



First Nations Health Authority
Health through wellness

Regional Health Survey (RHS) 2015-2017

Results from the Vancouver Island Region

Vancouver Island Regional Caucus
November 6, 2018



Vancouver Island Priority Areas

Traditional Wellness

- Traditional Foods and Medicines
- Languages
- **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

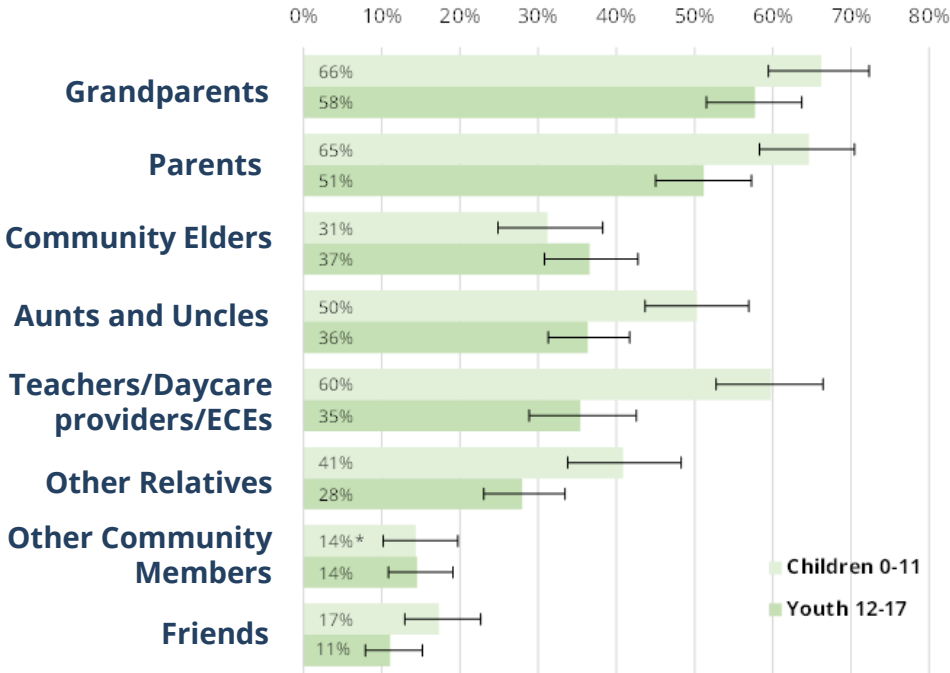
Diabetes

- **Diagnoses and Care**



Cultural Learning and Activities

Overall, 27% of children and 19% of youth were reported to participate in traditional activities (such as singing, drumming or dancing) at least once per week outside of school



* interpret with caution due to moderate variability

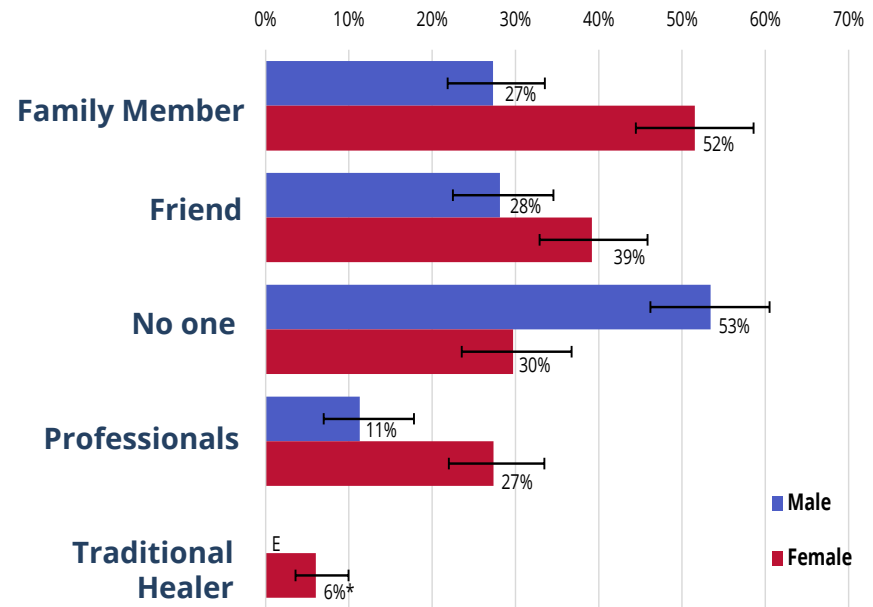
Individuals identified as helping children and youth understand their culture



Belonging and Social Supports

83% of adults felt a strong sense of belonging in their community

42% of adults and 44% of youth had spoken to no one about their emotional or mental health in the past year

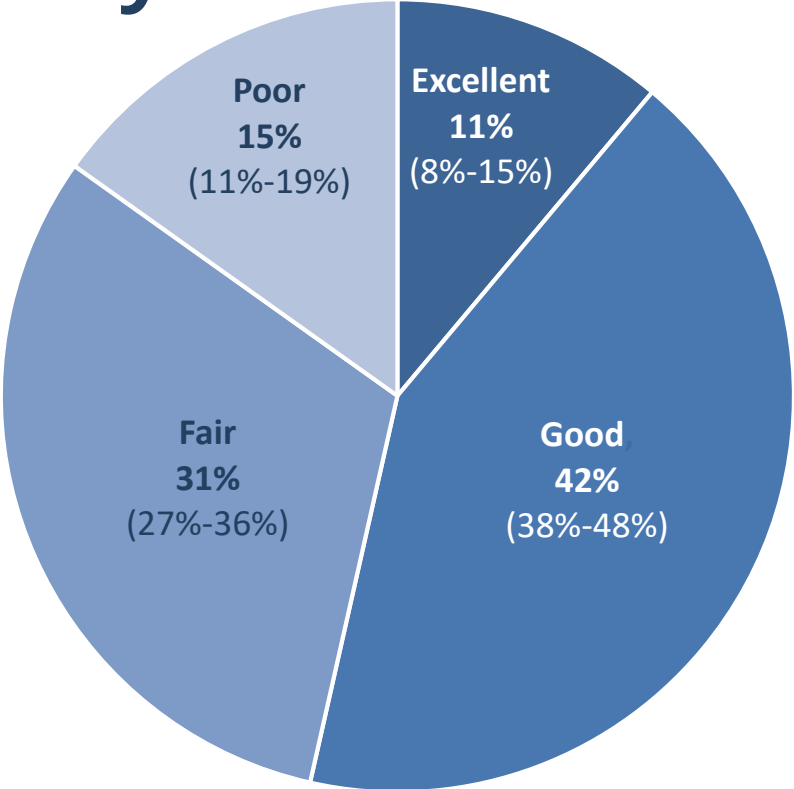


* interpret with caution due to moderate variability E estimate suppressed due to low cell count

Social supports adults have seen or talked on the telephone to about their emotional or mental health in the past year by gender



Perceived Quality of Health Services in Community



Rating by adults of the quality of health care services available in their community

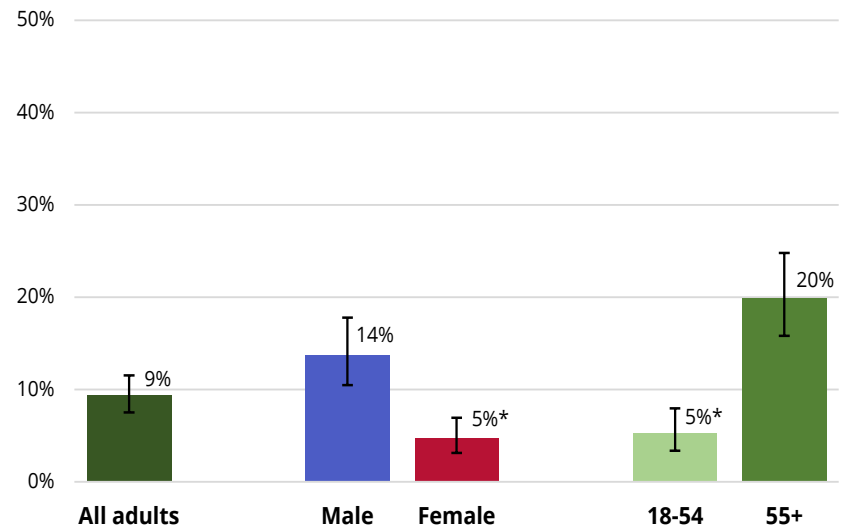


Diabetes Diagnoses and Care

52% of adults with diabetes were currently attending a clinic for diabetes

Of the 48% not currently attending a clinic

- 43% reported that they no longer required diabetes education
- 31% did not have a diabetes clinic or specialist available in their area and/or at a convenient time



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Adults who reported being told by a health care professional that they have diabetes by gender and age group



Next Steps for the RHS in BC

- RHS Provincial and Regional Reports are on track to be released in early February 2019
- FNHA has committed to another phase of the RHS to begin data collection in 2020

Send your questions or feedback to RHS@FNHA.ca
We would love to hear from you!



FNHA and SFU Partner to Recruit First Nations Students to Master of Science Program specializing in Indigenous Population Health

- 3 MSc students enrolled in Fall 2018
- 3 MSc students to enroll in Fall 2019
 - **Application deadline is November 19!**

The screenshot shows the SFU Faculty of Health Sciences website. 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 displays a video player for the 'Masters of Science (MSc) Program in Indigenous Population Health'. The video thumbnail shows a group of diverse students, with one student in the foreground holding a traditional Indigenous drum. The video player includes a play button, a 'Watch later' button, and a 'Share' button.

More information: <http://www.sfu.ca/fhs/fnha-MSc/>



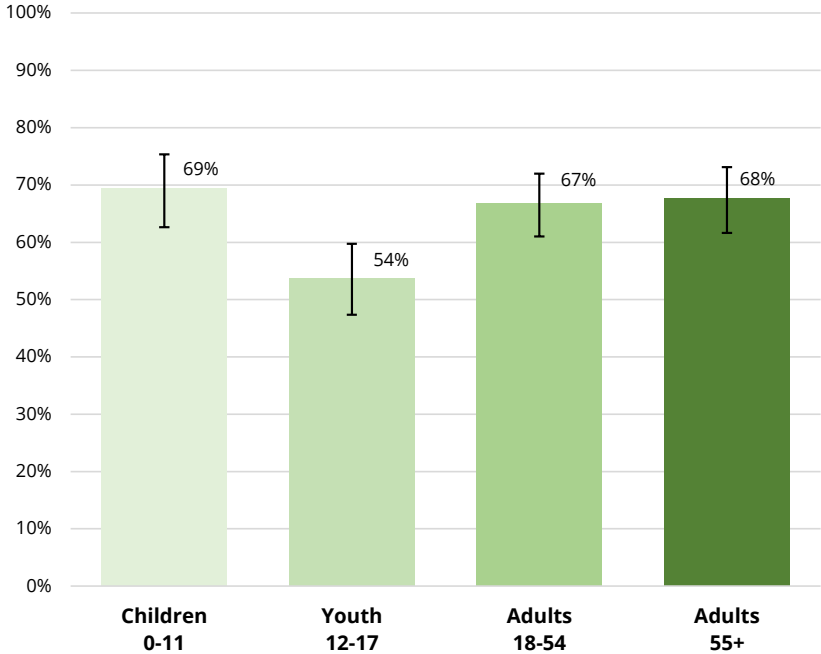
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ADDITIONAL SLIDES



Traditional Foods and Medicines

- 38% of adults reported using traditional medicines in the past year



Percentage of participants reporting eating at least one traditional food often in the past 12 months by age group



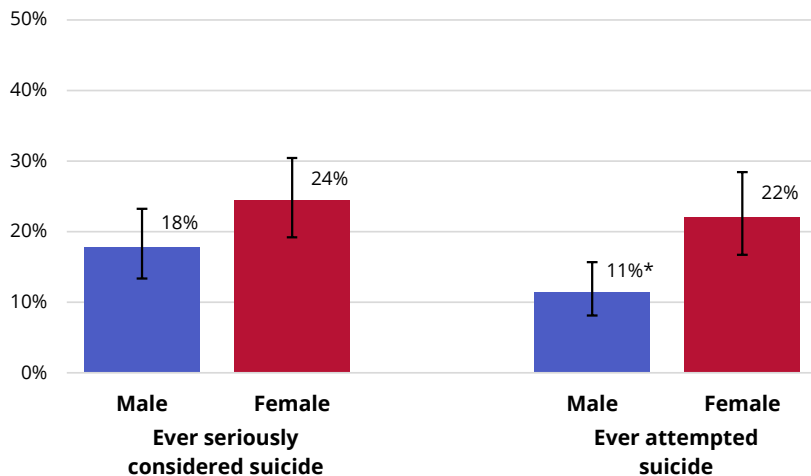
First Nations Languages

- One-in-ten (10%) adults reported being able to understand and speak a First Nations language at an intermediate or fluent level



Suicidal Thoughts and Attempts

Adults



** interpret with caution due to moderate variability*

Percentage of adults reporting that they ever seriously considered or attempted suicide by gender

Youth

- 12% of youth reported that they had ever attempted suicide
- 45% reported getting professional help following their attempt

KUU-US Crisis Line:

Adults/Elders (250-723-4050)

Child/Youth (250-723-2040)

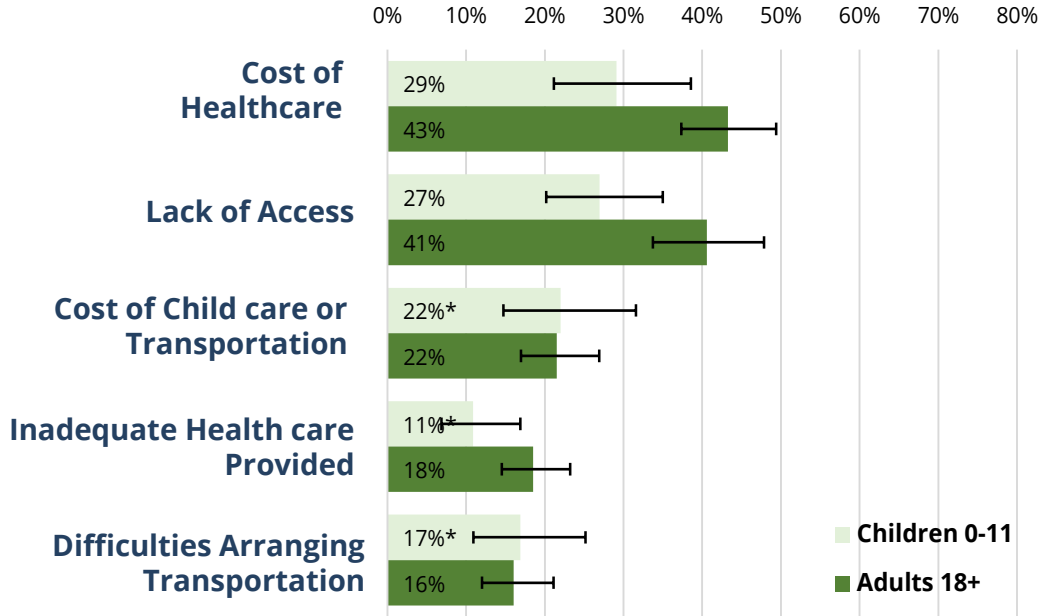
Toll Free Line (1-800-588-8717)



Access and Barriers to Care

72% of adults reported receiving health care in the past 12 months

12% of those who required care did not receive all of the care they needed



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Barriers experienced to receiving health care by children and adults who received health care in the last year



FNHA Expansion

- For the 2015-2017 survey, FNHA funded an additional sample:
 - In response to requests from community leadership
 - To reach more people and more communities
 - To be able to report on a regional level, which will be more useful to regional teams and communities
 - Invited each region to participate at 100%

- Over 5700 First Nations people in 122 communities participated

