Summary

Reclaiming Our Health: Exploring Chronic Conditions in Participating Northern Ontario First Nations | 2003-2022



Background

Chronic conditions are health problems that last a long time. The goal of this study was to find out how common chronic conditions are for Mamow Ahyamowen community members.

Methods



We used health administrative data, which are pieces of information collected in the health care system, to create this report. By linking this data with the Indian Register (IR), we calculated the prevalence and incidence of 22 chronic conditions from 2003-2022.

Prevalence is how many people were living with a condition at a point in time, no matter when they were diagnosed. Incidence is how many people were diagnosed with the condition during a period of time.



Findings

This report talks about the conditions we explored, how common they are compared to Ontario overall, how this has changed over time, and what this might mean. It also looks at how conditions affect different age groups and sexes. Here are some highlights:

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Three of the 5 **most common conditions**[1] for community members were related to mental health and substance use:

1. Mood and anxiety disorders
2. Substance use disorder
3. Other mental health conditions
4. High blood pressure
5. Osteoarthritis



[1] Based on prevalence rates for 2019

How rates changed over time...[2]

For some conditions, we saw big *increases* in incidence and prevalence over time. This could mean that more community members are being diagnosed with the conditions, but that they are living longer or that fewer of them are passing away. For example, this was the case for:

- Cirrhosis
- Kidney failure
- Schizophrenia and other psychotic disorders

For a few conditions, we saw big *decreases* in both incidence and prevalence over time. This could mean that fewer community members are being diagnosed with the conditions, but that they aren't living as long or that more of them are passing away. For example, this was the case for:

- Chronic obstructuive pulmonary disease (COPD)
- Osteoporosis
- Congestive heart failure

[2] Based on the relative change for each condition between 2003 and 2022

How Mamow Ahyamowen compares to Ontario...[3]

The rates of some conditions were **much higher** for Mamow Ahyamowen **compared to Ontario** overall:



- Rheumatoid arthritis (14.4 times higher)
- Chronic pancreatitis (4.7 times higher)
- Substance use disorder (4.2 times higher)

How things break down within communities... [3]



Some conditions were **more common for female** community members, especially:

- Osteoporosis (2.6 times higher)
- Rheumatoid arthritis (3.7 times higher)



While one condition was **more common for male** community members:

- Heart attacks (almost 2 times higher)

For the most part, chronic conditions were **most common** in the **oldest age groups**. However, this was not the case for:

- Mental health and substance use conditions (most common in middle age groups, mostly 30-39 year olds)
- Asthma (most common in 20-29 year olds)

[3] Based on prevalence rates for 2019