



Conseil de la santé et des services sociaux de la Baie James  
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# Health in Iiyiyiu Aschii: A broad view

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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 *Health status, life expectancy, and activity limitation*.

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## What do people say about their own health?

Most people in Iiyiyiu 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 Iiyiyiu 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 Iiyiyiu 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 Iiyiyiu Aschii live about as long as others in Quebec. But women in Iiyiyiu 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 Iiyiyiuch develop these kinds of problems at younger ages than other Quebecers. Life expectancy in Iiyiyiu Aschii has been catching up to the Quebec average. But we are not sure this trend will continue, because Iiyiyiuch are getting more long-term health problems than they used to.

## What do people say about their dental health?

People in Iiyiyiu Aschii are twice as likely as other Quebecers to say that their dental health is bad. One Iiyiyiuch 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.



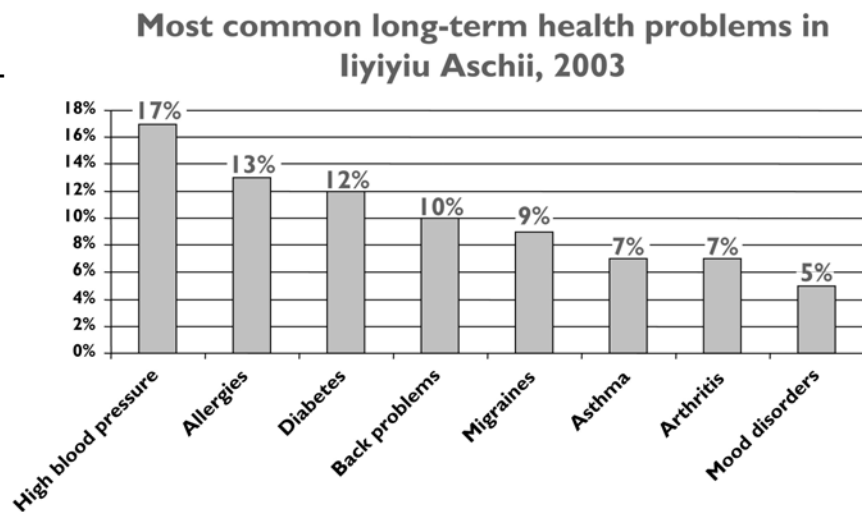
## How many people have long-term health problems?

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 Iiyiyiu 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 Iiyiyiu Aschii than in other parts of Quebec.

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

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.



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

About one Iiyiyiuch 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 Iiyiyiu 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 Iiyiyiu Aschii.





