

# QANUIKKAT SIQINIRMIUT?

## Southern Quebec Inuit health and well-being project

### Update on activities in 2019

In 2019, the Qanuikkat Siqinirmiut? health survey team started the first phase of the project. What seems like the beginning of the study was in fact the culmination of more than two years of discussions and preparations that are the foundation of a strong partnership and collaboration with the community.

The first six months of the year were taken up with the ethical approval process for the project. Ethical approval was received from the Comités de la recherche de l'Université Laval in April.

We also spent time building community awareness and hiring the research team. A lot of work was done to ensure everything was ready for participant recruitment and data collection which started in June.

We are happy to report there is a lot of interest in the project and people are responding well to the methods.



## 2018 RECAP

- Funding granted by the Canadian Institutes of Health Research (CIHR)
- Recruitment of a community advisory committee
- Development of a statement of principles and IKT strategy
- Census of the southern Quebec Inuit community
- Recruitment of research assistants
- Ethical approval requested from the Comités d'éthique de la recherche de l'Université Laval
- Research agreement drafted between the research team and the SQIA, based on OCAP principles

## WHAT DID WE DO IN 2019?

- We started in January by recruiting our Inuit community coordinator, Linda Shipaluk. Her role is to advise the research team throughout the process, help recruit participants and build a culturally secure environment for the research activities.
- In May, we created our Facebook page and website, and developed our project "brand" with the beautiful artwork by Montreal Inuk artist Niap. The Labrador tea flower and circle design you see in this document will be used in all project materials.
- In June, we organized a community meeting to inform southern Québec Inuit about the project, get their feedback and hear their concerns. Our principal investigator, Christopher Fletcher, also went on the Nipivut radio to talk about the project.
- Also in June, we started qualitative research activities; individual interviews, walk-along interviews, focus groups and Photovoice workshops.
- During the summer, we worked on a health resource booklet to provide a resource guide for the community. The booklet has been distributed in many organizations across Montreal and has been given to every participant. An online version is also available.
- Community asset mapping started during fall. A map of all Inuit-friendly resources should be available by January 2020.

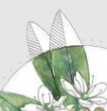
## RESEARCH ACTIVITIES ?

- 27 interviews
- 2 Photovoice
- 3 walk-along interviews
- 4 focus group
- Over 40 participants

## WHAT ARE THE GOALS IN 2020?

We are conducting a first round of data analysis to decide what to do next and see if we are missing any perspectives. We still have some interviews to conduct, especially outside Montreal, and some planned focus groups and walk-along interviews for 2020. We are also continuing the community asset mapping.

Next steps will be to define the health determinants for the urban Inuit community and to develop the health survey tool that will be administered at the end of 2020 - beginning of 2021. We are also helping the SQIA to develop a research policy framework to process all research requests, and we continue to develop different partnership to support the Inuit community.



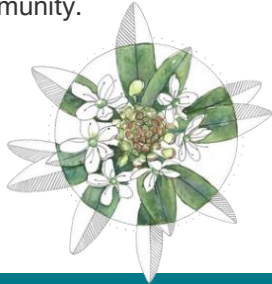
# QANUIKKAT SIQINIRMIUT?

## SUMMARY OF THE PROJECT

### WHAT IS THE QS PROJECT?

The *Qanuikkat Siqinirmiut* (How are the people in the South?) health survey is a community-based participatory research project that aims to describe the health and well-being of Siqinirmiut by building a knowledge base that will provide evidence to support the development of Inuit-specific services in southern Quebec.

By providing relevant data to stakeholders, service providers and relevant organizations, it will allow the creation of culturally relevant programs and services that will understand and address the specific health needs of the community.



### INUIT INVOLVEMENT?

The project is based on a partnership between the researchers involved and the Southern Quebec Inuit Association (SQIA) and is supported by other Inuit organizations including the Makivik Corporation, Satturviit, Ivirtivik and Inuit Tapiriit Kanatami. The SQIA signed the funding proposal submitted to the CIHR as principal community partner and “knowledge user”.

A statement of principles was approved by the SQIA in March 2018. The document provides the seven rudiments to guide the partnership undertaking the project. It includes OCAP principles, but also covers issues around capacity building, benefits to the community, respect, collaboration and engagement.

### WHY IS THIS PROJECT NEEDED?

The movement of Inuit from North to South is a growing phenomenon. While there have been Inuit in urban areas for many years, the proportion of Inuit residing outside Inuit Nunangat is larger than ever. Today, over 27% of Inuit live outside their respective region.

While many Inuit are well integrated into urban life and live a fulfilling life, others face problems of vulnerability and precariousness.

It is well known that significant health disparities exist between Inuit living in the North and the population at large. This has been shown in several health surveys conducted across Inuit Nunangat in recent years: The Qanuippitaa? survey in 2003, the Inuit Health Survey in 2007 and Qanuilirpitaa? in 2017 to name a few. No one has looked systematically to the health status of those in the South yet there is every reason to believe that health disparities in the South also significant, but different than those in the North.

Despite significant health needs, services and programs adapted for the Inuit community are very few. The lack of health data about Siqinirmiut makes it difficult to develop appropriate services. Without information or evidence about the health of the population, it is difficult to know what services are needed and where the resources for them may be found.

### TO REACH US OR FOR INFO

**On Facebook:** [@qanuikkatsiqinirmiut](https://www.facebook.com/qanuikkatsiqinirmiut)

**By email:** [info@qanuikkatsiqinirmiut.ca](mailto:info@qanuikkatsiqinirmiut.ca)

**Website:** <http://qanuikkatsiqinirmiut.ca>

### RESEARCH TEAM

**Principal investigator:** Christopher Fletcher, Department of social and preventative medicine, Université Laval.

**Co-investigator:** Mylène Riva, McGill University

**Project coordinator:** Marie-Claude Lyonnais, MSc

**Community coordinator:** Linda Shipaluk

**Community liaison and knowledge user:** Tina Pisuktie, SQIA executive director

**Research assistants:** Mathilde Lapointe and Madeleine Pawlowski

**Research consultant and methodology expert:** Nathalie Boucher, PhD, Organisme R.Es.P.I.R.E.

**Post-doctoral researcher:** Ariane Benoît, PhD

