



First Nations Health Authority
Health through wellness

First Nations Regional Health Survey: *Phase 3 (2015-2017)*

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September 26, 2019

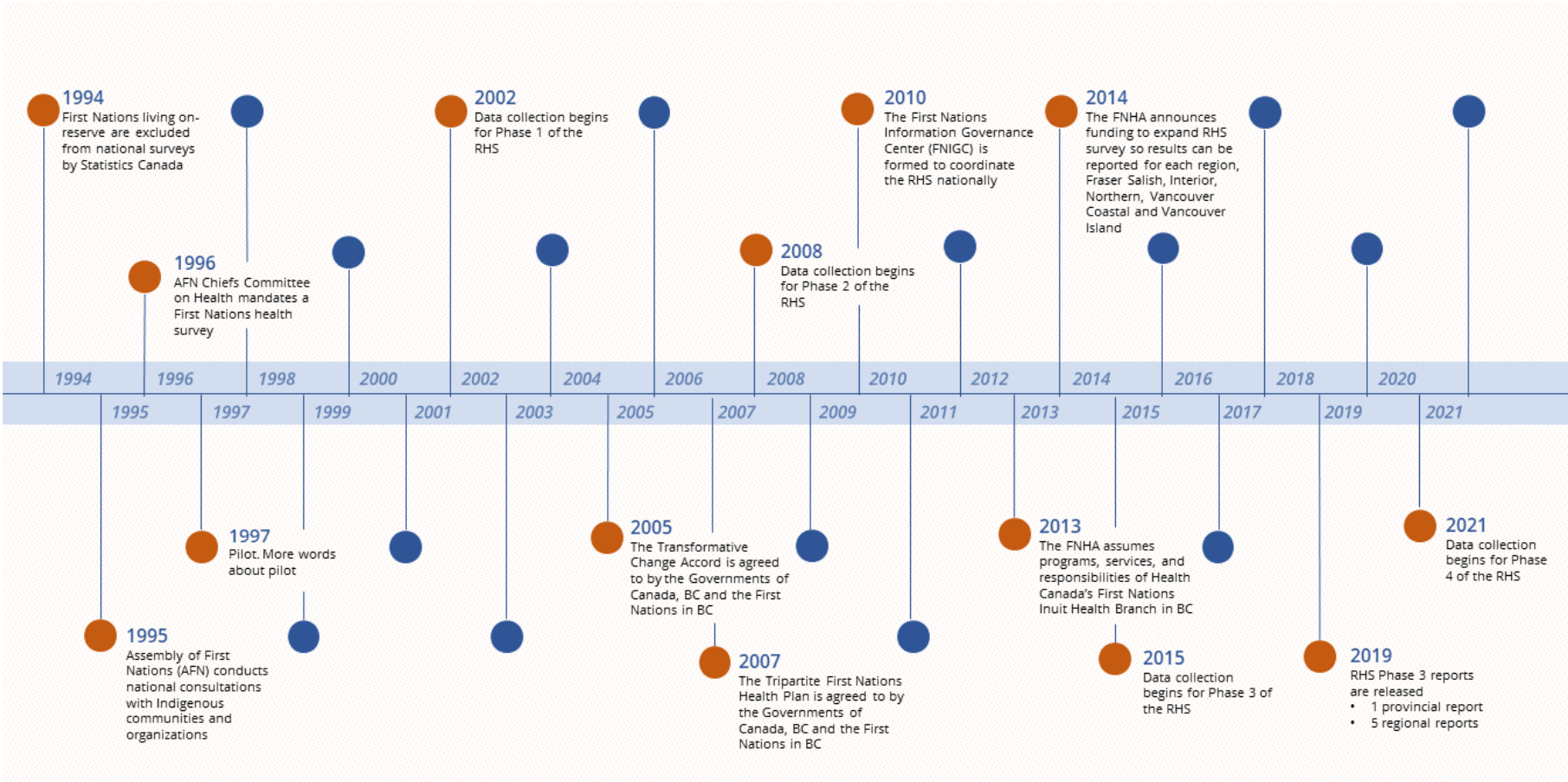


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Introduction



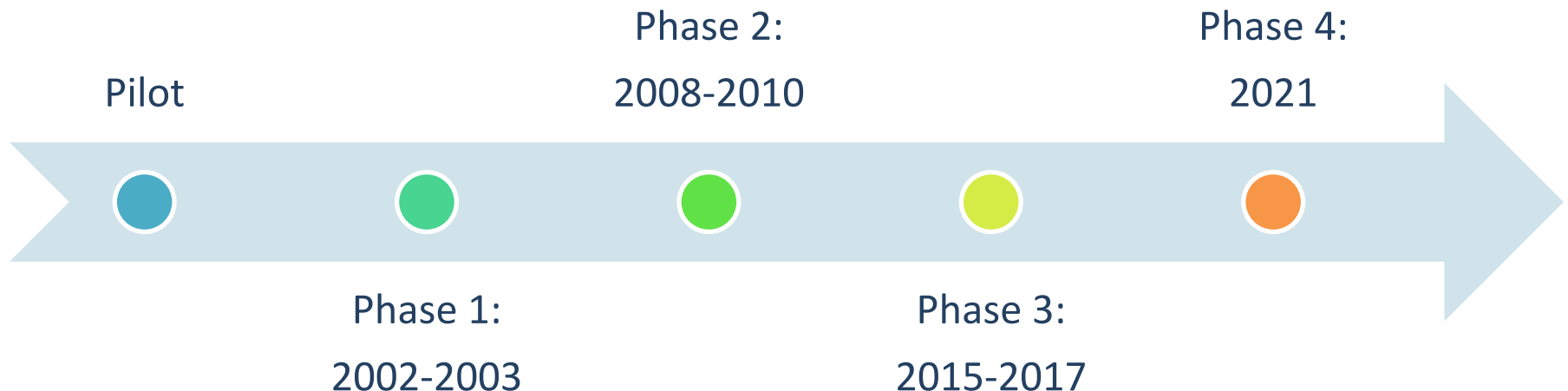
Timeline





First Nations Regional Health Survey (RHS)

The First Nations Regional Health Survey, coordinated by the FNHA, is the only First Nations-led and –governed nationally representative population health survey.





Privacy and Consent

Privacy

- OCAP®
- FNHA Privacy Impact Assessment
- RHS Data Protection and Stewardship Protocol

Community Consent

- Band Council Resolution or Community Participation Form

Individual Consent

- Individual Participation Form



Regional Engagement

Pre-Data Collection

Regional Data Governance Forums

Expansion

Regional Field Supervisors drive community participation



Data Collection

Locally-hired data collectors and supervisors



Data Analysis

Regional Areas of Interest

Reports Indicator selection



Knowledge Exchange

Presentations at Regional Caucuses

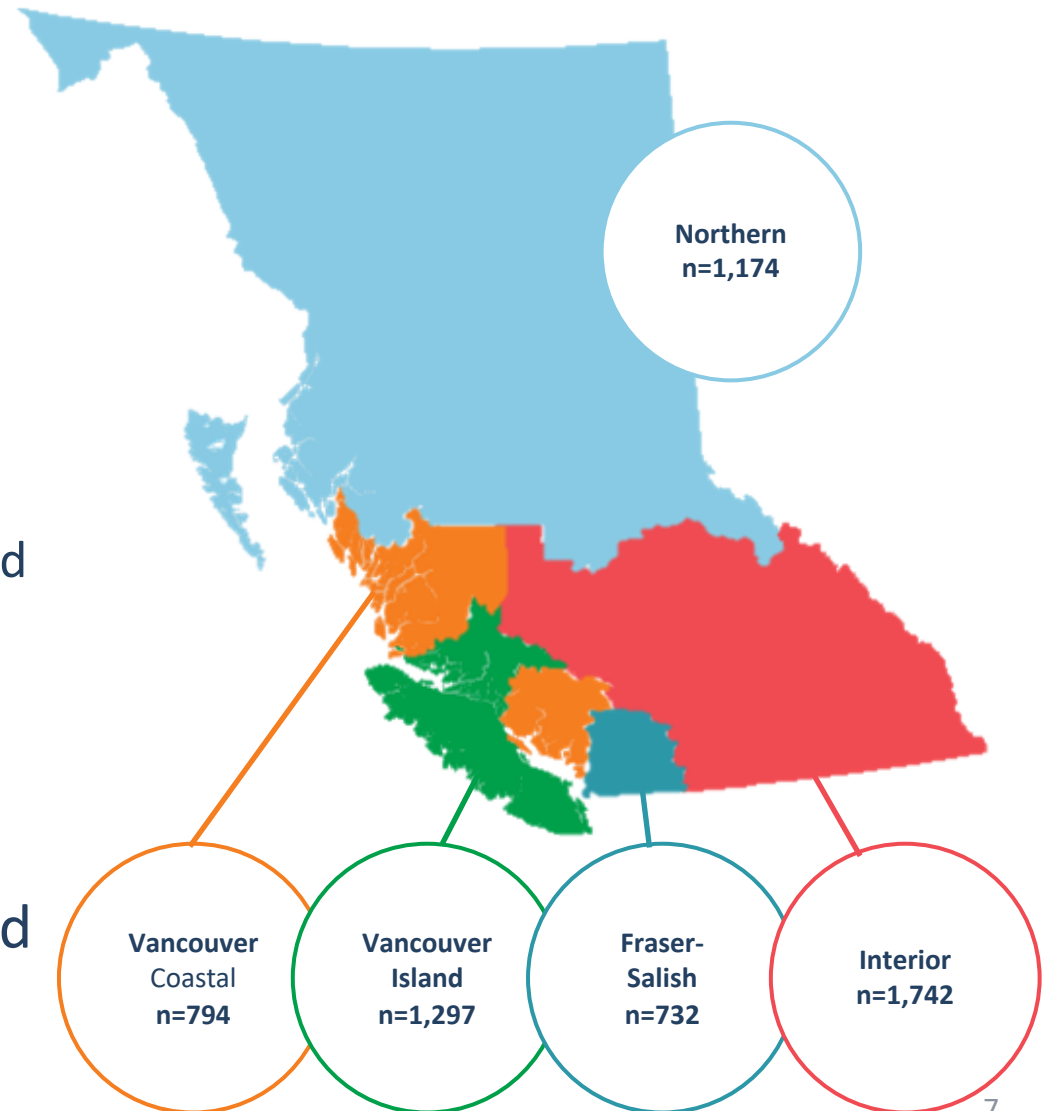
Regional reporting

Advisory Committee



Expanded Sample

- FNHA funded additional sample:
 - Based on community leadership requests
 - To reach more people and more communities
 - To be able to report on regional level
- Over 5700 people in 122 communities participated





Data Collection



Reporting

Provincial Report



5 Regional Reports



Tabular data

	Males		Females	
	%	95%CI	%	95%CI
No	25	(20-30)	32	(26-37)
Yes	75	(70-82)	68	(62-75)



FIRST NATIONS REGIONAL HEALTH SURVEY

PHASE 3 (2015-17)

Vancouver Island Region



First Na

First Na

First Na

First Na

First Na



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Analysis

- Descriptive statistics
- First time regional analysis conducted in-house in BC
- On-going analyses
 - **MSc students funded to conduct secondary analyses of survey data**
 - Population Health and Wellness Agenda
 - Indigenous Women's Health Report

The screenshot shows the website for the Faculty of Health Sciences at Simon Fraser University. The header includes the SFU logo and the text 'SIMON FRASER UNIVERSITY ENGAGING THE WORLD' and 'Faculty of Health Sciences'. A navigation menu on the left lists various pages: HOME, ABOUT US, ACCREDITATION 2015, FUTURE STUDENTS, CURRENT STUDENTS, OUR RESEARCH, NEWS & EVENTS, PEOPLE, EMPLOYMENT OPPORTUNITIES, SUPPORT THE FACULTY, FHS INFOCENTRAL, CONTACT US, and SFU HEALTH INNOVATION. The main content area features a video player titled 'MSc in Indigenous Population Health' with a play button and 'Watch later' and 'Share' options. The video thumbnail shows a group of diverse people, including a man in a dark jacket and a woman in a red shirt, sitting together and looking at a laptop screen.

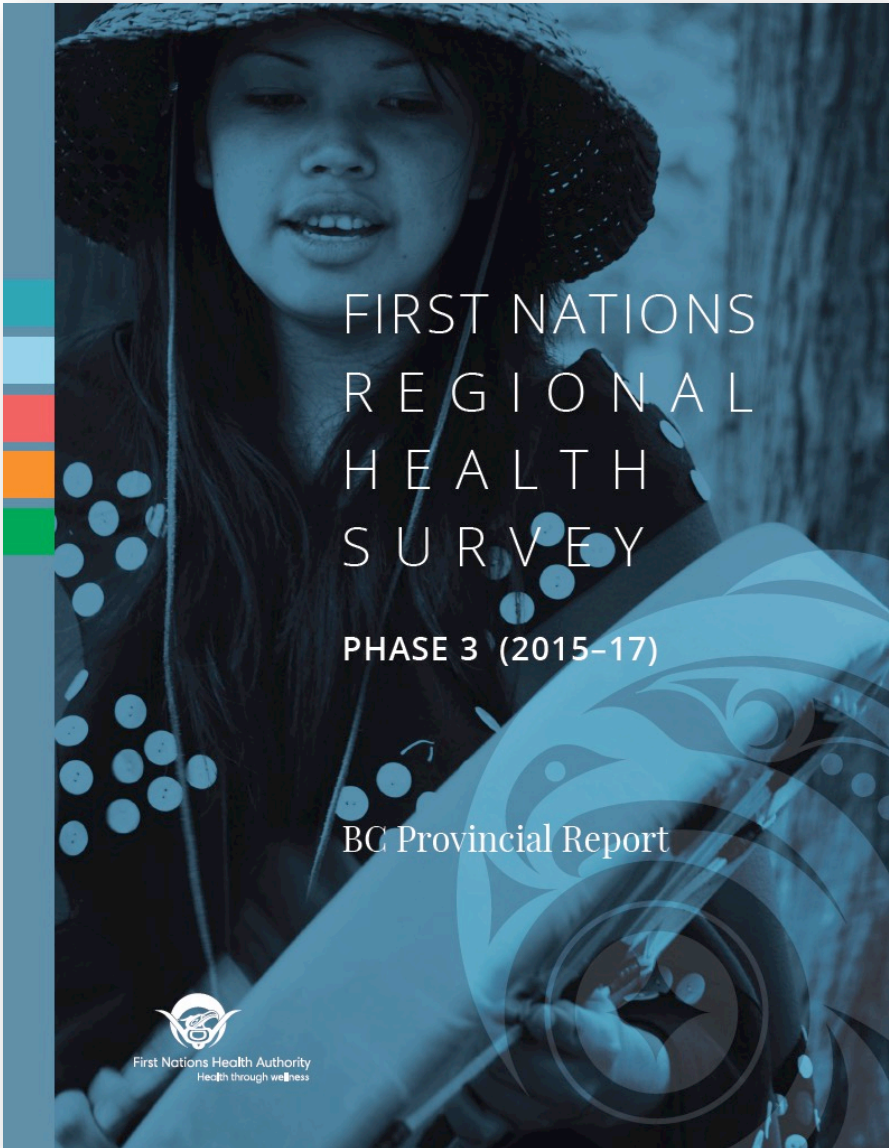


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Provincial Results



Provincial Results





Interest Areas

Traditional Wellness

- Traditional Foods and Medicines
- Cultural Learning and Activities

Mental Health and Wellness

- Belonging and Social Support
- Suicidal Thoughts and Attempts

Primary Health Care

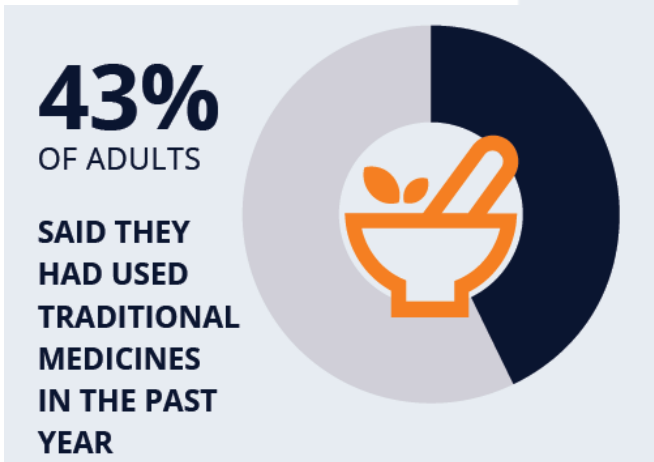
- Quality of Health Services in Community
- Access and Barriers to Care



Traditional Foods and Medicines



SAID THEY HAD OFTEN EATEN TRADITIONAL FOODS IN THE PAST YEAR



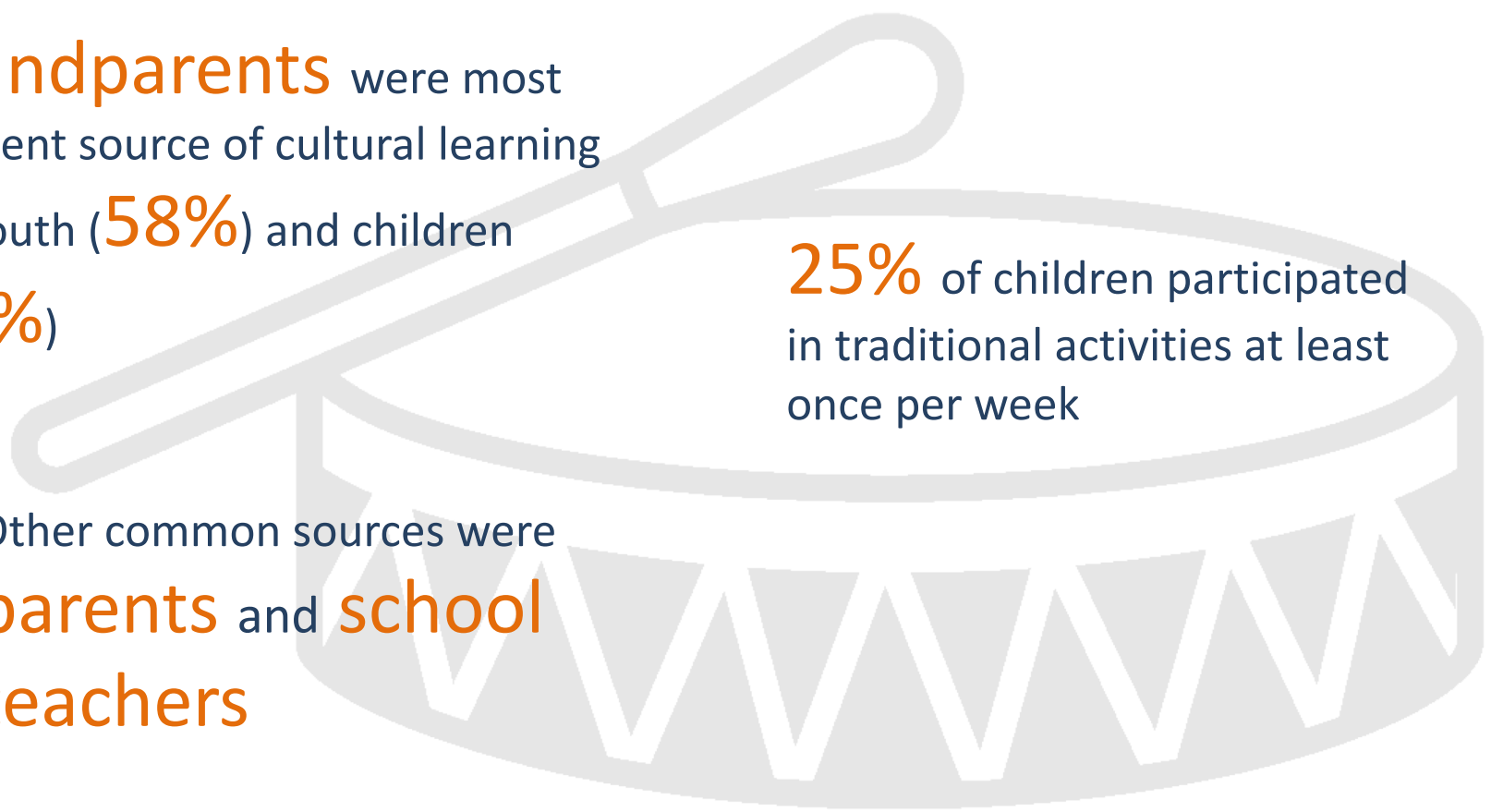


Cultural Learning and Activities

Grandparents were most frequent source of cultural learning for youth (**58%**) and children (**68%**)

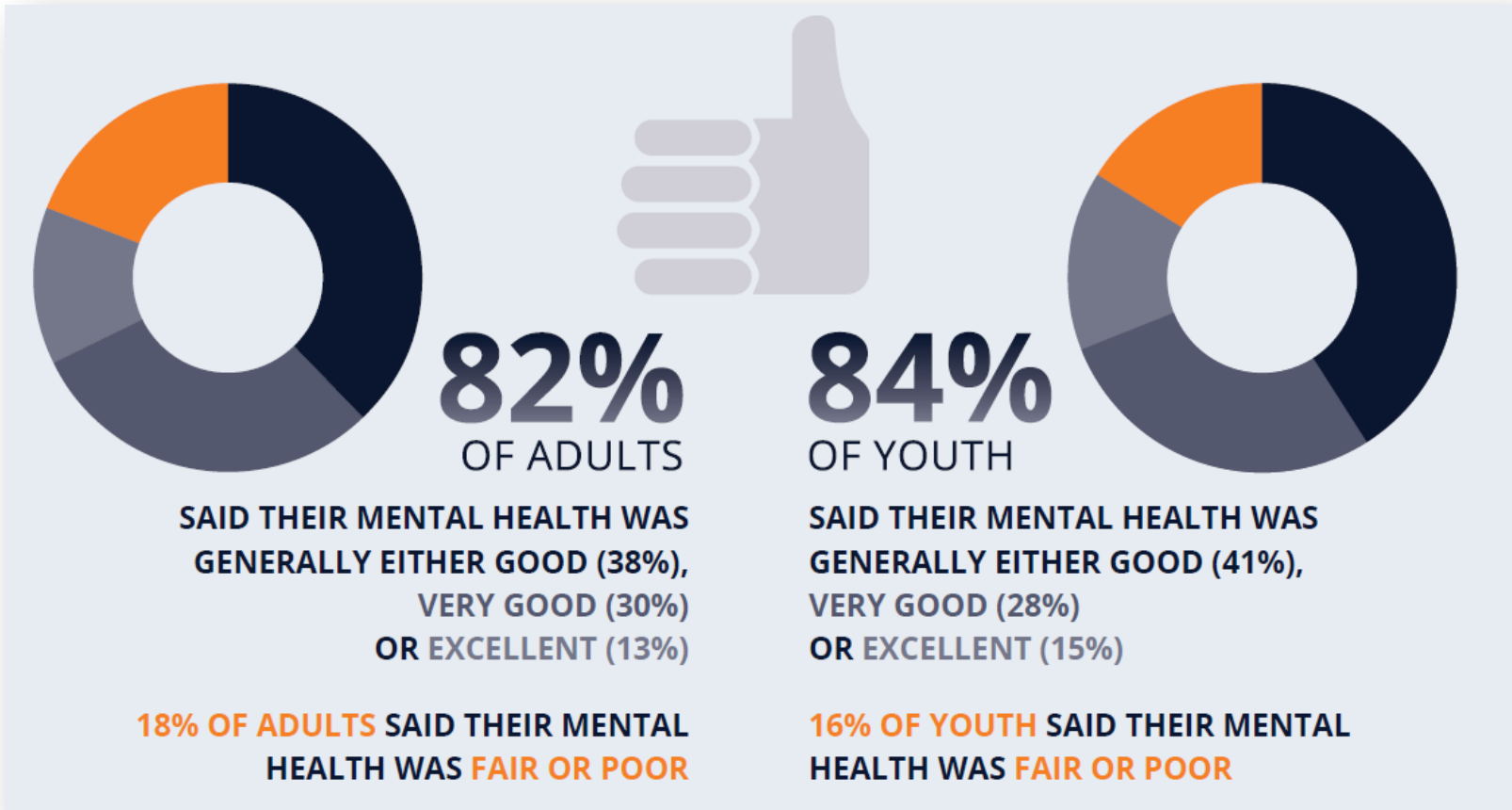
25% of children participated in traditional activities at least once per week

Other common sources were **parents** and **school teachers**





Mental Health and Wellness





Mental Health and Wellness - Youth

19% of **male youth** said they had

excellent mental health

compared to **11%** of female youth



Belonging and Social Supports



84% OF ADULTS
FELT A STRONG **SENSE
OF BELONGING** IN THEIR
COMMUNITY



88% OF ADULTS AND YOUTH
SAID THEY HAD **SOMEONE TO
CONFIDE IN OR LISTEN TO THEM**
some or all of the time.



Belonging and Social Support



78% OF ADULTS SAID THEY TURN TO FAMILY MEMBERS (44%) AND FRIENDS (34%) FOR EMOTIONAL AND MENTAL HEALTH SUPPORT



36% OF YOUTH MOST COMMONLY IDENTIFIED A FRIEND AS THEIR SOCIAL SUPPORT



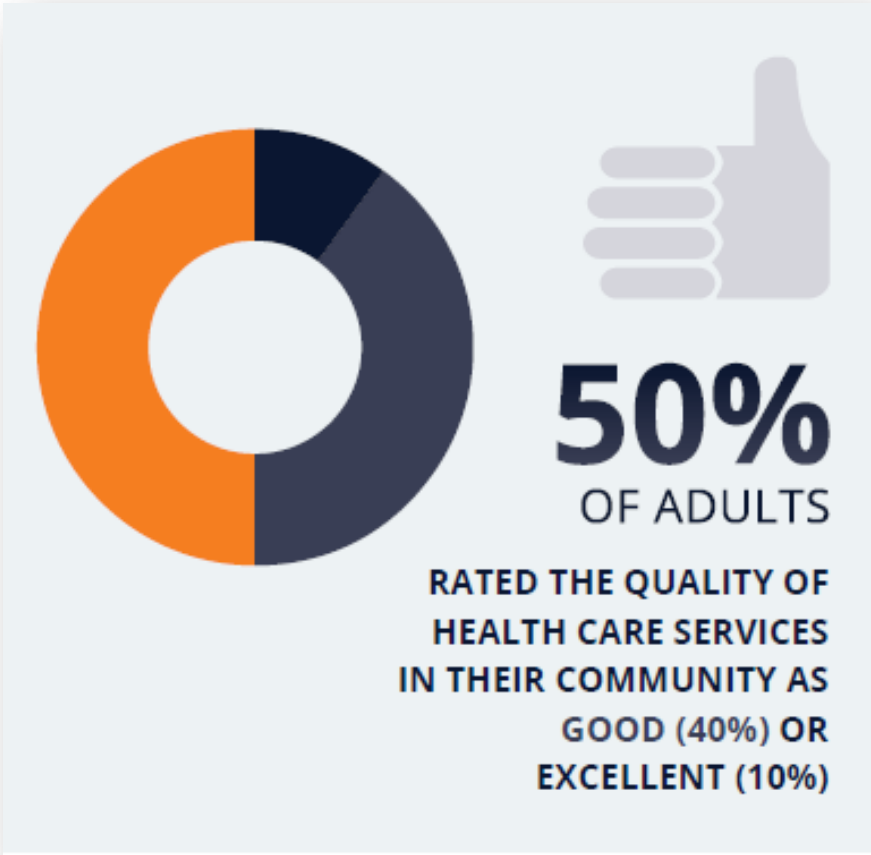
Social Supports: Males and Females

51% of male adults and **56%** of male youth said they **had not reached out to anyone** in the past year about an emotional or mental health problem

compared to **27%** for female adults and **30%** for female youth



Quality of Health Services





Primary Care Quality

Among adults requiring health care in the past year, **85%** received sufficient care

96% of children requiring care received sufficient care





Barriers to Care

ADULTS RECEIVING CARE FACED BARRIERS SUCH AS:

- **LACK OF ACCESS** including where services or health professionals were unavailable or inaccessible due to wait times (**47%**);
- **COST** including the cost of services not covered by insurance (**43%**) (**24%**); or enabling them to get care such as childcare or transportation
- **INADEQUATE HEALTH CARE (26%); and**
- **INABILITY TO ARRANGE TRANSPORTATION (18%)**



Barriers to Care

CHILDREN RECEIVING CARE FACED BARRIERS SUCH AS:

- **LACK OF ACCESS (37%);**
- **COST** including the cost of services not covered by insurance (**25%**) or enabling them to get care such as childcare or transportation (**19%**);
- **CULTURALLY INAPPROPRIATE SERVICES (18%);**
- **INADEQUATE HEALTH CARE (26%);** and
- **DIFFICULTY ARRANGING TRANSPORTATION (14%)**



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Knowledge Exchange



Knowledge Exchange: Planned Activities

Regional Advisory call

Internal knowledge exchange

FNHA website

Infographics and Fact Sheets

Conferences

Data Return Dinners & Ceremonies



Knowledge Exchange: Timeline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept. 22	23 <i>Printed reports in communities!</i>	24	25	26 <i>UBC Learning Circle</i>	27	28
29	30 <i>Digital reports available online</i>	Oct. 1	2	3	4 <i>FNHA E-Blast</i>	5 <i>FNHA Social media posts</i>



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Data Return



Regional Data Return

- 6 aggregate data reports, a **provincial report** and **five regional reports** including all response options for all questions
 - Approx. **10,000 estimates per report** including age and gender stratifications
- Clear and simple guide will be provided to interpret the data and build data literacy
- Communities can organize sub-regional consent to receive more granular data



Data Access Requests

- Access to RHS data for participating communities is fundamental to OCAP™ Principles
- RHS data can be requested by contacting

RHS@fnha.ca

- Best efforts will be made to provide data, while protecting privacy



Next Steps for

RHS3

- One-on-one meetings with FNHA regional teams
- Travel to regional caucuses this fall
- Aligning 'data return dinners' with regional events
- Nursing Education Forum
- Gathering Wisdom X

RHS4

- RHS 4 planning underway
- Expansion request in the works
- Regional Advisory Committee meeting
- Data Collection:
September 7, 2020



Happening now!

Overseen in BC by the
the First Nations Health
Authority



**First Nations Labour and Employment
Development Survey**





Our Team



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July 2018



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March 2018



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June 2019



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April 2019



Q & A

Contact: RHS@fnha.ca