

# ***The Social Determinants of First Nations Health***

**JASP**  
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COMMISSION DE LA SANTÉ  
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DES **PREMIÈRES NATIONS**  
DU QUÉBEC ET DU LABRADOR

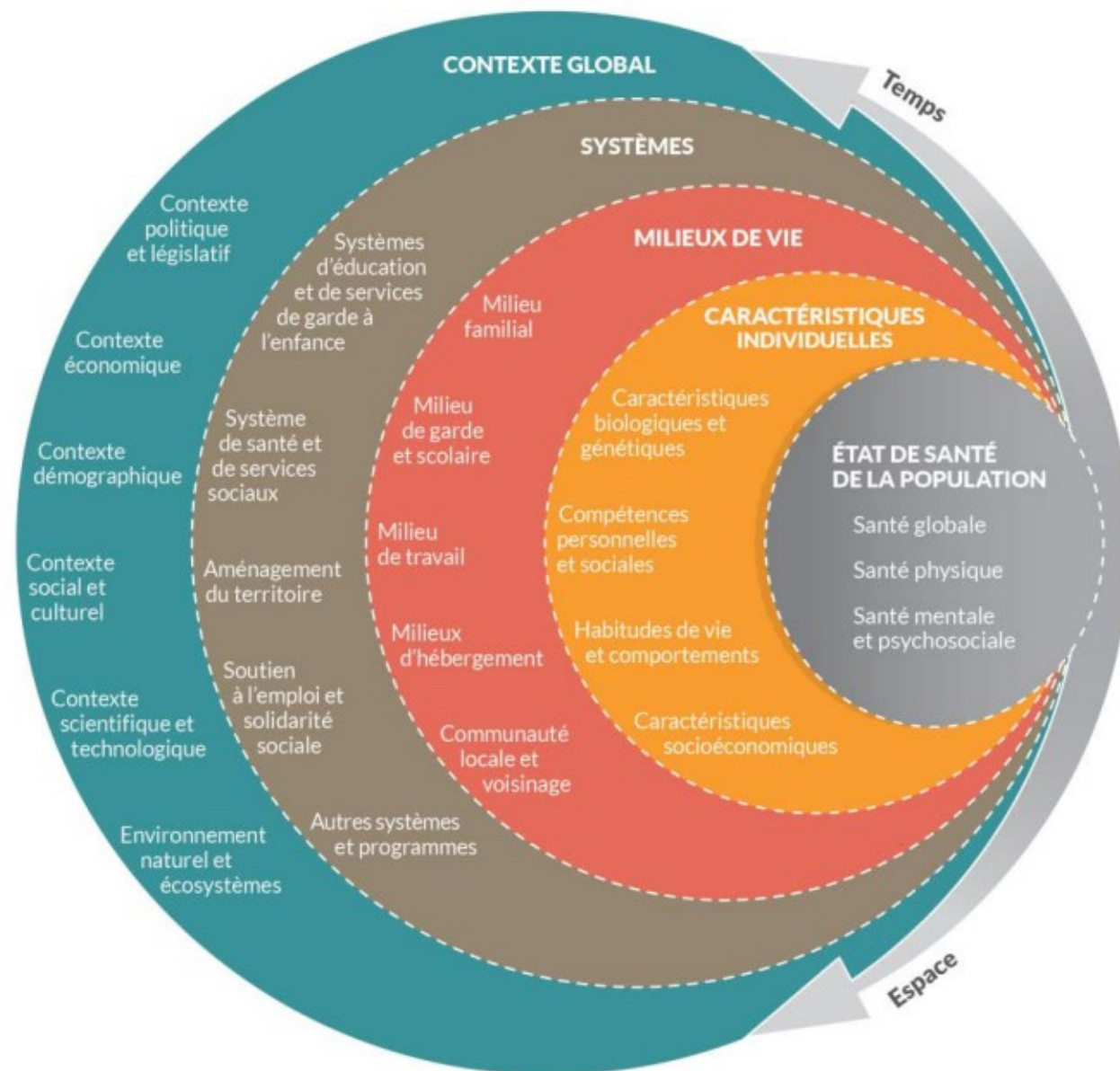




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## The map of health and its determinants (MSSSS, 2012)

### La carte de la santé et de ses déterminants



Source : Ministère de la Santé et des Services sociaux, 2012.



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*National collaborating centre  
for Indigenous health*



*First Nations Health Council*



*First Nations Information  
Governance Centre*

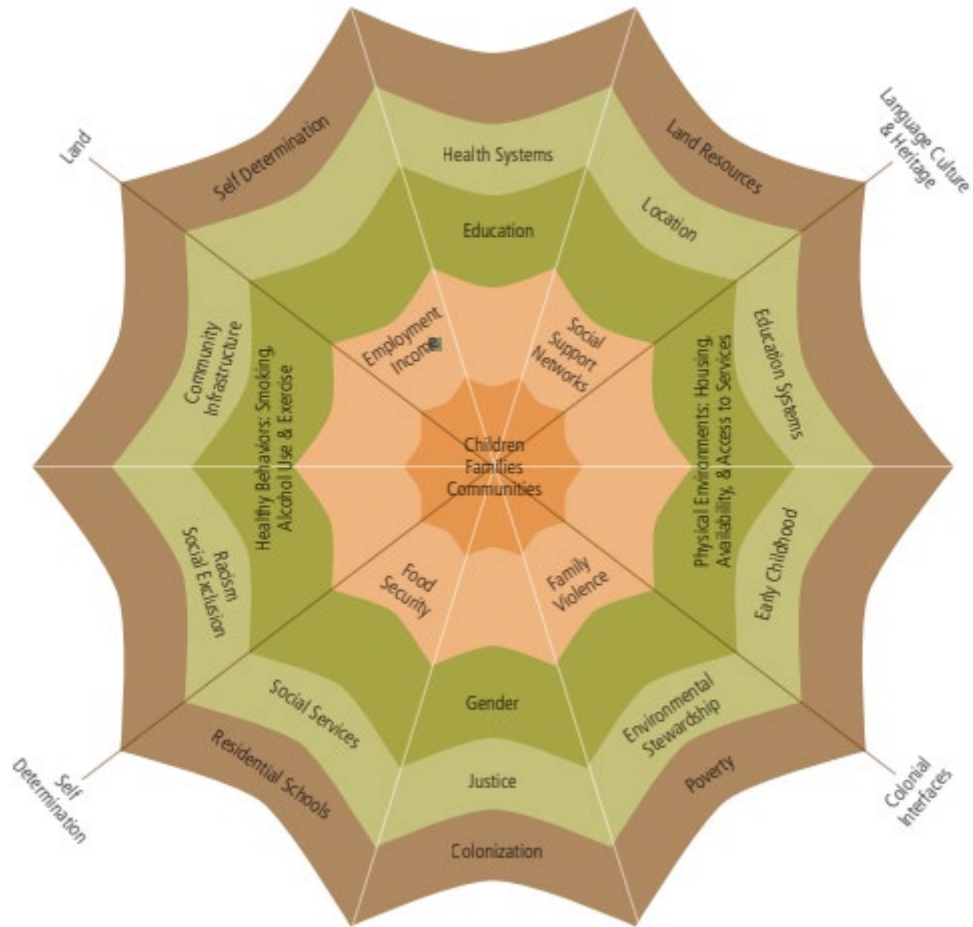


*Thunderbird  
Partnership Foundation*

INSPQ (2022). *Cadres des déterminants de la santé : caractéristiques et spécificités en contexte autochtone*, 62 pages.

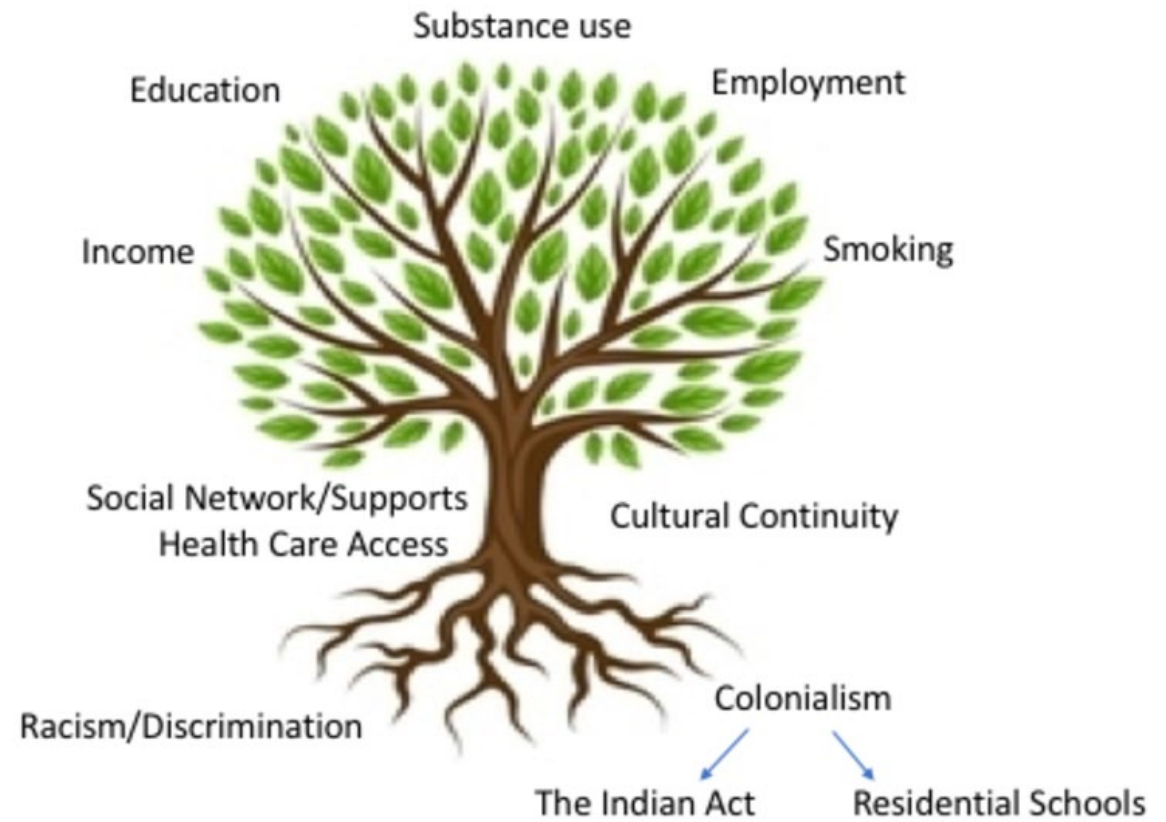


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Greenwood, 2009

PROXIMAL  
INTERMEDIATE  
DISTAL



Reading, 2015



# Key elements of the different frameworks

- Holistic vision of health
- Four dimensions: physical, mental, emotional, and spiritual
- Health from an individual and collective point of view
- Culture as a backdrop
- Focus on strengths, resilience, and protective factors



# Three categories of determinants

- Proximal, intermediate, and distal
- Distal determinants:
  - Most profound effects on the health of Indigenous peoples
  - The hardest to change
  - If treated: long-term changes in health inequalities



# Key social determinants of First Nations health

- Culture
- Territory
- Self-determination
- Colonialism and the history of trauma



# Colonialism

- Historical trauma and neocolonialism
- Cross-cutting influence on proximal and intermediate determinants of health
- Health disparities and inequities are rooted in racism and social marginalization, dislocation, and exclusion (NCCIH)





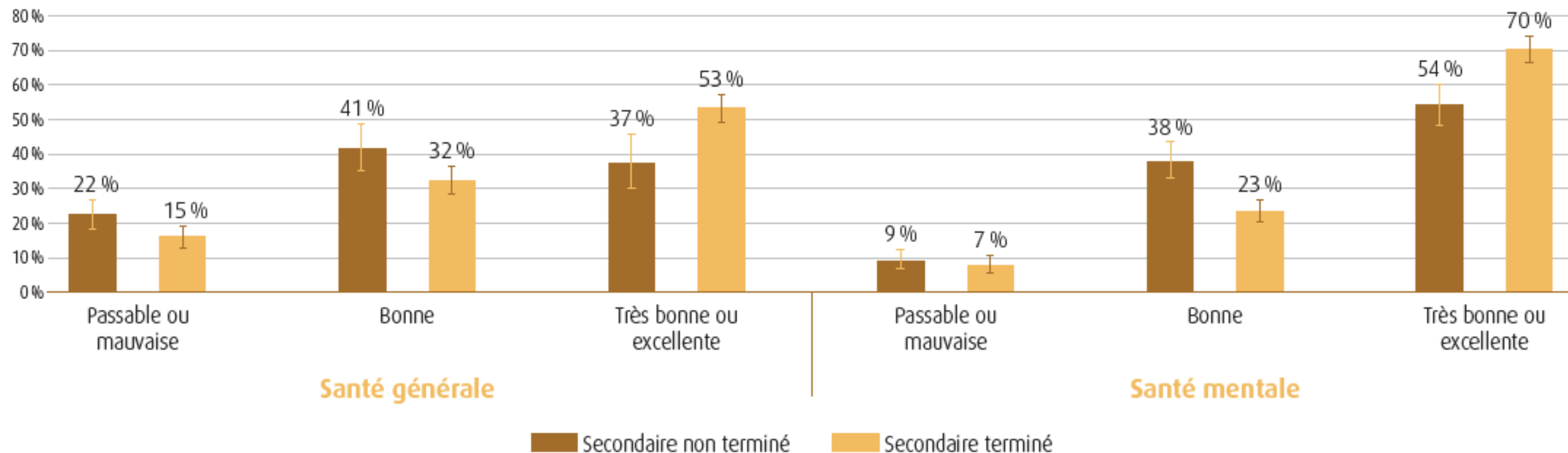
# Self-determination

- One of the key determinants of health and wellness
- Essential to enable Nations to build capacity and gain control over the elements that influence individual and collective health and wellness
- Helps reduce the effects of racism, discrimination, and trauma
- Established links between self-determination and positive health outcomes



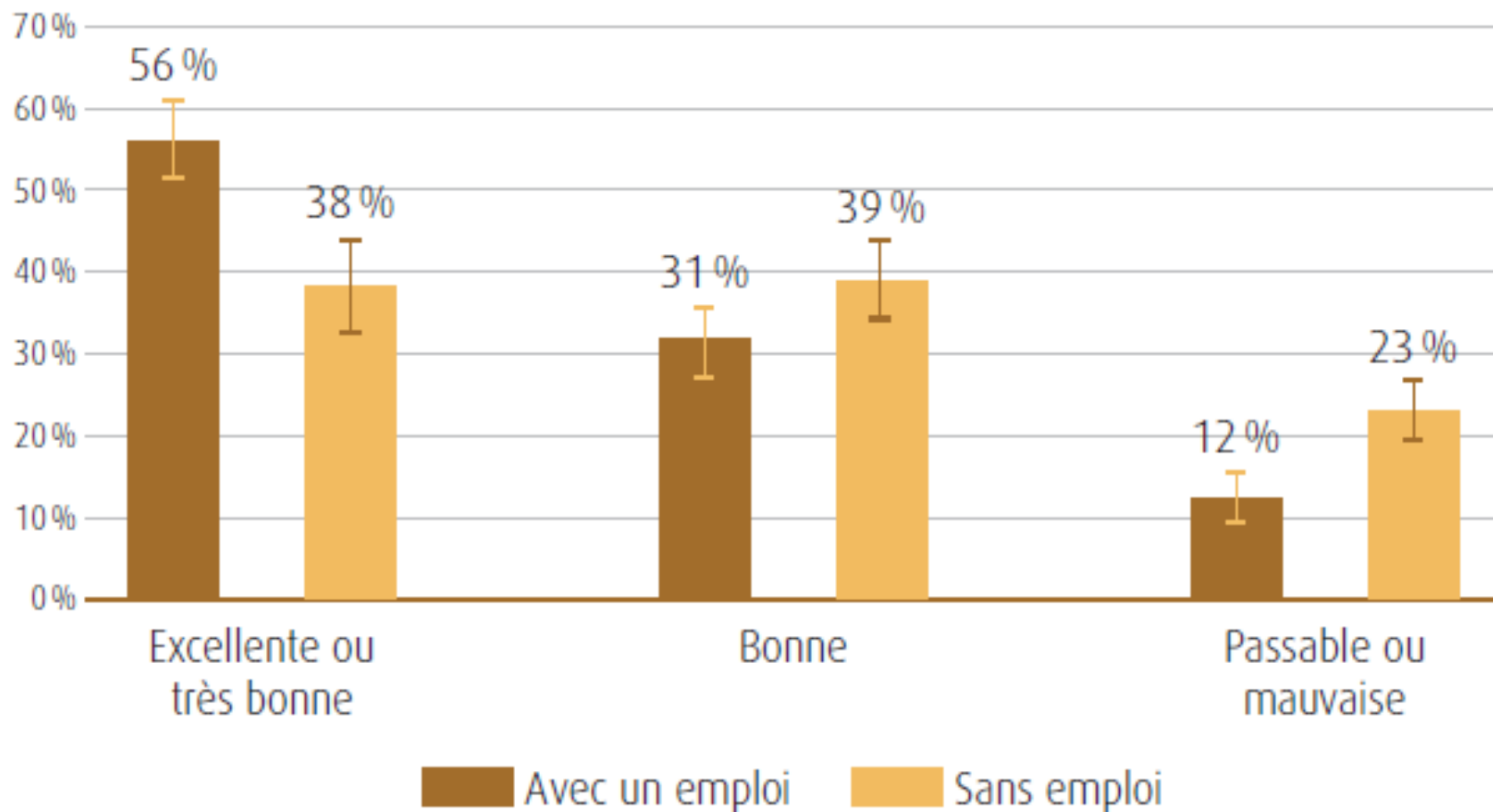
## Some data from the 2015 *Enquête régionale sur la santé* (ERS)

### Perception de la santé générale et mentale selon le parcours scolaire (18 ans et plus)



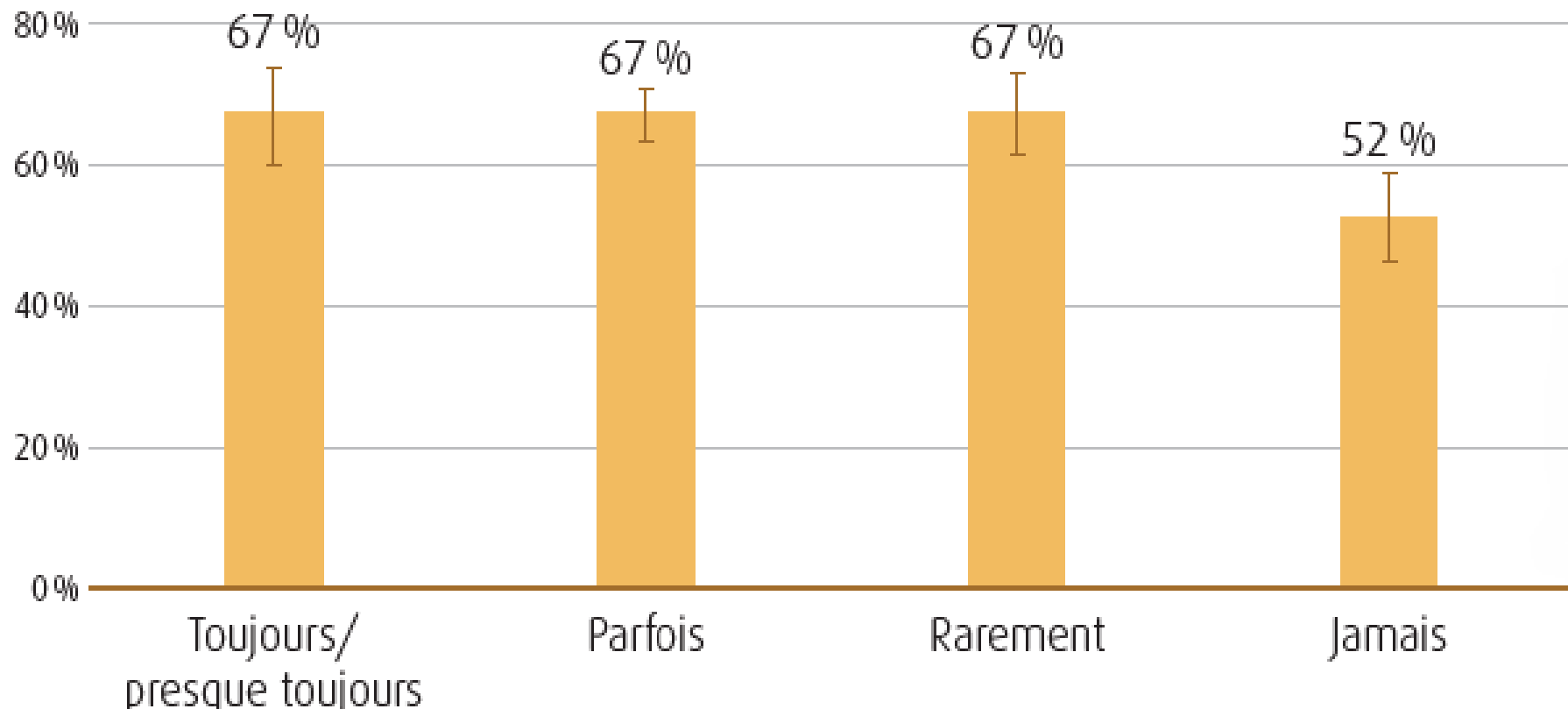


## Perception de sa santé selon le fait d'être ou non en emploi



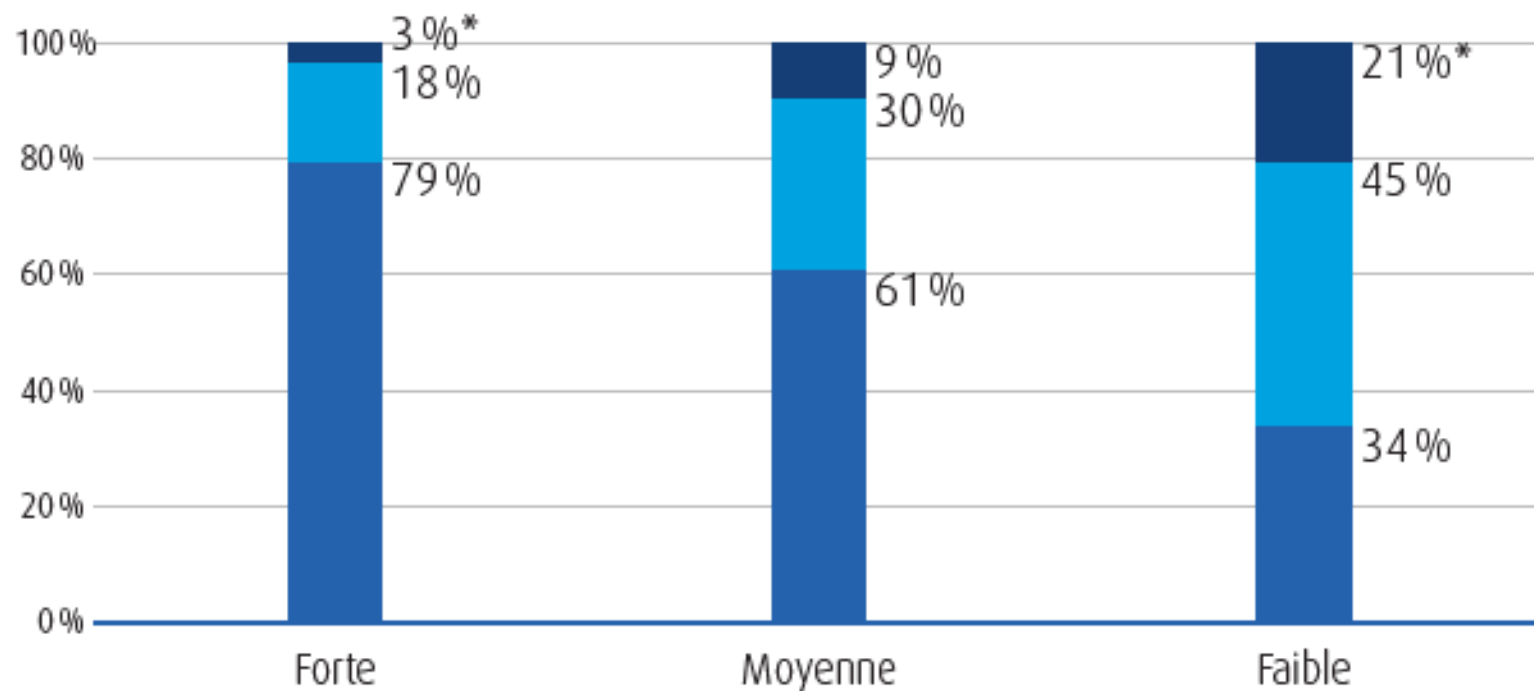


## Adolescents et adultes estimant leur santé mentale très bonne ou excellente selon leur participation aux événements culturels de leur communauté (12 ans et plus)





## Autoévaluation de la santé mentale selon la perception de maîtrise sur sa vie



- Santé mentale « excellente ou très bonne »
- Santé mentale « bonne »
- Santé mentale « passable ou mauvaise »



# Addressing health inequities

To reduce inequities, we must:

- Intervene on health problems and their underlying factors
- Build on protective factors such as culture and self-determination
- The accumulation of interventions at different levels can have a lasting impact

# Thank you!

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