Our Health Counts
An inclusive community-driven health survey for Indigenous peoples in Toronto

**Relationship Status**

**Two-Spirit**

“The term two-spirit . . . originated in Northern Algonquin dialect and gained first currency at the third annual spiritual gathering of gay and lesbian Native people that took place near Winnipeg in 1990. What we who chose this designation understood is that niizh manitoag (two-spirits) indicates the presence of both a feminine and a masculine spirit in one person.”

23% of Indigenous adults in Toronto identified as Two-Spirit.

**Gender**

- Trans or Other: 1%
- Female: 49%
- Male: 50%

**Sexual Orientation**

- Straight/Heterosexual: 86%
- Bisexual: 4%
- Gay: 4%
- Lesbian: 1%
- Other (includes Asexual): 4%

**Relationship Status**

64% of Indigenous adults in Toronto were single compared to 28% of adults in Ontario (Adults were defined as age 15 years +).

**Household Composition**

Indigenous households in Toronto had higher rates of multiple families living together compared to households in Toronto. Multiple family households included parents, grandparents, siblings, aunts, and/or uncles. Indigenous households were also less likely to contain couple-families, with or without children compared to households in Toronto.
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Household Composition

<table>
<thead>
<tr>
<th>Household Type</th>
<th>OHC Toronto Adults (15 years+)</th>
<th>City of Toronto Households¹</th>
</tr>
</thead>
<tbody>
<tr>
<td>One-person households</td>
<td>36%</td>
<td>32%</td>
</tr>
<tr>
<td>Lone-parent family households</td>
<td>15%</td>
<td>14%</td>
</tr>
<tr>
<td>Couple-family households with children</td>
<td>10%</td>
<td>25%</td>
</tr>
<tr>
<td>Multiple family households</td>
<td>9%</td>
<td>3%</td>
</tr>
<tr>
<td>Couple-family households without children</td>
<td>13%</td>
<td>20%</td>
</tr>
<tr>
<td>Other households*</td>
<td>17%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Note: Household composition applies to those living in private dwellings. This definition includes those who were stably housed only.

Education

OHC Toronto found that the education levels were increased among the younger (25-44 years) generation compared to the older generation (45 years +).

Indigenous adults aged 25-64 years in Toronto had a lower rate of high school completion (57%) compared to the general Ontario population (90%).

Among Indigenous adults who did complete high school there was a high rate of completion of at least some college or university (65%).

Poverty

3 in 5 (61%) Indigenous adults in Toronto said their overall health/wellbeing had been affected by financial hardship in the past 12 months.

Over half of Indigenous adults in Toronto believed that their ability to engage in preventative health activities had been affected by financial hardship.

Leading sources of income for Indigenous adults were:

- Disability (Ontario Disability Support Program)
- Provincial/Municipal Social Assistance or Welfare
- Wages and Salaries from Employment
Employment

63% of Indigenous adults in Toronto were unemployed compared to 7% of adults (15 years+) in Ontario (LFS 2016).10

Almost 2 in 3 employed Indigenous adults lived at or below the before-tax low-income cutoff.

Policy Implications

We call upon the federal government to develop with Indigenous groups a joint strategy to eliminate educational and employment gaps between Indigenous and non-Indigenous Canadians.

City of Toronto, provincial and federal policy makers work in partnership with urban Indigenous peoples and organizations to:

• Address data collection methods and system limitations that systematically undercount Indigenous populations and under-represent Indigenous health and social inequities.
• Develop, implement and evaluate urban Indigenous poverty reduction and income security programming.
• Address Indigenous specific barriers to accessing employment and education programs, services, and supports.

Definitions

Indigenous adults: persons 15 years or older self-identifying as Indigenous, such as First Nations, Métis, or Inuit living or using services in the City of Toronto; CY: City of Toronto; Trans and Other: includes Transgender, Transsexual, or Gender Queer, “You do not have a category that applies to me”; Employed: includes part/full-time work, seasonal work, self-employed, homemaker, or any informal paid work (e.g. babysitting, housekeeping); Not in labour force: Student or retired.

Sources


Funding was provided by the Canadian Institute of Health Research (CIHR) and Ministry of Health and Long-Term Care (MOHLTC) Capacity Award

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For the full OHC Toronto report visit: www.welllivinghouse.com
Our Health Counts

Toronto

An inclusive community-driven health survey for Indigenous peoples in Toronto

Child Demographics

Population-level Data Collection

OHC Toronto study findings indicate that there are 3 to 4x (10,000 to 14,000) more Indigenous children in Toronto than estimated by Statistics Canada.


<table>
<thead>
<tr>
<th>Age</th>
<th>Total Toronto Population, CY (2011 NHS)</th>
<th>OHC Toronto Indigenous Population Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4 years</td>
<td>40%</td>
<td>70%</td>
</tr>
<tr>
<td>5-9 years</td>
<td>20%</td>
<td>30%</td>
</tr>
<tr>
<td>10-14 years</td>
<td>20%</td>
<td>10%</td>
</tr>
</tbody>
</table>

93% of Indigenous children in Toronto identified as First Nations.

Identity

A similar percent of children in Toronto had Status compared to Indigenous adults.

7% identified as Métis, Inuit, or other.

Income

92% of Indigenous children live in households that fell below or at the before tax Low-Income Cut-Off (LICO).

Policy Implications

Implement TRC Call to Action 7:

We call upon the federal government to prepare and publish annual reports comparing funding for the education of Indigenous children on and off reserves, as well as educational and income attainments of Indigenous peoples in Canada compared with non-Indigenous people.

Additional Recommendations:

- The City of Toronto, provincial, and federal governments work in partnership with urban Indigenous peoples and organizations to develop and fund sustainable income support and Indigenous specific education programming for Indigenous parents, families and communities.

Definitions

Indigenous children: persons 1 to 14 years self-identified as Indigenous by their parent or guardian, such as First Nations, Métis, or Inuit living or using services in the City of Toronto; CY: City of Toronto

Sources


Population based estimates were created using respondent driven sampling (see Methods and Design Factsheet for more details).

Our Health Counts: Community health assessment by the people, for the people

For the full OHC Toronto report visit:

www.welllivinghouse.com

Funding was provided by the Canadian Institute of Health Research (CIHR) and Ministry of Health and Long-Term Care (MOHLTC) Capacity Award

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Our Health Counts Toronto is an inclusive community-based health survey for Indigenous peoples of Toronto and is part of the largest Indigenous population health study in Canada. Participants were selected using respondent-driven sampling, a statistical method which uses social networks in the community to recruit Indigenous people living in the city.

### Survey Question

**Did you complete the 2011 Census Canada questionnaire?**

<table>
<thead>
<tr>
<th></th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>14.2% (10.6, 17.9)</td>
</tr>
<tr>
<td>No</td>
<td>81.0% (76.6, 85.5)</td>
</tr>
</tbody>
</table>

4.8% (2.4, 7.1)

**Did you complete the 2011 National Household Survey?**

<table>
<thead>
<tr>
<th></th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>11.2% (7.8, 14.5)</td>
</tr>
<tr>
<td>No</td>
<td>83.6% (79.4, 87.8)</td>
</tr>
</tbody>
</table>

5.3% (2.8, 7.7)

**How do you self-identify? (Can be included in more than one group)**

<table>
<thead>
<tr>
<th>Group</th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Nations</td>
<td>86.0% (80.4, 91.6)</td>
</tr>
<tr>
<td>Métis</td>
<td>13.9% (8.3, 19.5)</td>
</tr>
<tr>
<td>Inuit</td>
<td>0.4% (0.1, 0.6)</td>
</tr>
</tbody>
</table>

**Are you status (i.e. Registered Indian according to the Indian Act)?**

<table>
<thead>
<tr>
<th></th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>69.3% (62.5, 76.0)</td>
</tr>
<tr>
<td>No</td>
<td>30.7% (24.0, 37.5)</td>
</tr>
</tbody>
</table>

**Are you status (for individuals identifying as First Nations only)?**

<table>
<thead>
<tr>
<th></th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>80.5% (75.2, 85.8)</td>
</tr>
<tr>
<td>No</td>
<td>19.5% (14.2, 24.8)</td>
</tr>
</tbody>
</table>

**Age Group**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 to 24 years</td>
<td>21.2% (13.6, 28.9)</td>
</tr>
<tr>
<td>25 to 34 years</td>
<td>19.5% (14.6, 24.3)</td>
</tr>
<tr>
<td>35 to 44 years</td>
<td>21.4% (14.6, 28.2)</td>
</tr>
<tr>
<td>45 to 54 years</td>
<td>24.2% (17.3, 31.0)</td>
</tr>
<tr>
<td>55 to 64 years</td>
<td>10.4% (7.1, 13.7)</td>
</tr>
<tr>
<td>65 years and older</td>
<td>3.3% (1.8, 4.9)</td>
</tr>
</tbody>
</table>

**Do you identify as Two-Spirit?**

<table>
<thead>
<tr>
<th></th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>22.6% (16.4, 28.8)</td>
</tr>
<tr>
<td>No</td>
<td>77.4% (71.2, 83.6)</td>
</tr>
</tbody>
</table>

**What is your gender?**

<table>
<thead>
<tr>
<th>Gender</th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>48.6% (40.8, 56.4)</td>
</tr>
<tr>
<td>Male</td>
<td>50.0% (42.2, 57.7)</td>
</tr>
<tr>
<td>Transgender, Transsexual</td>
<td>1.0% (0.1, 1.9)</td>
</tr>
</tbody>
</table>

**How do you identify your sexual orientation?**

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight/heterosexual</td>
<td>86.0% (80.6, 91.5)</td>
</tr>
<tr>
<td>Lesbian</td>
<td>1.3% (0.0, 2.9)</td>
</tr>
<tr>
<td>Gay</td>
<td>4.2% (0.0, 8.7)</td>
</tr>
<tr>
<td>Bisexual</td>
<td>4.4% (2.2, 6.5)</td>
</tr>
</tbody>
</table>

**What is your relationship status?**

<table>
<thead>
<tr>
<th>Relationship Status</th>
<th>RDS Prevalence Estimate (95% Confidence Interval)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>64.6% (57.3, 72.0)</td>
</tr>
<tr>
<td>Married and cohabitating</td>
<td>4.1% (2.1, 6.1)</td>
</tr>
<tr>
<td>Separated</td>
<td>3.6% (1.0, 6.1)</td>
</tr>
<tr>
<td>Common-law/cohabitating</td>
<td>13.1% (7.8, 18.4)</td>
</tr>
<tr>
<td>Girlfriend/boyfriend</td>
<td>14.7% (9.0, 20.3)</td>
</tr>
</tbody>
</table>
### What is your relationship status (age 15 to 24 years)?
- Single: 71.1% (54.6, 87.5)
- Married/Common-law and cohabitating (i.e. living together): 4.0% (0.4, 7.5)
- Separated: 0%
- Girlfriend/boyfriend: 25.0% (9.2, 40.7)

### What is your relationship status (age 25 to 44 years)?
- Single: 54.2% (42.6, 65.8)
- Married/Common-law and cohabitating (i.e. living together): 28.2% (17.1, 39.2)
- Separated: 2.1% (0.0, 4.3)
- Girlfriend/boyfriend: 15.6% (5.4, 25.8)

### What is your relationship status (age 45 years and over)?
- Single: 72.3% (63.2, 81.3)
- Married/Common-law and cohabitating (i.e. living together): 12.6% (7.2, 18.0)
- Separated: 7.2% (1.0, 13.3)
- Girlfriend/boyfriend: 8.0% (3.3, 12.7)

### Which of the following best describes your household?
- One-person household: 29.2% (23.2, 35.2)
- Lone-parent household: 6.5% (4.1, 8.9)
- Couple-family households with children: 6.2% (3.8, 8.6)
- Couple-family households without children: 10.1% (4.9, 15.4)
- Multiple family households: 3.5% (1.8, 5.1)
- Other: 44.5% (36.4, 52.7)

### What is the highest level of schooling you have ever completed? (for Indigenous adults aged 25 to 64)
- Less than high school: 43.5% (35.3, 51.7)
- High school: 18.1% (11.6, 24.7)
- More than high school: 38.3% (30.0, 46.7)

### What is the highest level of schooling you have ever completed? (for Indigenous adults aged 25 to 44)
- Less than high school: 35.9% (25.8, 46.1)
- High school: 21.1% (10.6, 31.6)
- More than high school: 43.0% (31.8, 54.2)

### What is the highest level of schooling you have ever completed? (for Indigenous adults aged 45 and older)
- Less than high school: 52.4% (40.8, 63.9)
- High school: 14.7% (8.8, 20.6)
- More than high school: 32.9% (21.4, 44.5)

### Completed at least some college or university after high school?
- Completed at least some college or university after high school: 64.5% (54.7, 74.3)
- Did not complete at least some college or university after high school: 35.5% (25.7, 45.3)

### What of the following best describes your current employment status?
- Employed: 18.2% (13.9, 22.4)
- Unemployed: 63.1% (55.7, 70.5)
- Not in labour force: 18.7% (11.8, 25.7)
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### Survey Question

**Income for Indigenous adults who are employed**
- Above the before-tax low income cut-off
  - [RDS Prevalence Estimate](#)
  - 36.8% (27.0, 46.5)
- At or below the before-tax low income cut-off
  - 63.3% (53.5, 73.0)

**Income for Indigenous adults who are unemployed**
- Above the before-tax low income cut-off
  - 8.2% (4.6, 11.8)
- At or below the before-tax low income cut-off
  - 91.8% (88.2, 95.4)

**Income for Indigenous adults who are not in the labour force**
- Above the before-tax low income cut-off
  - 7.3% (1.3, 13.2)
- At or below the before-tax low income cut-off
  - 92.7% (86.8, 98.7)

**Income: Before Tax Low Income Cut-Off (LICO)**
- Above before tax LICO
  - 13.1% (9.7, 16.4)
- At or below the before tax LICO
  - 87.0% (83.6, 90.3)

**Over the past 12 months, do you believe that your overall health and wellbeing has been affected by financial hardship?**
- Yes
  - 61.1% (53.0, 69.1)
- No
  - 39.0% (30.9, 47.0)

**Over the past 12 months, do you believe that your ability to engage in preventative health activities (i.e. regular exercise, going to the doctor or nurse for health screening tests, accessing preventative dental care) has been affected by financial hardship?**
- Yes
  - 52.3% (44.4, 60.3)
- No
  - 47.7% (39.8, 55.6)