

Our Health Counts

First Nations & Metis Winnipeg



Community Report #1: Wahkotowin ~ Kinship Project Overview & Adult Demographics (Revised)

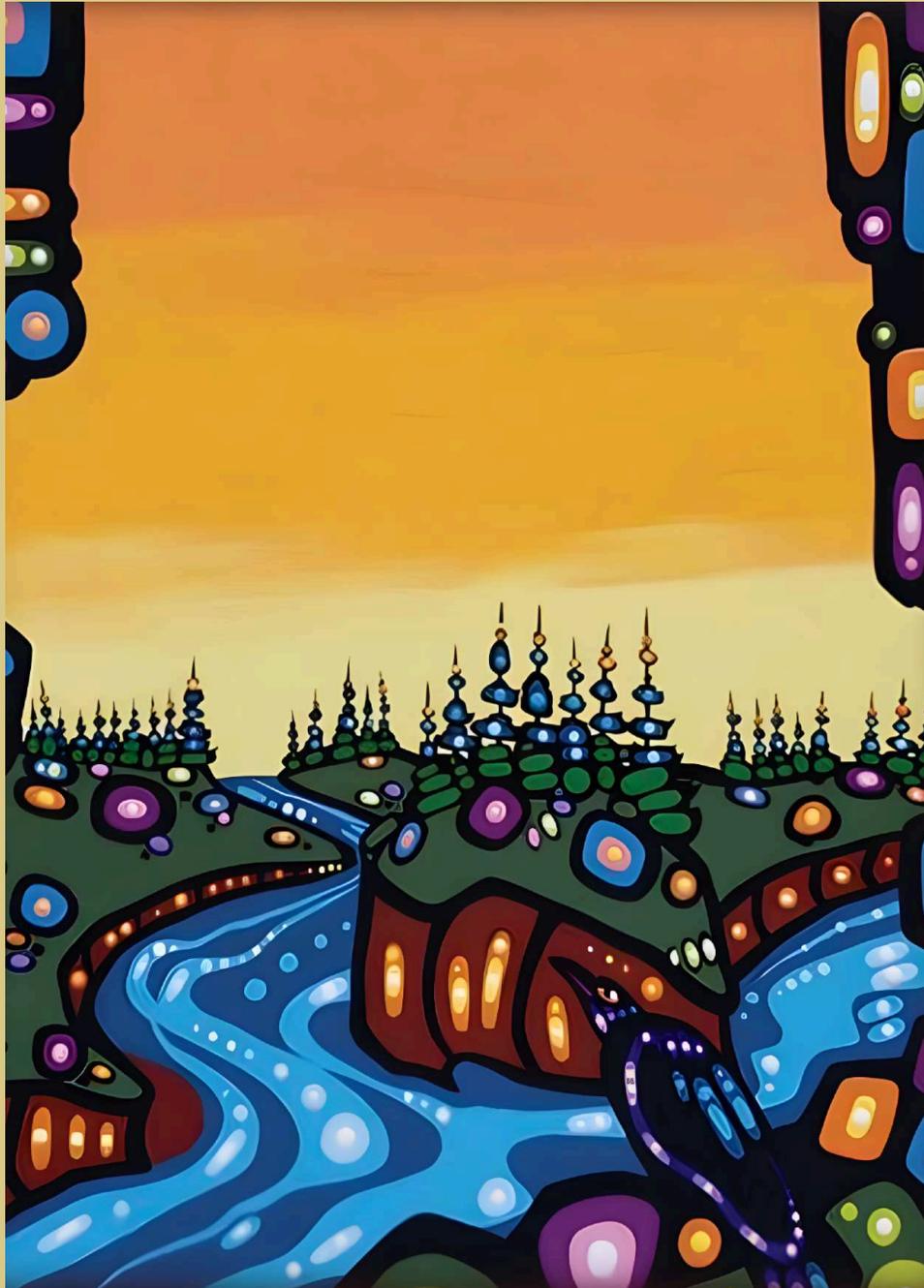


FIRST NATIONS HEALTH AND SOCIAL
SECRETARIAT OF MANITOBA



UNITY HEALTH
TORONTO





Written by

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We acknowledge and appreciate the Our Health Counts Winnipeg Reference Circle for their guidance, direction and insight, and in developing the Our Health Counts survey tools and reports as they walk with us along this journey. The Reference Circle includes representatives from 24 local Indigenous and allied social and health service organizations, and 5 Indigenous community representatives.

We acknowledge the academic and community staff involved in the Our Health Counts First Nations & Metis Winnipeg project. Academic research team members: Janet Smylie, Marcie Snyder, Michael Rotondi, Lisa Avery. Project staff: Genevieve Blais, Julia Iannace, Kate Mazzietti. Community site leads and partners: Monica Cyr, Andrea Funk-Edwards, Della Herrera, Leona Star, and Stephanie Sinclair. Kind thanks to all interviewers for your time, energy, and commitment. Additional collaborator: Conrad Prince

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“May Our Collective Spirit to Support Our Communities Continue to Shine!”

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Who We Are

The OHC First Nations & Metis Winnipeg project represents a research partnership between the Well Living House Action Research Centre at Unity Health Toronto, St. Michael's Hospital, the Aboriginal Health and Wellness Centre of Winnipeg, Inc. and the First Nations Health and Social Secretariat of Manitoba. The project is guided by the OHC Winnipeg Reference Circle.

Aboriginal Health and Wellness Centre of Winnipeg, Inc. (AHWC) is Manitoba's only urban Indigenous Community Health Agency. AHWC offers a continuum of holistic and contemporary healing services and aims to provide First Nations, Metis, Inuit, and Two Spirit, Trans, and Queer peoples in Winnipeg with integral services that are culturally safe, including healthcare, social support services, and other community-based supports that empower and equip community members to take control of their own health and wellbeing. AHWC is governed by Indigenous Peoples for Indigenous Peoples.

First Nations Health & Social Secretariat of Manitoba (FNHSSM) collaborates with 63 First Nations, 7 Tribal Councils and 3 provincial/territorial organizations to promote awareness of First Nations health issues and to enhance the wellbeing of individuals and communities. FNHSSM aims to empower First Nations to control their health through unified efforts, while respecting traditional knowledge. FNHSSM's mission is to assist Manitoba First Nations in achieving and maintaining total wellbeing by implementing effective programs, protecting Indigenous values, and supporting research that informs decision-making.

Well Living House (WLH) is an action research centre that aims to nurture places and spaces where Indigenous children, youth, adults, and elders can find peace, love, and joy. We do this by advancing generative health services for Indigenous Peoples in three priority areas: Indigenous population health assessment and response; interrupting anti-Indigenous racism in health services; and facilitating the application of Indigenous approaches, knowledges, and practices to wellbeing.



Our Health Counts First Nations & Metis Winnipeg

Introduction

There is a critical gap in high quality, inclusive health data for First Nations and Metis people living in Winnipeg and related homelands. Our Health Counts (OHC) First Nations & Metis Winnipeg works to address this gap using a comprehensive community-driven health survey. **This is the first report in a series of 5 short reports, which share key findings from the adult survey.**

All OHC data is community-owned and governed. This project aspires to support an inclusive and collaborative approach that is respectful of the diversity of First Nations and Metis peoples represented in Winnipeg. Using a respectful health assessment survey tool – co-created with community – we collected comprehensive and inclusive health data that provides critical insight into our communities' size, health, and wellbeing.

OHC First Nations & Metis Winnipeg marks the seventh OHC project carried out by the Well Living House Action Research Centre and community research partners. To date, OHC projects have been carried out in six Ontario cities: Hamilton, Ottawa, London, Toronto, Thunder Bay, and Kenora and provided tangible community impacts. **Each project has produced meaningful, culturally relevant health data for First Nations, Metis, and Inuit adults and children living in urban areas.**

- **1090 adults completed the OHC First Nations & Metis survey:** 81% identified as First Nations, 16% as Metis, and 3% as First Nations/Metis. 8 in 10 First Nations participants are members of Manitoba First Nations.
- **OHC First Nations & Metis Winnipeg demonstrates the strength of our social and kin networks,** and the interconnectedness of First Nations and Metis community members living in Winnipeg and related homelands.

Report #1 provides an overview of the OHC First Nations & Metis Winnipeg project, our approach, and methods, and the strength of our networks. It also provides key findings related to population size, demographics, and Indigenous languages.

The following section highlights key findings from the report and recommendations for change. The body of the report which follows, shares OHC data findings in more detail.

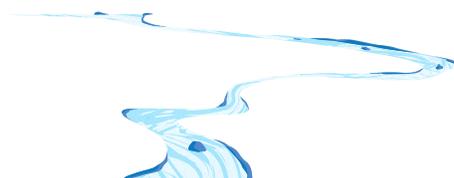
Key Findings & Recommendations Moving Forward

First Nations & Metis Population Estimates: Key Findings

- OHC studies have shown that the Canadian Census dramatically undercounts the number of Indigenous peoples living in cities. OHC population size estimates give us a more accurate picture of the true size of the First Nations and Metis populations in Winnipeg.
- **OHC demonstrates that the estimated size of the First Nations and Metis population living in the City of Winnipeg is 248,000 to 379,000.**
- This population size is approximately **3 to 4 times more than the 2021 Canadian Census count.**
- These estimates include all First Nations and Metis people living in the city, this includes those in private housing, collective housing, unhoused or in transition.

Recommendations Moving Forward

- Census undercounts among First Nations and Metis peoples living in the City of Winnipeg point toward a **critical need to allocate adequate funding for Indigenous-led service delivery that reflects true population size and community-determined priorities.**
- We call upon the City of Winnipeg, provincial, and federal governments to work in partnership with Indigenous organizations to **increase the scale, scope, and funding allocation for health and wellness services so that it more appropriately reflects the size, needs, and priorities of the First Nations and Metis population.**



Key Findings & Recommendations Moving Forward

Adult Demographics: Key Findings

- The First Nations and Metis adult population in Winnipeg is primarily youthful. Approximately **20% of adults are 29 years of age or younger**.
- **1 in 3 First Nations and Metis adults in Winnipeg live in multigenerational family households** (3 or more generations living in one dwelling).

Recommendations Moving Forward

- We call upon the City of Winnipeg, provincial, and federal governments to work in partnership with Indigenous organizations and treatment centres to address ongoing barriers to harm reduction and substance use treatment for families, parents and youth. Programs must be adapted from an individualistic model, to consider the critical need for holistic, wraparound supports for youth and family households in the areas of mental health and substance use.

Connection to Indigenous Languages: Key Findings

- **First Nations and Metis adults in Winnipeg maintain a strong connection to Indigenous language, with high rates of language retention (82%)** and a desire to speak/learn an Indigenous language.
- **For 94% of First Nations and Metis adults in Winnipeg speaking/learning an Indigenous language is very or somewhat important**

Recommendations Moving Forward

- Language and culture have been linked to positive health outcomes and protective health factors. **We call upon all levels of government to allocate appropriate funding to sustain and increase access to culturally appropriate, Indigenous language programs in the City of Winnipeg.**

Community Report #1

This report is the first in a series of Our Health Counts (OHC) First Nations & Metis Winnipeg reports. Report #1 first provides an overview of the OHC First Nations & Metis Winnipeg project, our approach, methods, and the strength of our networks. The report then goes on to provide OHC findings related to population size, adult demographics, and Indigenous languages.

Wahkotowin

*“Family (to our old people) meant sharing all things – wealth, knowledge, happiness, and pain.”
– Elder Maria Campbell, from Macdougall (2017)¹*

Research as gift exchange is a core principle of all Our Health Counts (OHC) projects. This framing is rooted in the principle of reciprocity in relationships. Establishing oneself as a good relative is essential to developing and maintaining “wahkotowin” or kinship.

In all OHC projects, the principle of reciprocity means that the work is a collective production of knowledge that involves a “family” of Indigenous and allied researchers, Indigenous health service partners and collaborators, and research participants. With strong relationships, we can all learn from one another. Each of us holds a valuable piece of the “puzzle” and it is understood that collectively we generate much more than what any one individual or group of individuals could do on their own.²



Project Overview

Our Health Counts First Nations & Metis Winnipeg: Building Applied & Self-Determined First Nations and Metis Health and Wellbeing Information Systems in Urban & Related Homelands

There is a critical gap in high-quality, comprehensive, and inclusive health data for First Nations, Inuit, and Metis peoples in urban and related homelands. Existing health information systems often exclude, misclassify, or under-represent First Nations, Inuit, and Metis populations in urban areas. The Canadian census, for example, has been estimated to undercount Indigenous populations living in cities by 2-4 times.^{3,4}

These gaps are rooted in systemic barriers and generations of racist, colonial policies. While many Indigenous peoples and communities are thriving despite colonial interventions, we continue to face an unequal burden of chronic health conditions and related risk factors, including barriers to safe, adequate healthcare compared to the general population.

Our Health Counts (OHC) First Nations & Metis Winnipeg aims to address these gaps by building community-owned and governed urban health databases that count in all our First Nations and Metis relatives*. This work is founded on the principles of Indigenous self-determination, data governance, and management.

This project aspires to support an inclusive and collaborative approach that is respectful of the diversity of First Nations and Metis peoples represented in Winnipeg.

OHC First Nations & Metis Winnipeg marks the seventh OHC project carried out by WLH and community research partners. To date, OHC projects have been carried out in six Ontario cities: Hamilton, Ottawa, London, Toronto, Thunder Bay, and Kenora. Each project has produced meaningful, culturally relevant health data for FNIM adults and children living in urban areas.⁵

Using a respectful health assessment survey tool – which is co-created with community – we collect comprehensive and inclusive health data that provides critical insight into our collective communities' size, health, and wellbeing. OHC data informs the planning, delivery and evaluation of urban health and social services.

As one Reference Circle member shared, “[OHC Winnipeg] is a big step forward around data sovereignty, affirming what is already known.”

*Inuit relatives were invited to participate in the OHC Inuit Winnipeg survey, led by Tunngasugit Inuit Resource Centre, which ran from March 2024-April 2025.

Community Implementation: “Nothing About Us, Without Us”

With guidance from the Reference Circle, FNHSSM* and the WLH research team, AHC** led OHC First Nations & Metis Winnipeg project implementation and data collection. Local community members were hired and trained as interviewers, and in September 2023, OHC First Nations & Metis Winnipeg opened its doors, and our relatives started coming in to visit and complete surveys with community interviewers. The survey ran from September 2023 to July 2024.

In total, 1090 adults completed the survey: 81% identified as First Nations, 16% as Metis, and 3% as First Nations/Metis.

8 in 10 First Nations participants are members of Manitoba First Nations.



OHC surveys took place on site at AHC, and at a second location on Main Street. At each interview site, care was taken to ensure that the environment was welcoming and safe, and that people felt at ease. This included warm and inviting greetings, artistic and multi-language signage, warm beverages and snacks, children’s crafts and toys, caregiver support, and the burning of medicines.

Community members understood that OHC doors were open to all relatives, and that it was a welcome space, even for those not participating in the survey.

The community site leads expressed how participants extended gratitude for the OHC survey, and how it addressed the importance of self-determination. Many wanted to take part in the survey because they felt the results would positively impact collective wellbeing. **Comments from participants included:**

“It’s about time”

“Some questions are hard but I can absolutely see the value in them”

“I have to tell everyone I know about this”

“I hear you are doing a survey, and I hear that this survey is going to support [community], and going forward, the different things that we are trying to do as a community.”

“Man, this is important”

*FNHSSM owns and governs OHC First Nations & Metis Winnipeg’s First Nations-specific data

**AHC is the primary data custodian of the OHC First Nations & Metis Winnipeg population health database. AHC owns and governs the collective data and the Metis-specific data.

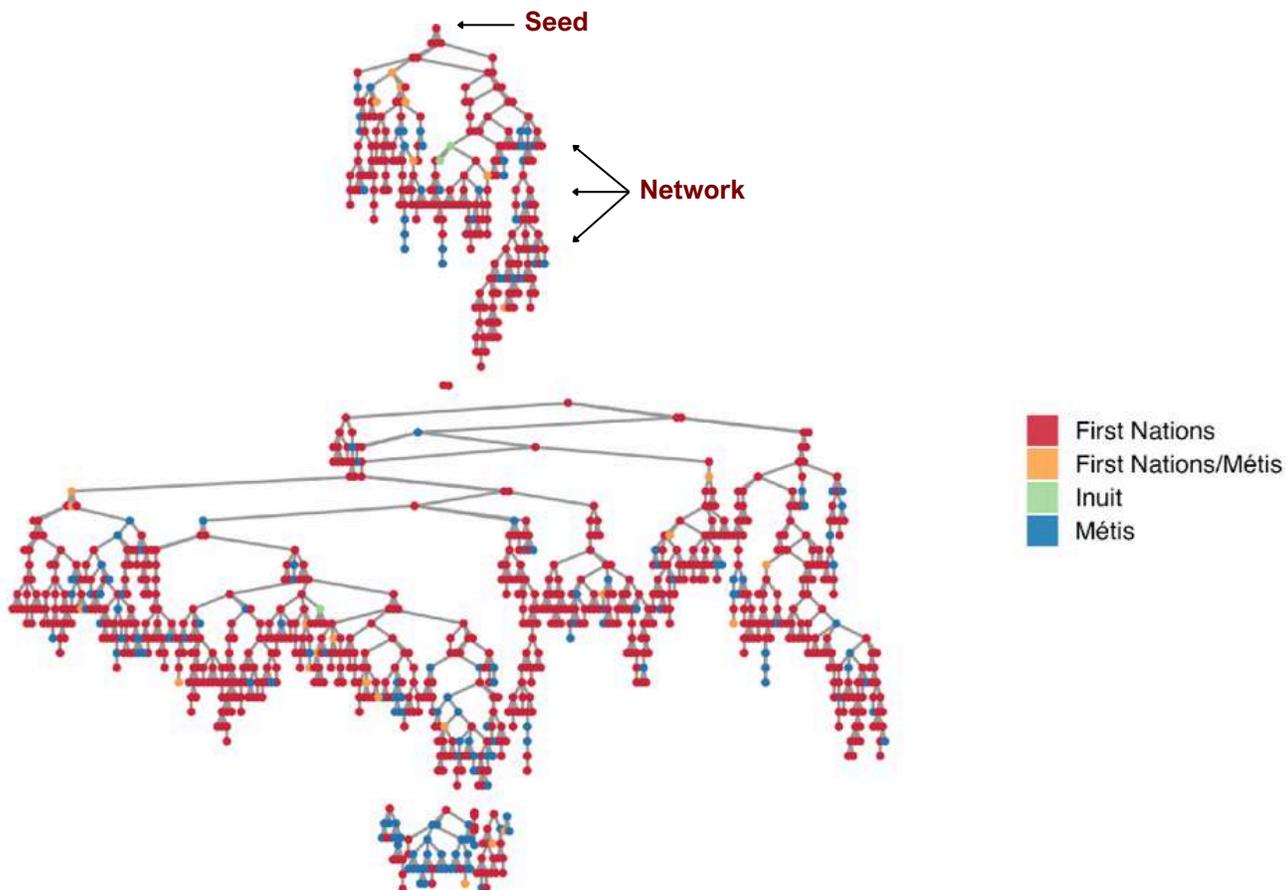
Respondent-Driven Sampling (RDS): Strength of Social Networks & Kin Systems

The survey recruitment method used for OHC projects is called Respondent-Driven Sampling (RDS).

The Recruitment Diagram in Figure 1 shows the strength of kin and social networks, and the interconnectedness of First Nations and Metis community members in Winnipeg and related homelands.

In the diagram, community “seeds” are represented by the circle at the top of each network, and “recruits” are represented by circles below.

Figure 1*. RDS Network Diagram: “The picture of 1000 words with respect to our kinship and network ties here in the city”



**Three Inuit relatives participated in the OHC First Nations & Metis Winnipeg survey, and are represented in the network map as green circles. Inuit relatives were invited to participate in the Inuit-specific, OHC Inuit Winnipeg survey which ran from March 2024-April 2025.*

Respondent-Driven Sampling (RDS)

Respondent-driven sampling (RDS) is a chain-referral technique that is recognized internationally by scientists as a cutting-edge method for gathering reliable data from hard-to-reach populations. RDS was chosen for OHC because it builds on the existing strengths of Indigenous social networks and kin systems in Winnipeg and related homelands.

RDS uses an individual's social networks to recruit participants into a study. To begin this process, the community identifies champions to participate as "seeds". The seeds are the first people who honoured the OHC First Nations & Metis Winnipeg study to begin the work. With their social and kin networks as a starting point, OHC coupons were distributed throughout the city to relatives and friends.

A total of 12 "seeds" participated in the OHC First Nations & Metis Winnipeg study. With the RDS method, after "seeds" complete the first surveys, they are given three coupons (Figures 3, 4) that they can then give out to Indigenous friends or family members. These "referrals" can then come complete the survey with community interviewers and receive 3 coupons, which they in turn give to their Indigenous friends and family. In total, 1079 referrals were made.

This process continues until long "waves" of participants are reached. The longest recruitment chain in this study has 26 waves. These long waves are desirable because it means that the study is reaching the whole community, even those who may be less connected, including members of the community who don't access services.

Figure 2: OHC Winnipeg Main Street site



Respondent-Driven Sampling (RDS)

Each participant received \$25 for participating in the survey, and an additional \$10 for each family member or friend that redeemed their coupon and completed the survey. RDS is a recruitment method that draws on social networks to understand population characteristics. It is strongly aligned with Indigenous relational, kin-based approaches, systems, and accountability in that it leverages and applies community social networks to generate and interpret data.

The repeated success of RDS methods in Winnipeg and across the six OHC Ontario sites provides evidence of strong and resilient First Nations, Inuit & Metis kinships and social network ties.

Figure 3: OHC First Nations & Metis Winnipeg coupon (front)

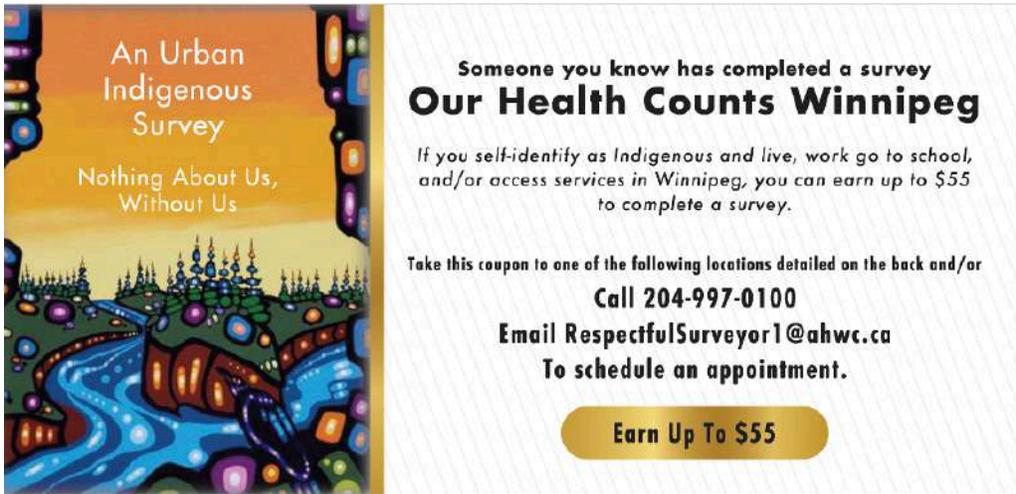


Figure 4: OHC First Nations & Metis Winnipeg coupon (back)



Reading the Graphs & Tables

*What is a 95% CI?

The 95% CI is the “confidence interval” used in sampling statistics. We use a 95% confidence interval because it is difficult, and often impossible, to study every single person in a population. Instead, we use what is called a “sample”. In OHC First Nations & Metis Winnipeg, we used a sample, rather than find every single First Nations and Metis person living in Winnipeg and related homelands. **This sample should be representative of the entire adult population (15+ years of age) we surveyed.**

To help us understand how well we did in understanding the entire population of First Nations & Metis adults in Winnipeg, we use what is called a 95% confidence interval in sampling statistics. **Using the OHC population “sample” we create an estimate of what is happening in the entire population.**

The upper and lower values of the “confidence interval” mean that if the study was repeated multiple times, the true estimate would be within this range. For example, 17.9% of adults completed the Canadian Census, with a 95% CI: 14.3-21.5. That means that if the OHC First Nations & Metis Winnipeg study was repeated multiple times, the true estimate of census completion among First Nations & Metis adults in the city of Winnipeg would be somewhere between 14.3% and 21.5%.

**What Do Whiskers on a Bar Graph Represent?

The whiskers on a bar graph represent the 95% CI (confidence interval). The top (or far right) of the whisker represents the upper bound and the bottom (or far left) of the whisker represents the lower bound of the confidence interval.

When the whiskers overlap across groups, this means that there is no statistically significant difference across the groups in the population. Using (Figure 6) as an example, we see that the whiskers in age groups 30-44 and 45-59 overlap. This means that we cannot conclude that there is a significant difference in the proportion (%) of 30-44 year old and 45-59 year old First Nations & Metis adults living in Winnipeg.



Census Participation

Previous OHC studies have shown that the Canadian Census vastly underestimates the number of Indigenous peoples living in cities.^{3,4}

Indigenous peoples may not complete or receive the census for a few reasons. These reasons include systemic bias, government mistrust, and sampling methods that miss mobile or under-housed populations. Literacy levels can also play a role: for those who did not complete grade 12, it can be challenging to complete the census.

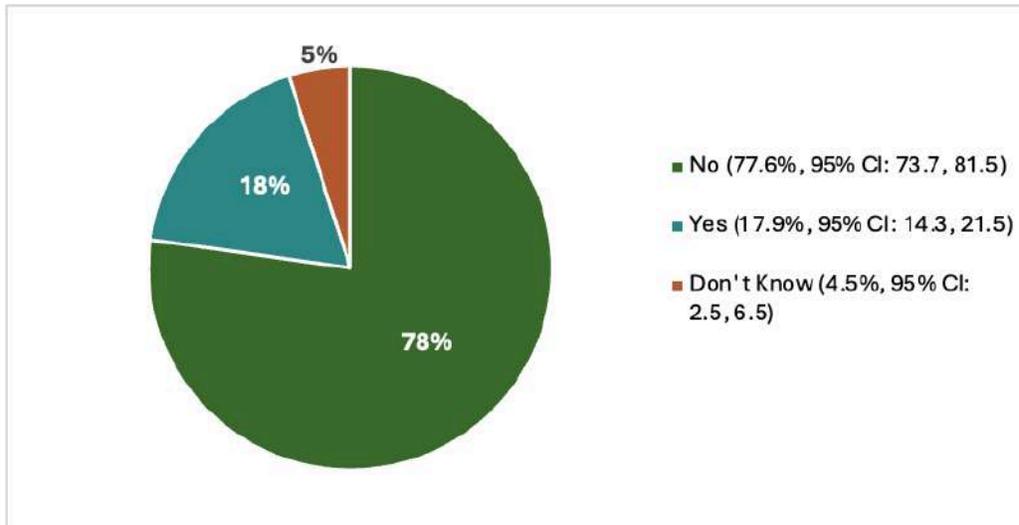
As a result, **there is no accurate estimate of the number of Indigenous peoples living in Winnipeg.**

According to the 2021 Canadian Census, 90,540 First Nations and Metis people live in Winnipeg (66,585 adults and 23,955 children), which represents 12.1% of the city’s total population. According to the census, 44.5% of the total Indigenous population are First Nations, and 52.9% are Metis.⁶

Because we know that Indigenous people are less likely to complete the census, OHC surveys ask, “Did you complete the 2021 Census Canada Questionnaire”?

We found that only 18% of First Nations and Metis adults living in Winnipeg had completed the Census (Figure 5).

Figure 5: Did you complete the 2021 Census Canada questionnaire?



OHC First Nations & Metis Winnipeg Population Estimates: Unmasking Census Undercounts*

OHC studies have shown that the Canadian Census dramatically undercounts the number of Indigenous peoples living in cities.^{3,4} OHC population size estimates give us a more accurate picture of the true size of the First Nations & Metis population in the City of Winnipeg. This estimate moves beyond the 2021 Canadian census estimates which only include Indigenous peoples living in private dwellings. These OHC estimates include all First Nations and Metis people living in the city, in all forms of private and collective dwellings, including all who are unhoused, or in transition.

When we calculate estimates using an approach which includes all **First Nations & Metis adults and children living in the City of Winnipeg**, in all forms of housing (housed, sheltered, and houseless), **the population size is approximately 300,000.**

OHC demonstrates that the estimated size of the First Nations & Metis population living in the City of Winnipeg is 248,000 to 379,000. This is approximately 3 to 4 times more than the 2021 Canadian Census count.

Table 1: Population Estimates for First Nations & Metis living in the City of Winnipeg

First Nations & Metis Population	2021 Canadian Census First Nations & Metis Population Estimates⁶	OHC RDS-II First Nations & Metis Population Estimates (95% CI)
Adults (15+ years)	66,585	221,000 (182,000 to 279,000)
Children (<15 years)	23,955	79,000 (65,000 to 100,000)
Total Population	90,540	300,000 (248,000, 379,000)

**This page has been revised from the original report to include all First Nations and Metis adults and children living in Winnipeg (those who are housed, sheltered, and houseless).*

Adult Demographics

The First Nations and Metis population in Winnipeg is primarily youthful. **93% of adults are under the age of 60 years.** Almost 2 in 5 adults (38%) are 30-44 years of age (Figure 6).

Just over half (53%) of First Nations and Metis adults in Winnipeg identify as male, 46% as female, and 0.7% as Trans/Gender Diverse. 15% of First Nations and Metis adults identify as Two-Spirit.

Among the First Nations population in Winnipeg, 52% are male, 48% female, and 0.5% Trans/Gender Diverse. 12% identify as Two-Spirit.

Among the Metis population in Winnipeg, 62% are male, 37% female, and 1% Trans/Gender Diverse. 27% identify as Two-Spirit.

In terms of sexual orientation, 92% of First Nations and Metis adults in Winnipeg identify as straight/heterosexual, and 8% as 2SLGBTQQ+.

About two-thirds of First Nations and Metis adults (61%) in Winnipeg are single, never married, and 16% are married or living common-law (Figure 7).

Approximately 59% of **First Nations adults** in Winnipeg are single/never married, while 17% are married or living common-law, 11% have a partner(s)/boyfriend/girlfriend they don't live with, and 13% are separated/divorced/widowed.

Approximately 3 out of 4 (74%) **Metis adults** in Winnipeg are single/never married, 11% are married or living common-law, 9% have a partner(s)/boyfriend/girlfriend they don't live with, and 7% are separated/divorced/widowed.

Adult Demographics

Figure 6: Age Distribution Among First Nations & Metis adults in Winnipeg

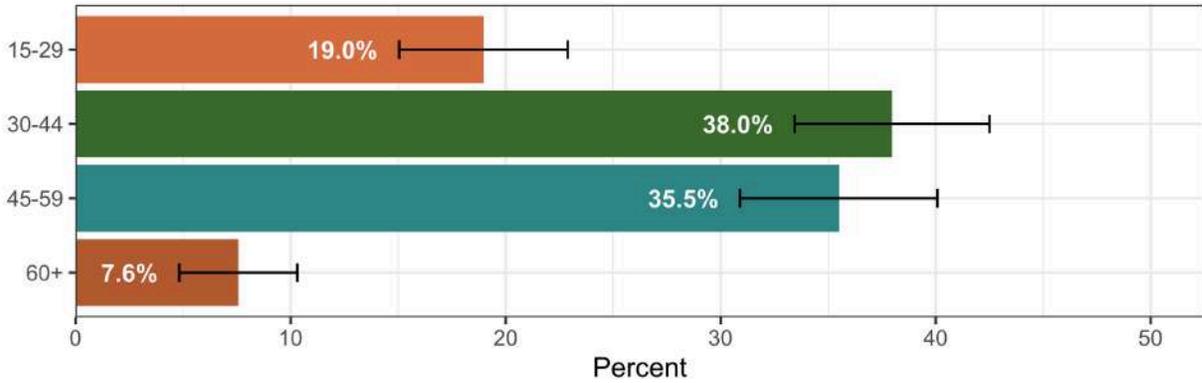


Figure 6a: Age Distribution Among First Nations adults in Winnipeg

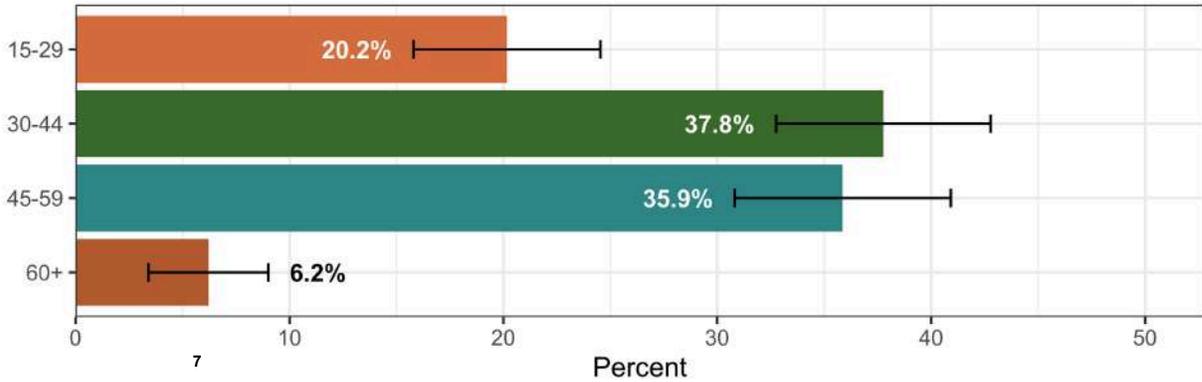
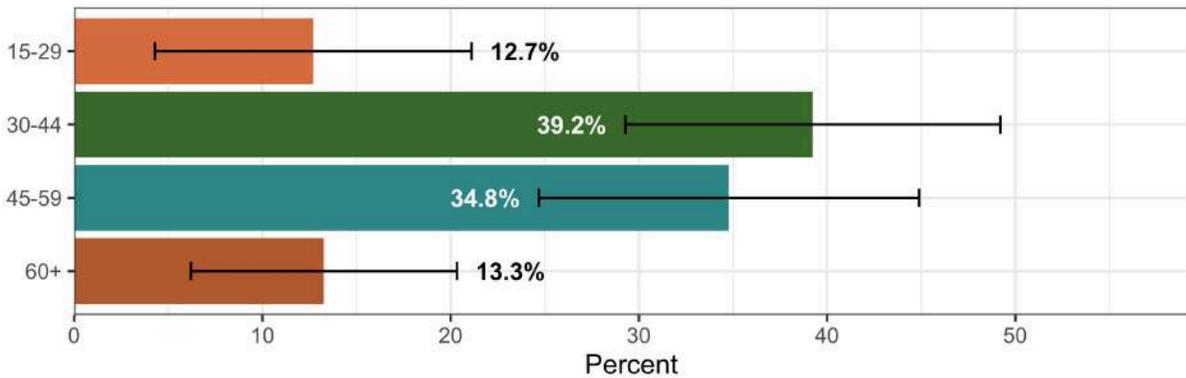


Figure 6b: Age Distribution Among Metis adults in Winnipeg



Adult Demographics

Figure 7: Relationship status among First Nations & Metis adults in Winnipeg

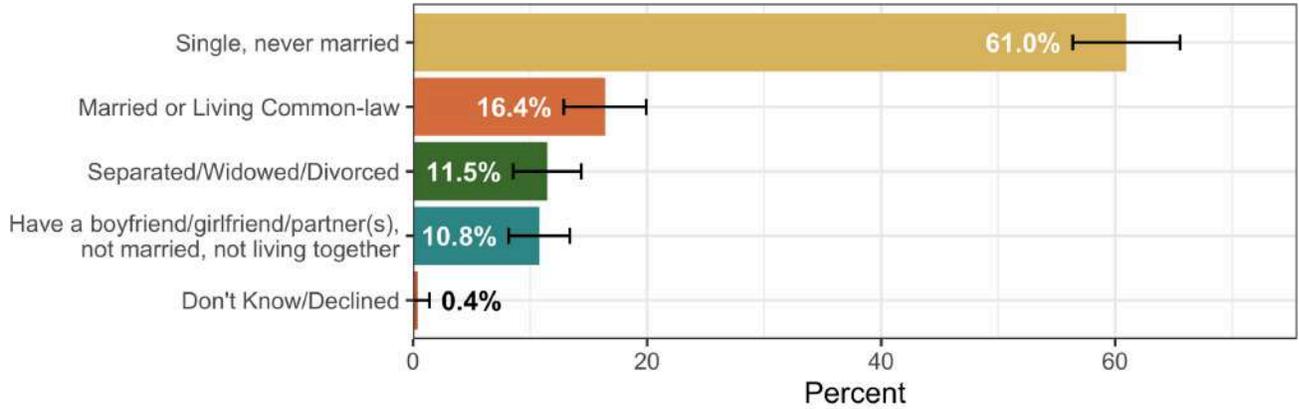


Figure 7a: Relationship status among First Nations adults in Winnipeg

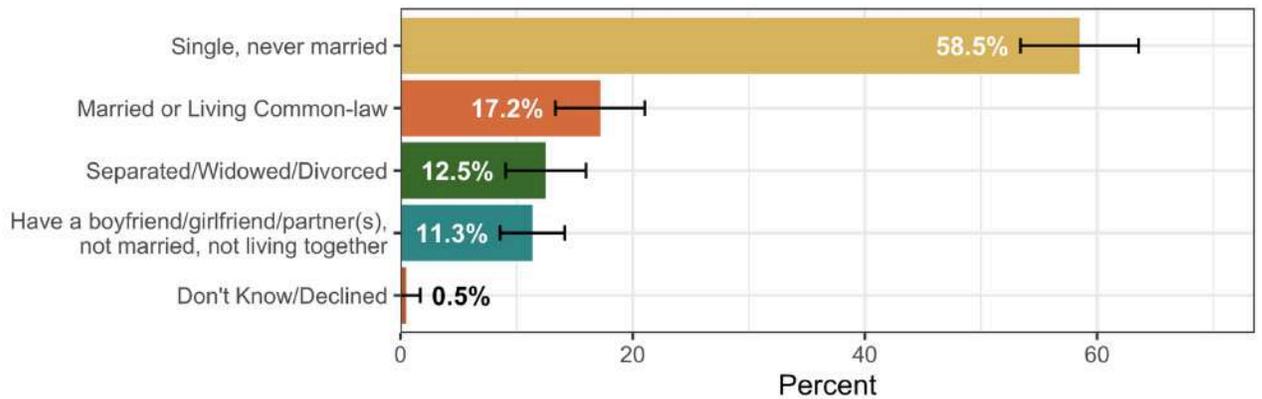
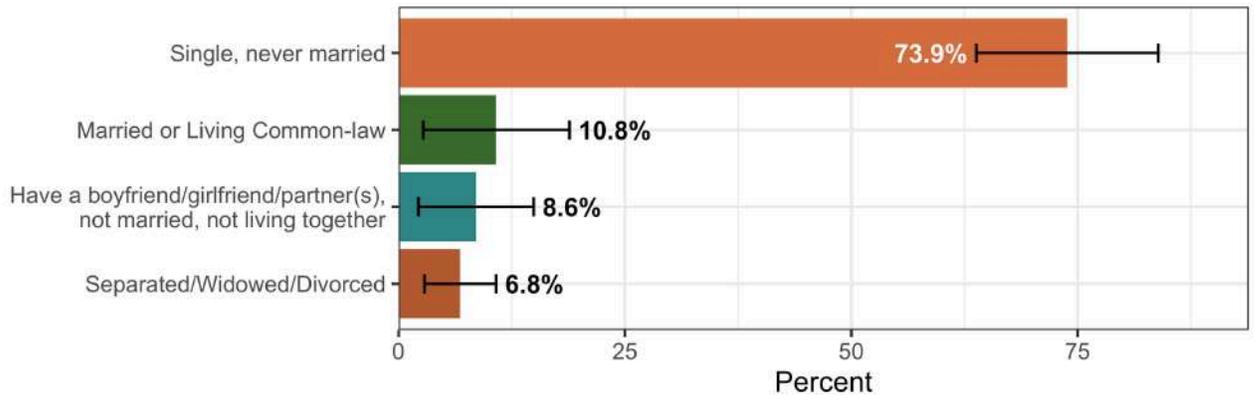
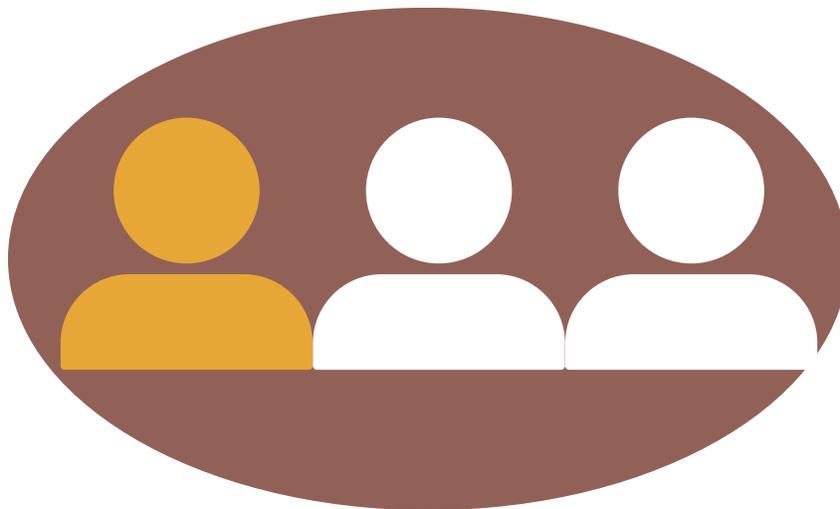


Figure 7b: Relationship status among Metis adults in Winnipeg



Multigenerational Households in Winnipeg

Approximately 1 in 3 First Nations and Metis adults in Winnipeg live in multigenerational family households (3 or more generations living in one dwelling).



Most First Nations and Metis adults in Winnipeg live alone or with unrelated household members (47%), and 34% live in multigenerational/family households. Others live in single-generation households (i.e., with a partner or sibling) or live houseless.

45% of **First Nations adults** in Winnipeg live alone or with unrelated household members, while 36% live in multigenerational/family households.

62% of **Metis adults** in Winnipeg live alone or with unrelated household members, while 19% live in multi-generational/family households.

A notably high proportion of First Nations and Metis adults in Winnipeg live in large multigenerational family households, often including grandparents and other relatives. While there is strength in these kin networks, shared caring for family members, and cost-saving strategies to resist socio-economic inequities, individuals living in multigenerational households can be at increased risk for illnesses such as tuberculosis or COVID-19 which can be associated with crowded living conditions.⁷⁻⁹

Speaking Indigenous Languages

First Nations and Metis adults in Winnipeg have a strong connection to Indigenous languages, with high rates of language retention and a desire to speak/learn an Indigenous language.

Most First Nations and Metis adults in Winnipeg (60%) know at least a few words or have basic knowledge of an Indigenous language, and 18% are fluent or intermediate language speakers.

63% of First Nations adults in Winnipeg have knowledge of an Indigenous language, and 43% of Metis adults in Winnipeg have knowledge of an Indigenous language.

Of those who speak an Indigenous language, most First Nations and Metis adults speak one language (86%), and some speak two or more Indigenous languages (14%).

Among First Nations and Metis adults who speak an Indigenous language, **the most commonly spoken languages are Ojibway (48%) and Cree (45%).**

Most First Nations and Metis adults learned their primary Indigenous language at home (57%) or through family/friends/Elders/community members outside of home and school (48%) (Figure 10).

Among **First Nations language speakers**, 57% learned their language at home, and 46% learned through family/friends/Elders/community members outside of home and school (Figure 10a).

Among **Metis language speakers** 71% learned their language through family/friends/Elders/community members outside of home and school, and 50% learned at home (Figure 10b).

Despite generations of racist, colonial policies, First Nations and Metis peoples in Winnipeg have maintained strong ties to language. Language and culture play a key role in health and wellbeing, and have been linked to positive health outcomes and protective health factors.¹⁰

Speaking Indigenous Languages

Figure 10: How did you learn to speak your primary Indigenous language? (Check all that apply)

First Nations & Metis adults

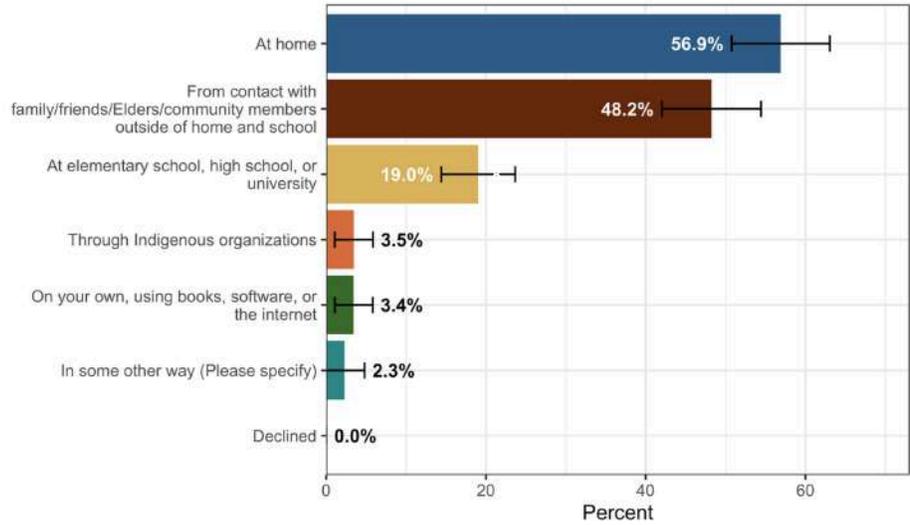


Figure 10a: How did you learn to speak your primary Indigenous language? (Check all that apply)

First Nations adults

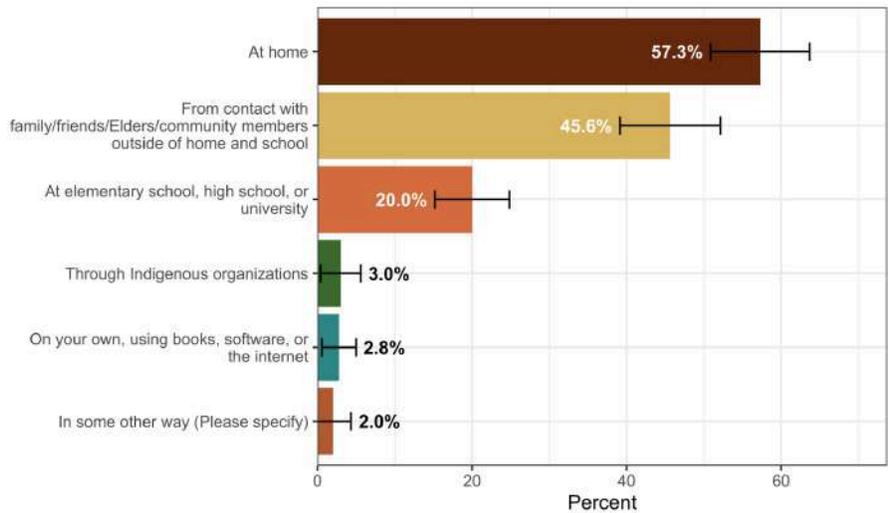
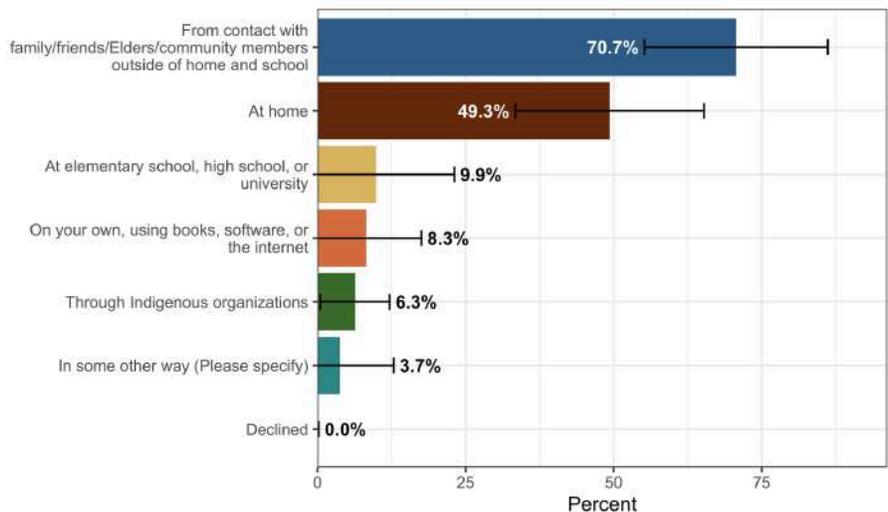


Figure 10b: How did you learn to speak your primary Indigenous language? (Check all that apply)

Metis adults



Speaking Indigenous Languages

For **94% of First Nations and Metis adults in Winnipeg speaking/learning an Indigenous language is very or somewhat important** (Figure 11).

For **94% of First Nations adults** speaking/learning an Indigenous language is very or somewhat important, and for **93% of Metis adults** it is very or somewhat important (Figures 11a, 11b).

Figure 11: Importance of speaking or learning an Indigenous language among First Nations and Metis Adults in Winnipeg

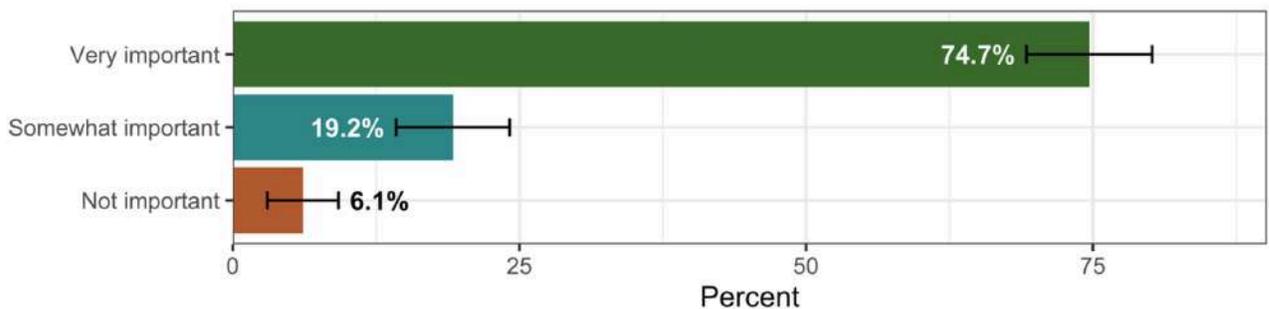


Figure 11a: Importance of speaking or learning an Indigenous language among First Nations Adults in Winnipeg

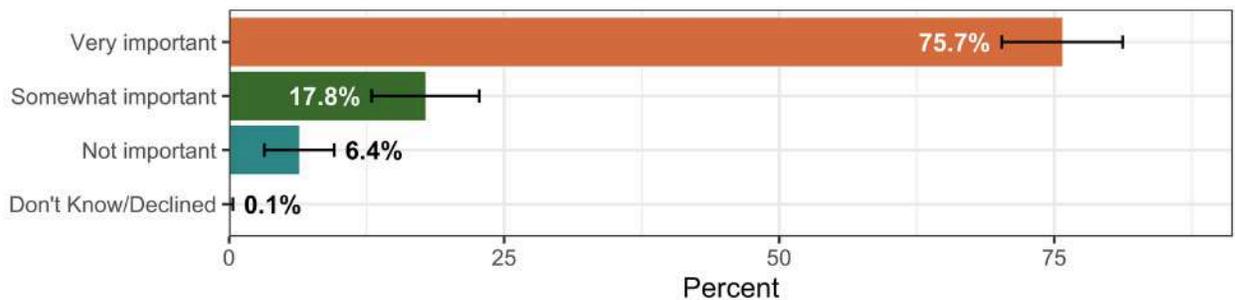
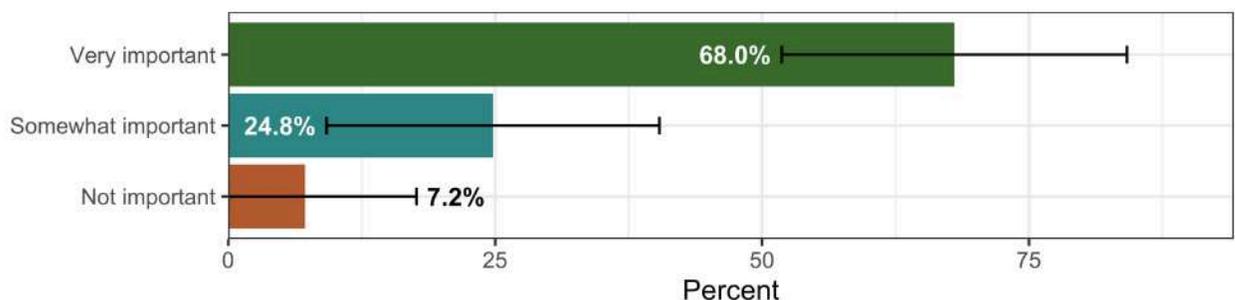


Figure 11b: Importance of speaking or learning an Indigenous language among Metis Adults in Winnipeg



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Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Did you complete the 2021 Census Canada questionnaire?	
No	77.6% (73.7, 81.5)
Yes	17.9% (14.3, 21.4)
Don't know	4.5 (2.5, 6.5)
Age Distribution Among First Nations & Metis adults in Winnipeg	
30-44 years	38.0% (33.4, 42.5)
45-59 years	35.5% (30.9, 40.1)
15-29 years	19.0% (15.0, 22.9)
60+ years	7.5% (4.8, 10.3)
Age Distribution Among First Nations adults in Winnipeg	
30-44 years	37.8% (32.8, 42.8)
45-59 years	35.9% (30.8, 40.9)
15-29 years	20.2% (15.8, 24.5)
60+ years	6.2% (3.4, 9.0)
Age Distribution Among Metis adults in Winnipeg	
30-44 years	39.2% (29.3, 49.2)
45-59 years	34.8% (24.7, 44.9)
60+ years	13.3% (6.2, 20.3)
15-29 years	12.7% (4.3, 21.1)
Relationship status among First Nations & Metis adults in Winnipeg	
Single, never married	61.0% (56.4, 65.5)
Married or Living Common-law	16.4% (12.9, 19.9)
Separated/Widowed/Divorced	11.5% (8.6, 14.4)
Have a boyfriend/girlfriend/partner(s), not married, not living together	10.8% (8.2, 13.4)
Don't know/Declined	0.4% (0.0, 1.4)
Relationship status among First Nations adults in Winnipeg	
Single, never married	58.5% (53.4, 63.6)
Married or Living Common-law	17.2% (13.3, 21.0)
Separated/Widowed/Divorced	12.5% (9.0, 16.0)
Have a boyfriend/girlfriend/partner(s), not married, not living together	11.3% (8.6, 14.1)
Don't know/Declined	0.5% (0.0, 1.7)
Relationship status among Metis adults in Winnipeg	
Single, never married	73.9% (63.8, 83.9)
Married or Living Common-law	10.8% (2.7, 18.9)
Have a boyfriend/girlfriend/partner(s), not married, not living together	8.6% (2.2, 14.9)
Separated/Widowed/Divorced	6.8% (2.9, 10.8)



Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Where did First Nations adults live before they moved to Winnipeg?	
First Nation reserve in Canada	51.2% (45.9, 56.6)
I have lived in Winnipeg all my life	24.3% (19.3, 29.2)
Other Canadian city	12.9% (9.5, 16.4)
Rural/Small town	11.1% (8.6, 13.7)
Where did Metis adults live before they moved to Winnipeg?	
I have lived in Winnipeg all my life	48.3% (37.4, 59.2)
Other Canadian city	21.7% (13.5, 30.0)
Rural/Small town	17.6% (10.7, 24.4)
First Nation reserve in Canada	8.4% (3.3, 13.5)
Other Metis community in Canada	3.3% (0.1, 6.6)
How did you learn to speak your primary Indigenous language? (Check all that apply) (First Nations & Metis adults)	
At home	56.9% (50.8, 63.0)
From contact with family/friends/Elders/community member outside of home and school	48.2% (42.0, 54.4)
At elementary school, high school, or university	19.0% (14.4, 23.7)
Through Indigenous organizations	3.5% (1.1, 5.9)
On your own, using books, software, or the internet	3.4% (1.1, 5.8)
In some other way (please specify)	2.3% (0.0, 4.8)
Declined	0.0 (0.0, 0.0)
How did you learn to speak your primary Indigenous language? (Check all that apply) (First Nations adults)	
At home	57.3% (50.9, 63.7)
From contact with family/friends/Elders/community member outside of home and school	45.6% (39.1, 52.1)
At elementary school, high school, or university	20.0 (15.2, 24.8)
Through Indigenous organizations	3.0% (0.4, 5.6)
On your own, using books, software, or the internet	2.8% (0.6, 5.0)
In some other way (please specify)	2.0% (0.0, 4.3)
How did you learn to speak your primary Indigenous language? (Check all that apply) (Metis adults)	
From contact with family/friends/Elders/community member outside of home and school	70.7% (55.2, 86.1)
At home	49.3% (33.4, 65.2)
At elementary school, high school, or university	9.9% (0.0, 23.1)
On your own, using books, software, or the internet	8.3% (0.0, 17.6)
Through Indigenous organizations	6.3% (0.5, 12.2)
In some other way (please specify)	3.7% (0.0, 12.9)
Declined	0.0 (0.0, 0.2)

Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Importance of speaking or learning an Indigenous language among First Nations and Metis Adults in Winnipeg	
Very important	74.7 (69.2, 80.1)
Somewhat important	19.2% (14.2, 24.1)
Not important	6.1% (3.0, 9.2)
Importance of speaking or learning an Indigenous language among First Nations Adults in Winnipeg	
Very important	75.7% (70.2, 81.2)
Somewhat important	17.8% (13.0, 22.7)
Not important	6.4% (3.2, 9.5)
Don't know/Declined	0.1% (0.0, 0.4)
Importance of speaking or learning an Indigenous language among Metis Adults in Winnipeg	
Very important	68.0% (51.8, 84.2)
Somewhat important	24.8% (9.2, 40.4)
Not important	7.2% (0.0, 17.6)



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