

Our Health Counts Kenora

An inclusive, community-driven health survey for Indigenous peoples in Kenora and related homelands

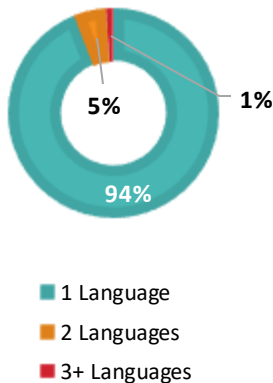
Adult Culture and Identity

Involvement in cultural practices and traditions, including speaking Indigenous languages, are key elements of Indigenous health and wellbeing. The Indian Act, residential school system, Sixties Scoop and other forms of cultural oppression have attempted to destroy Indigenous cultural practices and languages.¹ Despite ongoing historical traumas, First Nations, Inuit, and Métis (FNIM) peoples have maintained many traditional practices. Among FNIM peoples living in urban and related homelands, most continue to practice their nation-specific cultural traditions and have a strong sense of cultural identity.²

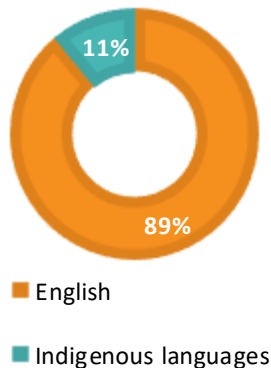
Indigenous Languages

40% of Indigenous adults in Kenora and related homelands speak an Indigenous language.

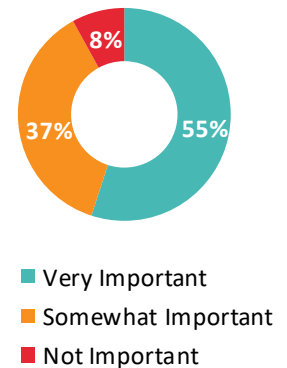
Of those who speak an Indigenous language, **6%** of Indigenous adults in Kenora and related homelands speak multiple Indigenous languages:



For over **1 in 10** Indigenous adults, the language most commonly used at home was an Indigenous language:



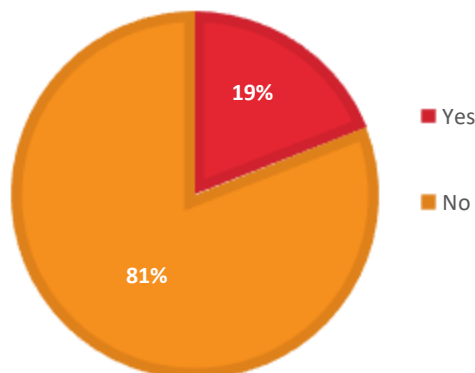
Most Indigenous adults indicated that speaking or learning an Indigenous language was important to them:



Traditional Ceremonies

Of those that participated in traditional ceremonies, **1 in 5** Indigenous adults experienced challenges in accessing traditional ceremonies

76% of Indigenous adults in Kenora and related homelands have participated in traditional ceremonies.



Common barriers to accessing traditional ceremonies included:

- Travel Distance
- Unsure where to access ceremonies
- Not knowing enough about ceremonies

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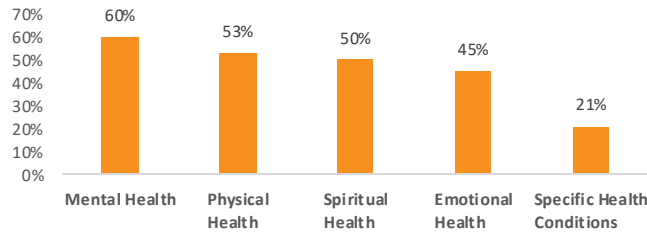
Community Health Assessment by the People, for the People

Adult Culture and Identity

51% of
Indigenous adults
used traditional
medicines to
maintain health
and well-being.

Traditional Medicines

Those who used traditional medicines, used it for mental, physical, spiritual, and emotional aspects of health and wellbeing.



Common sources of traditional medicine knowledge and practices were:

- Elders/Knowledge Keepers
- Family members
- Other Indigenous people

Policy Implications

We call on the City of Kenora, provincial, and federal governments to work in partnership with Indigenous peoples living in urban and related homelands and urban-based Indigenous organizations to:

1. Fund an expansion of Indigenous language education programming for children, youth, and adults.
2. Expand the number and accessibility of dedicated safe spaces for the practice of ceremony and traditions.
3. Develop, fund, and implement an Indigenous language and cultural teacher/ knowledge keeper human resource strategy.
4. Further unpack and address barriers for Indigenous Peoples in the access of Indigenous language and cultural programming, services and supports.
5. Support the continuation of traditional healing services and land-based programs which have demonstrated positive impact on mental health and wellbeing

TRC Call to Action 14⁴: We call upon the federal government to provide sufficient funds for Indigenous-language revitalization and preservation. The preservation, revitalization, and strengthening of Indigenous languages and cultures are best managed by Indigenous people and communities. Funding for Indigenous language initiatives must reflect the diversity of Indigenous languages.

TRC Call to Action 48⁴: We call upon the church parties to the Settlement Agreement, and all other faith groups and interfaith social justice groups in Canada to respect Indigenous Peoples' right to self-determination in spiritual matters, including the right to practice, develop, and teach their own spiritual and religious traditions, customs, and ceremonies, consistent with Article 12:1 of the United Nations Declaration on the Rights of Indigenous Peoples.

MMIWG Report Calls to Justice 2.5⁵: We call upon all governments, in partnership with Indigenous Peoples, to create a permanent empowerment fund devoted to supporting Indigenous-led initiatives for Indigenous individuals, families, and communities to access cultural knowledge, as an important and strength-based way to support cultural rights and to uphold self-determined services. This empowerment fund should include the support of land-based educational programs that can assist in foundational cultural learning and awareness.

MMIWG Report Calls to Justice 7.5⁵: We call upon governments, institutions, organizations, and essential and non-essential service providers to support and provide permanent and necessary resources for specialized intervention, healing and treatment programs, and services and initiatives offered in Indigenous languages.

Definitions: Indigenous adults: persons 15 years or older self-identifying as Indigenous (First Nations, Métis, and/or Inuit), living or using services in the City of Kenora

Sources: 1. Mitchell et al., (2019); 2. Smylie et al. (2011); 3. Phinney (1992); 4. Truth and Reconciliation Commission of Canada (2015); 5. MMIWG (2019)

Authors: Julia Iannace, Marcie Snyder, Stephanie McConkey, Raman Brar, Janet Smylie

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Population based estimates were created using respondent driven sampling

Our Health Counts Kenora: Community Health Assessment by the People, for the People



WELL LIVING HOUSE



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Our Health Counts Kenora

Adult Culture and Identity Reference

Our Health Counts Kenora is a comprehensive and inclusive health survey developed by community, for community, and is part of the largest Indigenous population health study in Canada.

Participants were selected using respondent-driven sampling, a statistical method which builds on the existing strengths of social networks and kin systems to recruit Indigenous people living in the city.

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Do you speak an Indigenous language or languages?	
Yes	40.1% (30.9, 49.2)
No	59.9% (50.8, 69.1)
If yes, how many Indigenous languages do you speak?	
1 language	94.8% (86.2, 100.0)
2 languages	4.6% (0.0, 13.0)
3 or more languages	0.6% (0.0, 2.8)
What language do you speak most often at home?	
English	88.5% (82.2, 94.9)
Ojibway	9.8% (4.5, 15.2)
Cree	0.0% (0.0, 0.3)
Other (includes Inuktitut/Inuinnaqtun)	1.2% (0.0, 5.4)
How important is speaking or learning an Indigenous language to you?	
Very important	55.2% (45.5, 65.0)
Somewhat important	36.7% (27.2, 46.2)
Not important	8.1% (2.1, 14.0)
Do you participate in traditional Indigenous ceremony?	
Yes	75.6% (66.6, 84.6)
No	23.2% (14.3, 32.1)
Don't know	0.4% (0.0, 1.6)
Declined	0.8% (0.0, 2.6)
Have you experienced challenges in trying to access traditional Indigenous ceremonies?	
Yes	19.0% (9.7, 28.4)
No	80.9% (71.6, 90.2)
Do you use traditional Indigenous medicines or practices to maintain your health and wellbeing?	
Yes	51.0% (41.3, 60.8)
No	47.8% (38.0, 57.5)
Don't know	0.4% (0.0, 1.2)
Declined	0.8% (0.0, 2.6)



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Adult Culture and Identity Reference

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
When getting treatment from a doctor or nurse, do you share information about your traditional medicine treatment(s)?	
Yes, always	0.7% (0.0, 2.1)
Yes, mostly	26.1% (15.7, 36.4)
No, not usually	6.7% (0.0, 14.9)
No, never	65.7% (53.3, 78.1)
Don't know	0.7% (0.0, 3.2)
Declined	0.2% (0.0, 1.1)
If yes, for which aspects of your health and wellbeing do you use traditional Indigenous medicines? (Can check more than one option)	
Physical health	53.3% (40.5, 66.1)
Mental health	60.3% (47.5, 73.1)
Emotional health	44.8% (31.8, 57.7)
Spiritual health	50.2% (38.9, 63.5)
Specific health condition	21.4% (11.1, 31.72)
How often do you feel strong in your relationship to the land/Mother Earth?	
All/most/some of the time	74.6% (66.8, 82.4)
A little of the time	22.3% (15.3, 29.4)
None of the time	2.8% (0.0, 6.9)
Don't know	0.2% (0.0, 1.0)

