

Our Health Counts Thunder Bay

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

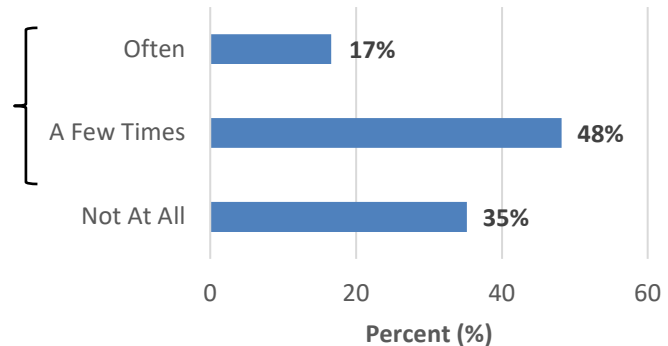
Adult Nutrition and Food Security

Traditional and country food consumption has been severely impacted by colonial policies such as forced relocation, the restriction of traditional hunting and food production practices, and settler control of food provisions allowed in Indigenous communities.^{1,2} Due to high rates of insecure housing and poverty among urban Indigenous people, there is also a reliance on nutrient-poor store-bought foods to meet dietary requirements.³ Access to and consumption of traditional foods are important methods for alleviating food insecurity and improving health among Indigenous peoples.⁴

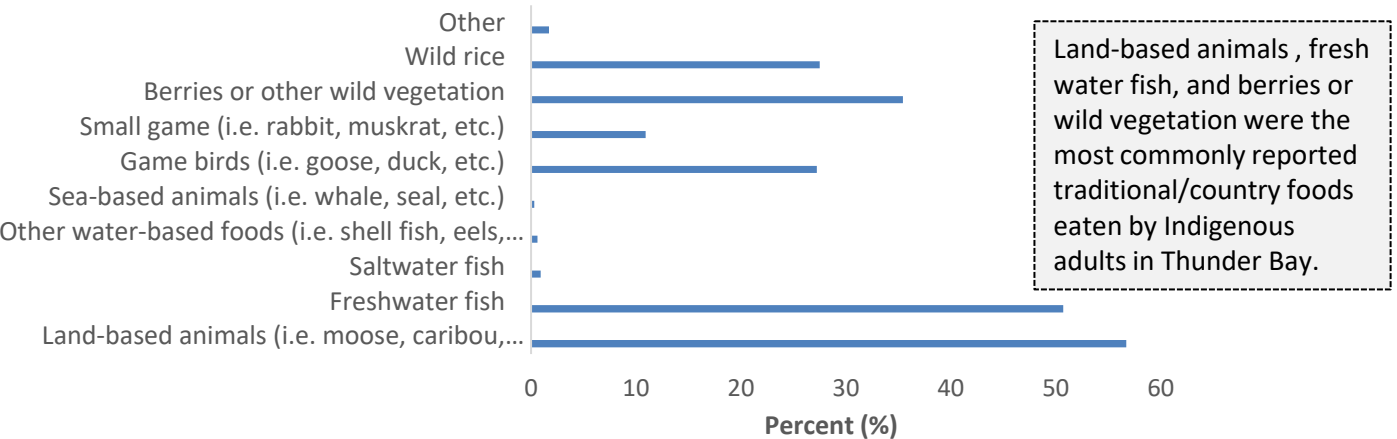
Traditional and Country Food Consumption

Two thirds of Indigenous adults in Thunder Bay have eaten traditionally hunted/gathered/grown foods or country foods in the past 12 months.

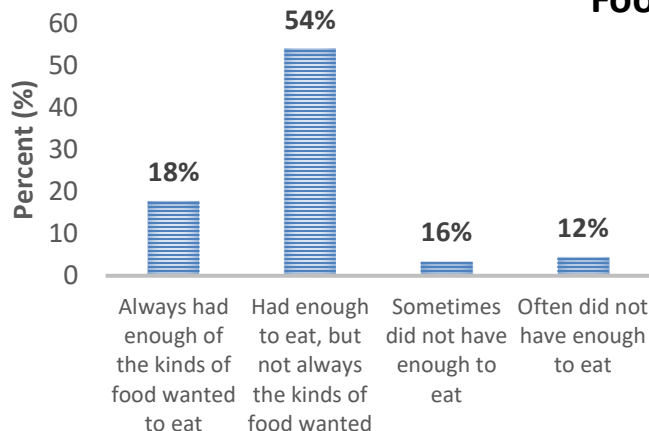
84% of Indigenous adults in Thunder Bay would prefer eating more traditional or country food than what they currently eat.



Types of Traditional and Country Foods Consumed in Past 12 Months



Food Security



In the past 12 months...

Over 1 in 4 (28%) Indigenous adults in Thunder Bay indicated that they and others in their household sometimes or often did not have enough to eat.



Approximately **10.2%** of people 12 years and older (in households) in the city of Thunder Bay are food insecure.⁵

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Indigenous adults living in households with at least one child



24% of Indigenous adults in Thunder Bay living in a household with at least one child indicated sometimes or often not having enough to eat.

Food Supply

77% of Indigenous adults in Thunder Bay had somewhere to go if they did not have enough to eat.

Despite most having a place to go for food, **54%** of Indigenous adults in Thunder Bay indicated not always having the kinds of food they wanted to eat.

Policy Implications

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

- Address barriers for Indigenous peoples in accessing existing healthy nutrition and food security programming
- Develop and fund Indigenous focused food banks with healthy nutrient rich food options and land-based traditional foods
- Develop and implement Indigenous focused curricula regarding healthy nutrient rich food options and land-based traditional foods within the education system
- Promote systems and programs that promote and support traditional Indigenous food gathering practices

MMIWG Report Calls for Justice⁶ 4.1: We call upon all governments to uphold the social and economic rights of Indigenous women, girls, and 2SLGBTQQIA people by ensuring that Indigenous Peoples have services and infrastructure that meet their social and economic needs. All governments must immediately ensure that Indigenous Peoples have access to safe housing, clean drinking water, and adequate food.

MMIWG Report Calls for Justice 4.5: We call upon all governments to establish a guaranteed annual livable income for all Canadians, including Indigenous Peoples, to meet all their social and economic needs. This income must take into account diverse needs, realities, and geographic locations.

Definitions Indigenous adults: persons 15 years or older self-identifying as Indigenous, such as First Nations, Métis, Inuit or other Indigenous nations, living or using services in the City of Thunder Bay; 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 Thunder Bay; Traditional foods: traditionally hunted, gathered or grown country foods.

Sources 1. Daschuk (2013); 2. Rudolph and McLachlan (2013); 3. Cidro et al. (2015); 4. Elliott et al. (2012); 5. Statistics Canada (2017). 6. MMIWG Calls for Justice (2019).

Citation Brar, R., Shields, T., Muir, N. M., McConkey, S., Hardy, M., & Smylie, J. (2020). Our Health Counts Thunder Bay: Nutrition and food security [Fact sheet].

Population based estimates created using respondent-driven sampling

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



WELL LIVING HOUSE



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

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Adult Nutrition and Food Security 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)
In the past 12 months, how often have you eaten traditionally hunted/gathered/grown and/or country foods?	
Often	16.6% (12.3, 21.0)
A few times	48.2% (41.8, 54.6)
Not at all	35.2% (28.7, 41.7)
Would you prefer eating more traditional/country foods (i.e. fish, game, berries) than you can get?	
Yes	84.0% (79.4, 88.5)
No	7.3% (4.2, 10.5)
Neutral	8.7% (5.1, 12.3)
Which of the following traditional/country foods have you eaten in the past 12 months? (Adults aged 15+)	
Land-based animals (i.e. moose, caribou, bear, deer, bison, etc.)	56.7% (50.2, 63.3)
Freshwater fish	50.7% (44.2, 57.1)
Saltwater fish	0.9% (0.0, 1.9)
Other water-based foods (i.e. shell fish, eels, clams, seaweed, etc.)	0.6% (0.0, 1.1)
Sea-based animals (i.e. whale, seal, etc.)	0.3% (0.0, 1.1)
Game birds (i.e. goose, duck, etc.)	27.2% (21.8, 32.6)
Small game (i.e. rabbit, muskrat, etc.)	10.9% (7.6, 14.2)
Berries or other wild vegetation	35.4% (29.5, 41.4)
Wild rice	27.5% (22.0, 33.0)
Other	1.7% (0.9, 2.5)
Which of the following statements best describes the food eaten in your household in the past 12 months?	
You and others always had the kinds of food you wanted to eat	17.8% (13.1, 22.5)
You and others had enough to eat, but not always the kinds of food you wanted	53.9% (47.3, 60.6)
Sometimes you or others did not have enough to eat	16.0% (10.9, 21.0)
Often you or others did not have enough to eat	12.0% (7.4, 16.6)



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Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Percent of Indigenous adults living in a household with children that indicated...	
You and others always had the kinds of food you wanted to eat	57.9% (45.2, 70.6)
You and others had enough to eat, but not always the kinds of food you wanted	18.5% (10.0, 27.0)
Sometimes you or others did not have enough to eat	19.7% (8.1, 31.2)
Often you or others did not have enough to eat	3.9% (0.4, 7.4)
In the past 12 months, have you had a place to go if you or your family doesn't have enough to eat?	
Yes	77.4% (71.9, 83.0)
No	11.7% (7.6, 15.8)
I have never needed to go to such a place	10.8% (6.6, 15.1)



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