

Our Health Counts

First Nations & Metis Winnipeg



Community Report #3:

Socio-Economic Injustices, Access to Education, the Right to Safe, Affordable Housing, and Residential Mobility in Winnipeg



FIRST NATIONS HEALTH AND SOCIAL
SECRETARIAT OF MANITOBA



UNITY HEALTH
TORONTO



CIHR IRSC
Canadian Institutes of
Health Research
Instituts de recherche
en santé du Canada



Written by

Marcie Snyder, Lisa Avery, Monica Cyr, Julia Iannace, Genevieve Blais & Janet Smylie on behalf of the Aboriginal Health and Wellness Centre of Winnipeg, Inc. and the First Nations Health and Social Secretariat of Manitoba

© 2025

This work is licensed under CC BY-NC-ND 4.0.

To view a copy of this license, visit <https://creativecommons.org/licenses/by-nc-nd/4.0/>

Acknowledgements

We acknowledge and honour all First Nations and Metis relatives of Winnipeg and related homelands who generously shared their time and stories with us.

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

Dr. Janet Smylie is funded as a Tier 1 Canada Research Chair in Advancing Generative Health Services for Indigenous Populations in Canada.

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

Recommended Citation: Snyder, Avery, Cyr, Iannace, Blais, & Smylie (2025). Our Health Counts First Nations & Metis Winnipeg. Community Report #3: Socio-Economic Injustices, Access to Education, Residential Mobility, and the the Right to Safe, Affordable Housing, and Residential Mobility in Winnipeg.



Table of Contents

Who We Are	1
Introduction	2
Key Findings & Recommendations Moving Forward	3
Community Report #3	8
The Right to a Livelihood: Income Insecurity & Financial Injustice.....	8
Employment Inequities.....	11
Access to Education.....	12
The Right to Access Safe, Affordable Housing: Current Housing Status for First Nations & Metis in Winnipeg.....	15
Housing Safety.....	15
Lifetime Experiences of Homelessness/Houselessness.....	16
Residential Mobility in Winnipeg and Related Homelands.....	18
Reasons for Moving to the City of Winnipeg.....	20
References	23
Appendix: Survey Reference Tables	27

Who We Are

The OHC First Nations & Metis Winnipeg project represents a research partnership between the Well Living House Action Research Centre at St. Michael's Hospital, Unity Health Toronto, 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 and 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 third report in a series of 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.**

Community Report #3 shares key OHC findings including socio-economic injustices (i.e., income and employment inequities); access to education; gaps in access to safe, affordable housing including discrimination in the Winnipeg housing market; houselessness; and residential mobility in the city.

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.

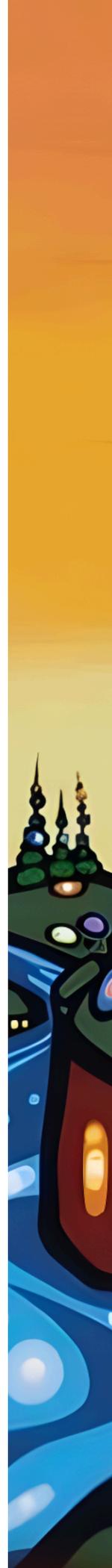
Throughout this report, the data findings are presented in two ways: As combined First Nations and Metis data, and as distinct First Nations data and Metis data.

Key Findings & Recommendations Moving Forward

Income Insecurity, Employment Inequities, and Access to Education: Key Findings

- **First Nations and Metis adults in Winnipeg experience disproportionate and alarming rates of poverty. 94% of the First Nations and Metis population in Winnipeg are living below the before tax low-income cut-off (BT-LICO)*.**
- In contrast, 8% of the overall population in Canada lives at or below the BT- LICO, and **11% of the overall population in Winnipeg lives at or below the BT-LICO.**
- **67% of First Nations and Metis adults in Winnipeg are unemployed.** Employment inequities are of critical concern given that Winnipeg's overall unemployment rate is 7%.
- **Overall, First Nations and Metis adults in Winnipeg report lower levels of mainstream educational completion.**
- **57% of First Nations and Metis adults in Winnipeg have not completed high school, and 14% have attended college, university, or specialized training.**
- In contrast, **15% of the general Winnipeg population have not completed high school, and 56% have attended college, university, or specialized training.**¹
- **Over 8 in 10 (82%) of parents/caregivers of school-age First Nations and Metis children in Winnipeg strongly agree or agree that racism is a problem at their child's school.**

**LICO is used to measure poverty levels in Canada. Families or individuals who must devote 70% or more of their total income to essential items to live, such as food, shelter, and clothing are living at or below LICO.*



Key Findings & Recommendations Moving Forward

Recommendations Moving Forward

OHC findings demonstrate that **there is an urgent need to address the systemic and discriminatory factors that contribute to socio-economic injustices and to employment barriers for First Nations and Metis peoples living in Winnipeg.**

We call upon the City of Winnipeg, provincial, and federal governments to work in partnership with Indigenous peoples and organizations to achieve the following:

- In alignment with the Truth and Reconciliation Commission's Calls to Action, **develop a joint strategy to eliminate educational and employment gaps** between Indigenous and non-Indigenous Canadians.²
- In alignment with the MMIWG Report Call to Justice 4.5, work to **immediately establish a guaranteed annual liveable income for all Canadians, including Indigenous peoples, to meet all their social and economic needs.**³
- In alignment with the Truth and Reconciliation Commission's Calls to Action² take measurable steps to
 - Set transparent and measurable targets for **expanding Indigenous educator recruitment, training, and retainment;**
 - **Create racism-free schools** that promote school safety (rather than police Indigenous students) so that all students can thrive;
 - **Develop culturally appropriate public school curricula;**
 - **Protect and teach Indigenous languages** in the classroom.^{2,4}
- **Access to education – free from discrimination – is a basic human right for all.** Punitive disciplinary measures, such as suspensions and detentions, which disproportionately impact Indigenous students and negatively impact school completion, should be replaced with restorative, culturally safe, and trauma-informed approaches that focus on support rather than exclusion.⁴
- **All educators and school staff must undergo mandatory ongoing training in anti-racism and cultural safety training** to build respectful and supportive relationships with Indigenous students.

Key Findings & Recommendations Moving Forward

The Right to Access Safe, Affordable Housing: Key Findings

- **58% of First Nations and Metis adults in Winnipeg live in stable housing** (have their own house or apartment, live in public housing, or pay rent at a family member or friend's home).
- Among First Nations and Metis adults and families who live in stable housing, many still face housing inadequacies, including health and safety concerns:
 - **2 out of 10** live in **overcrowded** conditions.
 - Almost **1 in 3** live in homes in need of **major repairs**.
 - **52% have had a problem with pests** such as bedbugs, mice, cockroaches, and/or other bugs in their home in the past 2 years.
- **1 in 4** First Nations and Metis adults in Winnipeg are currently **precariously housed, homeless, or in transition**.
- Almost **3 in 4 (72%)** First Nations and Metis adults in Winnipeg **have experienced homelessness/houselessness in their lifetimes**.
- Among those who have experienced homelessness/houselessness
 - **45% first experienced homelessness between 15 and 29 years of age**
 - 14% first experienced homelessness before they turned 15 years of age.
- Our Health Counts Winnipeg Community Report #2 shows that **57% of First Nations and Metis adults in Winnipeg who had aged out of the care of CFS were not provided with adequate supports when they transitioned out of care** (i.e., help navigating available services, sources of income, and housing). This is of great concern as youth who are discharged from CFS are at increased risk of homelessness.



Key Findings & Recommendations Moving Forward

Residential Mobility in Winnipeg and Related Homelands: Key Findings

- Difficulty accessing safe, affordable housing can also result in frequent mobility, which can have adverse effects on health and wellbeing, access to health services and employment opportunities, and educational attainment.
- **More than half (54%) of First Nations and Metis adults living in the City of Winnipeg had moved one or more times in the past year.** 78% moved one or more times during the past 5 years. In contrast, only **14% of the overall Winnipeg population moved over a 1-year period**, and 41% moved over a 5-year period.
- **1 in 4** First Nations and Metis adults in Winnipeg had moved between 2 and 4 times in the past year.
- **Approximately 80% of all moves that took place over a 1-year period occurred within the City of Winnipeg.**
- 56% of **First Nations adults in Winnipeg** moved one or more times in the past year: 23% of these moves occurred **between the City of Winnipeg and a First Nation.**
- 47% of **Metis adults in Winnipeg** moved one or more times in the past year: 26% of these moves occurred **between the City of Winnipeg and another city.**
- Among First Nations and Metis adults who had moved to Winnipeg from elsewhere, the most common reasons for moving to the city include **family/friends/social networks (40%), housing (17%), employment (17%), safety (13%), education (12%), and healthcare (5%).**

Key Findings & Recommendations Moving Forward

Recommendations Moving Forward

To address housing inadequacies, and the urgent need for safe, affordable housing, we call upon the City of Winnipeg, provincial, and federal governments to work in partnership with Indigenous peoples and organizations to achieve the following:

- **Implement required Indigenous Cultural Safety training for all housing agency staff and leadership** to ensure culturally supportive services.
- Develop a mechanism that **tracks, measures, evaluates, and actively addresses racism** in the education, employment, and housing sectors.
- Support Indigenous and settler housing organizations to **address Indigenous housing needs in culturally appropriate ways**. One way to do so is to ensure that responses to Indigenous homelessness are led by Indigenous Peoples and grounded in Indigenous worldviews and practices.⁵
- **Scale the development of affordable, sustainable, and culturally appropriate Indigenous housing, shelters, and housing programs** so they are matched to First Nations and Metis population needs.⁶
- **Develop and fund programs that connect Indigenous youth aging out of care with culturally safe, affordable transitional housing, advocacy, and wraparound supports** (see Community Report #2).
- **Fund and support Indigenous-led services that provide holistic supports for individuals and families relocating to Winnipeg, and within the city**. These services should respond to the reasons for relocation and provide holistic moving supports (including access to urgent unmet material needs such as food, clothing, and furniture), transitional housing supports, educational supports, and relevant health and social service referrals.



Community Report #3

This report is the third in a series of Our Health Counts (OHC) First Nations & Metis Winnipeg reports. In Report #3 we begin with key OHC findings regarding socio-economic injustices such as income insecurity and financial injustice, employment inequities, access to education, and discrimination in the housing market. We then share OHC findings regarding First Nations and Metis peoples access to safe affordable housing, and describe rates of homelessness/houselessness, and residential mobility in the City of Winnipeg.

The Right to a Livelihood: Income Insecurity & Financial Injustice

First Nations and Metis adults in Winnipeg experience disproportionate and alarming rates of poverty.

94% of First Nations and Metis adults in Winnipeg live at or below the before-tax low-income cut-off (BT-LICO)* (Figure 1).

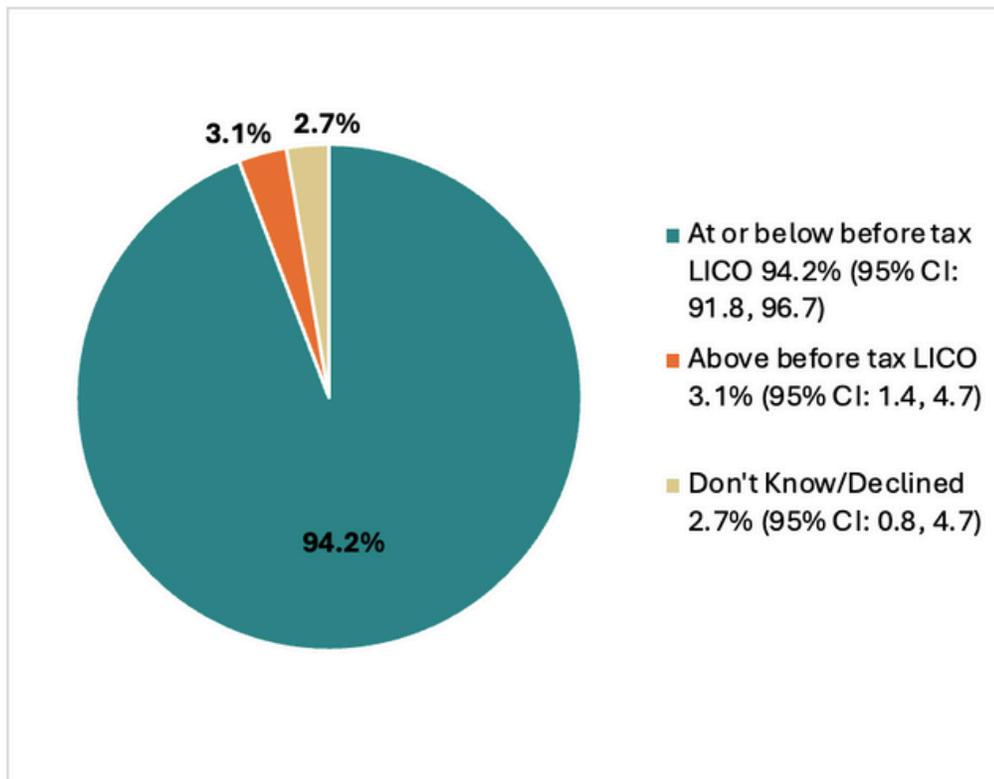
Similarly, **94% of First Nations adults in Winnipeg**, and **95% of Metis adults** in Winnipeg, live at or below the BT-LICO.

In contrast, **7.6% of the overall population in Canada lives at or below the BT-LICO**, and **11% of the overall population in Winnipeg lives at or below the BT-LICO.**⁷

Economic injustice, rooted in systemic barriers such as access to safe and appropriate education, employment, and housing, has been shown to have a detrimental impact on health, wellbeing, and timely healthcare access for First Nations and Metis people living in cities.⁸

The Right to a Livelihood: Income Insecurity & Financial Injustice

Figure 1: Before Tax Low-Income Cut-Off Among First Nations and Metis adults in Winnipeg



*What is LICO?

LICO is used to measure poverty levels in Canada. LICO can be calculated before tax (BT) or after tax (AT). This calculation considers how much of a family or person's income is spent on essential items to live, such as food, shelter, and clothing. Families or individuals are considered to live below the low income cut-off (LICO) when they have devoted a larger share of their total income than average (i.e., 70% of their income) on these necessary items.¹

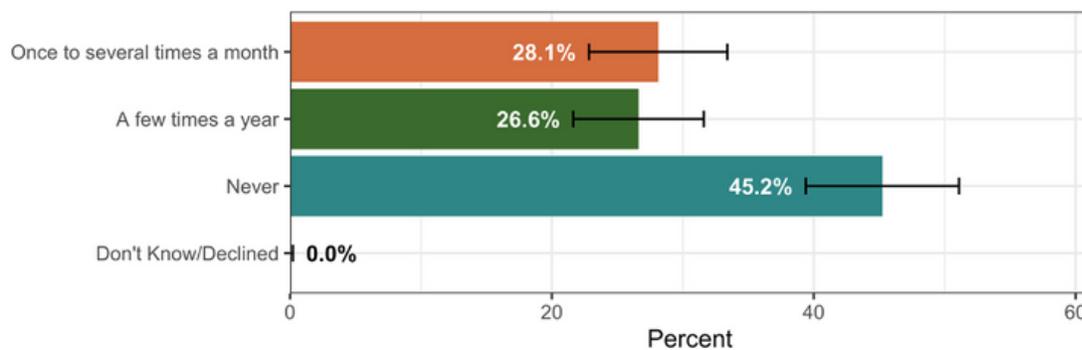
LICO-BT is calculated according to community and household size.⁹ To calculate LICO-BT cut-offs among First Nations and Metis adults in Winnipeg, we use 2021 income cut-offs for urban centres with a population size of 500,000 or more people. This reference period (2021) aligns with the year of the most recent Canadian census at the time of OHC Winnipeg survey data collection.

The Right to a Livelihood

The burden of income insecurity is strongly linked to housing and food insecurity.¹⁰

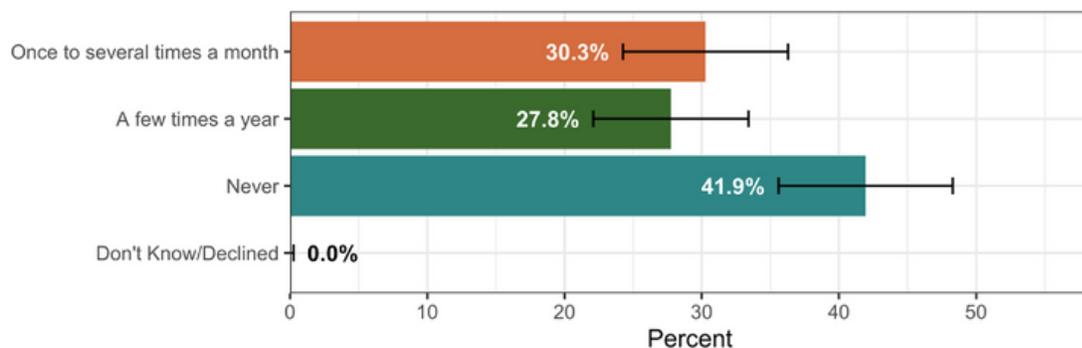
Over half (55%) of First Nations and Metis adults in Winnipeg have had to give up important needs (i.e. groceries, transportation) to meet shelter-related/housing costs: 28% have had to do so one or more times a month, and 27% have had to do so a few times a year (Figure 2).

Figure 2: Among First Nations and Metis adults in Winnipeg: How often do you have to give up important things to meet shelter-related/housing costs?



58% of First Nations adults in Winnipeg have had to give up important needs to meet shelter-related/housing costs: 30% have had to do so one or more times a month and 28% have had to do this a few times a year (Figure 3).

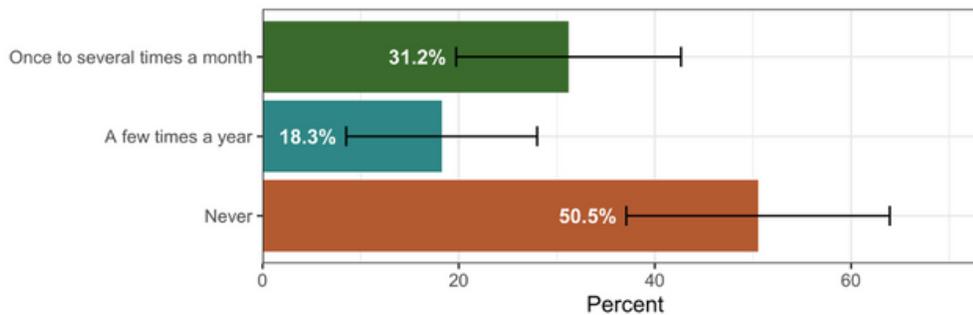
Figure 3: Among First Nations adults in Winnipeg: How often do you have to give up important things to meet shelter-related/housing costs?



The Right to a Livelihood

50% of Metis adults in Winnipeg have had to give up important needs to meet shelter-related/housing costs: 31% have had to do so one or more times a month and 18% have had to do so a few times a year (Figure 4).

Figure 4: Among Metis adults in Winnipeg: How often do you have to give up important things to meet shelter-related/housing costs?

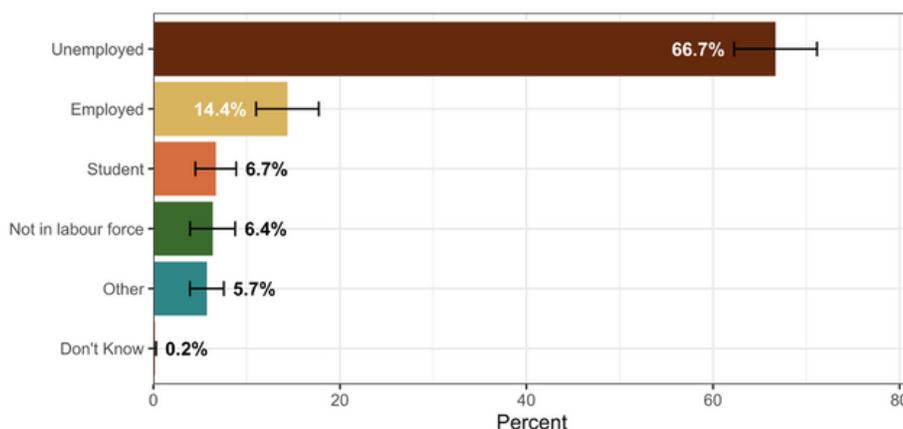


Employment inequities among First Nations and Metis peoples in Winnipeg are striking, given that Winnipeg's overall unemployment rate is 6.9%.¹¹

Two-thirds (66.7%) of First Nations and Metis adults in Winnipeg are unemployed (Figure 5). **66.0% of First Nations adults in Winnipeg are unemployed,** and **66.7% of Metis adults in Winnipeg are unemployed.**

Unemployment is strongly associated with poverty, housing insecurity, and negative impacts on health and wellbeing.¹²

Figure 5: Employment status among First Nations and Metis adults in Winnipeg



Access to Education

Overall, First Nations and Metis adults in Winnipeg report lower levels of mainstream educational attainment.

Over half (57%) of First Nations and Metis adults in Winnipeg have not completed high school.

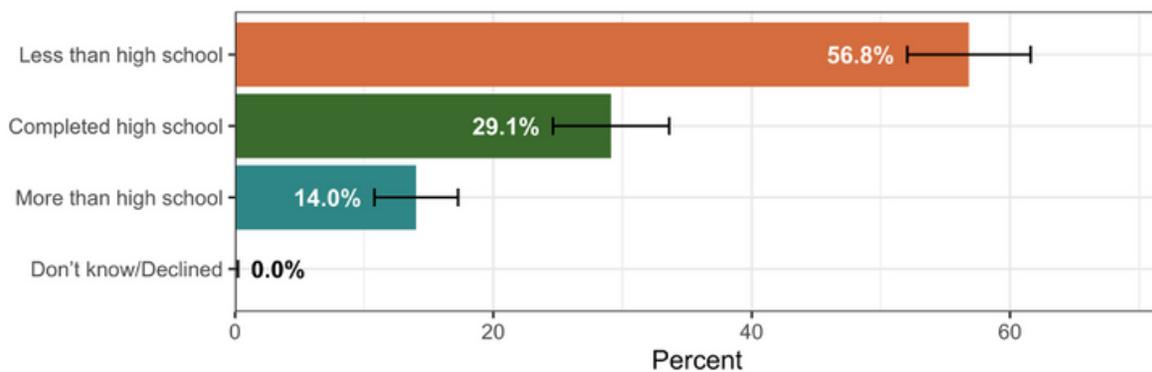
In contrast, **15% of the overall population in Winnipeg have not completed high school.**¹³

14% of First Nations and Metis adults have attended college, university, or specialized training (i.e., more than high school) (Figure 6).

In contrast, 56% of the overall population in Winnipeg have attended college, university, or specialized training.

Over 8 in 10 parents/caregivers of First Nations and Metis children (5-14 years of age) in Winnipeg strongly agree or agree that racism is a problem at their child's school.

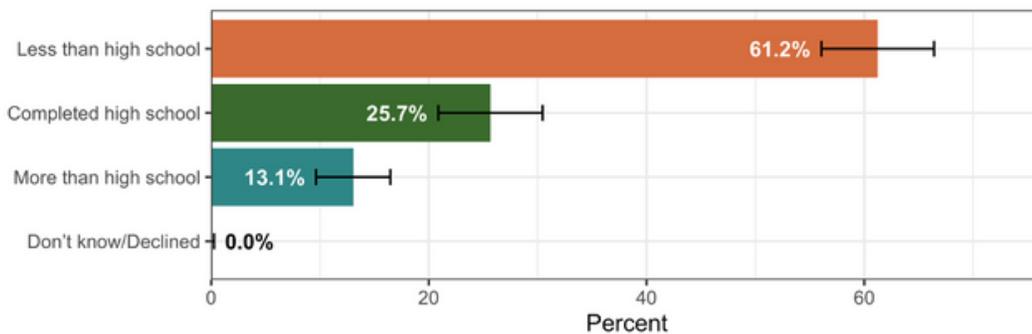
Figure 6: Educational attainment among First Nations and Metis adults in Winnipeg



Access to Education

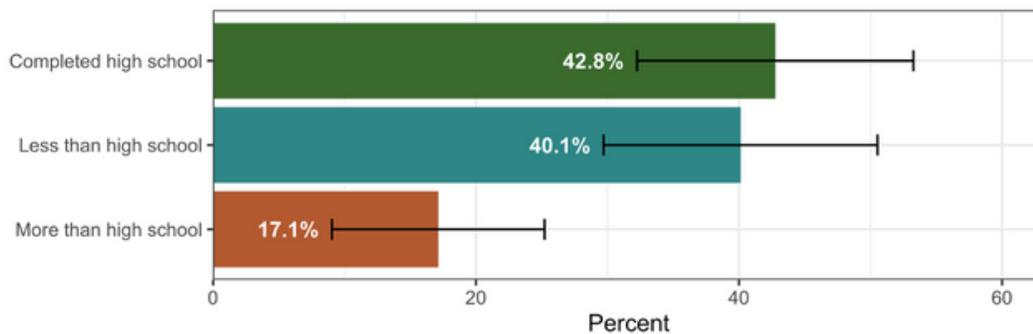
Among **First Nations adults** in Winnipeg, **61% have not completed high school**, while **13% have attended college, university, or specialized training** (Figure 7).

Figure 7: Educational attainment among First Nations adults in Winnipeg



Among **Metis adults** in Winnipeg, **40% have not completed high school**, while **17% have attended college, university, or specialized training** (Figure 8).

Figure 8: Educational attainment among Metis adults in Winnipeg



Access to Education

The gap in mainstream educational outcomes for Indigenous students is well-documented. **Racism impacts access to education.** Anti-Indigenous racism and microaggressions in the education system have harmful impacts on student success and completion rates in public school, and for those entering mainstream trades, college, or university programs.¹⁴ OHC findings show that the majority of First Nations and Metis adults in Winnipeg experience **everyday discrimination** (see Community Report #2), and that **an alarming proportion (81.5%) of First Nations and Metis children in Winnipeg experience racism as a problem in their school.**

Residential mobility can also disrupt educational outcomes for young people. The challenge of adapting to school changes can interfere with high school completion.¹⁵ Students who move away from their home communities to attend public schools or post-secondary education in Winnipeg may experience loneliness, cultural and community disconnect, institutional racism, and financial barriers.¹⁶ We describe the high rates of mobility for First Nations and Metis living in Winnipeg later in this report.

Additionally, **CFS involvement** in families, racism within the rental market, poor housing conditions, and safety concerns can create disruptions and challenges for young learners.¹⁷



The Right to Access Safe, Affordable Housing: Current Housing Status for First Nations & Metis in Winnipeg

OHC First Nations and Metis Winnipeg findings confirm what the evidence already shows: **disparities in access to safe, affordable housing – in addition to structural racism and discrimination in the rental and housing market – result in disproportionate rates of homelessness, overcrowding, and unsafe living conditions** for First Nations and Metis adults and families in Winnipeg and other Canadian cities, compared to the general population.¹⁸⁻²⁰

Less than two-thirds (58%) of First Nations and Metis adults in Winnipeg live in stable housing (i.e., have their own house or apartment, live in public housing, or pay rent at a family member or friend's home) (Figure 9).

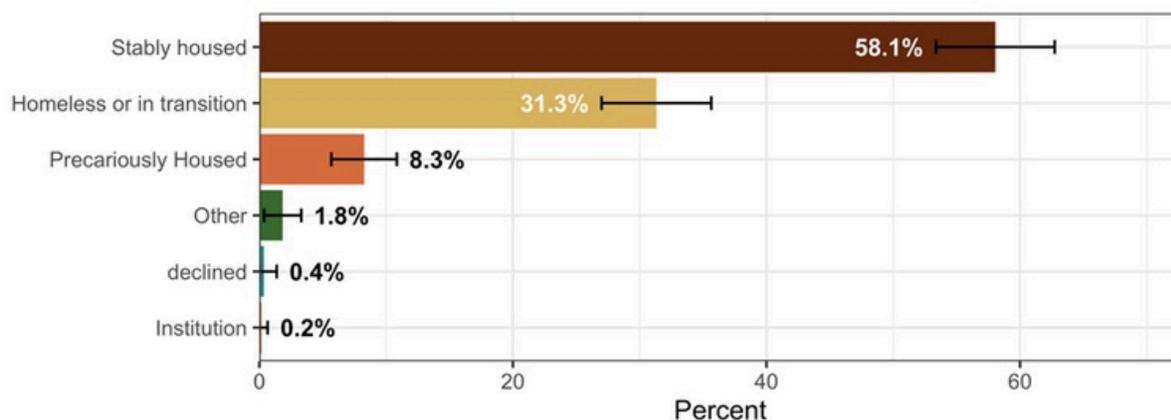
58% of First Nations adults in Winnipeg live in stable housing, and **67% of Metis adults** in Winnipeg live in stable housing.

4 in 10 First Nations and Metis adults in Winnipeg are currently precariously housed (i.e., living in a boarding home, rooming house, motel/hotel, second-stage housing), **homeless, or in transition** (i.e., couch surfing).

Approximately **4 in 10 (42%) First Nations adults in Winnipeg** are currently **precariously housed, homeless, or in transition**.

Approximately **3 in 10 (33%) Metis adults in Winnipeg** are currently **precariously housed, homeless, or in transition**.

Figure 9: Housing status among First Nations and Metis adults in Winnipeg



Housing Safety

Among First Nations and Metis in Winnipeg who are stably housed, many still face housing inequities, including health and safety concerns:

Approximately **2 out of 10 live in overcrowded*** conditions.

Over **1 in 4 (28%) live in homes in need of major repairs** (i.e. defective plumbing or electrical wiring, need for structural repairs to walls, floors or ceilings). **More than half (52%) have had a problem with bedbugs, centipedes, ants, wasps, bees, mice, rats, cockroaches, and/or other bugs in their home** in the past 2 years.

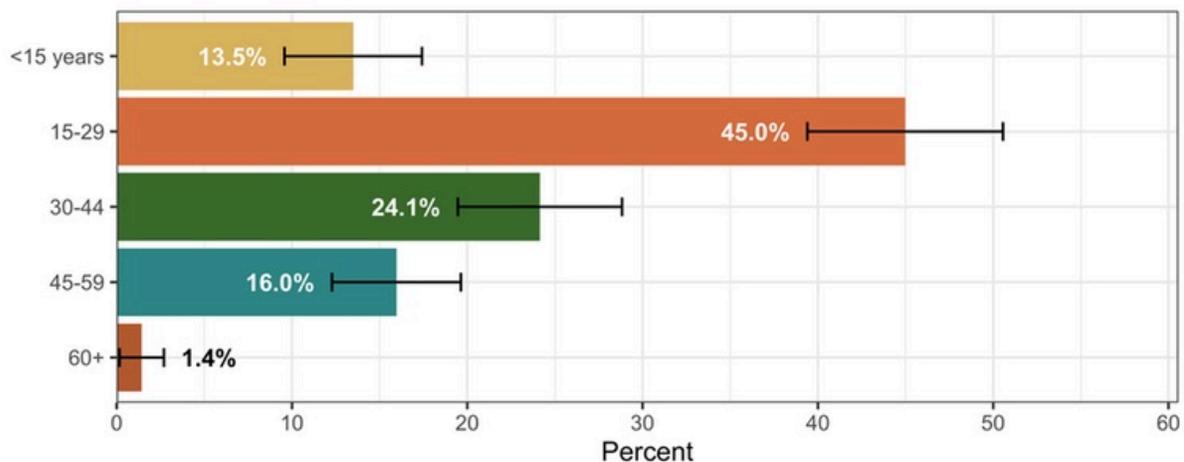
**Overcrowded dwellings: more than 1 persons per room (excluding bathrooms, hallways, and rooms used exclusively for business purposes)*

Lifetime Experiences of Homelessness/Houselessness

72% of First Nations and Metis adults in Winnipeg have experienced homelessness/houselessness in their lifetimes.**

Among those who experienced homelessness, **45% first experienced homelessness between 15 and 29 years of age**, and **14% before 15 years of age** (Figure 10).

Figure 10: First Nations and Metis adults: How old were you the first time you experienced homelessness/houselessness?

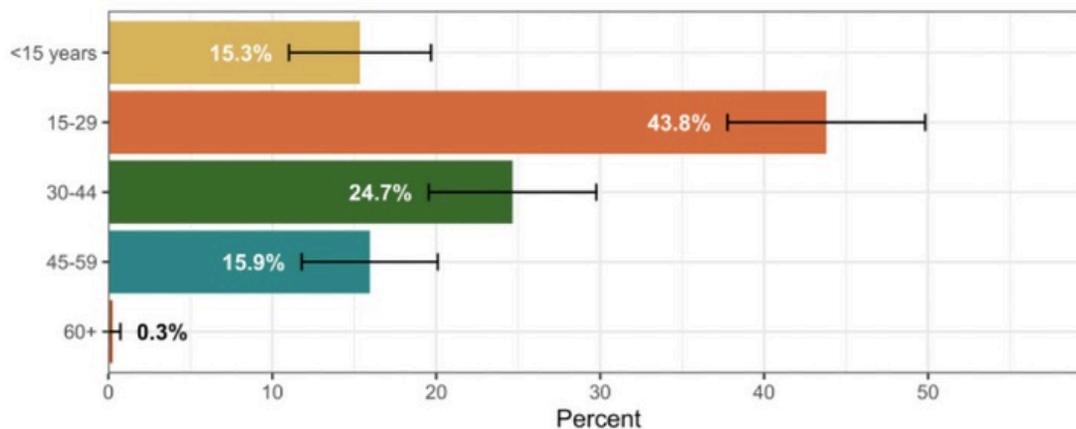


***We acknowledge that Indigenous Peoples of Turtle Island are the rightful inhabitants of this land and so, even though houselessness is an issue, these lands are our homes, even without a house.*

Lifetime Experiences of Homelessness/Houselessness

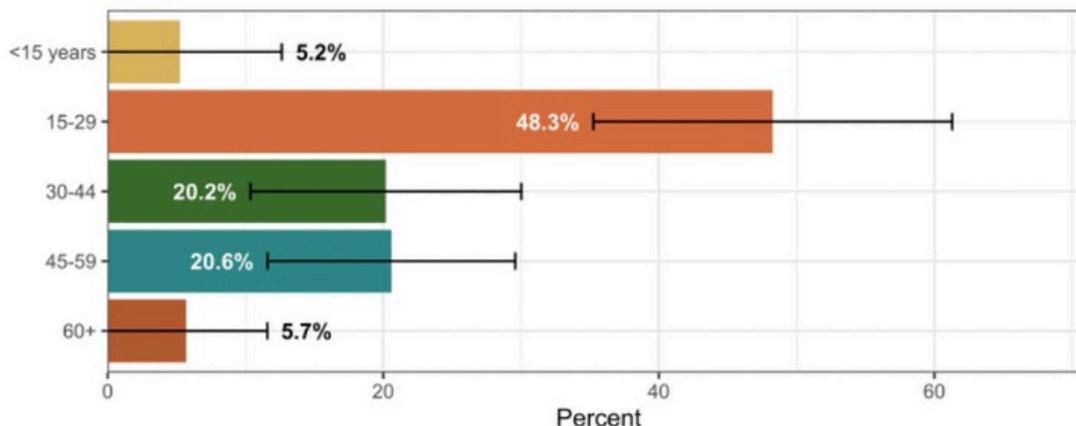
71% of First Nations adults living in Winnipeg have experienced homelessness in their lifetime. Among those who experienced homelessness, 44% first experienced homelessness between 15 and 29 years of age, and 15% before they turned 15 years of age (Figure 11).

Figure 11: Age First Nations adults in Winnipeg first experienced homelessness/houselessness



80% of Metis adults living in Winnipeg have experienced homelessness in their lifetime. Among those who experienced homelessness, 44% first experienced homelessness between 15 and 29 years of age, and 26% first experienced homelessness at 45 years of age or older (Figure 12).

Figure 12: Age Metis adults in Winnipeg first experienced homelessness/houselessness



Lifetime Experiences of Homelessness/Houselessness

*Indigenous homelessness ... is not merely about lacking a brick and mortar home...the forcible removal of Indigenous children from their homes during the residential school and 'Sixties Scoop' eras, and the ongoing overrepresentation of Indigenous children in the child welfare system today, can be understood as leaving many Indigenous children, and in turn adults, experiencing cultural, communal, and spiritual forms of homelessness."*¹⁷



Residential Mobility in Winnipeg and Related Homelands

Difficulty accessing stable and safe housing can result in frequent residential mobility. Recurring transitions between places of shelter can impact health and wellbeing, access to health services and employment opportunities, and the ability to complete education and training.

Residential Mobility in Winnipeg and Related Homelands

More than half (54%) of First Nations and Metis adults living in the City of Winnipeg have moved one or more times in the past year, and 78% moved one or more times during the past 5 years.

In contrast, only **14% of the overall Winnipeg population have moved over a 1-year period**, and 41% moved over a 5-year period.

Rates of 1-year mobility are 4 times higher among First Nations and Metis populations living in Winnipeg than they are for the overall population.

1 in 4 First Nations and Metis adults have moved between 2 and 4 times in the past year. Approximately **80% of all moves occurred within the City of Winnipeg***.

56% of First Nations adults in Winnipeg have moved one or more times in the past year:

23% of these moves occurred between the City of Winnipeg and a First Nation.

83% of First Nations adults in Winnipeg have moved one or more times over a 5-year period.

47% of Metis adults in Winnipeg have moved one or more times in the past year:

26% of these moves occurred between the City of Winnipeg and another city.

59% Metis adults in Winnipeg have moved one or more times over a 5-year period.

**Movers could select more than one option for the direction of their move(s) over a 1-year period.*



Reasons for Moving to the City of Winnipeg

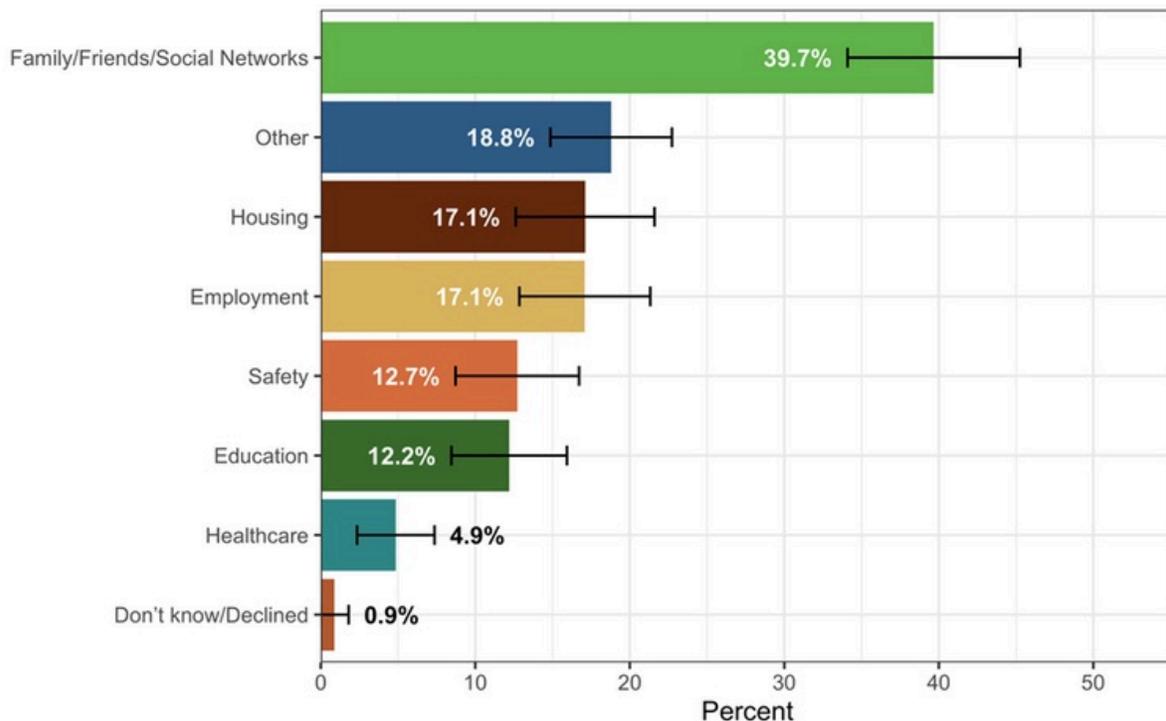
Nearly 1 in 4 (24%) First Nations adults have lived in Winnipeg all their lives. Just over half (51%) of First Nations adults living in Winnipeg have moved from a First Nations reserve to the city. 13% moved from another Canadian city, and 11% moved from a rural/small town.

Nearly half (48%) of Metis adults in Winnipeg have lived in the city all their lives. 22% have moved from another Canadian city, 18% from a rural/small town. 8% moved from a First Nations reserve, and 3% from a Metis community.

Of those who moved to Winnipeg (i.e., have not lived in Winnipeg all their lives), First Nations adults have lived in the city for an average of 20 years. Metis adults have lived in the city for an average of 25 years.

Among First Nations and Metis adults who moved to Winnipeg, the most common reasons for moving include family/friends/social networks (40%), housing (17%), employment (17%), safety (13%), education (12%), and healthcare (5%) (Figure 13).

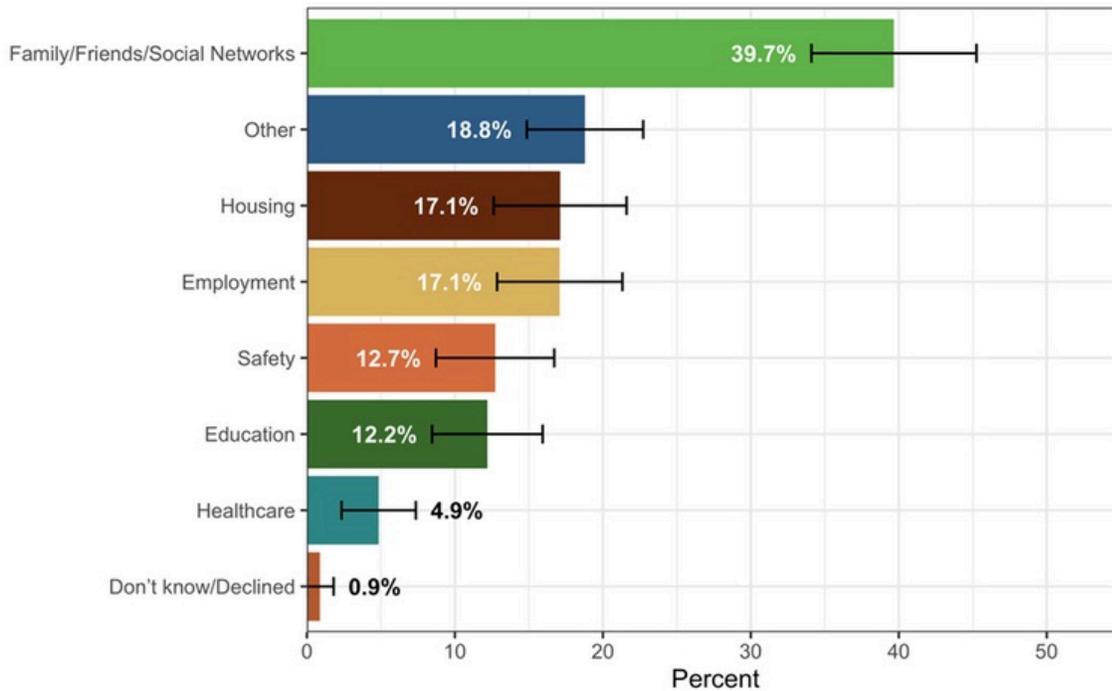
Figure 13: Reasons for Moving to Winnipeg, among First Nations and Metis adults



Reasons for Moving to the City of Winnipeg

For **First Nations adults**, the most common reasons for moving to Winnipeg include family/friends/social networks (38%), housing (18%), employment (17%), safety (14%), education (11%), and healthcare (5%) (Figure 14).

Figure 14: Reasons for Moving to Winnipeg, among First Nations adults

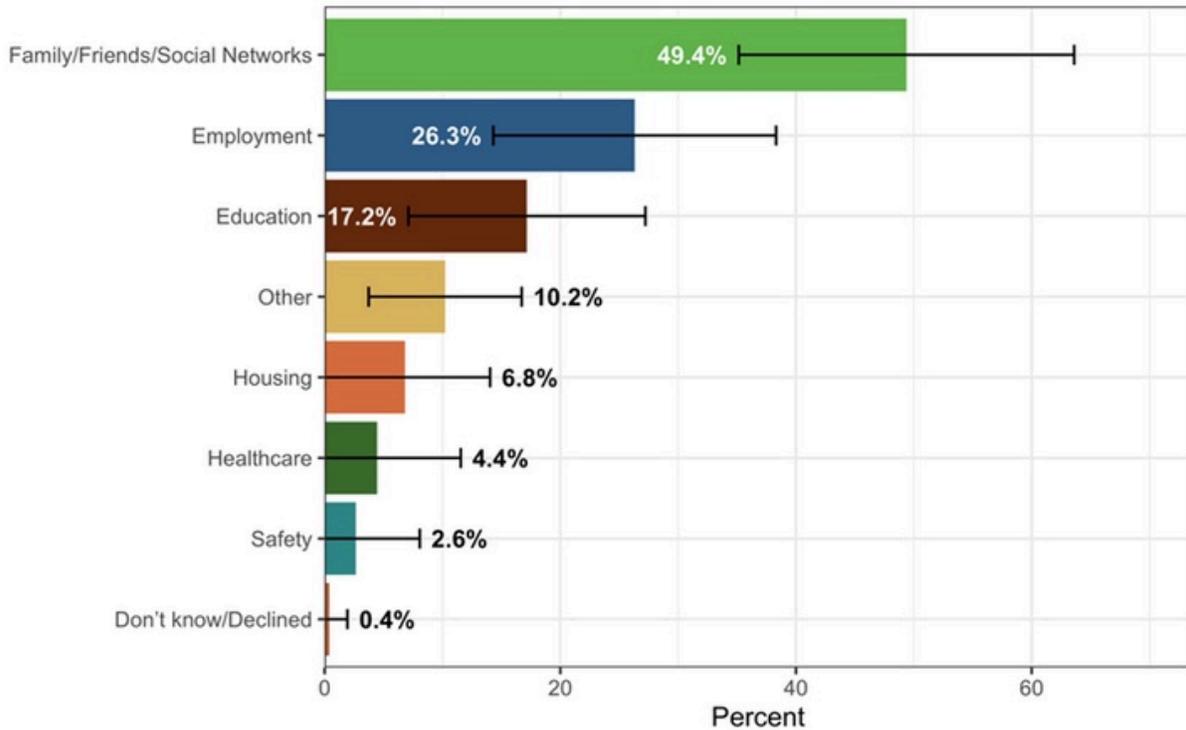


For **Metis adults**, the most common reasons for moving to Winnipeg include family/friends/social networks (49%), employment (26%), and education (17%) (Figure 15).



Reasons for Moving to the City of Winnipeg

Figure 15: Reasons for Moving to Winnipeg, among Metis adults



The most cited reason for moving to Winnipeg (family/friends/social networks) highlights the importance and strength of First Nations and Metis social networks and kin systems in Winnipeg and related homelands.

The next most common reasons for moving – housing, employment, education, and healthcare – reiterate the need to **reduce barriers and to support access to, and transition(s) into, culturally relevant education, employment, and housing opportunities in the City of Winnipeg and beyond.**



References

1. Government of Canada, & Canada, S. (2021, November 17). Dictionary, Census of Population, 2021 – Low-income cut-offs, before tax (LICO-BT). Statcan.Gc.Ca. <https://www12.statcan.gc.ca/census-recensement/2021/ref/dict/az/definition-eng.cfm?ID=fam020>
2. Truth and Reconciliation Commission of Canada. (2012). Truth and Reconciliation Commission of Canada: Calls to Action. https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Calls_to_Action_English2.pdf
3. Calls for Justice. (2019). In Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls.
4. Ennab, F. (2022). Safer Schools Without Policing Indigenous and Black Lives Winnipeg. Canadian Centre for Policy Alternatives. <https://www.policyalternatives.ca/news-research/safer-schools-without-policing-indigenous-and-black-lives-in-winnipeg/>
5. Thistle, J. & Smylie, J. (2020) Pekiwewin (coming home): advancing good relations with Indigenous people experiencing homelessness. CMAJ, 192 (10) E257-E259.
6. Abdi, F., & Leedham, J. (2025). Final Report: Urban Indigenous Housing, Funded by Canadian Mortgage and Housing Corporation (CMHC). Native Women’s Association of Canada (NWAC). https://nwac.ca/assets-documents/NWAC-Housing-Report_English-March-14.pdf



References

7. Prevalence of low income (LICO before tax). (2025). Available from: <https://lipdata.ca/indicator/prevalenceoflowincome%28licobeforetax%29-2021/#:~:text=The%20LICO%20levels%20are%20updated%20annually%20and,total%20population%20within%20the%20community%20of%20residence.&text=While%20this%20is%20a%20remarkable%20achievement%2C%20one,many%20people%20risk%20slipping%20back%20into%20povertyx>
8. Graham, S., Muir, N. M., Formsma, J. W., & Smylie, J. (2023). First Nations, Inuit and Métis Peoples Living in Urban Areas of Canada and Their Access to Healthcare: A Systematic Review. *International Journal of Environmental Research and Public Health*, 20(11), 5956. <https://doi.org/10.3390/ijerph20115956x>
9. Statistics Canada (2025). Table 11-10-0241-01 Low income cut-offs (LICOs) before and after tax by community size and family size, in current dollars. <https://doi.org/10.25318/1110024101-eng>
10. Richmond, C., Kerr, R. B., Neufeld, H., Steckley, M., Wilson, K., & Dokis, B. (2021). Supporting food security for Indigenous families through the restoration of Indigenous foodways. *Canadian Geographies / Géographies Canadiennes*, 65(1), 97–109. <https://doi.org/10.1111/cag.12677>
11. Province of Manitoba. (n.d.). Regional Forecast | Manitoba Labour Market Outlook | Economic and Labour Market Intelligence | Business, Mining, Trade and Job Creation | Province of Manitoba. <https://www.gov.mb.ca/jec/lmi/outlook/regional.html>
12. Bentley, R., Baker, E., & Aitken, Z. (2019). The ‘double precarity’ of employment insecurity and unaffordable housing and its impact on mental health. *Social Science & Medicine*, 225, 9–16. <https://doi.org/10.1016/j.socscimed.2019.02.008>



FIRST NATIONS HEALTH AND SOCIAL
SECRETARIAT OF MANITOBA



Well Living House

References

13. City of Winnipeg & Statistics Canada. (2021). 2021 Census Data - City of Winnipeg. In City of Winnipeg (pp. 1–17).
<https://legacy.winnipeg.ca/Census/2021/City%20of%20Winnipeg/City%20of%20Winnipeg/City%20of%20Winnipeg.pdf>
14. Bailey, K. A. (2015). Racism within the Canadian university: Indigenous students' experiences. *Ethnic and Racial Studies*, 39(7), 1261–1279.
<https://doi.org/10.1080/01419870.2015.1081961>
15. Stamp, J., Frigon, C., Dupéré, V., Dion, E., Olivier, E., & Archambault, I. (2022). School mobility and high school dropout: seasonal and developmental timing matters. *Frontiers in Education*, 7.
<https://doi.org/10.3389/feduc.2022.887617>
16. St. Germaine, N. (2023). Barriers and Facilitators for Accessing Indigenous Supports Literature Review. Indspire. <https://indspire.ca/wp-content/uploads/2023/03/Barriers-and-Facilitators-for-Accessing-Indigenous-Supports-Literature-Review-FINAL.pdf>
17. Kidd, S. A., Thistle, J., Beaulieu, T., O'Grady, B., & Gaetz, S. (2019). A national study of Indigenous youth homelessness in Canada. *Public Health*, 176, 163–171. <https://doi.org/10.1016/j.puhe.2018.06.012>
18. McConkey, S., Iannace, J., Snyder, M., Bourgeois, C., & Smylie, J. (2024). Measuring Indigenous homelessness: Findings from Our Health Counts Toronto. *Canadian Journal of Public Health. Revue Canadienne de Sante Publique*, 115(Suppl 2), 227–238. <https://doi.org/10.17269/s41997-024-00974-7>



FIRST NATIONS HEALTH AND SOCIAL
SECRETARIAT OF MANITOBA



References

19. Firestone, M., O'Brien, K., Xavier, C., Wolfe, S., Maddox, R., & Smylie, J. (2018). Housing & mobility. Retrieved January 14, 2023 from: <http://www.welllivinghouse.com/wp-content/uploads/2018/02/Housing-and-mobility-OHC-Toronto.pdf>
20. Rodrigues, C., Henderson, R., Lucas, K., Bristowe, S., Ramage, K., & Milaney, K. (2020). Developing gendered and culturally safe interventions for urban Indigenous families experiencing homelessness. Canadian Observatory on Homelessness Press.

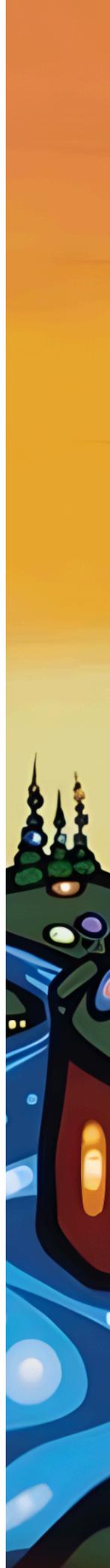


Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Before Tax Low-Income Cut-Off Among First Nations and Metis adults in Winnipeg	
At or below	94.2% (91.8, 96.7)
Above	3.1% (1.4, 4.7)
DK/NA/Declined	2.7% (0.8, 4.7)
Among First Nations and Metis adults in Winnipeg: How often do you have to give up important things to meet shelter-related/housing costs?	
Never	45.2% (39.4, 51.1)
Once to several times a month	28.1% (22.8, 33.4)
A few times a year	26.6% (21.6, 31.6)
Among First Nations adults in Winnipeg: How often do you have to give up important things to meet shelter-related/housing costs?	
Never	41.9% (35.6, 48.3)
Once to several times a month	30.3% (24.3, 36.3)
A few times a year	27.8% (22.1, 33.4)
Among Metis adults in Winnipeg: How often do you have to give up important things to meet shelter-related/housing costs?	
Never	50.5% (37.1, 64.0)
Once to several times a month	31.2% (19.7, 42.7)
A few times a year	18.3% (8.5, 28.0)
Employment status among First Nations and Metis adults in Winnipeg	
Unemployed	66.7% (62.3, 71.1)
Employed	14.4% (11.0, 17.7)
Student	6.7% (4.5, 8.9)
Not in labour force	6.4% (3.9, 8.8)
Other	5.7% (3.9, 7.5)
Educational attainment among First Nations and Metis adults in Winnipeg	
Less than highschool	56.8 (52.1, 61.6)
Completed highschool	29.1% (24.6, 33.6)
More than highschool	14.0% (10.8, 17.3)
Educational attainment among First Nations adults in Winnipeg	
Less than highschool	61.2% (56.1, 66.4)
Completed highschool	25.7% (20.9, 30.5)
More than highschool	13.1% (9.6, 16.5)

Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Educational attainment among Metis adults in Winnipeg	
Completed highschool	42.8% (32.2, 53.3)
Less than highschool	40.1% (29.7, 50.5)
More than highschool	17.1% (9.0, 25.2)
Housing status among First Nations and Metis adults in Winnipeg	
Stably housed	58.1% (53.4, 62.7)
Homeless or in transition	31.3% (27.0, 35.6)
Precariously Housed	8.3% (5.7, 10.8)
Other	1.8% (0.4, 3.3)
Declined	0.4% (0.0, 1.4)
Institution	0.2% (0.0, 0.6)
First Nations and Metis adults: How old were you the first time you experienced homelessness/houselessness?	
15-29	45.0% (39.4, 50.6)
30-44	24.1% (19.5, 28.8)
45-59	16.0% (12.3, 19.6)
<15 years	13.5% (9.6, 17.4)
60+	1.4% (0.2, 2.7)
First Nations adults: How old were you the first time you experienced homelessness/houselessness?	
15-29	43.8% (37.8, 49.8)
30-44	24.7% (19.5, 29.8)
45-59	15.9% (11.8, 20.1)
<15 years	15.3% (11.0, 19.7)
60+	0.3% (0.0, 0.7)
Metis adults: How old were you the first time you experienced homelessness/houselessness?	
15-29	48.3% (35.3, 61.3)
45-59	20.6% (11.6, 29.6)
30-44	20.2% (10.4, 30.0)
60+	5.7% (0.0, 11.6)
<15 years	5.2% (0.0, 12.6)

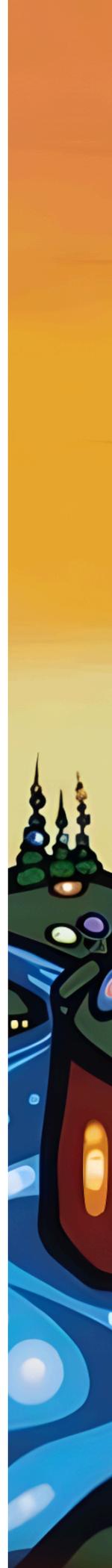


Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Reasons for Moving to Winnipeg, among First Nations and Metis adults	
Family/Friends/Social Networks	39.7% (34.1, 45.2)
Other	18.8% (14.9, 22.7)
Housing	17.1% (12.6, 21.6)
Employment	17.1% (12.9, 21.3)
Safety	12.7% (8.7, 16.7)
Education	12.2% (8.5, 15.9)
Healthcare	4.9% (2.3, 7.4)
Don't know/Declined	0.9% (0.0, 1.8)
Reasons for Moving to Winnipeg, among First Nations adults	
Family/Friends/Social Networks	38.2% (32.2, 44.3)
Other	20.0% (15.5, 24.5)
Housing	18.4% (13.3, 23.6)
Employment	16.5% (11.9, 21.0)
Safety	14.1% (9.5, 18.8)
Education	11.4% (7.4, 15.4)
Healthcare	4.9% (2.2, 7.6)
Don't know/Declined	0.9% (0.0, 1.9)
Reasons for Moving to Winnipeg, among Metis adults	
Family/Friends/Social Networks	49.4% (35.1, 63.6)
Employment	26.3% (14.3, 38.3)
Education	17.2% (7.1, 27.2)
Other	10.2% (3.7, 16.7)
Housing	6.8% (0.0, 14.0)
Healthcare	4.4% (0.0, 11.6)
Safety	2.6% (0.0, 8.1)
Don't know/Declined	0.4% (0.0, 1.9)

Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Where did you live before you moved to Winnipeg?	
First Nation reserve in Canada	28.3% (23.6, 33.0)
I have lived in Winnipeg all my life	43.8 (39.1, 48.5)
Canadian city	14.4% (11.2, 17.6)
Small town or rural area in Canada	12.4% (9.9, 14.8)
Métis community in Canada	0.8% (0.2, 1.5)
US	0.1% (0.0, 0.7)
International	0.1% (0.0, 0.3)
What were your reasons for moving to Winnipeg?	
Family/Friends/Social Networks	39.7 (34.1, 45.2)
Other	18.8% (14.9, 22.7)
Housing	17.1% (12.6, 21.6)
Employment	17.1% (12.9, 21.3)
Safety	12.7% (8.7, 16.7)
Education	12.2% (8.5, 15.9)
Healthcare	4.9% (2.3, 7.4)
Don't know/Declined	0.9% (0.0, 1.8)
How many times, if any, have you moved in the past 1 year?	
None	46.2% (41.3, 51.0)
Once	26.3% (21.9, 30.7)
2-4 times	24.6% (20.4, 28.8)
5 or more times	3.0% (1.1, 4.8)
How many times, if any, have you moved in the past 5 years?	
None	22.0% (17.9, 26.0)
Once	17.1% (13.4, 20.9)
2-4 times	40.8% (36.1, 45.6)
5 or more times	20.1% (16.1, 24.0)
Were these moves...	
Within the City of Winnipeg	80.0% (75.5, 84.5)
Between the City of Winnipeg and a First Nation	20.9% (16.1, 25.7)
Between the City of Winnipeg and another city	7.1% (4.3, 9.8)
Between the City of Winnipeg and a town or rural area	3.0% (1.3, 4.7)
Between the City of Winnipeg and another province	2.9% (1.0, 4.7)
Other	1.7% (0.1, 3.2)
Between two First Nations	0.6% (0.0, 1.9)
Between the City of Winnipeg and a Metis community	0.4% (0.3, 0.5)
Between two Metis communities	0.0% (0.0, 0.1)

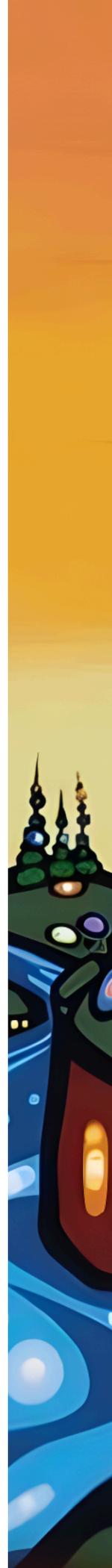


Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
What best describes the type of residence you currently live in?	
Private	68.9% (64.8, 73.0)
Collective	30.7% (26.7, 34.8)
Declined	0.4% (0.0, 1.4)
Housing Stability	
Stably housed	58.1% (53.4, 62.7)
Homeless or in transition	31.3% (27.0, 35.6)
Precariously Housed	8.3% (5.7, 10.8)
Other	1.8% (0.4, 3.3)
Declined	0.4% (0.0, 1.4)
Institution	0.2% (0.0, 0.6)
Overcrowding	
No	81.5% (76.9, 86.1)
Yes >1 person/room	18.5% (13.9, 23.1)
Is your dwelling in need of any major repairs?	
No	70.9% (65.1, 76.8)
Yes	28.3% (22.6, 34.0)
Don't Know/Declined	0.8% (0.0, 2.6)
In the last 2 years, have you had a problem in your home with bugs or pests?	
Yes	51.5% (45.4, 57.7)
No	48.0% (41.9, 54.2)
Don't Know/Declined	0.5% (0.0, 1.0)
LICO	
At or below	94.2% (91.8, 96.7)
Above	3.1% (1.4, 4.7)
DK/NA/Declined	2.7% (0.8, 4.7)
How often do you have to give up important things to meet shelter-related/housing costs?	
Never	45.2% (39.4, 51.1)
Once to several times a month	28.1% (22.8, 33.4)
A few times a year	26.6% (21.6, 31.6)
Have you ever experienced homelessness/houselessness?	
Yes	72.0% (67.3, 76.6)
No	28.0% (23.4, 32.7)

Appendix: Survey Reference Tables

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
How old were you the first time you experienced homelessness/houselessness?	
15-29	45.0% (39.4, 50.6)
30-44	24.1% (19.5, 28.8)
45-59	16.0% (12.3, 19.6)
<15 years	13.5% (9.6, 17.4)
60+	1.4% (0.2, 2.7)
What is the highest level of schooling you have completed?	
Less than high school	56.8% (52.1, 61.6)
Completed high school	29.1% (24.6, 33.6)
More than high school	14.0% (10.8, 17.3)
Have you not taken the education or training that you wanted for any of the following reasons?	
Lack of confidence or preparedness	22.0% (18.0, 25.9)
Personal or family responsibilities	20.9% (17.2, 24.7)
Personal	15.4% (12.3, 18.5)
Other	12.5% (9.2, 15.7)
Time constraints	12.0% (8.3, 15.6)
Cost	9.5% (6.5, 12.5)
Taking courses is not a high personal priority at this time	8.5% (6.4, 10.7)
Program or school not available where I live	5.8% (3.4, 8.2)
Don't know/Declined	5.6% (3.7, 7.5)
Courses not available to match needs/interests	4.2% (2.4, 5.9)
Outstanding legal problems	4.1% (3.0, 5.1)
Available courses are not a good fit for me culturally	1.2% (0.5, 1.8)
Current employment status?	
Unemployed	66.7% (62.3, 71.1)
Employed	14.4% (11.0, 17.7)
Student	6.7% (4.5, 8.9)
Not in labour force	6.4% (3.9, 8.8)
Other	5.7% (3.9, 7.5)
Don't Know	0.2% (0.0, 0.3)



**Ambe Widamidnid Ishi
Ma'am**

A-ya-mi-hi-na-n

**Vien t'assir pi
parli avec
nosote**

Tunngasugit

Talk With Us



FIRST NATIONS HEALTH AND SOCIAL
SECRETARIAT OF MANITOBA



UNITY HEALTH
TORONTO

