

Our Health Counts Thunder Bay

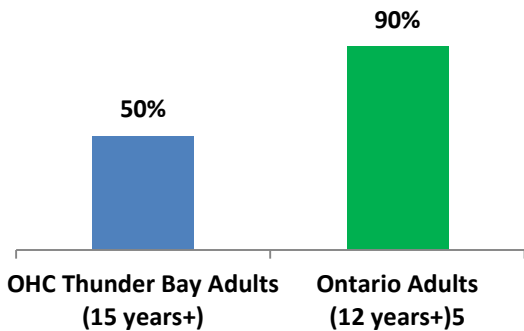
An inclusive community-driven health survey for Indigenous peoples of Thunder Bay

Adult Access to Health Care

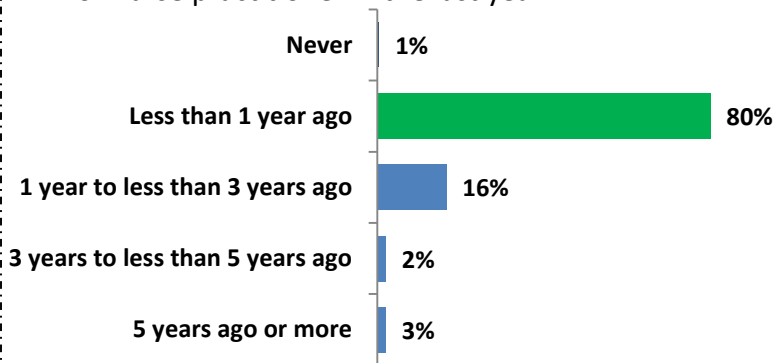
Lack of access to a regular health care provider and experiences of discrimination from providers are key barriers contributing to inequities in health service access for Indigenous people.^{1,2} Indigenous people also face significant barriers due to lack of clarity in the roles of federal and provincial jurisdiction in provision of health services.³ A previous OHC study demonstrated that urban Indigenous people are accessing emergency departments 2 times more than the general population.⁴ This may be linked to poor access to primary and preventative care services.

Primary Care

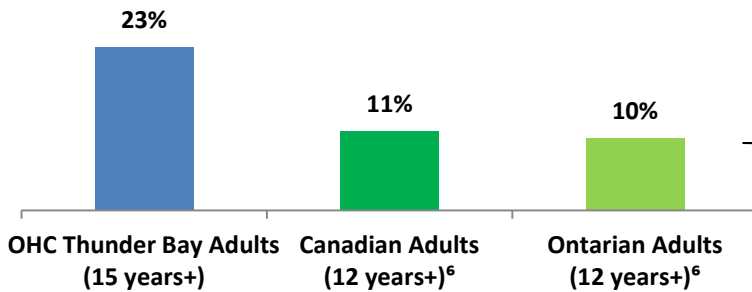
50% of Indigenous adults in Thunder Bay have a regular family doctor or nurse practitioner. In comparison, **90%** of adults in Ontario have a regular medical doctor.⁵



While fewer Indigenous adults have a regular family doctor/nurse practitioner, many have seen a doctor or nurse practitioner in the last year:



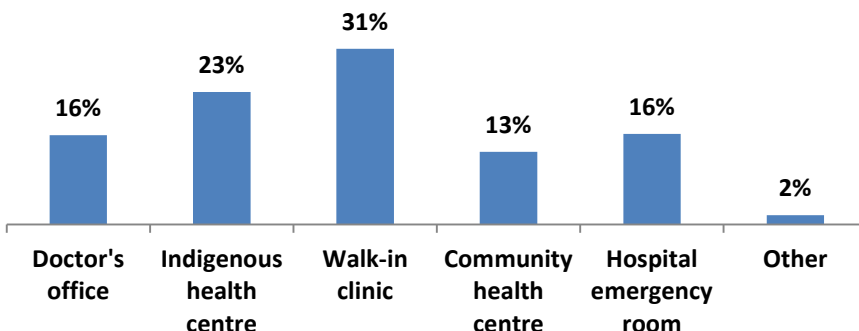
Over 1 in 4 Indigenous adults in Thunder Bay had unmet health needs in the past 12 months.



Reasons why these needs were not met:

- Lack of trust in the health care provider
- Long waiting list
- Inability to get transportation

When Indigenous adults in Thunder Bay needed health advice or were sick, this is where they went:



23% of Indigenous adults in Thunder Bay do not have a regular place to go for health advice or when they are sick.



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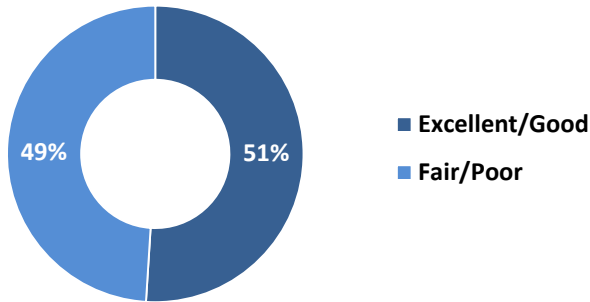
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Emergency Care

46% (Almost 1 in 2) of Indigenous adults in Thunder Bay self-reported accessing emergency care in the past 12 months, compared to an estimated **19%** of Ontarians.⁷

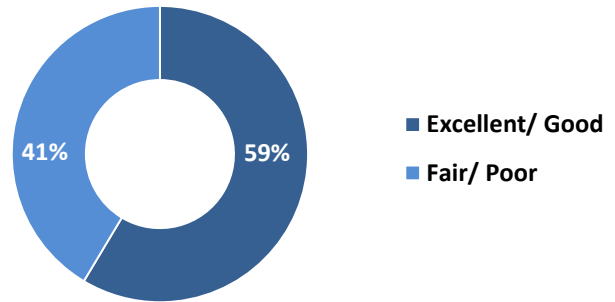
Of people who accessed emergency care, **49%** rated the quality of care as fair or poor:



Hospital Care

48% of Indigenous adults in Thunder Bay self-reported having spent one night or more in a hospital in the past 5 years.

Of people who accessed hospital care, **41%** rated the quality of care as fair or poor:



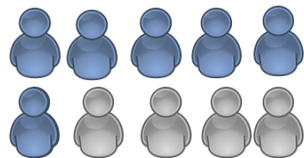
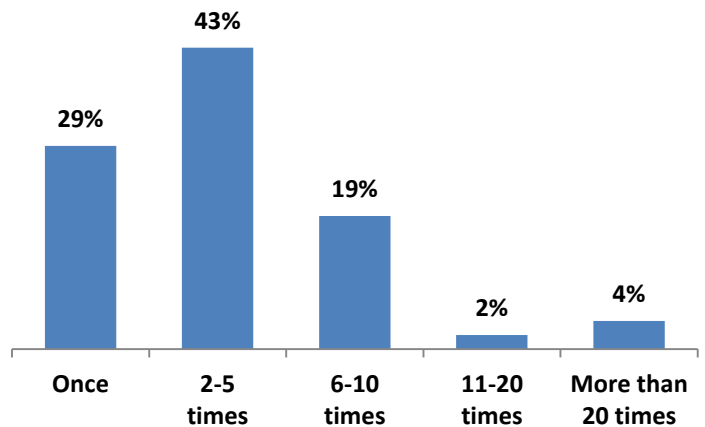
Experiences of Discrimination in the Health Care System

39% (Almost 2 in 5)

of Indigenous adults reported they have been treated unfairly by health care professionals because of their Indigenous identity. **26%** of Indigenous adults in London⁸ and **28%** of Indigenous adults in Toronto⁹ were treated unfairly by health care professionals because of their Indigenous identity.

Of adults in Thunder Bay that experienced unfair treatment, **67%** indicated that it occurred more than once in the past 5 years.

Number of times Indigenous adults experienced unfair treatment by health care professionals in the past 5 years:



66% of Indigenous adults in Thunder Bay said that experiences of racism from health care professionals prevented, stopped or delayed them from returning to health services.

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46% of Indigenous adults felt that there were inadequate community resources serving Indigenous people in Thunder Bay for primary health care (family doctors, nurse practitioners).

Policy Implications

TRC Calls to Action¹⁰ 23: We call upon all levels of government to provide cultural safety training for all healthcare professionals.

MMIWG Report Calls to Justice 1.6: We call upon all governments to eliminate jurisdictional gaps and neglect that result in the denial of services, or improperly regulated and delivered services, that address the social, economic, political, and cultural marginalization of, and violence against, Indigenous women, girls, and 2SLGBTQQIA people.

MMIWG Report Calls to Justice¹¹ 3.1: We call upon all governments to ensure that the rights to health and wellness of Indigenous Peoples, and specifically of Indigenous women, girls, and 2SLGBTQQIA people, are recognized and protected on an equitable basis.

MMIWG Report Calls to Justice 7.1: We call upon all governments and health service providers to recognize that Indigenous Peoples – First Nations, Inuit, and Métis, including 2SLGBTQQIA people – are the experts in caring for and healing themselves, and that health and wellness services are most effective when they are designed and delivered by the Indigenous Peoples they are supposed to serve, in a manner consistent with and grounded in the practices, world views, cultures, languages, and values of the diverse Inuit, Métis, and First Nations communities they serve.

MMIWG Report Calls to Justice 7.4: We call upon all governments and health service providers to provide necessary resources, including funding, to support the revitalization of Indigenous health, wellness, and child and Elder care practices. For healing, this includes teachings that are land based and about harvesting and the use of Indigenous medicines for both ceremony and health issues.

Additional Recommendations:

City of Thunder Bay, provincial and federal policy makers work in partnership with urban Indigenous Peoples and organizations to:

- Address barriers in accessing programs and services, including financial, physical access and transportation barriers
- Develop and implement programs and services to improve access to Indigenous ceremonies and traditional medicines
- Create dedicated spaces in hospitals and clinics for traditional cultural practices and ceremonies
- Provide funding for anti-racism and cultural safety training across the healthcare system, expanding availability and continuing education

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

Definitions

Indigenous adults: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Nation aged 15 years and older living or using services in the City of Thunder Bay. Unmet health needs: Needed health care services but did not receive them.

Sources

1. Smylie & Adomako (2009); 2. Canadian Council of Child and Youth Advocates (2011); 3. UNICEF (2009); 4. Allan & Smylie (2015); 5. Statistics Canada (2018); 6. Statistics Canada (2014b); 7. Canadian Institute of Health Research (CIHR) (2015/2016); 8. Our Health Counts London (2016); 9. Our Health Counts Toronto (2018); 10. Truth and Reconciliation Commission of Canada (2015); 11. MMIWG Calls to Justice (2019).

Population based estimates were created using respondent driven sampling



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

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Our Health Counts Thunder Bay

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Our Health Counts Thunder Bay is an inclusive community-based health survey for Indigenous peoples of Thunder Bay 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	RDS Prevalence Estimate (95% Confidence Interval)
Do you have a regular family doctor and/or nurse practitioner?	
Yes	50.50% (44.00, 56.30)
No	48.30% (41.70, 54.70)
Don't know	1.40% (0.00, 3.10)
When did you last see a doctor or nurse practitioner?	
Less than 1 year ago	76.90% (72.00, 81.80)
1 year to less than 3 years ago	15.70% (11.90, 19.50)
3 years to less than 5 years ago	2.00% (0.40, 3.70)
5 years ago or more or never	2.70% (0.90, 4.60)
Don't know	2.20% (0.00, 5.00)
In the previous 12 months, was there a time you felt you needed health care services but did not receive them?	
Yes	22.70% (17.20, 28.30)
No	77.10% (71.60, 82.70)
Don't know	0.20% (0.00, 0.40)
What kind of place was this?	
Doctor's office	15.50% (9.90, 21.00)
Indigenous health centre	23.00% (16.80, 29.10)
Community health centre	12.60% (7.60, 17.70)
Walk-in clinic	30.50% (24.30, 36.60)
Hospital emergency room	15.70% (9.50, 21.80)
Telephone health line, hospital outpatient clinic, other	2.80% (0.00, 6.20)
Have you accessed emergency care for yourself in the past 12 months?	
Yes	46.10% (39.60, 52.60)
No	53.90% (47.40, 60.40)
How would you rate the quality of the emergency care you received at the time?	
Excellent/ Good	51.30% (41.90, 60.60)
Fair/ Poor	48.70% (39.40, 58.10)



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Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Have you spent one or more nights as a patient admitted in a hospital at any time in the past 5 years?	
Yes	48.00% (41.60, 54.50)
No	51.50% (45.10, 58.00)
Don't know	0.50% (0.00, 1.10)
Thinking of your most recent hospital stay, how would you rate the quality of the hospital care you received at that time?	
Excellent/Good	57.70% (49.00, 66.50)
Fair/ Poor	40.80% (32.10, 49.50)
Don't know	1.50% (0.00, 3.30)
Have you ever been treated unfairly by a health care professional because you are Indigenous?	
Yes	39.30% (33.00, 45.60)
No	56.00% (49.60, 62.50)
Don't know	4.70% (2.00, 7.40)
In the past 5 years how frequently has this happened?	
Once	29.20% (19.60, 38.90)
2-5 times	42.90% (32.90, 53.00)
6-10 times	18.70% (11.30, 26.10)
11-20 times	1.80% (0.00, 4.10)
More than 20 times	3.70% (0.80, 6.60)
In the past 5 years, did this stop/prevent/delay you from returning to health services?	
Yes	65.50% (55.80, 75.30)
No	34.10% (24.40, 43.80)
Don't know	0.40% (0.00, 1.60)
Do you think there are adequate community resources serving Indigenous people in Thunder Bay to address Primary health care?	45.50% (38.90, 51.90)

