イイハĹハビ
 イイハĹハビ
 イトン
 イービ
 イービ
 Having healthy babies in liviyiu Aschii

່ຍ ລໍ້ ກຳຄະຊ່າເດັ່ຍ ເບັດ 2003 ອີຣັດ ເປັນ ແລະ Results from the

2003 Canadian Community Health Survey

46 76

jébec

May 2007

ά Γ JALONI & Δ JALA DOP. ASSU שייליף יקלא ייליש

Having healthy babies in liviyiu Aschii

່ ່ ່ ດັ Γ`Ρ·⊲໋"ĊΡσ·Δ^ι ⊳"Γ ⊲° 2003 ່ σ່) **Results from a 2003 Survey**

Cree Board of Health and Social Services of James Bay Institut national de santé publique du Québec

May 2007

This document is available in its entirety on the CBHSSJB Web site: http://www.creepublichealth.org and on the INSPQ Web site: http://www.inspq.qc.ca

Reproduction is authorized for non-commercial purposes provided the source is mentioned.

This report is a summary of a longer paper entitled Preventive practices and changes for improving health.

PREPARED BY Ellen Bobet, Confluence Research and Writing ellenbobet@sympatico.ca

WITH THE COLLABORATION OF Jill Torrie Public Health Department Cree Board of Health and Social Services of James Bay

Pierre Lejeune Public Health Department Cree Board of Health and Social Services of James Bay

Рното Elmer Georgekish

DESIGN & PAGE LAYOUT Katya Petrov katyapetrov@sympatico.ca

Document deposited on SANTÉCOM (http://www.santecom.qc.ca)

ISBN: 978-2-550-49849-0 Legal deposit: 2nd trimester 2007 Bibliothèque Nationale du Québec National Library of Canada

© Cree Board of Health and Social Services of James Bay (2007)

<u></u> جہ ٦٦ ٻ ٢٦ ٻ

 $\begin{array}{l} ``L\cdot b^{\iota} \stackrel{\checkmark}{\triangleleft} \cap \cap \stackrel{\sim}{\rightarrow} i^{c} \stackrel{\checkmark}{\triangleleft} \stackrel{\checkmark}{\triangleleft} \stackrel{\checkmark}{\neg} \stackrel{\sim}{\neg} \stackrel{\sim}{\rightarrow} \stackrel{\sim}{\neg} \stackrel{\sim}{\rightarrow} \stackrel{\rightarrow}{\rightarrow} \stackrel{$

doi Libu d' rrspidu Duibru didis". ظا٥٦" خ٥٠ ٢٢٩ ٢٠ ٢٦٠ ٩٢٠٩ ΔΥ.δοι ί Γ ΓλΛίΩζι, Ο"Γ ασι νώ.ά. נ ה באדרטיי גי ג ה באדטאיי ⊳۲۵٬۵۰ ⊲۹ ۵٬۰۵۹ نه ۲۳ ۲ ۲۰۱۵ ک طحة كنه، جزم، بالمربح، معامر المربح، معامر المربح، ظ۲ ٥ ۵٫٫٫٫٫٬٬٬٬٬٬٬٬٬٬٬٬٬٬٬٬٬ ۲۶⁻۲۰۵۰ مو ۲۰۹۰ ۲۰ ۲۰ $rac{1}{2}$ ἰ ἀ ·ΔĹ⁵ρ[™] ⊲σ-Ϟ ἰ.δλ[°] ἱ ἰ.Υ΄ DAVJA, VAGI A AVLIC ٢٥-"·ڬ·Δ٥-٢٥ ٢٠ لَه ظ ٨٠.٢^c , ظظ٠Δ٩ ٩٤ ڶ ٢ ۿڿڡۥ؇ ٢ ٢٠٩ ٢٠٩ ٩٩ ظ فها۲۶۰۳, ظ له ل ٢ ٢٩٨٤٦٢٢ مه 2003 6 D'AP', ADdor 6 σῦγιμέρσιδι Διώο" ὁ σἰλέρι ἀσψ بخ ∧>•" `` `` `` \` `` `` `` `` `` ίδρο ό Δημο ί ό Ρημ Γανίμας ρη·άγγγγ. ίρι ίν δ άγ ιά"ηι ⊲סרֹ ۵٬۰۵۵ וֹ סׂר׳וֹלוֹרַףסּי∆י.

Introduction

"When you're pregnant, the baby is a separate spirit. What you think, what you feel, what you do and what you eat will affect the new spirit."

Elder's teaching, Yukon¹

Pregnancy is a time when women are ready to make healthy changes, for their own sake and for the sake of the unborn baby. Women can do many things to give their baby a strong start. Even before the child is conceived, they can prepare for a healthy pregnancy by taking folic acid. While they are pregnant, and during the first months of life, they can avoid harmful things like alcohol or cigarette smoke. And they can help their new babies to stay healthy by breastfeeding them. In 2003, a survey in liyiyiu Aschii asked women who had given birth in the past five years about the things they had done to have a healthy baby. Here is what these women told the survey.

^{جه} ۱۰ أ ۵۳ مع ۲۰۵۰ مرد. بخه حه مارد

רר רינא"לים?

خ ق٥٢٠ م٠٢ م٠ مه ما ٨٤ م٠٢ م٠٢ م٠٤ ٢٥٣٠،٩٦٩

* *

2

The earliest step: folic acid

In the very first month of pregnancy, the stage is already being set for some parts of a baby's brain and spinal cord to form. Cells that will turn into the brain and spinal cord are being created in a structure called the *neural tube*. Once in a while, something goes wrong with the process. This gives the baby a *neural tube defect* (a brain or spine that is not formed right). This is less likely to happen if the mother has enough folic acid in her diet.

To help prevent neural tube defects, health workers advise women to take extra folic acid if there is any chance that they will get pregnant. That way, they already have enough folic acid in their bodies in the first month, when they may not even know they are pregnant yet. Even if they didn't take folic acid before getting pregnant, women should start taking it as early in their pregnancy as they can. **Did You Know?**

Folic acid is a kind of vitamin. It is in fruits and vegetables. In Canada, it is also added to some flour, pasta, and cornmeal. But most women still do not get enough, especially in the north where fruits and vegetables are hard to find. This is why some women take extra folic acid pills if they think they might get pregnant.

In liyiyiu Aschii, one mother in three took folic acid during her last pregnancy. This is about the same as in other parts of Quebec. Ideally, more women should be taking folic acid. Women who don't eat many fruits and vegetables need to be extra careful about folic acid.

Protecting the unborn baby from alcohol

Babies whose mothers drink while they are pregnant can be born with serious physical and mental problems. Most mothers in liviyiu Aschii (85%) avoid drinking while they are pregnant. But some of the younger mothers (under 25) are not as careful: one young mother in four drinks while she is pregnant. Most of the women who drink during their pregnancies (57%) do so only once in a while (once a month or less), but some mothers drink more often.

Compared to other women in Quebec, mothers in liyiyiu Aschii are about as likely to drink while pregnant as anyone else. But the younger women in liyiyiu Aschii are more likely to drink than young moms in other parts of the province.

<u>ϥ</u> ͼϧͻ.ϥϧϳϧͼ ͺͺͺͺͺͺͺ

- خ ج ٢
 خ ج ٢
- ۹۰٫۹۰٫۹۰
 ۹۰٫۹۰٫۹۰
 ۹۰٫۹۰٫۹۰
- ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩
 ٩

┥╺┖ᢣ᠋ᠬᡩᠶ᠋ᠬᡩᢣ᠋ᠮᢐᠳᡐ᠋᠈ᡔᢑ᠖ᢋ᠘ᡢ ᡛᡔᢗᢩᡏᢐᡃ᠋

ᡩᡊᢣᡅ᠊ᢉᠻ᠋ᡤ᠘᠕᠅ᢗ᠙᠋ᢂ᠅᠙᠂ᠬ᠅ᡘ᠉᠅ᠺ

- I. ⊲° ▷
 ▷
 ▷
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬
 ¬<
- 2. P'>" L'> d' d∩P' ⊲·dσr' d' A'"·C' ⊲σ∩"
 < ~' ⊲ ▷ ▷·ÀL ° P'>" ▷∩·d 𝔅 𝔅'." d
 Δ"C', C ∧ ∽ d ° P r' ▷∩C'"∩」' ⊲σ '> d
 ·¿∧"C'>'.

Ċ° N"> Þ°P.ÝJJ Þ' Ġ ÁJ ∧∽∧ڧ.⊲٢"⊲٢٥-.۵٢ ⊳"٢ ⊳٢ ⊲ Δ"Λἀσ·Δμ² Γ"ὑϽ Διώρι ὁ ᡤ Λ.".૯ι [۹ ٢ >٥ ٢٠ ٢٠٩٠ ٢٠٩٠ ٢٠٩٠ ٢٠٩٠ ŕ ň". ĊÞ": d° Ľ" F7. d d ÅJ ٩٣٠٠ظ٨"٢٩٣٠٨٢. ٠٦٢٩ ٢٩٩ ٩٦٩ ٣٠ ٢ ٨٣٠٠٢ ٢٠٦٠ ٢٠٩ ♦ ♦ ♦ ٩٢ ٩٢ ٩٢ ٩٢ ح٥/نل٢/خي ﴿ أَ ٨٠٠٠٠ حجا ا ∆"Ċ>י" ⊳∩.√√√.√٩", √⊳، Ľ ٩, ۴, ۴ خدم ظرمه حیک ۵۹۹۲ کې خ >∩Ċ"∩」 ⊌∩٥" ⊲·⊲̈́>٥" ⊲̈́ ∧̈́".Ċ≻٥", ⊲σ̈́ ڶ؞ڶۥڬ؞؇ۛڔ؆؆؞؇؞ڔ٦؞؞ Δ୯٬, ﴿٢٠Δ، ٩٤، أَ لَن ٢٩ ٢٠ ٢٠ ٩٠ ⊲.ظ∿∽"∗ ⊲♂ŕ ڵڡ ۿ ⊳٢٢÷٢٠،₺.۵۰ DİJALDU (JİB JEN 25 A"D>VERU) ÖVEN ∠∽∧ۍ גׂי٩∨+≻₀ וָ וָ ⊳חכָװ∪ײ ٩∪ײ rsprau Diváldux



Protecting the baby from tobacco smoke

Cigarette smoke can hurt babies, both while they are in their mother's womb and after birth. Babies whose mothers smoke while they are pregnant may be born smaller and less healthy. Infants who have to breathe second-hand smoke are more likely to get problems like:

- ear infections
- asthma
- lungs that don't work as well as they should

Protecting unborn babies from tobacco

In liyiyiu Aschii, about a third of all mothers smoke while they are pregnant. Young mothers (15-24) are especially likely to do this: over half of them smoke during their pregnancies. On the other hand, more educated women are less likely to smoke.

The good news is that many women stop smoking when they get pregnant (or even before). Over half the mothers who used to smoke had stopped by the time they got pregnant. And they did not smoke while they were breastfeeding either. We think this means that when women quit smoking because they are pregnant, they "stay quit" for a long time, maybe forever.

Protecting newborn babies from tobacco

Babies can be exposed to tobacco in two ways:

- If a mother smokes during the months that she is breastfeeding, she will pass on bad chemicals to her baby in her breast milk. And if she smokes around the baby, the child will have to breathe second-hand smoke.
- 2. Also, if other people smoke around the mother and her baby, they will both have to breathe second-hand smoke.

How many babies were put at risk in these ways? A lot of women who used to smoke gave it up while they were pregnant or breastfeeding. But some kept smoking: all told, about a third of mothers smoked during the time they were breastfeeding, although we don't know if they smoked around the baby. Besides this, almost one mother in three regularly had to breathe someone else's second-hand smoke. If her baby was with her at the time, then the child would also have had to breathe the smoke. Younger mothers (under 25) were almost twice as likely as older women to have to breathe someone's second-hand smoke.

⁽⁾.לייי וֹ וֹ שייר ד׳שּאל׳ שּ״שּאל׳: ל שֹׁישׁר שׁיים איי: ל

d° `j`>`i>A, dD° ·A~C L.Y. A~A. d° dC·dPFd" 6 P"nopord DA.4/44port 6 $\dot{a}\dot{a}$ PC"C T4 $\Lambda\dot{L}$ $\Lambda\dot{r}$ A σ P°, $\dot{A}\dot{r}$ A \dot{b} $\dot{\Delta}\sigma$ ∙∆"∩"∿ ۲۵٢۳ ټ⊷ ∧>۹" ڶ غڅۍ"∢۲۵۲۰ ۲۵۲ ⊲.خ.۶. ۲۰۶ خ.4.۵ ∧۶.۶ ن فخه"۵۴۵۰۵ ⊲حۀ ﺧ∽∩۲ d.C. גרז א ⊳۲۷۷.LUL מ-٥٩٠٩٩٦، ٢٩٩ •٩٧٦٩ •٩٩ •٩٩ •٩٩ •٩ ▷"∩ቦჾ・∆>י פֹּלָ" וֹש ל רײַפּילֹצי וֹררצי, לֹט∩" ڶ ڷ Þ"٢ ٢٢٩٠Δ، ٩ ٩٠٩٦٦ ٩ ٦٠٢٢. ٩خ" ¬٦ ٢٩ ⊳לי ח• ⊲¬ח" ⊳חרי, ל D"DN", & DNNJF PY" L' & U I I'S ⊲σΓ ۵٬۰۵۵ م ۵٬۰۵۵ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰۵۰ م ۵٬۰ ר בהלי סדי ל ה האשר שיים לי " ביאר לי" ביאר ליי له ۲۰۰۵ طعبة في ٢٠٢٢ ظاطر ٢٠٦٠ م٠٠٩٠ ېړ چ∪۹۰*

⊳∽٩ٮ ﴿ ؎۬ؿ٦٣؇ٙ٢٢٩ ٢٩

- خلف ۲۰۰۶۳ ۵۲ المان حافظت المحافظة المحافظ المحافظة المحاف المحافظة مح محافظة المحافظة المحاف المحافظة المحافظة المحافظة المحافظة المحافظة المحافظة المحافيحافظة المحافظة المحافظة المحافظة المحافي المحافي مح محافظة
- حصطنو، ۲۰ مولی، ۲۰ مولی، ۲۰ ۲۰

* * *

- أ ۵(>"ח" מ) ל ד.
 أ ۵(>"ם")
- ◆ d σつ・dト"∩"い f ° i d∧∩i' Pら" i 'i r\d∩i,

۲۰ ۲۰ فنجه ۲۰ ۲۰ ۲۰ ۲۰

 >٤٠
 ٥٠
 ٥٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠
 ٩٠

Co & ASAS iso"dodu

Getting the new baby off to a strong start: breastfeeding

Breast milk is better for the baby than formula. Health Canada says that babies should be breastfed for at least two years. It also says they should get only breast milk for the first six months—no juice, formula, or solid foods. This helps the child grow up strong, with less risk of stomach problems, coughs and colds, and allergies. It is also good for the mother. Women who breastfeed are less likely to get osteoporosis (fragile bones) and some women's cancers.

Starting by breastfeeding

In liyiyiu Aschii, like the rest of Quebec, eight out of ten mothers begin by breastfeeding their newborn. More women are breastfeeding than before: in 1991, only six out of ten women in liyiyiu Aschii breastfed their babies. Younger mothers, and those who are more educated, are most likely to breastfeed their babies

Why do the remaining women choose not to breastfeed? About half of them have medical reasons; like that the child was born premature (too early) or was ill. A few women think that they should not breastfeed if they had a C-section. The rest could probably breastfeed if they wanted to, but they say things like they:

- find breastfeeding unappealing
- feel a bottle is easier
- think formula is better for the baby
- need to go back to work or school

Although most mothers in liviyiu Aschii breastfeed their babies, few of them do so

"Breastfed babies are cuddly people." Jane Dragon, N.W.T.¹

for long enough. A quarter of the women who begin breastfeeding stop within a month, and three quarters have stopped by the time the baby is six months old (see figure). Young mothers are especially likely to stop breastfeeding after a short while. The most common reasons for stopping are problems like not having enough milk, feeling tired, or finding it inconvenient. Some women also wean the child so they can go back to work or school.

Giving the new baby nothing but breast milk

Compared to women in other parts of Quebec, those in liyiyiu Aschii are more likely to give their child only breast milk for the first six months, as Health Canada suggests. Even so, just a quarter of the mothers in liyiyiu Aschii give their baby only breast milk for the first six months. Younger mothers, and those with more education, are most likely to do this.





Ľ"r' J J N-J L

「"J) DらんLD doC" ムトト dいけ"い i i c∩⊳ יֹט"י∆י i י⊲ט i r ΓΥΛΓΩΥΡΜ ΡΟΥΦΥΓΑΘ" Α΄ D'MALAL'". [" L' d'~ dA) + -----٩٩ أ ∆٢٨٢ من ٨٩ من ٢٩ من ٩٩ من ٩٩ من ٩٩ من ٩٩ DÓJÁLº ÁJH JY DAJ AJY KOL ΛĹϟ"∩」^ι Γσ"·ϧ·Δσϟ° Ĺ·ϧ^ι ϥ΄ ΓΓ^ωρ·ϥ^ι ⊲.⊲ֹיָהֶיי ד"וֹט וֹש מִיּשׁ מִיּשׁם בּיּשׁם בּיּשׁם בּיּשׁם בּיּשׁם בּיּשׁם בּיּשׁם בּיּשׁם בּישׁם בּישוּם בּישוּם בּישוּ בישים בּישׁם בּישוּם בּישוּם בּישוּם בּישוּם בּישׁם בּישׁם בּישׁם בּישׁם בּישׁם בּישׁם בּישוּם ב בישוּם בּישוּם בישוּם בּישוּם בּישוּים בּישוּם בּישוּם בּישוּם בּישוּם בּישוּם X"·Ċ Γ⇔ A Darry A∩ L Þ A AJéd", <> > > bbidlo dJar 55 X...co וויאי א רריףיאי איאיי, פאי אדי א Λ. C. σ. Δρι L. bι d rrsp. dι d. d. d. r. ⊲ݮݫ" ۱۹۲۵ ⊲ړڼ_{"۲} ۲۹ ۲۹ ۲۹ ۹۷۲ ۹۹ ∆Jidoto i i i فخح"ظ>رار. ٩٤ ظر. ٩٤

* * * ∧𝑘𝑘
 ∩𝑘
 ¬𝑘
 l

$$\begin{split} b & b'r \dot{b} r' \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{b} \cdot \dot{c}

Summary

Many mothers in liyiyiu Aschii are taking steps to help their babies be born healthy, but there is still room for progress. For instance, only one mother in three takes folic acid during her pregnancy. But most women avoid alcohol while they are pregnant. Also, many women who used to smoke seem to stop when they get pregnant. Even so, one mother in three still smokes while she is pregnant or breastfeeding, and about the same proportion often have to breathe someone else's second-hand smoke. Mothers in liyiyiu Aschii are more likely to breastfeed than before. Ideally, though, they should breastfeed for longer than they do, and avoid giving their babies other food beside breast milk in the first six months.

Younger mothers (under age 25) seem to have different habits. As compared to older women, young moms are more likely to drink while they are pregnant. They are also more likely to smoke, and to be exposed to second-hand smoke. And while most of them begin breastfeeding, many give it up after a short while. However, the young mothers who stick with breastfeeding do better than others at giving the child only breast milk for the first six months.

ዾ ዾ ער היאר איילאיילא

√· √

ὁ ở
ϗ
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
ג
<li

[C''] Δ"Ω" ⊲σ"ἀ Γγσ"ἀΡ°" ▷" ⊲°δ Δν Γνν⊲"ĊνσνΔν ⊲° δσ)νιὸ"ĊνσνΔν νν α° δσ)νιὸ"ĊνσνΔν νν αοσ)νιὸ"ĊνσνΔν ννσο" ⊲° ἰνδ° δ Δν Γνν⊲"ĊνσνΔν«σν ννσν τνν⊲"ĊνσνΔν ⊲σΩ"σν α Δα"Ċν ἰνδν° Γγσ"ΔἰΛννσ"σσἡ δ ἑἑνν"Ċν ΓνΛἰΩγνΔσν°, ⊲σĊ"www.creepublichealth.org
 <math>

About the survey

Who was included

The survey was carried out in the summer of 2003 on a representative sample of 1,000 people age 12 and over living in liviyiu Aschii. The sample included people in all nine communities. The response rate was high: 78% of the people who were asked to answer the survey agreed to do so. Most of the interviews were carried out face-to-face.

For more information

There are ten booklets on specific themes from the survey that contain more detailed information. You can also find a "Highlights" report on the Cree Public Health department's Web site, at www.creepublichealth.org

¹Quotes drawn from Health Canada, *Building Healthy Babies*, 2nd edition. Ottawa: Health Canada, 2003.