

# Our Health Counts Toronto

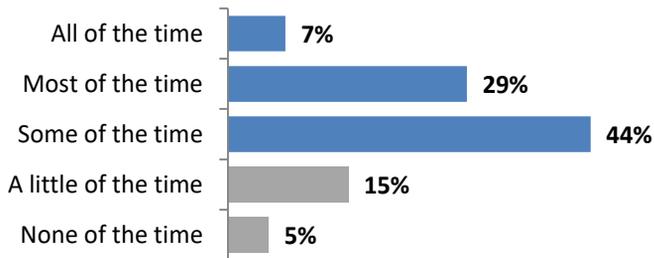
An inclusive community-driven health survey for Indigenous peoples in Toronto

## 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>

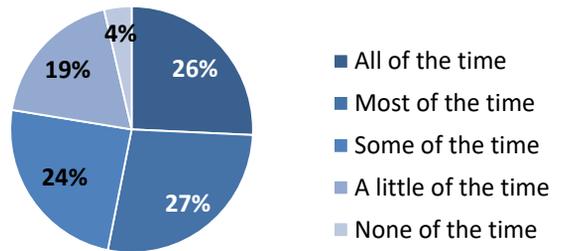
### In Balance

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



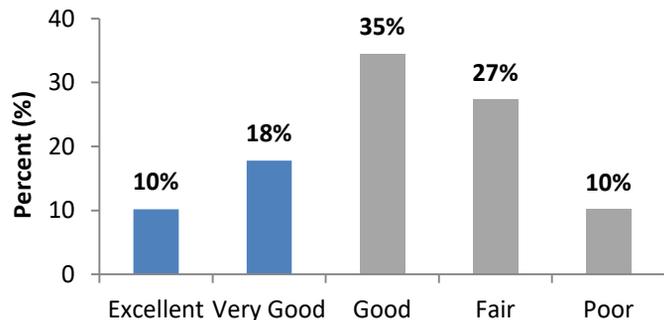
### Relationship To Land/Mother Earth

**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.



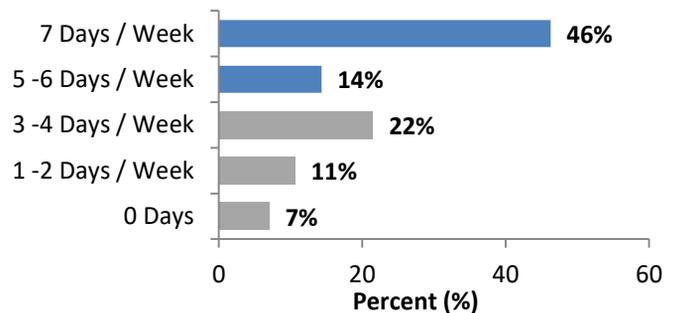
### Health Status

**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>



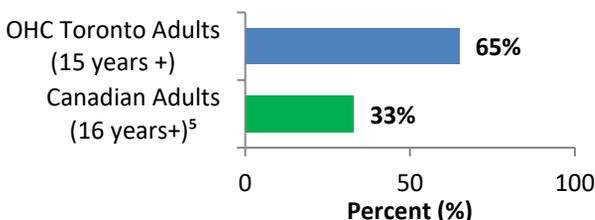
### Number Of Days Of Physical Activity Per Week

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

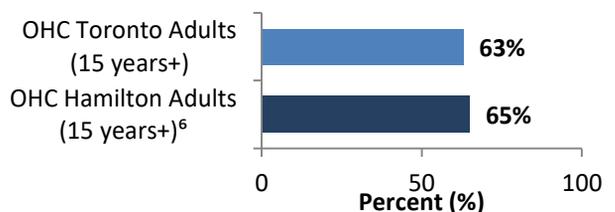


### Infectious Disease Screening

**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

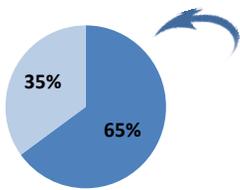
Adults at any age who have had a relative\* diagnosed with colorectal cancer before the age of 60 should be screened every 5 years beginning at age 50 or 10 years earlier than the age at which their relative was diagnosed (whichever occurs first).

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.

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

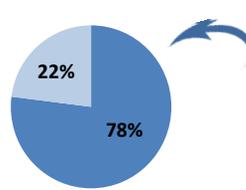
### Colorectal Cancer Screening

**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 **65%** 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 **78%** 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

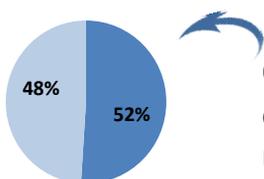
#### Cervical Cytology (Pap Test)

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

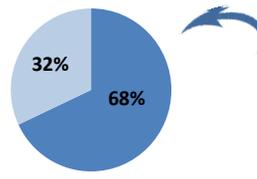
**78%** of Indigenous women, trans, and other, 50 years and older, have ever had a mammogram.



Of those who were screened, only **52%** 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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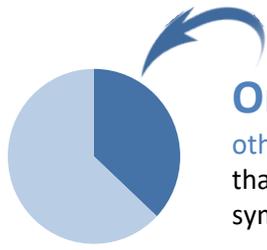
## Adult Health

### 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

<p><b>Definitions</b> 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; Physical activity: 30 minutes or more of moderate or hard physical activity.</p> <p><b>Sources</b> 1. Smylie et al. (2012); 2. Allan &amp; Smylie (2015); 3. Statistics Canada (2016); 4. Canadian Society for Exercise Physiology (2011); 5. Ha et al. (2014); 6. Smylie et al. (2011); 7. Bell et al. (2014); 8. Fradet et al. (2009)</p>	<p>Population based estimates created using respondent-driven sampling (see Project Overview and Methods Factsheet)</p>
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### Our Health Counts: Community health assessment by the people, for the people



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# Our Health Counts Toronto

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## Child Health

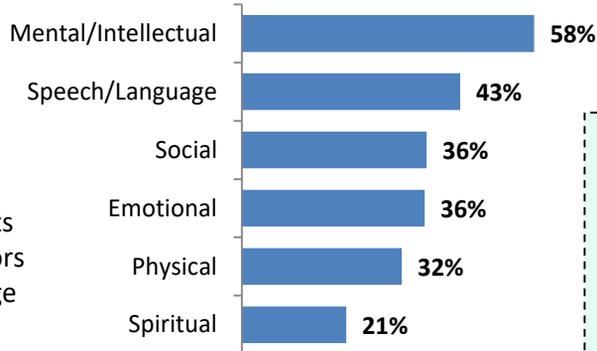
Similar to adults, Indigenous children living in urban areas tend to experience poorer health outcomes than their non-Indigenous counterparts.<sup>1,2</sup> The residential school system and past and present apprehension of Indigenous children continues to impact the health and well-being of Indigenous 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 (25%)** 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.

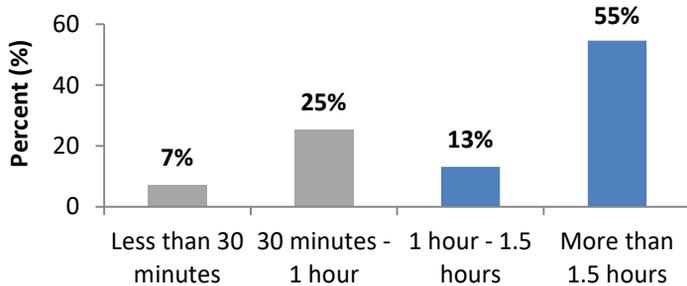
#### Concerns about child's development:



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

**20%** 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>

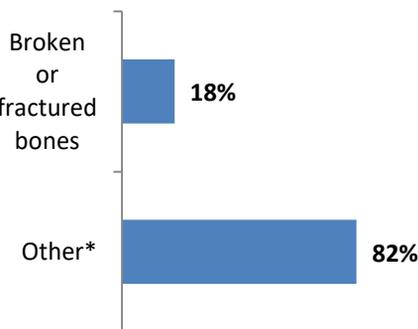
#### Close to 7 in 10

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.

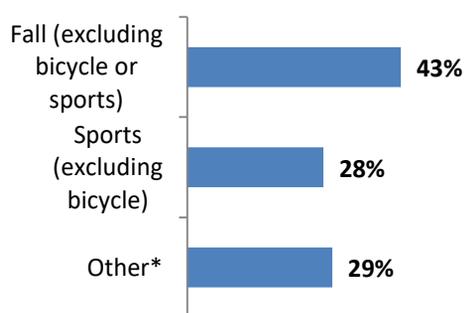
### Injury

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>

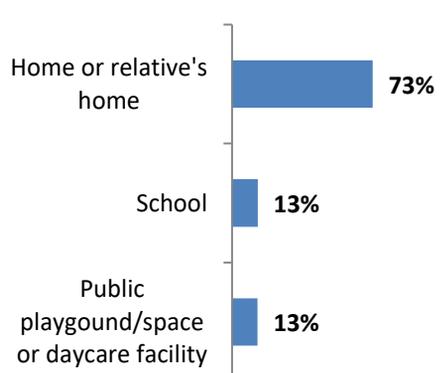
#### Injury Type



#### Cause of Injury\*



#### Where Injury Occurred\*



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

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

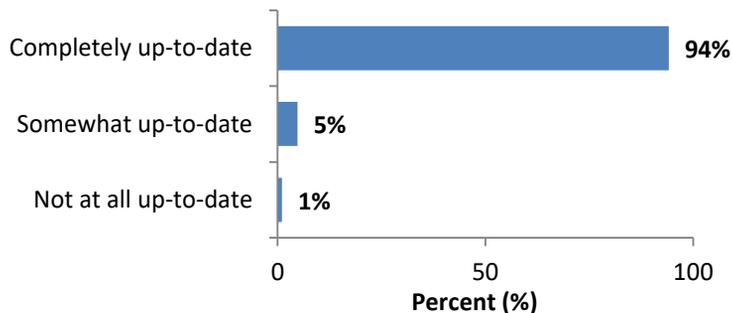
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## Child Health

### 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

### 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.

\*Due to small sample sizes these numbers should be interpreted with caution.

### Sources

1. Smylie et al. (2011); 2. UNICEF (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)

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

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# Our Health Counts Toronto

## Adult Health Reference

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	RDS Prevalence Estimate (95% Confidence Interval)
<b>How often to you feel that you are in balance in the four aspects (i.e. physical, emotional, mental, spiritual) of your life?</b>	
All of the time	7.0% (4.0, 10.0)
Most of the time	29.1% (22.0, 36.3)
Some of the time	44.2% (36.4, 52.1)
A little of the time	14.7% (9.3, 20.1)
None of the time	5.0% (2.2, 7.7)
<b>How often do you feel strong in your relationship to the land/Mother Earth?</b>	
All of the time	25.7% (18.8, 32.6)
Most of the time	27.4% (20.5, 34.4)
Some of the time	24.4% (18.8, 29.9)
A little of the time	18.8% (11.3, 26.4)
None of the time	3.7% (1.6, 5.7)
<b>Compared to other people your age, would you say your health is...</b>	
Excellent	10.2% (5.0, 15.3)
Very good	17.8% (12.1, 23.5)
Good	34.5% (26.7, 42.4)
Fair	27.3% (21.3, 33.3)
Poor	10.2% (5.1, 15.3)
<b>On average, how many days per week do you do 30 minutes or more of moderate or hard physical activity?</b>	
0 days per week	7.1% (3.8, 10.3)
1 to 2 days per week	10.7% (5.7, 15.6)
3 to 4 days per week	21.5% (14.7, 28.4)
5 to 6 days per week	14.4% (8.7, 20.0)
7 days per week	46.4% (38.6, 54.1)
<b>Without revealing test results, have you ever been tested for HIV</b>	
Yes	65.1% (57.0, 73.2)
No	34.9% (26.8, 43.0)



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Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
<b>Without revealing test results, have you ever been tested for Hepatitis C?</b>	
Yes	63.0% (54.9, 71.1)
No	37.0% (28.9, 45.1)
<b>Do you think there are adequate resources serving Indigenous people in Toronto to address HIV prevention services?</b>	
Yes	34.7% (26.9, 42.4)
No	30.4% (23.5, 37.3)
Chose not to answer	34.9% (27.6, 42.2)
<b>Have you ever had a Fecal Occult Blood Test (FOBT)?</b>	
Yes	46.6% (33.5, 59.7)
No	53.4% (40.3, 66.5)
<b>When did you last have a FOBT?</b>	
2 years ago or less	65.3% (51.0, 79.5)
More than 2 years ago, can't remember, or never	34.7% (20.5, 49.0)
<b>Have you ever had a colonoscopy?</b>	
Yes	29.5% (19.0, 40.0)
No	70.5% (60.0, 81.0)
<b>When did you last have a colonoscopy?</b>	
5 years ago or less	77.5% (60.7, 94.2)
More than 5 years ago, can't remember, or never	22.5% (5.8, 39.3)
<b>Have you ever had a mammogram?</b>	
Yes	78.3% (65.2, 91.5)
No	21.7% (8.5, 34.8)
<b>When did you have your last mammogram?</b>	
2 years ago or less	51.5% (30.5, 72.4)
More than 2 years ago, can't remember, or never	48.5% (27.6, 69.5)
<b>Have you ever had a Pap test?</b>	
Yes	79.5% (67.3, 91.8)
No	20.5% (8.2, 32.7)
<b>When did you have your last Pap test?</b>	
Less than 3 years ago	68.2% (59.3, 77.0)
3 years ago or more, can't remember, or never	31.8% (23.0, 40.7)
<b>Has a health care provider ever talked to you about the symptoms of prostate cancer?</b>	
Yes	41.1% (23.1, 59.1)
No	58.9% (40.9, 76.9)



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Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
<b>Have you ever had a concern about the progress of your child's physical, mental, emotional, spiritual and or social development</b>	
Yes	24.6% (16.4, 32.7)
No	75.4% (67.3, 83.6)
<b>What areas of development were you concerned about...</b>	
<b>Physical</b>	
Yes	68.4% (52.6, 84.3)
No	31.6% (15.7, 47.4)
<b>Mental/intellectual</b>	
Yes	57.7% (41.3, 74.0)
No	42.3% (26.0, 58.7)
<b>Speech/language</b>	
Yes	43.1% (26.1, 60.0)
No	56.9% (40.0, 73.9)
<b>Emotional</b>	
Yes	36.1% (19.6, 52.6)
No	63.9% (47.4, 80.4)
<b>Social</b>	
Yes	36.4% (20.7, 52.2)
No	63.6% (47.8, 79.3)
<b>Spiritual</b>	
Yes	20.6% (7.6, 33.6)
No	79.4% (66.4, 92.4)
<b>Did you encounter barriers in accessing these supports?</b>	
Yes	19.9% (6.3, 33.4)
No	80.1% (66.6, 93.7)
<b>On average, how many minutes of physical activity would you say your child got in total each day in the past week?</b>	
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)



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## Child Health Reference

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
<b>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)?</b>	
Yes	12.8% (6.0, 19.6)
No	87.2% (80.4, 94.0)
<b>For the most serious injury (if more than one), what type of injury did your child have?</b>	
Broken or fractured bones	18.3% (0.3, 36.4)
Other (includes: burn or scald, minor cuts, scrapes, bruises, and dental injury)	81.7% (63.6, 99.7)
<b>How did the injury happen?</b>	
Fall (excluding bicycle or sports)	43.2% (14.6, 71.9)**
Sports (excluding bicycle)	27.5% (0.0, 59.5)**
Other (includes: motor vehicle collision (pedestrian), scalded by hot liquids or food, and natural/environmental factors)	29.3% (4.3, 54.3)**
<b>Where did the injury occur?</b>	
School	13.4% (0.0, 29.4)
Home or relative's home	73.2% (51.0, 95.4)**
Public playground/space or daycare facility	13.3% (0.0, 28.2)
<b>To the best of your knowledge, how up-to-date is your child on the immunizations recommended for their age?</b>	
Completely up-to-date	94.1% (89.5, 98.7)
Somewhat or not at all up-to-date	5.9% (1.3, 10.5)
<b>Has your child ever received any immunizations?</b>	
Yes	92.6% (85.6, 99.5)
No	7.4% (0.5, 14.4)
<b>Within the past year, did any health care provider discuss your child's immunizations with you?</b>	
Yes	67.4% (53.3, 81.6)
No	32.6% (18.4, 46.7)

\*\*95% confidence interval  $\geq 45\%$  - due to small sample sizes these numbers should be interpreted with caution



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