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## This community portrait for Umiujaq is a result of the Community Component of the *Qanuilirpitaa?* Health survey, conducted in 2017 across the 14 communities of Nunavik.

### The objectives of the Community Component were to:

- 1) **describe Inuit conceptions of health and well-being** as they relate to health determinants and community living;
- 2) better **understand** how **community conditions and resources contribute to the health** of people living there;
- 3) focus on the sources of **strength and resilience** in each community to describe how the community responds to challenges to health;
- 4) **measure and describe community health and wellbeing** across all 14 communities of Nunavik;
- 5) provide **information** to the **Nunavik Regional Board of Health and Social Services and community representatives** who will work to develop action plans and interventions to respond to the needs identified in the Community Component.

To ensure cultural relevance and to get a full appreciation of the social and cultural context surrounding health, we developed a model of health and well-being that structured our data collection, analysis, and results. The **IQI model of health** and **eight themes** – elements shaping the health of communities and people – were developed through an exhaustive analysis of data collected through workshops, discussions, and in-depth interviews with Nunavimmiut from the 14 communities in Nunavik. The model was validated by leaders, community members, and the Nunavik Regional Board of Health and Social Services.

The information presented in this community portrait is based on the analysis of 3 long interviews conducted with community leaders, and 20 short interviews with service providers (resources). Through these interviews, participants shared what they think of their community, what they perceived as strengths and challenges in Umiujaq, and improvements they would like to see for their community.

This portrait starts with a description of the IQI model of health and of the eight themes, or determinants, shaping the health and well-being of Nunavimmiut. Then for each theme, the following information is presented: organizations offering services or programs, main assets and strengths of the community, sociodemographic groups that are most or least served by programs and services (see: What about the People?), and what Umiujarmiut would like to see improve in their community.

**We want to thank all Umiujarmiut for their participation and collaboration throughout the Community Component of the *Qanuilirpitaa?* 2017 Nunavik Health Survey.**



# THE IQI MODEL OF HEALTH AND WELL-BEING

**Ilusirsusiarniq, Qanuingsiarniq and Inuuqatigiitsianiq are three key concepts of health and well-being. They build on the foundation of language and culture to make up the IQI model of health and well-being in Nunavik.**

**Ilusirsusiarniq** concerns the body, in general. It is a condition of normal functioning without disease, pain, injury or sickness that impedes people from doing what they want and need to do. The concept carries the idea that health is the way the body is intended to develop and change over time. Ilusirsusiarniq is “the taking of intended form” progressing from birth to old age.

**Qanuingsiarniq** is a broad sense of “well-being” that encompasses feelings of being unworried, without pain, comfortable, free of emotional distress, and happiness. It is related to peace of mind, calmness, fulfilment, and being able to move forward and carry on with ease. A specific emphasis is placed on the importance of being with other people in emotionally warm and safe environments.

**Inuuqatigiitsianiq** refers to an ideal state of relations between people. Specifically, it is composed of the quality of interactions with people sharing the same place. Good relationships with family members, friends, neighbours, people in the community and beyond are a significant part of the definition of health.

# SOCIAL DETERMINANTS OF HEALTH

Eight social determinants of health that support people to be healthy and well were identified. Each of them influences the others and all eight are linked together within the broader conceptual IQI model.

**COMMUNITY** consists of the social, physical, and built spaces of the municipalities of Nunavik. It encompasses three sub-themes: ways of living together, infrastructure and housing. *Ways of living together* refers to a range of relational issues like respect, altruism and social support; the role of elders and intergenerational knowledge transmission; and interactions like visiting, the place of non-Inuit and inclusion. *Infrastructure* concerns buildings, essential and municipal services, leisure, sports and recreation, and justice. *Housing* concerns accessibility, quality and appropriateness of dwellings, their structural characteristics, and sense of home.

**FAMILY** focuses primarily on kinship and affective relations between family members across generations, with an emphasis on youth. The sense of family belonging, with its particular attention to harmonious relations, calls directly upon the inuuqatigiitsianiq dimension of Inuit health. This determinant encompasses the extended family or ilagiit and Inuit-specific cultural customs, like the practice of customary adoption.

**IDENTITY** details the connection to culture, language, pride, cultural activities, history, childhood and adolescent experiences, as well as the influence of southern culture. Questions of identity, including perceptions of the strength and value of Inuit culture today are important aspects of the definition of community health and well-being.

**FOOD** is a necessity of life that carries important social, economic and knowledge dimensions. This determinant encompasses the knowledge and practices of harvesting and sharing, the quality and quantity of food available, food preferences, and the regulations that govern hunting. Likewise, food includes the many influences around the acquisition and consumption of store-bought foods. The harvesting of country food requires skills and knowledge. Who goes on the land, how, when, and where is linked to social and historical ties of families with different places in Nunavik. Sharing food and meals brings all foods into family and community practices.

**LAND** is practically and symbolically a fundamental determinant of individual and collective health, healing, and well-being in Nunavik. This determinant includes issues of accessibility for food gathering, travel between communities, healing, caring for the land and outdoor activities. Safety and security on the land are also important aspects and include search and rescue, practices and knowledge.

**KNOWLEDGE** is a prerequisite to effective action in the home, on the land or at work. As such, it is the first step leading to health, healing and well-being. This determinant incorporates aspects of leadership, governance, empowerment and inter-agency collaboration as well as skills development, schooling and administrative knowledge. Knowledge is inclusive of Inuit and Western or southern traditions.

**SERVICES** encompasses the many different aspects of community, regional and provincial resources that people access and which contribute to health. These include health-related services (mental, physical and community initiatives), as well as community-level institutions and actions that are sought out to address trauma and healing.

**ECONOMY** refers to the ways in which people make a living, either through the land-based and/or the market-based economy, and to local and regional development. It encompasses income, access to goods, cost of living, expertise, skill and funding.



# COMMUNITY

## Resources

- > Arena
- > Fitness room
- > Community centre
- > Coop store
- > FM radio
- > Kiluutaq school
- > Individual Pathways of Learning
- > Young Caribous Program
- > KMHB
- > NV
- > Project coordinator
- > Recreational coordinator
- > Police station
- > Community wellness worker
- > Women's Shelter
- > Youth Protection
- > Youth House

## Community strengths

FM radio is perceived as a very important community tool. It is used to inform people about community news, recreational activities, and other community activities, but also to share opinions with others. Because Elders mostly listen to the radio, it is a useful tool to keep them connected with what is going on in the community.

Radio is also used to combat bullying in the community. Youth hosts do a lot of prevention on the air, and the radio prohibits gossiping.

Umiujarmiut feel that the community is safe and that the police are doing a great job. Community members also appreciate the night guard and the 11:00 pm curfew, which were initiated to ensure safety, respect, and tranquility in the community.

Many activities are provided within the community. Youth have access to kite skiing, music lessons, circus lessons, Girl's Club, and various sports activities. Elders also have many opportunities to get together. The biggest events happen during the holiday season and are well attended.

Pivillianiq Program is active in the community. It is deemed useful for helping young people to cultivate pride in their home and to maintain it and keep it clean.

The community tends to have good relationships with outsiders. People feel welcome and often form close bonds with the locals.



## COMMUNITY *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Youth and men have access to many sports and activities.
- + Elders are well taken care of by the community. The community provides many activities, especially on cold days, to encourage them to gather together.
- + There are many programs for young adults.
- Women and girls do not feel very welcome at the arena.
- There are few programs to connect Elders with other generations.

### PEOPLE WOULD LIKE

- For Elders to be more involved in the community.
- To find more solutions to the bullying and cyberbullying problems in Umiujaq.
- A swimming pool and a community gymnasium.
- Even though there are many activities for youth, some of them are only casual (the arena is only open one month per year), and youth get bored. People would like steadier activities and more recreational programs.
- To see more involvement and volunteering in the community.
- To have a safe place for youth to go at night.



# FAMILY

## Resources

- > [Amautik Daycare](#)
- > [CLSC](#)
- > [Social services](#)
- > [Youth Protection](#)

## Community strengths

Family is a very important aspect of life in Umiujaq. Families are close-knit and people still visit each other often, go on picnics, or go to special events together. Even when one parent works out of town, many succeed in maintaining family cohesion and well-being.

Family members care for one another, even when they get married or are not living together anymore. Siblings play an important role in the family, as older siblings often take care of their younger brothers and sisters. This supporting and caring relationship can last a lifetime.

People feel strongly that grandparents are an important part of the family. They share their knowledge with their grandchildren and take care of them.

Raising children to be fully skilled is perceived as an important aspect of parenting. Many families will not discriminate between boys and girls, and both genders will have opportunities to learn how to hunt and practice cultural activities.

Parents have access to some resources to help them with raising their children, such as social services, the Youth House and daycare. These resources help children develop social skills and learn how to be good citizens outside the family environment.

## FAMILY (continued)

### WHAT ABOUT THE PEOPLE?

- + All parents have access to daycare services. There is no waiting list.
- + Several organizations, such as the Youth Centre and the school, help children learn how to behave well and participate in the community.
- Young parents, who lacked guidance when they were younger, have few resources to help them develop parenting skills.
- There are no resources for grandparents.

### PEOPLE WOULD LIKE

- To re-establish parenting programs that were considered helpful, such as cooking classes and parenting skills development.
- More resources to help parents who struggle with raising their children.
- To see some parents taking their responsibilities more seriously



# IDENTITY

## Resources

- > [Amautik Daycare](#)
- > [Coop store](#)
- > [FM radio](#)
- > [Kiluutaq school](#)
- > [Sewing shop](#)
- > [Tursujuq National Park](#)
- > [Youth House](#)

## Community strengths

The FM radio plays an important role in teaching people about the culture. Many Elders go on air to give Inuktitut lessons and do storytelling.

Even though there are fewer Elders in the community than before, they are actively working to transmit all their knowledge about the land, animals, climate, and culture to the younger generations. People feel it is very important to keep this knowledge alive.

Many people have good memories of learning how to hunt on the land and try to share this knowledge with others.

People are very proud of being fluent in Inuktitut. Language skills are considered very important. Most people speak only Inuktitut at home.

Most organizations proudly integrate local culture into their missions. One example is the Coop hotel, which allows artists to display their crafts and carvings that are for sale. Other examples include the school, which provides culture classes three times per week, and the Individualized Pathway for Learning (IPL) program, which teaches students about sharing values and how to cook country food. Finally, the daycare prepares children for school with Inuktitut lessons.

The Tursujuq National Park is perceived as an important community asset with respect to promoting outdoor activities, art, food, and Inuit history. The park hires and pays many artists to showcase their talents to park visitors. It also has an exposition room that displays artifacts from the community in order to preserve local history.

## IDENTITY *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Youth have access to many opportunities to learn about their culture and practice cultural activities, such as Young Caribous, Tursujuq Park, or the Youth Centre.
- Middle-aged people, especially men, are not going camping as often as before.
- Many youth are not interested in cultural activities.

### PEOPLE WOULD LIKE

- To find new ways to interest youth in the culture and teach them cultural activities.
- Even though many efforts are made to maintain the language, some people feel Inuktitut is not as strong as it was before and that it should be reinforced even more actively in the community.



# FOOD

## Resources

- > [Community freezer](#)
- > [Coop store](#)
- > [Breakfast Club](#)
- > [Landholding Corporation](#)
- > [Northern store](#)
- > [Hunter Support Program](#)
- > [Social services](#)
- > [Youth House](#)

## Community strengths

Sharing food is an important value in the community. There are several community-scale initiatives that incorporate food sharing, such as the IPL program, where students cook country food for Elders, and the community freezer, which provides meat to everyone (and is usually full). Furthermore, sharing is also done at the individual level – people know they can visit friends or relatives when they are running out of food.

The community organizes many feasts, especially when important organizations come to town or when hunters catch a big animal, such as a beluga. These feasts are highly appreciated and are well attended by community members.

The Breakfast Club – which provides “grab and go” breakfast packages to all students – is perceived as an important asset in the community. Because of the program, youth do not start the day with an empty stomach. It has also improved punctuality at school.

The Landholding Corporation has a program that teaches people how to dry fish for long camping trips. People appreciate this initiative, which also helps to transmit important cultural knowledge.

The daycare and the Youth House are important resources in terms of educating children and youth about nutrition. The daycare provides healthy lunches to children, which encourages them to discover new foods. Through the Healthy Food Program, the Youth House can provide meals every Friday to youth and teach them how to cook nutritious food.

The land surrounding Umiujaq is rich with berries, and certain animals, such as ptarmigans and seals, come close to the community. People say it's easy to go berry picking, hunt, and fish, and most Umiujarmiut prefer country food over store-bought food.

The Coop store and the Northern store have improved their healthy food supplies, and produce tends to be fresher and more diversified than before.

## FOOD *(continued)*

### WHAT ABOUT THE PEOPLE?

- + There are many initiatives geared toward feeding youth in the community, such as the Healthy Food Program and Breakfast Club.
- + Elders have easy access to country food.
- Beluga are scarcer than they were before, and people say hunting quotas have significantly affected the whole community.
- Even though youth have access to many programs, there are still a lot of hungry children in Umiujaq.
- The community is not celebrating a youth's first catch anymore.

### PEOPLE WOULD LIKE

- To have a food bank in the community.
- Many community members are afraid the government might implement caribou quotas. They would like to be heard on this issue.
- Because the community is spreading out, people are not sharing food as much as before. There is a strong desire to keep this important value alive and to promote sharing.



# LAND

## Resources

- > [Amautik daycare](#)
- > [Kiluutaq school](#)
- > [Young Caribous Program](#)
- > [Landholding Corporation](#)
- > [Hunter Support Program](#)
- > [NV](#)
- > [Tursujuq National Park](#)
- > [Youth House](#)

## Community strengths

Because of the proximity of hunting areas, many people go on the land year-round.

The FM radio is used a great deal to teach people about safety on the land and about hunting.

There are many programs geared toward bringing youth on the land, such as Young Caribous and Canadian Junior Rangers. The school also organizes outings to Tursujuq Park, and the Youth House takes youth camping.

People appreciate that grandparents still teach youth how to hunt and fish.

The Landholding Corporation has a hunting program for people aged 50-60 years old. They go camping and fishing for a week every spring. This program is greatly enjoyed by the participants, some of whom would not otherwise be able to go on the land.

The Tursujuq National Park organizes summer cleanings and hires youth. They go on the land by helicopter and clean the site. This initiative is very much enjoyed by youth and is perceived as a great way to teach them about land protection.

Tursujuq National Park also provides many trainings, such as remote camping and sea kayak training, and encourages its guides to develop expertise regarding the land.

Land is perceived as a spiritual place. Many people go on the land to soothe their minds and experience calm.

The search and rescue team is considered very efficient in Umiujaq.



## LAND (continued)

### WHAT ABOUT THE PEOPLE?

- + Youth and Elders have many opportunities to go on the land.
- + Elders have many activities they can do on the land, especially during summertime.
- + Anyone in the community can learn how to sea kayak.
- There are few activities for women in the community.
- Many youth are not taught by their families how to hunt or be outdoors and prefer to stay in the community, where they feel safe.
- Few people have a vehicle and are able to go to the lake.

### PEOPLE WOULD LIKE

- To find activities geared toward bringing men on the land.
- To find new ways to interest youth in the culture and teach them cultural activities.



# KNOWLEDGE

## Resources

- > Amautik daycare
- > Firefighters
- > First responders
- > FM radio
- > Individual Pathways of Learning
- > Kiluutaq school
- > KMHB
- > Landholding Corporation
- > NV
- > Project coordinator
- > Recreational coordinator
- > Social services
- > Tursujuq National Park
- > Youth House

## Community strengths

The community has strong leaders and most of them are working to pass on their knowledge in order to ensure it remains alive.

The NV is greatly appreciated by the community. They work closely with community organizations and try to understand the community's expectations. They also work with experts to keep the community safe.

The Youth Radio Project is an initiative to teach communication skills to youth and empower them. It enables youth to have a voice, express their concerns, and make a difference in the community.

People view the Literacy Camp as a good resource for children during summertime.

Organizations in the community collaborate often, and overall, people feel they work well together. Examples of efficient collaborations include the cooperation between the school and the recreational department, as well as between the school and the Coop, to ensure young employees are doing well on both sides. There are also strong collaborations between the police, the nursing station, the DYP, and social services, and between Young Caribous, the school, and the Tursujuq Park. All organizations meet once a year to discuss community issues.

The school tries to empower youth and to make them good citizens through fun and interesting initiatives. It holds friendly competitions intended to foster good behaviour and leadership among its students. The Young Caribous Program also teaches youth to invest themselves in something meaningful, persevere, and work hard to reach their goals. The Breakfast Program teaches a sense of responsibility and punctuality to students.

The IPL program provides an opportunity to students to learn how to manage a bank account.

## KNOWLEDGE *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Youth are well served by community programs and initiatives.
- + Youth who have learning disabilities, who dropped out of school, or who have severe behavioural issues in school have access to other learning options, such as IPL.
- Even though social services provides assistance with learning how make a budget, and the Pivillianiq Program teaches participants how to maintain a house, adults have few administrative resources and few opportunities to learn overall.

### PEOPLE WOULD LIKE

- For the bylaws to be respected more consistently.
- More programs that teach people how to meet budgeting requirements, such as paying their rent, and more education around this topic generally.
- For the school to be valued more highly.
- For more people to get involved in the community and lead collaborative projects.
- Qualified teachers who can deal with students who are struggling with drug or alcohol problems.



# ECONOMY

## Resources

- > Arena
- > Coop hotel
- > Bank services
- > Coop store
- > FM radio
- > Gas station
- > Breakfast Club
- > Individual Pathways of Learning
- > Kiluutaq school
- > Young Caribous Program
- > KMHB
- > Northern store
- > CLSC
- > NV
- > Social services
- > Tursujuq National Park

## Community strengths

There are many student jobs in the community through the Kativik Regional Government (Breakfast Program), the arena (junior animators), at the NV, and at the park (Youth Employment Challenge). This allows youth to develop work-related skills. IPL students also have the opportunity to learn through job shadowing.

Both of the retail stores donate to projects and are involved in the community.

Students who are parents have access to free daycare. It is considered very helpful in terms of supporting them during their schooling.

Many programs work well because they have reliable and stable employees, as well as supportive managers who are ready to help employees dealing with heavy issues.

The IPL and Young Caribous programs encourage students to develop self-sufficiency and empowerment skills through fundraising for their excursions.

The Tursujuq National Park is working to develop a sustainable economy through tourism. Training is provided by the park to increase the capacity of the community to welcome visitors.

Tursujuq Park provides equipment to community members when they need it for a project.

## ECONOMY *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Youth have many job opportunities.
- + The Raglan mines provide many jobs for people in the community.
- + Men have many opportunities to find a job on the land with Tursujuq Park.
- + Artists can make money by working for the park or selling their crafts.
- Everyone is affected by the high cost of living.
- Sometimes, parents prefer to buy unnecessary items instead of using their money to cover basic needs. These kinds of life choices affect their families.

### PEOPLE WOULD LIKE

- For the community to create hunting jobs and have more office jobs available.
- Certified employees, to work in certain fields.
- More staff for several organizations (daycare, church, school, arena, NV).
- A bigger budget for the arena and fitness room so that they can extend their opening hours, as well as for the radio, to facilitate more airtime.
- Support for people who are struggling to pay their rent or respect their payment commitments.
- To find solutions to high mechanical repair costs.



# SERVICES

## Resources

- > Anglican church
- > First responders
- > Kiluutaq school
- > CLSC
- > Dentist
- > Medical doctor
- > Community wellness worker
- > Social services
- > Youth House

## Community strengths

Elders play an important role in healing. People sometimes go to social services with their problems, but often they will go to Elders, who are accessible and very easy to talk with.

When a trauma happens, the community makes sure someone is available to offer support, especially if it affects students at school. Police are often called to offer support, or it can come from someone outside the community.

Religion and spirituality are considered important and helpful for people.

The Women's Shelter is considered a great asset for vulnerable women, as it provides them a safe place to stay the night if they need to and can also help by supplying emergency groceries.

The Youth House, the Circus Program, and the school offer support to youth and help youth who are bullied. The school also has various services to help students with behavioural issues, like the nurturing room, sharing circles, and helpers.

The community has noticed that alcohol consumption has decreased in recent years, which is considered a positive move for the village.

Youth are less shy about using health services than they used to be and come to the nursing station more often.

Community workers are perceived as very reliable and effective at bridging language barriers, making interventions more successful when they are involved.

The Youth House offers a variety of prevention programs, such as anti-bullying, Good Touch Bad Touch, and sex education, and helps youth who struggle to manage their emotions. It is deemed very helpful to support youth.

Health services in the community are seen as efficient by community members.

## SERVICES *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Many women go to church.
- + Youth have access to multiple services to support them.
- + Elders tend to support any member of the community who comes to them.
- There are few health initiatives for men.
- Alcoholics Anonymous and reintegration programs struggle to succeed.
- Some youth suffer from trauma and start using drugs at a very young age to cope.
- Few people ask for help. Some are scared that if they do, everyone will find out about their issues.

### PEOPLE WOULD LIKE

- To have community health workers, steadier healthcare staff, and efficient prevention programs to support vulnerable people.
- To find ways to foster trust in southern services (such as social services and the DYP).
- More mental health services in the community.



