Tan e ihtiyyan
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?

- Board of Directors
  - Executive Direction
    - Nishiyuu
    - Miyupimaatísíiun
    - Pimuhteheu
    - Administrative
      - Regional Public Health
      - Program Planning
      - Professional Services & QA
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- **H ow do we get data for Eeyou 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
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 ihtiyan 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

- Daily smoker, 16%
- Has never smoked an entire cigarette, 44%
- Smokes, but not every day, 21%
- Used to smoke, 6%
- Experimented with cigarettes in the past but doesn’t smoke at present, 9%
- Beginning smoker (has not yet smoked 100 cigarettes in his/her life), 4%

Province of Quebec: Use of cigarette in the past month

- 86%
- 7%
- 3%
- 1%
- 1%
- 2%
3- **The Survey’s results:**

**Cigarette smoking**

**Eeyou Istchee Boys: Use of cigarette in the past month**
- Daily smoker, 12%
- Smokes, but not every day, 17%
- Has never smoked an entire cigarette, 54%
- Experimented with cigarettes in the past but doesn’t smoke at present, 8%

**Eeyou Istchee Girls: Use of cigarette in the past month**
- Experimented with cigarettes in the past but doesn’t smoke at present, 8%
- Smokes, but not every day, 35%
- Has never smoked an entire cigarette, 24%
- Used to smoke, 10%
- Beginning smoker, 5%
- Daily smoker, 20%
3- **The Survey’s Results:**

**Heaviness of Smoking**

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

- 1 or 2 (34%)
- 3 to 5 (40%)
- 6 to 10 (22%)
- 11 & more (4%)

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

- 1 or 2 (65%)
- 3 to 5 (18%)
- 6 to 10 (10%)
- 11 & more (7%)
3- **The Survey’s results:**

**Alcohol consumption**

**Eeyou Istchee: Frequency of drinking in the past year**

- Never drank: 53%
- Infrequent (up to once a month): 32%
- Frequent (1-2 times per week): 15%

**Province of Quebec: Frequency of drinking in the past year**

- Never drank: 43%
- Infrequent: 47%
- Frequent: 10%
3- **The Survey’s Results:**

**Alcohol Consumption**

**EI Boys: Frequency of drinking in the past year**
- Never drank: 59%
- Infrequent: 30%
- Frequent: 11%

**EI Girls: Frequency of drinking in the past year**
- Never drank: 47%
- Infrequent: 34%
- Frequent (1-2 times per week): 19%
3- The Survey’s Results: Alcohol Consumption

EI Boys: Frequency of drinking in the past year

- Never drank: 59%
- Infrequent: 30%
- Frequent: 11%

EI Girls: Frequency of drinking in the past year

- Never drank: 47%
- Infrequent: 34%
- Frequent (1-2 times per week): 19%
3- The Survey’s results:
Alcohol Consumption

Eeyou Istchee: Binge drinking in the past year

- Never drank: 53%
- Repeated binge drinking: 16%
- Binge drinking: 22%
- Do not binge: 9%
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

- Never/Not in past year: 53%
- Tried once: 8%
- Occasional: Up to once a month: 9%
- Regular: At least once a week: 14%
- Daily: 16%
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:

- **Never gamble**: 66%
- **No gambling problem**: 22%
- **At risk of/Probably had gambling problem**: 12%
3- **The Survey’s results:**

*Engaging in multiple behaviours*

Prevalence of multiple risky behaviours

<table>
<thead>
<tr>
<th>Number of students (n out of 10)</th>
<th>0</th>
<th>2/10</th>
<th>4/10</th>
<th>6/10</th>
<th>8/10</th>
<th>10/10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rest of Quebec</strong></td>
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<tr>
<td><strong>Eeyou Istchee</strong></td>
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</tr>
</tbody>
</table>

**Nb of behaviours**

- 0
- 1
- 2
- 3
- 4
3- **The Survey’s results:**

*Engaging in multiple behaviours*

Combined alcohol and drug use in the past year

![Bar chart showing combined alcohol and drug use in Eeyou Istchee and Province of Quebec for all, boys, and girls.](chart.png)

- **Eeyou Istchee:**
  - All: 40%
  - Boys: 34%
  - Girls: 45%

- **Province of Quebec:**
  - All: 23%
  - Boys: 24%
  - Girls: 21%
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**
- None: 11%
- 2 servings: 6%
- 3+ servings: 6%

**Fruits and vegetables**
- < 1 serving: 32%
- 1 to < 3 servings: 39%
- 3 to < 5 servings: 15%
- 5+ servings: 14%
3- **The Survey’s Results:**

*High-Sugar Drink*

High-Sugar Drinks Intake: At least twice a week

- **Soft drinks:** 34%
- **Fruit-flavoured drinks:** 48%
- **Sports drinks:** 31%
- **Energy drinks:** 6%
Eating Fast Food: At least twice a week

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Eating Fast Food (at least twice a week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>10%</td>
</tr>
<tr>
<td>Lunch</td>
<td>33%</td>
</tr>
<tr>
<td>Supper</td>
<td>28%</td>
</tr>
<tr>
<td>Another Time</td>
<td>21%</td>
</tr>
</tbody>
</table>
3- **THE SURVEY’S RESULTS**:

*Body Image*

- 8 out of 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?**

**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 achieved our goals.
- Efficiency, readjust ...
...AND THAT IS WHY WE LIFT ON THREE...

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