



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

Conservation and Development of Ancestral Indigenous Plant Genetic Resources



Laval University, May 9, 2016

Population breakdown

In Quebec:

∞ 8 115 700 residents

∞ 87 091 FN

∞ 11 640 Inuit

∞ 1.22% of the population of Quebec

∞ Inuit (0.14%)

∞ FN (1.8%)

Source:

∞ ISQ: 2013

∞ INAC 2014



11 Nations in Quebec

Algonquin family

- Abenaki (2 communities)
- Algonquin (9 communities)
- Atikamekw (3 communities)
- Cree (9 communities)
- Innu (9 communities)
- Malecite (1 community)
- Mi'gmaq (3 communities)
- Naskapi (1 community)

Iroquoian family

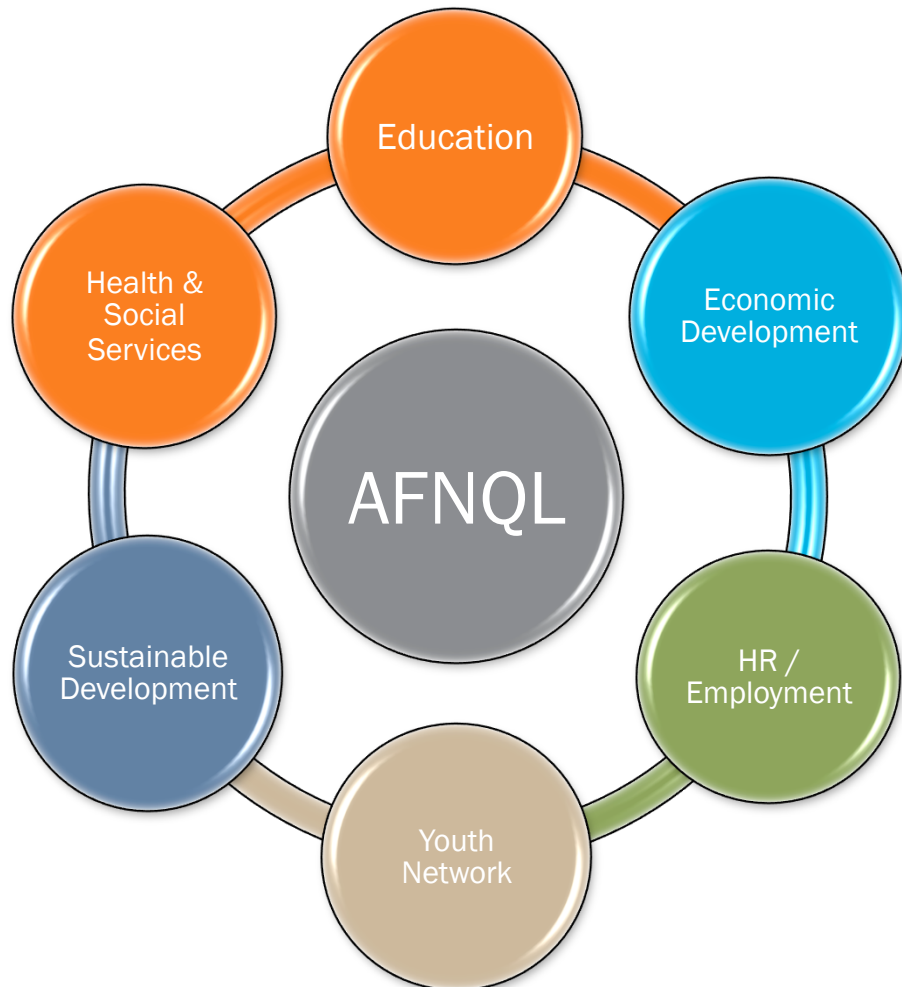
- Mohawk (3 communities)
- Wendat (1 community)

Inuit - Nunavimmiut

- 14 villages in Nunavik

Its environnement : FN organisations

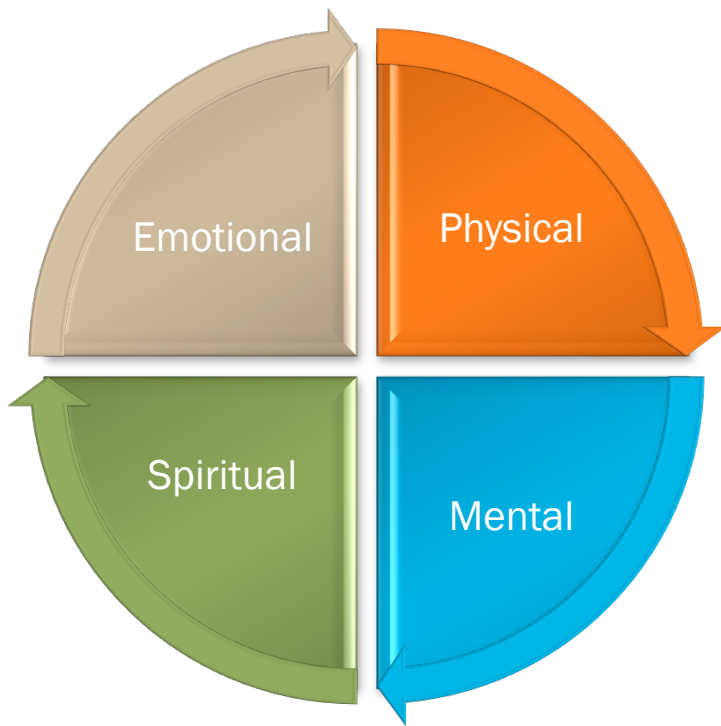
FN Regional Commissions & Organisations



Institutional members

- ☞ Quebec Native Women
- ☞ Native Friendship Centres
- ☞ Quebec FN Treatment Centres

Our Mission



“The FNQLHSSC’s mission is to promote and monitor the physical, mental, emotional and spiritual well-being of First Nations and Inuit people, families and communities while improving access to comprehensive and culturally-sensitive health and social services programs designed by First Nations organizations that are recognized and sanctioned by local authorities, all the while respecting their respective cultures and local autonomy.

It also assists communities that so desire, to set up, develop and promote global health and social services and programs that are adapted and conceived by First Nations organizations”.

Areas of intervention



Area 1

Strengthening the health and wellness of the populations

Area 2

Improving the socio-economic situations of the populations

Area 3

Strengthening the governance of the populations

A few statistics : children



- ∞ The traditional foods most often eaten by children are land-based animals, fresh water fish, as well as bannock and other types of fry bread.
- ∞ About half (53.4%) of the children eat fast food at least a few times a week.
- ∞ Thirty percent (30.5%) of boys and 31.1% of girls have a BMI indicating obesity, whereas 21% of boys and 21.8% of girls are overweight.

A few statistics : adults



- ∞ The traditional foods most often eaten by adults are land-based animals, fresh water fish, as well as bannock and other types of fry bread.
- ∞ Twenty-two percent (21.7%) of adults have a BMI indicating a normal weight, 33% are overweight and 40.6% are obese.

Diabetes



- ∞ Since 2002, the prevalence of type 2 diabetes (T2D) has continued to increase among men (5.5%), going from 12.5% in 2002 to 18% in 2008.
- ∞ In 2002, the prevalence of diabetes among First Nations women was higher than the prevalence of diabetes among Quebec women by 10.9%. In 2008, the gap in the prevalence of diabetes between these two populations remained stable (10.7%).
- ∞ From 2002 until 2008, the gap between the prevalence of diabetes in First Nations men and Quebec men has almost doubled, from 5.3% to 9.9%.
- ∞ Since 2002, increasing number of diagnoses before the forties and even in children. People who were diagnosed with T2D at age 41 or older account for less than half (40.3%) of all diagnoses received.
- ∞ Among First Nations adults aged between 55 and 64 years old, one out of three individuals has been diagnosed with diabetes.

A few initiatives...



∞ First Nations in Quebec and Labrador Research Protocol - 2014



∞ Toolbox of research principles in an aboriginal context – Existing initiatives / Videos



A few initiatives....



- ☞ Wegonen Ke-Midjiyeng Onàgoshig? Traditional Food
- ☞ Community garden
- ☞ Cultural week
- ☞ Menus – daycare and schools
- ☞ Kirano / Nutrition programs in school
- ☞ Regional Health Survey
- ☞ Research on environmental contaminants





First Nations of Quebec and Labrador Health and Social Services



www.cssspnql.com