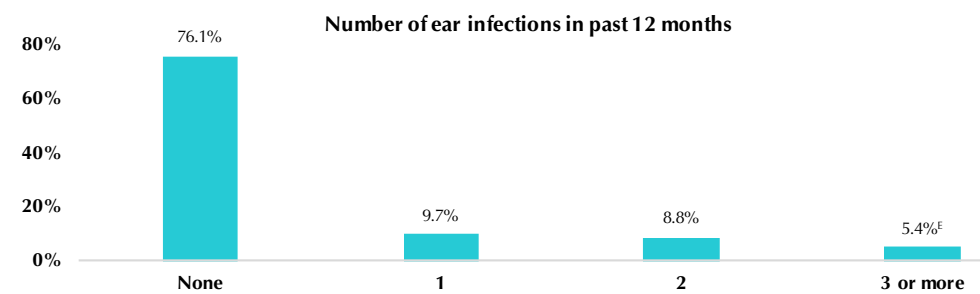


FIGURE 2.6 The proportions of children who did not have and had ear infections in the past 12 months.

ORAL HEALTH

Most children's oral health was rated good to excellent. Only one in ten children's oral health was rated poor/fair.

- Just over two-thirds (68.8%) rated their children's oral health as 'very good' or 'excellent' (Figure 2.7).
- Slightly less than one-quarter (22.3%) were rated 'good'. And just under one-tenth (9.0%) were rated 'poor' or 'fair' (Figure 2.7).

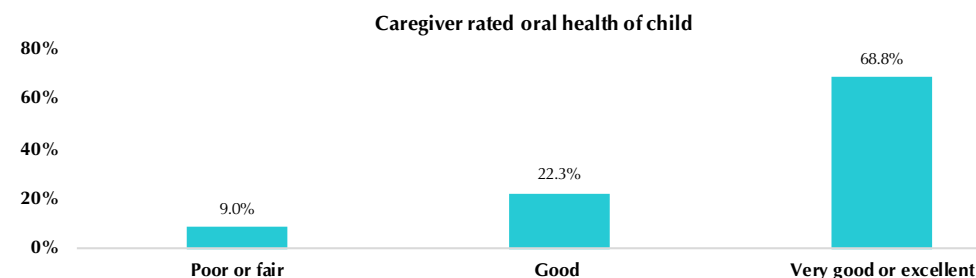


FIGURE 2.7 Proportions of children with 'excellent'/very good', 'good' and or 'poor'/fair' oral health.

INJURY

Most children had no injuries in past year. About one in six children had one or more injuries in past year.

- A majority (87.4%) of the children had no injuries in the past year (Figure 2.8).
- Nine percent (8.6%) had one injury in past year. And four percent (4.0%) had more than one injury in the past year (Figure 2.8).
- There were no differences by gender or age groups.
- There were no significant decreases in the proportions of children injured in the overall sample since 2008-10 RHS.

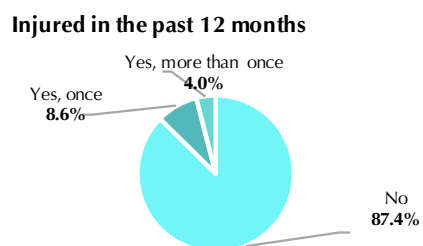


FIGURE 2.8 Proportions of children injured in the past 12 months.

EMOTIONAL OR BEHAVIOURAL PROBLEMS

Twice as many girls had emotional/behavioral problems than boys. Nearly one in five children emotional/behavioral problems more than other children.

- Eighteen percent (17.7%) children had more emotional or behavioural problems than other boys and girls in the past six months (Figure 2.9).
- Similar to (17.8%) in 2008-10 RHS. And (22.5%) female children had more emotional or behavioural problems than other children in current RHS. Compared to (11.5%) boys in current RHS (Figure 2.9). And compared to (12.4%) females in 2008-10 RHS.
- There were no differences by age group.

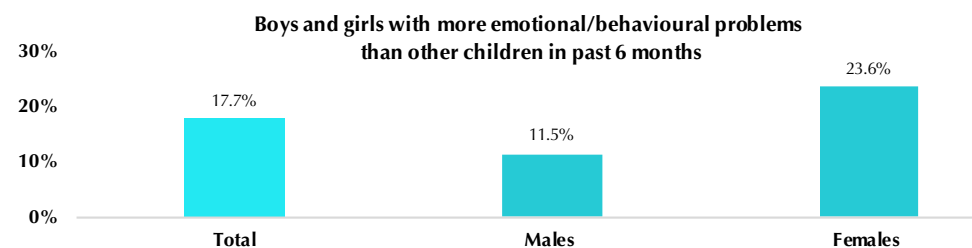


FIGURE 2.9 Proportions in total sample and among boys and girls that had more emotional/behavioural problems than other boys and girls in the previous six months.

SECTION 3 Predictors of Health and Wellness

HEALTH CARE

Almost all of the children that required health care received it.

- About forty-four percent (43.8%) of children did not require any health care in past year (Figure 3.1).
- Just over half (54.7%) required and received all the health care they needed. And a very small proportion F required but did not receive all the health care they needed (Figure 3.1).
- There were no differences by gender or age group.

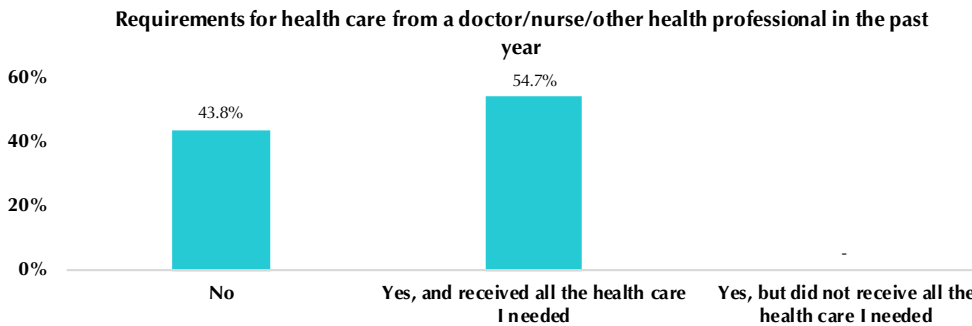


FIGURE 3.1 Proportions of children that did not need, needed and received and needed but did not receive all the health care needed.

Many children experienced different barriers to health care.

- The largest proportion (23.4%) experienced the barrier of service/claim not covered by Non-Insured Health Benefits (NIHB) (Figure 3.2).
- Twenty-two percent (21.7%) did not know if their needs were covered by NIHB.
- One-fifth (20.0%) encountered a very long waiting list.
- Nineteen percent (18.9%) could not afford transportation costs.
- Eighteen percent (17.8%) could not afford the direct cost of care/services.
- Seventeen percent (17.0%) reported the service was not available in their area.
- Sixteen percent (16.1%) were unable to arrange transportation.
- Fifteen percent (15.4%) could not afford childcare costs.
- And other smaller proportions other barriers: service/claim needed was previously denied by NIHB, no doctor or nurse was available in the area, lack of health facilities in the area, some felt the health care provided was inadequate etc. (Figure 3.2).

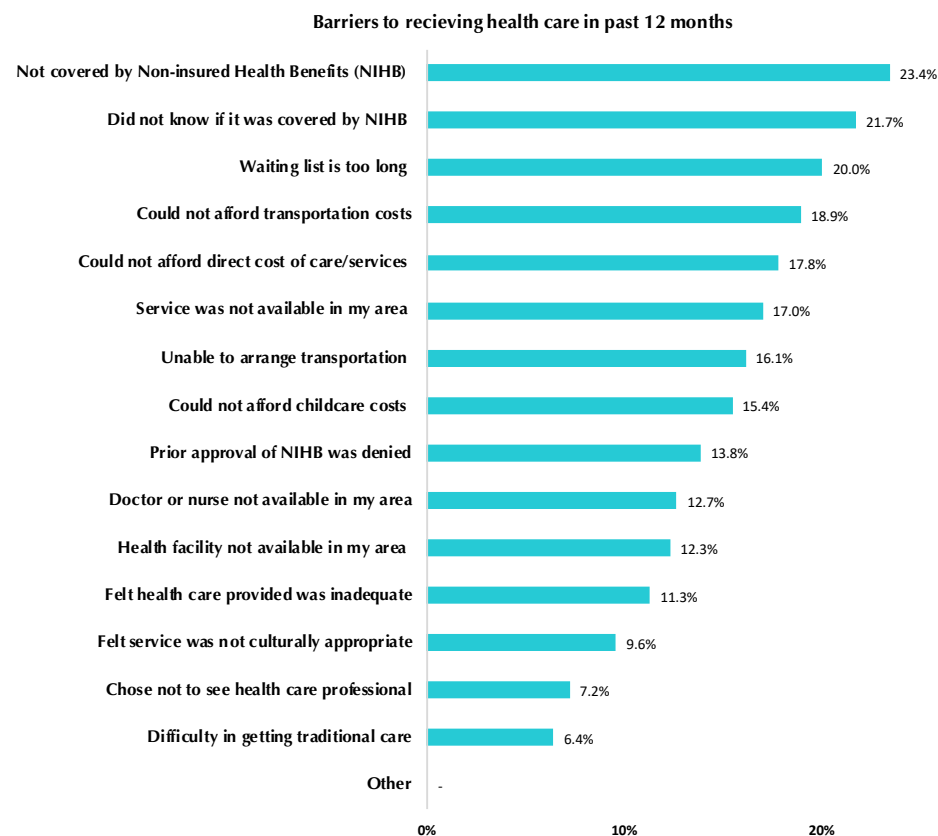


FIGURE 3.2 Proportions of barriers to receiving health care experienced by children in the past 12 months.

One in five children not immunized.

- Almost all (95.9%) children received routine vaccinations/immunizations (Figure 3.3). And only a small proportion (4.1%) did not receive the routine vaccinations/immunizations (Figure 3.3).

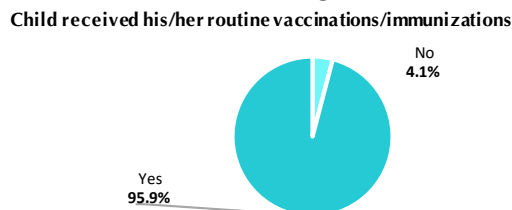


FIGURE 3.3 Proportions of children that received/did not routine vaccinations/immunizations.

One in four children taking vitamins. One in ten children taking antibiotics or asthma drugs.

- A majority (63.0%) of children did not take asthma drugs, antibiotics, antihistamines, Ritalin/ADHD medication, vitamins or traditional medicine.
- Approximately one-quarter (23.9%) took vitamins.
- About one-tenth (9.6%) took antibiotics.
- Nine percent (9.3%) took asthma drugs. And smaller proportions took antihistamines, Ritalin/ADHD medication, or traditional medicine (Figure 3.4).
- There were no differences by age or gender groups. And there were also no significant changes since the 2008-10 RHS.

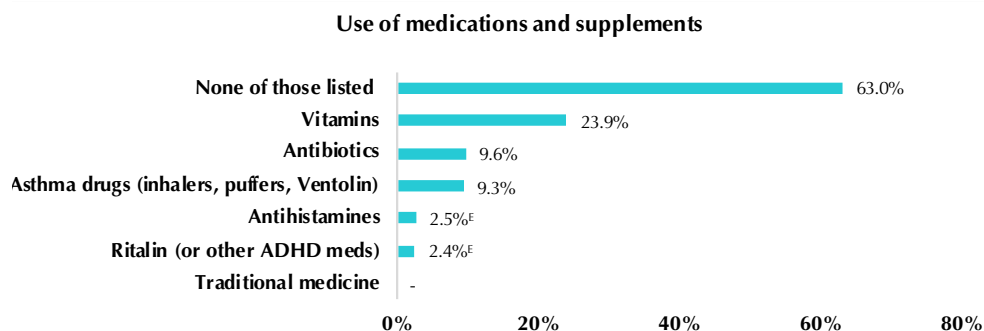


FIGURE 3.4 Proportions of children taking vitamins, antibiotics, asthma drugs, antihistamines, Ritalin, traditional medicine or none.

At least one in three children needed dental treatment.

- Just under two-thirds (63.1%) of children did not need any dental treatment (Figure 3.5). And thirty seven percent (36.9%) needed at least one dental treatment at the time of the survey (Figure 3.5).

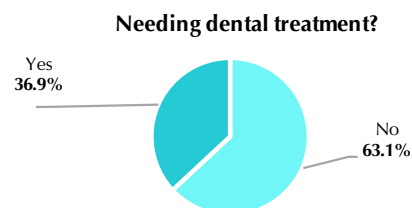


FIGURE 3.5 The proportions of children needing/not needing at least one dental treatment.

One in two children needed dental maintenance.

- Nearly half (49.6%) of children needed dental maintenance (Figure 3.6).
- Twenty-one percent (21.3%) needed cavity filling or other restorative work.
- Eighteen percent (17.8%) needed fluoride treatment. And smaller proportions needed extractions (6.2%), orthodontics (3.8%^E), or other dental work^F (Figure 3.6).

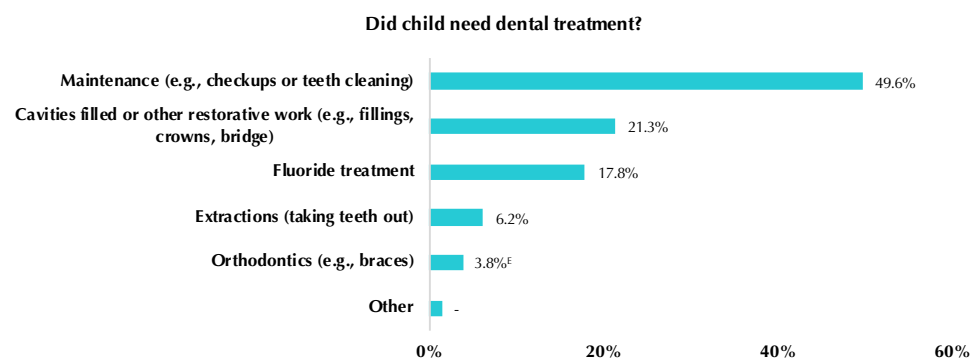


FIGURE 3.6 The proportions of children by dental treatment needed.

One in six children never had dental care. One in four children had dental care six months or more ago.

- A majority (55.3%) of children received dental care less than six months ago (Table 3.1).
- Twenty two percent (22.4%) received between six months and one year ago.
- Six percent (6.1%^E) received between one and five years ago. And sixteen percent (16.3%) of children never had any dental care (Table 3.1). Compared to (22.5%) in 2008/10 RHS.
- Forty six percent (46.3%) ages 0 to 5 accessed dental care within the last six months. Compared to (62.3%) ages 6 to 11.
- There were no significant differences in accessing dental care by gender.

TABLE 3.1 Proportions that had dental care less than six months ago, between six months ago and a year, between one and five years ago, or never.

Last time had any dental care	Proportion
Less than six months ago	55.3%
Between six months and one year ago	22.4%
Between one and five years ago	6.1% ^E
Never	16.3%

PRENATAL FACTORS

One in five mothers had gestational diabetes.

- Twenty percent (20.2%) of mothers were diagnosed with gestational diabetes during pregnancy (Figure 3.7). And eighty percent (79.8%) of mothers were free of the disease (Figure 3.7).

Was mother diagnosed with gestational diabetes during pregnancy for child?

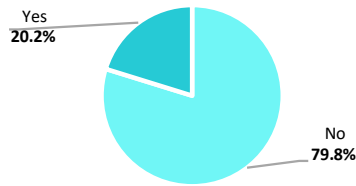


FIGURE 3.7 Proportions of children whose mothers were diagnosed with/without gestational diabetes during pregnancy.

Two in five mothers smoked during pregnancy

- Just over one-half (52.4%) of mothers did not smoke at all during pregnancy (Figure 3.8). Compared to (43.7%) that didn't smoke in 2008/10.
- About two-fifths (42.1%) of mothers smoked throughout pregnancy. And six percent (5.5%) smoked but quit during pregnancy (Figure 3.8).
- There were no differences by gender or age group.

Mothers smoking during pregnancy?

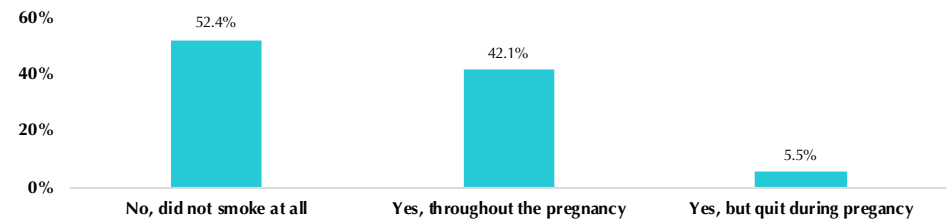


FIGURE 3.8 The proportions of mothers that did not smoke, smoked and smoked but quit during pregnancy.

Two in five mothers were exposed to second-hand smoke in households during pregnancy.

- Almost eighty percent (79.4%) of mothers were not exposed to second-hand smoke in their households during pregnancy (Figure 3.9).
- And, the remainder (20.6%) were exposed (Figure 3.9).
- There were no differences by gender or age groups.

Mother exposed to second-hand smoke during pregnancy for child?

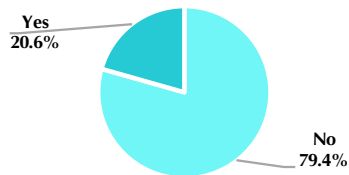


FIGURE 3.9 Proportions of mothers exposed to second-hand smoke in their households during pregnancy.

Nearly all mothers were not drinking alcohol during pregnancy.

- Almost all (97.0%) mothers did not drink any alcohol during pregnancy (Figure 3.10).
- Only a very small proportion (3.0%^E) consumed (Figure 3.10).

Mothers drinking alcohol pregnant with children

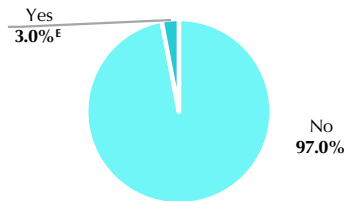


FIGURE 3.10 Proportions of mothers that did not/consumed alcohol during pregnancy.

Most mothers took folic acid and iron supplements during pregnancy

- Eighty five percent (84.6%) of mothers took folic acid (Figure 3.11). And eighty percent (79.6%) iron supplements (Figure 3.11).

Mother took folic acid and/or iron supplements during pregnancy

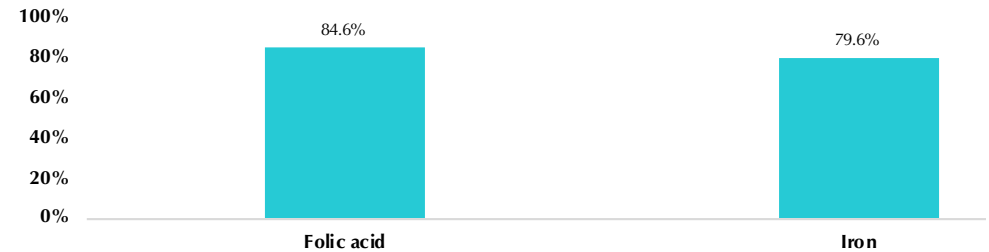


FIGURE 3.11 Proportions of mothers that took nutritional supplements containing folic acid and/or iron during pregnancy.

BREASTFEEDING AND BOTTLE-FEEDING

- The Canadian Paediatric Society recommends that mothers exclusively breastfeed² for the first six months of child's life, and continue breastfeeding for at least one year, or up two years.
- Unlike infant feeding formula, human breast milk contains biologically active substances that stimulate and promote a healthy immune system with antimicrobial and anti-inflammatory agents.³ In 2011–2012, just under ninety percent (89.4%) of mothers within the general Canadian population who had a child in the previous five years initiated breastfeeding soon after childbirth, while just over one-quarter (26.0%) breastfed exclusively for at least six months.⁴

More than three in five children were not exclusively breastfed

- Sixty-four percent (63.9%) of children were never breastfed exclusively (Figure 3.12).
- Seventeen percent (16.9%) were exclusively breastfed for five months or less.
- Fifteen percent (15.3%) were exclusively breastfed for six to twelve months. And four percent (3.9%^E) were breastfed for 12 or more months (Figure 3.12).

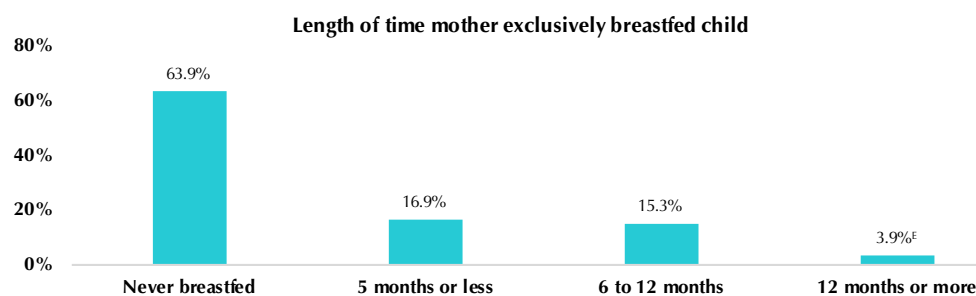


FIGURE 3.12 Proportions of children never exclusively breastfed, exclusively breastfed for 5 months or less, 6 to 12 months or 12 or more months.

Three in five children never breastfed at all.

- Sixty one percent (60.9%) of children were never breastfed at all (Figure 3.13).
- About sixteen percent (15.6%) were breastfed for five months or less.
- Another sixteen percent (15.7%) were breastfed for six to twelve months. And only eight percent (7.9%) were breastfed for the recommended twelve months or more (Figure 3.13)

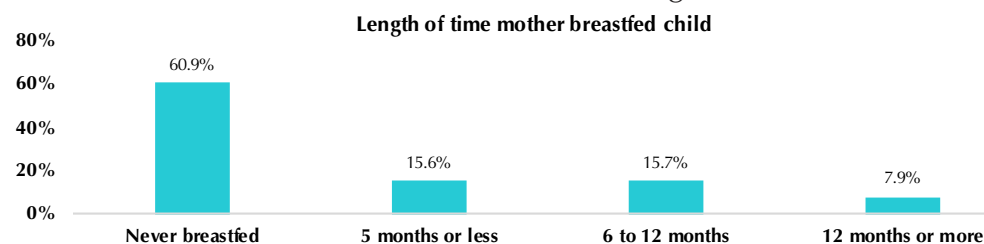


FIGURE 3.13 Proportions of children never breastfed, breastfed for 5 months or less, breastfed for 6-12 months and for 12 or more months.

² Exclusive breastfeeding is when a baby is only fed breast milk and is not fed other liquids or solids.

³ Victora, C.G., Bahl, R., Barros, A.J.D., França, G.V.A, Horton, S., Krasevec, J., Murch, S., et al. (2016). Breastfeeding in the 21st century: Epidemiology, mechanisms, and lifelong effect. *Lancet*, 387, 475-490.

⁴ Statistics Canada CANSIM table accessed online at <http://www5.statcan.gc.ca/cansim/a47>.

Three in five children were bottle fed milk. Nearly 9 in 10 children were bottle fed formula.

- Only six percent (6.2%^E) of children were never bottle fed (Figure 3.14).
- Eighty-seven percent (86.8%) were bottle fed formula.
- Sixty-four percent (63.5%) were bottle fed milk.
- Forty-four percent (42.5%) were bottle fed water.
- Above one-quarter (26.2%) were bottle fed breast milk.
- Another quarter (26.2) fruit juices.
- Smaller proportions were bottle fed Kool-Aid/powdered drinks, milk alternatives, canned milk, powdered milk, soft drinks, tea, and herbal mixtures (Figure 3.14).

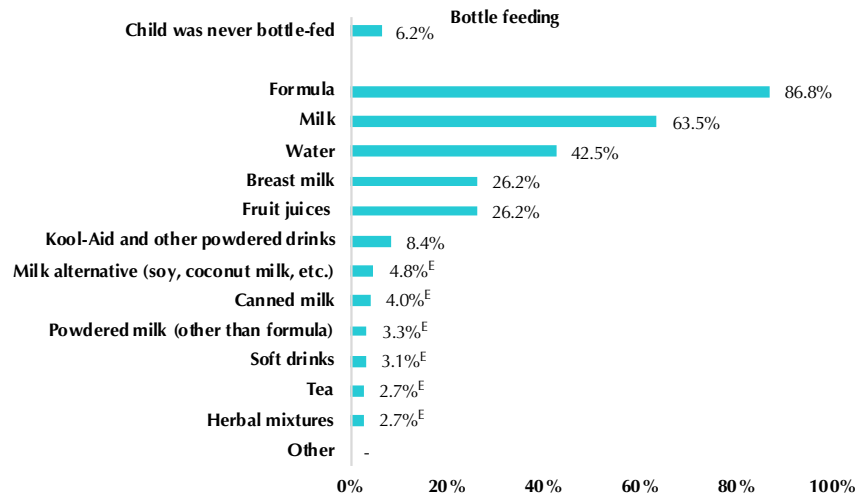


FIGURE 3.14 Proportions of fluids bottle fed to children.

NUTRITION AND TRADITIONAL FOODS

- Nutritious foods defined milk/milk products, meat and alternatives, various grains (bread, pasta, rice, etc.), vegetables, and/or fruit.

Nearly all children were eating nutritious foods.

- Over ninety percent of children were eating nutritious foods at least a few times/week (Figure 3.15).
- Milk and milk products, bread, pasta etc. And fruit largest proportions consumed.
- VegeTable and meat alternatives, lowest proportions consumed.

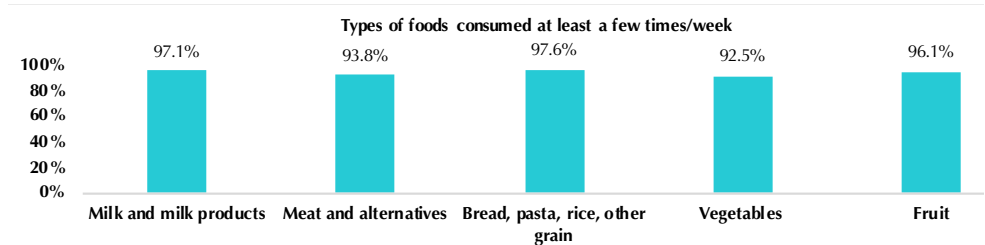


FIGURE 3.15 Proportions of foods consumed at least 'a few times a week' by children.

Notable proportions not eating nutritious foods regularly enough

- Six percent (5.9%) consumed milk and its products only a few times/week (Table 3.2).
- Sixteen percent (15.7%) consumed meat alternatives only a few times/week.
- Fifteen percent (14.7%) consumed vegetables only a few times/week. And (4.9%) never. And ten percent (10.0%) consumed fruit only a few times/week (Table 3.2)

TABLE 3.2 Proportions children frequently consumed milk and milk products, meat and alternatives, vegetables and fruit.

Frequency	Milk and milk products	Meat and alternatives	Vegetables	Fruit
Two or more times a day	72.1%	39.2%	46.3%	57.2%
Once a day	19.0%	39.0%	31.6%	28.8%
A few times a week	5.9%	15.7%	14.7%	10.0%
About once a week	-	-	2.5% ^E	1.4 ^E
Never/hardly ever	-	3.7% ^E	4.9% ^E	2.6% ^E

Two in five children were consuming fast food.

- Three in five children were consuming sweets.
- About two in five (41.4%) children ate fast food at least a few times a week. And sixty percent (60.4%) ate sweets a few times per week (Figure 3.16).

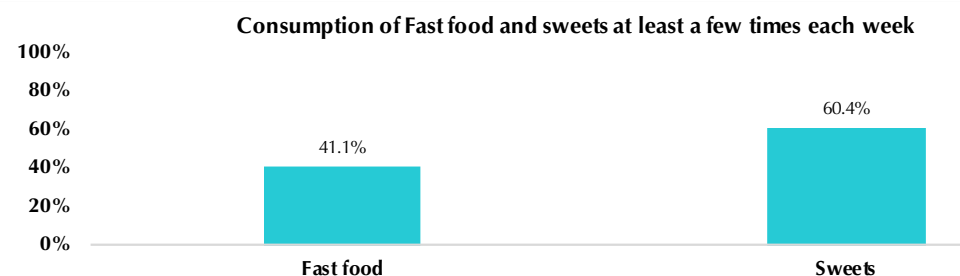


FIGURE 3.16 Proportions of children eating Fast food and sweets at least 'a few times a week'

Notable proportions had never consumed junk food.

Two in five children were consuming sweets daily.

- Twelve percent (12.1%) consumed fast food at least once/day (Table 3.3). And twenty percent (19.9%) consumed sweets at least once/day.
- Twenty one percent (20.9%) never consumed fast food. And eighteen percent (17.7%) never consumed sweets (Table 3.3).

TABLE 3.3 Proportions of frequencies children consumed fast food and sweets.

Frequency	Fast food	Sweets
Two or more times a day	6.2% ^E	6.1% ^E
Once a day	5.9% ^E	13.8%
A few times a week	29.0%	40.5%
About once a week	38.0%	21.9%
Never/hardly ever	20.9%	17.7%

Nearly all children were drinking water at least a few times/week. Nearly nine in ten children were drinking 100% fruit juice at least a few times/week.

- Almost all (98.1%) children drank water a few times/week (Table 3.17).
- Eighty eight percent (88.2%) drank 100% fruit juice a few times/week.
- A negligible proportion consumed energy drinks. And forty five percent consumed soft drinks/pop a few times/week (Figure 3.17).

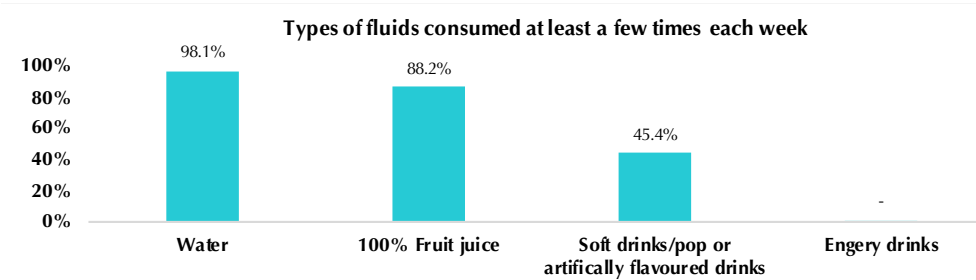


FIGURE 3.17 Proportions of fluids children consumed at least ‘a few times a week’.

At least one in ten children were drinking pop two times/day. Nearly one in two children were drinking 100% fruit juice two times/day.

- One in ten (9.5%) never had 100% fruit juice (Table 3.4).
- Forty three percent (43%) never had soft drinks/pop. And almost all (98.1%) never had energy drinks (Table 3.4).
- Sixty two percent (61.9%) ages 0 to 5 ‘never’ or ‘hardly ever’ had soft drinks or artificially flavoured drinks. And twenty eight percent (28.2%) of older children ages 6 to 12 never had soft drinks or artificially flavoured drinks.
- There were no differences by gender.

TABLE 3.4 Proportions of number of times children consumed water, fruit juice, soft and energy drinks.

Frequency	Water	100% Fruit juice	Soft drinks/pop/ artificially flavoured juice	Energy drinks
Two or more times a day	75.6%	47.9%	12.6%	-
Once a day	16.4%	16.8%	12.3%	-
A few times a week	6.1% ^E	23.5%	20.5%	-
About once a week	-	2.3% ^E	11.6%	-
Never/hardly ever	-	9.5%	43.0%	98.1%

Very few children were eating traditional foods

- Only one in ten (9.5%) ate fresh water fish (Figure 3.18).
 - Only eight percent (8.4%) ate salt water fish.
 - Only four percent (3.5%^E) ate 'Other water-based foods.
- And insignificant numbers ate sea-based animals (Figure 3.18).

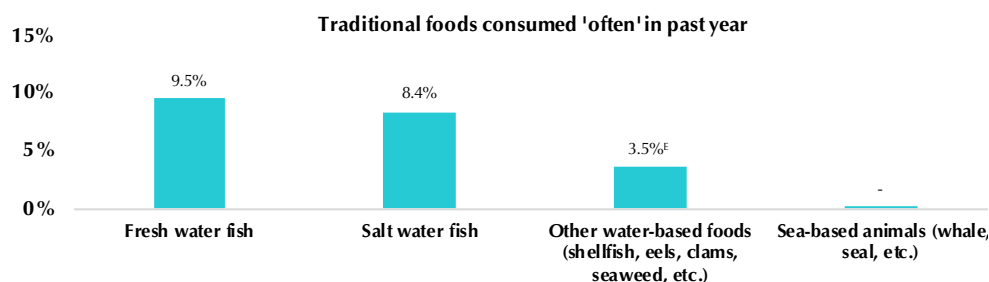


FIGURE 3.18 Proportions of traditional foods children consumed 'often' in the past year.

At least four in five children were not eating sea-based and other water-based foods. At least three in five children were not eating fresh and sea-water based traditional foods at all.

- Sixty three percent (63.1%) did not eat fresh water fish at all in the past year (Table 3.5).
- Sixty six percent (66%) did not eat salt water fish at all.
- Seventy eight percent (76.7%) did not eat other water-based foods.
- And nearly ninety percent (89%) did not eat sea-based animals at all (Table 3.5).

TABLE 3.5 Proportions of frequencies children consumed traditional foods.

Frequency	Fresh water fish	Salt water fish	Other water-based foods	Sea-based animals (whale, seal, etc.)
Not locally traditional	-	-	-	9.2%
Not at all	63.1%	66.0%	76.7%	89.0%
A few times	26.3%	24.4%	18.0%	-
Often	9.5%	8.4%	3.5% ^E	-

Nearly all children were not eating small game or game birds.

Only one in ten children were eating land-based animals and fish, meat etc.

- Only twelve percent (11.7%) of children ate land-based animals often in the past year (Figure 3.19).
- Another twelve percent (11.6%) ate meat and fish or vegetable broth 'often' in the past year. And insignificant proportions ate small game^F or game birds^F (Figure 3.19).
- Proportions eating land-based traditional foods slightly higher than those eating sea and water-based traditional foods (Table 3.5; Figure 3.19).

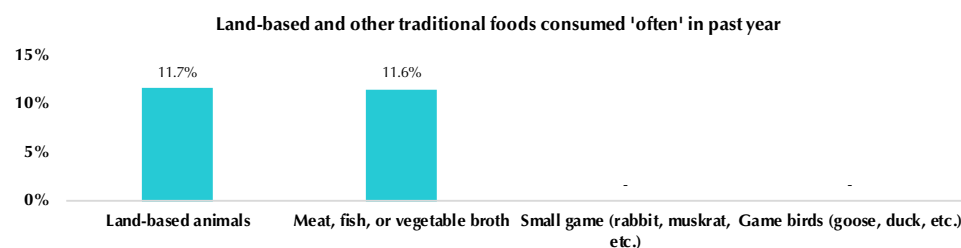


FIGURE 3.19 Proportions of traditional foods consumed 'often' in the past year by children.

More than one in two children were not eating land-based and other traditional foods.

- Fifty eight percent (58.2%) did not eat land-based animals at all (Table 3.6).
- Sixty seven percent (66.7%) did not eat meat, fish or vegetable broth at all.
- Eighty eight percent (88.3%) did not eat small game at all. And eighty nine percent (88.5%) did not eat game birds at all (Table 3.6).

TABLE 3.6 Proportions of children consuming land-based animals, meat, fish or vegetable broth, small game and game birds.

Frequency	Land based animals	Meat, fish, or vegetable broth	Small game (rabbit, muskrat, etc.)	Game birds
Not locally traditional	-	-	3.3% ^E	5.5% ^E
Not at all	58.2%	66.7%	88.3%	88.5%
A few times	28.7%	20.1%	8.1%	5.7% ^E
Often	11.7%	11.6%	-	-

Very few children were consuming berries and 'Other' traditional foods.

- Fifteen percent (15.3%) of children consumed berries/wild vegetables 'often' in the past year (Figure 3.20).
- Nearly seventeen percent (16.9%), bannock/fried bread.
- Nearly six percent (5.6%^E), wild rice. And two percent (2.4%^E), corn soup, 'often' in the past year (Figure 3.20).

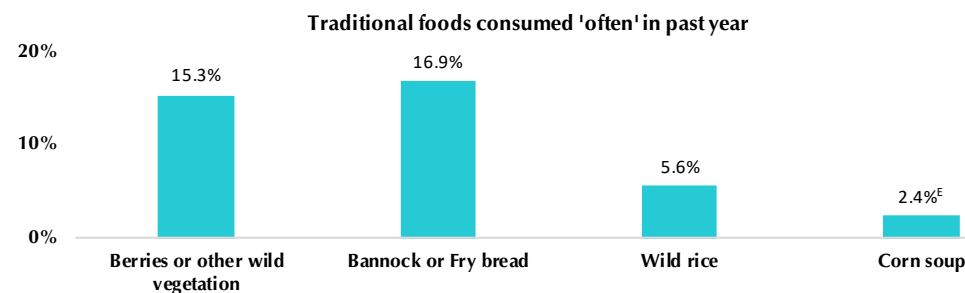


FIGURE 3.20 Proportions of 'Other' traditional foods (berries/other wild vegetables, bannock bread/fry bread, wild rice and corn soup) consumed 'often' by children.

More than two in five children were not eating berries and Bannock bread. More than seven in ten children were not eating wild rice and corn soup.

- Nearly half (48.9%) did not eat berries or other wild vegetables at all (Table 3.7).
- Forty two percent (42.0%) did not eat bannock/fry bread at all.
- Seventy four percent (73.8%) did not eat wild rice at all. And eighty five percent (85.3%) did not eat corn soup at all (Table 3.7).

TABLE 3.7 Proportions of children consuming berries/other wild vegetables, bannock/fried bread, wild rice and corn soup.

Frequency	Berries or other wild vegetables	Bannock/ Fry bread	Wild rice	Corn Soup
Not locally traditional	-	-	2.6% ^E	2.5% ^E
Not at all	48.9%	42.0%	73.8%	85.3%
A few times	35.1%	40.2%	18.0%	9.7%
Often	15.3%	16.9%	5.6% ^E	-

Few people were sharing traditional food with children's households.

- Only eighteen percent (18.2%) of children had someone share traditional food with their household in the past year (Figure 3.21).
- One third (33.1%) had someone share traditional foods 'sometimes'.
- Twenty three percent (23.1%) had someone share 'rarely'. And one-quarter (25.6%) 'never' had someone share with their household (Figure 3.21).
- Interestingly thirty six percent (35.6%) children ages 0–5 never had someone share traditional food with their household. Compared to eighteen percent (17.8%) children ages 6 to 12.

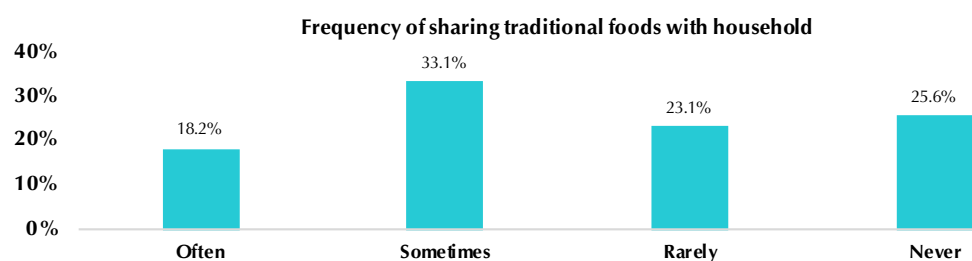


FIGURE 3.21 Proportions of frequencies children had someone share traditional food with their household.

Nearly one in four children were rarely or not eating nutritious foods. Nearly seven in ten children were eating nutritious balanced meals always/almost always.

- Two-thirds (66.7%) of children consumed nutritious balanced meals 'always' or 'almost always' (Figure 3.22).
- Thirty percent (29.7%) consumed nutritious meals only 'sometimes'. And three percent (3.3%^E) 'rarely' consumed nutritious balanced meals (Figure 3.22).
- There were no differences by child gender or age groups.

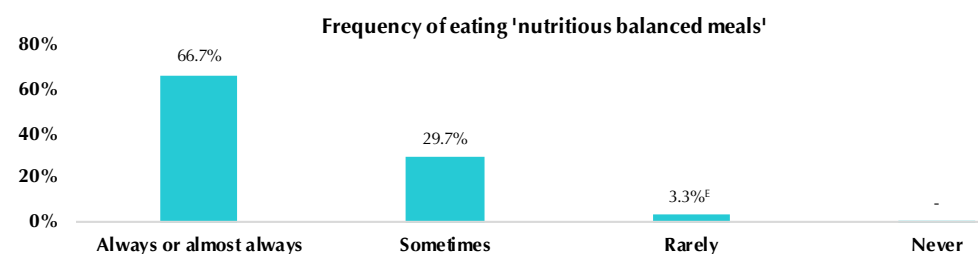


FIGURE 3.22 Proportions of frequencies children had nutritious balanced meals.

SLEEP

- Sleep is very important to health and well-being in all stages of life, with children needing more than adults.
- The Canadian Paediatric Association suggests infants get between 12 and 16 hours of sleep/day, toddlers between 11 and 14 hours, children (3–5 years of age) between 10 and 13 hours/day. And children (6–12 years old) 9 to 12 hours/day.

Seven in ten children slept for at least 8 hours/night.

- Seventeen percent (17.3%) slept 8 hours/day.
- Twenty four percent (23.9%) slept 9 hours/day.
- Thirty percent (29.6%) slept 10 hours/day.
- Fifteen percent (15.1%) slept 12 or more hours/day.
- Nine percent (8.6%) slept 11 hours/day. And smaller proportions slept for 7 or less hours/day (Figure 3.23).

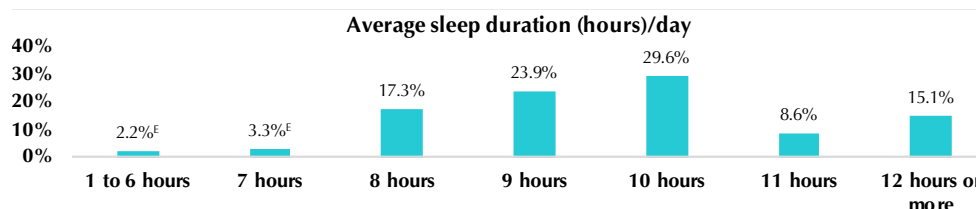


FIGURE 3.23 Proportions of children sleeping 1-6, 7, 8, 9, 10, 11 and 12 or more hours/day.

Older children were sleeping less than younger children as expected

- Thirteen percent (13.2%) ages 0–5 slept for 8 hours or less/day. Compared to (30.4%) ages 6–11 (Table 3.8).
- Twenty two percent (22.0%) ages 0–5 slept for 9 hours/day. Compared to (25.4%) age 6–11.
- Twenty seven percent (27.2%) ages 0–5 slept for 10 hours. Compared to (31.5%) age 6–11.
- Twelve percent (11.7%) ages 0–5 slept for 11 hours/day. Compared to (6.1%) age 6–11. And twenty six percent (25.9%) ages 0–5 slept for 12 or more hours/day. Compared to (6.6%) ages 6–11 (Table 3.8).

TABLE 3.8 Proportions of lengths of time children slept/day in total sample and by age groups.

Length of time (hours)	Total percentage	Ages 0 to 5	Ages 6 to 11
8 hours or less	22.8%	13.2% ^E	30.4%
9 hours	23.9%	22.0%	25.4%
10 hours	29.6%	27.2%	31.5%
11 hours	8.6%	11.7%	6.1%
12 or more hours	15.1%	25.9%	6.6%

PHYSICAL ACTIVITIES IN THE LAST THREE MONTHS

One in three children were not participating in any physical activities.

- Almost a third (32.1%) of children did not take part in physical activities in past three months (Figure 3.24).
- Top four activities children participated in were swimming (36.4%), bicycle riding (34.2%), competitive/team sports (22.5%) and dancing (22.5%) (Figure 3.24).

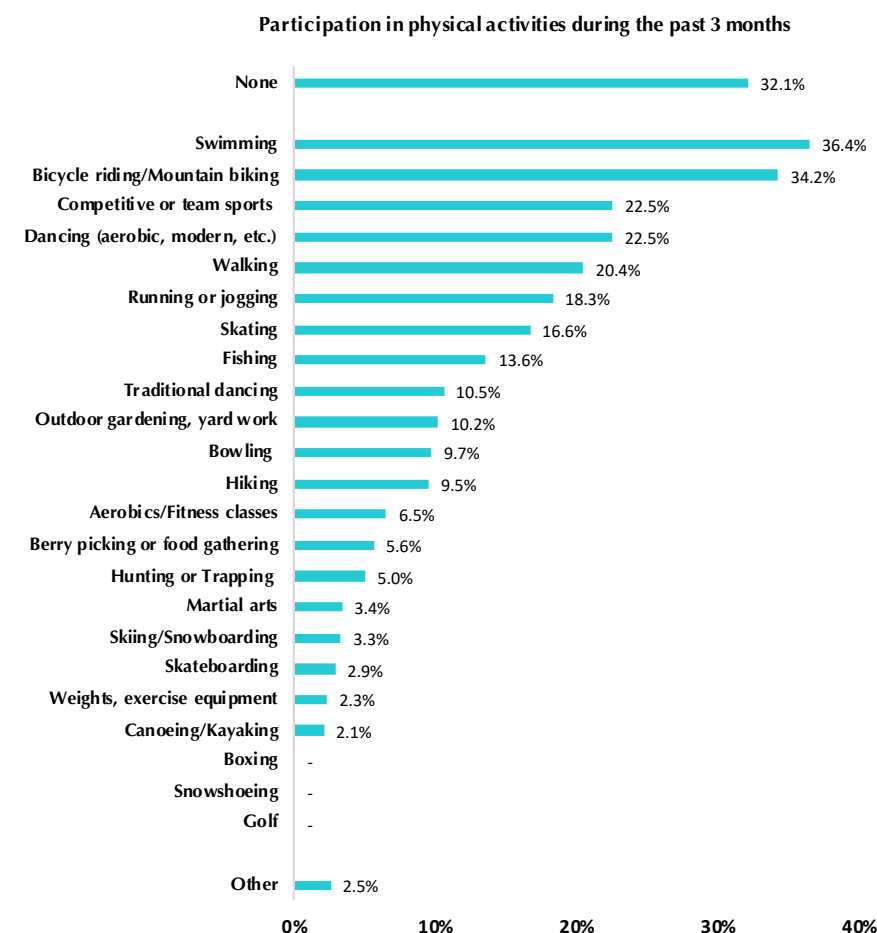


FIGURE 3.24 Proportions of physical activities children participated in during the past three months..

More children ages 0-5 were participating in physical activities than ages 6-11. Nearly one in two children ages 0-5 were not participating in physical activities, compared to one in five ages 6-11.

- Forty eight percent (48.2%) ages 0–5 did not participate in physical activities at all. Compared to (19.9%) ages 6–11 (Table 3.9).
- Forty five percent (44.5%) ages 0–5 rode bicycles. Compared to (20.7%) ages 6–11.
- Thirty five percent (34.5%) ages 0–5 engaged in competitive/team sports. Compared to (6.6%) age 6–11).
- Twenty one percent (20.6%) ages 0–5 were fishing. Compared to (4.3%) ages 6–11.
- Fourteen percent (13.9%) ages 0–5 were hiking. Compared to (3.7%) ages 6–11.
- Twenty four percent (24.4%) ages 0–5 were running/jogging. Compared to (10.2%) ages 6–11.
- Another twenty four percent (24.4%) ages 0–5 were skating. Compared to (6.4%) ages 6–11). And forty three percent (43.3%) ages 0–5 were swimming. Compared to (27.4%) ages 6–11 (Table 3.9).
- Only fifteen percent (14.5%) female children participated in competitive/team sports. Compared to (31.1%) male children.
- Thirty six percent (36.1%) female children participated in dancing. Compared to (7.7%) males.

TABLE 3.9 Proportions of physical activities children participated in the past three months by age groups.

Physical activities	Ages 0 to 5	Ages 6 to 11
None	48.2%	19.9%
Bicycle riding/mountain biking	44.5%	20.7%
Competitive/team sports	34.5%	6.6%
Fishing	20.6%	4.3%
Hiking	13.9%	3.7%
Martial arts	5.7%	-
Running/jogging	24.4%	10.2%
Skateboarding	4.8%	-
Skating	24.4%	6.4%
Ski-boarding/snowboarding	5.2%	-
Swimming	43.3%	27.4%

CHILD BMI CATEGORIES

The BMI Variable is based on the World Obesity Policy and Prevention International standard cut-off points for children between ages 2 and 13 years old, which takes into account the age and gender of the child.

Almost half of the children were within a normal weight

- Just over one in five (21.2%) were underweight
- Just under half (48.5%) were normal weight
- Just under one in five (18.8%) were overweight
- Just over one in ten (11.5%) were obese

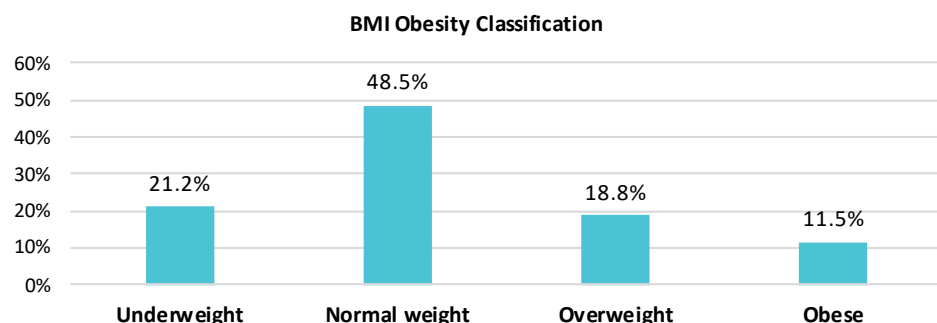


FIGURE 3.25 The proportions of children who were categorized as underweight or normal weight, overweight or obese.

SCHOOL AND EDUCATIONAL OUTCOMES

One in two children were attending elementary school.

One in five children were not attending Aboriginal Head start/school.

- Twenty-three percent (23.0%) were not attending any type of school/head start program at the time of the survey (Figure 3.26).
- Fifty one percent (51.2%) were attending elementary school.
- Sixteen percent (15.5%) were attending kindergarten.
- Smaller proportions were attending Aboriginal Head Start, pre-kindergarten. And an insignificant proportion was attending junior high school (Figure 3.26).

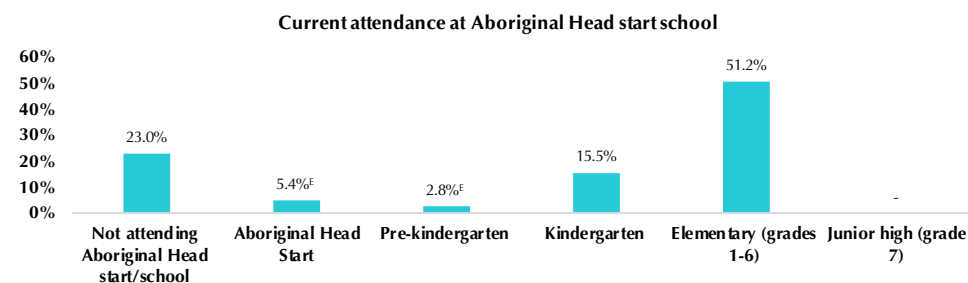


FIGURE 3.26 Proportions not attending/attending school/Aboriginal Head start program, pre-kindergarten, kindergarten, elementary and junior high school at time of survey.

A notable proportion of children repeating grades.

- Thirteen percent (13.1%) above six had repeated a grade in school. Compared to (86.9%) who did not (Figure 3.27).
- Seventeen percent (17.2%) male children repeated grades. Compared to (9.2%) females.

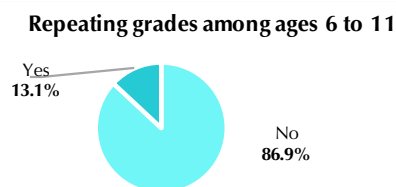


FIGURE 3.27 Proportions that repeated/did not repeat grades in school among ages 6-11.

Two in five children were reading for fun daily. One in ten children were reading for fun for less than once/month.

- Forty one percent (40.5%) read/were read to everyday for fun (Figure 3.28).
- Thirty seven percent (36.8%), a few times a week. Eleven percent (11.2%) once or a few times/month.
- Twelve percent (11.5%) less than once/month or never (Figure 3.28).

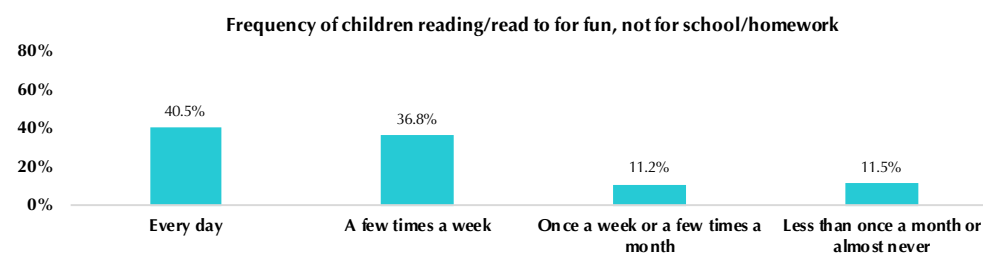


FIGURE 3.28 Proportions of children who read/were read to for fun (not for school/homework) 'every day', 'a few times a week', 'once a week' or 'few times a month', 'less than once a month' or 'almost never'.

CHILDCARE

Nearly eight in ten children did not have formal childcare.

- Three-quarters (76.2%) of the children were not in child care (Figure 3.29). And small proportions received child care from relatives in the children's homes, daycare centres, relatives' homes, before and after school programs, and Aboriginal Head Start program (Figure 3.29).

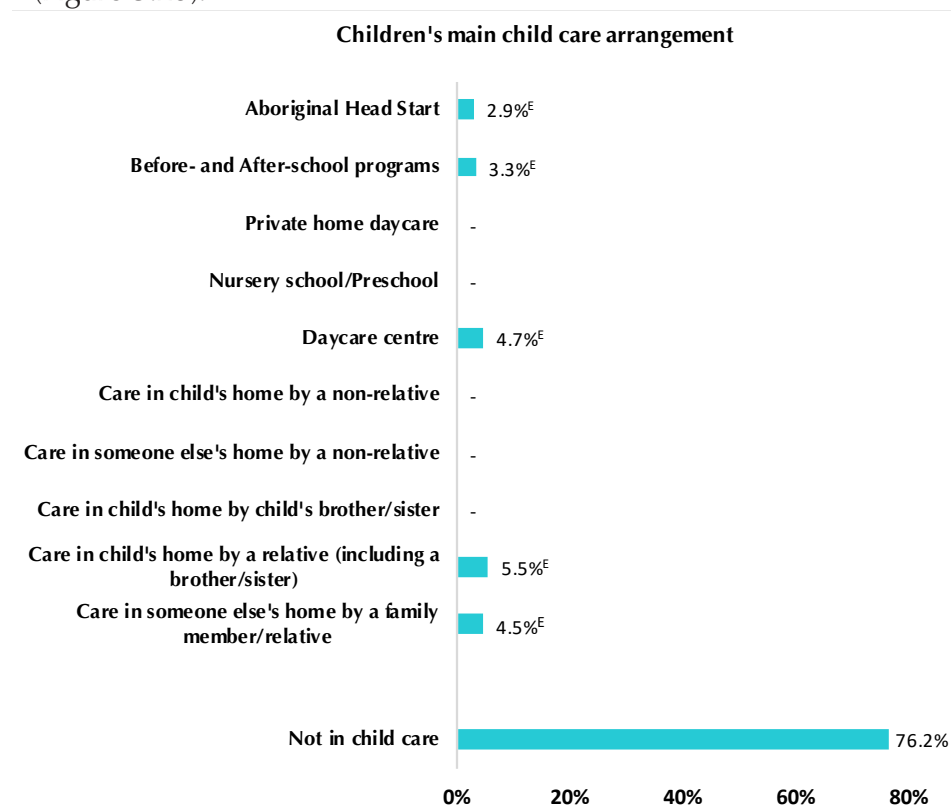


FIGURE 3.29 Proportions of main childcare arrangements for children.

EXTRACURRICULAR ACTIVITIES

Majority of children were not participating in extracurricular activities.

- Only thirty nine percent (39.3%) of children took part in team sports/ lessons (Figure 3.30).
- Twenty nine percent (29.4%) participated in traditional activities. And twenty percent (19.9%) took part in art/music groups/lessons (Figure 3.30).
- There were no differences by gender.

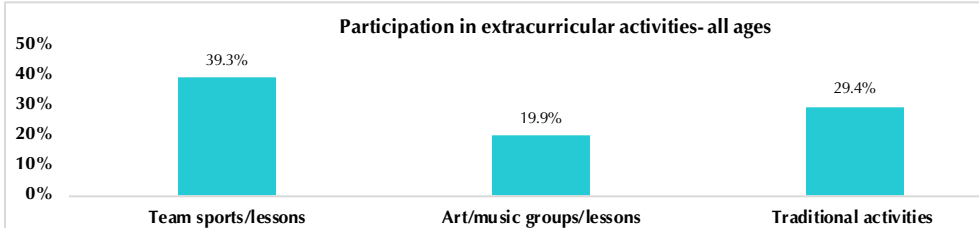


FIGURE 3.30 Proportions of children taking part in team sports/lessons, art/music groups/lessons and traditional activities (singing, drumming, dancing lessons/group) after school.

Three in five children never participated in team sports. At least seven in ten children never participated in art/music groups art/music groups or traditional activities.

- A large proportion (60.7%) never participated in team sports (Table 3.10).
- Eighty percent (80.1%) never participated in art/music groups. And seventy one percent (70.6%) never participated in traditional activities (Table 3.10).
- Nineteen percent (18.9%) ages 0 to 5 had ever taken part in team sports/lessons. Compared to (55.2%) ages 6 to 11.

TABLE 3.10 Proportions of times children took part in team sports/lessons, art/music groups/lessons and traditional activities after school.

Frequency	Sports teams or lessons	Art or music groups or lessons	Traditional activities
Never	60.7%	80.1%	70.6%
Less than once per week	10.2%	11.0%	18.8%
1 to 3 times per week	23.8%	8.4%	9.6%
4 times or more a week	5.2% ^E	-	-

At least one in two older children were participating in team sports.

- Just above (55.2%) children ages 6–11 participated in team sports/lessons (Figure 3.31).
- Twenty six percent (25.8%) ages 6–11 participated in art/music groups.
- And thirty three percent (33.4%) ages 6–11 participated in traditional activities (Figure 3.31).

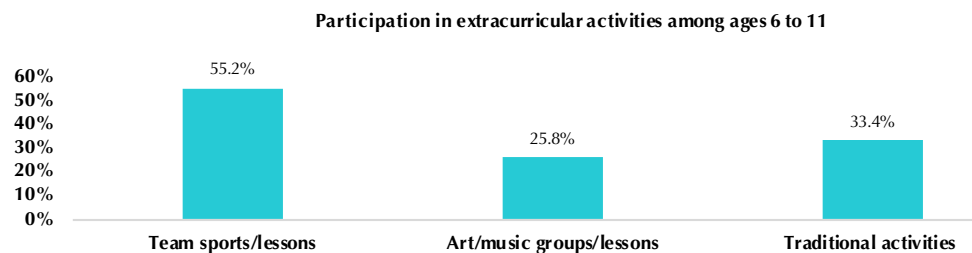


FIGURE 3.31 Proportions of children taking part in team sports/lessons, art/music groups/lessons, and traditional activities (e.g. singing, drumming, or dancing lessons/groups) after school.

SCREEN TIME

Nearly all children were spending 8 or less hours screen time/week.

- A majority (93.6%) spent 8 hours/week or less screen time (Figure 3.32). And six percent (6.4%) were spending 8 hours or more/week screen time (Figure 3.32).
- There were no differences by age group or gender groups.

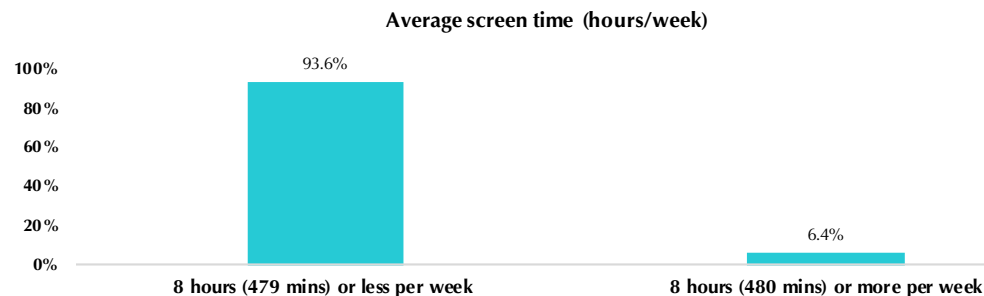


FIGURE 3.32 Proportions of children spending less than and 8 hours or more screen time in the past week.

FAMILIAL RELATIONS

Nine in ten children were getting along with family well

- Most (93.6%) children got along with their families 'very well' or 'quite well' in the past six months (Figure 3.33).
- Only six percent (5.6%) had lots of difficulties in getting along with family. And an insignificant proportion (-) had constant difficulties in getting along with family (Figure 3.33).
- There were no differences by child gender or age group.

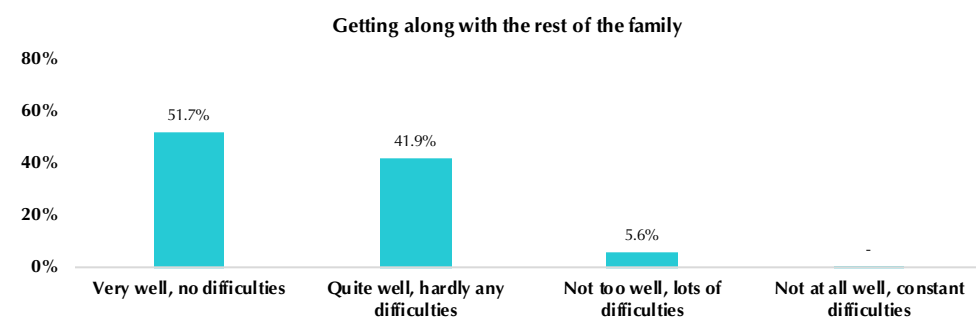


FIGURE 3.33 Proportions of how well children got along with family in past six months.

LANGUAGE AND CULTURAL ENGAGEMENT

English, the dominant day to day language for children

- A majority (85.3%) of children used English most often in their daily lives (Figure 3.34).
- Only eleven percent (11.0%) used their First Nations language most often. And insignificant proportions (-) were using both English and their First Nations, or 'Other' language (Figure 3.34).

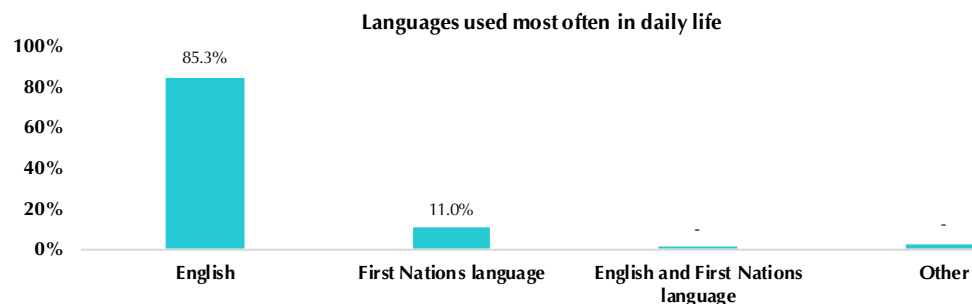


FIGURE 3.34 Proportions of children using English, a First Nations language, both and 'Other' in their daily lives.

Two in five children did not have any knowledge of a First Nations language

- Nearly eighty percent (78.7%) of children had some knowledge of a First Nations language (Figure 3.35). And twenty one percent (21.3%) did not have any (Figure 3.35).
- No significant differences by gender or age groups.

Having some knowledge of a First Nations language

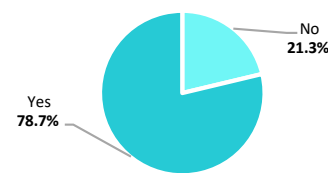


FIGURE 3.35 Proportions of children with/without some knowledge of a First Nations language, even a few words.

Most children do not understand/speak their First Nations languages at all levels.

- Only forty-one percent (40.8%) of children understood their First Nations language at 'basic', 'intermediate' or 'fluent' levels (Figure 3.36). And thirty-one percent (30.5%) could speak at 'basic', 'intermediate' or 'fluent' levels (Figure 3.36).

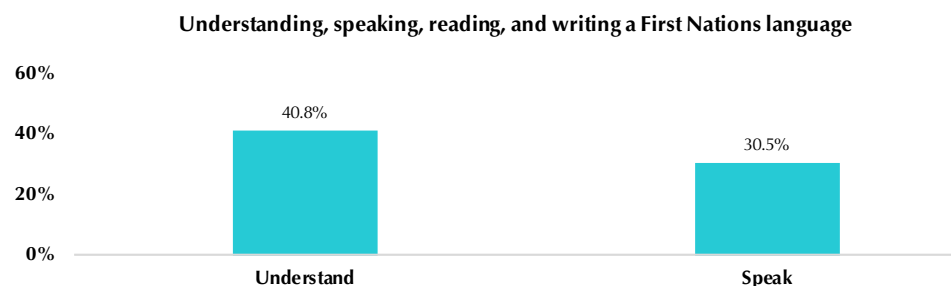


FIGURE 3.36 Proportions of children that could understand and speak their First Nations language at basic, intermediate and fluent level.

Majority of children six years and older do not understand or speak a First Nations language.

- Only sixteen percent (16.4%) could read their First Nations language at a 'basic', 'intermediate' or 'fluent' level (Table 3.11).
- Only fifteen percent (14.5%) could write their First Nations language at a 'basic', 'intermediate' or fluent level.
- Twenty three percent (23.1%) had no ability to understand at all.
- Twenty nine percent (29.3%) had no ability to speak at all.
- Thirty six percent (36.1%) only understood a few words.
- Forty percent (40.2%) only spoke a few words.
- Twelve percent (12.4%) understood fluently.
- While nine percent (9.3%) spoke fluently (Table 3.11).

TABLE 3.11 Proportions of abilities to understand and speak a First Nations language among children six years and older.

Ability	Understand (N=395)	Speak (N=393)
No ability (cannot understand/speak)	23.1%	29.3%
A few words	36.1%	40.2%
With effort (basic)	24.1%	18.8%
Relatively well (intermediate)	4.3% ^E	2.4% ^E
Fluently (fluent)	12.4%	9.3%

Majority of children six years and older do not read or write a First Nations language.

- Eighty four percent (83.6%) had no ability or could only read a few words of their First Nations language (Table 3.12). And eighty six percent (85.5%) had no ability or could only write a few words of their First Nations language (Table 3.12).

TABLE 3.12 Proportions of abilities to read and write a First Nations language among children six years and older.

Ability	Read (n=275)	Write (n=271)
No ability (cannot read/write)	59.3%	66.7%
A few words	24.3%	18.8%
With effort (basic)	10.8% ^E	10.9% ^E
Relatively well (intermediate)	-	-
Fluently (fluent)	-	-

One in ten caregivers were neutral to First Nations languages and cultural events.

About nine in ten caregivers agreed/strongly agreed to children learning their First Nations languages and traditional cultural events.

- Eighty six percent (86.4%) of the children’s caregivers ‘agreed’ or ‘strongly agreed’ it was important for their children to learn a First Nations language (Table 3.13). And eighty seven percent (87.4%) ‘agreed’ or ‘strongly agreed’ that traditional cultural events were an important to children’s lives (Table 3.13).
- Eleven percent (10.5%) neither agreed nor disagreed with the importance of First Nations cultural events in children’s lives. And twelve percent (11.5%) neither agreed nor disagreed with the importance of First Nations languages in children’s lives (Table 3.13)

TABLE 3.13 Proportions of caregivers’ degree of agreement to the importance of children learning a First Nations language and traditional cultural.

Degree of agreement	It is important the child learns a First Nations language.	It is important traditional cultural events are part of the child’s life
Strongly agree	49.4%	43.2%
Agree	37.0%	44.2%
Neither agree nor disagree	11.5%	10.5%
Strongly disagree or disagree	-	-

About 8 in 10 children were participating in cultural events.
One in 16 children had never participated in cultural events.

- Thirty-five percent (34.5%) of children participated ‘almost always’ or ‘always’ in cultural events (Figure 3.37).
- Forty-six percent (46.4%) participated ‘sometimes’.
- Twelve percent (12.1%) participated ‘rarely’. And seven percent (6.9%) ‘never’ participated (Figure 3.37).
- There were no differences by gender or age groups.

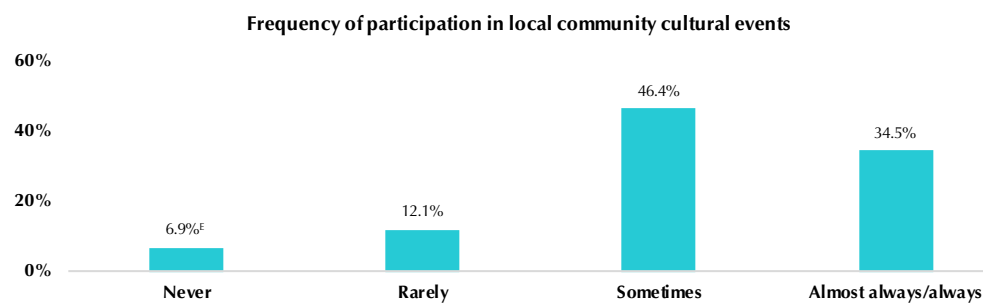


FIGURE 3.37 Proportions of children that ‘never’, ‘rarely’, ‘sometimes’ and ‘almost always/always’, participated in local community cultural events.

Family members and teachers helped children the most in understanding their culture

- Seventy seven percent (76.6%) of children were helped by parents (Figure 3.38).
- Sixty three percent (63.1%) were helped by grandparents.
- Sixty percent (59.1%) were helped by teachers/daycare providers.
- Fifty percent (49.9%) were helped by aunts and uncles.
- Forty seven percent (46.7%) by ‘Other’ relatives. And smaller proportions by community elder, friends and ‘Other’ community members.
- Only a very small proportion (2.6%) claimed the child had no one to help (Figure 3.38).
- There were no differences by child gender.

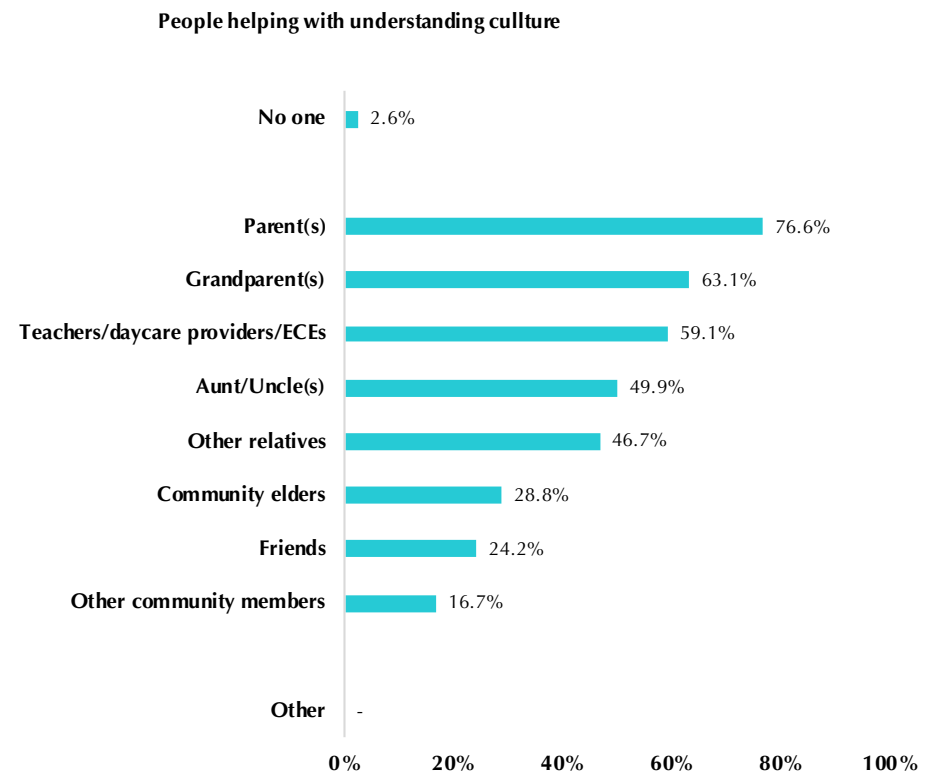


FIGURE 3.38 Proportions of people helping children understand their culture.

BULLYING

Two in five children had been bullied

- Nearly forty percent (38.8%) of children were bullied in the last year (Figure 3.39). And a very small proportion ^F were cyber-bullied (Figure 3.39).

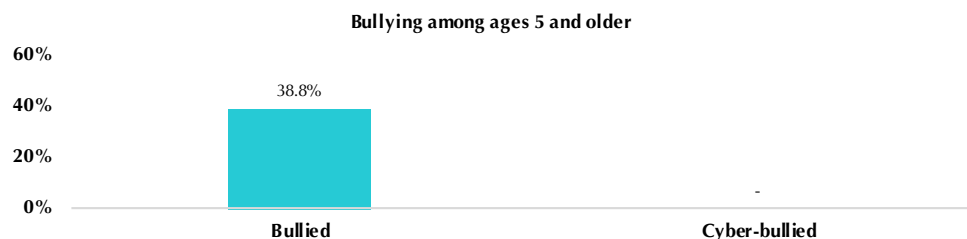


FIGURE 3.39 Proportions of children bullied and cyber-bullied in the past year.

One in ten of bullied children were not seeking help. One in four of bullied children sought help but did not receive all the help they needed.

- Sixty-two percent (61.8%) of the bullied children sought and received all the help they needed to deal with the bullying (Figure 3.40).
- Twenty-seven percent (27.1%) sought help but did not receive all the help they needed. And just above one tenth (11.0%^E) did not seek help at all (Figure 3.40).

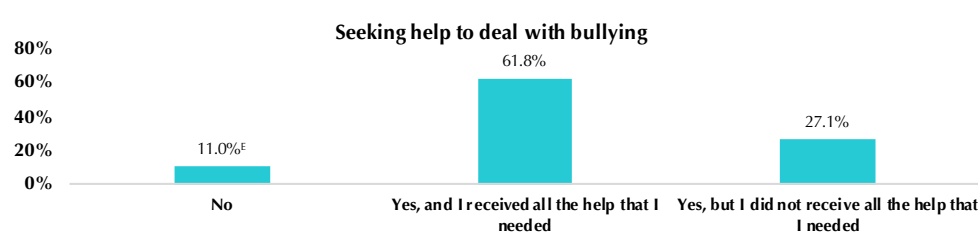


FIGURE 3.40 Proportions of children who sought help to deal with bullying in the past year.

FAMILIAL ATTENDANCE AT INDIAN RESIDENTIAL SCHOOL

Seven in ten children had a grandparent and 'Other' family member who had attended Indian residential schools.

- Only a very small proportion of children had a parent who had attended an Indian residential school (Figure 3.41).
- Just over one-third (35.1%) had at least one grandparent who had attended. And thirty-eight percent (37.7%) had 'Other' family members who had attended (Figure 3.41).

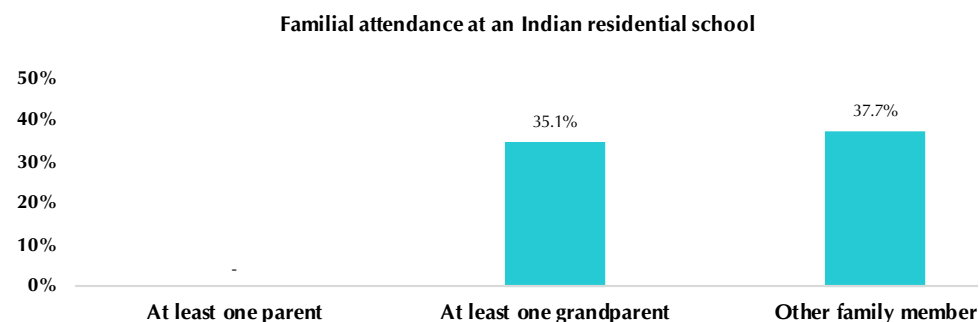
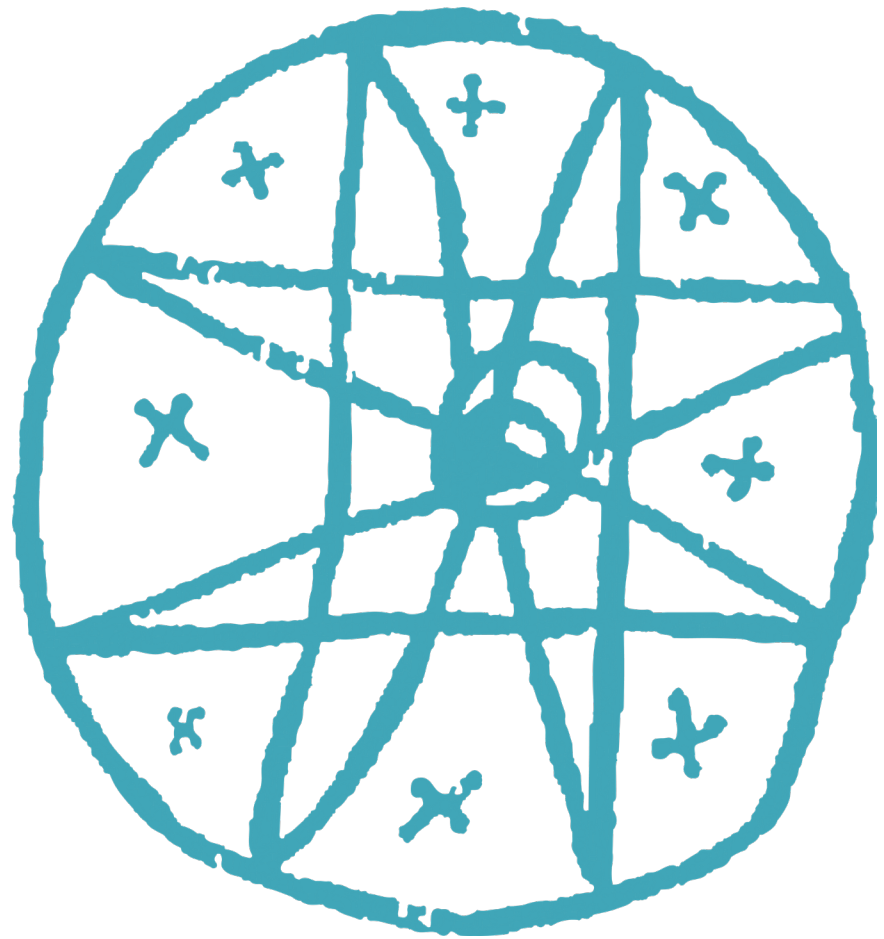


FIGURE 3.41 Proportions of children with at least one parent, grandparent, and 'Other' family member who attended an Indian Residential School.

Discussion



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4 Discussion

While significant challenges continue to face Mi'kmaw children, youths and adults, the findings presented in this regional report suggest that Mi'kmaw individuals and communities draw strength from their culture, elders and social connections from within their communities. Many of the contemporary social challenges and risk factors, which affect the health of First Nations communities today, are linked to historical trauma. Historical trauma is defined as past and ongoing collective experiences associated with colonization, which include the Indian Residential School system, the Sixties Scoop, and the greater representation of First Nations in the child welfare and penitentiary systems. The Canadian health care system is also known for not providing equitable health care to First Nations peoples. This, in spite of the higher need for care due to past experiences, especially the historical trauma. Despite these ongoing inequities and challenges, improvements are being made, demonstrating resilience of the Mi'kmaw people.

The paragraphs below summarize some of the key findings from the 2015–16 child, youth and adult regional RHS of Mi'kmaw communities in Nova Scotia (NS) and Prince Edward Island (PEI). The report is not exhaustive; many findings may not have been reported. Additionally, more can be learnt by additional analyses of all the data, including from the previous phases (1997 pilot) and 2000–03 and 2008–10 RHS. Findings from these surveys guide and improve regional decision-making and health outcomes for Mi'kmaw communities.

SELF-RATED GENERAL AND MENTAL HEALTH

A very large proportion of adults (88%) in this RHS rated their general health as 'good', 'very good', or 'excellent'. An increase from the previous 2008–10 RHS (80.6%). However, youths and children had no such improvements; their health was rated similar to 2008–10 RHS.

Self-perception of mental health for adults and youths was included for the first time in the current RHS. Over ninety percent (92%) of adults rated their mental health as ‘good’, ‘very good’, or ‘excellent’, compared to youth (84%) in 2008–10 RHS. There were no significant differences between male and female adults in mental health rates. However, among the youth, more female youths (22.2%) rated their mental health ‘fair’ or ‘poor’ compared to males (8.2%). This could be related to females tending to be more particular about their health, which makes them visit medical professionals more frequently.

Feelings of being in balance (physically, mentally, emotionally and spiritual) among adults varied. A large majority of adults (78%) felt in balance physically all’ or ‘most’ of the time. Another majority (66%) felt spiritually in balance all’ or ‘most’ of the time. However, less than half (47%) felt in balance emotionally and mentally ‘all’ or ‘most’ of the time.

Among youths, a majority (60%+) felt in balance physically, mentally, emotionally and spiritually for all or most of the time. Youth optimism based on “age is on my side; I can still accomplish my goals” mentality could be hypothesised as the reason adults did not feel spiritually and emotionally in balance as did youths.

The current RHS investigated 10 psychological and physiological symptoms of anxiety and depression experienced by adults, using the Kessler 10 scale.¹ Over half (54.9%) of Mi’kmaw adults had total distress scores between 10 and 19, suggesting low distress/mental disorder. Of the remaining, a notable proportion (27.0%) had mild distress/mental disorders. And twenty percent (18.1%) moderate to severe symptoms of distress/mental disorders. These levels were comparable to those reported among on-reserve First Nations adults living across Canada, but higher than the non-Indigenous Canadian population.

If we were to compare the components of mental health measured in the current RHS namely, balance (physical, mental, emotional and spiritual), K10 scores for distress levels, feelings of depression/being blue and the overall self-rated mental health, inconsistencies become obvious. Particularly, over (90%) adults rated their mental health good to excellent. But some K10 scores showed presence of moderate to severe mental disorders among (18%) of adults. Also, (47%) felt in balance emotionally and (47%) felt in balance mentally, hence majorities were not. And, significant proportions (44%) were depressed/felt blue. These inconsistencies are not surprising because of the stigma attached to mental health. Thus, few would readily admit to having mental issues; it is easier to accept having mental health symptoms that do not explicitly speak of mental health problems. We therefore suspect the good to excellent self-perceived mental health among adults to have been overstated.

Among youth, significant proportions had anxiety distress symptoms (20–40%), psychologically distressed (40–44%) and physiologically distressed (47%). Again, these high levels of distress contradict with the high proportion (84%) of youth that rated their mental health good to excellent. And again, this could be related to stigmatization of mental health. Mental health is generally equated to being mad. Who readily agrees to being mad!

The proportion (13%) of adults with serious of suicide was lower, compared to youth (20%). Clearly, youths are more vulnerable to despair and suicidal thoughts, which is not surprising; they are still finding themselves as they mature. Many youths had learning problems in the current RHS. And many others disliked school. Yet education is vital for a career. It is easy to despair and entertain suicidal thoughts when there are problems at school and the future does not promise a career.

1 Kessler & Mroczek, 1994

Among adults and youths who had seriously considered suicide, only (47%) adults sought professional help, compared to (59%) youths. The stigma suicide carries in society could be holding back most adults from opening up about their suicidal thoughts.

Proportions of adults (9%) and youth (10%) that attempted suicide were similar. Also, the proportions of adults (63%) and youth (65%) seeking help for attempted suicide. The proportions (35%) of adults or youths not seeking professional help for attempted suicide are very high; there is need for intervention. More so, given that individuals who once attempted suicide have a tendency to repeat.

A significant proportion (18%) of children exhibited more emotional/behavioural problems compared to other boys and girls. This proportion, nearly one in two children, is significant. It needs intervention. Particularly because there has not been any change in proportions since the previous (17.8%) 2008–10 RHS.

DIAGNOSED CHRONIC CONDITIONS

Chronic conditions were prevalent among adults, with (66%) diagnosed with one or more conditions. Most (84.4%) of the adults with chronic conditions were ages 45 and above than ages 18 to 44 (53.4%). Typically, old adults to carry more chronic conditions than young adults. Common chronic diseases among adults were high blood pressure (27.3%) and high cholesterol (20.7%), conditions typically related to aging.

A small majority of youth (52%) had at least one diagnosed health condition. The most common of these conditions were allergies, anxiety and mood and learning disorders. Hence most of the diagnosed conditions among youths are mental/psychological than organic. Among children, a significant proportion (35%) had at least one diagnosed health condition. The most common of which were allergies (13%), dermatitis/eczema (9.2%), speech or language difficulties (7.3%) and attention-deficit (-hyperactivity) disorder (4.6%). Hence, children had similar proportions

of organic conditions (allergies and eczema) and what may be considered developmental disabilities (speech difficulties and attention-deficit disorder).

In summary, adults had chronic conditions. Youths had mostly mental problems. And children, organic and developmental disabilities.

ORAL HEALTH

Although a large majority of adults (82%) rated their oral health good to excellent, a majority (58.3%) needed dental maintenance and a small proportion (27.3%) dental treatment. Among youths, similar proportions rated their oral health good to excellent (81%), a majority (55.2%) needed dental maintenance and (22%) needed dental treatment. However, most of the dentures/artificial teeth were worn by adults than youths, which is expected.

Most caregivers (80%) rated their children's oral health good to 'excellent. Similar to youths and adults. However, more children (63.1%) required dental maintenance, compared to adults (58.3%) and youth (about 22%), which is also expected. We are all aware of how difficult it is to encourage children to regularly brush teeth.

A significant proportion (37.2%) of adults encountered difficulties in accessing dental care. The difficulties were many: dental services not covered by NIHB, direct dental costs, need for prior approval for services under NIBH, transport costs, long waiting lists, inadequate dental services and lack of dental services in one's area.

CIGARETTES AND ALCOHOL CONSUMPTION

A small majority of adults (51.6%) smoked daily (Similar to 20018–10 RHS), while only (22.4%) of youths smoked daily. Half (53%) of adults who smoked daily smoked 10 to 19 cigarettes/day, compared to (26%) youths. Further, (25%) adults smoked 20 or more cigarettes/day. No youths smoked 20 or more cigarettes/day. While (15.9%) of youths

smoked five or less cigarettes/day, no adult smokers smoked this low number/day. All the preceding implies smoking habits establish with age. Nearly eighty percent (78%) ages 18 to 44 had never smoked, compared to (62.8%) ages 45 and over who had never smoked. Smoking interventions targeted at youths could be discouraging youths from taking up smoking. Or youths could not sustain the habit, given that fewer young adults than old adults were employed in the survey.

Smoking cigarettes is more established among females. More males (81%) had never smoked in the past. Compared to (64.0%) females. And more females (23%) used to smoke daily, compared to only (14.2%^E) males. Sometimes smoking is related to the emotional health of individuals. And given that more (52%) male adults felt depressed/blue compared to only (36.3%) females, it would have been expected for more males than females to be smoking cigarettes, which was not. Maybe females enjoyed smoking more than males.

A notable proportion of children were exposed to second-hand smoke from mothers who smoked during pregnancy (42.1%) or mothers exposed to second-hand smoke in their households during pregnancy (20.6%). There is a need for intervention to reduce smoking, especially among females. The starting point of intervention should be to establish why more females than males are smoking. Or why are smoking in the first place?

A majority of adults (57.0%) consumed alcoholic beverages, which was an improvement from 2008–10 RHS when (67%) adults were drinking alcoholic beverages. Among youths, only (18%) were drinking alcohol in the current RHS. While most youths drinking alcohol were older youths, ages 15–17 (28%), among adults, young adults (65%) ages 18–44 were drinking more alcohol than old adults (44.5%), ages 45 and above. Peak alcohol drinking can then be inferred to be at ages 18–44.

However, adults were drinking alcohol more frequently than the youths. Seven percent (7%^E) adults drank alcohol daily, compared to insignificant youths. Twenty percent (20%) adults had alcohol two to three times a week, compared to (16%) youths. Thirty seven percent (37%) adults had alcohol two or three times per month, compared to (28%) youths. And (37.0%) adults had alcohol once or less a month, compared to (33%) youths.

Adults binged on alcohol more than youths, which could be related to financial status/employment. Nine percent (9%) adults never binged on alcohol, compared to (12%) youth that never binged. Fourteen percent (14.3%) youths binged less than once/month, compared to (18.1%) adults. Highest proportion (27.2%) of youths binged once/month than (12.2%) adults, which could be linked to more disposable incomes at the end of month for the youths. Nineteen percent (18.8%) youths binged two to three times/months, compared to (29%) adults, a possible reflection of buying power among adults. Twelve percent (12.4%) youths binged once/week, compared to (16%) adults. And (3.1%) adults binged every day, compared to zero youths. Also, another reflection of more buying power among adults.

EDUCATION

A majority of Mi'kmaw adults (63%) had a high school diploma or equivalent, which was higher than the national average (48%) for Canadian First Nations in 2011. However, more females (69.4%) than males (56.3%) had completed a high school Diploma/equivalent. Which was an improvement from the last 2008/10 RHS, when (52.5%) females and (45.2%) males graduated from high school/equivalent. A higher proportion of ages 18 to 44 (67.9%) than ages 45 or older (54.4%) had at least a high school diploma or equivalent. Hence, we can conclude that trends in attaining high school Diploma qualifications are increasing. However, beyond high school, achievements were lower. Only (12.4%) had a university undergraduate degree in the current RHS

[an improvement from (9.3%) in 2008–10 RHS]. Most of these were females (17.3%) than males (7.2%). A small proportion (9.9%) of adults had a diploma/certificate from a community college in the current survey [equal to (9.9%) in 2008–10 RHS]. Again, more females (13.1%) than males (6.7%) had completed a Diploma or Certificate from a community college or university. However, more Mi'kmaw males (29.2%) had more trade technical or vocational school education compared to females (5.5%). Males could be opting for more vocational training due to being able to earn well while training, unlike with undergraduate studies where one can work menial jobs during vacations or in-between classes, with less pay usually.

Although (35.6%) in current RHS had never enrolled into a post-secondary education (PSE) program, compared to (30.5%) in the 2008–10 RHS, slightly more adults (14.0%) in the current RHS had a diploma/certificate from a trade, technical or vocational school than in 2008–10 RHS. The current low rates of enrollment into PSE programs are likely to show in the next 2021–2022 RHS.

Only adults ages 45 and older had completed a Masters' program or professional degree in the current RHS. In addition, more adults ages 45 and older had completed a university undergraduate degree, Diploma/certificate from a community college or a trade and vocational school than young adults ages 18–44. That more older adults had higher qualifications than young adults could be reflecting the time needed to achieve higher levels of education.

A significant proportion (28%) of youth did not like school. Seven percent (6.8%) disliked school very much. And (17.6%) were unsure about liking school. Disliking school could be related to learning problems among youths. In the current RHS, a large proportion (42.1%) of youth had learning problems, with distractions affecting (44.4%) of youths. Also, a notable proportion of youths (32%) had attention problems.

It is therefore little wonder youth majorities had difficulties with subjects (63.6%), with reading (52.8%) and with writing (52.2%) in school. Having difficulties with subjects, reading and writing could also be driving the significant proportions of youths (24%) and children (13%) repeating grades. Problems in school could also be related to the fact that a majority (60%) of children were not reading for fun every day. And that small proportions of children (11 %) were attending an Aboriginal Head start program.

PARTICIPATION IN COMMUNITY CULTURAL EVENTS

More Mi'kmaw adults (63.3%) than youths (45.9%) participated in community cultural events. Children (81%) participated the most. It was only among youths that there were significant gender differences in participation, with more females (59.2%) than males (31.9%) participating. Children's very high participation could reflect the significance of parental influence on younger ages. And the lower participation among youths compared to children and adults could reflect independence of youths from parental influence.

SELF-RATED MI'KMAW LANGUAGE ABILITIES

Among adults, a majority (62%) used English in daily life most often. Compared to a large proportion (90%) of youth that used English language in daily life. For children, English language is also the dominant language, used by a majority (85.3%) most often in daily life. A significant proportion (35.0%) of adults used a First Nations language. Compared to (6%) youth and (11.0%) children that used a First Nations language most often. More children than youths were using a First Nations language possibly related to the stronger influence parents had on children than youths.

CONCLUSIONS

We hypothesise that mental health problems among Mi'kmaw youth and adults were understated in the survey. This is because the rating of the components of mental health (psychological and physiological symptoms of distress and anxiety, feeling in balance emotionally and mentally, and feeling sad/being blue) were not adding up to the good to excellent mental health declared by respondents. Such inconsistencies are expected; mental issues have stigma attached.

Dental maintenance is a common need among children, youths and adults.

More programs that encourage smoking cessation are needed, especially among older female adults who are smoking more.

Learning problems among youths need urgent addressing. Addressing these problems will make school more attractive among youths and reduce repeating grades.

If Mi'kmaw language is to survive, more effort should be made to encourage the whole population (children, youth and adults) to learn, speak, read and write more in Mi'kmaw.