The realities of well-being for First Nations, Inuit and Métis in Canada

Demographics

- First Nation: 1.1 million Aboriginal people
  - Mean age: 29.5 years
  - Life expectancy: 69.5 years

- Inuit: 31 million people
  - Mean age: 29.5 years
  - Life expectancy: 75.5 years

- Métis: 29 million people
  - Mean age: 21.5 years
  - Life expectancy: 84 years

Urbanization is a growing trend.

- First Nation: 50% live in urban areas
- Inuit: 22% live in urban areas
- Métis: 70% live in urban areas

20% change their place of residence within one year.

Life expectancy

- First Nation: 69.5 years
- Inuit: 75.5 years
- Métis: 84 years
- Non-Aboriginal population mean age is 39.7 years

Mean age

- First Nation: 29.5 years
- Inuit: 21.5 years
- Métis: 29.5 years

According to the Human Development Index, Canada = 6th in the world
First Nations = 68th

Social determinants of health

- Health professionals must recognize the effects of colonization on health, sexuality, reproduction and birth, access to care, health care policies, and the ability of health professionals to deliver culturally-safe care.

Resilience

- The presence of family members at a birth is important for many First Nations, Inuit and Métis communities.
- In 2010, 70% of Inuit preschoolers were found to live in food insecure homes.

Housing

- In the backyards of many Aboriginal communities, hazardous waste disposal sites, garbage landfills, incinerators and industrial plants.

Poverty

- In 2010, 70% of Inuit preschoolers were found to live in food insecure homes.
- 15% of Aboriginal peoples are unemployed.

Culture and Language

- 39% of Aboriginal single mothers earn less than $12,000 per year. Is this enough for your family?

What’s in your backyard?

- Traditional medicines have been used for thousands of years by Aboriginal peoples in Canada, with demonstrated efficacy in treating a wide range of health issues.

1.1 million Aboriginal people

Difficult for young age and mobility, make it more difficult for patients to access quality care and build a sense of trust in health professionals and for health professionals to ensure continuity of care.

Changing power structures

- Building trust
- Developing relationships
- Non-judgmental
- Self-reflection
- Self-determination
- Culturally-safe environment can improve health outcomes

Create and protect spaces for Aboriginal mothers as givers of life.

Empowerment

- What is health?
- Physical
- Spiritual
- Emotional
- Mental
- Community
- History
- Family
- Language

Despite systematic assimilation efforts, First Nations, Inuit and Métis communities continue to express their strength through language and culture.

First Nations, Inuit and Métis communities are under a boil-water advisory.

The benefits of eating country foods are cultural, economic, and nutritional. Access to traditional foods is increasingly affected by climate change and environmental pollutants.

Imagine having to leave your family and community weeks before your due date. Imagine giving birth alone, without the support of those who know and love you. The presence of family members at a birth is an important way many First Nations, Inuit and Métis are reclaiming birth and healing communities.

You are pregnant. Imagine having to leave your family and community weeks before your due date. Imagine giving birth alone, without the support of those who know and love you. The presence of family members at a birth is an important way many First Nations, Inuit and Métis are reclaiming birth and healing communities.

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Healthy traditional medicines can be used for thousands of years by Aboriginal peoples in Canada, with demonstrated efficacy in treating a wide range of health issues.

The Human Development Index:

- First Nations, Inuit and Métis in their realities
- Resilience
- Empowerment
- Self-determination
- Culture and Language

For more information, refer to Health professionals working with First Nations, Inuit and Métis consensus guideline. (JOGC 2013; 35(6))
The term Aboriginal is used inclusively to refer to First Nations (all persons identifying as First Nations or Indian, status or non-status, living on or off-reserve), Inuit and Métis.