

Our Health Counts London

The first inclusive, community-driven health survey for Indigenous peoples in London

ADULT DEMOGRAPHICS

The impacts of colonization and colonial policies, such as the Indian Act, residential schools, the Sixties Scoop, and continued exclusion of Indigenous people from the Canadian economy are reflected in the higher rates of unemployment and lower socioeconomic status.¹ Research has shown that Indigenous people are undercounted by the national census^{2,3,4} and that Statistics Canada has significantly underestimated the prevalence of poverty among urban Indigenous populations in Ontario.^{3,4}

Population-level Data Collection

Only 14% of Indigenous adults in London completed the 2011 Census. To obtain a representative sample, 80% of households should have completed the Census. Only 9% completed the 2011 National Household Survey (NHS).

OHC London study findings indicate that there are **17,108-22,155 Indigenous adults in London. This is 3-4 times more than estimated by Statistics Canada.** The 2011 NHS estimated that 5,165 Indigenous adults (15 years+) live in London. The 2016 Census indicated 8,410 Indigenous adults (18 years+) live in London.

Identity

95% of Indigenous adults in London identified as First Nations.

98% of First Nations adults had federal "Indian Status" and 2% were non-status.

5% identified as Métis, Inuit, or First Nations and Métis.

Gender

46% Female

54% Male

Some Indigenous adults identified as Trans or "Other", but to maintain anonymity these estimates could not be presented.

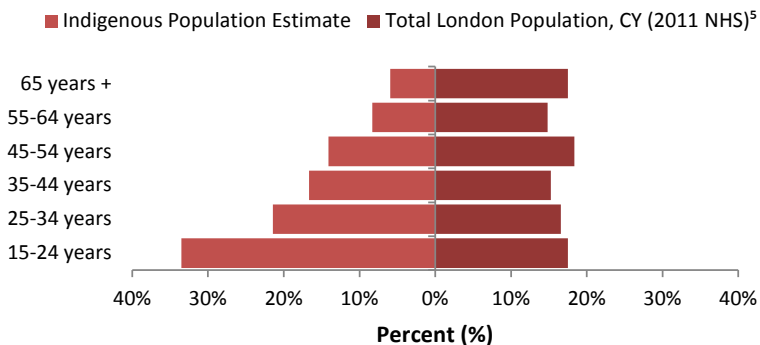
Two-Spirit

"The term two-spirit ... originated in Northern Algonquin dialect and gained first currency at the third annual spiritual gathering of gay and lesbian Native people that took place near Winnipeg in 1990. What we who chose this designation understood is that niizh manitoag (two-spirits) indicates the presence of both a feminine and a masculine spirit in one person."⁶

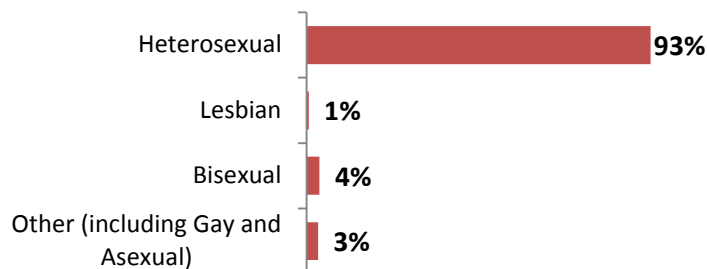
15% of Indigenous adults in London identified as Two-Spirit.

Age

The Indigenous adult population in London is much younger than the general London population.



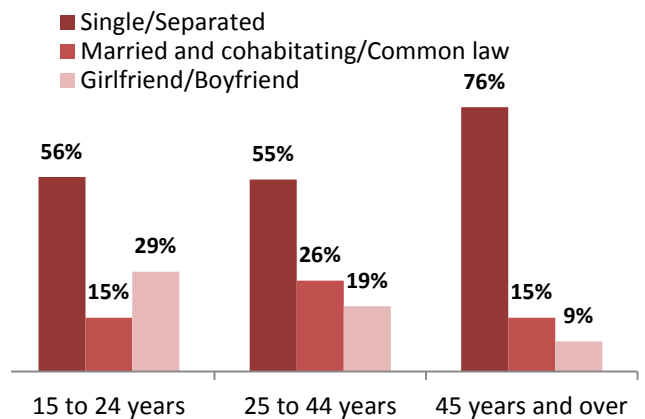
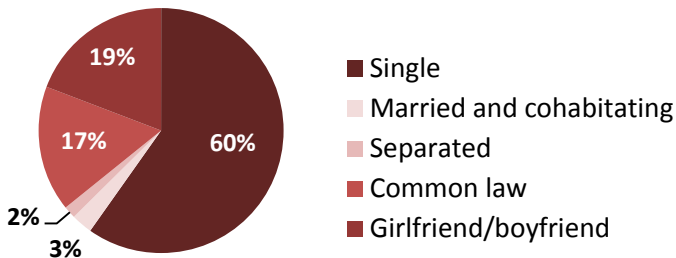
Sexual Orientation



Relationship Status

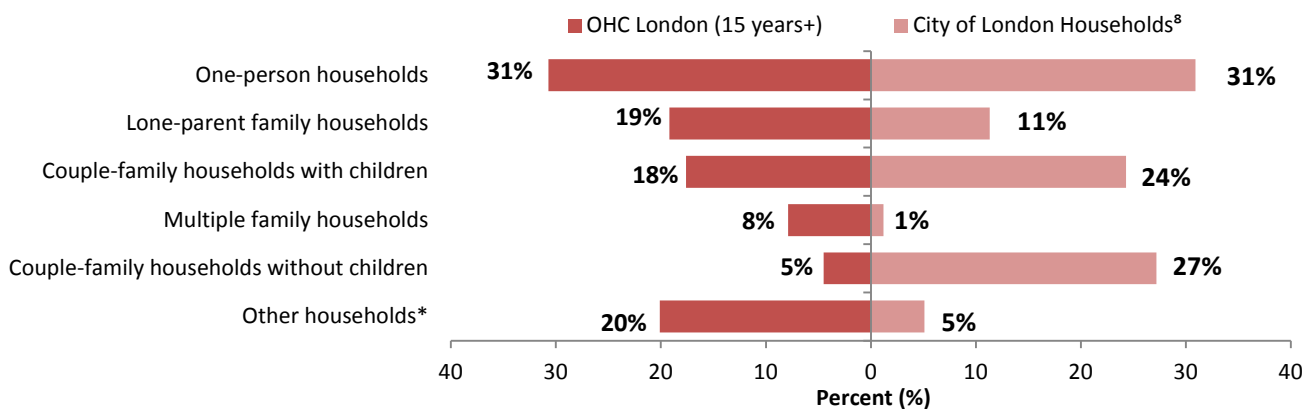
60% of Indigenous adults in London were single compared to 28% of adults in Ontario.⁷

(Adults were defined as 15 years+)



Household Composition

Indigenous households in London had **higher rates of multiple families living together** compared to households in London.⁸ Multiple family households included parents, grandparents, siblings, aunts, and/or uncles. Indigenous households were also **less likely to contain couple-families**, with or without children compared to households in London.⁸



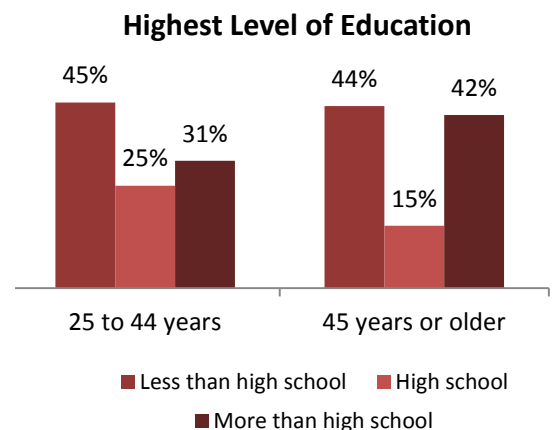
Note: Household composition applies to those living in private dwellings. This dataset includes those who were stably housed only. *Other households might include an adult with additional family, two or more unrelated persons, etc.

Education

OHC London found that education levels were increased among the older (45 years +) generation compared to the younger generation (25-44 years).

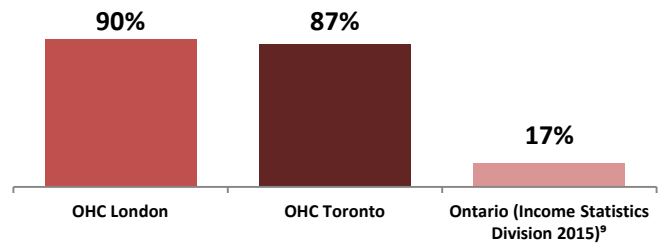
Indigenous adults aged 25-64 years in London had a lower rate of high school completion (54%) compared to the general Ontario population (90%).⁵

59% of Indigenous adults who completed high school completed at least some college or university.



Poverty

90% of Indigenous adults in London fell below the before-tax Low-Income Cut-Off (LICO).



58% of Indigenous adults said their overall health/wellbeing had been affected by financial hardship in the past 12 months.

Almost half of Indigenous adults in London believed that their ability to engage in preventative health activities had been affected by financial hardship.

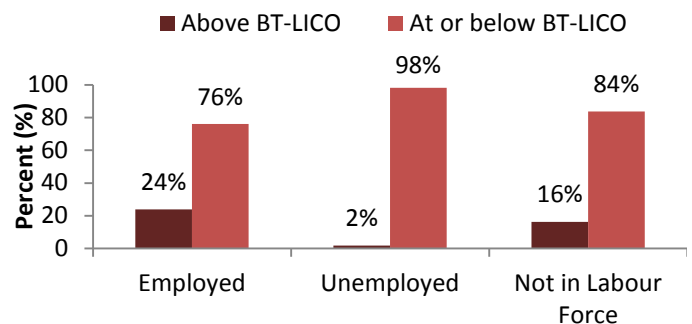
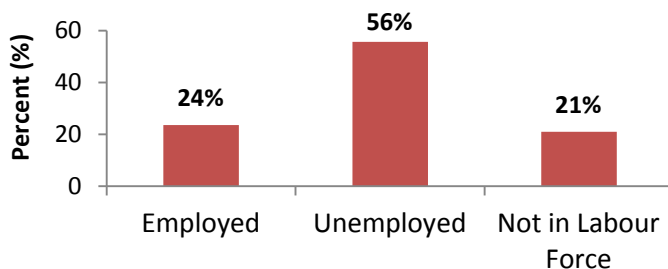
Leading sources of income for Indigenous adults were:

- Employment Income (wages/salaries, income from self-employment)
- Provincial/Municipal Social Assistance or Welfare
- Canada Child Tax Benefit

Employment

56% of Indigenous adults in London were unemployed compared to 7% of adults (15 years+) in Ontario.¹⁰

Almost 1 in 4 employed Indigenous adults lived at or below the before-tax Low-Income Cut-Off.



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

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 London; CY: City of London; Trans and Other: includes Transgender, Transsexual, or Gender Queer, "You do not have a category that applies to me"; Employed: includes part/full-time work, seasonal work, self-employed, homemaker, or any informal paid work (e.g. babysitting, house keeping); Not in the labour force: Student or retired.

Sources

1. Allan & Smylie (2015); 2. Smylie & Firestone (2015); 3. Smylie et al. (2012); 4. Rotondi et al. (2017); 5. Statistics Canada (2013); 6. LaFortune (1997, p.221); 7. Statistics Canada (2016a); 8. Statistics Canada (2012); 9. Statistics Canada (2015); 10. Statistics Canada (2016b)

Authors

Michelle Firestone, Chloé Xavier, Kristen O'Brien, Raglan Maddox, Gertie Mai Muise, Brian Dokis, Janet Smylie



Southwest Ontario
Aboriginal Health
Access Centre



Indigenous Primary
Health Care Council

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