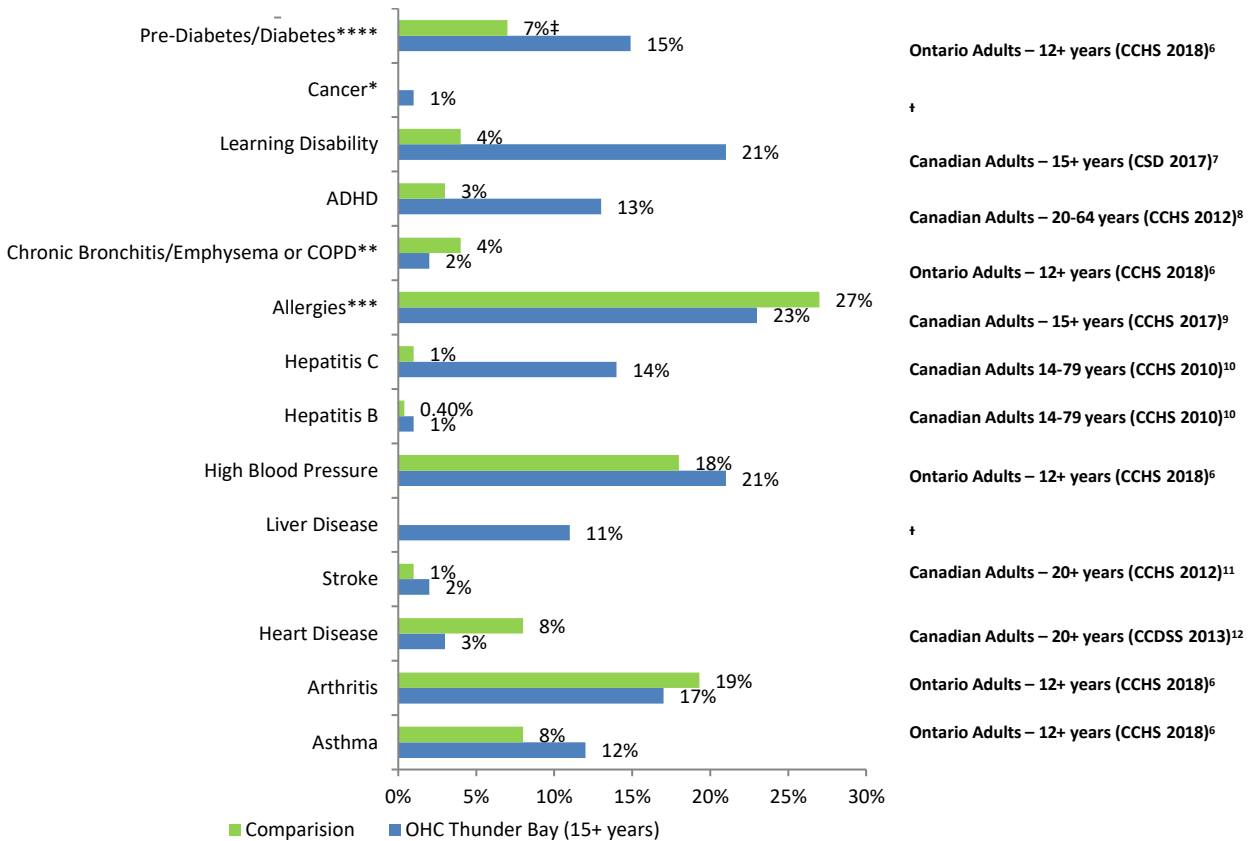


Our Health Counts Thunder Bay

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

Adult Chronic Health Conditions

The Truth and Reconciliation Commission states that "the current state of [Indigenous] health in Canada is a direct result of previous Canadian governmental policies, including residential schools".¹ Among urban Indigenous adults, rates of chronic health conditions have been demonstrated to be between 2 to 10 times higher than the general population in Canada.² The high prevalence of health conditions has been linked to a disproportionate burden of poverty, adverse living conditions, and racism.^{3,4} Culturally based health care and health promotion initiatives have the potential to increase treatment uptake and health literacy, thus improving overall health and wellbeing of Indigenous people experiencing chronic health conditions.⁵



*Due to late-stage diagnosis among Indigenous people, the rate of cancer should be interpreted with caution

** Comparison data includes COPD only

***Allergies includes food allergies

****Diabetes prevalence may be underestimated due to access barriers to health care and diabetes screening

‡ The Ontario CCHS data presents rates of diabetes diagnoses only.

† Comparable statistics not available

Note: These comparison statistics are not age-adjusted

Rates of chronic health conditions may be higher than reported due to issues accessing health professionals able to make these diagnoses.

There may be some disparities between OHC data and comparison data due to the Indigenous population being younger on average.

The rate of learning disabilities was **4x higher** among Indigenous adults in Thunder Bay than the overall Canadian population.⁷

The prevalence of diabetes and pre-diabetes was **2x higher** among Indigenous adults in Thunder Bay in Comparison to the general Ontario population.⁶

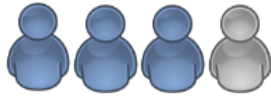
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Multimorbidity

74% of Indigenous adults in Thunder Bay reported having one or more chronic condition.



44% of Indigenous adults (20+ years) in Thunder Bay reported experiencing multimorbidity (two or more chronic health conditions),* compared to **13%** of non-Indigenous adults in Canada.¹¹

*OHC Thunder Bay multimorbidity estimate does not include Alzheimer's or other dementia

Policy Implications

TRC Call to Action¹ 19: We call upon the federal government, in consultation with Indigenous Peoples, to establish measurable goals to identify and close the gaps in health outcomes between Indigenous and non-Indigenous communities. Such efforts would focus on indicators such as chronic diseases and the availability of appropriate health services.

TRC Call to Action 21: We call upon the federal government to provide sustainable funding for existing and new Indigenous healing centres to address physical, mental, emotional, and spiritual harms.

MMIWG Report Calls to Justice¹³ 3.2: We call upon all governments to provide adequate, stable, equitable, and ongoing funding for Indigenous-centred and community-based health and wellness services that are accessible and culturally appropriate, and meet the health and wellness needs of Indigenous women, girls, and 2SLGBTQIA people.

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 culturally relevant public health and health promotion programs to address modifiable chronic disease risk factors. For example, reducing commercial (non-traditional) tobacco use, improving nutrition such as access to traditional foods, and increasing safe environments for physical activity
- Provide funding to undertake longitudinal research to better understand chronic health conditions among the Indigenous communities

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; Multiple chronic conditions (multimorbidity) included asthma, arthritis, heart disease, stroke, COPD/Chronic Bronchitis/Emphysema, diabetes, mood disorder (major depressive episode, bipolar disorder), cancer, Alzheimer's or other dementia, and anxiety.

Population based estimates were created using respondent driven sampling

Sources

1. Truth and Reconciliation Commission of Canada (2015); 2. Smylie et al. (2011); 3. Paradies (2006); 4. Allan & Smylie (2015); 5. Smylie et al. (2018); 6. Statistics Canada (2018); 7. Statistics Canada (2017); 8. Hesson & Fowler (2015); 9. Statistics Canada (2017b); 10. Rotermann et al. (2013); 11. Roberts et al. (2015); 12. PHAC (2016); 13. MMIWG Calls to Justice (2019).

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



Our Health Counts Thunder Bay

Adult Chronic Health Conditions Reference

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)
Have you been told by a healthcare provider that you have any of the following chronic health conditions (conditions expected to last or have already lasted 6 months or more and that have been diagnosed by a healthcare provider)...	
Asthma	12.00% (7.90, 16.10)
Arthritis	16.80% (11.70, 21.80)
Heart Disease (adults aged 20 years and older)	3.30% (1.10, 5.40)
Stroke	1.70% (0.30, 3.60)
Liver Disease	11.50% (8.00, 14.90)
High Blood Pressure	21.20% (15.70, 26.80)
Hepatitis B (adults aged 15 to 79 years)	1.10% (1.10, 3.20)
Hepatitis C (adults aged 15 to 79 years)	14.40% (10.20, 18.50)
Allergies (including food allergies)	22.50% (17.30, 27.80)
Chronic Bronchitis, Emphysema, or Chronic Obstructive Pulmonary Disease (COPD)	2.20% (0.10, 4.40)
Attention Deficit Disorder/Attention Deficit-Hyperactivity Disorder	13.10% (8.40, 17.70)
Learning Disability	20.80% (15.90, 25.60)
Cancer	1.00% (0.00, 1.90)
Do you have pre-diabetes, glucose intolerance or diabetes as diagnosed by a healthcare provider?	
Yes	14.90% (10.30, 19.50)
No	84.20% (70.30, 89.00)
Multimorbidity among Indigenous adults (adults aged 15 years and older)	
One or more chronic health conditions	74.40% (69.00, 79.70)
None	25.60% (20.30, 31.00)
Multimorbidity among Indigenous adults (adults aged 20 years and older)	
Two or more chronic health conditions	44.10% (37.40, 50.70)
One chronic health condition	29.00% (22.50, 35.50)
No chronic health conditions	26.90% (21.30, 32.50)

