



Community Information Package

Digital Health Initiative

*Kitatipithitamak Mithwayawan:
Indigenous responses to coronavirus now,
then, and into the future*



Table of Contents

P 1.	Introduction Letter
P 3.	Digital Health Initiative
P 3.	Overview
P 4.	Step-by-step for communities
P 5.	The App in action
P 7.	Acknowledgments
P 8.	Appendix 1: Kitatipithitamak Mithwayawan: Indigenous responses to coronavirus now, then, and into the future: Executive summary of the Covid-19 Indigenous project
P 11.	Appendix 2: First Nations Covid-19 Health Survey - Baseline Survey
P 23.	Appendix 3: First Nations Covid-19 Health Survey - Two-Week interval Survey



January, 2021

Greetings, We are hoping you will become part of the world's first digital health initiative that focuses on northern Indigenous communities. We have been developing a web and mobile application (app) that is designed to enable such communities to collect and evaluate their own data regarding COVID-19 and other challenges to their health and wellbeing.

Our project reflects a formal partnership among university researchers, First Nations communities, tribal councils and regional health authorities across Manitoba and NW Ontario. If you are interested in finding out more about our many research and communications activities, please check out our Facebook page (<https://www.facebook.com/covid19indigenous/>) and website (<http://covid19indigenous.ca/>), and also Appendix 1 below.

Elders named our project 'kitatipithitamak mithwayawin', which is Cree for control or sovereignty over health. Representatives from the above organizations make up our project Advisory Council. In our first meeting in March 2020, two main insights arose:

- That access to health data is still very restricted in most Indigenous communities, which puts these communities at risk
- That these bottlenecks would be effectively addressed if communities could collect and control their own culturally relevant health data.

Over the last four months we have been addressing these insights. Largely by developing digital tools that will enable communities to collect their own data in real-time and to use this information for their own decision-making. This will be primarily achieved through the use of apps that can be downloaded on mobile devices (e.g. cell phones, tablets etc.)

A web app will let Health Directors refine the questionnaire to reflect local priorities. It will also let them examine the data as they are collected. The mobile app can be downloaded on phones and tablets and used by community members. Participants will receive honoraria for becoming involved. And we will hire a local Community Researcher to help out. This will enable communities to collect data regarding COVID-19 at two- week intervals. The data would be immediately accessible to health directors and always be under their control. If wanted, our research team can also help summarize this information and provide it back to local participants and Health Directors as reports within three days.

We are already working with Indigenous communities in Manitoba, Ontario and North West the Territories. In total, we hope to begin working with at least 30 communities over the next two months. Although most of our efforts are focused on western Canada, we will welcome any community that wishes to become involved, regardless of their locations.

If you are potentially interested in learning more about the apps or the digital health project, please reach out to our outreach coordinator Evan Chamakese. And he will tell you more about the project and answer any questions you might have. If you decided to proceed, we would then set up a follow- up meeting with the rest of our team. Thank you for your interest, and we hope to work with you in the future.

Steph, Myrle and Evan.

**DR. STÉPHANE MCLACHLAN**

Dr. Stéphane McLachlan is the co-lead on this digital health project. He is a Professor and coordinator of the Environmental Conservation Lab at the University of Manitoba. Stéphane's overall goal as an academic is to engage in research that works for environmental and social justice in close collaboration with Indigenous communities while also contributing to academic literature and being an effective teacher. He has worked with communities regarding environmental health as it relates to the Oil Sands, hydropower, and now COVID-19. He lives in Winnipeg with his partner, two kids and their lab puppy. contributions to the academic literature and benefits the livelihoods and environments of Aboriginal and rural communities and other stakeholders.

**DR. MYRLE BALLARD**

Dr. Myrle Ballard is the co-lead on this digital health project. She is an Assistant Professor / Indigenous Scholar, Department of Chemistry, Faculty of Science at the University of Manitoba. She is an Anishinaabe from Lake St. Martin First Nation. Dr. Ballard has researched and documented the flooding and emergency responses of her traditional homelands at Lake St. Martin First Nation and neighboring communities. She is currently a member of the COSEWIC Aboriginal Traditional Knowledge Subcommittee, has served as an advisor with the Ecological Reserves Advisory Committee (Manitoba), and as Commissioner, Clean Environment Commission; and is a past board member with the Winnipeg Regional Health Authority.

**EVAN CHAMAKESE**

Evan is the primary community liaison on this project. Raised with a firm understanding of nehiyaw culture on the Pelican Lake First Nation, he has a clear concept of traditional values and the Cree way of life. With 10 years of experience as an educator, youth advocate, recreation director, coach, instructor, and volunteer with several national youth based organizations such as Outward Bound, Motivate Canada, True Sport and Canadian Roots Exchange, his focus now is to reconnect indigenous youth to the land and to their elders, by challenging them to discover new personal limits, build confidence and foster leadership through direct use of traditional knowledge and ancestral skills. Evan is a former member of the AFN National Youth Council, duly elected FSIN male youth representative, current board member of Wild Sky Adventure Learning. In his spare time he enjoys, golfing, canoeing, and spending time on the land.



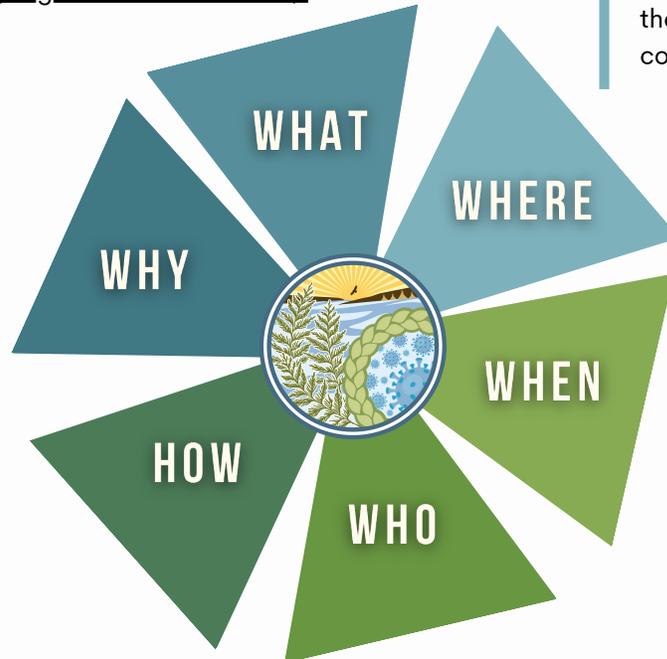
KITATIPITHITAMAK MITHWAYAWIN

Using web and mobile apps to achieve Indigenous health sovereignty

WHAT: Our project has developed web and mobile apps that will let communities document the impacts of and their responses to COVID-19 in real time, in line with OCAP principles. Communities will have full control over their own data, and only share this information with others if they wish. For additional info, please visit <https://covid19indigenous.ca/digital-health-initiative/>

WHERE: To begin, we are reaching out to Indigenous communities in Western and Northern Canada. We strive to have up to 30 Indigenous communities to participate initially but we welcome and encourage the involvement of all Indigenous communities to join us in this initiative.

WHY: First Nations, Metis and Inuit communities face barriers when accessing health data. This project will enable them to collect their own data and to respond to any impacts, reducing reliance on outside governments. The project will also help communities to track any changes in wellbeing.



WHEN: We are currently preparing to soft launch the app with a group of communities as we wait for the android version to be approved. We will do the full launch in February 2021 at which point communities across Canada (and the globe) will be welcome to participate.

HOW: We aim to hire local researchers in each community. Health Directors can modify questionnaires to fit the needs of their community. Health Directors can immediately look at the results or send them to us to report back. We will pay honouraria for all completed surveys.

WHO: kitatipithitamak mithwayawin is Cree for sovereignty over our health. Based at the University of Manitoba, we have an Advisory Council made up of Health Directors, Tribal Councils and Health authorities from Manitoba and Ontario.

COME JOIN US! WE WELCOME THE INVOLVEMENT OF ALL INDIGENOUS COMMUNITIES





Digital Health Initiative: Step By Step for Communities

Week 1:

- Identification and hiring of Community Researcher.
- If needed, shipping of connectivity pack to Health Centre.
- Initial meeting between Community Researcher and Kitatipithitamak Mithwayawan team (for training and an explanation of the project & roles of everyone).
- Meeting with Health Director and other representatives from Health Centre and Community Researcher to modify the long and short versions of the questionnaire.
- Identification of participants (~80-100 per community), keeping in mind a balance of gender and ages.

Week 2:

- Meeting of Community Researcher and Kitatipithitamak Mithwayawan to work through how to distribute the app and collect responses, and how to set up and use the connectivity pack.
- Community Researcher collects data with participants, using the long version of the survey the first time each participant completes on (takes about 30 - 40min to finish).
- Community Researcher gets participants to complete the shorter version (5 min to finish) every two weeks thereafter.
- Health Directors can look at the data immediately after it is collected and/or can share it with the our team to be summarized in a report.

Week 3:

- Share data with the Community Researcher and Health Director using data visualization tools within the app, as well as first biweekly report (if the community decides they want Kitatipithitamak Mithwayawin team to put together the reports).
- Community Researcher collects further data with participants using short version of questionnaire as well as collecting some participant feedback on both long and short versions.
- Community Researcher, Health Centre representatives, and Kitatipithitamak Mithwayawan to evaluate the short- term data and associated reporting template get feedback on both versions provided by participants.
- Debrief with Community Researcher and Health Centre representatives to explore what worked and what can be improved, and how this might be better reflected in the web app and mobile app.

Week 4:

- Community Researcher continues supporting participants to fill out survey every two weeks, and our team continues to provide support as needed.

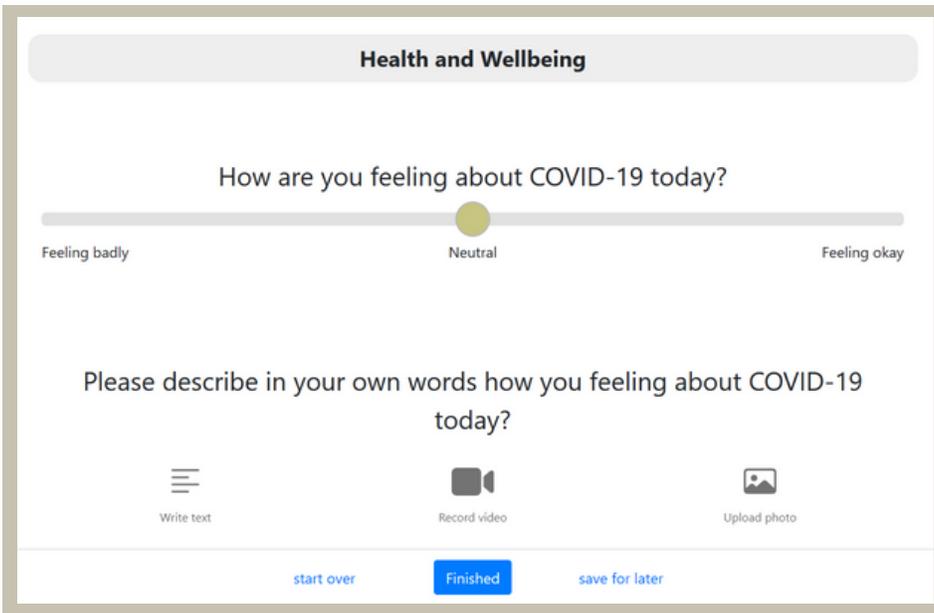


The App in Action

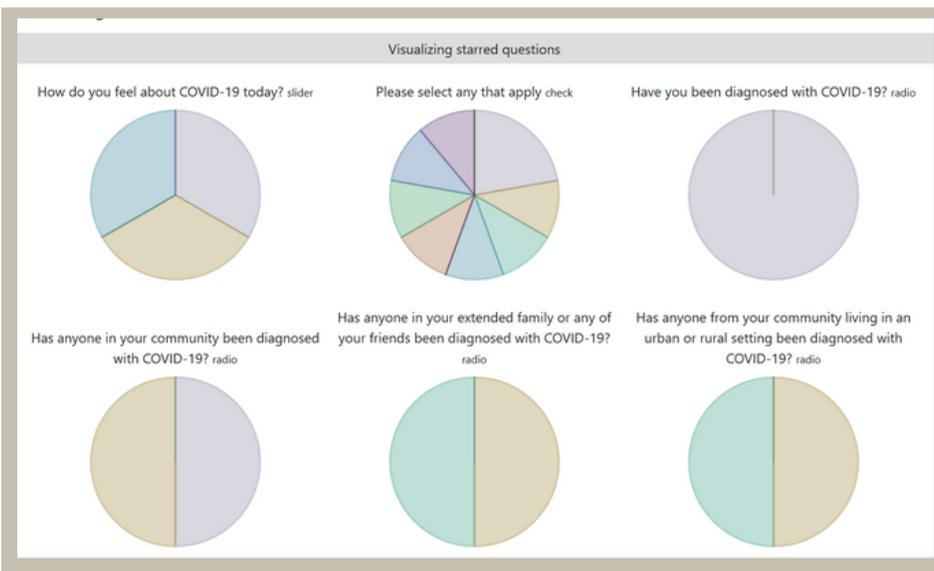


Some First Nations communities have high-speed Internet but most do not.

These mobile stations let participants connect with the Local Area Network.



View of the web app showing some of the question types with the ability to record responses using video and pictures.



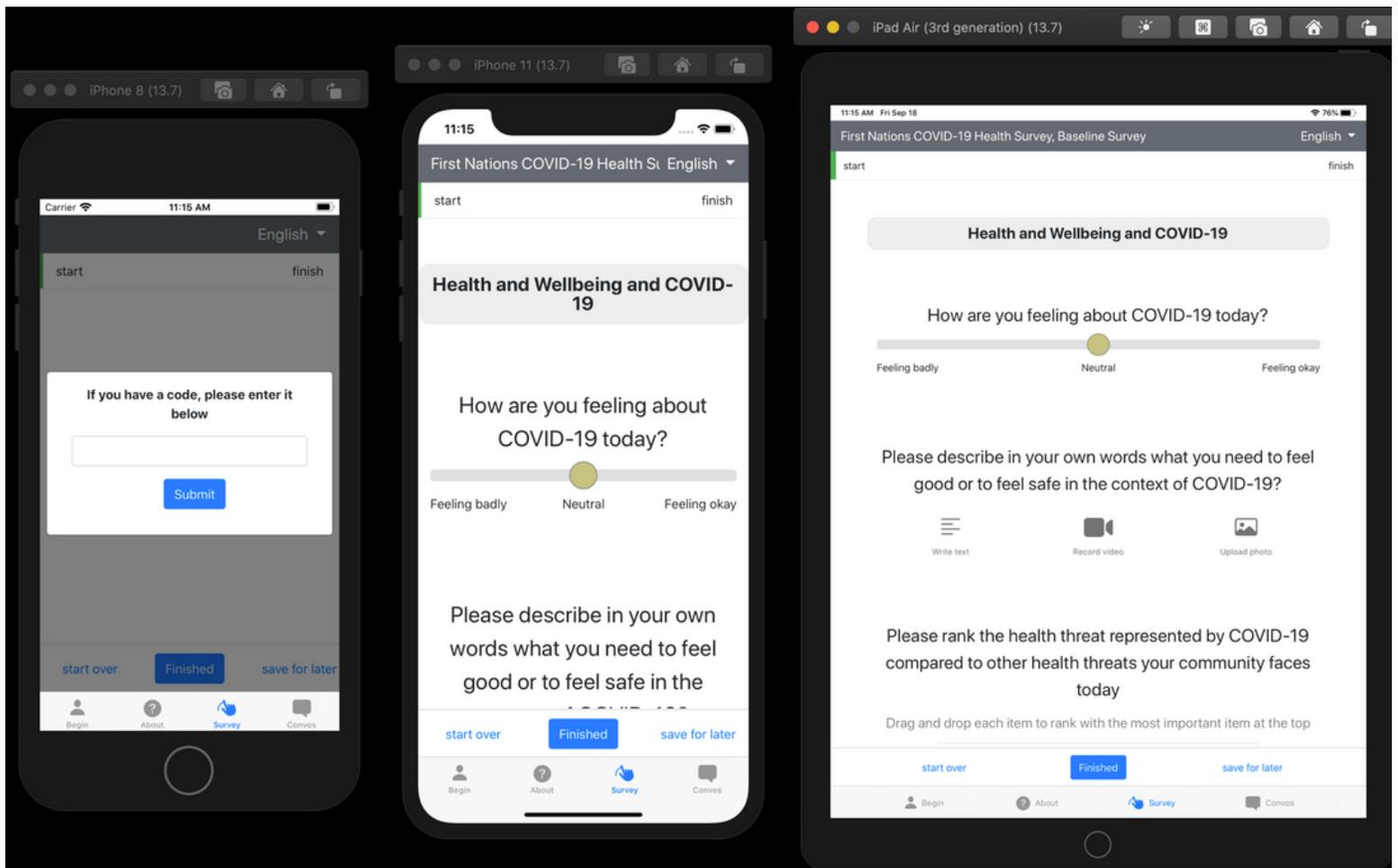
Participant data is collected in real time, and available for immediate viewing by the Health Director.

This image is an example of what Health Directors will see when they log into the backend of the app.



Screenshots of the App

Here is what the app looks like on iPhone and iPad. An android version is in development.





Acknowledgements

Thank you to our Advisory Council members for their support of this project.

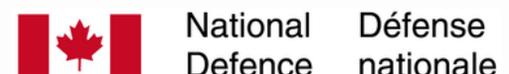
Thank you to also to everyone who gave their time to meet with us and give their feedback on the questionnaire and app design:

- Chief Shirley Ducharme and Rene Linklater, O-Pipon-Na-Piwin Cree Nation
- Dave Scott, Swan Lake First Nation
- Debbie Lipscombe and others, Grand Council Treaty #3
- Debbie Reid, Assembly of Manitoba Chiefs
- Donald and Phyllis Hart, Nisichawayasihk Cree Nation
- Dr Barry Lavalee, Manitoba Keewatinowi Okimakanak Inc.
- Dr Donna Martin, University of Manitoba
- Dr Ramona Neckoway, University College of the North
- Esther Cook, Misipawistik Cree Nation
- Gail Braun, Nurse, Alberta Health Services Fort McMurray
- Jason Northage, University of Manitoba
- Ken Sanderson, Broadband Communications North
- Leona Star and others, First Nations Health and Social Secretariat of Manitoba
- Laurie Wood Ducharme, Bryon Beardy, Grace McDougall, and Jim Harrold, Four Arrows Regional Health Authority
- Megan Firth and Thomas Dyck, Integral Ecology Group

Thank you to Craig Dietrich and Dr. Shanna Lorenz for their amazing creative work bringing the app into existence.

Thank you to Kitatipithitamak Mithwayawan and Wa Ni Ska Tan staff for providing their many different skills to getting this project off the ground: Dr. Asfia Kamal, Becky Filopoulos, Emily Unger, Hannah Muhajarine, Kelly Janz, Kimberly Wilde, Mathew Scammell, Dr. Maya Rad-Spice, Michael Tyas, Michelle Daoust, River Steele, Shavon Sinclair and Victoria Grima.

Thank you to our funders:





Appendix 1:

Kitatipithitamak Mithwayawan: Indigenous responses to coronavirus now, then, and into the future: Executive summary of the Covid-19 Indigenous project

This digital health initiative is led by Kitatipithitamak Mithwayawan: Indigenous responses to coronavirus now, then, and into the future. Kitatipithitamak Mithwayawan (Cree for control or self-determination over health) is a research project led by researchers from the University of Manitoba and University College of the North. The project is shaped by 11 Indigenous partner organizations and aims to develop innovative and culturally appropriate countermeasures to COVID-19 and other pandemics to better serve Indigenous communities now and into the future.

COVID-19 was first identified on December 31st, 2019 in Wuhan, China. It has quickly become a global emergency with the World Health Organization declaring COVID-19 as a global pandemic and recognizing that it represents a substantial threat to global markets, geopolitics and human health alike.

Studies on other pandemics including SARS, MERS, and H1N1 show that disadvantaged groups generally suffer the greatest incidence and mortality rates. With respect to H1N1, Indigenous communities in Canada had three times the incidence rates and 15 times the hospitalization rates than that of the general public, in part reflecting long-standing health inequities across the country.

Countermeasures were generally inadequate and at worst created more harm than good. Communities had poor access to medical experts and supplies and misinformation generated uncertainty and fear that persists today. Yet, many communities and Indigenous organizations also responded, effectively mitigating the effects of H1N1.

The outbreak of COVID-19 thus represents a critical moment. On one hand the same mistakes could be repeated, while on the other, there is an opportunity to anticipate these in ways that Indigenous priorities play the core role in shaping countermeasures here and into the future



Project Objectives & Activities

The goal of the larger project of Kitatipithitamak Mithwayawan is to develop innovative and culturally appropriate countermeasures to COVID-19 and other pandemics that will better serve Indigenous communities and organizations now and into the future.

Project activities are structured around a framework of “past, present, and future.”

Past: documenting oral history on how Indigenous communities responded to past pandemics such as Spanish Flu, Tuberculosis, and H1N1.

Present: documenting the current response to COVID-19 in Indigenous communities in Canada and beyond and identifying gaps in resources for Indigenous communities. Highlighting stories of Indigenous strength and resilience through our communications. Supporting community responses through the Digital Health Initiative.

Future: addressing any gaps in understanding and support related to COVID-19 and applying that knowledge for future emergency planning.

Communication and information sharing with Indigenous communities will be a primary focus during the peak of the pandemic, when travel restrictions and social distancing measures are in place. This will include video and social media to amplify community voices.

This project will play a critical role in improving many social and policy countermeasures now prioritized across the country:

- Supporting First Nations, Metis and Inuit communities as they respond to COVID-19;
- Documenting the Indigenous cultural dimensions of COVID-19 and finding ways these can be better reflected in countermeasures;
- Using innovative tools including scenario building and visioning to identify and share community perspectives and aspirations;
- Evaluating the logistics of past and current responses and adapt these to better address community needs;
- Developing and sharing appropriate ways of communicating risk and mitigating fear regarding COVID-19 with partners and all levels of government.



Who we are:

Kitatipithitamak Mithwayawan is co-led by:

Dr. Steph McLachlan, University of Manitoba, Steph.McLachlan@umanitoba.ca

Dr. Myrle Ballard, University of Manitoba, Myrle.Ballard@umanitoba.ca

Dr. Ramona Neckoway, University College of the North, rneckoway@ucn.ca

Our Advisory Council includes:

- Assembly of Manitoba Chiefs
- Cross Lake Band of Indians Health Services
- Dave Scott, Swan Lake First Nation
- First Nation Health and Social Secretariat of Manitoba
- Four Arrows Regional Health Authority
- Grand Council Treaty 3
- Manitoba Keewatinowi Okimakanak
- Niki Ashton, MP, Churchill-Keewatinook
- O-Pipon-Na-Piwin Cree Nation (OPCN) / South Indian Lake (Chief & Council)
- Phyllis and Donald Hart, Nisichawayasihk Cree Nation
- Tommy Thomas Memorial Health Complex (OPCN health centre)

Our funders include:

- University of Manitoba
- University College of the North
- Canadian Institutes of Health Research
- Social Sciences and Humanities Research Council
- Mitacs
- Department of National Defence

Ethics:

Committed to Data Sovereignty and OCAP principles

Approved by University of Manitoba Research Ethics Board (Fort Garry)

Social Media:

Website: <https://covid19indigenous.ca/>

Facebook: <https://www.facebook.com/covid19indigenous>



Appendix 2:

First Nations Covid-19 Health Survey (October 8, 2020) Baseline Survey

Health and Wellbeing and COVID-19

How are you feeling about COVID-19 today (SLIDER)

a. If choice indicates “feeling badly”, please select any or all that apply (drop down choices – I can’t hang out with my friends easily, I worry about the Elders, I worry about my kids, I lost my job, I can’t get out in the bush, I have lower access to food, I can’t go travelling, I worry about my health, there are scary times ahead, First Nations will be hard hit in the future, I have no access to medical experts, , other etc.)

b. If choice indicates “feeling OK”, please select any or all that apply (drop down choices – the risks are exaggerated, it’s a conspiracy theory, most of the danger has already passed, we’ll make it through no matter what, I am already hurting lots, I am in good shape already, I have no worries at all, I have protected myself with medicines, scientists will come up with an effective vaccine in time; my community has done and will continue doing a great job of protecting our health; who cares, other etc.)

2. Please describe in your own words what you need to feel good or to feel safe in the context of COVID-19?

a. OPEN ENDED QUESTION (AUDIO / VIDEO):

3. Please rank the health threat represented by COVID-19 compared to other health threats your community faces today (1: greatest threat, 8: lowest threat)

a. alcoholism; cigarette smoking; COVID-19; depression; diabetes; drug abuse; food insecurity; unclean drinking water

4. Have you been diagnosed with COVID-19? (Y, N, DK, NA)

a. If yes, when were you diagnosed_____?

5. Has anyone who lives on your reserve been diagnosed with COVID-19? (Y, N, DK, NA)



6. Please respond to the following questions about COVID-19
- a. I worry a lot about COVID-19 (Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - b. I feel that First Nations communities are more at risk to COVID-19 than other Canadians
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - c. I feel that the leadership of my community has responded well to COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - d. I feel concerns about COVID-19 are exaggerated
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - e. I feel members of my community have done a great job keeping one another safe from COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
7. Please indicate how your community is responding to COVID-19
- a. I have good access to information about COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - b. I am able to see a nurse on the reserve whenever I need to
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - c. I am able to see a doctor on the reserve whenever I need to
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - d. People generally follow physical distancing (6 ft apart) in my community
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
8. Please share your viewpoints on your own and your community responses to COVID-19
- a. Most people in my community have done everything they can to keep themselves healthy in the face of COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - b. People still generally have found ways to stay in touch with one another
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - c. I have found support from others in my community
(Y, N, DK, NA)
 - d. Elders are kept safe in this community
(Y, N, DK, NA)



Schooling and COVID-19

9. Generally speaking, how do you feel about the safety of the kids in your community when at school given COVID-19 (Slider)

10. Do you have children living in your home who will attend school this fall? (Y, N)
a. If Y, how do you feel about their safety at school this fall given COVID-19 (slider)

11. If Y, how many of your kids are in the following grade-groups?

a. Elementary (Nursery-Grade 6)
Number of children? _____

b. Junior high (Grade 7- Grade 9)
Number of children? _____

c. High school (Grade 10 - Grade 12)
Number of children? _____

12. Reflecting back to last spring, what did you think about the support the schools provided for your child/children or children in your community

a. Great support, OK support, neutral, poor support, very little support (SLIDER)

b. If choice indicates feeling “positive”, please select any or all that apply (drop down choices)

- Teachers were accessible, teachers cared about their students, the school provided all the screens my kids needed, clear lesson plans were provided, we had at least one parent or guardian at home to help with the kid’s schooling, my kids all helped one another with their schoolwork, my kids were actually further ahead school-wise despite the pandemic, electronic resources were made readily available, booklets and other resources were distributed on time, my kids are not behind, my kids had a great experience with their schooling last spring, other:

c. If choice indicates feeling “negative”, please select any or all that apply (drop down choices)

- Very few resources were made available to us parents, very few resources were made available to kids, my kids didn’t have adequate access to computers, my kids didn’t have adequate access to screens, school booklets and books were not made available at all, access to school booklets and books was delayed, teachers were not accessible enough, teachers didn’t care about my kids, teachers were poorly prepared, teachers didn’t get enough supports, there was not enough support for the kids at home, my kids were stressed out and anxious, my kids felt unsafe, my kids were bored, my kids were under-stimulated, my kids were worse off as a result of the pandemic, my kids were behind academically by the end of last school year, my kids are still behind academically, other_____



13. Kids are about to or in many cases have already gone back to school, which is creating concern for some parents and guardians because of COVID-19. Please respond to the following:

a. I am letting my kids go back to school this fall

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

b. I feel that my kids will be safe going back to school this fall

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

c. I worry about the safety of the kids in our local school

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

d. The school has done a good job of providing me with the information I need as a parent regarding COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

e. The health risks associated with COVID-19 are minor compared to the other challenges our kids face in our community

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

14. Do you have adequate support for your children to continue their education remotely (from home) (Y, N, DK, NA)?

15. Are you able to adequately help your children when they need help with their school work (Y, N, DK, NA)?

16. Does your child (or children) have adequate access to a computer? (Y, N, DK, NA)
Do you have Internet at home? (Y, N, DK, NA)

17. Do you have Internet at home? (Y, N, DK, NA)

18. OPEN ENDED QUESTION (AUDIO / VIDEO): Please comment about the school experiences of your own kids and/or those of your community last spring and any concerns or insights you might have about their going back to school this fall

Community Planning and Responses to COVID-19

19. Leadership and community health providers initiated a number of local responses to help protect everyone against COVID-19; please indicate how effective the following activities were:

a. Checkpoint outside the reserve

(Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)

b. Limiting the number of customers in local grocery store (Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)



- c. Individual meals for Elders (Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)
- d. Delivery of hand sanitizers
(Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)
- e. Household delivery of masks
(Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)
- f. Help with transportation when members were in isolation
(Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)
- g. Health advisories regarding COVID-19
(Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)
- h. Other.....
(Much negative impact, Negative impact, No Impact, Positive Impact, Much Positive Impact, DK, NA)

20. OPEN ENDED QUESTION (AUDIO / VIDEO): Please describe in your own words what else the Health Centre and/or leadership could do to better address your needs in the context of COVID-19

First Responding and Covid-19

21. I was a community “First Responder” (i.e. someone who either was paid or volunteered to support other community members in the face of the pandemic) because I helped provide and support to members of my community regarding COVID-19
- a. Y, N, DK, NA
 - b. If Y, what kind of support did you help provide as a First Responder
-(drop down choices: , conducted ceremony to support people, distributed medicines, distributed meals, distributed country food, distributed PPE supplies (e.g. masks, sanitizers), helped with pandemic planning, hunted or fished for community members, picked medicines, prepared meals for those at risk, provided advice to community members, provided medical care, provided security, provided support as an Elder, took care of people who were ill, worked in health centre,
 - c. If Y, please respond to the following questions about your role as a community First Responder
 - 1. I feel that I had much positive impact on the wellbeing of my community as a First Responder
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)



2. There were more than enough resources for me to do my job successfully as a First Responder
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 3. I was on call 24-7 as a First Responder
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 4. My role as a First Responder created lots of additional stress in my life
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 5. I felt burned out as a First Responder at some point because of COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 6. I would gladly work again as a First Responder if needed
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
- d. OPEN ENDED QUESTION (AUDIO / VIDEO): If Y, please describe in your own words the role you played as a First Responder and any impacts you had and/or challenges you faced when providing this service

Physical Health and Wellbeing, and COVID-19

22. How would you rate your own health today? (scale question: very ill/unhealthy.....very healthy: two groups: non-healthy and healthy) (SLIDER)
23. If not healthy:
- a. Have you been seriously ill sometime in the last six months? (Y, N, DK)
 - If Y, What? (drop down choices: anxiety, arthritis, asthma, cancer, diabetes, depression; heart disease, obesity, other, etc.)
 - If Y, how long/when? (for each indicated above, show the year when first diagnosed)
24. Have you had flu at any time since March 1, 2020? (Y, N, DK)
25. Have you had flu-like symptoms since March 1, 2020? (Y, N, DK)
- If Y, What symptoms? (drop down choices: aching muscles, chills, coughing, diarrhea, difficulty swallowing, headache, fever sore throat, loss of sense of smell, nausea, runny nose, vomiting, others, etc.)
 - If Y, when did you get sick with flu? If Y, did you test for COVID-19?
 1. Y, N, DK
 - a. If Y, how many times have you been tested? _____
 - b. If Y, how long did it take to hear back about your test results: ___ days?
 - c. If Y, did being tested create additional anxiety for you? (Y, N)
 - d. If Y, did you encounter any "shaming" while you waited for your results
 - e. If you did encounter shaming, how did it make you feel
Really bad, bad, neutral, OK, not a problem at all



f. If N, why not (drop down choices: I don't believe in coronavirus, I was turned down, no access to testing, no ride, too busy, too far away, too painful, too scary, took traditional medicines instead, used prayer or ceremony instead, etc.)

Vaccines and COVID-19

26. Have you taken the COVID-19 vaccine yet? (Y, N, DK)

a. If Y, which vaccines of those approved in Canada did you take?

- i) Moderna
- ii) Pfizer BioNTech
- iii) Other_____
- iv) DK

b. If Y, how many times have you now taken the vaccine?

- i) when did you take your first dose?_____(mth/yr)
- ii) when did you take your second dose?_____(mth/yr) OR I have not yet taken your second dose.

c. If Y, did you take the vaccines in combination with traditional medicines and/or ceremony (Y, N, DK)?

d. If Y, why (drop down choices: I believe in governments; I believe in science; I felt pressured to do so; it was the right thing to do; it will help me stay well; it will help protect my family and community; I will do anything that helps beat this virus; my health director said it was the right thing to do, my leadership said it was the right thing to do; people that I trust said it was the right thing to do; other).

e. If Y, did taking the vaccine create additional anxiety for you? (Y, N, DK)

f. If Y, do you now feel less at risk? (Y, N, DK)

g. If N, do you think you will take it in the future? (Y, N, DK)

h. If N, why not (drop down choices: I already have allergies; I already suffer from autoimmune disease; I am already weakened by other disease or medical treatments; I am not a high-risk group within my community; I am breastfeeding a child; I am pregnant; I am using traditional medicines instead; I don't believe in coronavirus; I don't trust governments; I don't trust science; I don't trust vaccines as a whole; I don't want to be experimented upon; I use prayer or ceremony instead; my people have already been experimented upon in the past; people I trust recommended that I not take the vaccine; the vaccines are not yet available in my community; the vaccines are too risky, these vaccines were developed too quickly; other).

27. Have most adults in your community now taken the vaccine at least once? (Y, N, DK)

a. What percentage of adults in your community do you think have now taken the vaccine? _____%

b. If you project one year into the future, what percentage of adults do you think will have then taken the vaccine?_____%



Mental, Emotional, and Cultural Wellbeing, and COVID-19

28. Please respond to the following questions surrounding mental and emotional wellbeing

a. I am feeling very stressed out about COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

b. Most people I know in my community felt anxious about COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

c. I worried about my own mental health during COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

d. I was able to get adequate help to deal with my mental health issues during COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

e. I felt emotionally supported and connected during COVID-19

29. OPEN ENDED QUESTION (AUDIO / VIDEO): What would help you to be mentally and emotionally well if lockdown happened again?

30. Please respond to the following questions surrounding alcohol and drug abuse:

a. There has been an increase in alcohol abuse in my community due to COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

b. There has been an increase in drug abuse in my community due to COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

c. I feel that COVID-19 negatively affected treatment for those with substance abuse problems

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

d. I feel that the risks of overdoses increased in my community because of COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

e. I worry that young people in my community partying and putting others in my community at risk from COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

31. Has a loved one of yours passed since March 2019 (Y, N, DK, NA)

32. How did COVID-19 affect you when a loved one passed? (SLIDER:)

a. Covid had: a substantial negative effect, some negative effect, a minor negative effect, Neutral, minor positive effect, some positive effect, substantial positive effect



33. If negative, why?

- a. There is no one to talk to.
- b. There is no one to comfort me.
- c. I'm lonely.
- d. I miss not being able to be comforted with condolences and hugs in person.
- e. Other _____

34. Has COVID-19 affected the cultural aspect of funerals in your community? (SLIDER)

35. If negative, why?

- a. I miss not having wake services in the community.
- b. I miss not having people coming over to comfort me/us after the passing of a loved one.
- c. I miss not having food celebrations/feasts after the burial of loved ones.
- d. I miss the gathering.
- e. Other _____

Positive Outcomes and COVID-19

36. Although there is much worry around COVID-19, there have been some positives that have come out of COVID-19 (Y, N, DK-NA)

- a. If yes, what are some of these positives (drop down choices – community members are more interested in ceremony, I spend more time now picking medicines, I spend more time with my kids, I spend more time with my family, I am taking more traditional medicines now, leadership is spending more time doing more for the community, people are doing more now to take care of their own health, people take more care of Elders, people watch out for one another more, the federal government is doing more for us, other etc.)
- b. If no, why has there not been more positive change in the face of COVID-19 (drop down choices – folks in big cities don't care about First Nations, people are more worried about things like food and housing, people don't care about COVID-19, people are too stressed out to care, people have other things to worry about, the federal government has not done enough to help my community, the problems in my community are so big that COVID-19 doesn't even matter, other, etc.)

37. Please comment on the degree to which you agree with the following statements

- a. The low rates of positive COVID-19 cases in First Nations directly reflects the forward thinking and actions on their parts to caretake the wellbeing of these communities
- b. The low rates of positive COVID-19 cases reflects the actions of Chief and Council
- c. The low rates of positive COVID-19 cases reflects the actions of the grassroots



- d. The low rates of positive COVID-19 cases reflects the actions of the federal government
- e. The low rates of positive COVID-19 cases reflects the actions of the provincial government
- f. The following actions directly contributed to the health and wellbeing of your community
- Ceremony
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Community checkpoints
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Country food programmes
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Emergency pandemic planning by communities
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Financial support by the federal government
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Food sharing
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Looking out for one another
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Medical professionals
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Prayer
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Sharing of information
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Sharing of traditional medicines
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - Other etc.
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

38. Please comment on the positives or lack of positives associated with COVID-19 for you and/or your community over the last two weeks:

OPEN ENDED QUESTION (AUDIO / VIDEO)

Background Information

39. What year were you born___?

40. Do you self-identify as First Nation, Metis, Inuit or other___ (drop down menu; if other, please indicate what)?



41. What gender do you identify as?

M, F, Other, prefer not to answer (drop down menu)

if other, please indicate what if you are comfortable doing so)?

42. What band are you a member of_____?

43. How many people currently live in your house (indicate number of each)?

a. I live alone___

b. I live alone with my spouse__

c. Total number of people in your house _____

How many of these people are >60 years old_____

How many are < 5 years old_____

How many have depressed immune systems_____

44. How many bedrooms are in your house_____?

45. Do you have water in your house?

(drop down choices: running water – piped; delivered water – cistern; pumped water – well; other_____ (if other, please indicate what)

46. is there mould in your house?

a. Yes /No

b. If yes, please indicate how bad it is (Likert: really bad, kind of bad, neutral, kind of fine, no problem at all, DK-NA)

47. Do you smoke cigarettes

a. (Y, N)

b. If yes, how many packs per week do you smoke now:_____?

c. If yes, how long have you smoked:_____years?

48. There is lots of second-hand smoke in my house (Y, N, DK, NA)

49. Would you describe yourself as

a. (drop down menu: Christian; traditional-spiritual; both Christian and traditional-spiritual; atheist, other___ if other, please indicate what)

50. In my current relationship, I am

a. (drop down menu: married, common-law, divorced, separated, single, other___ If other, please indicate what)

51. My highest form of formal education is

a. (choose (drop down menu: grade _____, some college, some university, college diploma, university degree, university graduate degree or professional degree)

52. I speak my traditional language fluently (Y, N, DK).

53. I still spend much time on the land (Y, N, DK)



- 54. What is your current employment status?
 - a. (drop down menu: employed full-time, employed part-time, self-employed, seasonal worker, full-time student, part-time student, not working, retired, prefer not to say_____)
- 55. Were you laid off due to COVID-19? (Y, N, DK, NA)
- 56. Did you lose any employment due to COVID-19? (Y, N, DK, NA)
- 57. What is/was your main occupation?_____
- 58. How would you describe your financial security?
 - a. (drop down menu: I worry all the time about money and my finances; I owe lots of money, but am doing OK; I don't have a lot extra money, but I have enough to get by; I manage to save enough money to buy things I want; I have more money than I would ever need; I never worry about money.)
- 59. My financial security was made worse by COVID-19 (SLIDER)
- 60. I am very knowledgeable about COVID-19 (SLIDER)
- 61. What are your primary sources of knowledge about COVID-19
 - a. (drop down menu (choose any that apply): blogs online, my community website or Facebook page, Elders, Facebook, family, friends, health advisories provided by my community, Instagram, magazines, newspapers, rumour, scientific papers, teachers, television, TikTok, university websites, YouTube, other etc.)
- 62. I worry about having enough food to feed myself and my family (SLIDER)
- 63. Over the last week, what percentage of the food you ate came from the land? (SLIDER)
- 64. How did you feel about this survey (SLIDER)
- 65. Is there anything else you would like to add about the COVID-19 pandemic
OPEN ENDED QUESTION (AUDIO / VIDEO)?



Appendix 3:

First Nations Covid-19 Health Survey (October 8, 2020) Two-Week Interval Survey

1. How are you feeling about COVID-19 today (SLIDER)
 - a. If choice indicates “feeling badly”, please select any or all that apply (drop down choices – I can’t hang out with my friends easily, I worry about the Elders, I worry about my kids, I lost my job, I can’t get out in the bush, I have lower access to food, I can’t go travelling, I worry about my health, there are scary times ahead, First Nations will be hard hit in the future, I have no access to medical experts, , other etc.)
 - b. If choice indicates “feeling OK”, please select any or all that apply (drop down choices – the risks are exaggerated, it’s a conspiracy theory, most of the danger has already passed, we’ll make it through no matter what, I am already hurting lots, I am in good shape already, I have no worries at all, I have protected myself with medicines, scientists will come up with an effective vaccine in time; my community has done and will continue doing a great job of protecting our health; who cares, other etc.)
2. Please describe in your own words what you need to feel good or to feel safe in the context of COVID-19?
 - a. Open- Ended Question (Audio/Video)
3. More generally, how do feel about physical distancing (keeping at least 6 ft apart)? (SLIDER)
4. Have you been diagnosed with COVID-19? (Y/N/DK-NA)
 - a. If yes, when were you diagnosed_____?
5. . Has anyone who lives on your reserve been diagnosed with COVID-19? (Y/N/DK-NA)
6. Please respond to the following questions about COVID-19
 - a. I worry a lot about COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)
 - b. I worry that things will get much worse before they get better when it comes to COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)
 - c. I feel members of my community have done a great job keeping one another safe from COVID-19
(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)



7. Please indicate how your community has been responding to COVID-19 over the last two weeks

a. I have good access to information about COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

b. I am able to see a nurse on the reserve whenever I need to

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

c. I am able to see a doctor on the reserve whenever I need to

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

d. The health information I was provided by the health centre or nursing station is presented in a way that Elders can understand

e. People check in regularly to see how I am doing

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

f. People generally follow physical distancing (6 ft apart) in my community

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

g. The availability of food in my community is generally unaffected by COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK, NA)

8. Generally speaking, how do you feel about the safety of the kids in your community when at school given COVID-19 (Slider)

Physical Health and Wellbeing

9. How would you rate your own health today? (scale question: very ill/unhealthy.....very healthy: two groups: non-healthy and healthy) (SLIDER)

10. Have you had flu at any time over the last two weeks? (Y/N/NA)

11. Have you had flu-like symptoms over the last two weeks? (Y/N/N)

1.. If Y, What symptoms? (drop down choices: aching muscles, chills, coughing, diarrhea, difficulty swallowing, headache, fever sore throat, loss of sense of smell, nausea, runny nose, vomiting, others, etc.)

2.. If Y, when did you get sick with flu?

3. If Y, did you test for COVID-19? Y, N, DK

a. If Y, how many times have you been tested?_____

b. If Y, did being tested create additional anxiety for you? (Y/N)

c. If Y, how long did it take to hear back about your test results:___days?

d. If N, why not (drop down choices: I don't believe in coronavirus, I was turned down, no access to testing, no ride, too busy, too far away, too painful, too scary, took traditional medicines instead, used prayer or ceremony instead, etc.)



12. Please comment on your own health and/or that of your family OPEN ENDED QUESTION (AUDIO / VIDEO)

Vaccines and COVID-19

13. Have you taken the COVID-19 vaccine yet? (Y, N, DK)

a. If Y, which vaccines of those approved in Canada did you take?

i) Moderna

ii) Pfizer BioNTech

iii) Other _____

iv) DK

b. If Y, how many times have you now taken the vaccine?

i) when did you take your first dose? _____(mth/yr)

ii) when did you take your second dose? _____(mth/yr) OR I have not yet taken your second dose.

c. If Y, did you take the vaccines in combination with traditional medicines and/or ceremony (Y, N, DK)?

d. If Y, did taking the vaccine create additional anxiety for you? (Y, N, DK)

e. If Y, do you now *feel less* at risk? (Y, N, DK)

f. If N, do you think you will take it in the future? (Y, N, DK)

14. Have most adults in your community now taken the vaccine at least once? (Y, N, DK)

a. What percentage of adults in your community do you think have now taken the vaccine? _____%

b. If you project one year into the future, what percentage of adults do you think will have then taken the vaccine? _____%

Mental and Emotional Wellbeing

13. Please respond to the following questions surrounding mental and emotional wellbeing

a. I am feeling very stressed out about COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

b. Most people in my family feel anxious about COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

c. There have been increases in community stress levels over the last two weeks due to COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

d. There has been an increase in alcohol abuse in my community over the last two weeks due to COVID-19



e. There has been an increase in drug abuse in my community over the last two weeks due to since COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

f. There has been an increased amount of physical violence in my community over the last two weeks as a result of COVID-19

(Likert: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree, DK-NA)

16. OPEN ENDED QUESTION (AUDIO / VIDEO): What would help you to be mentally and emotionally well if lockdown happened again?

17. OPEN ENDED QUESTION (AUDIO / VIDEO): Please describe in your own words what else we could do to better address your needs in the context of COVID-19

18. Although there is much worry around COVID-19, there have been some positives that have come out of COVID-19 (Y, N, DK-NA)

a. Please comment on the positives or lack of positives associated with COVID-19 for you and/or your community over the last two weeks: OPEN ENDED QUESTION (AUDIO / VIDEO)

19. How did you feel about this survey (SLIDER)

20. Is there anything else you would like to add about the COVID-19 pandemic OPEN ENDED QUESTION (AUDIO / VIDEO)?

Please note: that the survey is adaptable, and questions can be added or removed so the survey is most reflect what communities and community health directors would like to know about their community.