



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

Institut national  
 de santé publique  
 Québec

Planification, recherche et innovation  
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*Addictions in Iiyiyiu Aschii*

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Results from the  
 2003 Canadian Community Health Survey

May 2007



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This report is a summary of a longer paper entitled *Lifestyles in connection with the consumption of alcohol and drugs and with gambling*.

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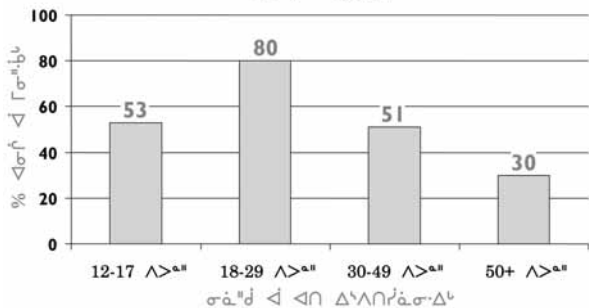
# ፍጥነት

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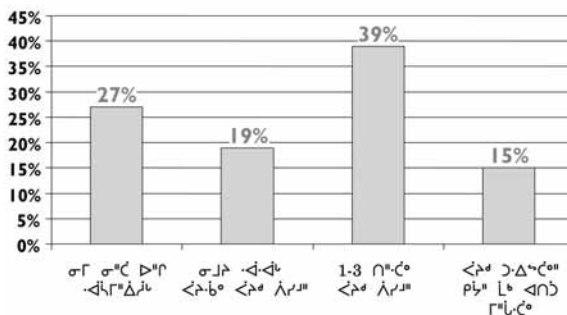
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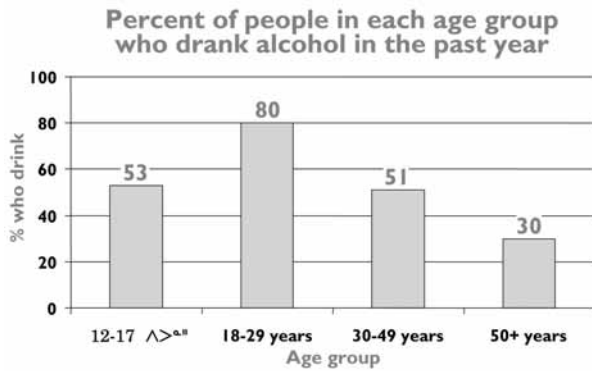


# Drinking

We may think of drinking as a way of being social. But alcohol becomes a problem if we drink too often, or too much at a time (called “binge” drinking).

## Drinking habits in Iiyiyu Aschii

About half the people in Iiyiyu Aschii drink sometimes. This proportion is higher than it was in 1991. But it is still lower than in other parts of Quebec.



Men are more likely to drink than women (61% vs. 46%). Younger people are also more likely to drink than older adults: four out of five people age 18–29 drink. Even though they are under the legal age for drinking, half the teenagers age 12–17 also drink.

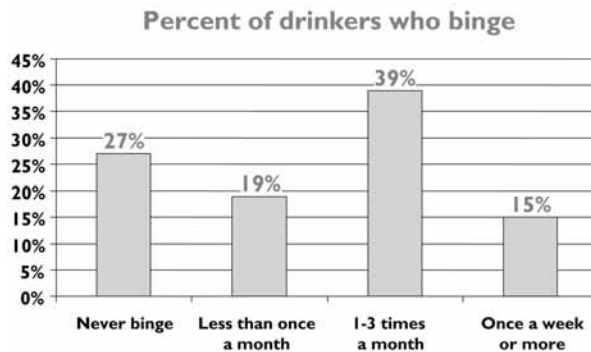
Most drinkers in Iiyiyu Aschii don’t drink that often. Two thirds of them drink less than once a week, but the other third drink more frequently.

## Too much alcohol can cause...

- ◆ Cancer
- ◆ Serious liver disease (cirrhosis)
- ◆ Fetal Alcohol Syndrome (FAS) in babies
- ◆ Injuries
- ◆ Social problems

## Binge drinking

People in Iiyiyu Aschii drink less often than others in Quebec, but when they *do* drink, they are much more likely to “binge.” Binge drinking (having five or more drinks at one sitting) is the type that often causes serious problems. In Iiyiyu Aschii, three out of four drinkers binge at least sometimes. Many binge frequently, and one drinker in seven binges once a week or more. Young people are most likely to do this.

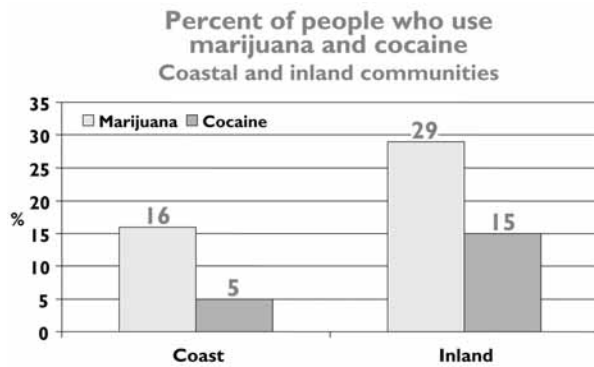




## Drug use

As in other parts of Canada, drug use is going up in Iiyiyu Aschii. The most common drug is marijuana, which is used by one person in five (21%). This is followed by cocaine or crack, which is used by about one person in ten (9%).

Drug use is highest in younger adults: almost no one over age 50 uses drugs. Men are more likely than women to use drugs, and they use them more often. For instance, half the males who smoke marijuana do so more than once a week. This is true for only a quarter of the female marijuana users.



### Drugs and health

*Marijuana and hashish can cause lung disease.*

*Injection drugs can*

- ◆ Affect thinking and coordination, leading to injuries
- ◆ Put people at risk of getting HIV-AIDS or hepatitis
- ◆ Cause mental damage in the long term

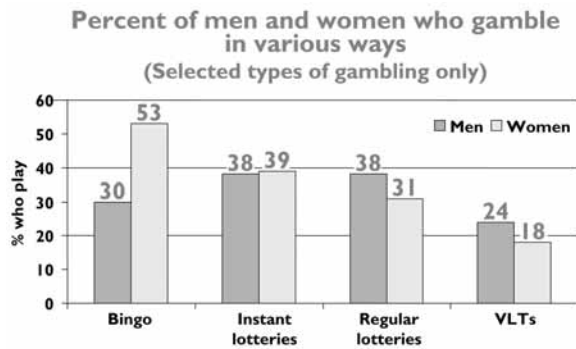
More people seem to use drugs in the inland communities than in the coastal ones. People living inland are twice as likely to use marijuana, and three times as likely to use cocaine. And they use them more often.





# Gambling

Two out of three people in Iiyiyu Aschii had gambled in the year before the survey. The most popular kinds of gambling in the region are bingo, instant lotteries, regular lotteries, and VLTs. Both men and women gamble in these ways. This is quite different from the pattern we see for drinking and drug use, where men outnumber women.



Some people can become addicted to gambling, causing problems for themselves and their families. What are the signs that someone has a gambling problem? The person may do things like:

## “Gambling” includes

- ♦ Lotteries like Loto-Québec
- ♦ Instant lotteries like Encore or Scratch-n-Win
- ♦ VLTs (lottery machines)
- ♦ Casino games like roulette
- ♦ Betting on games like cards, darts, or pool
- ♦ Bingo

- ♦ bet more than they can afford to lose
- ♦ gamble to feel better or to forget their problems
- ♦ borrow money to gamble
- ♦ feel guilty about how much they gamble

The survey found that one person in ten (9%) had a gambling problem. This suggests that gambling is an issue in Iiyiyu Aschii, since in other parts of Quebec only one person in 50 has a problem.



## Summary

Drinking rates are lower in Iiyiyu Aschii than in the rest of Quebec. But many of the drinkers in Iiyiyu Aschii “binge,” and this creates problems. Both drinking and drug use have risen since 1991.

Besides this, some 9% of people in Iiyiyu Aschii seem to have problems with

gambling. Often, these addictive habits go together, so that the people who have problems with gambling are the same ones who drink heavily, smoke, or have other harmful habits. Health workers in Iiyiyu Aschii will need to keep this in mind as they try to help people improve their health.



