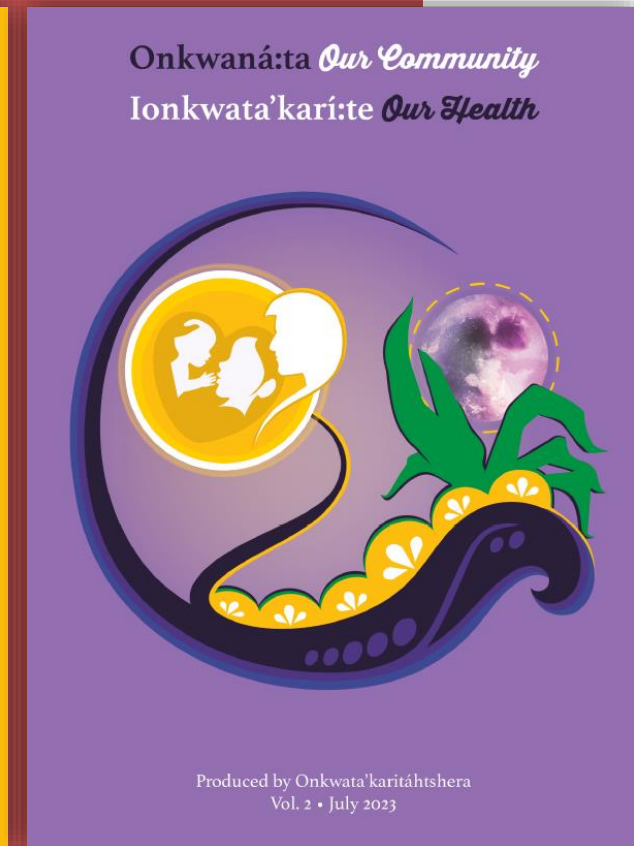


Our Community, Our Health

Brief data update
Onkwata'karitáhtshera
January 2024



About this information

This information and data belongs to the community of Kahnawà:ke and is stewarded by Onkwata'karitáhtshera. The materials are to be used solely for non-commercial purposes and with the goal of improving the health of the community.

The production and distribution of this document and the information contained within it is guided by the Onkwata'karitáhtshera Health Surveillance Policy and Health Research Policy.

Niá:wen to the Surveillance team of the Direction of Public Health of the Montérégie region for their support in data access and analysis.

Niá:wen to all readers, and the individuals and community organizations that will use this information to improve the health of Kahnawà:ke community members.



Context

- This is a brief update to the two comprehensive health portraits:
 - [Onkwaná:ta Our Community, Onkwata'karí:te Our Health, Volume 1 \(2018\)](#)
 - [Onkwaná:ta Our Community, Onkwata'karí:te Our Health, Volume 2 \(2023\)](#)
- Some of the indicators of health and wellness from the portraits will have changed in the time since the data was analyzed
- Comprehensive updates will take much longer to produce
 - We will conduct the Regional Health Survey again in 2024 to update many other indicators
 - For now, a few key indicators that are related to medical care use provide a brief update on some community health changes in the last 6-8 years



Health Indicators presented

1. Demographics
 - a) Estimated population over time
 - b) Estimated population of Elders over time
 - c) Age distribution of population
 - d) Life expectancy at birth
2. Early Childhood and Family Wellness
 - a) Number of births
 - b) Fertility rates
3. Cancer
 - a) Incidence (new diagnoses)
4. Diabetes
 - a) Incidence (new diagnoses)
 - b) Prevalence (ongoing diagnoses)
5. Mental Illness
 - a) Anxiety and depression diagnoses
 - b) All mental illness diagnoses



1. Demographics:

- a. Estimated population over time
- b. Estimated population of Elders over time
- c. Estimate 2023 population distribution by age group

These numbers show people who have a postal code J0L 1B0 associated with a RAMQ card.

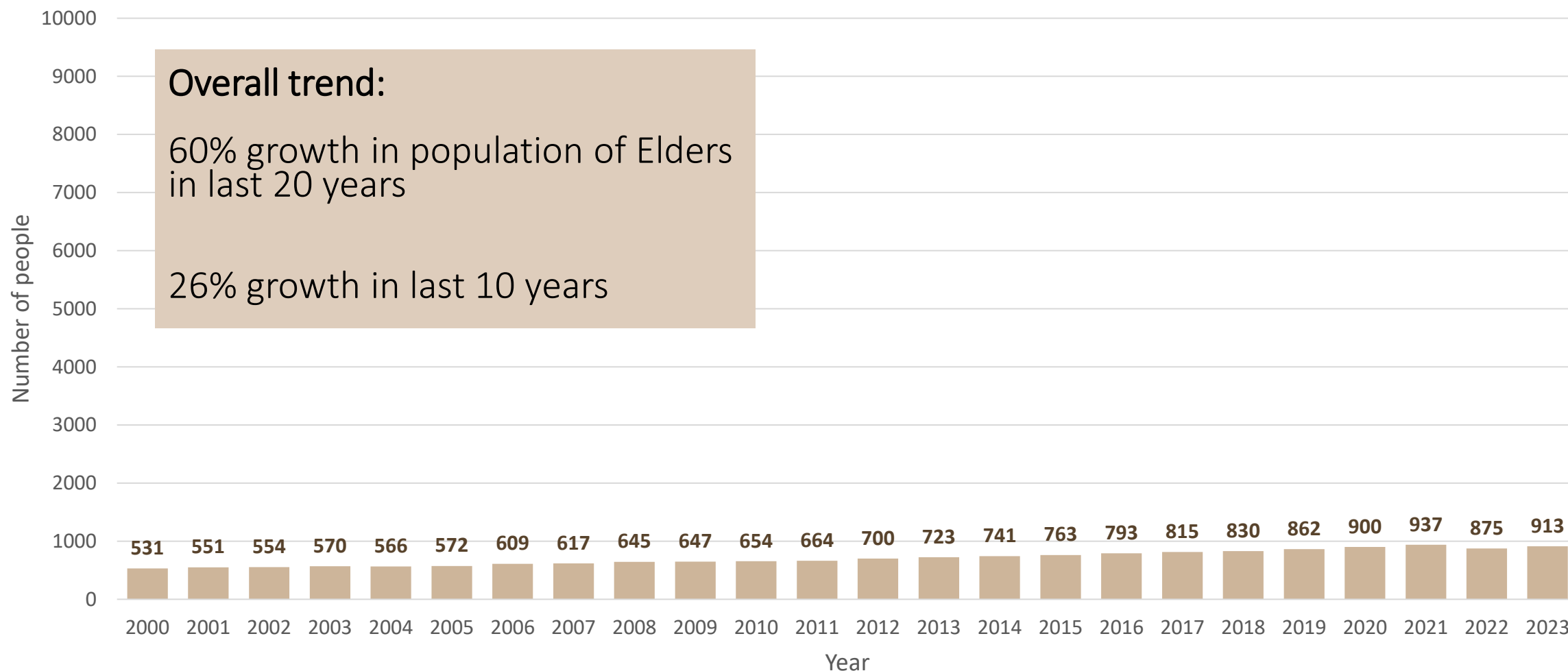
People who have associated their RAMQ card with an address outside of J0L 1B0 or who do not have a RAMQ card are not included.



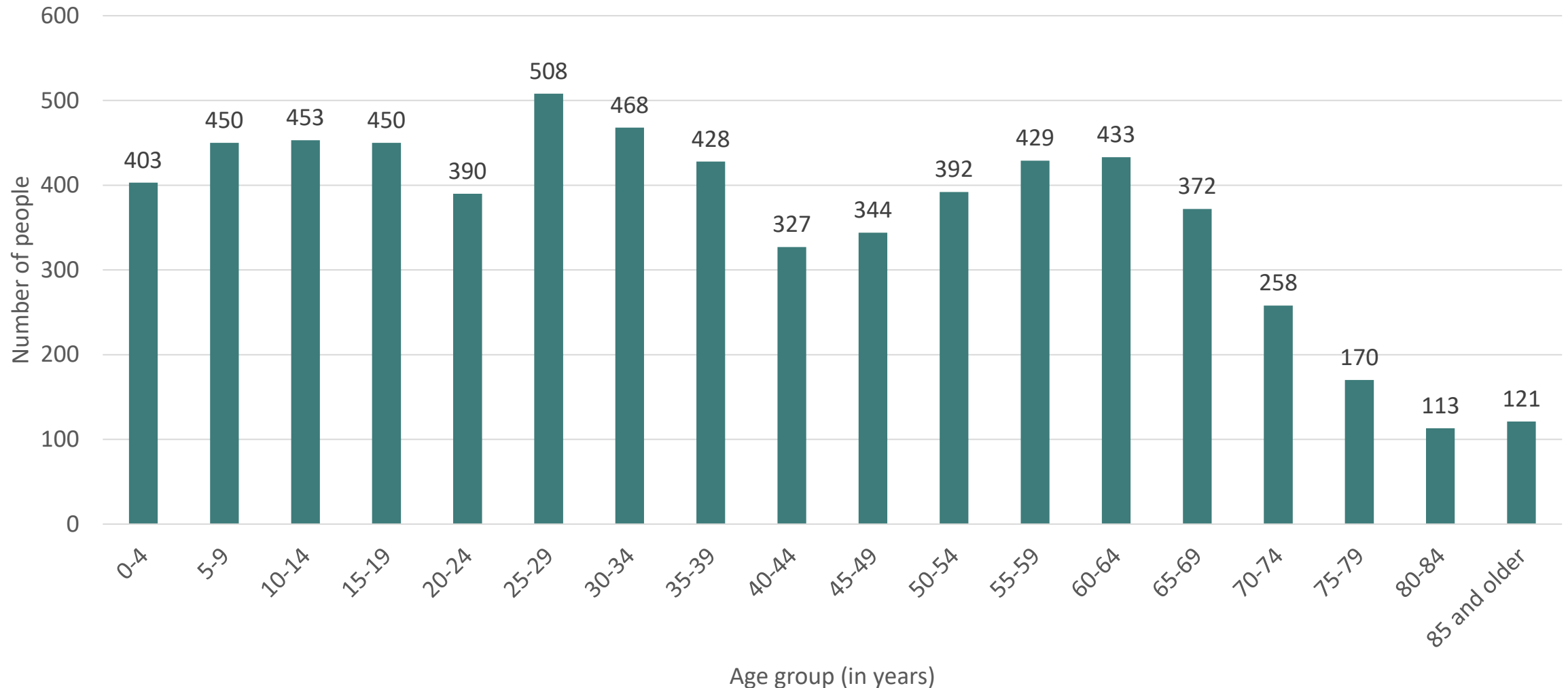
Estimated Population, Kahnawà:ke, all ages, 2000 to 2023 (by postal code of RAMQ card)



Estimated Population of Elders (65 years and older), Kahnawà:ke, 2000 to 2023 (by postal code of RAMQ card)



Estimated population of Kahnawà:ke, by 5 year age groups, by postal code of RAMQ care (J0L 1B0), 2023



Estimated population of Kahnawà:ke, by 5 year age groups, by postal code of RAMQ care (J0L 1B0), 2023

Age category (years)	Number of people	Percentage of total population
0-4	403	6%
5-9	450	7%
10-14	453	7%
15-19	450	7%
20-24	390	6%
25-29	508	8%
30-34	468	7%
35-39	428	7%
40-44	327	5%
45-49	344	5%
50-54	392	6%
55-59	429	7%
60-64	433	7%
65-69	372	6%
70-74	258	4%
75-79	170	3%
80-84	113	2%
85 and older	121	2%
Total	6509	

This table shows the same information as the graph in the prior slide.

It is in table format for ease of use



1. Demographics:

c. Age distribution trends

These numbers are as per postal code J0L 1B0 associated with a RAMQ card.

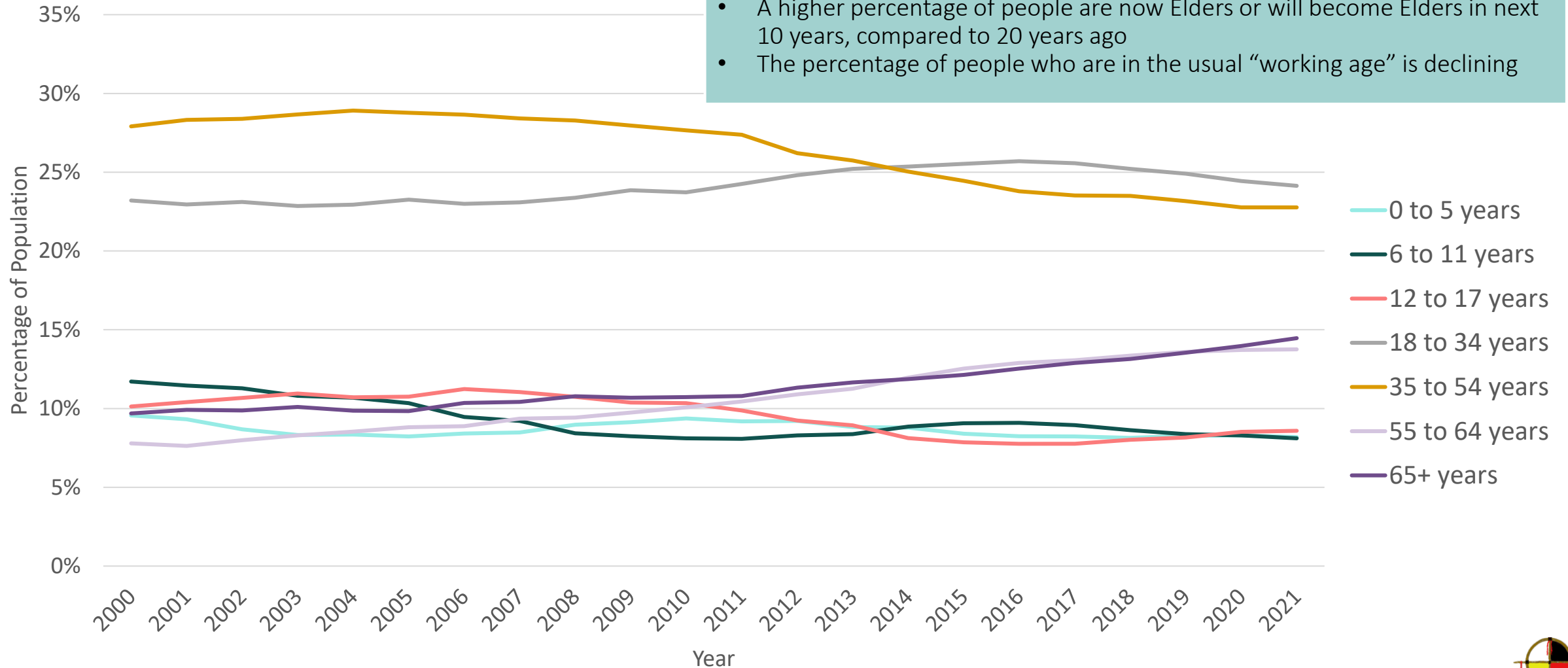
People who have associated their RAMQ card with an address outside of J0L 1B0 or who do not have a RAMQ card will not be included.



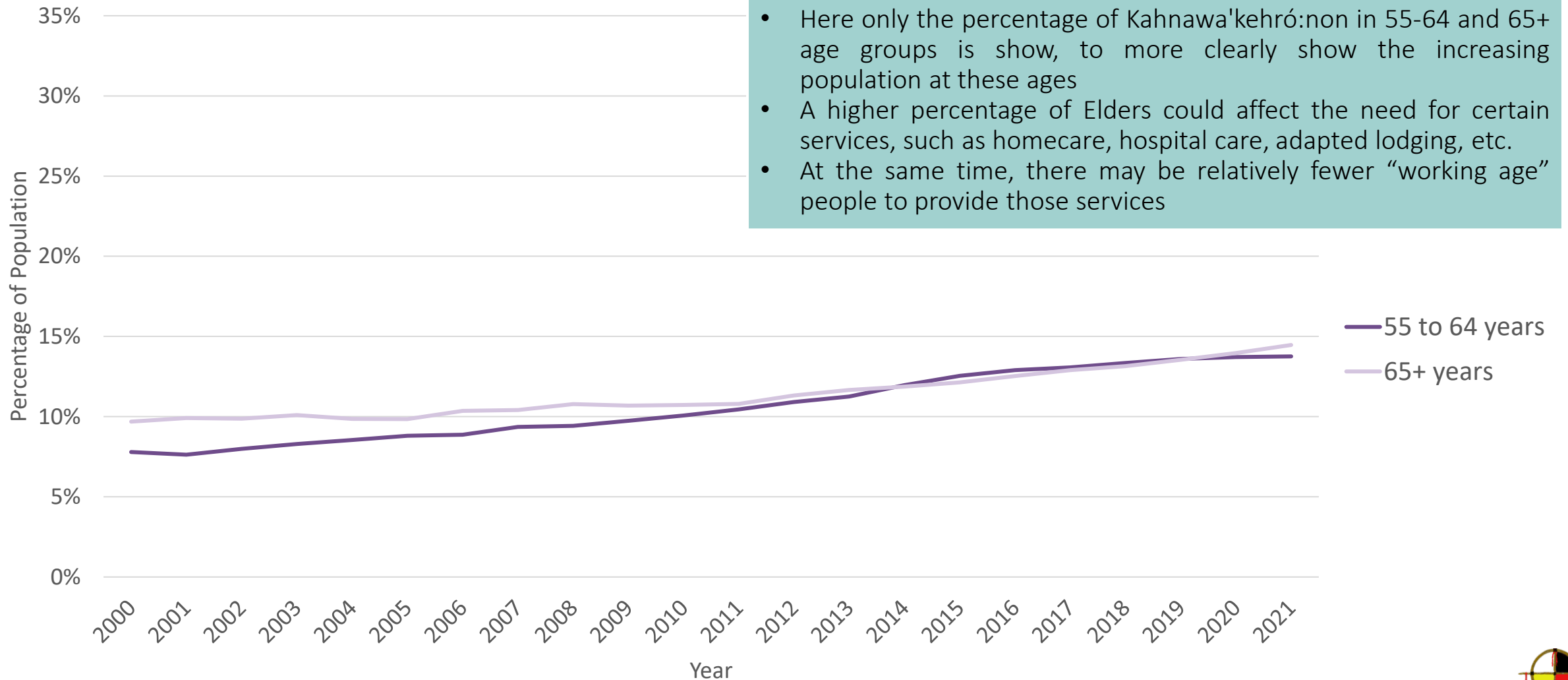
Percentage of total population by age group over time, 2000-2021

Overall trends

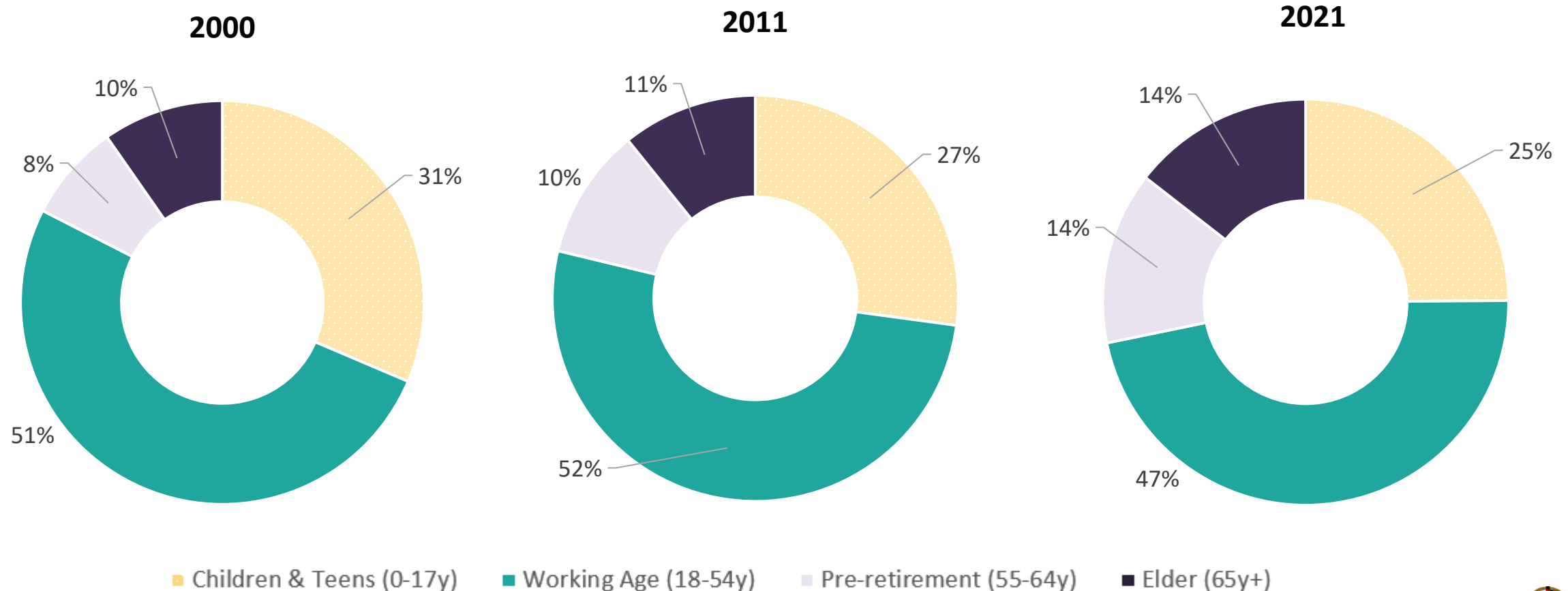
- Community overall is getting older
- A higher percentage of people are now Elders or will become Elders in next 10 years, compared to 20 years ago
- The percentage of people who are in the usual “working age” is declining



Percentage of total population by age group over time, 2000-2021 (55-64y and 65y + only)



Percentage of total population by age group over time, years 2000, 2011, and 2021



1. Demographics

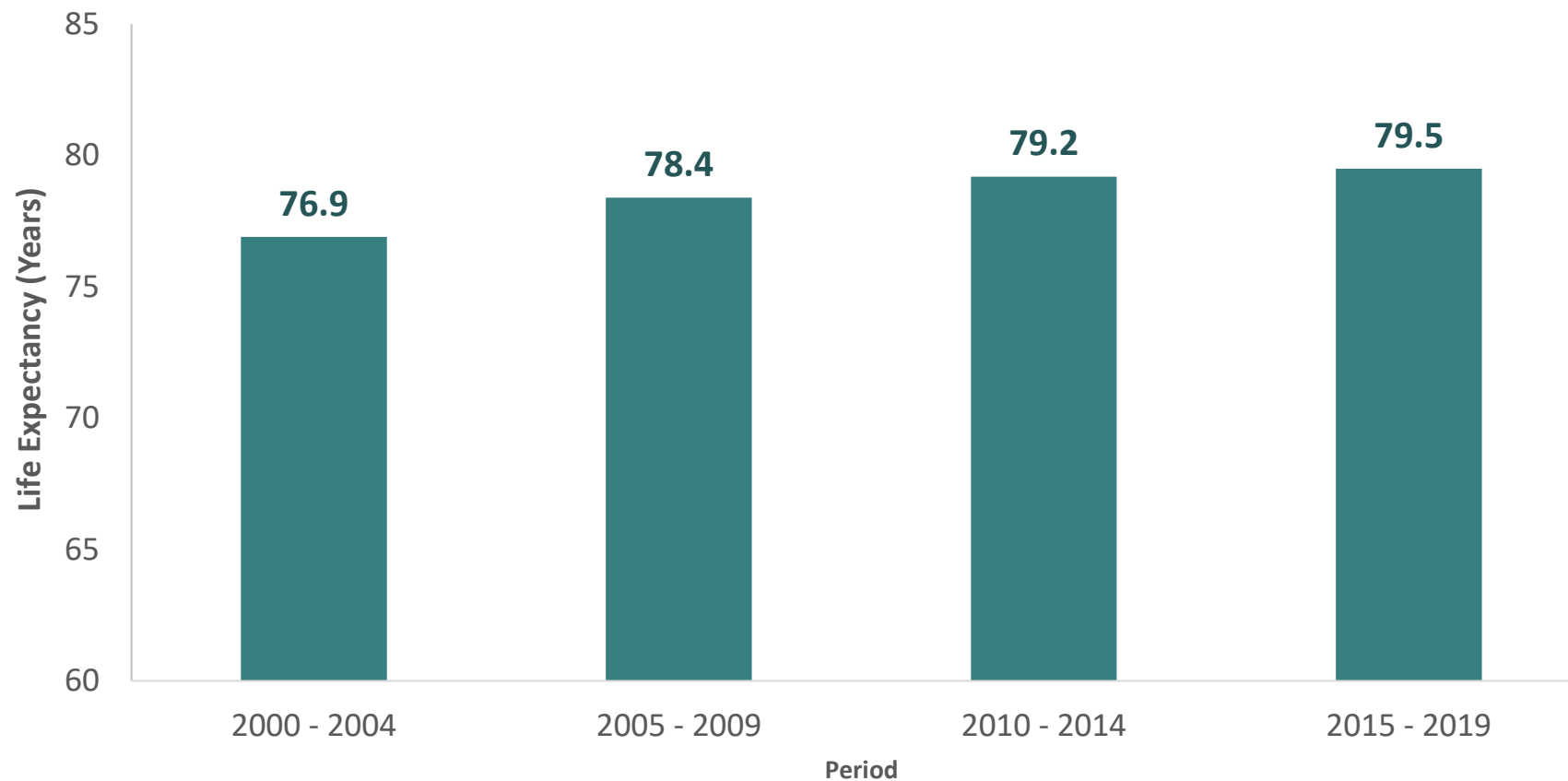
d. Life expectancy at birth

Life expectancy definition:

The average number of years that a newborn could expect to live, if he/she/they were to pass through life exposed to the sex- and age-specific death rates prevailing at the time of his/her/their birth, for a specific year, in a given country, territory, or geographic area.



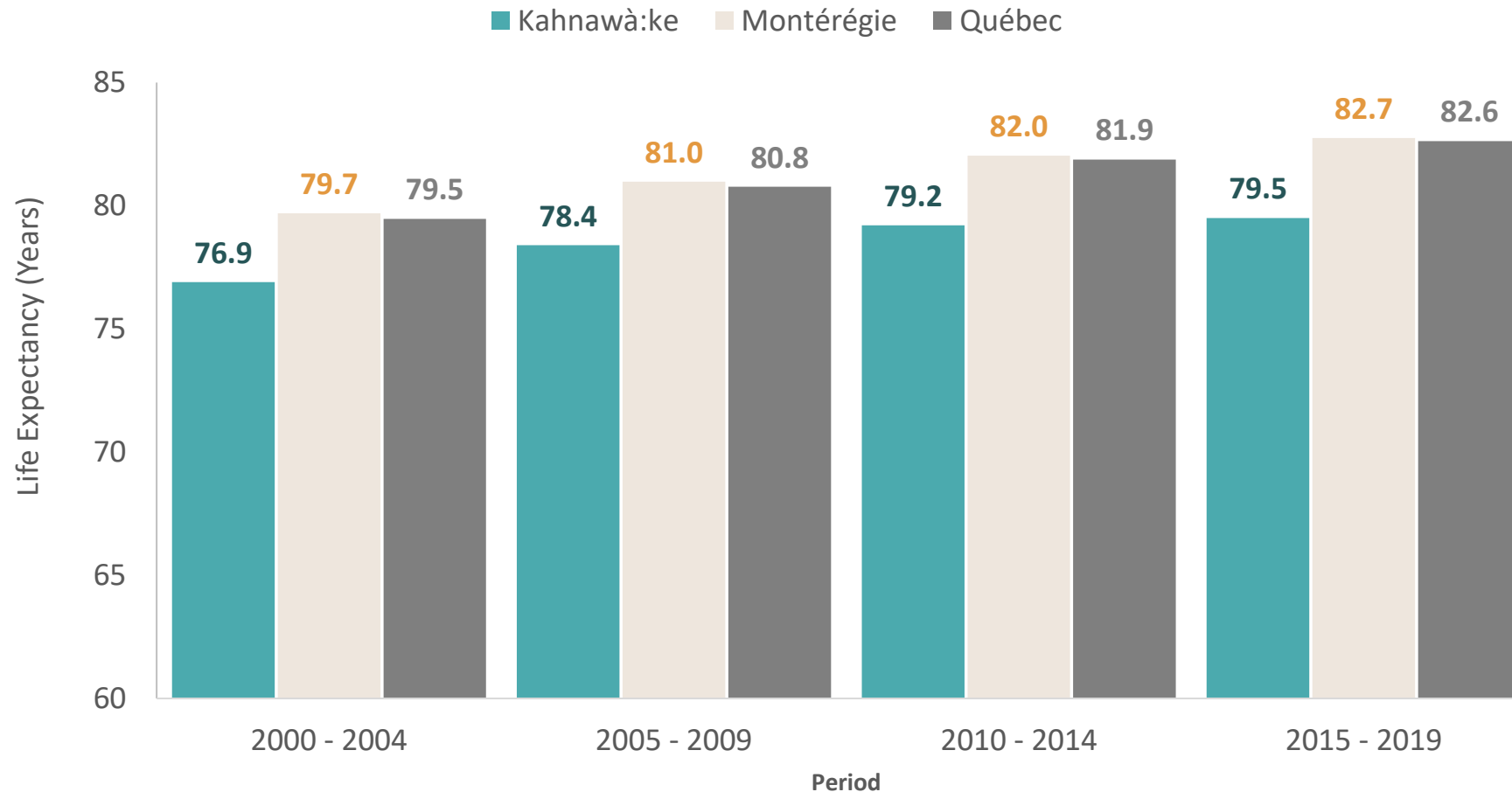
Life expectancy at birth, Kahnawà:ke, trend over time 2000-2004 to 2015-2019



There was a
3-year increase
in life
expectancy
between
2000-2019.



Life expectancy at birth, Kahnawà:ke, Montérégie and Québec, 2000-2004 to 2015-2019



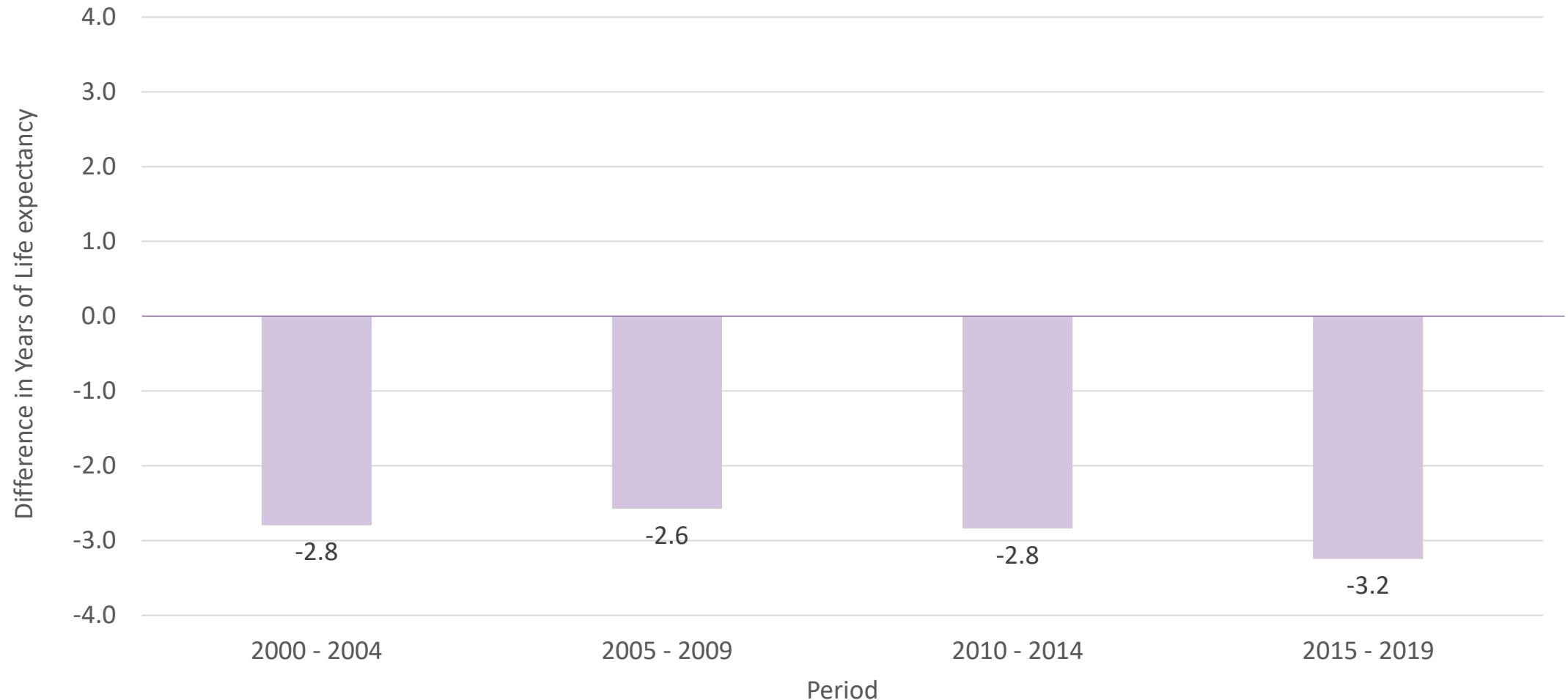
The surrounding region and province also had increases in life expectancy.

The gap is persistent at approximately 3 years difference.

While an overall improvement is good, the gap is also important to close, as it represents an inequity.



Years of difference (gap) in life expectancy at birth, Kahnawà:ke relative to Québec province, 2000-2004 to 2015-2019





2. Early Childhood and Family Wellness

a. Number of births



Update: [*Onkwaná:ta Our Community, Ionkwata'karí:te Our Health, Volume 2*](#),
Figure 1.3, page 22. Number of births, Kahnawà:ke, 1991 to 2020



Source : MSSS, Fichier des naissances.





2. Early Childhood and Family Wellness

b. Fertility rates

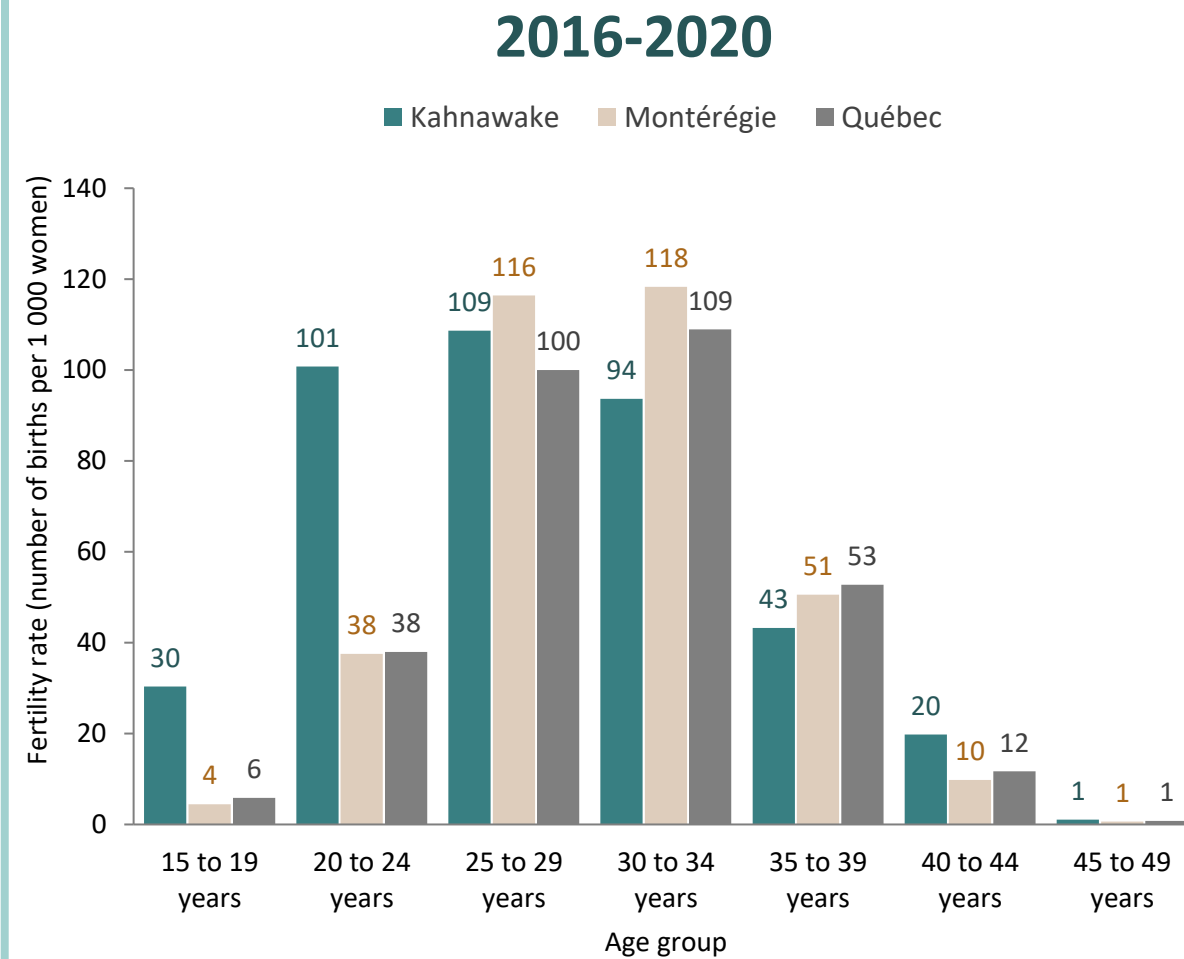
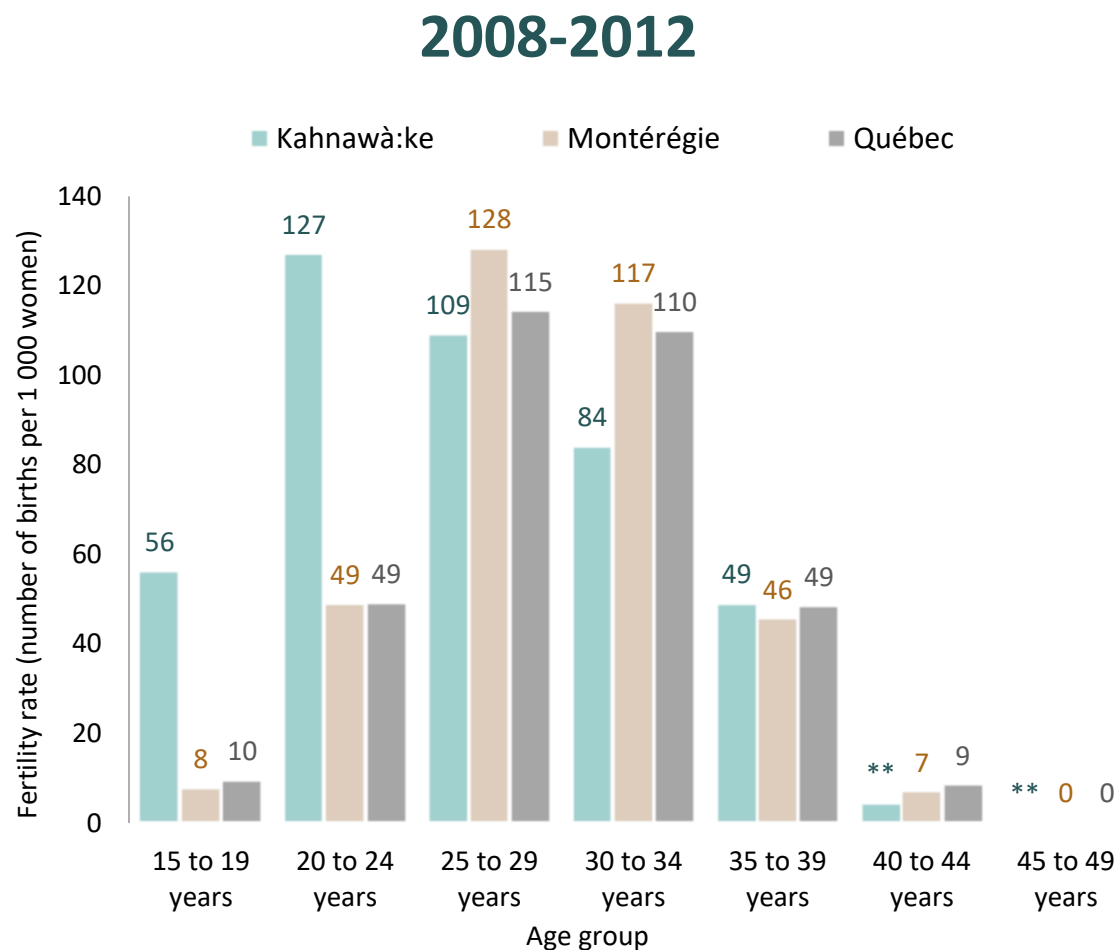
“Fertility rates” means: the total number of births per 1000 women in each age group in a defined population, over a defined time period.

Note, this is not the way people use the word “fertility” in everyday conversation. It does not directly mean the ability of people to have a pregnancy or not. It means the number of children born to a whole group of women in certain age categories. The rate for an age group may reflect cultural norms and personal choices about when to have children and how many children people want to have.

These numbers are as per postal code J0L 1B0 associated with a RAMQ card.



Update: [Onkwaná:ta Our Community, Ionkwata'karí:te Our Health, Volume 2](#), Figure 1.4, page 23. Fertility Rate by age groups, Kahnawà:ke compared with Montréal and Québec: 2008-2012 and 2016-2020



** Coefficient of variation greater than 33,3 %. The result is not shown.

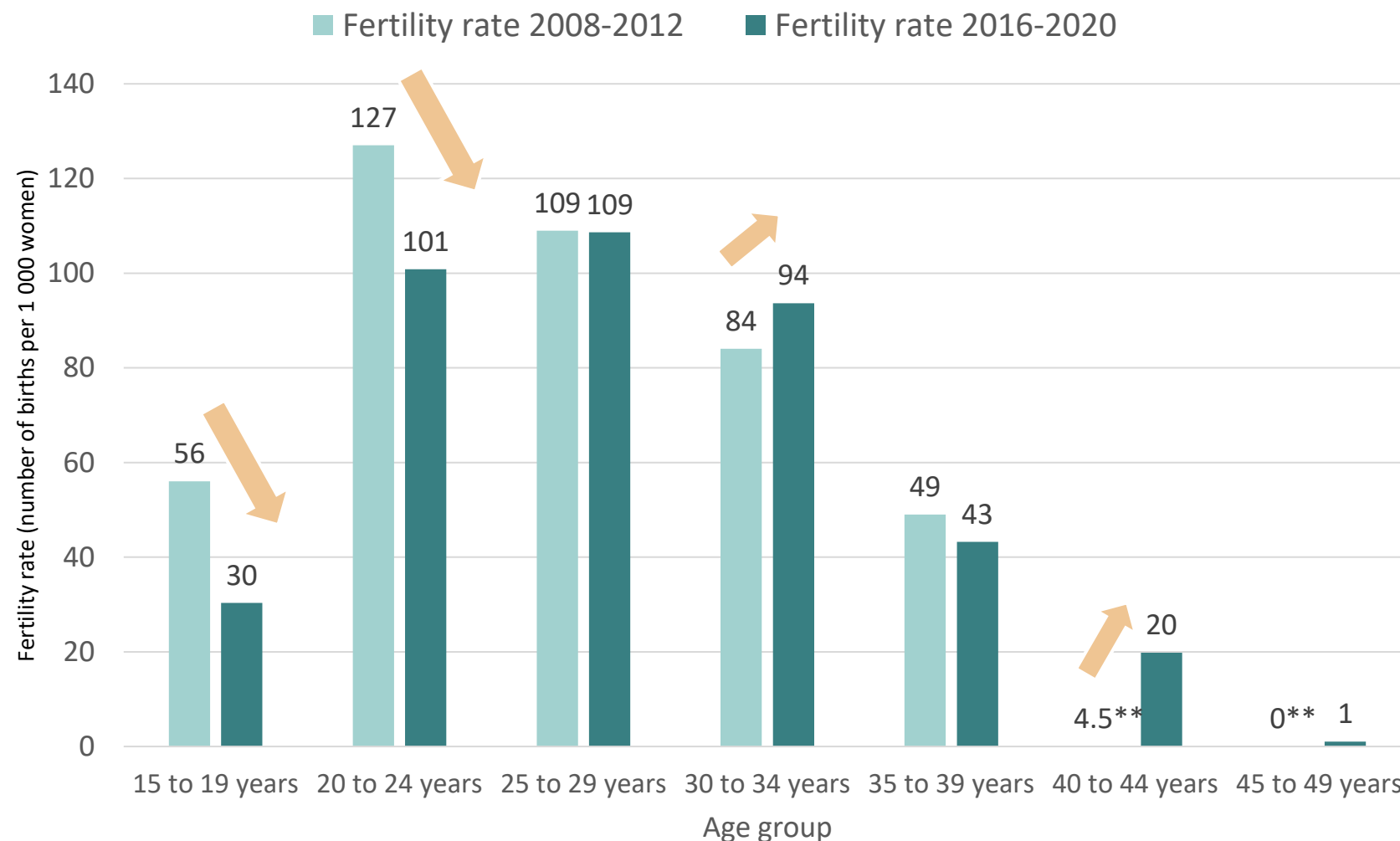
Sources : MSSS, Fichier des naissances; Régie de l'assurance maladie du Québec (RAMQ), Fichier d'inscription des personnes assurées (FIPA).



Population fertility rates (births per 1000 women) by age category Kahnawà:ke only, comparison of 2008-2012 to 2016-2020

Overall trends:

1. Reductions in births to mothers at younger ages (15-19y and 20-24y)
2. Increases in births to mothers at older ages (40y+)
3. Overall - most births are still to mothers 20-34y old



** Coefficient of variation greater than 33,3 %.

Sources : MSSS, Fichier des naissances; Régie de l'assurance maladie du Québec (RAMQ), Fichier d'inscription des personnes assurées (FIPA).





3. Cancer

a. Incidence (new diagnoses)

This is adjusted for the aging of the community population over time (because cancer is highly related to aging), and for age differences of Kahnawà:ke compared to Montérégie and Québec.

The standard way of showing this is number of new diagnoses per 100,000 people per year. It is important to remember that Kahnawà:ke has much less than 100,000 people.

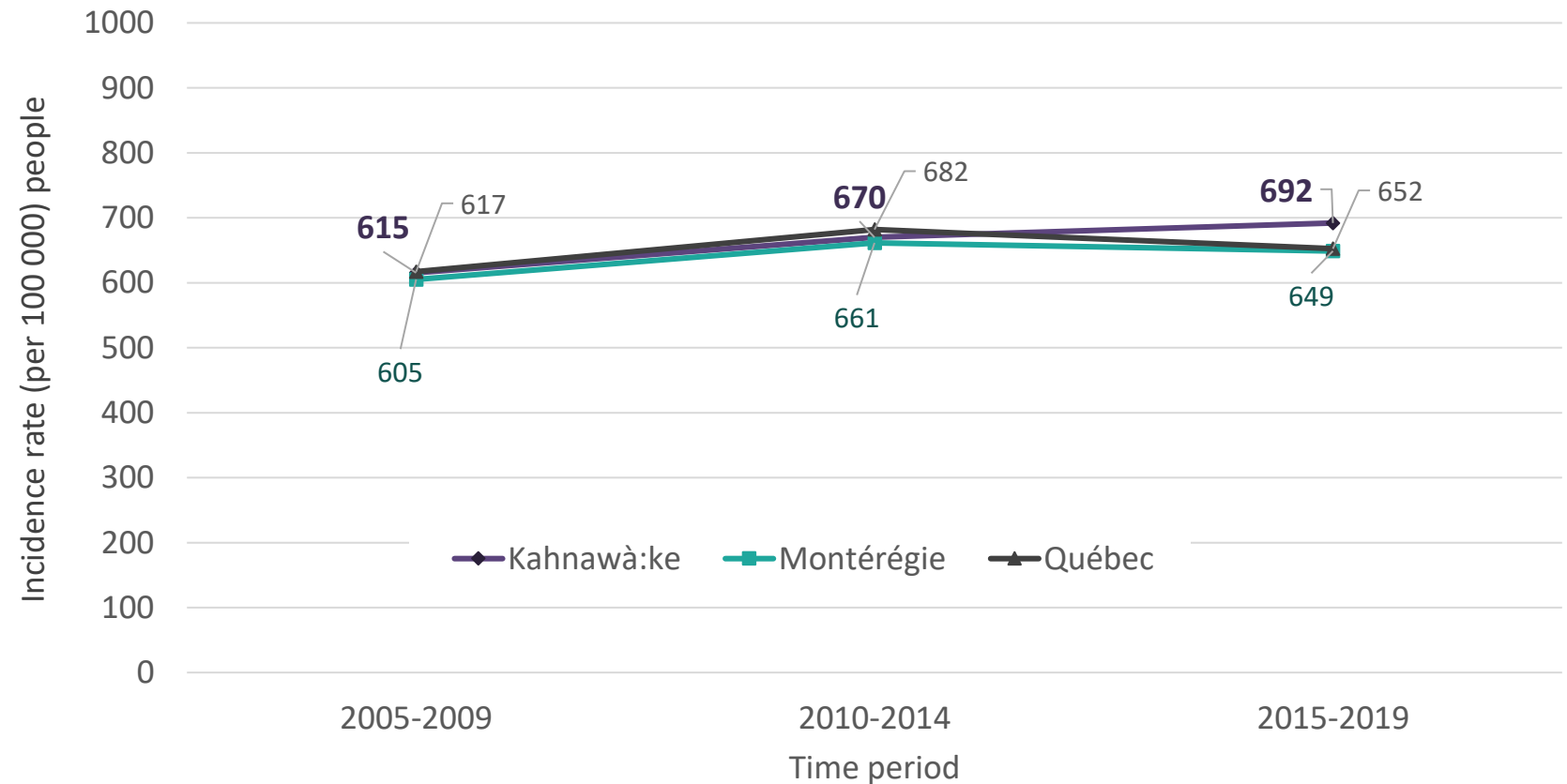




Update: [Onkwaná:ta Our Community, Onkwata'karí:te Our Health, Volume 1.](#)

Figure 19, page 53. Adjusted cancer (all tumour sites¹) **incidence rate**, Kahnawà:ke, Montérégie and Québec, 2005-2009 to 2015-2019

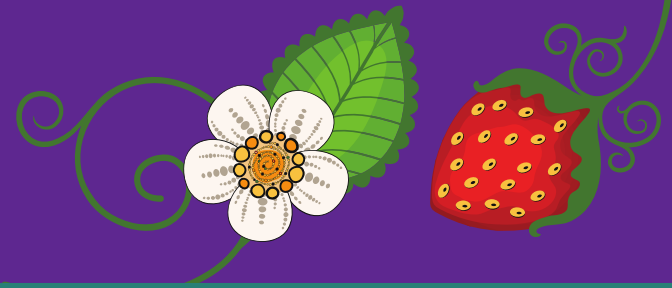
The rate of new diagnoses of cancers is similarly high in Kahnawà:ke, Montérégie and Québec and remains an important issue.



¹ Excluding those of the skin other than melanoma.

Sources : MSSS, Registre québécois du cancer; Régie de l'assurance maladie du Québec (RAMQ), Fichier d'inscription des personnes assurées (FIPA).





4. Diabetes

a. Incidence (new diagnoses)

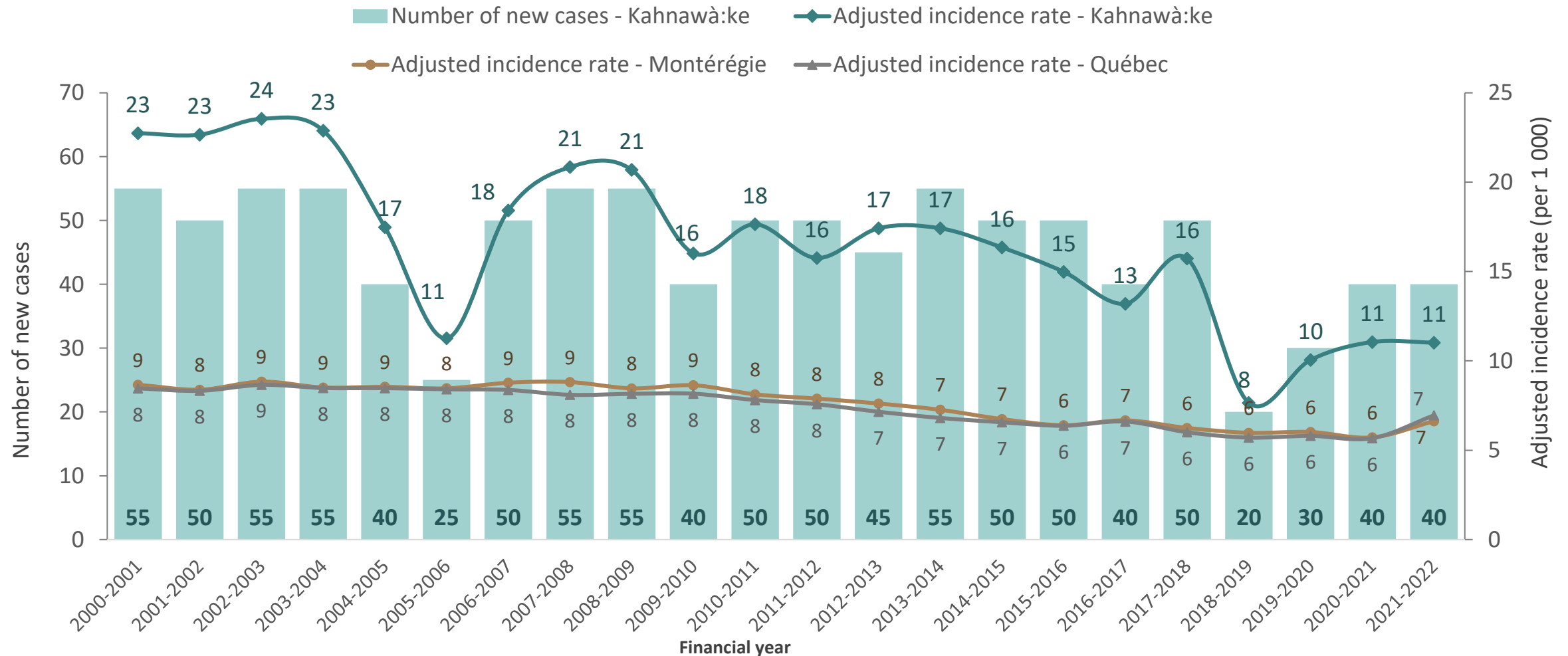
b. Prevalence (ongoing diagnoses)

Both of these are adjusted for the aging of the community population over time (as diabetes is highly related to aging), and for age differences of the population compared to Montérégie and Québec.





Update: [Onkwaná:ta Our Community, Onkwata'kari:te Our Health, Volume 1](#) Figure 1, Page 18
Number of new diagnoses and age-adjusted incidence rate of diabetes, per 1000 people 20 years or older, Kahnawà:ke, Montréal and Québec, 2000-2001 to 2021-2022

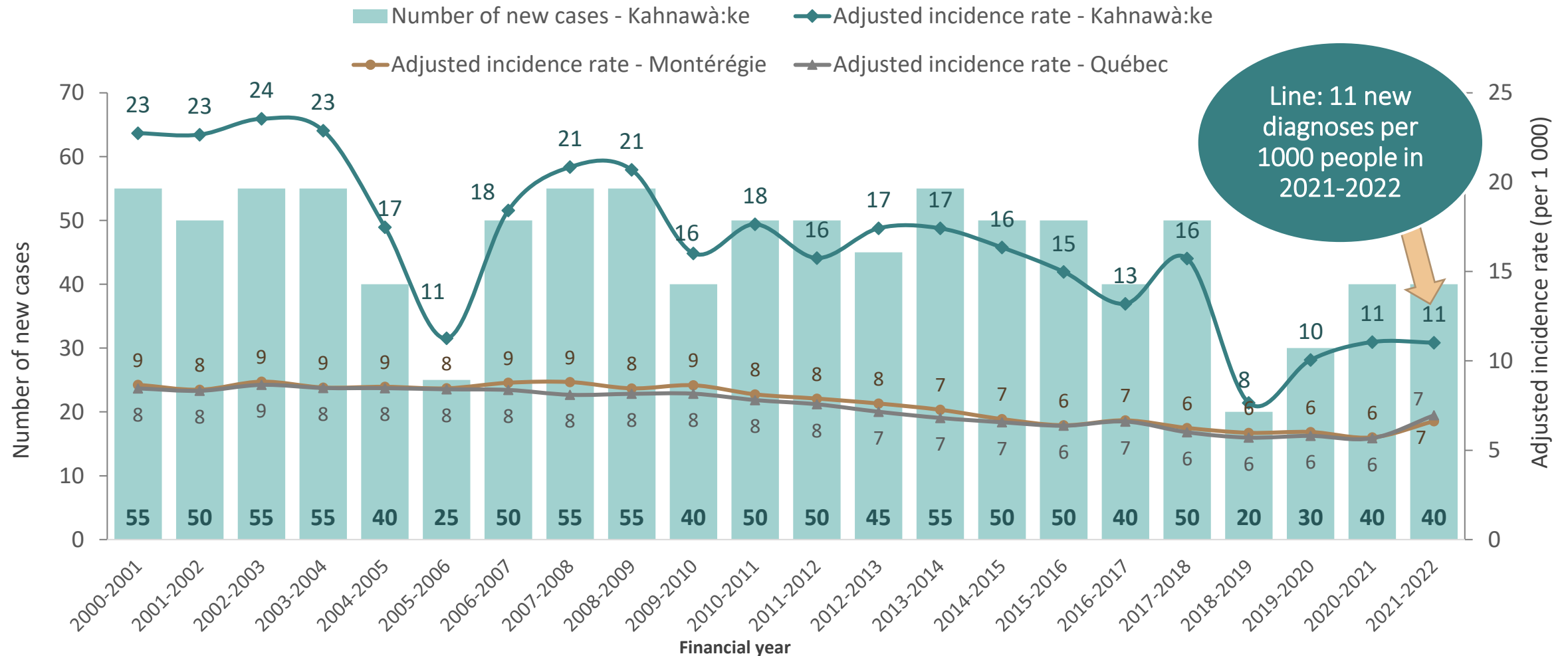


Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).





Update: [Onkwaná:ta Our Community, Onkwata'kari:te Our Health, Volume 1](#) Figure 1, Page 18
Number of new diagnoses and age-adjusted incidence rate of diabetes, per 1000 people 20 years or older, Kahnawà:ke, Montréal and Québec, 2000-2001 to 2021-2022

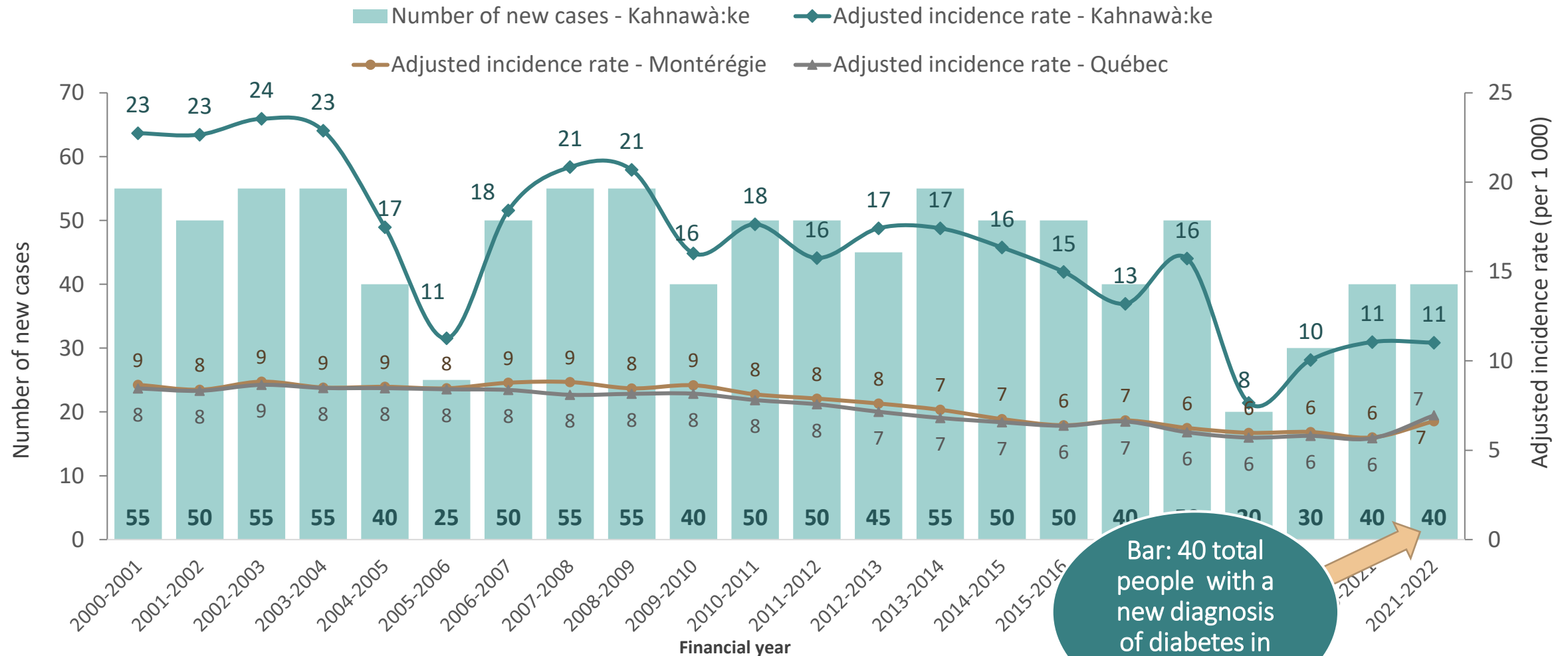


Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).





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Number of new diagnoses and age-adjusted incidence rate of diabetes, per 1000 people 20 years or older, Kahnawà:ke, Montréal and Québec, 2000-2001 to 2021-2022

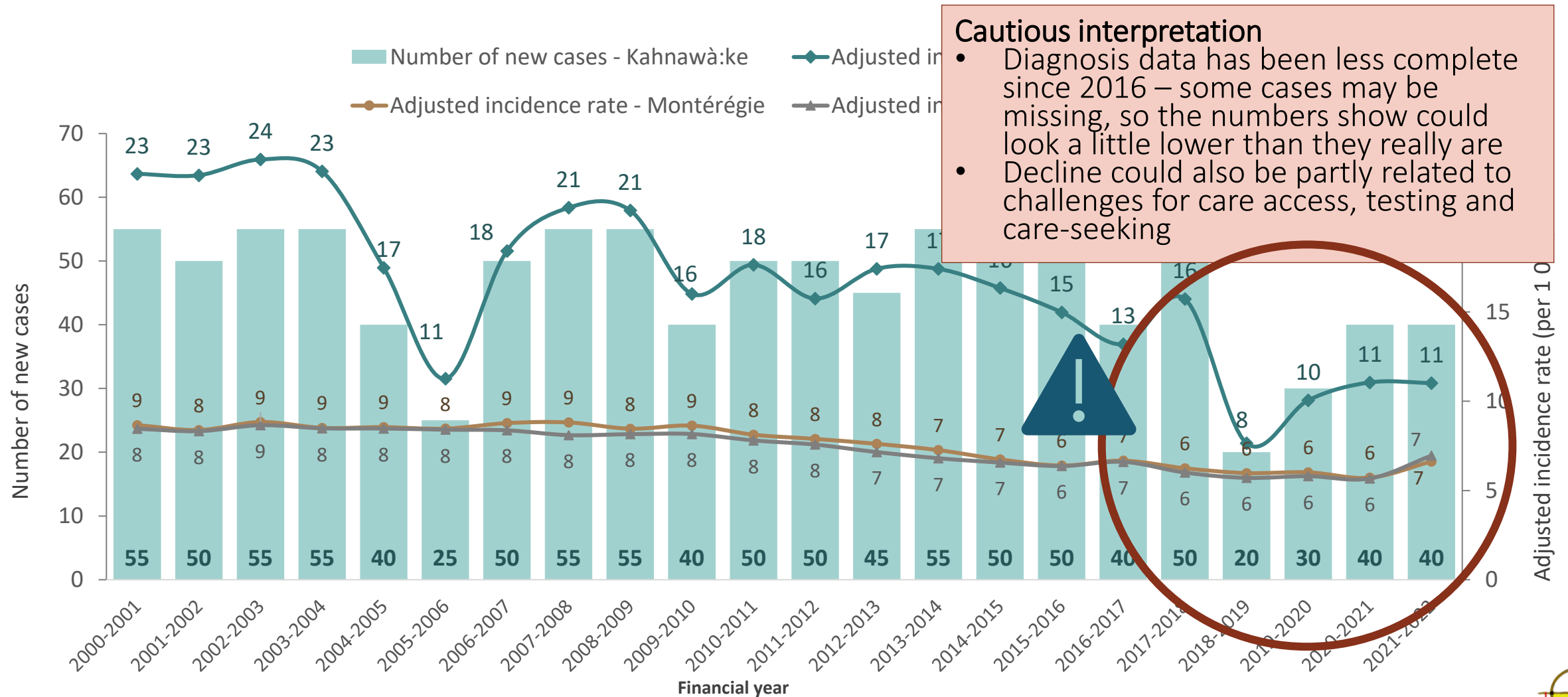


Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).





Update: [Onkwaná:ta Our Community, Onkwata'kari:te Our Health, Volume 1](#) Figure 1, Page 18
Number of new diagnoses and age-adjusted incidence rate of diabetes, per 1000 people 20 years or older, Kahnawà:ke, Montréal and Québec, 2000-2001 to 2021-2022

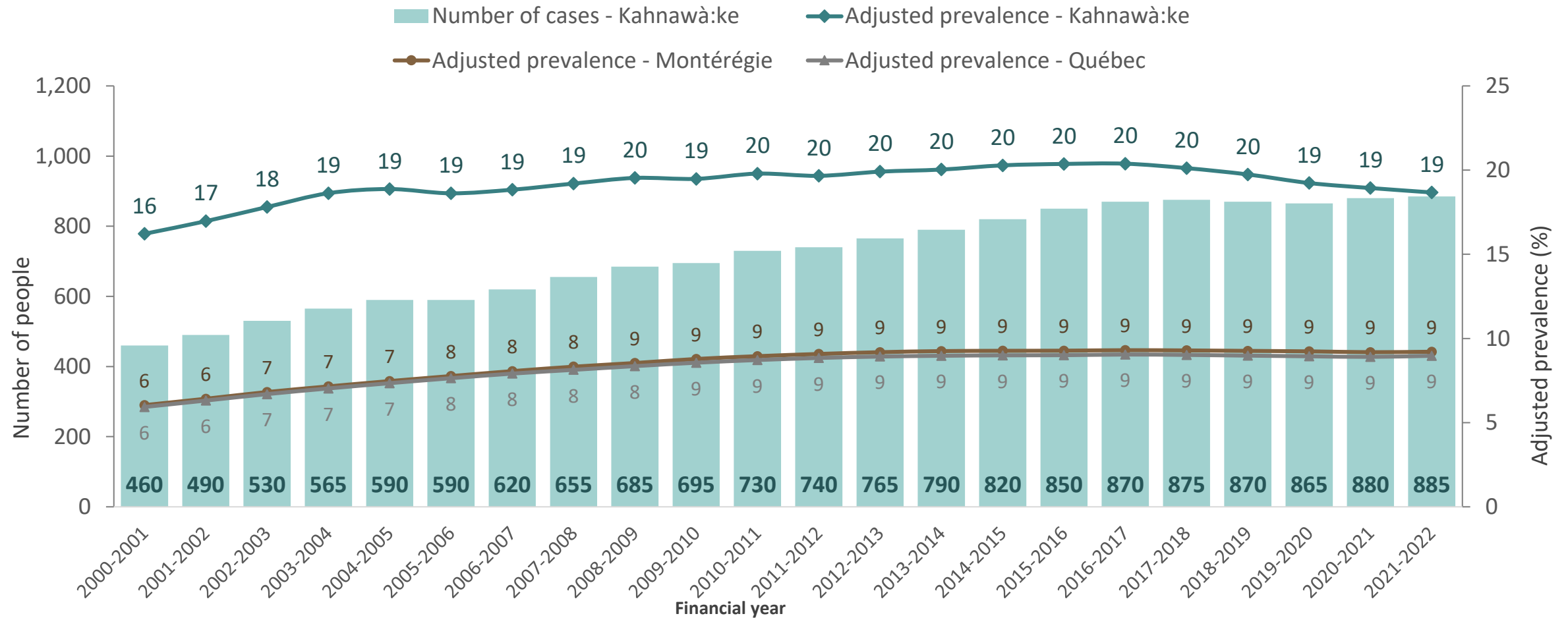


Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).



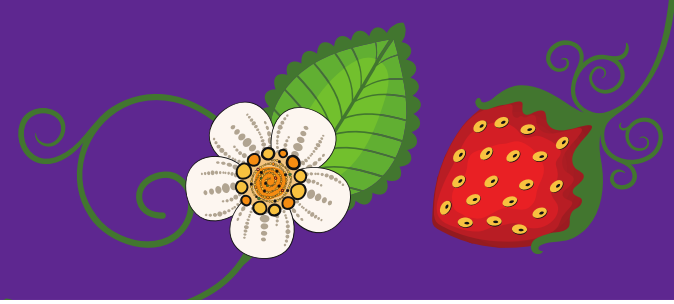


Update: [Onkwaná:ta Our Community, Onkwata'karí:te Our Health, Volume 1](#) Figure 2, Page 20.
Number of existing diagnoses and age-adjusted prevalence rate of diabetes, per 100 people 20 years or older, Kahnawà:ke, Montérégie and Québec, 2000-2001 to 2021-2022



Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).





- Diabetes incidence (new diagnoses) has trended down over time, from 23 per 1000 people per year, to 11 per 1000 people per year
- Part of this could be due to access to care, and part due to limitations in the data since 2016
- Part of this is likely related to the success of Kahnawà:ke's many programs to support people to prevent diabetes, to be active and to eat well
- There is still a higher rate of diabetes in the community than in the province

Diabetes Prevalence (ongoing diagnoses) remains more than two times higher in the community than in the province (19% of people compared to 9% of people).

Approximately 885 people in the community are living with this diagnosis.





5. Mental Illness

- a) Prevalence (ongoing diagnoses) of anxiety, depression, or both, within the year
- b) Prevalence (ongoing diagnoses) of **any** mental illness within the year

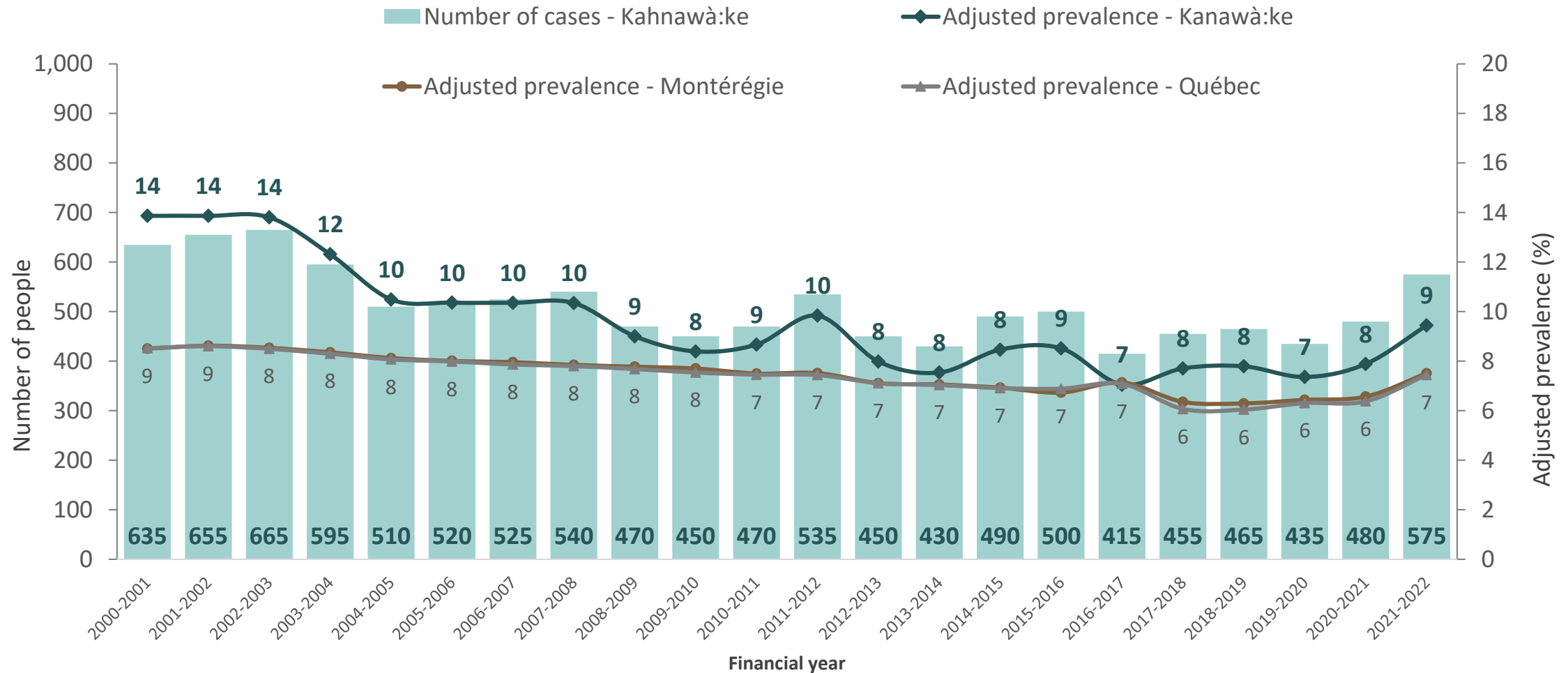
This includes anxiety, depression, obsessive compulsive disorder, post-traumatic stress disorder, schizophrenia, substance use disorders, personality disorders, ADHD/ADD, eating disorders, bipolar disorders, dementia, developmental disorders.

These are adjusted to the aging of the community population over time and for age differences of the population compared to Montréal and Québec.





Update: [Onkwaná:ta Our Community, lonkwata'kari:te Our Health, Volume 2](#), Figure 3.12, page 121. Percentage and number of people with a medical diagnosis of **anxiety/depression** disorder in Kahnawà:ke, Montérégie and Québec, 2000-2001 to 2020-2021



Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).

Note: Figure is age-adjusted and inclusive of population 1 year of age and older



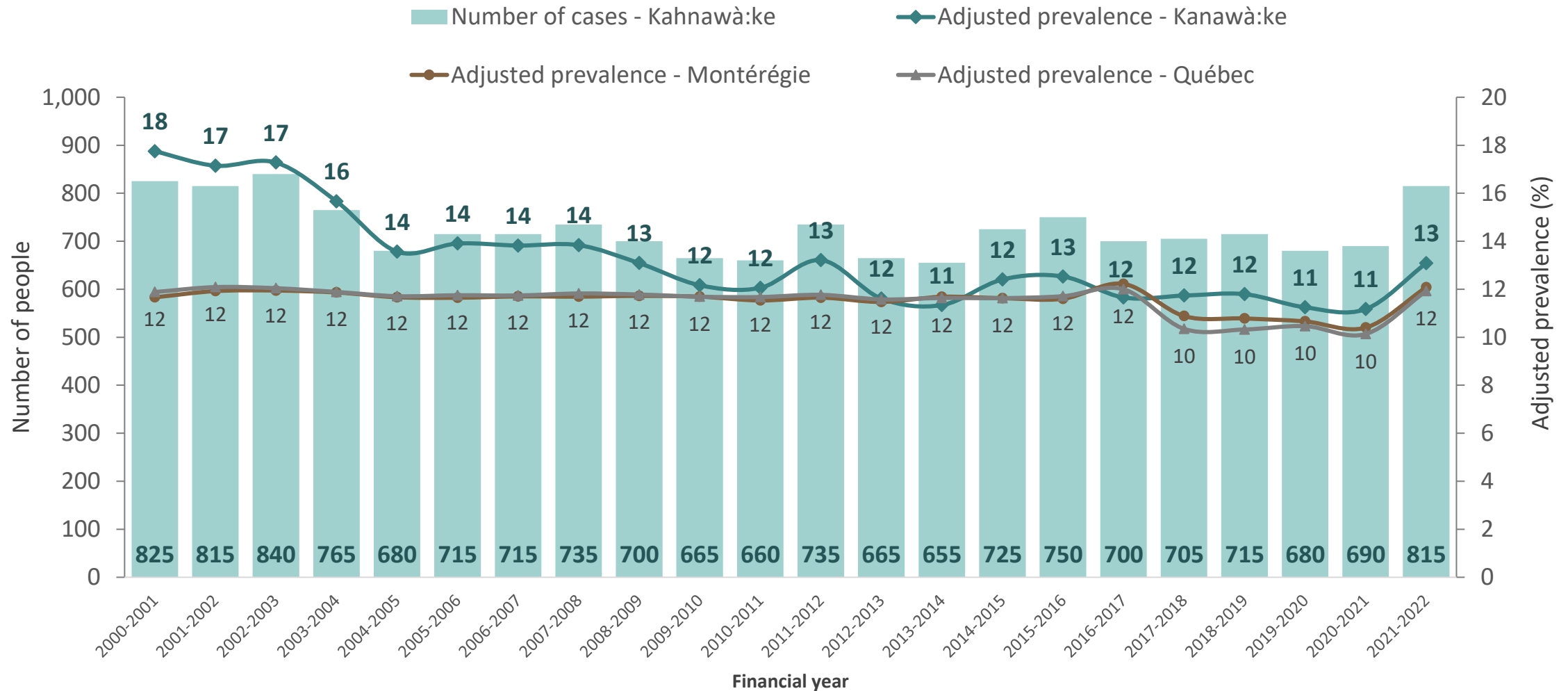


- Medical diagnoses of **anxiety and depression** in Kahnawà:ke have been slowly trending downward over 20 years, but still affect almost 1 in 10 people
- The rate is still a little higher than in Montérégie and Québec
- There was a small rise in 2020 – 2022, this was likely related to the challenges from the COVID-19 pandemic on mental wellbeing
- In the most recent year, approximately 575 people were affected, including children and youth
- This data is an under-estimate, since it only includes people who seek medical care for these issues, and we know many people get other types of help and some do not seek help at all





Update: [Onkwaná:ta Our Community, lonkwata'kari:te Our Health, Volume 2](#), Figure 3.17, page 138. Percentage and number of people with a medical diagnosis of **any mental health** disorder in Kahnawà:ke, Montérégie and Québec, 2000-2001 to 2020-2021



Source : INSPQ, Système intégré de surveillance des maladies chroniques du Québec (SISMACQ).

Note: Figure is age-adjusted and inclusive of population 1 year of age and older





- Medical diagnoses of **any mental health disorder** in Kahnawà:ke have been slowly trending downward over 20 years, but still affect almost 13% of people
- The trend closely mirrors the trend for anxiety and depression, which are the most common mental health disorders
- The rate is still a little higher than in Montérégie and Québec
- Approximately 815 people were affected in 2021-2022, including children and youth
- Again, this data is an under-estimate, since it only includes people who seek medical care for these issues, and we know many people get other types of help and some do not seek help at all



Questions?

For more detailed written explanations linked to the data updates presented here, please consult the relevant chapters in the two volumes of the community health portrait

- *Onkwaná:ta* Our Community, *Onkwata'karí:te* Our Health, Volume 1 (2018)
- *Onkwaná:ta* Our Community, *lonkwata'karí:te* Our Health, Volume 2 (2023)

For more information, or to arrange a discussion, contact:

- Onkwata'karitáhtshera Secretariat: 450-632-6880
- onkwatakaritahtshera@kscskahnawake.ca

