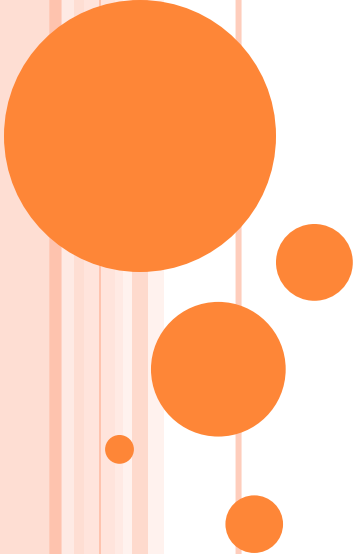


Tan e ihtiyān

OR

*The Québec Survey on Smoking, Alcohol, Drugs and Gambling
in High School Students in Eeyou Istchee:*

Highlights



**French Title: Enquête québécoise sur le tabac,
l'alcool, la drogue, le jeu chez les élèves du
secondaire (ETADJES), 2013**

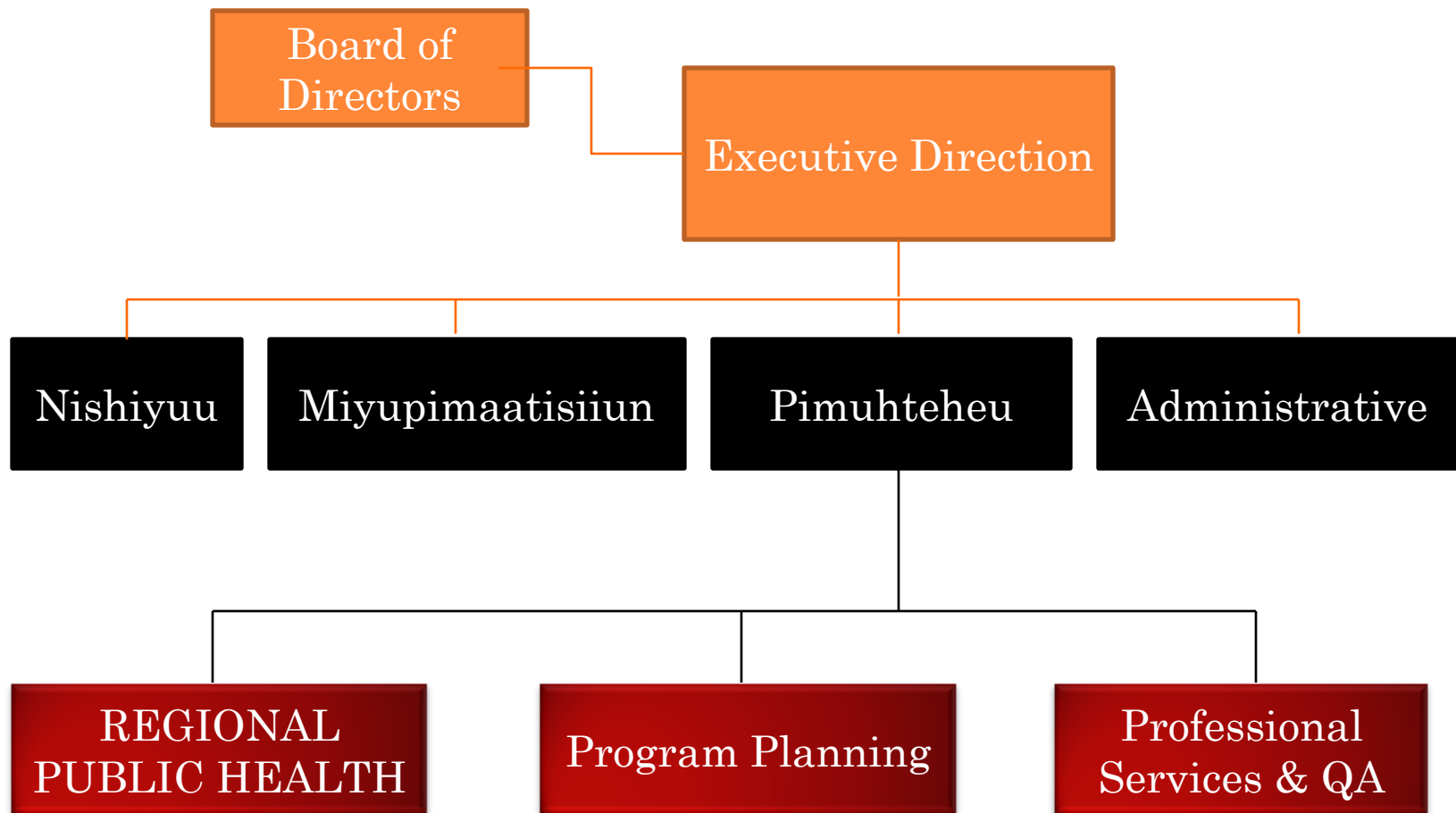
(incluant d'autres habitudes de vie)

OUTLINE

1. Who we are: The Cree Regional Public Health
2. An update on the survey's rationale
3. Highlights of the survey results



1- WHERE WE ARE WITHIN THE CHB?



1- OUR ACTIVITIES

1. Public Health Surveillance
2. Prevention of diseases, trauma and social problems;
3. Promotion of health and well-being;
4. Protection of the health of the population



1- PUBLIC HEALTH SURVEILLANCE

- Health Surveillance: Ongoing data collection, analysis and reporting on the population health
 - ✓ To inform the general population about main health issues
 - ✓ To support decision making when planning for programs, services or policies



1- HOW DO WE GET DATA FOR EY YOU ISTCHEE

1- Administrative database (Births, Deaths, Hospitalizations, Cancer cases, Infectious diseases)

2- Census (Living conditions, etc.)

3- Surveys



2- WHY THE TAN E IHTIYAN SURVEY?

School-age population has particular characteristics:

- Very specific health needs;
- Few data related to them in administrative health database;
- Easier to get hold on them at school

Strong evidence that students' health conditions and behaviours have impacts on their educational outcomes

2- WHY THE TAN E IHTIYAN SURVEY?

Knowing what is going on about students' health and addressing identified issues would certainly help improve overall school performance (graduation rate, retention rate, collegial enrollment rate, etc.)



3- THE SURVEY'S RESULTS

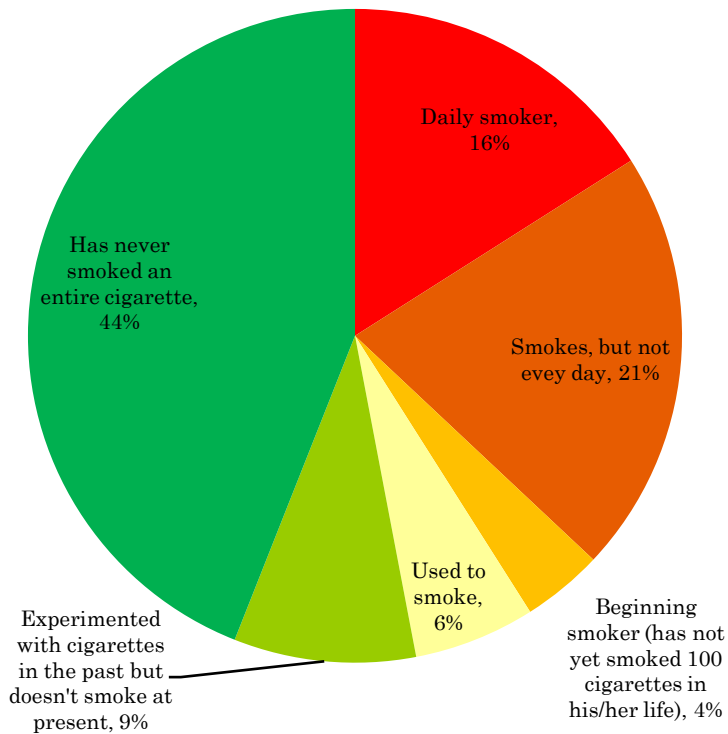
- Caution: The Tan e ihtiyān is not directly comparable with the same survey in the Rest of Quebec. However what was reported in the Rest of Quebec could help reframe our own survey results.



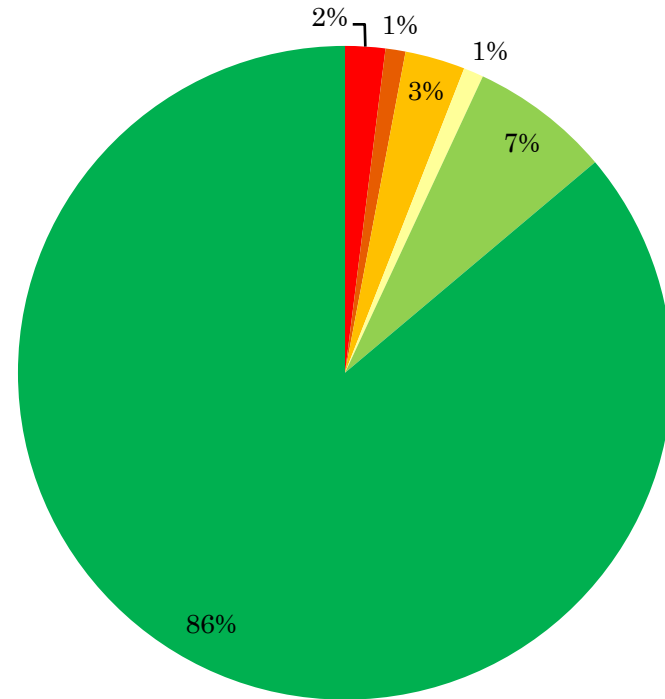
3- THE SURVEY'S RESULTS :

CIGARETTE SMOKING

Eeyou Istchee: Use of cigarette in the past month



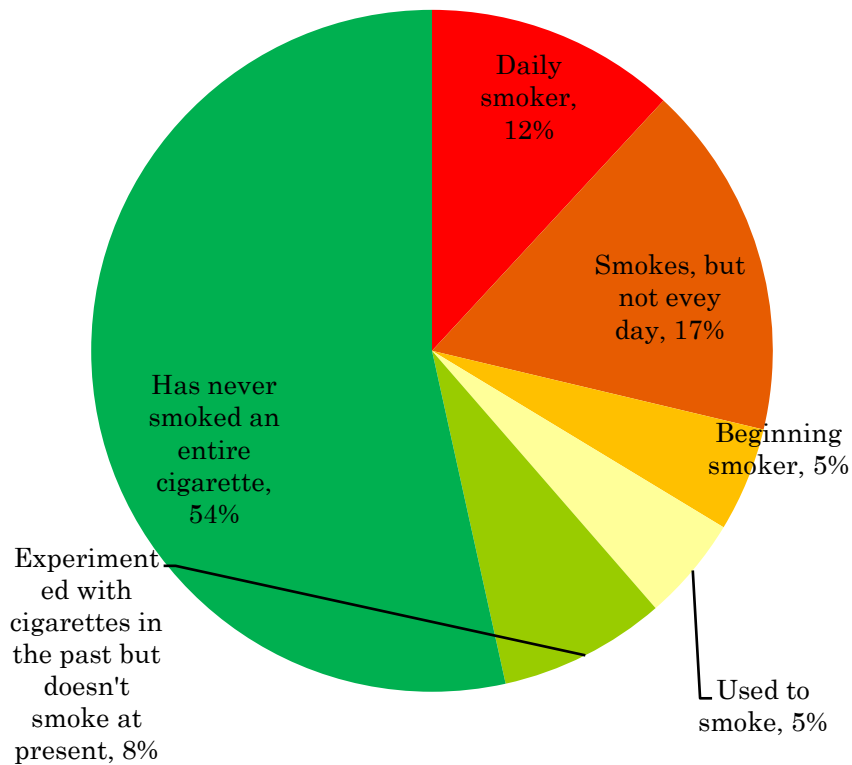
Province of Quebec: Use of cigarette in the past month



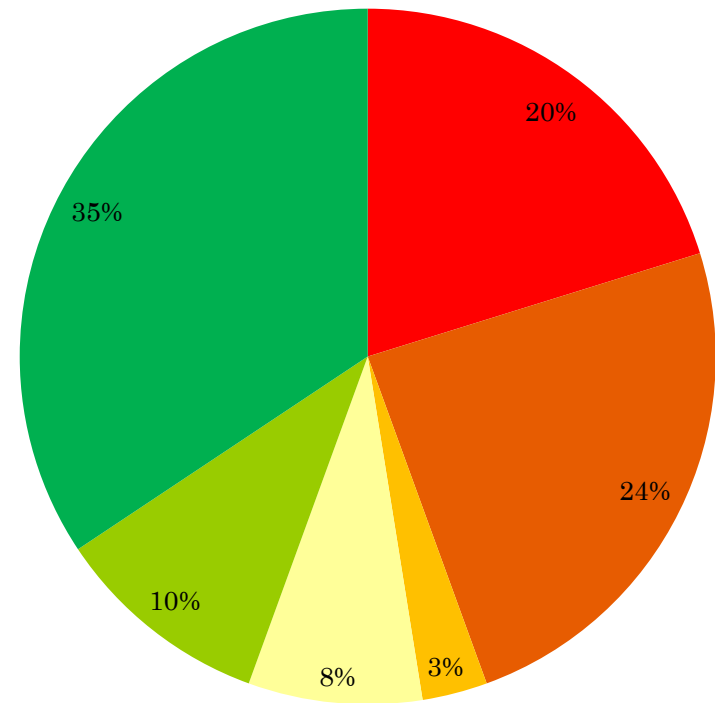
3- THE SURVEY'S RESULTS :

CIGARETTE SMOKING

Eeyou Istchee Boys: Use of cigarette in the past month



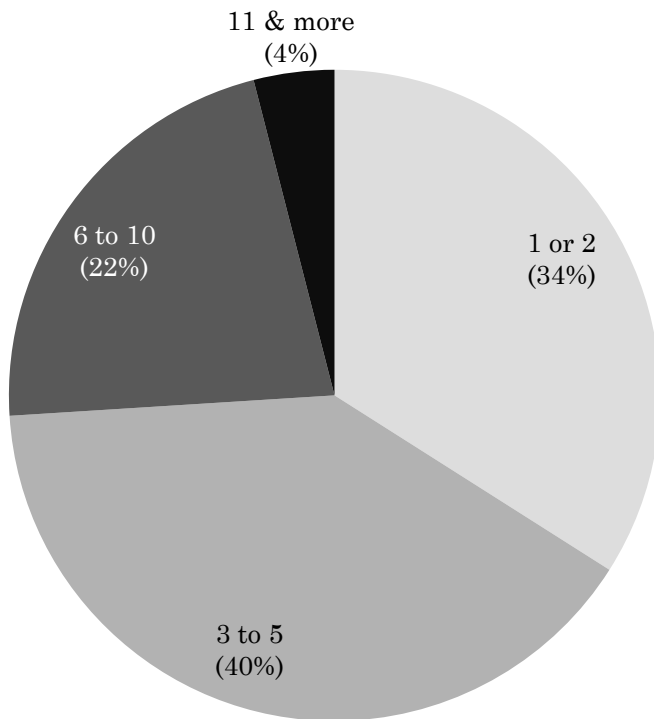
Eeyou Istchee Girls: Use of cigarette in the past month



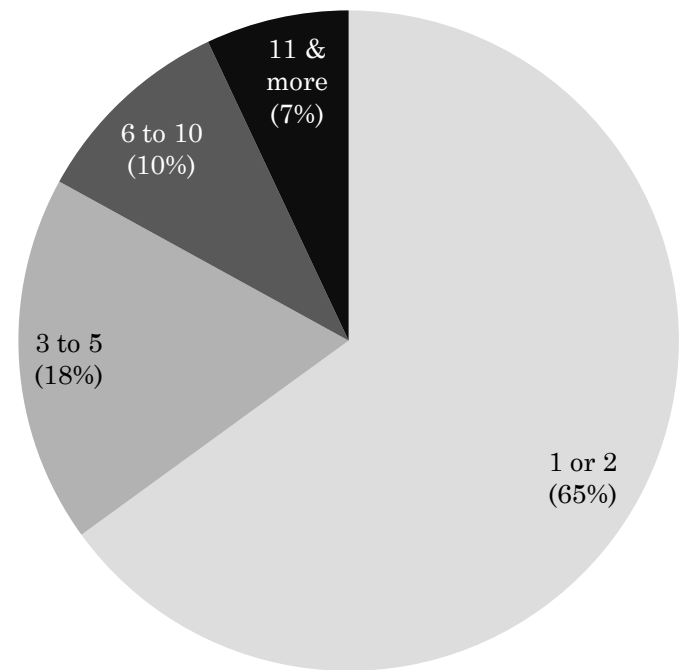
3- THE SURVEY'S RESULTS :

HEAVINESS OF SMOKING

Eeyou Istchee: Number of cigarettes per day among students who smoked in the previous month



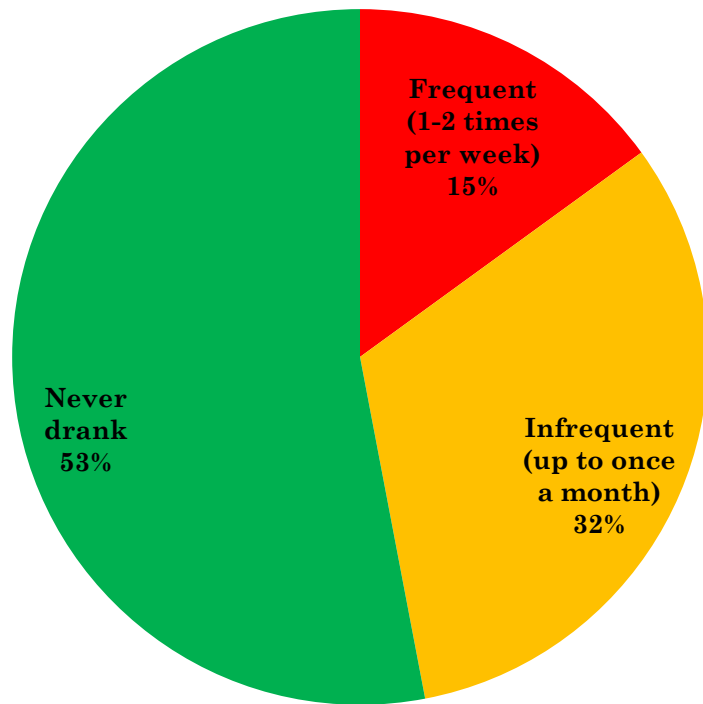
Province of Quebec: Number of cigarettes per day among students who smoked in the previous month



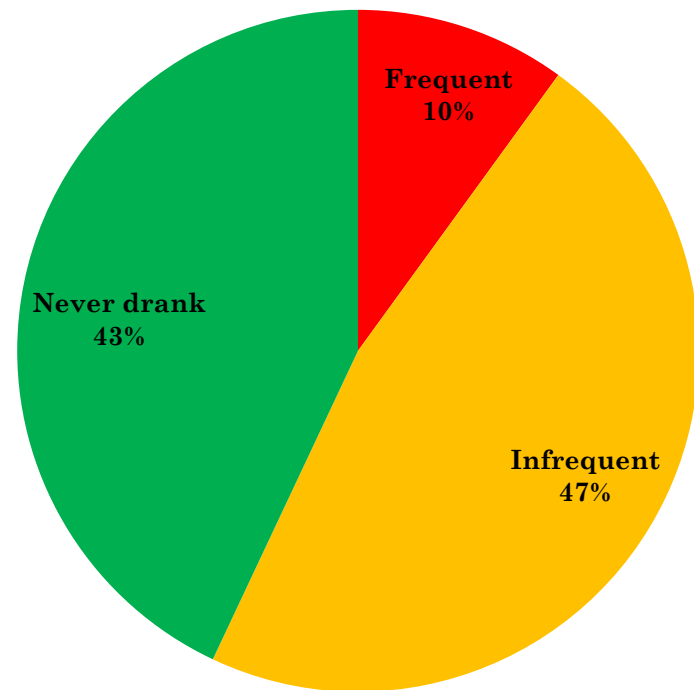
3- THE SURVEY'S RESULTS :

ALCOHOL CONSUMPTION

Eeyou Istchee: Frequency of drinking in the past year



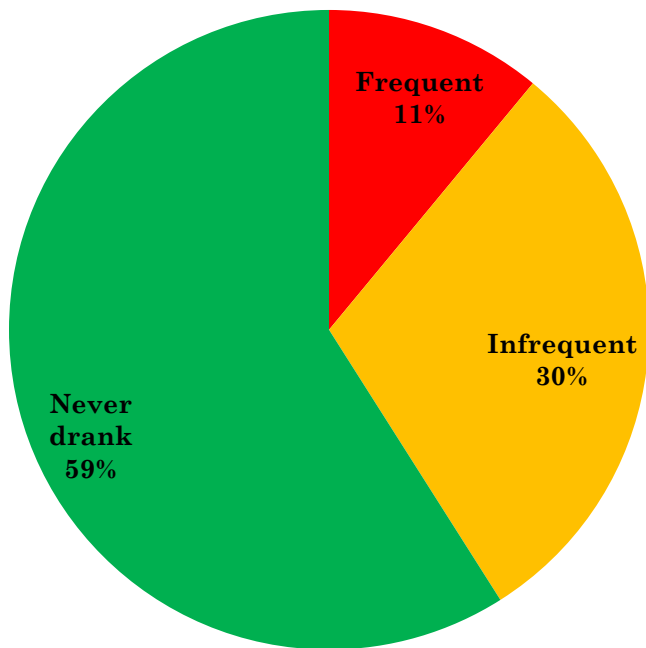
Province of Quebec: Frequency of drinking in the past year



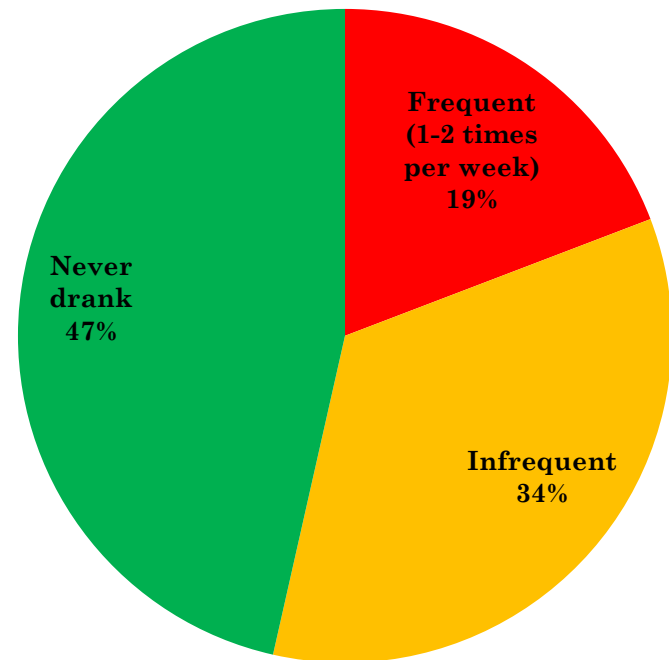
3- THE SURVEY'S RESULTS :

ALCOHOL CONSUMPTION

EI Boys: Frequency of drinking in the past year



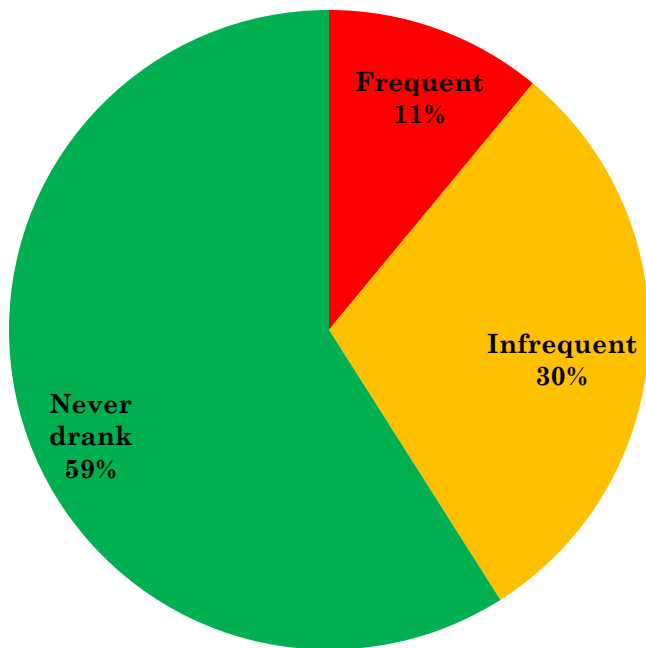
EI Girls: Frequency of drinking in the past year



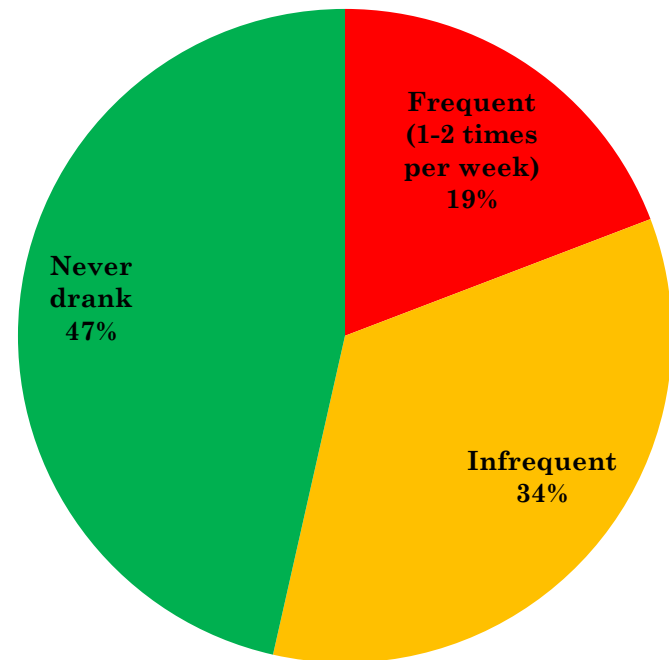
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ALCOHOL CONSUMPTION

EI Boys: Frequency of drinking in the past year



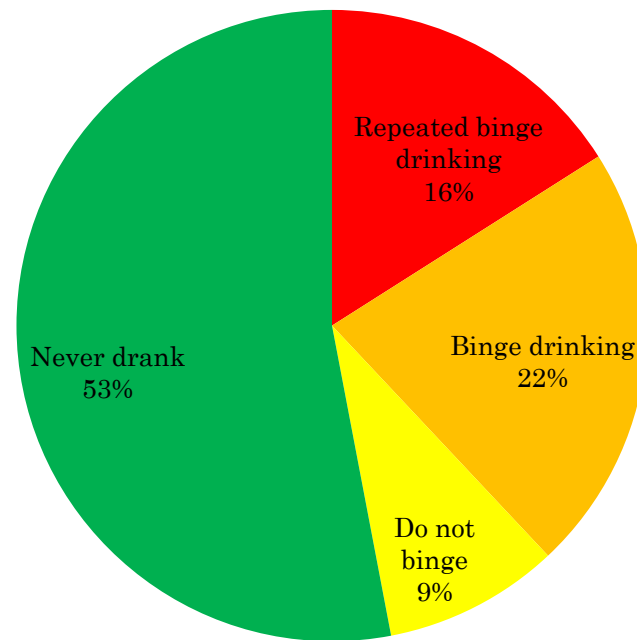
EI Girls: Frequency of drinking in the past year



3- THE SURVEY'S RESULTS :

ALCOHOL CONSUMPTION

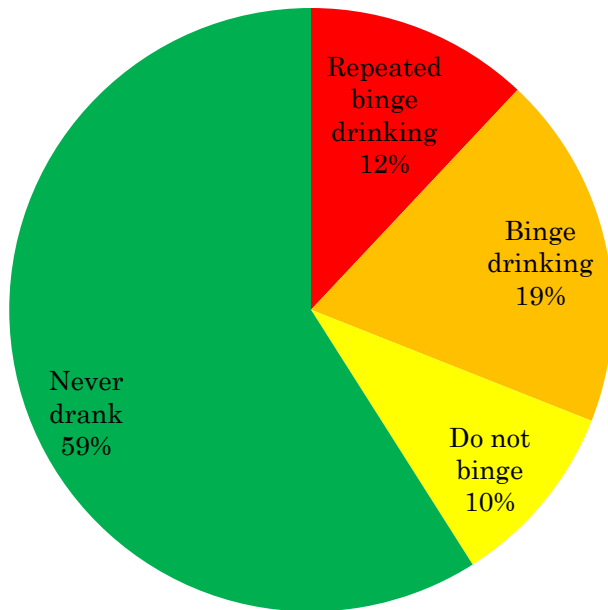
Eeyou Istchee: Binge drinking in the past year



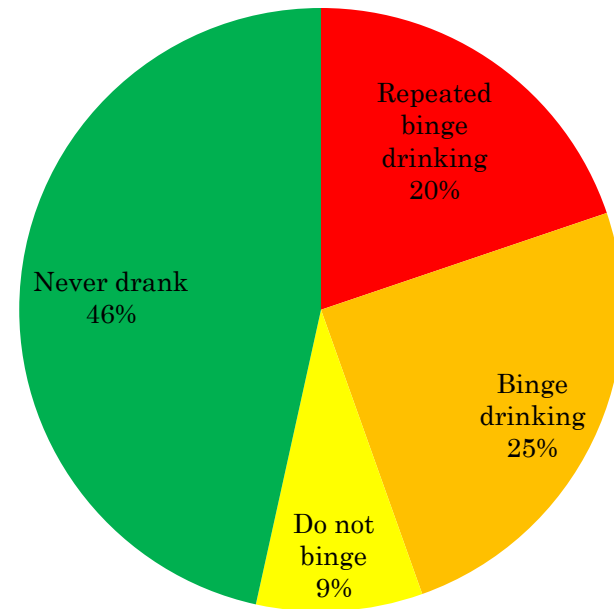
3- THE SURVEY'S RESULTS :

ALCOHOL CONSUMPTION

EI Boys: Binge drinking in the past year



EI Girls: Binge drinking in the past year



3- THE SURVEY'S RESULTS :

ALCOHOL CONSUMPTION

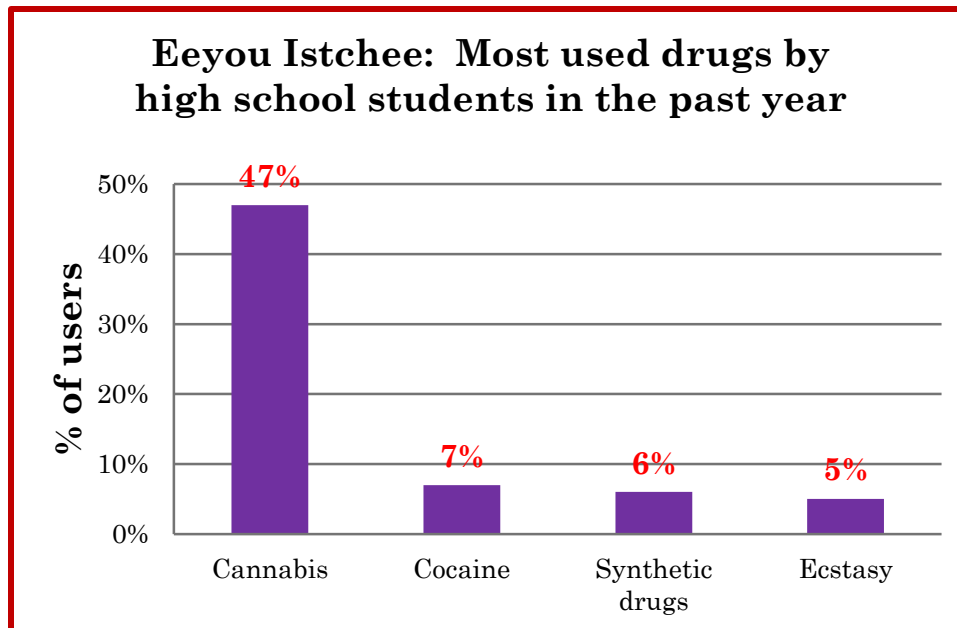
- In Eeyou Istchee, 2.5 students out of 10 drank alcohol mixed with an energy drink on at least one occasion, compared to 2 in the Rest of Quebec.



3- THE SURVEY'S RESULTS :

DRUGS

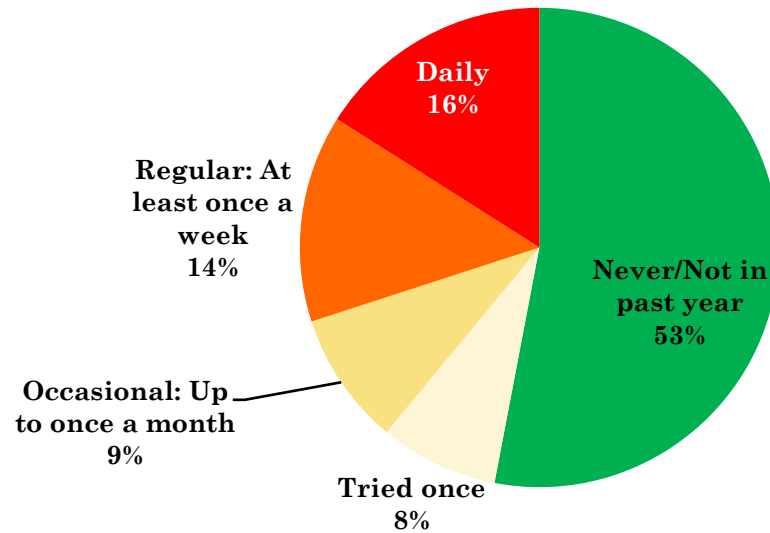
Over the previous 12 months, 1 out every 2 students used drugs in Eeyou Istchee as compared to 1 in 5 for the Province of Quebec.



3- THE SURVEY'S RESULTS :

DRUGS

Use of cannabis in high school students during the past year

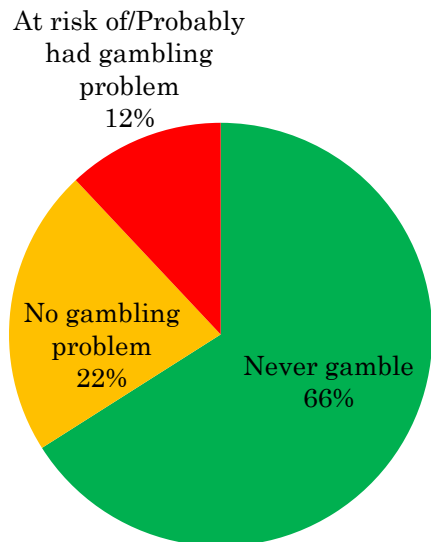


3- THE SURVEY'S RESULTS :

GAMBLING

In the Rest of Quebec, 2.5 out of every 10 high school students gambled.
In Eeyou Istchee, they were 3.5.

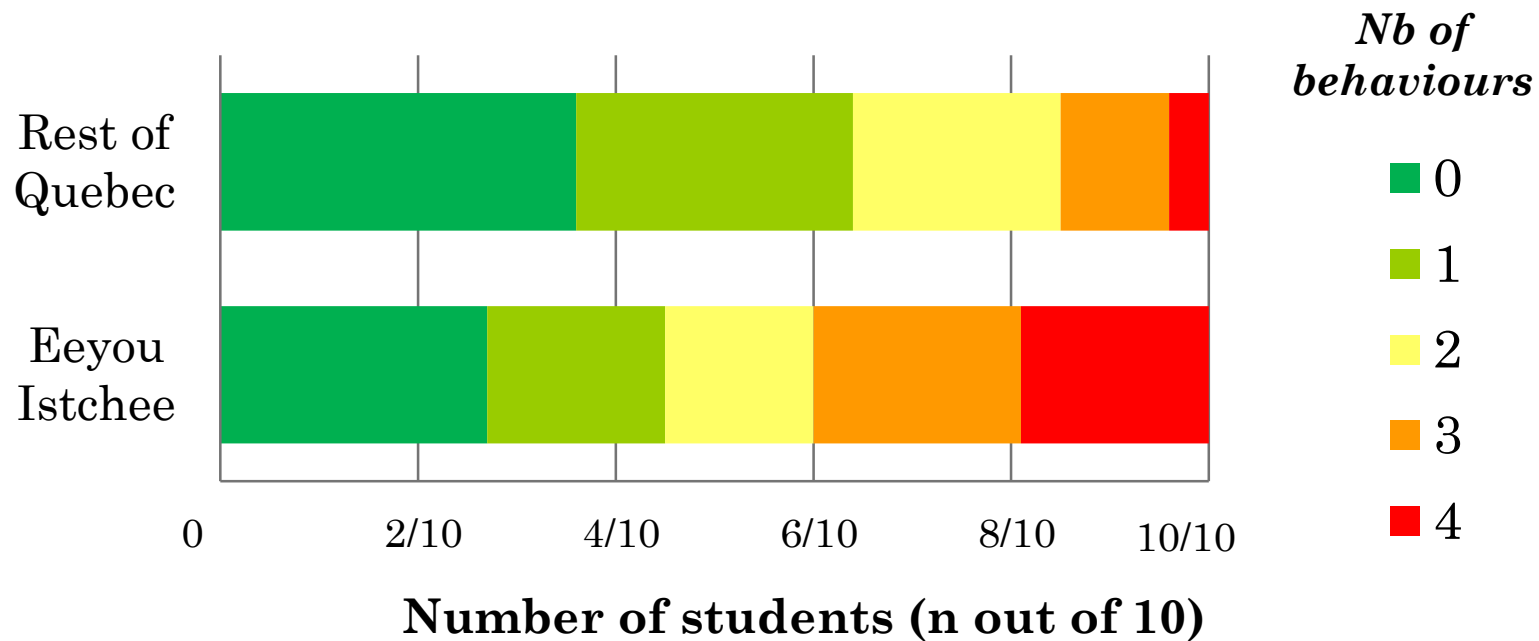
Gambling in high school students during the past year



3- THE SURVEY'S RESULTS :

ENGAGING IN MULTIPLE BEHAVIOURS

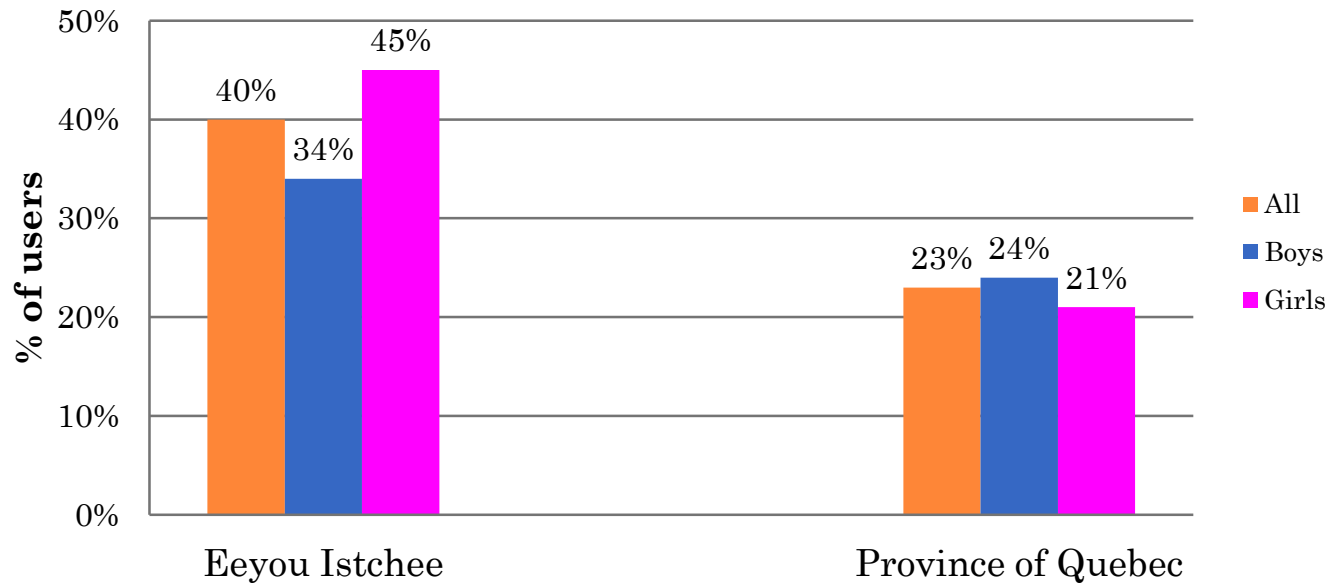
Prevalence of multiple risky behaviours



3- THE SURVEY'S RESULTS :

ENGAGING IN MULTIPLE BEHAVIOURS

Combined alcohol and drug use in the past year



3- THE SURVEY'S RESULTS :

PHYSICAL ACTIVITY

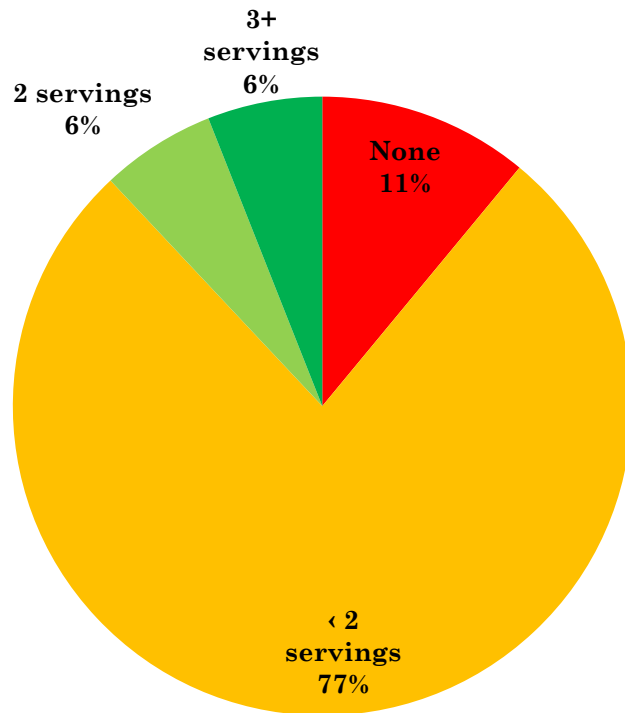
Only 2 out 10 high school students are active or moderately active.



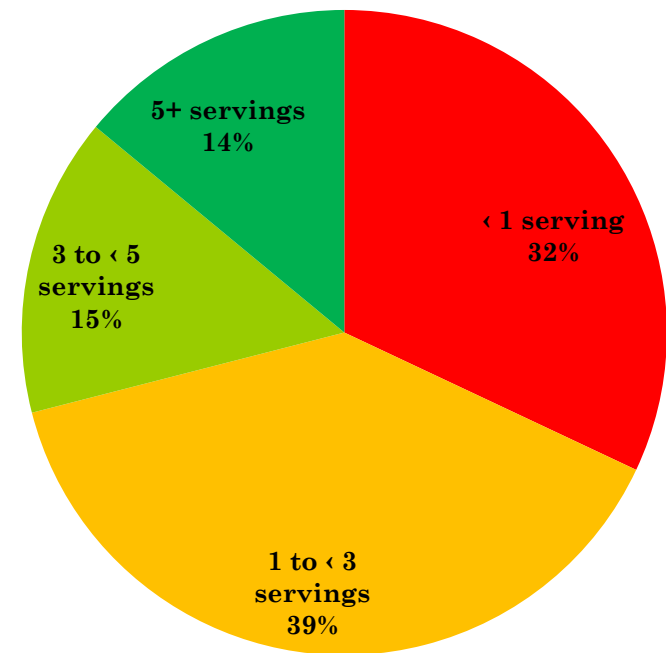
3- THE SURVEY'S RESULTS :

HEALTHY EATING

Milk



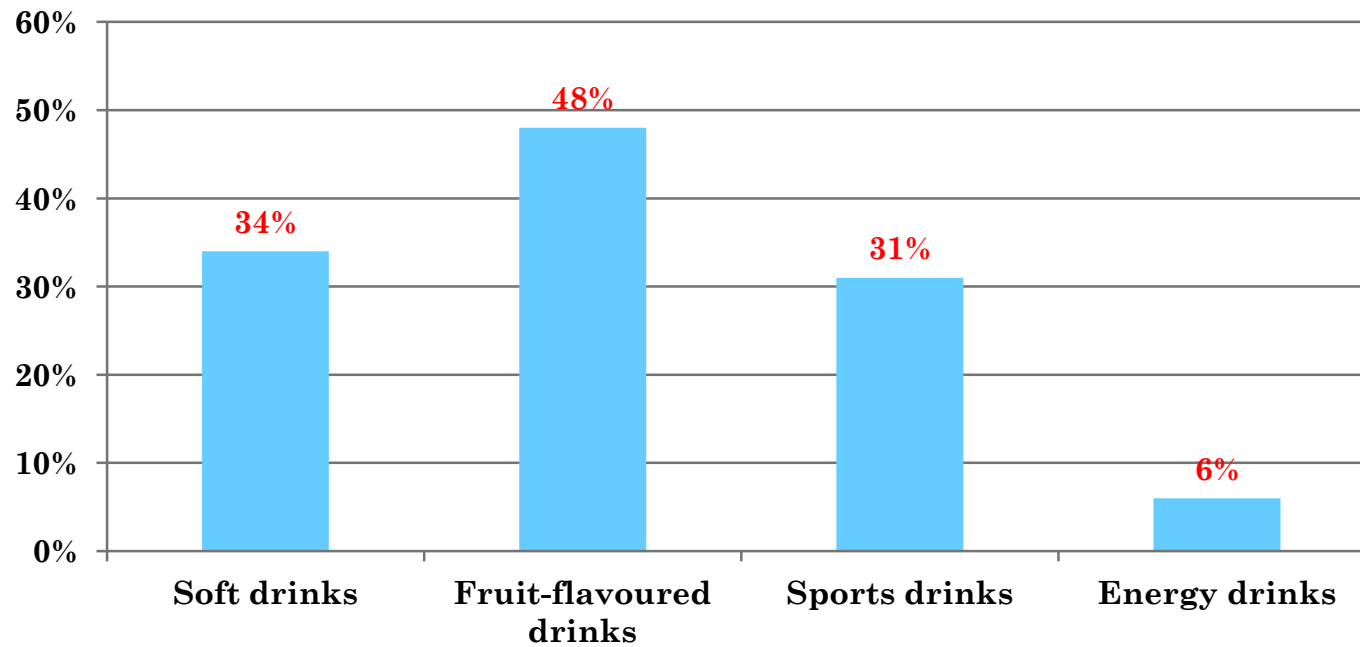
Fruits and vegetables



3- THE SURVEY'S RESULTS :

HIGH-SUGAR DRINK

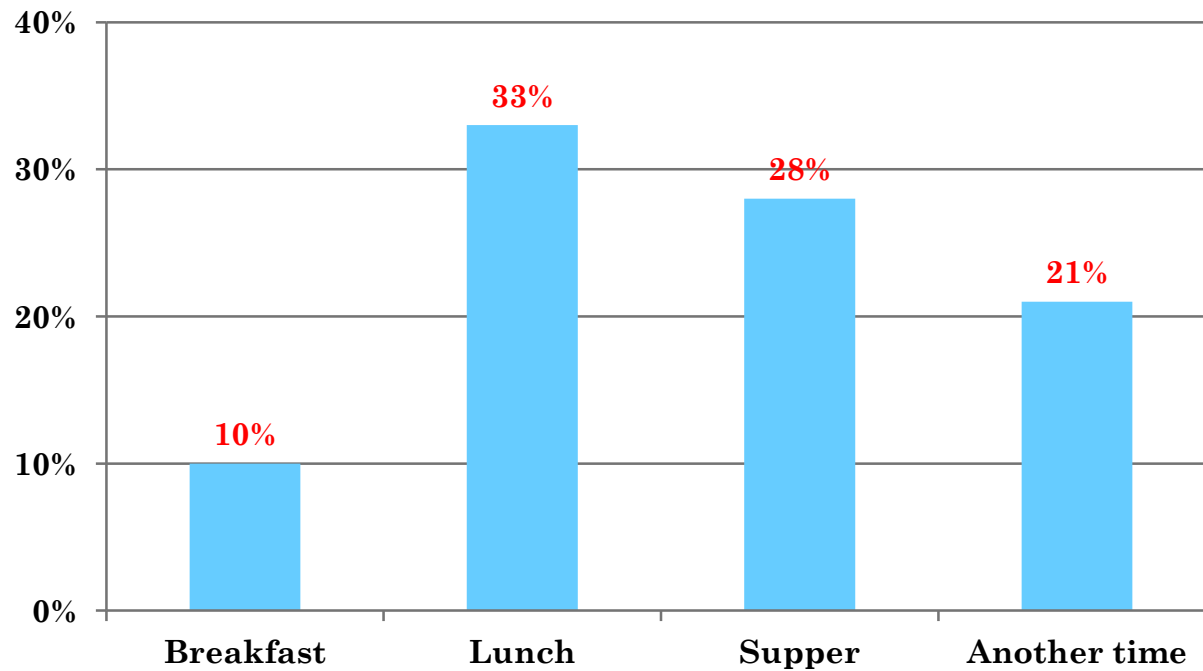
High-Sugar Drinks Intake: At least twice a week



3- THE SURVEY'S RESULTS :

FAST FOOD

Eating Fast Food: At least twice a week



3- THE SURVEY'S RESULTS :

BODY IMAGE

- 8 out 10 perceived their appearance as normal
- However, 5.5 would like to have a slimmer appearance



3- THE SURVEY'S RESULTS :

WRAP UP

- In Eeyou Istchee, we reported a high proportion of many risky behaviours
- Contrarily to the Province of Quebec, girls reported higher proportions for almost all behaviours
- Many students engaged in these behaviours before age 13
- Having a financial asset is a favourable factor for adopting these behaviours



FROM STUDENTS SURVEY TO COMMUNITY PROJECT PLANNING



WHAT?

- The knowledge/data.-what do we want to address?
- the purpose/ goals

WHY?

- Why do we want to address the issue? Is it to educate, inspire, motivate/create changes ...

WHO?

- Who does it involve? – partners – addressing who? Who does what?

HOW?

- Actions , steps to be taken. -other good experiences/ practices.

WHEN ?

- Timetable, scheduling, -knowing about other activities that might affect our project.

MEASURE

- How do we know if we have achieve our goals, - efficiency , readjust ...





The Student Survey helps in our community planning for programs, services , activities.

Student survey data ex; -*“Half of all high school students reported were asked to prove their age in a store , or refused cigarettes.”*

Data ex:-“Which groups of Students have the highest drinking rates? Girls rather than boys.”

WHAT? →

Is this data similar in our community? Completing our knowledge/ verifying .

WHY? →

Is this issue really affecting our youth or not? Is there other issues more important ?

WHO? →

Our local entities; Chief and Council, Youth Council , local businesses, Local health committees , NWA.

HOW? →

Ex, of actions; meeting businesses, doing random check/ recreation doing specific activities for girls/ girls support groups. More awareness educational activities.

WHEN? →

Strategic planning; 4 times a year random check in store. /More girls specific activities on week ends.

MEASURE →

Questionnaires; to store owners how they are applying policy, changes made. 2 years later repeat part of survey.



Public Health / CHBSSJB ;

Completing our knowledge for Addiction programs and Services development ;

- Student Survey

-Adult profiles study: One on one interviews, looking into risk factors and protective factors; individuals presently struggling with addiction, those who never had addictions issues and others who have recovered .

-General Population Health Survey

-Near future;

-Needs assessment for incarcerated individuals.

-Prescribed medication addiction.



MEEGWETCH!!!!

**Information from this presentation is available
on**

CREEHEALTH.ORG

