



Health and Social Conditions in Eeyou Istchee

What people told the Aboriginal Peoples Survey

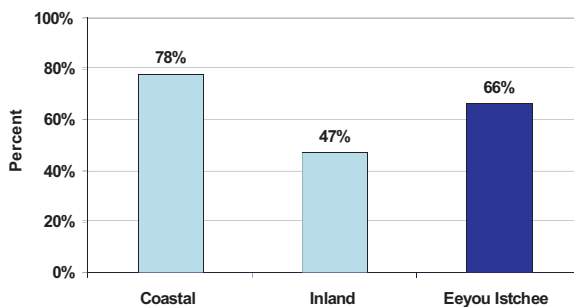
In 2001, Statistics Canada carried out a survey of Aboriginal people across Canada. In total, 906 Eeyouch from the nine communities took part in the survey. The Cree Board of Health obtained the data from Statistics Canada and prepared a report in order to share the results with Eeyouch. Here is what we learnt from the survey:

About children

BREASTFEEDING

- 66% of mothers breastfeed their baby. Women living in the coastal communities are more likely to breastfeed, and they stick with it longer.

Percent of babies who were breastfed
Children born between 1997 and 2001



EDUCATION

- Most parents say that their child is doing well in school. But they also report that 13% of children were expelled or suspended from school at some time.

CHILDREN'S ACTIVITIES

- How do children spend their time when they are not in school? In Eeyou Istchee, most children eat supper with their family, spend time with Elders, or play sports. Fewer children belong to clubs, spend time on cultural activities, or do arts or music.
- Parents say, on average, children spend almost 4 hours each day on the computer or watching television (computer or video games = 1 hour; TV = 2 3/4 hours).

WEIGHT

- Many children weigh more than is healthy. Half of all children are overweight, and another 1/5 are close to being overweight.

HEALTH

- 3/4 of all parents say that their child's health is "very good" or "excellent".
- Common health problems in children are ear infections, allergies, and asthma. Like children elsewhere in Canada, about 15% of children in Eeyou Istchee have asthma.
- In 2001, 12% of children were injured badly enough to need some type of medical care. This means that they had things like a sprain, a broken bone, or a bad cut or burn.

About adults

USE OF COMPUTERS

- Half of all adults in Eeyou Istchee used a computer in 2001. Most (80%) of the people who used a computer surfed the internet at least sometimes.

SOCIAL SUPPORT

- More than 2/3 of adults say that they have someone they can count on to listen to their problems, or to give them advice if they need it.

SMOKING

- 37% of adults smoke every day, and another 14% smoke sometimes. Most Eeyouch have smoked at some time in their lives: only 15% have never smoked.
- The people who quit smoking usually do so before age 40.



DRINKING

- Eeyouch are less likely than other Canadians to drink alcohol. But the people who do drink tend to “binge” (have five or more drinks at one time). In Eeyou Istchee, almost everyone who drinks “binges” at least once in a while. Over 1/3 of drinkers “binge” several times a month.

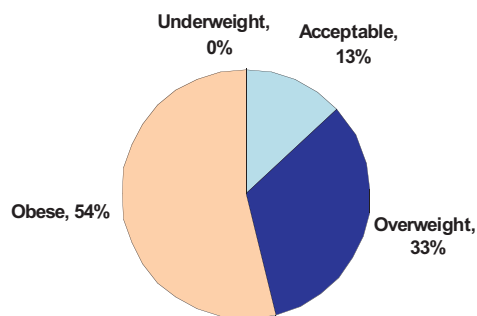
WEIGHT

- A third of adults are overweight, and another 54% are obese (very overweight). Only 13% of adults have a healthy weight.

HEALTH

- Half the adults in Eeyou Istchee describe their health as “very good” or “excellent”.
- But 39% of adults have some type of chronic health problem. The most common problems are:
 - high blood pressure and heart disease
 - diabetes
 - breathing problems like asthma or chronic bronchitis

Adults' weight, 2001
Body Mass Index



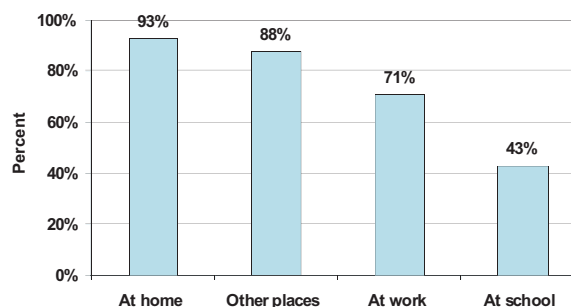
- Almost 12% of adults said that they had diabetes. Most people used pills or insulin to control their diabetes. Few people relied on diet, exercise, or traditional remedies.

About the communities

USE OF THE CREE LANGUAGE

- At home, most Eeyouch speak Cree “most of the time” or “all of the time”. Many people also speak Cree at work and in other places.
- Most people (85%) say that they can get services like housing, welfare and health care in Cree. This is especially true in the coastal communities.

Adults who usually speak Cree in various settings



TRADITIONAL HEALING

- 48% of adults say that traditional healing is available in their community.

Want to know more?

To get a copy of the report, Eeyou Istchee
Aboriginal Peoples Survey 2001, you can call the
Regional Public Health Department of the
CBHSSJB at (819) 855-9017, (418) 923-3355 or
(514) 861-2352 (ext. 0).



Conseil Cri de la santé et des services sociaux de la Baie James
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Tree Board of Health and Social Services of James Bay