

# OUR HEALTH COUNTS STUDY



## What is the study about?

- 1 Understanding the health and health service needs of Indigenous peoples in City of Toronto by recruiting a sample that includes everyone, NOT just those who use programs and services.
- 2 Asking participants about their holistic health, health determinants, and health needs.
- 3 Understanding the key factors linked to emergency room use over time.
- 4 Research done by Indigenous people FOR Indigenous people... "nothing about us without us".

## Who is funding this study?

This study is funded by a Canadian Institutes of Health Research (CIHR) operating grant.

## What's unique about this study?

Indigenous community organizations own and control all of the data.

It is one of the largest respondent driven sampling studies ever done.

It is the largest urban Indigenous population health study in Canada.

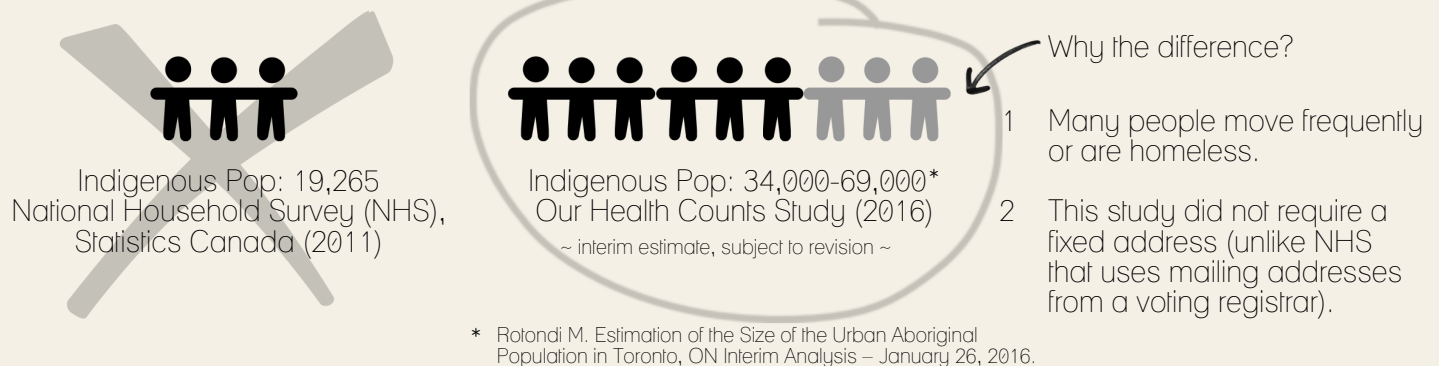
## Who is involved?

Project Leads: Dr. Janet Smylie (Well Living House) and midwives Sara Wolfe and Cheryllee Bourgeois (Seventh Generation Midwives Toronto). They are supported by an Indigenous and allied health research staff team and 20+ health and social services organizations.

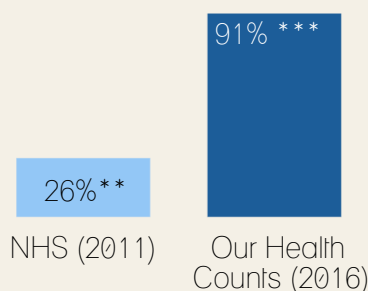
## PRELIMINARY KEY FINDINGS

**Hot Off the Press!**

**Toronto's Indigenous population is approximately 2-4Xs larger than what Statistics Canada reported**



**Over 90% of Toronto's Indigenous population lives below the (before tax) Low Income Cut-Off (LICO)**



When a family spends 20% more (of their total income) than the average family on food, shelter, and clothing.

## Why is the study so successful?

- ✓ Strong social networks within Toronto's Indigenous community.
- ✓ Indigenous community staff and leading organizations are experts and have skills necessary for respectful and relevant Indigenous community engagement.

\*\* City of Toronto (2013). 2011 National Household Survey (NHS): Income and Shelter Costs. Toronto.  
\*\*\* Smylie J. Our Health Counts Toronto Interim Analysis May 24, 2016.

