

Our Health Counts London

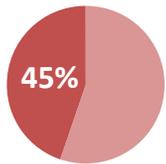
The first inclusive, community-driven health survey for Indigenous peoples in London

ADULT - CULTURE & IDENTITY

Involvement in cultural practices and traditions are key elements in relation to Indigenous health and wellbeing. The Indian Act, residential school system, Sixties Scoop and other forms of cultural oppression have attempted to destroy Indigenous cultural practices and languages.¹ Yet, despite ongoing historical traumas, Indigenous peoples have maintained many traditional practices. Among urban populations, most continue to practice cultural traditions and have a strong sense of cultural identity.²

Traditional Ceremonies

2 in 3 (66%) Indigenous adults in London have participated in traditional ceremonies.



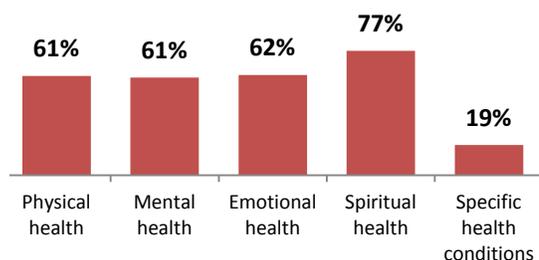
Almost half of Indigenous adults in London experience challenges in accessing traditional ceremonies.

Common barriers to accessing traditional ceremonies included:

- Travel distance
- Unsure where to access them
- Not having enough time

Traditional Medicines

62% of Indigenous adults in London used traditional medicines to maintain health and wellbeing. Uses of traditional medicines/practices:



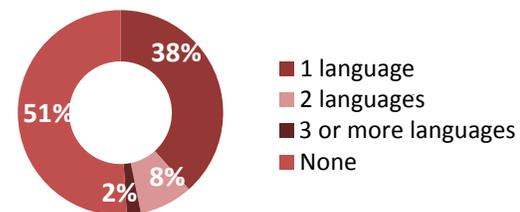
Common sources of traditional medicine knowledge and practices were family members, Elders/knowledge keepers, and other Indigenous people.

Indigenous Languages

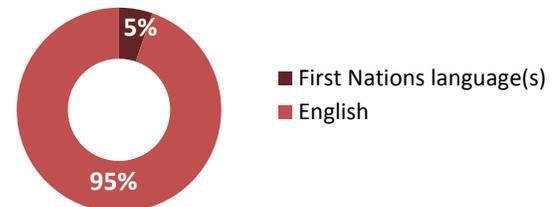
49% of Indigenous adults in London can speak an Indigenous language.

27% of Indigenous adults can have a conversation in an Indigenous language, which is **much higher** than the 2011 NHS estimate of 1.3% of Indigenous adults in London.³

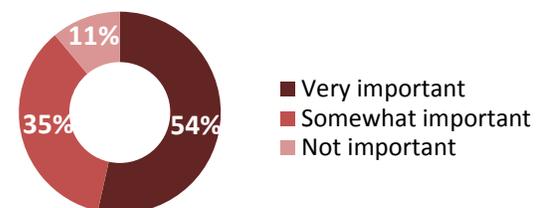
11% of Indigenous adults in London speak multiple languages:



English is the language most commonly used at home:

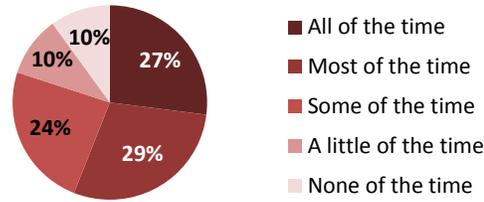


Most Indigenous adults said that speaking/learning an Indigenous language was important:



Connection to the Land

Most Indigenous adults feel a strong connection to the land and Mother Earth all, most or some of the time.

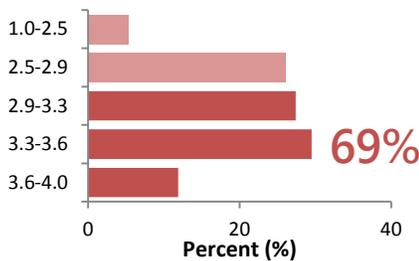


Identity

69% of Indigenous adults had a total identity score that reflected a strong sense of identity among the population in London.

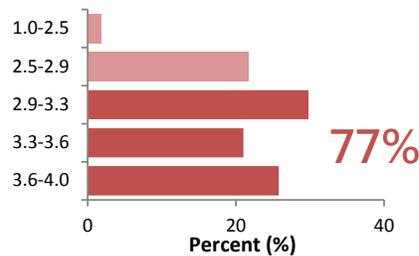
77% had a strong identity affirmation factor score and **47%** had a strong identity search factor score.

Total MEIM Score



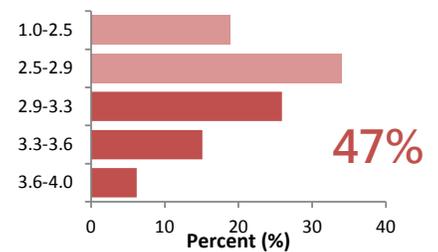
The Multigroup Ethnic Identity Measure (MEIM) examines a person's "sense of membership in [a] group".⁴ In this context, it determines Indigenous adults' sense of identity within the Indigenous community – a higher score indicates a stronger sense of identity.

MEIM Affirmation Subscale



The MEIM Affirmation Scale determines an individual's sense of belonging and attitudes towards an ethnic group.⁵ In this case Indigenous adults' sense of belonging within the Indigenous community – a higher score means a strong sense of belonging.

MEIM Identity Search Subscale



The MEIM Identity Search Subscale examines an individual's exploration of their ethnic identity.⁵ I.e. Indigenous adults' exploration of their traditional cultural practices – a higher score indicates a sense of developed understanding of identity and culture.

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

Definitions

Indigenous adults: persons 15 years or older self-identifying as Indigenous, such as First Nations, Métis, Inuit or other Indigenous Nations, living or using services in the City of London; Traditional ceremonies: smudging, sweat lodges, fasting, healing Qulliq or Kudlik lamp lighting ceremony, etc.; Traditional medicines: such as smudging or teas

Sources

1. Allan & Smylie (2015); 2. Smylie et al. (2011); 3. Statistics Canada (2011); 4. Brown et al. (2014); 5. Phinney (1992)

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