



**FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION**

Risk factors for COVID-19 complications

As a result not only of health conditions, but of social, geographic and economic circumstances, First Nations in Quebec have a number of risk factors that make them particularly vulnerable to this virus. Socio-sanitary and population data attest to the fact that Quebec First Nations communities have a more fragile health status and worse living conditions than the general population of the province. On top of these health inequalities are the issues of remoteness and language barriers as factors that increase these communities' vulnerability to COVID-19.

The following chart illustrates the prevalence of certain risk factors for COVID-19 complications among First Nations communities living in Quebec. Where possible, the chart also shows risk factors for the population of Quebec in general for the purposes of comparison.

Risk factors	First Nations in Québec communities ²	Quebec ³
Aged 60 to 69	7%	13%
Aged 70 to 79	4%	9%
Aged 80+	3%	5%
Obesity (ages 18+)	42%	18%
Daily smokers (ages 12+)	27%	nd
Heavy drinking at least once a month (ages 18+)	36%	nd
Five drinks on the same occasion for men and four for women		
Cannabis use at least once a month (ages 18+)	18%	nd
Drug use (excluding cannabis) in the past year (ages 18+)	12%	nd
Underlying heart conditions		
High blood pressure (ages 12+)	19%	17%
Stroke (ages 20+)	2%	2%
Heart disease (ages 40+)	9%	5%
High cholesterol (ages 40+)	21%	nd
Diabetes (ages 12+)	15%	7%
Chronic respiratory conditions		
COPD (ages 35+)	5%	10%
Asthma (ages 18+)	11%	8%
Kidney diseases (ages 18+)	3%	nd
Cancer (ages 18+)	3%	nd
Liver disease (ages 18+)	2%	nd
Difficulty reading, speaking, understanding or communicating		
First Nation language as primary language	40%	nd
Difficulty accessing medical care or health advice (ages 18+)		
Perception of the quality of health services in the community (passable or poor)	23%	nd
No access to a doctor	21%	nd
Percentage of people who were unable to access medical care they needed in the past year	9%	nd
Need for ongoing medical care/supervision (ages 18+)		
Family members in a long-term care facility	16%	nd
Difficulty accessing transportation (ages 18+)		
Cannot afford to pay for transportation to access medical care	5%	nd
Economic barriers (ages 18+)		
Income below \$20,000	52%	nd
Unstable employment (ages 18+)		
Unemployed	51%	nd
Food insecurity (ages 18+)	21%	8%
Inadequate housing conditions (ages 18+)		
Overcrowding (more than one person per room)	10%	1% ⁺
Mould in the dwelling	23%	nd
Dwelling requiring major repairs	21%	6% ⁺
Family composition		
Average number of people in the household	4.1	2.3
Adults living alone (ages 65+)	35%	27%
Average number of children per family	2.3	nd

¹ Estimates show lower and upper confidence intervals in parenthesis (CI 95%)

* Interpret with caution, coefficient of variation between 17% and 33%

** Interpret with extreme caution, coefficient of variation greater than 33%

FNQLHSSC: RHS 3 (2015)

FNQLHSSC: PRISM portal

² ISQ : <https://www.stat.gouv.qc.ca/statistiques/population-demographie/structure/104.htm>

ISQ : https://www.stat.gouv.qc.ca/statistiques/population-demographie/familles-menages/tableau_03.htm

MSSS: <https://publications.msss.gouv.qc.ca/msss/fichiers/ainee/aines-quebec-chiffres.pdf>

MSSS: <https://www.msss.gouv.qc.ca/professionnels/statistiques-donnees-sante-bien-etre/statistiques-de-sante-et-de-bien-etre-selon-le-sexe-volet-national/taux-de-prevalence-de-l-hypertension/>

INSPQ : https://www.inspq.qc.ca/sites/default/files/publications/2410_surveillance_maladies_vasculaires_cerebrales.pdf

INSPQ : <https://www.inspq.qc.ca/publications/2560>

INSPQ : <https://www.inspq.qc.ca/en/node/7548>

INSPQ : <https://www.inspq.qc.ca/santescopie/analyses/obesite>

INSPQ : https://www.inspq.qc.ca/pdf/publications/1858_Insecurite_Alimentaire_Quebecois.pdf

Statistics Canada: https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310009608&pickMembers%5B0%5D=1.6&pickMembers%5B1%5D=3.1&request_locale=en

Statistics Canada: <https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/details/page.fm?Lang=E&Geo1=PR&Code1=24&Geo2=PR&Code2=01&Data=Count&SearchText=24&-SearchType=Begins&SearchPR=01&B1=Housing&TABID=3>

⁺ Percentage of households