

# Inequalities in health between First Nations adults living off-reserve and non-Indigenous adults in Canada

Min Hu, Mohammad Hajizadeh, Amy Bombay. "Inequalities in health between First Nations adults living off-reserve and non-Indigenous adults in Canada." *CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024

## Context

This study investigates health inequalities between non-Indigenous and First Nations adults living off-reserve in Canada using data from the 2017 Aboriginal Peoples Survey and the 2017 Canadian Community Health Survey. The researchers found that observable characteristics account for 20 to 45 percent of disparities in general health, mental health, and diabetes. Socio-economic factors, including employment, income, and education, explain 10 to 25 percent of these differences. The findings suggest that improving socio-economic conditions could significantly reduce health disparities between First Nations and non-Indigenous populations, addressing a crucial aspect of health equity.

## Key finding(s) from the research

First Nations adults living off-reserve experience worse health outcomes than non-Indigenous adults with socio-economic factors explaining the most significant portion of these health gaps.

**Population(s) studied:** First Nations and non-Indigenous populations aged 18 to 65 living off-reserve in Canada

**Research dataset(s) used:** 2017 Aboriginal Peoples Survey (APS) and 2017 Canadian Community Health Survey (CCHS)

## Policy implications for this research

This research underscores the crucial role of socio-economic factors in health disparities between First Nations adults and non-Indigenous populations. Policy initiatives should focus on improving the socio-economic status of off-reserve First Nations peoples by enhancing employment opportunities, increasing household income, and advancing educational attainment. Additionally, policies should support targeted programs for mental health and chronic disease management. Integrating these socio-economic and health support measures into policy frameworks will promote equity and improve overall health outcomes for First Nations communities. Addressing these factors is essential for reducing health inequalities and advancing social equity.

**Policy area(s) this research can inform:** Health; Indigenous Peoples

## Read the full article

Hu, M., Hajizadeh, M., & Bombay, A. (2024). Inequalities in Health between First Nations Adults Living Off-Reserve and Non-Indigenous Adults in Canada: A Decomposition Analysis. *Canadian Public Policy*, 50(1), 51-75. <https://doi.org/10.3138/cpp.2022-077>.