

# Our Health Counts London

The first inclusive, community-driven health survey for Indigenous peoples in London

## CHILD HEALTH

Similar to adults, Indigenous children living in urban areas tend to experience poorer health outcomes than their non-Indigenous counterparts.<sup>1,2</sup> The residential school system and past and present apprehension of Indigenous children continues to impact the health and well-being of Indigenous children and families.<sup>3,4</sup> This is a critical concern given the link between children's health and community health.

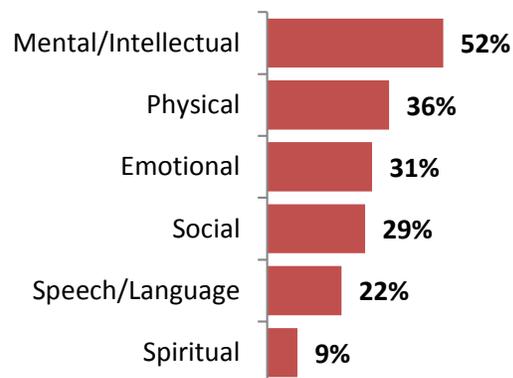
### In Balance

**Over 1 in 4 (26%)** guardians/parents of Indigenous children in London indicate having concerns about the progress of their child's physical, mental, emotional, spiritual and/or social development.

The most commonly accessed supports for development concerns were teachers, doctors or nurse practitioners, and family members.

**Over half** are worried about their child's mental or intellectual development.

#### Concern about child's development

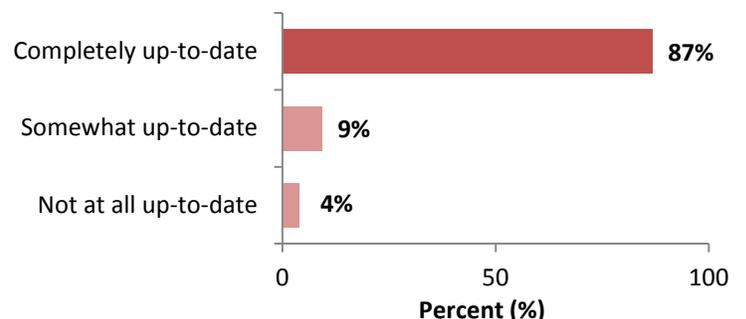


**15%** of guardians/parents of Indigenous children encountered barriers accessing supports for child development concerns.

### Immunizations

**87%** of Indigenous children in London, 6 years and younger, who received immunizations are completely up-to-date.

**5%** of Indigenous children (6 years and under) in London have never received immunizations, compared to 1.5% of children 2, 7 and 17 years in Canada.<sup>7</sup>



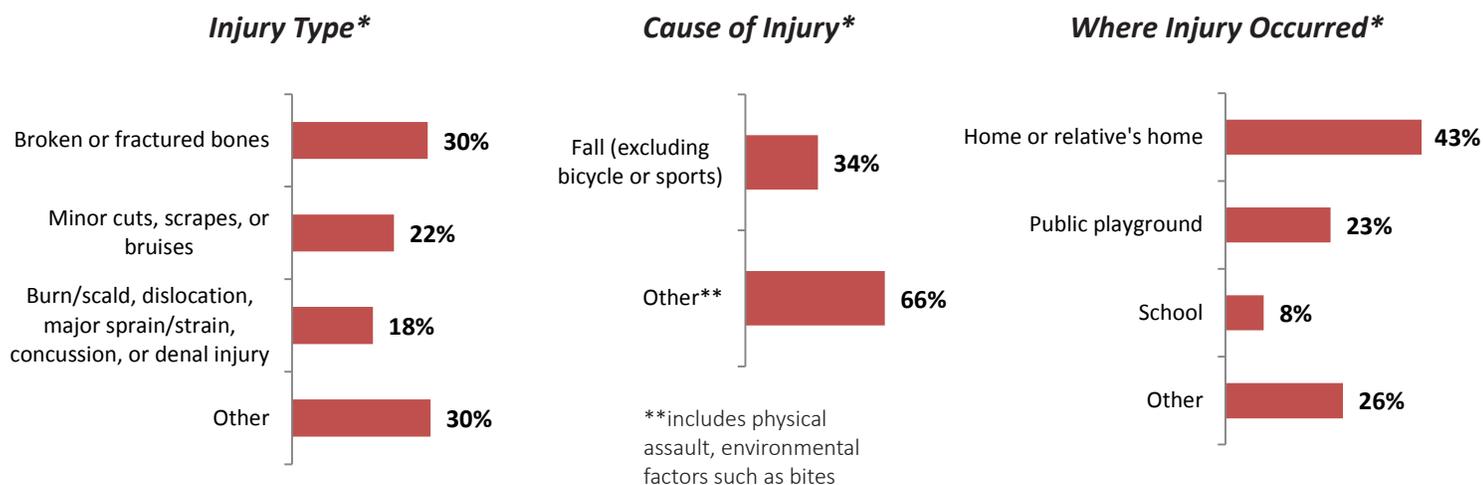
The most common barriers to keeping up-to-date with immunizations for parents/guardians of Indigenous children:

- Lack of time for appointments
- Not having a health care provider
- Clinic waitlist was too long
- Too many required immunizations

**37%** of Indigenous parents in London indicated that a health care provider DID NOT discuss their child's immunizations with them in the past year.

## Injury

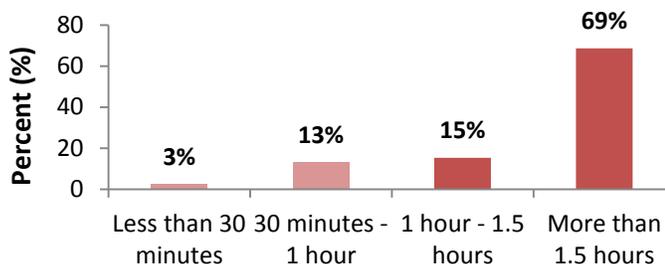
In the past 12 months, **11%** of Indigenous children in London over 6 years of age have been injured and required medical attention by a doctor, nurse or dentist, compared to 10% of children in Canada.<sup>6</sup>



## Physical Activity

**Over 8 in 10** Indigenous children in London, aged 5 to 14 years, met the recommended amount of physical activity per day outlined by the Canadian Society for Exercise Physiology.

The recommended amount of physical activity for children 5-17 years is 1 hour or more of moderate to vigorous activity per day.<sup>5</sup>



*Population based estimates were created using respondent driven sampling (see Project Overview and Methods Factsheet)*

### Definitions

Indigenous children: persons 1 to 14 years self-identified as Indigenous by their parent or guardian, such as First Nations, Métis, Inuit or other Indigenous nations, living or using services in the City of London.

\*Due to small sample sizes these numbers should be interpreted with caution

### Sources

1. Smylie et al. (2011); 2. UNICEF (2009); 3. Tait et al. (2013); 4. Smith et al. (2005); 5. Canadian Society for Exercise Physiology (2012); 6. Kohen et al. (2000); 7. Statistics Canada (2016)

### Authors

Kristen O'Brien, Nancy Laliberte, Chloé Xavier, Raglan Maddox, Gertie Mai Muise, Brian Dokis, Janet Smylie



Southwest Ontario  
Aboriginal Health  
Access Centre



Indigenous Primary  
Health Care Council

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Funding for this publication was provided by the Ministry of Health and Long-Term Care (MOHLTC). The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of the MOHLTC