

2003 βάζ" ΓΗΛΙΠΤΟΔΟ Β Δ΄ ΤΟ ΤΙΕΝΌΡΟ ΔΟ Results from the 2003 Canadian Community Health Survey May 2007

Health in liyiyiu Aschii: A broad view

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 Results from a 2003 Survey

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This report is a summary of a longer paper entitled Health status, life expectancy, and activity limitation.

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Introduction

How do you describe the health of a group of people? You can talk about specific problems like diabetes or injuries. Or you can stand back and try to describe the general picture. This is like looking at a tree from a distance: you can see its overall shape more easily, but you can't see the individual branches. This report looks at the broad picture, based on what people in liyiyiu Aschii told a health survey in 2003. It describes:

- How people rate their overall health
- How people rate their dental health
- How many people have long-term health problems
- How many people have health problems that limit what they can do.



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What do people say about their own health?

Most people in liyiyiu Aschii say their health is good. But about one person in six (17%) rates their health as "fair" or "poor." This holds true all over liyiyiu Aschii, among both men and women. As you might expect, older people are more likely than younger ones to say that their health is poor.

People in liyiyiu Aschii are a bit more likely than others in Quebec to say that their health is poor. However, health seems to have improved over time: fewer people described their health as poor in 2003 than during the last health survey in 1991.

Another way to measure people's health is to look at how long they live (life expectancy). Men in liyiyiu Aschii live about as long as others in Quebec. But women in liyiyiu Aschii live about three years less than other women in Quebec. This could be because of problems like diabetes, lung disease, or heart disease. It seems that liyiyiuch develop these kinds of problems at younger ages than other Quebecers. Life expectancy in liyiyiu Aschii has been catching up to the Quebec average. But we are not sure this trend will continue, because liyiyiuch are getting more long-term health problems than they used to.

What do people say about their dental health?

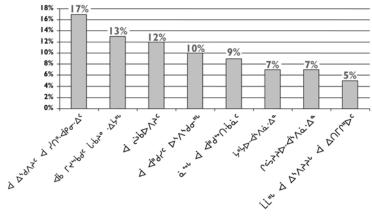
People in liyiyiu Aschii are twice as likely as other Quebecers to say that their dental health is bad. One liyiyiuch in three rates their dental health as either "fair" or "poor."

This holds true all across the region, and among both men and women. Older people are especially likely to say that their dental health is poor.

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How many people have long-term health problems?

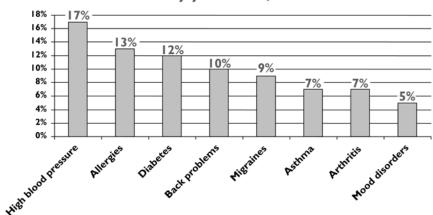
As we get older, we tend to develop health problems that don't go away. Some of these problems can be serious, while others may simply be annoying. Just over half the people in liyiyiu Aschii (57%) have one or more long-term health problems. This may seem like a lot, but actually many of these problems are less common in liyiyiu Aschii than in other parts of Quebec.

more likely than men to have allergies, diabetes, and migraines.

Some of these problems seem to be more frequent than before. Compared to a 1991 survey, this one found higher rates of most long-term illnesses, especially high blood pressure, diabetes and asthma.

What are these problems? The most common ones are high blood pressure and allergies like hay fever. Many liyiyiuch also report that they have diabetes, back problems, or migraines (very bad headaches). Women are

Most common long-term health problems in liyiyiu Aschii, 2003



How many people have health problems that limit their everyday activities?

About one ligitiuch in five says that they have a health problem that "sometimes" or "often" limits the kind of activities they can do. This problem could be anything from a weak ankle that prevents someone from playing hockey, through to a major disability. Older adults are much more likely than young people to report having a health problem that limits them. Also, people in the inland communities are more

likely than those in the coastal areas (28% vs. 19%) to say that a health problem limits their activities.

At present, people in liyiyiu Aschii are about as likely as other people in Quebec to have a health problem that limits their activities. This could change if rates of illnesses like diabetes keep going up in liyiyiu Aschii.

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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 liyiyiu 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