**First Nations in Canada Health and Wellness Indicators, Quick Stats, 2018 Edition**

**Demographics**

- Population with status under the Indian Act living in First Nations communities: 509,010 (CIRNAC, Indian Register unadjusted counts) - 2017
- Population with status under the Indian Act: living outside First Nations communities: 478,504 (CIRNAC, Indian Register unadjusted counts) - 2017
- % of population with status under the Indian Act: living in First Nations communities under the age of 25: 46% (CIRNAC, Indian Register adjusted, projected counts) - 2016

**Vital statistics**

- Total fertility rate, First Nations females with status (on and off-reserve): 2.7 children (StatCan, Projections of Aboriginal Population and Households) - 2011
- Life expectancy at birth (projected), First Nations people (status and non-status, on and off-reserve): 77.9 years (StatCan, Projections of Aboriginal Population and Households) - 2013
- Life expectancy at birth (projected), First Nations males (status and non-status, on and off-reserve): 76.4 years (StatCan, Projections of Aboriginal Population and Households) - 2017
- Life expectancy at birth (projected), First Nations females (status and non-status, on and off-reserve): 79.3 years (StatCan, Projections of Aboriginal Population and Households) - 2017

**Health status and outcomes**

- % reporting excellent or very good health, First Nations people aged 18 and over in First Nations communities: 44.1% (FNIOC, RHS) - 2008/10
- % of First Nations infants (on and off-reserve) born small for gestational age: 5.8% (StatCan, 2006 Canadian Birth Censuses Cohort database) - 2004/06
- Oral health
  - Average number of decayed, missing and filled teeth, First Nations people aged 12 years in First Nations communities: 7.6 (FNIOC, First Nations Oral Health Survey) - 2009/10
  - Average number of decayed, missing and filled teeth, First Nations people aged 12 years in First Nations communities: 6.6 (FNIOC, First Nations Oral Health Survey) - 2009/10
  - Average number of decayed, missing and filled teeth, First Nations people aged 20 years and over in First Nations communities: 6.2 (FNIOC, First Nations Oral Health Survey) - 2009/10
- Infectious disease
  - Rate of tuberculosis, First Nations people with status in First Nations Communities: 26.0 per 100,000 population (3 yrs. avg.) (PHAC, CTBRS) - 2014/16
  - Rate of newly reported cases of HIV among First Nations people on and off-reserve: 20.3 per 100,000 population (3 yr. average) (PHAC, Canadian HIV/AIDS Reporting System) - 2013/15
- Chronic disease
  - % reporting having been diagnosed with heart disease, First Nations people aged 18 and over in First Nations communities: 4.2% (FNIOC, RHS) - 2015/16
  - % reporting having been diagnosed with the effects of stroke, First Nations people aged 18 and over in First Nations communities: 1.4% (FNIOC, RHS) - 2015/16
  - % reporting having been diagnosed with high blood pressure, First Nations people aged 18 and over in First Nations communities: 17.2% (FNIOC, RHS) - 2015/16
  - Hospitalization rate for circulatory disease, First Nations people in First Nations Communities: 991 per 100,000 population (StatCan, Census-Discharge Abstract Database Linkage) - 2009/09
  - % reporting having been diagnosed with type 2 diabetes, First Nations people in First Nations communities: 12.9% (FNIOC, RHS) - 2008/10
  - Hospitalization rate for type 2 diabetes, First Nations people in First Nations Communities: 956 per 100,000 population (StatCan, Census-Discharge Abstract Database Linkage) - 2009/07 - 2008/09
- Injury
  - Hospitalization rate for unintentional injury, First Nations people in First Nations Communities: 836 per 100,000 population (StatCan, Census-Discharge Abstract Database Linkage) - 2009/07 - 2008/09
- Mental health
  - Hospitalization rate for intentional self-harm, First Nations people in First Nations Communities: 146 per 100,000 population (StatCan, Census-Discharge Abstract Database Linkage) - 2009/07 - 2008/09
  - Hospitalization rate for a depressive episode, First Nations people in First Nations Communities: 84 per 100,000 population (StatCan, Census-Discharge Abstract Database Linkage) - 2009/07 - 2008/09

**Determinants of health**

- Personal-related factors (individual and behavioral)
  - % overweight (self-reported), First Nations people aged 18 and over in First Nations communities: 34.2% (FNIOC, RHS) - 2008/10
  - % obese (self-reported), First Nations people aged 18 and over in First Nations communities: 40.2% (FNIOC, RHS) - 2008/10
  - % reporting drinking 5 or more alcoholic drinks on one occasion at least once a month, First Nations people aged 18 and over in First Nations communities: 40.5% (FNIOC, RHS) - 2008/10
  - % reporting smoking cigarettes daily, First Nations people aged 18 and over in First Nations communities: 40.3% (FNIOC, RHS) - 2015/16
  - % reporting being physically active or moderately active in their leisure time, First Nations people aged 18 and over in First Nations communities: 53.9% (FNIOC, RHS) - 2008/10
  - % who completed high school and/or post-secondary studies, First Nations people aged 25-64 in First Nations communities: 56.9% (StatCan, Census) - 2016
  - Unemployment rate, First Nations people aged 25-64 in First Nations communities: 22.5% (StatCan, Census) - 2016
  - Employment rate, First Nations people aged 25-64 in First Nations communities: 46.8% (StatCan, Census) - 2016
  - Median individual income, First Nations people aged 23 and over in First Nations communities: $16,907 (StatCan, Census) - 2015
  - % in a food insecure household, First Nations people aged 18 and over in First Nations communities: 54% (FNIOC, RHS) - 2009/10

- Physical and environmental factors
  - % in crowded homes, First Nations people in First Nations Communities: 36.8% (StatCan, Census) - 2016
  - % in dwellings requiring major repairs, First Nations people in First Nations communities: 44.1% (StatCan, Census) - 2016

**Health system performance**

- % of clients who accessed at least one Non-Insured Health Benefit per year: 71% (THIN, iHEP) - 2016/17
- % that reported that the unavailability of a doctor or nurse was a barrier to receiving health care, First Nations people aged 18 and over in First Nations communities: 22.6% (FNIOC, RHS) - 2015/16
- % patients diagnosed as a new active or re-treatment case of tuberculosis (TB) who completed treatment, First Nations people in First Nations Communities: 92.9% (PCRB, CTBRS) - 2014
- % up to date on measles, mumps and rubella (MMR) vaccination, First Nations children aged at 2 in First Nations communities: 80.4% (FNIRH Program statistics) - 2016
- % that had a mammogram in the past 3 years, First Nations women aged 10-74 in First Nations communities: 62.8% (FNIOC, RHS) - 2008/10
- % that had a pap test in the past three years, First Nations women aged 18 and over in First Nations communities: 68.5% (FNIOC, RHS) - 2015/16

**Water safety**

- % of First Nations communities that are in compliance with national water monitoring guidelines: 41% (THIN, Environmental Public Health program statistics) - 2013-14
- % of the recommended number of sampling wells that public water systems in First Nations communities were monitored for bacteria: 80% (THIN, Environmental Public Health program statistics) - 2017

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