

# Our Health Counts Toronto

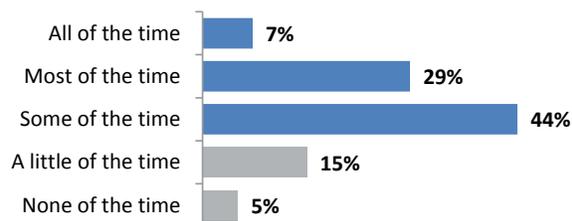
An inclusive community-driven health survey for Indigenous peoples in Toronto

## Adult Health

Despite living in areas with access to extensive health services and facilities, Indigenous adults living in urban areas experience poorer health outcomes than the non-Indigenous population<sup>1</sup>. Poorer health status has been linked to health care systems which uphold health inequities and lack culturally safe care.<sup>2</sup>

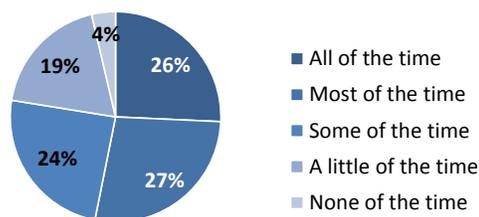
### In Balance

**Most** Indigenous adults in Toronto state that their physical, mental, emotional and spiritual aspects are in balance some, most or all of the time.



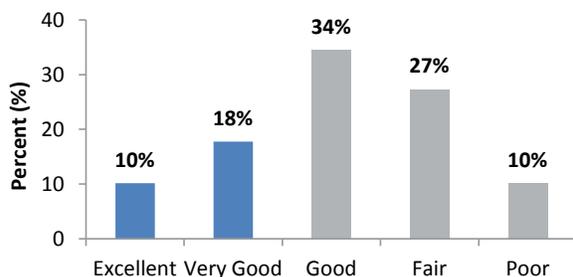
### Relationship To Land/Mother Earth

**Over 3/4** of Indigenous adults in Toronto feel a strong connection to the land and Mother Earth all, most or some of the time.



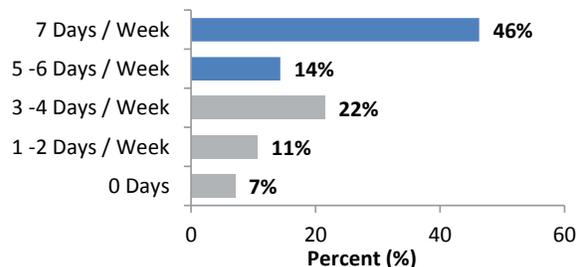
### Health Status

**28%** of Indigenous adults in Toronto rate their health as excellent or very good compared to **62%** of adults (12 years+) in Toronto.<sup>3</sup>



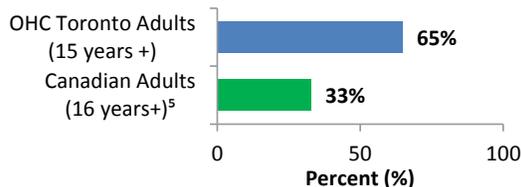
### Number Of Days Of Physical Activity Per Week

**61%** of Indigenous adults meet the recommended 150 minutes of physical activity per week.<sup>4</sup>

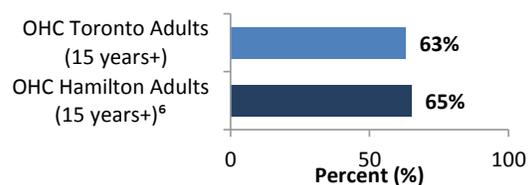


### Infectious Disease Screening

**65%** of Indigenous adults in Toronto have been screened for HIV. This is 2 times higher than the HIV screening rate of the general Canadian population.<sup>5</sup>



**63%** of Indigenous adults in Toronto have been screened for Hepatitis C. This rate is similar to the rate of Hepatitis C screening in First Nations adults in Hamilton.<sup>6</sup>



30% of Indigenous adults believe HIV prevention services are inadequate.

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## Adult Health Cancer Care Ontario Guidelines for Colorectal Cancer Screening

### Fecal Occult Blood Test (FOBT)

Adults aged 50 to 74 who have not had a family member diagnosed with colorectal cancer at any age should be screened every 2 years beginning at age 50.

Colonoscopy is used as follow-up for those with an abnormal FOBT result.

### Colonoscopy

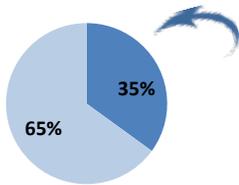
Adults at any age who have had a relative\* diagnosed with colorectal cancer after the age of 60 should be screened every 10 years beginning at age 50.

Adults at any age who have had a relative\* diagnosed with colorectal cancer before the age of 60 should be screened every 5 years beginning at age 50 or 10 years earlier than the age at which their relative was diagnosed (whichever occurs first).

\*Relative refers to a parent, sibling, or child

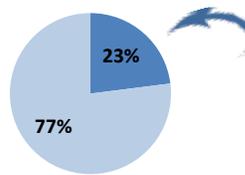
## Colorectal Cancer Screening

**47%** of Indigenous adults in Toronto aged 50 and over have ever had a fecal occult blood test (FOBT).



Of those who were screened, only **30%** have had a FOBT in the past 2 years.

**30%** of Indigenous adults aged 50 and over have ever had a colonoscopy.



Of those who were screened, only **23%** have had a colonoscopy in the past 5 years.

## Cancer Care Ontario Guidelines for Breast Cancer Screening

### Mammogram Only

Most women aged 50 to 74 who are deemed average risk should be screened every 2 years.

### Mammogram and MRI (or Ultrasound)

Women aged 30 to 64 who are deemed high risk should be screened every year.

## Cancer Care Ontario Guidelines for Cervical Cancer Screening

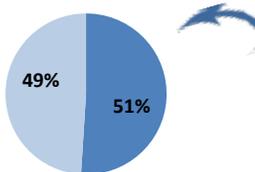
### Cervical Cytology (Pap Test)

Screening begins in women age 21 who are or have ever been sexually active. Women should be screened every 3 years. Screening stops for women age 70 with three or more normal cytology tests in the previous 10 years.

## Women's Health Screening

### Breast Cancer Screening

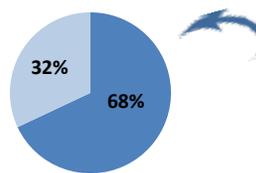
**78%** of Indigenous women, trans, and other, 50 years and older, have ever had a mammogram.



Of those who were screened, only **51%** have had a mammogram in the past 3 years.

### Cervical Cancer Screening

**80%** of women, trans, and other, under 50 years, have ever had a Pap test.



Of those who were screened, only **68%** have had a Pap test in the past 3 years.

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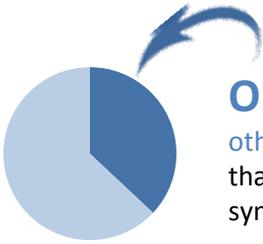
## Adult Health: Screening for Prostate Cancer

In Canada, there are no general screening tests for prostate cancer detection.<sup>7</sup> Rather, it is important for men between the ages of 55 and 70 to speak to their doctor if they are having lower urinary tract symptoms (nocturia, urgency, frequency, and poor stream) about the benefits and risks of testing.

Tests used for prostate cancer detection include:

- Digital Rectum Examination (DRE)
- Prostate-Specific Antigen (PSA) Test

## Men's Health: Screening



**Only 41%** of Indigenous men, trans, and other, 50 years and older in Toronto, stated that a health care professional discussed the symptoms of prostate cancer with them.



This is concerning given the connection between early detection, treatment, and survival rate.<sup>8</sup>

### Policy Implications

#### Adult Health

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

- Address barriers facing Indigenous people in accessing existing health promotion programs, including cancer screening programs.
- Develop and fund coordination of screening schedules and tracking systems across Canada to address mobility and other barriers for Indigenous peoples in accessing timely screening.
- Ensure education and health promotion materials for Indigenous communities are culturally relevant, including translation into Indigenous languages when appropriate.
- Provincial and regional public health programs consider alternative and innovative ways to educate and deliver culturally safe screening programs for Indigenous people, including utilising existing programs already serving Indigenous communities.

#### Definitions

Indigenous adults/women/men/trans/other: persons 15 years or older (unless indicated otherwise) self-identifying as Indigenous, such as First Nations, Métis, Inuit or other Indigenous nations, living or using services in the City of Toronto; Middlesex-Toronto: Middlesex-Toronto Health Unit catchment area; Physical activity: 30 minutes or more of moderate or hard physical activity.

Population based estimates created using respondent-driven sampling (see Methods and Design Factsheet)

#### Sources

1. Firestone et al. (2014);
2. Allan & Smylie (2015);
3. Statistics Canada (2015/2016);
4. Canadian Society for Exercise Physiology (2011);
5. Ha et al. (2014);
6. Our Health Counts Hamilton (2011);
7. Bell et al. (2014);
8. Fradet et al. (2009);

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## Child Health

Similar to adults, Indigenous children living in urban areas tend to experience poorer health outcomes than their non-Indigenous counterparts.<sup>1,2</sup> The residential school system and past and present apprehension of Indigenous children continues to impact the health and well-being of Indigenous children and families.<sup>3,4</sup> This is a critical concern given the link between children's health and community health.

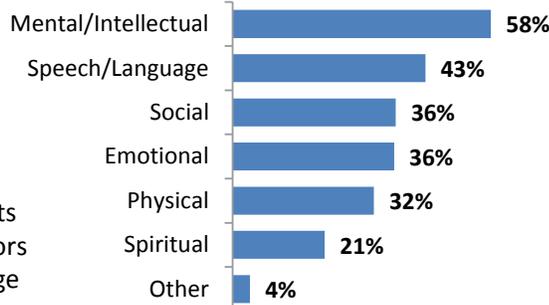
### In Balance

#### Almost 1 in 4 (24%)

guardians/parents of Indigenous children in Toronto indicate having concerns about the progress of their child's physical, mental, emotional, spiritual and/or social development.

The most commonly accessed supports for development concerns were doctors or nurse practitioners, speech language therapists, and family members.

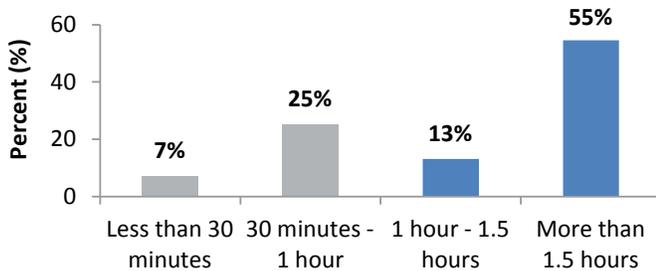
#### Concerns about child's development:



Over half are worried about their child's mental or intellectual development.

18% of guardians/parents of Indigenous children encountered barriers accessing supports for child development concerns.

### Physical Activity



The recommended amount of physical activity for children 5-17 years is 1 hour or more of moderate to vigorous activity per day.<sup>5</sup>

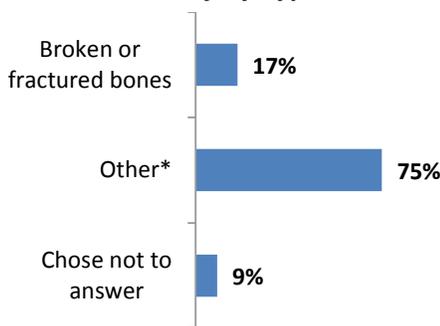
#### Close to 7 in 10

Indigenous children in Toronto, aged 5 to 14 years, met the recommended amount of physical activity per day outlined by the Canadian Society for Exercise Physiology.

### Injury

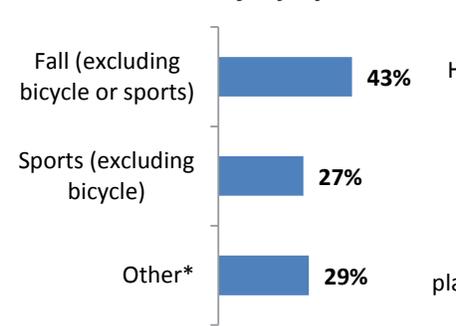
In the past 12 months, 13% of Indigenous children in Toronto over 6 years of age have been injured and required medical attention by a doctor, nurse or dentist, compared to 10% of children in Canada.<sup>6</sup>

#### Injury Type



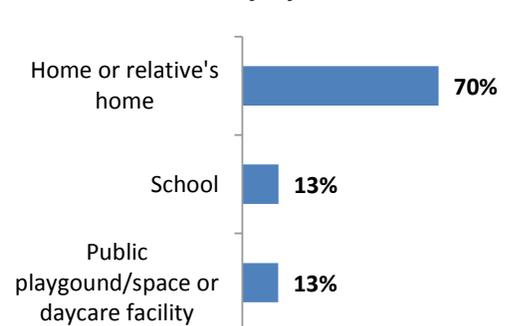
\*includes: burn or scald, minor cuts, scrapes, bruises, and dental injury

#### Cause of Injury



\*includes: motor vehicle collision (pedestrian), scalded by hot liquids or food, and natural/environmental

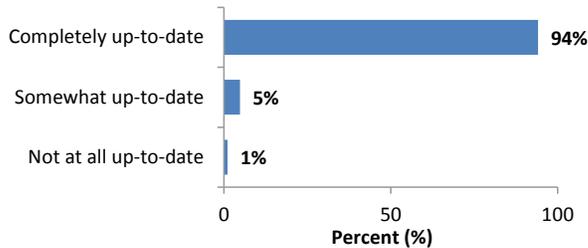
#### Where Injury Occurred



## Child Health:

### Immunizations

**94%** of Indigenous children in Toronto, 6 years and younger, who received immunizations are completely up-to-date .



**7%** of Indigenous children (6 years and under) in Toronto have never received immunizations, compared to **1.5%** of children 2, 7 and 17 years in Canada.<sup>7</sup>

**33%** of Indigenous parents in Toronto indicated that a health care provider **DID NOT** discuss their child's immunizations with them in the past year.

Reported barriers by Indigenous parents which prevented them from keeping up-to-date with their child's immunizations:

- Trouble getting appointment with provider
- Trouble finding time in my schedule to attend the appointment
- Not wanting to get immunized for cultural reason

### Policy Implications

#### Child Health

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

- Address barriers facing Indigenous parents, families and communities in the access of public health and health promotion programs and services for children, including screening and immunization programs.
- Coordinate immunization screening schedules and tracking systems for Indigenous children across Canada to address mobility and other barriers in accessing timely immunization.
- Develop coordinated immunization catch up programs for Indigenous children to address mobility and other barriers in accessing timely immunization.
- Ensure education and health promotion materials for parents, schools and community are culturally relevant, including Indigenous languages when appropriate.
- Develop and implement alternative pathways to promote and deliver immunization to Indigenous children that build on existing Indigenous community primary care providers (perinatal workers, nurses, midwives, and physicians) and school programs.

#### Definitions

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

Population based estimates created using respondent-driven sampling (see Methods and Design Factsheet)

#### Sources

1. Smylie et al. (2011); 2. UNICEF Canada (2009); 3. Tait et al. (2013); 4. Smith et al. (2005); 5. Canadian Society for Exercise Physiology (2012); 6. Kohen et al. (2000); 7. Statistics Canada (2016)

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



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## Adult and Child Health Reference

### Survey Question

RDS Prevalence Estimate  
(95% Confidence Interval)

#### When did you have your last mammogram?

|   |                    |
|---|--------------------|
| 2 years ago or less                             | 40.3% (23.5, 57.1) |
| More than 2 years ago, can't remember, or never | 59.7% (42.9, 76.5) |

#### Have you ever had a Pap test?

|     |                    |
|-----|--------------------|
| Yes | 79.5% (67.3, 91.8) |
| No  | 20.5% (8.2, 32.7)  |

#### When did you have your last Pap test?

|   |                    |
|---|--------------------|
| Less than 3 years ago                         | 54.2% (43.4, 64.9) |
| 3 years ago or more, can't remember, or never | 45.8% (35.1, 56.6) |

#### Has a health care provider ever talked to you about the symptoms of prostate cancer?

|     |                    |
|-----|--------------------|
| Yes | 41.1% (23.1, 59.1) |
| No  | 58.9% (40.9, 76.9) |

#### Have you ever had a concern about the progress of your child's physical, mental, emotional, spiritual and or social development

|     |                    |
|-----|--------------------|
| Yes | 24.2% (16.2, 32.3) |
| No  | 74.3% (65.9, 82.7) |

#### What areas of development were you concerned about...

##### Physical

|     |                    |
|-----|--------------------|
| Yes | 68.4% (15.7, 47.4) |
| No  | 42.3% (52.6, 84.3) |

##### Mental/intellectual

|     |                    |
|-----|--------------------|
| Yes | 57.7% (41.3, 74.0) |
| No  | 42.3% (26.0, 58.7) |

##### Speech/language

|     |                    |
|-----|--------------------|
| Yes | 43.1% (26.1, 60.0) |
| No  | 56.9% (40.0, 73.9) |

##### Emotional

|     |                    |
|-----|--------------------|
| Yes | 36.1% (19.6, 52.6) |
| No  | 63.9% (47.4, 80.4) |

#### Social

|     |                    |
|-----|--------------------|
| Yes | 36.4% (20.7, 52.2) |
| No  | 63.6% (47.8, 79.3) |

#### Spiritual

|     |                    |
|-----|--------------------|
| Yes | 20.6% (7.6, 33.6)  |
| No  | 79.4% (66.4, 92.4) |

#### Other

|     |                     |
|-----|---------------------|
| Yes | 3.9% (0.0, 9.9)     |
| No  | 96.1% (90.1, 100.0) |

#### Did you encounter barriers in accessing these supports?

|     |                    |
|-----|--------------------|
| Yes | 18.4% (5.8, 31.0)  |
| No  | 74.3% (60.0, 88.6) |

#### On average, how many minutes of physical activity would you say your child got in total each day in the past week?

|                      |                    |
|----------------------|--------------------|
| Less than 30 minutes | 7.0% (0.9, 13.2)   |
| 30 minutes to 1 hour | 25.3% (12.3, 38.2) |
| 1 hour to 1.5 hours  | 13.1% (3.8, 22.4)  |
| More than 1.5 hours  | 54.6% (39.5, 69.7) |

#### In the past 12 months, was your child injured seriously enough to require medical attention by a health professional (e.g. doctor, nurse or dentist)?

|     |                    |
|-----|--------------------|
| Yes | 12.8% (6.0, 19.6)  |
| No  | 87.2% (80.4, 94.0) |

#### For the most serious injury (if more than one), what type of injury did your child have?

|                                      |                   |
|--------------------------------------|-------------------|
| Broken or fractured bones            | 18.3% (0.3, 36.4) |
| Dislocation                          |                   |
| Major sprain or strain               |                   |
| Concussion                           |                   |
| Poisoning                            |                   |
| Injury to internal organs            |                   |
| Dehydration or heat related injuries |                   |

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