



Conseil de la santé et des services sociaux de la Baie James
 ᑕᑎᑦᓴᑦ ᑭᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ
 Tree Board of Health and Social Services of James Bay

Institut national
 de santé publique
 Québec

Planification, recherche et innovation
 (théorie connaissance-surveillance)

ᐱᑦ ᑭᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ
 ᑕᑎᑦ ᑕᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ

Preventing problems and improving health



ᑕᑦ ᑕᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ
 2003 ᑕᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ ᑕᑦᓴᑦ

Results from the
 2003 Canadian Community Health Survey

May 2007

Preventing problems and improving health

May 2007

This document is available in its entirety on the CBHSSJB Web site: <http://www.creepublichealth.org>
and on the INSPQ Web site: <http://www.inspq.qc.ca>

Reproduction is authorized for non-commercial purposes provided the source is mentioned.

This report is a summary of a longer paper entitled *Preventive practices and changes for improving health*.

PREPARED BY

Ellen Bobet, Confluence Research and Writing
ellenbobet@sympatico.ca

WITH THE COLLABORATION OF

Jill Torrie

Public Health Department

Cree Board of Health and Social Services of James Bay

Pierre Lejeune

Public Health Department

Cree Board of Health and Social Services of James Bay

PHOTO

George Diamond

DESIGN & PAGE LAYOUT

Katya Petrov

katyapetrov@sympatico.ca

Document deposited on SANTÉCOM (<http://www.santecom.qc.ca>)

ISBN: 978-2-550-49847-6

Legal deposit: 2nd trimester 2007

Bibliothèque Nationale du Québec

National Library of Canada

© Cree Board of Health and Social Services of James Bay (2007)

ፎካል ፒሮጀክት

[illegible]

- [illegible]

Introduction

Did you know that one person in two in Iliyu Aschii is doing something to improve their health? A survey in 2003 asked people about some of the things that they do to prevent health problems or to feel better, like:

- ◆ Having a flu shot
- ◆ Checking for early signs of women's cancers
- ◆ Having safe sex
- ◆ Changing their habits to feel healthier

Having a flu shot

Flu can spread rapidly in our communities, so flu shots are free for everyone in Iiyiyiu Aschii. One Iiyiyiu in two has had a flu shot at some time in their lives, and one in four had a shot in the past year. Older adults are especially likely to have had a flu shot. Iiyiyiuch are more likely to have had a flu shot than other people in Quebec.

Did You Know?

Flu shots are only good for one year. The flu virus keeps changing and finding ways to get round the immunity that people have built up, so doctors have to update the vaccine

Checking for cancer of the cervix

Routine medical tests can find some types of women's cancers at an early stage, when they can still be treated. The Pap test detects cancer of the cervix (the lower part of the womb). Health workers recommend that all women under the age of 69 have a Pap test every three years. In Iiyiyiu Aschii, most women have had at least one Pap test in their lives, and two out of three women have been tested in the past three years. (This proportion hasn't changed much since 1991.) Older women (over 65) are less likely to have ever had a Pap test.

Why have some women in Iiyiyiu Aschii not had a Pap test in the past three years? When asked, no one said the test wasn't available. Instead, women usually gave personal reasons for not having the test, like they:

- ♦ didn't see the need for it
- ♦ didn't get around to it
- ♦ don't like the test, or they have a medical reason to not have it.

◁ σζρ'λρ"ζρσ·Δ^λ ♪ ρ·Δ·◁^λ ◁"ρρ·Δ^μ Δ^λ·♭^ο ▷ζζρρ"

[illegible]

ᐅᓂᑕᐢ ᐃᓕᓕᓂ ᐅᓕᓕᓂᓴ, ᓕᓂ ᐅᓕᓂᑕᐢ ᐃᓕᓂᓴ
ᐅᓂᑕᐢ 50 ᐅᓂ ᐃᓂᑕᐢᓴᓴᓴ ᓴᓴ ᓕ

ኗ.ረገሲየሙ.ልዎ። ይህንኑ.ቅ። ሙሉ ሙረ።
 ልግደ። ልግደ። ልግደ። ልግደ። ልግደ።
 ልግደ። ልግደ። ልግደ። ልግደ። ልግደ።
 ይህንኑ.ቅ። ሙሉ ሙረ። ልግደ።
 ልግደ። ልግደ። ልግደ። ልግደ። ልግደ።
 ልግደ። ልግደ። ልግደ። ልግደ። ልግደ።

[illegible]

$\nabla^{\perp} \Lambda \Gamma \dot{c} P^{a''} \quad \triangleleft \quad \triangleleft \wedge \Pi''' \quad \triangleleft \quad \cdot \dot{\Delta}'' \triangleleft \Gamma \dot{c} \sigma \cdot \Delta^{\perp}$

[illegible][illegible][illegible]

Checking for breast cancer

Breast X-rays (mammograms) are used to find breast cancer before it can spread to other parts of the body. Breast cancer is mostly a problem at older ages, so health departments advise women age 50-69 to have a breast X-ray every two years.

In Iiyiyu Aschii, only half the women over age 50 have ever had a breast X-ray—far below the Quebec average. If they had the

X-ray at all, most women had it in the past two years.

When women were asked why they had not had a recent breast X-ray, they often said that they didn't feel one was needed, that they hadn't gotten around to it, or that they were afraid to have one. Few women said that it was hard to get a breast X-ray in their area.

Having safe sex

Few people in Iiyiyu Aschii agreed to talk about their sexual habits, so the survey didn't learn much about things like condom use. But it did learn that most people are sexually active, and that many teenagers start having sex quite young. A third of teenagers said that they first had sex before they were 15 years old. Since older adults don't report starting that early, we think this means that teenagers are having sex at younger ages than before.

Most people had only one sexual partner in the past year, but a few (about one person in six) had many partners. Teenagers and young adults were especially likely to have several partners. A third of the sexually active teenagers (age 15-19) had more than one sex partner in the past year. This also held true for a quarter of the young adults (age 20-29).

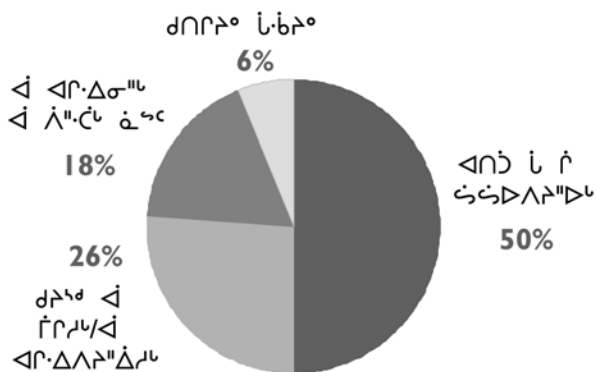
Δῖον δὲ ἔκκευσε Διὶ Πάριον ἔκκευσε
Γαλαῖον δὲ Πάριον

[illegible]

- [illegible]

[illegible][illegible][illegible]

ሲሆኑ ለጥንቅቃው ስለሚገባ ለሌሎች ምሳሌ ሊሆን ይችላል፡፡
 (ሕገመንግሥቱ ለጥንቅቃው ስለሚገባ ለሌሎች ምሳሌ ሊሆን ይችላል፡፡
 ጥንቅቃው ለሌሎች ምሳሌ ሊሆን ይችላል፡፡)



Changing habits to feel healthier

Most people in Iiyiyu Aschii (75%) think that there are things they could do to improve their health—and many of them are taking action. Six out of every ten people made some kind of change in the past year, such as:

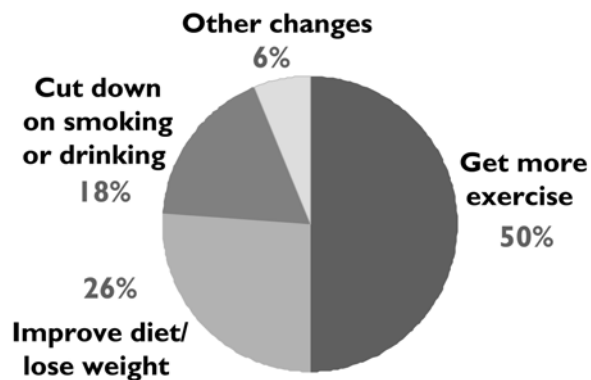
- ♦ Getting more exercise
- ♦ Eating healthier foods or trying to lose weight
- ♦ Cutting back on how much they smoke or drink.

Some groups of people were more likely than others to try to change their habits. People over 45, and those with more education, were more likely to make changes. Men were more inclined to make changes than women—especially some types of changes, like getting more exercise. On the other hand, women were more likely than men to try to improve their diet or lose weight.

What keeps people from making healthy changes? Asked about this, people say that they lack willpower, that some changes are too hard, that they are tired, or that they don't have the time to make a change.

Despite these obstacles, almost everyone (86%) says that they intend to make some changes in the next year. Most often, they plan to get more exercise, to improve their eating habits, or to cut back on smoking.

Most important change that people made to improve their health in the past year
(only includes people who made at least one change)



ᐱᐢᐢᐢᐢ ᐱᐢ ᐱᐢᐢ ᐢᐱᐢᐢᐢ

[illegible][illegible][illegible]

Summary

Many people in liyiyiu Aschii are acting to protect or improve their health—either by having shots and medical checks, or by changing their personal habits. One person in four has had a flu shot in the past year, while two out of three women have had recent Pap tests. However, fewer women have had X-rays for breast cancer.

What about the changes that people can make on their own? We know very little about how many people practice safe sex, but we do know that teenagers start

having sex quite young, and that many of them have more than one partner. As for other habits, almost everyone in liyiyiu Aschii feels they should be making a change. And in fact, six out of ten people have made changes in the past year, such as getting more exercise, eating better, or cutting back on smoking. Men and women tend to make different types of changes: men often focus on exercise, while women are more likely to concentrate on eating habits and weight loss.

