

# Our Health Counts Kenora

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

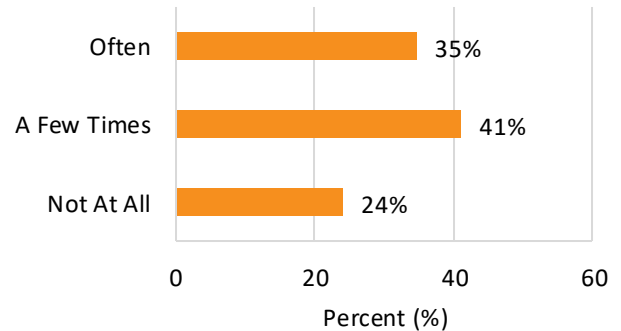
## Adult Nutrition and Food Security

Traditional and country food consumption has been severely impacted by colonial policies such as forced relocation, the restriction of traditional hunting and food production practices, and settler control of food provisions allowed in Indigenous communities.<sup>1,2</sup> Due to high rates of insecure housing and inequities in household incomes among Indigenous people living in urban and related homelands, there is also a reliance on nutrient-poor store-bought foods to meet dietary requirements.<sup>3</sup> This is especially concerning given the disproportionate burden of diabetes and other chronic diseases that are impacted by nutrient-poor diets among Indigenous populations.<sup>3</sup> Access to and consumption of traditional and grown foods are important methods for alleviating food insecurity and improving health among Indigenous peoples.<sup>2,3</sup>

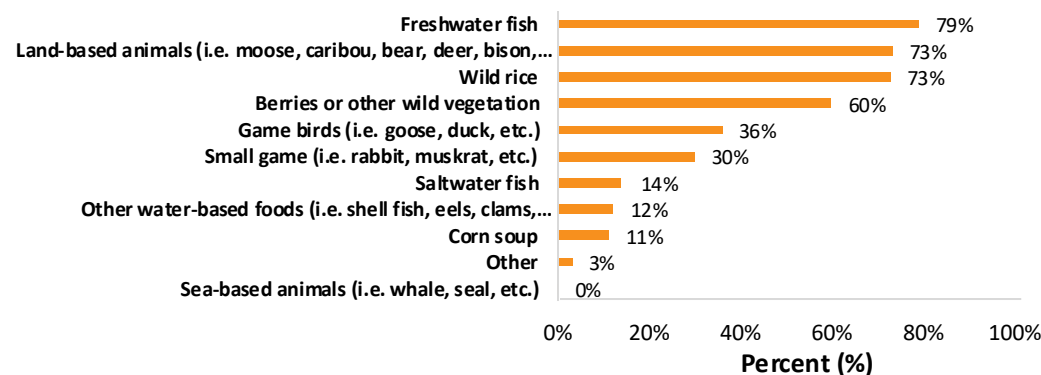
### Traditional and Country Food Consumption

More than **7 in 10** Indigenous adults in Kenora and related homelands have eaten traditionally hunted/gathered/ grown foods or country foods in the past 12 months.

**87%** of Indigenous adults in Kenora and related homelands would prefer eating more traditional or country food than what they currently eat.

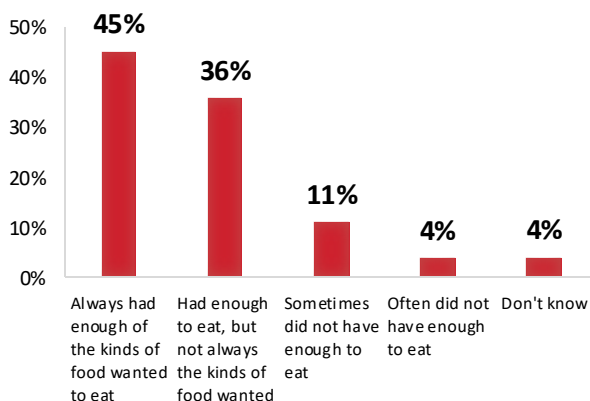


### Types of Traditional and Country Foods Consumed in Past 12 Months



Fresh water fish, land-based animals, wild rice and berries or wild vegetation were the most commonly reported traditional/country foods eaten by Indigenous adults in Kenora and related homelands.

### Food Security



In the past 12 months...

**51%** of Indigenous adults in Kenora and related homelands were **food insecure**.

**36%** had enough to eat, but not always the kinds of food they wanted.

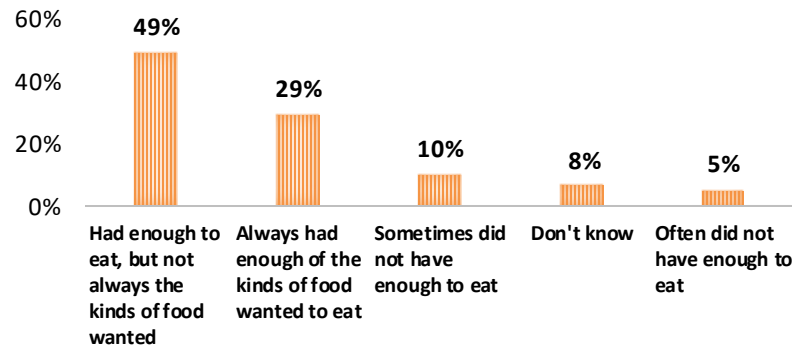
**15%** sometimes or often did not have enough to eat.

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## Adult Nutrition and Food Security

### Indigenous adults living in households with at least one child



In the past 12 months...

**64%** of Indigenous adults in Kenora and related homelands living in a household with at least 1 child were food insecure.

**49%** had enough to eat, but not always the kinds of food they wanted.

**15%** sometimes or often did not have enough to eat.

## 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. Address barriers for Indigenous peoples in accessing existing healthy nutrition and food security programming.
2. Develop and fund Indigenous-directed food banks and programming that provides equitable access to nutritious foods and land-based traditional foods.<sup>3</sup>
3. Acknowledge the history and ongoing legacy of colonialism in existing food systems and prioritize the development and implementation of programs and services to improve access to food that is affordable, culturally preferable, nutritious, and safe.<sup>4</sup>
4. Work with Indigenous peoples to support food sovereignty, which includes upholding the sacred responsibility to nurture healthy, interdependent relationships with the land, plants and animals that provide individuals, families, and communities with food.<sup>1,2,3</sup>
5. Create and promote systems and programs in Kenora that support traditional Indigenous food gathering practices, programs, and community gardens.<sup>1,2</sup>
6. Engage in policy reform to mitigate the negative consequences of climate change on food security. This includes reevaluating policies regarding forestry, fisheries, environmental conservation, health, agriculture, and rural and community development.<sup>1,2</sup>

**MMIWG Report Calls for Justice<sup>5</sup> 4.1:** We call upon all governments to uphold the social and economic rights of Indigenous women, girls, and 2SLGBTQQIA people by ensuring that Indigenous Peoples have services and infrastructure that meet their social and economic needs. All governments must immediately ensure that Indigenous Peoples have access to safe housing, clean drinking water, and adequate food.

**MMIWG Report Calls for Justice<sup>5</sup> 4.5:** We call upon all governments to establish a guaranteed annual livable income for all Canadians, including Indigenous Peoples, to meet all their social and economic needs. This income must take into account diverse needs, realities, and geographic locations.

|                    |                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                     |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>Definitions</b> | 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; Indigenous children: persons 1 to 14 years self-identified as Indigenous by their parent or guardian (First Nations, Métis, and/or Inuit), living or using services in the City of Kenora; Traditional foods: traditionally hunted, gathered or grown country foods. | Population based estimates created using respondent-driven sampling |
| <b>Sources</b>     | 1. Food Banks Canada (2023); 2. Ray et al., (2019); 3. Banerji et al. (2023); 4. Alderhill Planning Inc. (2023); 5. MMIWG Calls for Justice (2019).                                                                                                                                                                                                                                                                                    |                                                                     |
| <b>Authors</b>     | Julia Iannace, Marcie Snyder, Stephanie McConkey, Raman Brar, Janet Smylie                                                                                                                                                                                                                                                                                                                                                             |                                                                     |
| <b>Citation</b>    | Iannace, J., Snyder, M., McConkey, S., Brar, R., & Smylie, J. (2024). Our Health Counts Kenora: Nutrition & Food Security [Fact sheet].                                                                                                                                                                                                                                                                                                |                                                                     |

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



# Our Health Counts Kenora

## Adult Nutrition and Food Security 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<br>(95% Confidence Interval) |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>In the past 12 months, how often have you eaten traditionally hunted/gathered/grown and/or country foods?</b> |                                                      |
| Often                                                                                                            | 34.7% (25.8, 43.6)                                   |
| A few times                                                                                                      | 41.2% (31.5, 50.8)                                   |
| Not at all                                                                                                       | 24.2% (17.0, 31.4)                                   |
| <b>Would you prefer eating more traditional/country foods (i.e. fish, game, berries) than you can get?</b>       |                                                      |
| Yes                                                                                                              | 87.4% (79.9, 94.8)                                   |
| No                                                                                                               | 6.9% (1.4, 12.3)                                     |
| Neutral                                                                                                          | 5.0% (0.0, 10.2)                                     |
| <b>Which of the following traditional/country foods have you eaten in the past 12 months? (Adults aged 15+)</b>  |                                                      |
| Land-based animals (i.e. moose, caribou, bear, deer, bison, etc.)                                                | 73.4% (63.5, 83.3)                                   |
| Freshwater fish                                                                                                  | 79.2% (71.5, 86.8)                                   |
| Saltwater fish                                                                                                   | 14.1% (7.7, 20.4)                                    |
| Other water-based foods (i.e. shell fish, eels, clams, seaweed, etc.)                                            | 12.4% (5.9, 19.0)                                    |
| Sea-based animals (i.e. whale, seal, etc.)                                                                       | 0.3% (0.0, 1.1)                                      |
| Game birds (i.e. goose, duck, etc.)                                                                              | 36.1% (25.6, 46.6)                                   |
| Small game (i.e. rabbit, muskrat, etc.)                                                                          | 30.1% (19.8, 40.4)                                   |
| Berries or other wild vegetation                                                                                 | 60.1% (48.8, 71.4)                                   |
| Wild rice                                                                                                        | 72.9% (61.8, 84.1)                                   |
| Corn soup                                                                                                        | 11.4% (4.9, 17.9)                                    |
| Other                                                                                                            | 3.3% (1.3, 5.4)                                      |
| <b>Which of the following statements best describes the food eaten in your household in the past 12 months?</b>  |                                                      |
| You and others always had the kinds of food you wanted to eat                                                    | 45.0% (35.3, 54.7)                                   |
| You and others had enough to eat, but not always the kinds of food you wanted                                    | 35.7% (27.2, 44.2)                                   |
| Sometimes you or others did not have enough to eat                                                               | 11.0% (5.0, 17.0)                                    |
| Often you or others did not have enough to eat                                                                   | 3.9% (0.1, 7.6)                                      |
| Don't know                                                                                                       | 4.4% (0.1, 8.7)                                      |



# Our Health Counts Kenora

## Adult Nutrition and Food Security Reference

| Survey Question                                                                                            | RDS Prevalence Estimate<br>(95% Confidence Interval) |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>Percent of Indigenous adults living in a household with children that indicated...</b>                  |                                                      |
| <b>You and others always had the kinds of food you wanted to eat</b>                                       | 29.0% (16.6, 41.4)                                   |
| <b>You and others had enough to eat, but not always the kinds of food you wanted</b>                       | 48.7% (37.6, 60.0)                                   |
| <b>Sometimes you or others did not have enough to eat</b>                                                  | 9.8% (2.0, 17.6)                                     |
| <b>Often you or others did not have enough to eat</b>                                                      | 4.8% (0.0, 9.9)                                      |
| <b>Don't know</b>                                                                                          | 7.7% (0.0, 15.6)                                     |
| <b>In the past 12 months, have you had a place to go if you or your family doesn't have enough to eat?</b> |                                                      |
| <b>Yes</b>                                                                                                 | 92.2% (86.6, 97.9)                                   |
| <b>No</b>                                                                                                  | 4.7% (0.8, 8.7)                                      |
| <b>I have never needed to go to such a place</b>                                                           | 2.5% (0.0, 6.7)                                      |

