

Our Health Counts Toronto

Housing and Mobility

Housing is a key determinant of health and wellbeing.¹ Unstable housing has been associated with poorer overall health,¹ unmet health care needs, and higher emergency department use.² High levels of mobility often coincide with unstable, crowded housing and can impact participation in the labour force and education system. Indigenous people living in urban areas experience higher levels of mobility and precarious housing conditions than non-Indigenous people.³ The Truth and Reconciliation Commission highlights the connection between loss of traditional territories, unemployment, and attendance at residential schools to the high levels of unstable housing among Indigenous people in Canada.⁴



Homelessness

Over 1 in 3 (35%)

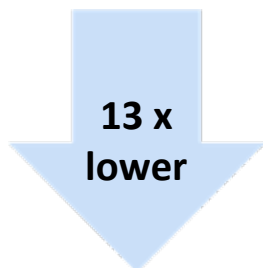
Indigenous adults in Toronto were precariously housed or experiencing homelessness at the time of the survey.

More than 8x higher

1 in 25 (4%) of Canadian adults have experienced homelessness or insecure housing in the past 5 years.⁵

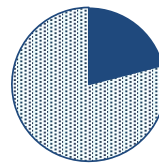
44% of stably housed Indigenous adults in Toronto reported living in social housing.

Rent vs. Ownership

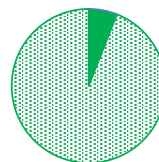


4% of Indigenous adults in Toronto who were stably housed owned their dwelling.
vs.
53% of all households in Toronto were owned.⁶

Repairs and Crowding



26% of Indigenous adults in Toronto lived in a dwelling that was in need of major repairs (i.e. defective plumbing or electrical wiring, structural repairs).



In comparison, **7%** of all private dwellings in Toronto were in need of major repairs.⁶

Housing Costs

Over **1/3** of Indigenous adults gave up key needs (e.g. groceries, transportation) to meet shelter/housing-related costs at least once a month.

More than 3x higher

14% of Indigenous adults lived in crowded dwellings.

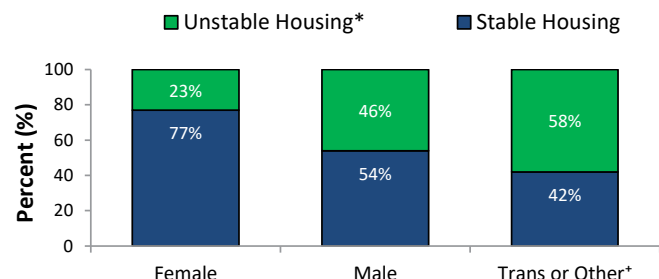
4% of non-Indigenous adults in Canada lived in crowded dwellings.⁷



Indigenous men and those who identified as Trans or Other in Toronto indicated living in unstable housing more often than Indigenous women.

*Unstable housing includes those living precariously housed or experiencing homelessness)

Needs



Our Health Counts Toronto

An inclusive community-driven health survey for Indigenous peoples in Toronto

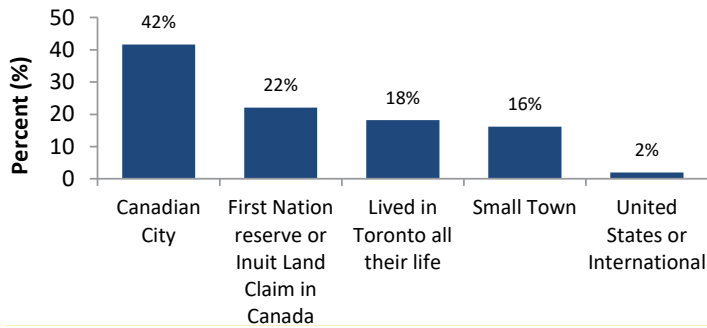
Housing and Mobility

52% of Indigenous adults living in the city of Toronto have moved at least once in the past year. In contrast **14%** of adults living in Toronto have moved in the past year.⁸

Of those who moved in the past year **34%** moved three or more times.

Over half of Indigenous adults that moved at least once in the past year said that all of their moves were within the city of Toronto.

2 in 5 Indigenous adults living in Toronto lived in another Canadian city before moving to Toronto.



The most common reasons for Indigenous adults to move to Toronto was to be closer to family and friends.

Reasons for moving to Toronto included:

Family/Friends/Social Networks	40%
Employment	33%
Education	26%
Healthcare	12%
Safety	9%
Housing	5%

Policy Implications

Housing and Mobility

City of Toronto, provincial and federal governments work with urban Indigenous peoples and organizations to:

- Develop, implement and evaluate an Indigenous Affordable Housing Strategy for the City of Toronto.
- Address barriers facing Indigenous peoples in accessing existing housing services and programs.
- Develop and fund programs to support housing transitions, including between, within and into urban areas.

Definitions

Indigenous adults: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Nation aged 15 years and older living or using services in the City of Toronto; Precariously housed: Indigenous adults living in rooming/boarding/group homes, motel/hotel, or recovery/second stage house; Institution: living in a nursing home, medical/psychiatric hospital, or drug/alcohol/addiction treatment facility; Homeless: living at a friend/family/partner's house, in a homeless shelter, or on the streets; Crowded dwellings: more than 1 persons per room; Employed: includes part/full-time work, seasonal work, self-employed, homemaker, or any informal paid work (e.g. babysitting, housekeeping); Not in labour force: Student or retired.

Population based estimates were created using respondent driven sampling (see Methods and Design Factsheet for more details)

Sources

1. Webster (2015); 2. Jaworsky et al. (2016); 3. Smylie et al. (2011); 4. Truth and Reconciliation Commission of Canada (2015); 5. Gaetz et al. (2013); 6. Statistics Canada (2017); 7. Statistics Canada (2015); 8. Statistics Canada (2013)

Our Health Counts: Community health assessment by the people, for the people



Well Living House
Indigenous Research, Scientific Integrity

Seventh Generation Midwives Toronto

SGMT



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

For the full OHC Toronto report visit:
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Our Health Counts Toronto

An inclusive community-driven health survey for Indigenous peoples in Toronto

Housing and Mobility Reference

Our Health Counts Toronto is an inclusive community-based health survey for Indigenous peoples of Toronto and is part of the largest Indigenous population health study in Canada. Participants were selected using respondent-driven sampling, a statistical method which uses social networks in the community to recruit Indigenous people living in the city.

Survey Question

RDS Prevalence Estimate
(95% Confidence Interval)

Which of the following best describes the type of residence you currently live in?

Unstable housing (Precariously housed or homeless)	34.9% (26.7, 43.1)
Stable housing (includes stable housing or institution)	65.1% (56.9, 73.3)

Female – Unstable housing	23.1% (12.9, 33.4)
Male - Stable housing	54.3% (42.3, 66.3)
Male - Unstable housing	45.7% (33.7, 57.7)
Trans or Other - Stable housing	42.0% (6.3, 77.7)+
Trans or Other - Unstable housing	58.0% (22.3, 93.7)+

If you are stably housed, do you live in social housing?

Yes	43.6% (34.9, 52.3)
No	56.4% (47.7, 65.1)

Have you moved at least once in the past year?

Yes	51.8% (43.9, 59.7)
No	48.2% (40.3, 56.1)

Is your home:

Owned (with or without a mortgage)	4.1% (1.2, 7.0)
Rented	95.9% (93.0, 98.8)

If yes, how many times have you moved in the past year?

1 to 2 moves	66.4% (53.4, 79.4)
3 or more moves	33.6% (20.6, 46.6)

How often do you have to give up important things (i.e. buying groceries, transportation, etc.) in order to meet shelter related costs?

At least once a month	36.2% (27.5, 44.9)
A few times a year	23.1% (14.5, 31.7)
Never	40.7% (31.7, 49.6)

If yes, were all of these moves within the city?

All	55.6% (43.0, 68.3)
Some	18.5% (8.9, 28.0)
None	25.9% (13.4, 38.4)

Is your dwelling in need of any major repairs? (i.e. defective plumbing or electrical wiring, structural repairs to walls, floors or ceilings, etc.)

Yes	26.2% (18.7, 33.8)
No	73.8% (66.2, 81.3)

Where did you live before you moved to Toronto?

Canadian city	41.6% (33.7, 49.6)
First Nations reserve or Inuit land claim territory in Canada	22.1% (15.0, 29.3)
I have lived in Toronto all my life	18.2% (13.5, 22.9)
Small town or rural area in Canada	16.2% (10.5, 22.0)
United States or international	1.7% (0.5, 2.8)

Crowded dwelling

One person or less person per room	86.1% (79.2, 93.1)
More than one person per room	13.9% (6.9, 20.8)

What were your reasons for moving to Toronto?

Family/friends/social networks	39.9% (30.8, 49.0)
Employment	32.9% (23.9, 41.9)
Education	26.4% (17.0, 35.7)
Healthcare	11.8% (6.6, 16.9)
Safety	9.4% (3.2, 15.6)
Housing	4.8% (1.6, 8.0)

Housing type by gender

Female – Stable housing	76.9% (66.6, 87.1)
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For the full OHC Toronto report visit:
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