



Health Status Report

2024

Chapter 3:

NITHA Social Determinants of Health
Indicators

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Documents and related reports can be accessed and downloaded from the following link: <https://www.nitha.com/>

Key findings:

- The Community Well-Being (CWB) index tracks the socio-economic well-being of communities across Canada over time. It is based on four key components: education, labor force participation, income, and housing. Each component is made up of several subcomponents. Education assesses both high school and university education levels, while Labour Force Activity evaluates workforce participation and employment rates. Income has only one subcomponent which is determined by total income per capita, and Housing considers both home quality and overcrowding. These subcomponent scores are amalgamated to generate component scores (e.g., education, income, etc.) and an overall community well-being score for each community. Component and CWB scores range from a low of 0 to a high of 100.
- From 2001 to 2021, the CWB scores for NITHA First Nations increased by 17.39% (from 46 to 54), SK First Nations rose by 16.33% (from 49 to 57), and SK Non-Indigenous populations saw a more gradual 12.68% improvement (from 71 to 80).
- In 2021, NITHA First Nations communities had lower scores in key areas compared to non-Indigenous communities in Saskatchewan, including education, housing, labor force activity, and income. Notably, significant gaps were identified, with education lagging by 24 points, housing by 31 points, income by 25 points, and labor force activity by 27 points.
- From 2001 to 2021, PAGC and LLRIB experienced moderate growth of 13.04%, while MLTC saw an 18.37% improvement, and PBCN showed the most significant increase with a 22.5% rise in CWB scores.
- Between 2001 and 2021, both NITHA First Nations and SK First Nations saw significant income improvements, with a 47.22% increase in income scores from 36 to 53, while SK non-Indigenous communities experienced a 21.88% increase, rising from 64 to 78, maintaining a wide income gap between the groups.
- From 2001 to 2021, all four communities—PAGC, LLRIB, PBCN, and MLTC—saw significant income improvements, with LLRIB showing the highest growth of 57.14%, followed by MLTC with 48.72%, and both PAGC and PBCN experiencing a 47.06% increase in their CWB income scores.
- Between 2001 and 2021, education scores for NITHA First Nations, Saskatchewan First Nations, and Saskatchewan non-Indigenous communities all showed improvement, with NITHA First Nations increasing by 33.33% (27 in 2001 to 36 in 2021), SK First Nations by 36.67% (30 in 2001 to 41 in 2021), and SK non-Indigenous by 53.85% (39 in 2001 to 60 in 2021), though a significant gap remains between First Nations and non-Indigenous populations.
- From 2001 to 2021, PAGC's education score increased from 30 to 38 (26.67%), LLRIB's rose from 24 to 27 (12.5%), PBCN's improved from 21 to 31 (47.62%), and MLTC's grew from 29 to 43 (48.28%), with MLTC and PBCN showing the most significant improvements.

- Between 2001 and 2021, NITHA First Nations' housing score increased from 60 to 63 by 5%, SK First Nations improved from 62 to 66 by 6.45%, while SK Non-Indigenous housing scores remained stable at 93 in 2001 and 94 in 2021, highlighting persistent disparities in housing conditions.
- From 2001 to 2021, PAGC's housing score increased from 55 to 58 (5.45%), LLRIB saw a significant rise from 65 to 71 (9.23%), PBCN experienced a slight decline from 48 to 47 (2.08%), and MLTC improved from 66 to 72 (9.09%), reflecting varying trends in housing conditions across the communities.
- Between 2001 and 2021, NITHA First Nations' labour force activity declined slightly from 62 to 61 by 1.61%, SK First Nations remained stable, dropping marginally from 63 to 61 by 1.59%, and SK Non-Indigenous experienced a gradual decrease from 91 to 88 by 3.3%, with non-Indigenous populations maintaining significantly higher labour force participation than First Nations communities.
- Between 2001 and 2021, PAGC's labour force activity remained steady at 63, LLRIB decreased from 59 to 55 (6.78%), PBCN saw a modest increase from 56 to 58 (3.57%), and MLTC experienced a slight decline from 64 to 63 (1.56%).
- In 2021, female-led single-parent households account for 13% in both Canada and Saskatchewan, 37% in LLRIB, 35% in MLTC, 34% in PBCN, and 28% in PAGC, with male-led households making up 4% in Canada and Saskatchewan, 14% in LLRIB, 13% in MLTC, and 17% in both PBCN and PAGC, providing insight into family dynamics.

Background

Social determinants exert a profound impact on various aspects of health, including vulnerabilities, capacities, behaviors, and management. Individuals, communities, and nations facing inequalities in these determinants not only bear a heavier burden of health problems but also encounter barriers to accessing resources that could alleviate these issues. Moreover, social determinants not only affect health directly but also give rise to circumstances and environments that further influence health outcomes. However, the precise mechanisms and contexts through which social determinants shape health outcomes remain inadequately elucidated (Figure 1).



Figure 1. Social Determinants of health.

Source: <https://www.cvchn.ca/determinants-of-health>

The Community Well-Being (CWB) index evaluates socio-economic conditions in Canadian communities, amalgamating data on education, employment, income, and housing into a composite score. It enables comparisons between Indigenous and non-Indigenous community well-being and informs policies for diverse population welfare enhancement.^{1,2}

The report delves into two decades of CWB trends, analyzing NITHA community well-being in Saskatchewan. By scrutinizing CWB indices from 2001 to 2021, it compares NITHA with non-NITHA First Nations and Non-First Nations communities. Furthermore, it

prompts further investigation into socio-economic well-being, particularly concerning COVID-19 effects in 2021 and geographic factors like remoteness and road access.²

Social Determinants of Health

The social determinants of health among Indigenous peoples are depicted using a tree, illustrating the distal, intermediate, and proximal determinants of Indigenous health based on Reading's (2015) framework.³ The roots symbolize distal determinants like colonization, racism, and socio-political marginalization. The trunk represents intermediate determinants such as socioeconomic status and cultural continuity, while the branches and leaves signify proximal determinants like lifestyle factors and access to healthcare services.³ This metaphor visually demonstrates the interplay of these determinants in shaping Indigenous health outcomes (Figure 2).

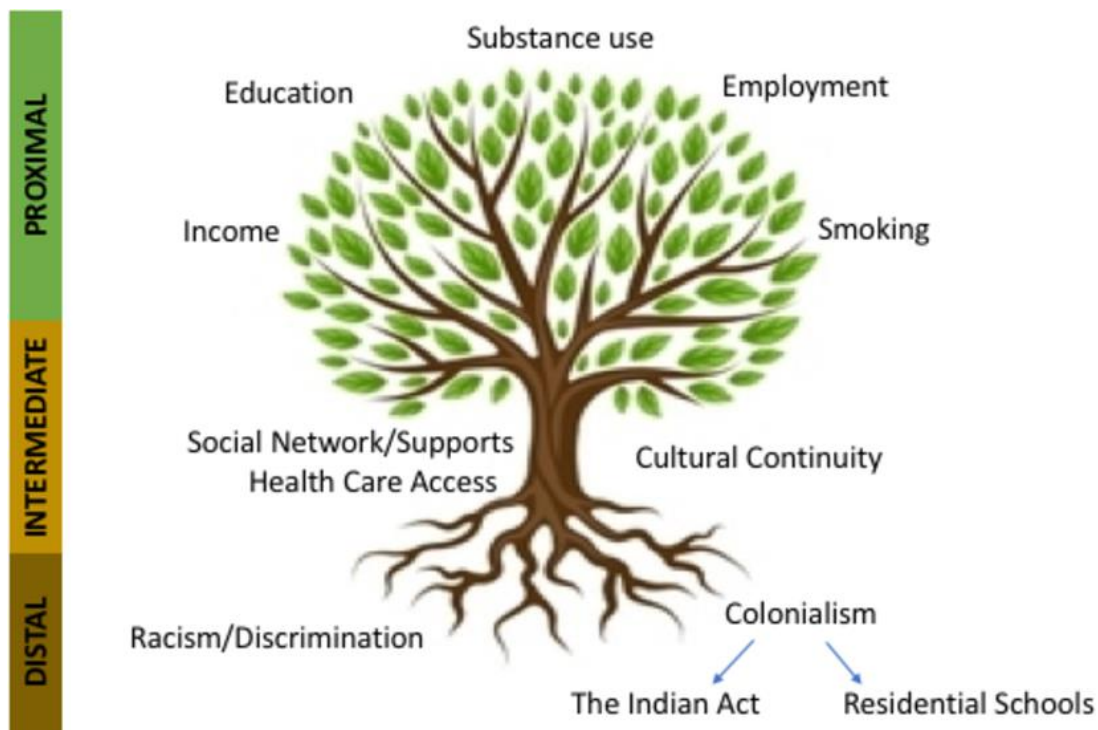


Figure 2: A tree depicting the distal, intermediate, and proximal determinants of Indigenous peoples' health using Reading's (2015) Indigenous framework.³

The report outlines the social determinants impacting the health of First Nations adults in on-Reserve communities in northern Saskatchewan, encompassing community wellness, education, employment, income, healthcare access, cultural factors, and the physical environment. Utilizing regional health assessment data is crucial in addressing health disparities faced by Indigenous communities, requiring systemic changes to reduce healthcare barriers.

CWB Index Scores

This summary report outlines the main findings of the Community Well-Being index in NITHA communities over a period of twenty years (2001 to 2021). However, it's essential to contextualize the 2021 results, gathered during the COVID-19 pandemic. Therefore, assessing the 2021 CWB scores should account for the various effects of pandemic measures, changing mobility patterns, and government assistance on all four CWB components.

The CWB score reflects the overall health and well-being of communities. It is worth noting that each CWB score represents an average of all residents of a given community (Indigenous or non-Indigenous) since all residents contribute economically and socially to the communities in which they live. The CWB scores for NITHA First Nations, Saskatchewan First Nations, and Saskatchewan non-Indigenous population are shown from 2001 to 2021. All three groups showed growth in their community well-being scores. NITHA First Nations saw a significant increase, rising from 46 in 2001 to 54 in 2021, marking a 17.39% improvement. SK First Nations also experienced steady progress, increasing from 49 in 2001 to 57 in 2021, a 16.33% rise. SK Non-Indigenous populations, though already higher in 2001, showed a more gradual increase, from 71 in 2001 to 80 in 2021, a 12.68% improvement.

This suggests an improvement in the overall CWB of these communities over the 20-year period. However, it's worth noting that the CWB scores for NITHA First Nations population are consistently lower compared to Saskatchewan First Nations and Saskatchewan non-Indigenous communities throughout the years, indicating existing disparities in community well-being (Figure 3).

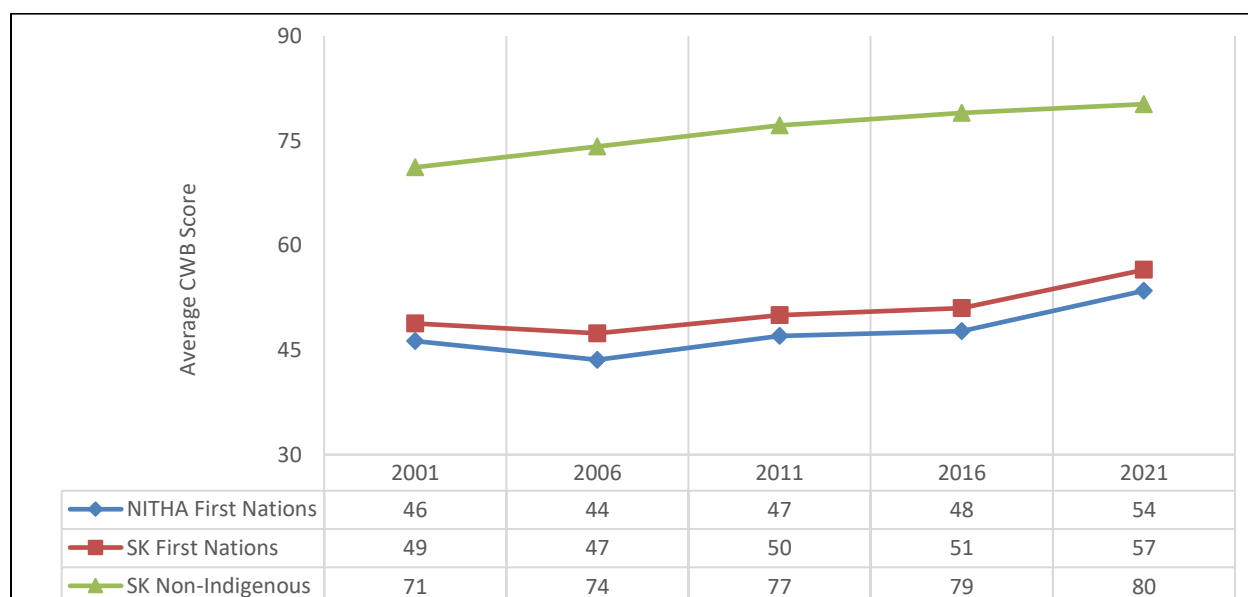


Figure 3: CWB score for NITHA First Nations, Saskatchewan First Nations and Saskatchewan Non-Indigenous, 2001 to 2021 Census

CWB component scores

In 2021, the CWB component scores for NITHA First Nations, SK First Nations, and SK Non-Indigenous populations reveal significant disparities and trends across key areas: education, housing, income, and labour force activity. First Nations communities face considerable disparities in all CWB components, particularly in education, housing, and income, compared to their non-Indigenous counterparts. In education, NITHA First Nations scored 36, SK First Nations scored 41, and SK non-Indigenous scored 60. This highlights a considerable gap, with NITHA First Nations communities lagging behind SK non-Indigenous communities by 24 points. For housing, NITHA First Nations had a score of 63, SK First Nations scored 66, while SK Non-Indigenous reached 94. The housing scores indicate a major gap, with NITHA First Nations communities trailing SK non-Indigenous communities by 31 points. NITHA First Nations and SK First Nations both scored 53 for income, while SK non-Indigenous scored 78. NITHA First Nations and SK First Nations both scored 61, SK First Nations scored 62, and SK non-Indigenous scored 88. This demonstrates a significant gap in labour force participation, with NITHA First Nations populations behind SK non-Indigenous communities by 27 points (Figure 4).

This showcases a noticeable income disparity, with NITHA First Nations communities behind SK non-Indigenous communities by 25 points. Lastly, in labour force activity, NITHA First Nations scored 61, SK First Nations scored 62, and SK non-Indigenous scored 88. This demonstrates a significant gap in labour force participation, with NITHA First Nations populations behind SK non-Indigenous communities by 27 points (Figure 4).

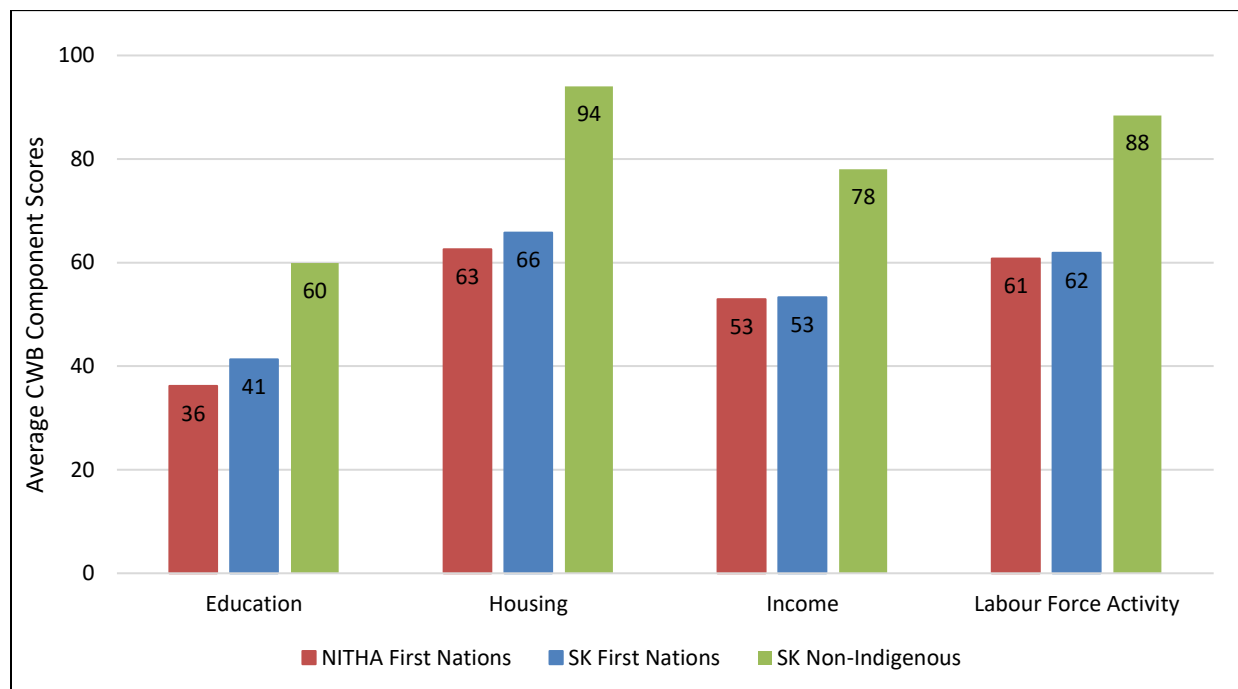


Figure 4. CWB (Community Well-Being) component scores, NITHA First Nations, SK First Nations and SK Non-Indigenous communities, 2021

CWB score by NITHA partners, 2001 to 2021 Census

Between 2001 and 2021, the CWB scores for NITHA partners—Prince Albert Grand Council (PAGC), Lac La Ronge Indian Band (LLRIB), Peter Ballantyne Cree Nation (PBCN), and Meadow Lake Tribal Council (MLTC)—demonstrate steady progress, though at different rates. Both PAGC and LLRIB showed moderate growth, increasing from 46 in 2001 to 52 in 2021, a 13.04% improvement. PBCN demonstrated a more modest increase, rising from 40 in 2001 to 49 in 2021, a 22.5% improvement. MLTC exhibited CWB improvement, increasing from 49 in 2001 to 58 in 2021, a 18.37% increase. All communities saw positive CWB growth, with MLTC showing the highest score in 2021, followed by LLRIB and PAGC, while PBCN have the least score in 2021 (Figure 5).

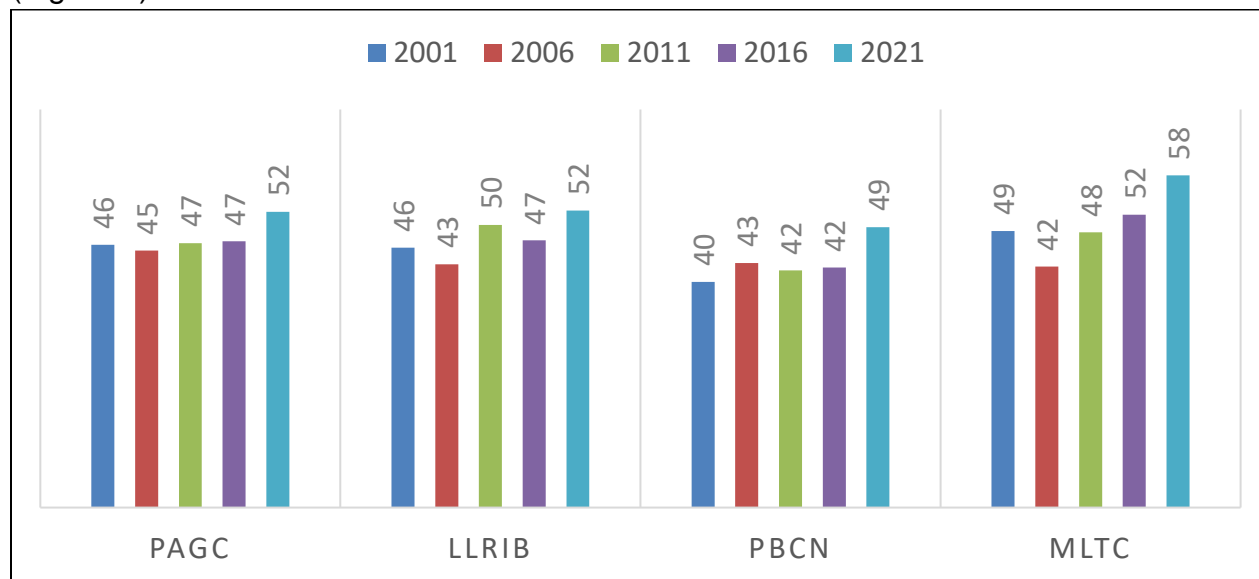


Figure 5: CWB score by NITHA partners, 2001 to 2021 Census

Income Status

The CWB income score reflects the economic prosperity within the communities, with higher scores indicating greater financial stability and resources. The CWB income scores for NITHA First Nations, SK First Nations, and SK Non-Indigenous communities from 2001 to 2021 reveal significant disparities and gradual improvements over time. Both NITHA First Nations and SK First Nations, the income score increased from 36 in 2001 to 53 in 2021, representing a 47.22% increase. In contrast, SK non-Indigenous income levels were consistently higher throughout the period. The CWB score increased from 64 in 2001 to 78 in 2021, marking a 21.88% improvement. Both First Nations communities saw significant improvements in income; however, the gap between NITHA First Nations communities and non-Indigenous communities in Saskatchewan remains considerable (Figure 6).

This ongoing disparity can largely be attributed to the government's income support initiatives during the COVID-19 pandemic, particularly the Indigenous Community

Support Fund.⁴ While these funds provided much-needed relief and helped improve financial stability, the gap persists, reflecting the broader economic challenges faced by First Nations communities. To address this issue, continued focus on equitable economic opportunities and targeted support measures will be essential to close the income gap over time.



Figure 6: Average income score, NITHA First Nations, SK First Nations and SK Non-Indigenous communities, 2001 – 2021 Census

CWB Income score by NITHA partners, 2001 to 2021 Census

The CWB income scores for PAGC, LLRIB, PBCN, and MLTC from 2001 to 2021 show notable improvements across all four communities, reflecting a positive trend in income levels over the two decades. PAGC experienced a steady increase in its income score, rising from 34 in 2001 to 50 in 2021, marking a 47.06% improvement. LLRIB demonstrated a similar upward trend, growing from 35 in 2001 to 55 in 2021, an 57.14% increase. PBCN showed a steady rise as well, increasing from 34 in 2001 to 50 in 2021, a 47.06% improvement. MLTC experienced the most substantial increase, advancing from 39 in 2001 to 58 in 2021, a 48.72% growth. All communities saw significant income growth, with LLRIB experiencing the highest percentage increase (Figure 7).

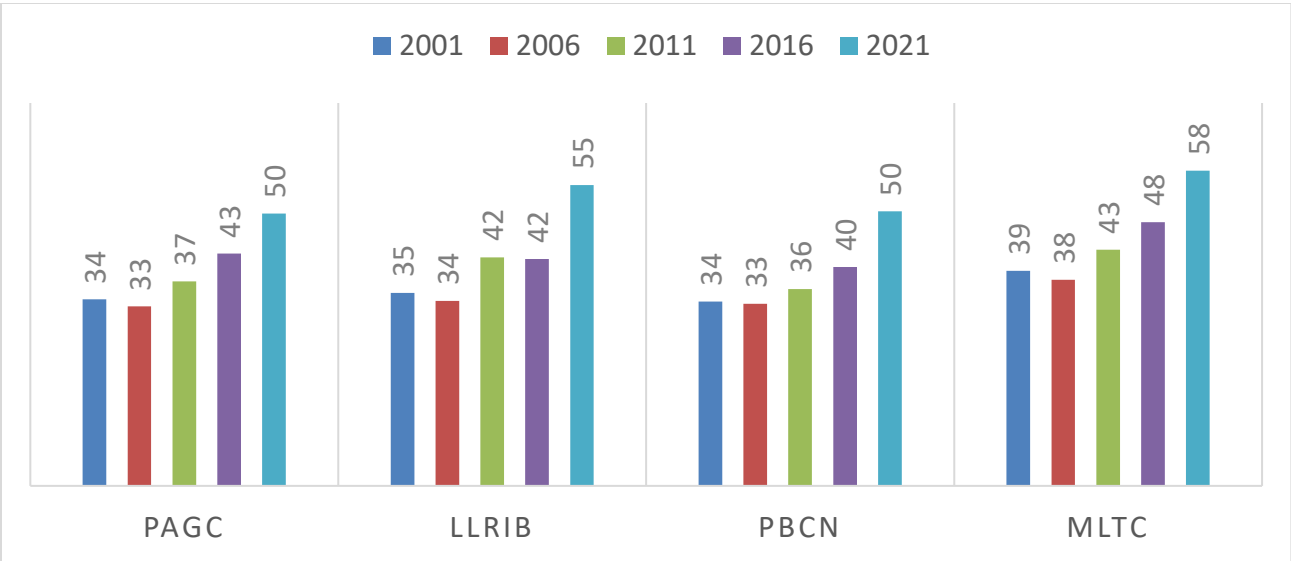


Figure 7: CWB Income score by NITHA partners, 2001 to 2021 Census

Educational status

Overall, the data indicates a positive trend in education scores across all categories, with SK non-Indigenous communities consistently maintaining higher scores compared to First Nations communities. The CWB education scores display a consistent upward trend across all categories—NITHA First Nations, Saskatchewan First Nations, and Saskatchewan non-Indigenous—from 2001 to 2021. NITHA First Nations saw a steady increase in education scores from 27 in 2001 to 36 in 2021, marking a 33.33% improvement over two decades. Similarly, SK First Nations experienced a gradual rise from 30 in 2001 to 41 in 2021, a 36.67% increase. For SK non-Indigenous, education scores increased from 39 in 2001 to 60 in 2021, reflecting a 53.85% improvement. All groups experienced improvements in education, First Nations communities still face a significant gap compared to non-Indigenous populations in Saskatchewan (Figure 8).

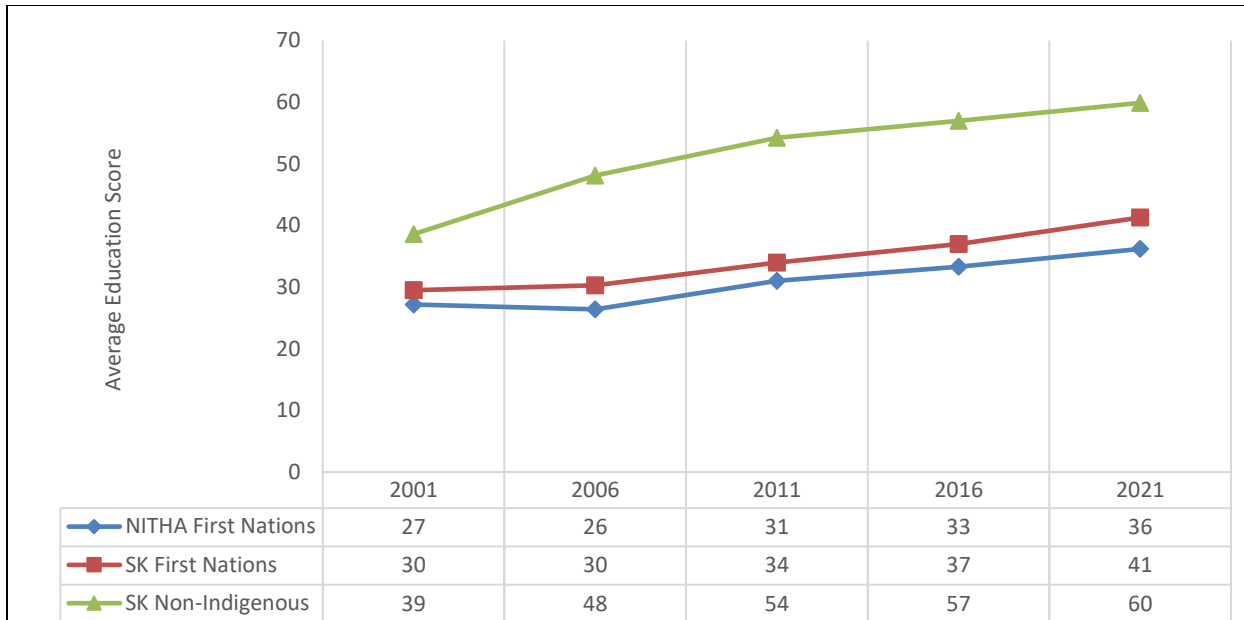


Figure 8: Average Education score, NITHA First Nations, SK First Nations and SK Non-Indigenous communities, 2001 – 2021

CWB Education score by NITHA partners, 2001 to 2021 Census

The CWB education scores show varying trends and patterns across the PAGC, LLRIB, PBCN, and MLTC communities from 2001 to 2021. PAGC saw a steady improvement, increasing from 30 in 2001 to 38 in 2021, a 26.67% increase. LLRIB saw a modest rise from 24 in 2001 to 27 in 2021, marking a 12.5% increase. PBCN saw a notable rise from 21 in 2001 to 31 in 2021, marking a 47.62% improvement. MLTC demonstrated significant progress, growing from 29 in 2001 to 43 in 2021, a 48.28% increase. Overall, all communities showed educational gains, with MLTC experiencing the highest increases (Figure 9).

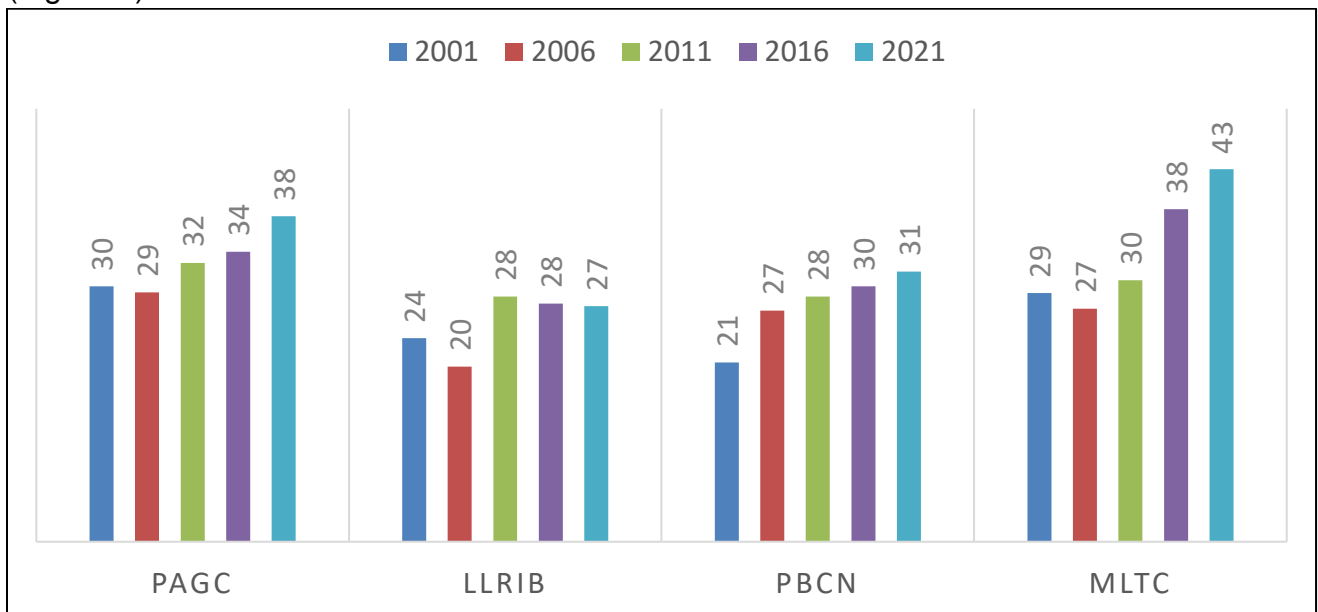


Figure 9: CWB Education score by NITHA partners, 2001 to 2021 Census

Household and Dwelling characteristics

The CWB housing scores for NITHA First Nations, SK First Nations, and SK Non-Indigenous populations from 2001 to 2021 demonstrate varying trends, with significant disparities in housing conditions. SK Non-Indigenous housing scores remained stable, holding at 93 in 2001 and 94 in 2021. In contrast, NITHA First Nations, the housing score improved from 60 in 2001 to 63 in 2021, reflecting a 5% increase. Despite this progress, the housing conditions for NITHA First Nations remain considerably lower than those of non-Indigenous populations in Saskatchewan. SK First Nations experienced a gradual improvement from 62 in 2001 to 66 in 2021, a 6.45% increase over two decades (Figure 10).

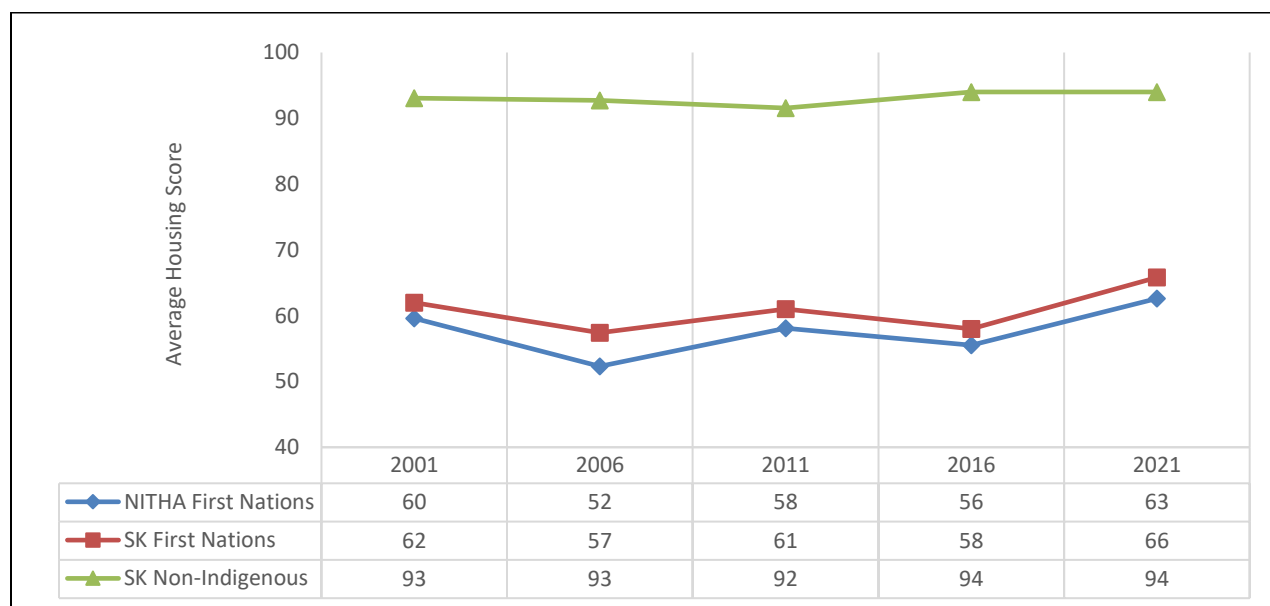


Figure 10: Average Housing score, NITHA First Nations, SK First Nations and SK Non-Indigenous communities, 2001 – 2021

CWB Housing score by NITHA partners, 2001 to 2021 Census

The CWB housing scores for the PAGC, LLRIB, PBCN, and MLTC communities exhibit various trends and patterns over the years. From 2001 to 2021, the PAGC score showed a modest increase from 55 in 2001 to 58 in 2021, reflecting a 5.45% improvement over the two-decade period. LLRIB saw a significant improvement, growing from 65 in 2001 to 71 in 2021, marking a 9.23% increase. In contrast, the PBCN showed a slight decline, dropping from 48 in 2001 to 47 in 2021, a small decrease of 2.08%. MLTC demonstrated consistent growth, increasing from 66 in 2001 to 72 in 2021, a 9.09% improvement. Generally, LLRIB and MLTC experienced the most significant improvements, while PBCN showed a slight decline, with PAGC making gradual progress (Figure 11).

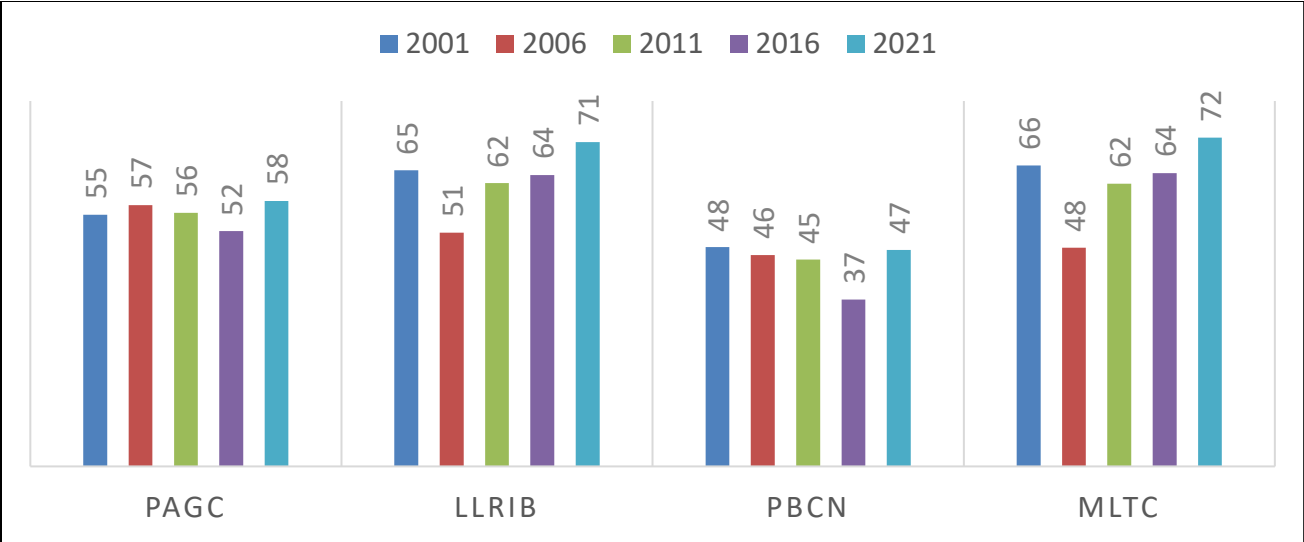


Figure 11: CWB Housing score by NITHA partners, 2001 to 2021 Census

Labour Force Activity

The CWB labour force activity scores for NITHA First Nations, SK First Nations, and SK Non-Indigenous populations from 2001 to 2021 show distinct trends. NITHA First Nations experienced a slight decline, dropping from 62 in 2001 to 61 in 2021, a 1.61% decrease. SK First Nations remained relatively stable, with scores fluctuating slightly from 63 in 2001 to 61 in 2021, reflecting a 1.59% decrease. SK Non-Indigenous experienced a gradual decline, from 91 in 2001 to 88 in 2021, a 3.3% decrease. The labour force participation in non-Indigenous populations remained significantly higher than that of the First Nations populations (Figure 12).

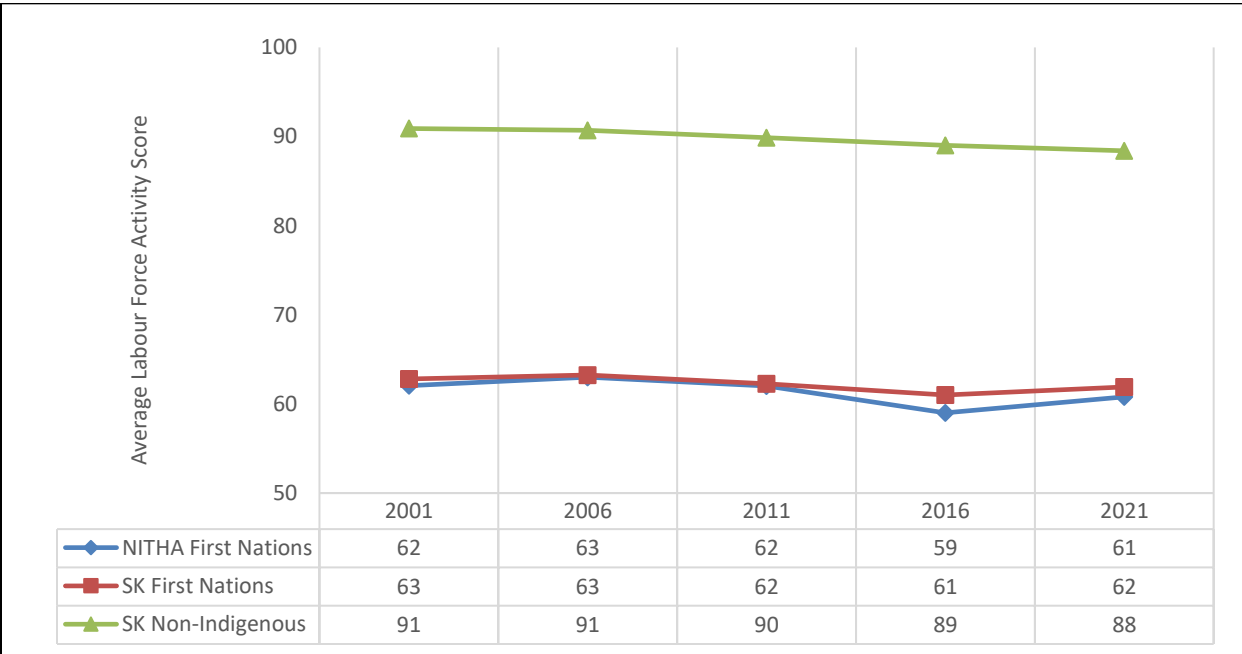


Figure 12: Average Labour Force Activity score, NITHA First Nations, SK First Nations and SK Non-Indigenous communities, 2001 – 2021

CWB Labour Force Activity by NITHA partners, 2001 to 2021 Census

The CWB labour force activity scores for PAGC, LLRIB, PBCN, and MLTC from 2001 to 2021 exhibit varying trends in workforce participation. PAGC demonstrated stability, with the labour force activity score remaining unchanged at 63 across the two decades. LLRIB experienced a notable decline, decreasing from 59 in 2001 to 55 in 2021, reflecting a reduction of 6.78%. PBCN showed modest improvement, with the labour force activity score rising from 56 in 2001 to 58 in 2021, marking a 3.57% increase. MLTC displayed minor fluctuations, decreasing slightly from 64 in 2001 to 63 in 2021, a 1.56% drop. Overall, PAGC remained stable, MLTC experienced minimal decline, PBCN saw slight improvement, and LLRIB faced a significant decline (Figure 13).

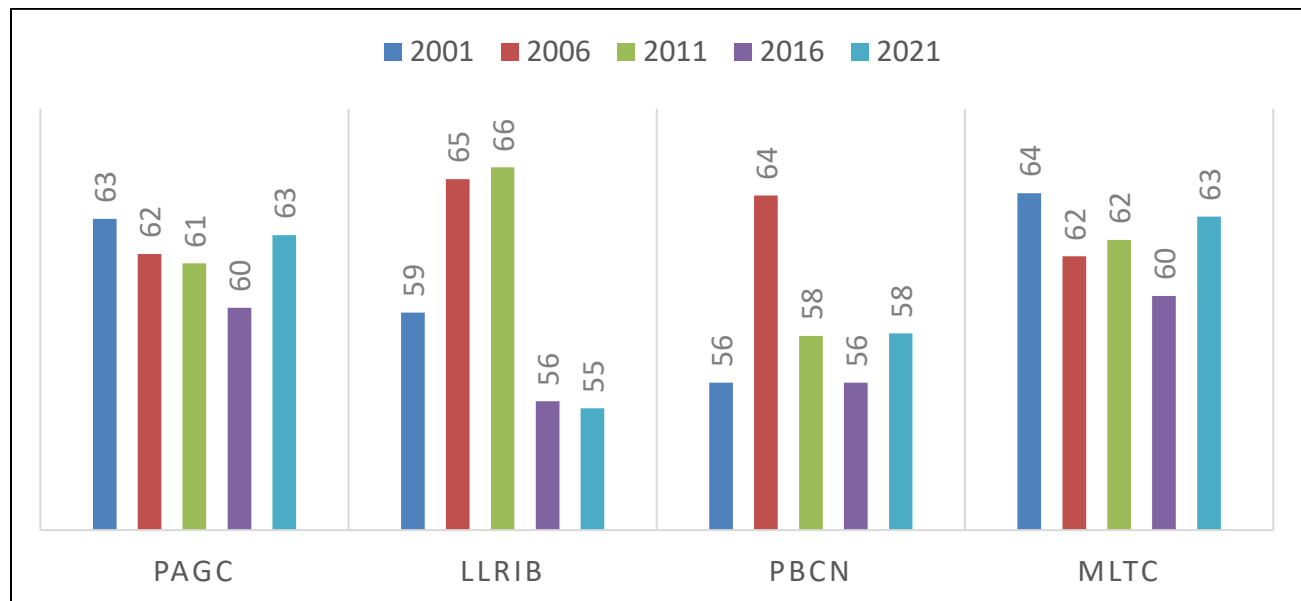


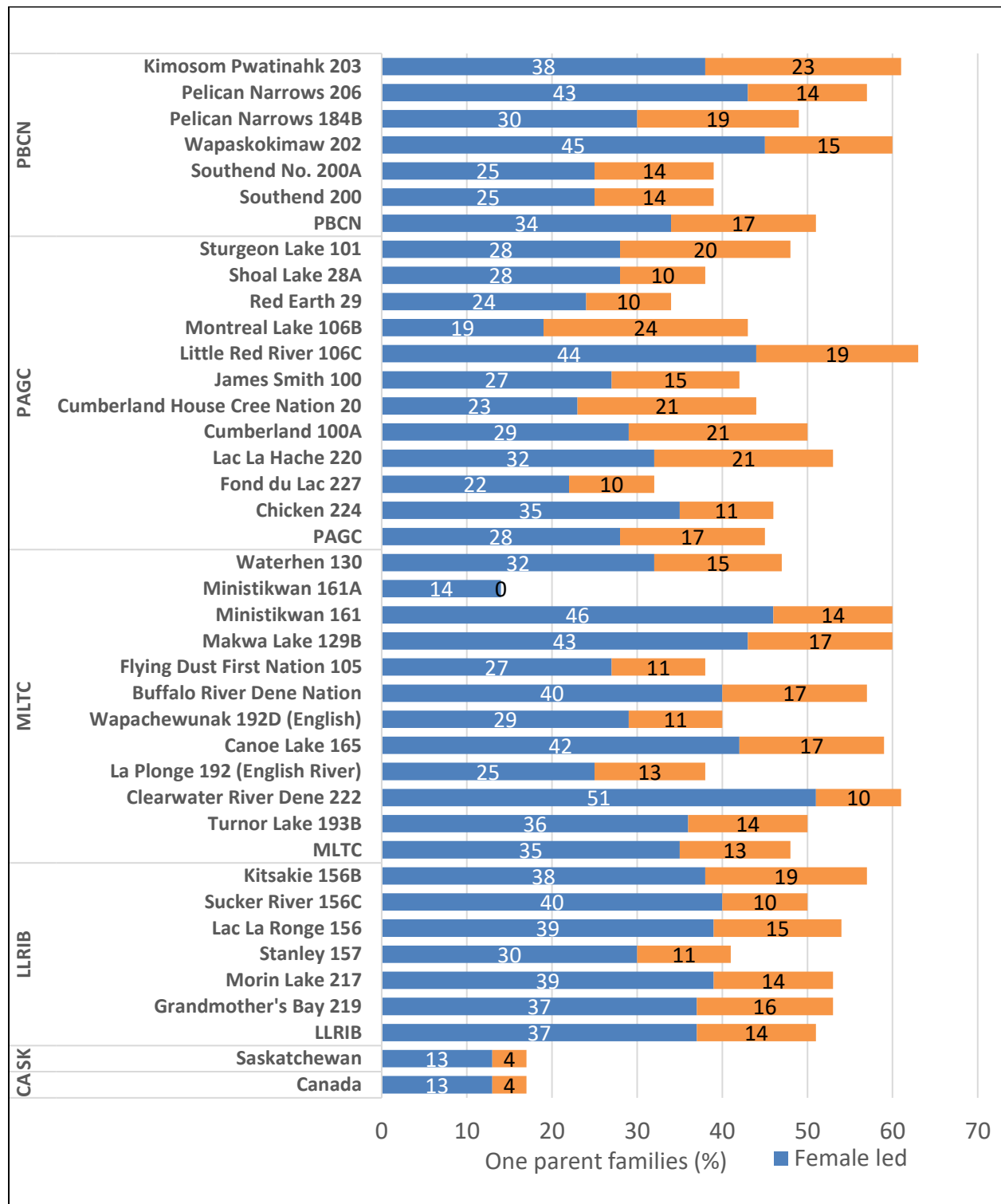
Figure 13: CWB Labour force activity score by partner, NITHA, 2001 to 2021 Census

Lone parent families

Figure 14 shows the proportion of lone parent families in Canada, Saskatchewan, and NITHA communities across different partners. In 2021, data on single-parent households shows a clear pattern of gender disparity, with female-led households consistently outnumbering male-led households. In Canada and Saskatchewan, female-led households represent 13%, compared to 4% for male-led households, reflecting a broader societal trend where women are more likely to head single-parent families.

In NITHA First Nations communities, such as LLRIB (Lac La Ronge Indian Band) and MLTC (Meadow Lake Tribal Council), female-led households account for 37% and 35%, respectively, with male-led households at 14% and 13%. While the pattern of female-led households remains dominant, the proportion of male-led households is slightly higher in communities like PAGC (Prince Albert Grand Council) and PBCN (Peter Ballantyne Cree Nation), where female-led households make up 28% and 34%, and male-led households are 17% in both partnerships. Overall, female-headed single-parent households continue

to be the majority. However, the rising percentage of male-led households in communities such as PAGC and PBCN highlights shifting family dynamics and broader social changes.



* As of April 1, 2023, Waterhen Lake First Nation is no longer part of MLTC.

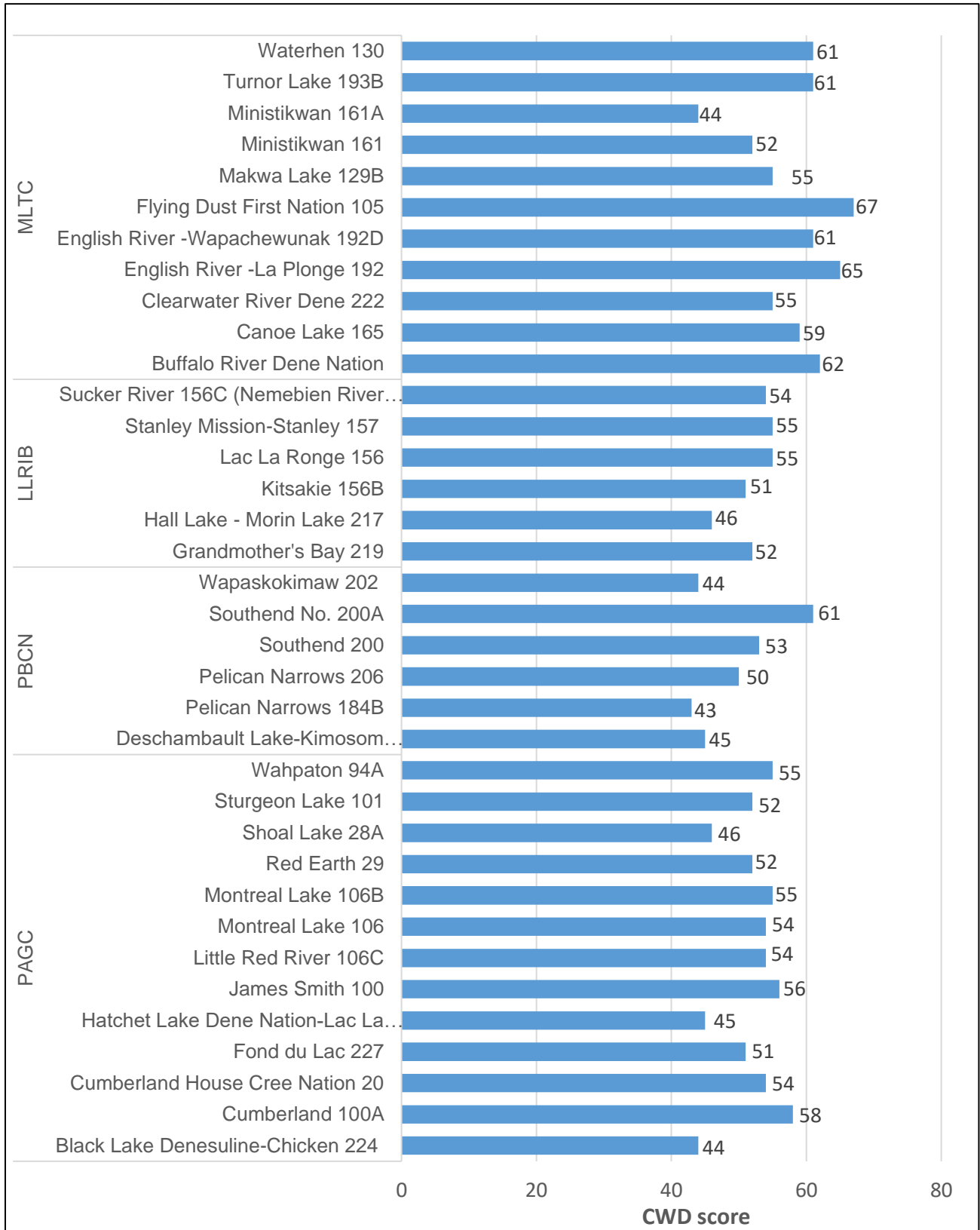
Figure 14: Proportion of families that are led by one parent, by NITHA partner, 2021

Appendices

Appendix A. Technical Notes and Limitations

- The methodology for calculating CWB index scores in 2021 remains consistent with that of 2016. A comprehensive report detailing the 2021 CWB index methodology is accessible upon request.
- The CWB index comprises four main components: Education, Labour Force Activity, Income, and Housing, each with specific subcomponents. Education assesses high school and university education levels, while Labour Force Activity evaluates workforce participation and employment rates. Income is determined by total income per capita, and Housing considers home quality and overcrowding.
- These subcomponent and component scores are amalgamated to generate an overall well-being score for each community, ranging from 0 to 100.
- CWB scores are community-level and encompass the entire resident population, irrespective of Indigenous identity. Data from 1981 to 2021 is available for communities meeting specific census criteria, with suppressed component scores for confidentiality.
- Some NITHA communities lack data, possibly due to census population definitions or low response rates.

Appendix B. Figure 15: Summary of overall CWB score, by partner and CSD, 2021



* As of April 1, 2023, Waterhen Lake First Nation is no longer part of MLTC.

Appendix C. Table 1 Summary table of selected CWB education, employment, housing and income indicators, by partner and CSD, NITHA, 2021

Partner	CSD	Income score (%)	Education score (%)	Housing score (%)	Labour force activity score (%)
PAGC	Chicken 224	54	15	51	56
	Cumberland 100A	54	41	73	65
	Cumberland House Cree Nation 20	52	43	65	57
	Fond du Lac 227	59	25	58	63
	Lac La Hache 220	50	20	53	56
	James Smith 100	50	41	74	58
	Little Red River 106C	55	41	53	65
	Montreal Lake 106	50	41	61	64
	Montreal Lake 106B	49	42	60	69
	Red Earth 29	43	47	47	73
	Shoal Lake 28A	27	41	54	64
	Sturgeon Lake 101	51	40	59	58
	Wahpaton 94A	54	52	47	66
PBCN	Kimosom Pwatinahk 203	47	28	44	58
	Pelican Narrows 184B	46	29	44	54
	Pelican Narrows 206	51	34	50	63
	Southend 200	57	34	53	69
	Wapaskokimaw 202	50	31	46	48
LLRIB	Grandmother's Bay 219	54	17	89	47
	Morin Lake 217	49	22	60	51
	Kitsakie 156B	57	27	65	55
	Lac La Ronge 156	59	36	65	59
	Stanley 157	53	33	77	58
	Sucker River 156C (Nemebien River 156C)	58	28	70	61
MLTC	Buffalo River Dene Nation	66	38	77	66
	Canoe Lake 165	53	49	69	65
	Clearwater River Dene 222	60	38	63	57
	Wapachewunak 192D	59	43	78	62
	Flying Dust First Nation 105	66	48	81	73
	Makwa Lake 129B	52	41	68	59
	Ministikwan 161	50	37	67	54
	Turnor Lake 193B	57	45	72	69
	Waterhen 130*	55	48	73	66

* As of April 1, 2023, Waterhen Lake First Nation is no longer part of MLTC.

Appendix D. Table 2: CWB component and subcomponent scores and gap changes, NITHA communities, 2001–2021, 2016–2021

CWB score and components	CWB score changes in NITHA communities		2021 CWB gap between NITHA and SK Non-Indigenous communities
	2001-2021	2016-2021	
Overall CWB score	7↑	6↑	27
Education	9↑	3↑	24
Labour force activity	3↑	7↑	31
Income	17↑	9↑	25
Housing	1↓	2↑	28

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Appendix F. References

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