

OUR HEALTH COUNTS STUDY



What is the study about?

- 1 Understanding the health and health service needs of Indigenous peoples in Toronto by recruiting a sample that includes everyone, NOT just those who use programs and services.
- 2 Asking participants about their holistic health, health determinants, and health needs.
- 3 Understanding the key factors linked to emergency room use over time.
- 4 Research done by Indigenous people FOR Indigenous people... "nothing about us without us".

Who is funding this study?

This study is funded by a Canadian Institutes of Health Research (CIHR) operating grant.

What's unique about this study?

Indigenous community organizations own and control all of the data.

It is one of the largest respondent driven sampling studies ever done.

It is the largest urban Indigenous population health study in Canada.

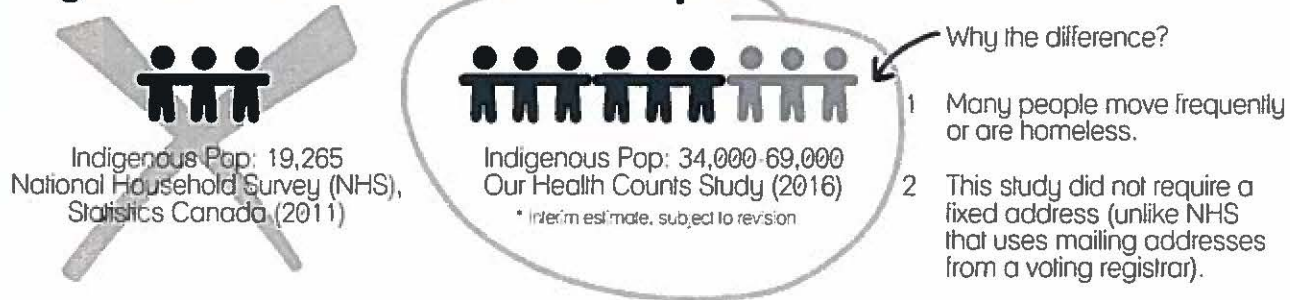
Who is involved?

Project Leads: Dr. Janet Smylie (Well Living House) and midwives Sara Wolfe and Cherylee Bourgeois (Seventh Generation Midwives Toronto). They are supported by an Indigenous and allied health research staff team and 20+ health and social services organizations.

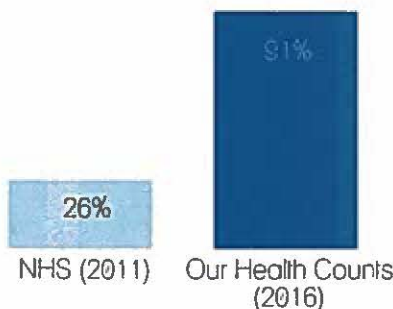
Hot Off the Press!

PRELIMINARY KEY FINDINGS

Toronto's Indigenous population is approximately **2-4Xs** larger than what Statistics Canada reported



Over **90%** of Toronto's Indigenous population lives below the (before tax) **Low Income Cut-Off (LICO)**



When a family spends 20% + more (of their total income) than the average family on food, shelter, and clothing.

Why is the study so successful?

- ✓ Strong social networks within Toronto's Indigenous community.
- ✓ Indigenous community staff and leading organizations are experts and have skills necessary for respectful and relevant Indigenous community engagement.

