

INUINNAQTUN, NUNAVUT (CAMBRIDGE BAY AND KUGLUKTUK) VERSION



STUDY NO.

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INT. NO.

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Inuit Health Survey 2008

INDIVIDUAL QUESTIONNAIRE

Interviewer-Completed Questionnaire

**Inuit Inuuhitigut Ilittuqhaut
2008**

Inungmut Apirhuutit

Apirhuiyip Iniqtirhimayaa apirhuut



Macdonald Campus of McGill University
21,111 Lakeshore Rd
Ste-Anne-de-Bellevue, (QC) H9X 3V9
Tel.(514) 398-7757



Completion Date: ___/___/2008
 m / d

Starting Time: ___/___
 h / m

INTRODUCTION	HIVUNIRHUUT
<p>Deciding to take part in the Inuit Health Survey means:</p> <ul style="list-style-type: none"> § you are interested in knowing the state of your personal health, and § you are also interested in making health and wellness better for all Inuit in Nunavut. <p>We would like you to feel empowered by this process. You should not feel embarrassed, violated or belittled at any point during your participation in the Inuit Health Survey; instead you should feel proud of your own body and experiences and that we are honored to have you participate.</p>	<p>Ihumaliuruvit ilauniarnik Inuit Inuuhitigut Ilitturhaunmi imaa tukilik:</p> <ul style="list-style-type: none"> § ilitturiumayutit qanurinnianik ilvit inuuhirnik, uvvalu § ilitturiumayutit inuit inuuhit aanniaqtailiniat nakuuhyumirahuarlugu Inungnut Nunavunmi. <p>Hakugiktutit mihigimaquyaffi haffumani. Kanguhukhimaittumik, aanniqtauhimaittumik ihuinaqtauhimaittumiglu qanuriliqaak ilautillutit Inuit Inuuhitigut Ilitturhaiyuni; kihimi pimmarilugu inmi timit inuuhillu quviahuktugut ilauniaravit.</p>
<p>Note to interviewer: When you are ready to begin, please circle the number that corresponds to your answer. Choose only one answer per question unless indicated otherwise.</p>	<p>Titigaqhimayuq Apirhuiyimut: Apirhuinialiruvit, kaimaluriktumik titigarlugu naahaut kiutjutingnut nalaumayuq. Atauhiinnarmik kiutjutiqlutit ahiagut uqaqhimangitpat.</p>
SECTION 1 – GENERAL HEALTH	ILULIA 1 – ILIKTIGUT ILITTUQHAUT
<p>IND_Q1. What is your birth date? ____/____/____ mm/ dd / yyyy</p>	<p>IND_Q1. Anniviit? ____/____/____ mm/ dd / yyyy</p>
<p>IND_Q2. Record gender</p> <ul style="list-style-type: none"> 1- Male 2- Female 	<p>IND_Q2. Hunauvit</p> <ul style="list-style-type: none"> 1- Angut 2- Arnaq
<p>IND_Q3. In general, would you say your health is:</p> <ul style="list-style-type: none"> 1- Excellent 2- Very Good 3- Good 4- Fair 5- Poor 98- Do not know 99- No response 	<p>IND_Q3. Upluq tamat, qanuritpa inuuhit</p> <ul style="list-style-type: none"> 1- Nakuuqpiaqtuq 3- Nakuyuq 4- Naammaktuq 5- Nakuunngittuq 98- Ilihimanngittuq 99- Kiunngittuq <p>363.76 4U3dk- mang thidILITTUQHAUT</p>

IND_Q5. Do you have dentures or a partial plate? 1- Yes 2- No 98- Do not know 99- No response	IND_Q5. Kigutinguaqqaqiiit ilainnainigluuniit? 1- Hii 2- Imannaq 98- Ilihimangittuq 99- Kiunngittuq																		
IND_Q6. Do you feel that your gums and teeth are: 1- Healthy 2- Needing some work 3- An ongoing problem 98- Do not know 99- No response	IND_Q6. Kigutitit mannguillu qanurinnahugivigit 1- Aanniangittut 2- Havaktauyarialgit 3- Ayurnaqliut 98- Ilihimangittuq 99- Kiunngittuq																		
IND_Q7. When was your last dental assessment? _____/_____ Month/Year 98- Do not know 99- No response	IND_Q7. Qanga kingullirmik kiguhiqivit? _____/_____ Tatqiqhiut/Ukiuq 98- Ilihimangittuq 99- Kiunngittuq																		
SECTION 3 – MEDICAL INFORMATION	ILULIA 3–AANNIARNITIGUT ILITTUQHAUT																		
Now, I would like to ask you some medical questions about you and your family.	Hadja, apiriumayagit aanniarnitigut pairhurlutit iliktigut qatangutitillu.																		
Have members of your family (biological parents, brothers, sisters) been told by a doctor, nurse or other health professional that they have any of the following medical conditions?	Qatangutitit (angayuqqaatit, nukatit, angayutit) uqautjauvakpaat taktimit munaqhimit allamilluuniit aanniaqtaiiyimit ukuninga aanniarutiqaqtuut?																		
	<table border="1"> <thead> <tr> <th colspan="3">Parents Angayuqqat</th> <th colspan="3">Brothers/Sisters Nukatit/Angayutit</th> </tr> <tr> <th>Yes Hii</th> <th>No Imannaq</th> <th>Do not know Nauna</th> <th>Yes Hii</th> <th>No Imannaq</th> <th>Do not know Nauna</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">(circle) (kaimallugiktumik titigaqlugu)</td> <td colspan="3" style="text-align: center;">(circle) (kaimallugiktumik titigaqlugu)</td> </tr> </tbody> </table>	Parents Angayuqqat			Brothers/Sisters Nukatit/Angayutit			Yes Hii	No Imannaq	Do not know Nauna	Yes Hii	No Imannaq	Do not know Nauna	(circle) (kaimallugiktumik titigaqlugu)			(circle) (kaimallugiktumik titigaqlugu)		
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(circle) (kaimallugiktumik titigaqlugu)			(circle) (kaimallugiktumik titigaqlugu)																
IND_Q8. Heart Attack	Uumataa nuhiliktuq																		
IND_Q9. Other heart disease	Aallamik uummaluunmik																		
IND_Q10. Stroke	Niaqurmi taqait qaganiit																		
IND_Q11. Diabetes	Aukmi sukaqaqpalaan																		
IND_Q12. High blood pressure	Uummat kayumikpallaaliqtuq																		
IND_Q13. High cholesterol (high blood fat)																			

IND_Q14. Cancer, specify type: _____ _____	Kansa, qanurittumik uqarlugu _____ _____	1	2	98	1	98	98
Did a doctor or a nurse ever tell you that you suffered from:		Taktip munaqhipluuniit unniutivakpatiit ilvit aanniaqpaktutit ukunangaa:					
IND_Q15. Heart Attack Uummat nuhiliktuq		Yes Hii 1			No Imannaq 2		

<p>IND_Q22. Which treatment are you following <u>now</u> for high blood pressure? Circle all that apply:</p> <ul style="list-style-type: none"> 1- Diet 2- Exercise 3- Tablets or pills 4- Other 5- No treatment 98- Do not know 99- No response 	<p>IND_Q22. Hulivaliqqit hadja uummatit kayumikpallalirnianut? Tamaita turangayut kaimalluriktumik titigarlugit:</p> <ul style="list-style-type: none"> 1- Qapakhiq 2- Iqaiqha 3- Havautit 4- Aalla 5- Hunatunngittuq 98- Nauna 99- Kiunngittuq
HIGH CHOLESTEROL	AUP UQHAKPALLAARNIA

IND_Q26. Is your lack of periods related to:

- 1- Early pregnancy (even if unsure)
 è Go to Q29
- 2- Pregnancy è Go to Q29
- 3- Breastfeeding è Go to Q29

<p>IND_Q32. When was your last Pap test?</p> <ul style="list-style-type: none"> 1- Never had one 2- Less than 1 year 3- 1-2 years ago 4- 3-5 years ago 5- More than 5 years ago 98- Do not know 99- No response 	<p>IND_Q32. Qanga kingullirmik uktuqtauvit ihivriqtauva uttukkut ilulingni?</p> <ul style="list-style-type: none"> 1- Taimaatut uktuqtauyuitunga 2- Ukiuq anirunngittuq 3- 1-2 ukiunnguqquk 4- 3-5 ukiunnguqqut 5- talimat ukiut avatqutput 98- Ilihimanngittuq 99- Kiunngittuq
<p>IND_Q33. What method of birth control do you usually practice?</p> <ul style="list-style-type: none"> 1- Abstinence 2- None 3- Birth Control Pills 4- Depo-Provera 5- Condom (female or male) 6- IUD 7- Sponge 8- Cervical cap/diaphragm/ring 9- Rhythm method 10- Withdrawal/pulling out 11- Tubaligation/Vasectomy 12- Other 97- Not applicable (post-menopause /hysterectomy) 	<p>IND_Q33. Qanuq nutaraniktailivakpit?</p> <ul style="list-style-type: none"> 1- Kuyakhimaittumik 2- Atuyuitunga 3- Nutaraniliyautinik havautinik 4- Depo-Provera kapuutikkut 5- Puurmik (arnait/angutit) 6- IUD 7- Sponge 8- Uttungmut matu 9- Aunarniit malikhugu 10- Angut kuvitinani amupluni 11- Turhuatka kipihimayut 12- Aalla 97- Turanganngittuq (Aunaguiqtuq/iplaungiqlhimayuq)
<p>SECTION 4.5 - SUN EXPOSURE</p>	<p>ILULIA 4.5 – HIQINIQMIUNIQ</p>
<p>IND_Q34. Think about a typical weekend or day off from work or school in the summer months. About how much time do you spend in the sun between 11 am and 4 pm?</p> <ul style="list-style-type: none"> 1- None 2- Less than 30 minutes 3- 30 to 59 minutes 4- 1 to 2 hours 5- More than 2 hours 98- Do not know 99- No response 	<p>IND_Q34. Ihumagilugu havangnailarmi havanngitkangavilluuniit auyamiluuniit sikunngitkuvit. Qanuraaluk uplurmi aniiqpakpit hiqinirmi 11-mit uplaami 4-mut uplummaat?</p> <ul style="list-style-type: none"> 1- Piisak 2- Ikitqjamik 30 minitsmik 3- 30-59 minitsmut 4- 1-2 ikakniik 5- Avatquttugik 2 ikakniik 98- Ilihimanngittuq 99- Kiunngittuq
<p>IND_Q35. Again, think about a typical weekend or day off in the summer months. When you are in the sun for 30 minutes or more, how often do you use sunscreen?</p> <ul style="list-style-type: none"> 1- Always 2- Often 3- Sometimes 4- Rarely 5- Never 98- Do not know 99- No response 	<p>IND_Q35. Ahiit, ihumagilugu havangnailarmi havanngitkuvilluuniit auyami. Aniruvit 30-minits avatqullugu, kaffiiqturhugu uviniit nanukpakpiuk?</p> <ul style="list-style-type: none"> 1- Nanuinnaqtara 2- Nanuqattaqpagara 3- Ilaani 4- Pilluayuittara 5- Piyuittunga 98- Ilihimanngittuq 99- Kiunngittuq

IND_Q36. If applicable, what Sun Protection Factor do you use?

- 1- Factor 4
- 2- Factor 8
- 3- Factor 15
- 4- Factor 30
- 5- Factor 45

<p>IND_Q40. How much time did you usually spend being vigorous on each of these days?</p> <p>1- _____ minutes/day 2- _____ hours/day 98- Do not know 99- No response</p>	<p>IND_Q40. Qanuq hivituyumik akhuqpakpit ukunani upluni?</p> <p>1- _____ minits/upluq 2- _____ ikakniit/upluq 98- Ilihimangittuq 99- Kiunngittuq</p>
<p>IND_Q41. During the last 7 days, on how many days did you engage in moderate activities for at least 20 minutes at a time? Moderate activities can include biking at a leisurely pace, dancing, carrying small children, or many activities out on the land and they make you breathe a little harder than normal.</p> <p>1- _____ days per week è Continue 2- No moderate activity è Go to Q43 98- Do not know è Go to Q43 99- No response è Go to Q43</p>	<p>IND_Q41. Kingullini 7-ni upluni, kaffiqturhutit upluni ilauvit hulilukaaktiarnaqtumik 20 minitsmiugaluaq? Hulilukaknaqtut ukua paisikaktuq kayumivyaktumik, numirniq, tigumianiq nutaqqanik, hulilukarutillu maniqqami aniqhaktalaqinnaqtut.</p> <p>1- ___ uplut/santiurnirmi è Taki apirhuqhimaarlugu 2- Akhuknavyaktumik piyuittuq è Q43-mut 98- Ilihimangittuq è Q43-mut 99- Kiunngittuq è Q43-mut</p>
<p>IND_Q42. How much time did you usually spend in these moderate activities on each day?</p> <p>1- _____ minutes/day 2- _____ hours/day 98- Do not know 99- No response</p>	<p>IND_Q42. Qanuq hivituyumik hulilukakpakpit ukunani uplurmi?</p> <p>1- _____ minits/upluq 2- _____ ikakniit/upluq 98- Ilihimangittuq 99- Kiunngittuq</p>
<p>SECTION 6 – SMOKING</p>	<p>ILULIA 6 - HIGARNIKKUT</p>
<p>I would like to ask you some questions about smoking</p>	<p>Apirhurumayagit higarnikkut</p>
<p>IND_Q43. At the present time, do you smoke cigarettes?</p> <p>1- Yes è Continue 2- No è Go to Q45 99- No response è Go to Q45</p>	<p>IND_Q43 Hadja, higaqpakpiit higaaniik?</p> <p>1- Hii è Taki apirhuqhimaaruk 2- Imannaq è Q45-mut 99- Kiunngittuq è Q45-mut</p>
<p>IND_Q44. On average, how many cigarettes do you smoke each day?</p> <p>_____ (#/day) è Go to Q46</p>	<p>IND_Q44 Uplurmi, kaffinik higanik higaqakpit?</p> <p>_____ (#/Upluq) è Q46-mut</p>
<p>IND_Q45. Have you ever smoked?</p> <p>1- Yes è Continue 2- No è Go to Q 49 99- No response è Go to Q 49</p>	<p>IND_Q45 Higaqhimaviit?</p> <p>1- Hii è Taki apirhuqhimaaruk 2- Imannaq è Q49-mut 99- Kiunngittuq è Q49-mut</p>
<p>IND_Q46. How old were you when you began to smoke cigarettes?</p> <p>_____ yrs 98- Do not know 99- No response</p>	<p>IND_Q46 Kaffinik ukiuqahutit higaaliqqit?</p> <p>_____ ukiut 98- Ilihimangittuq 99- Kiunngittuq</p>

<p>IND_Q47. If applicable, at what age did you stop smoking cigarettes?</p> <p>_____yrs 97- Not applicable</p>	<p>IND_Q47 Turangakpat, kaffinik ukiuqaliqhutit higaguiqqit higaanik?</p> <p>_____ ukiut 97- Turanganngittuq</p>		
<p>IND_Q48. At the present time are you considering giving up smoking?</p> <p>1- Yes 2- No 97- Not applicable 99- No response</p>	<p>IND_Q48 Hadja higaguiqniaqhimaviit?</p> <p>1- Hii 2- Imannaq 97- Turanganngittuq 99- Kiunngittuq</p>		
<p>SECTION 7 – SOCIO DEMOGRAPHIC INFORMATION</p>	<p>ILULIA 7 – INUHIQTIGUT ILIKTIGUT</p>		
<p>IND_Q49. What is your marital status?</p> <p>1- Single 2- Married/Common Law partner 3- Separated, still legally married 4- Divorced 5- Widowed 98- Do not know 99- No response</p>	<p>IND_Q49 Qanuq inuuqatiqaqqit?</p> <p>1- Avalittunga 2- Katitiqhiqtauhimayunga/tuvaqati liuyunga 3- Katimayungnaiqtunga, avihimaittuguk 4- Avihimayunga 5- Aippaiqhimayunga 98- Ilihimannngittuq 99- Kiunngittuq</p>		
<p>IND_Q50. What is the highest level of schooling you have completed (even if you are still in school)?</p> <table border="1" data-bbox="427 1087 824 1161"> <tr> <td>Elementary school: grades 1 to 6 Secondary school: grades 7 to 11</td> </tr> </table> <p>1- No formal schooling 2- Some years of elementary school 3- Elementary school completed 4- Some years of secondary school 5- Secondary school completed 6- Partial training in community college, a trade school or a private commercial college, a Nunavut Sivuniksavut program, a technical institute, a nursing school, or a normal school (teaching school) 7- Diploma or certificate from a community college, a trade school or a private commercial college, a technical institute, a Nunavut Sivuniksavut program, a nursing school, or a normal school (teaching school) 8- Some university (not completed) 9- University degrees (completed), Certificate, Bachelor, Masters, PhD 10- _____Grade Completed 98- Do not know 99- No response</p>	Elementary school: grades 1 to 6 Secondary school: grades 7 to 11	<p>IND_Q50 Qanuraalik kulvahiktumik sikuqhimavit iniqhugu (hadjaluuniit sikuraluaruvit)?</p> <table border="1" data-bbox="833 1087 1304 1161"> <tr> <td>Nukakhiit sikuurviat: gurit 1-mit 6-mut Angayukhiit sikuurviat: gurit 7-mit 10-mut</td> </tr> </table> <p>1- Sikuqhimannngittunga 2- Kaffinuanik ukiunik sikuqhimayunga 3- Nukakhini sikurutika iniqhimayatka 4- Kaffini ukiuni sikuqhimayunga angayukhini 5- Angayukhini sikurutitka iniqhimayatka 6- Sikuyakhimayunga nunapotingni irnirniit sikuurvianni, havaamut sikurvingmi, Nunavut Sivuniksavunmi, munaqhiit sikurvianni, sikuurviinnarmiluuniit 7- Naunaikuhiqtauhimayung asikuqtamnut nunaptingni sikurvingmit, havaamut sikurvingmit, Nunavut Sivuniksavunmit, munaqhiit sikurviannit sikuurviinnarminluuniit. 8- Iliharvikyuamit (ininngittara) 9- Naunaikuhiqtauuyunga iliharvikyuamit linqtamnut) 10- _____Gurit sikuqtamini iniqtaa 98- Ilihimannngittuq 99- Kiunngittuq</p>	Nukakhiit sikuurviat: gurit 1-mit 6-mut Angayukhiit sikuurviat: gurit 7-mit 10-mut
Elementary school: grades 1 to 6 Secondary school: grades 7 to 11			
Nukakhiit sikuurviat: gurit 1-mit 6-mut Angayukhiit sikuurviat: gurit 7-mit 10-mut			

<p>IND_Q51. Thinking about your total income, from which of the following sources have you received any income in the past 12 months? Circle all that apply</p> <p>WORK</p> <ul style="list-style-type: none"> 1- Wages and salaries 2- Income from self-employment 3- Employment insurance (or unemployment insurance) 4- Worker's compensation 5- Maternity/Paternity leave 6- Carving, sewing, crafts/art 7- Retirement pensions, superannuation & annuities 8- Home daycare <p>OTHER</p> <ul style="list-style-type: none"> 9- Hunter support program 10- ELDERS benefit (NLCA) 11- Child tax benefit 12- Income Support/welfare 13- Child support 14- Home daycare 15- Participation on committees/boards 16- Benefits from Canada/Nunavut pension plan 17- Dividends and interest (such as on bonds, savings) 18- Alimony 19- Other (such as rental income, scholarships), specify: _____ 20- None 98- Do not know 99- No response 	<p>IND_Q51 Ihumagilugit atauttimut maniliugahi, kitunit manikhakpakpit kingullini 12-ni tatqiqhiutini Kaimaluriktumik titigarlugit turangayut</p> <p>HAVAAMNIT</p> <ul style="list-style-type: none"> 1- Akiliuhiatka havaamnit 2- Maniliugatka nanminiq havaamnit 3- Havakpaktut havagungnaqtut akiliuhiagainnik 4- Havaktut aanniqtayuuliriyini 5- Arnaq nutaganiktuq/angut aippaa nutaganiktuq 6- Hanaugaq, mirhuq, mirhuyaq 7- Havaguiqtup inutquaqhakhautait, havaaraluaminit akiliuhiaqtaut 8- Iglumini nutaqqiqiviklik <p>AALLAT</p> <ul style="list-style-type: none"> 9- Angunahuaqtit ikayuuhiangit 10- INIRNIIT ikayuuhiangit (Nunavut) 11- Nutaqqanut manikhakhat 12- Ikayuuhiaqtautit 13- Nutaqqanut akiliqtuqtauyuuq 14- Iglumini nutaqqiqivilik 15- Ilauniq katimayini 16- Ikayuuhiat Kanatamit Nunavunmit inutquaqhakhautinit 17- Maniliugat nauvalliyunit (Maniliurutinit) 18- Aippamnit avikhimamayamnit 19- Aallanit (iglumit akiliqtuqtauyumit, sikuqtunut) uqarlugu: _____ 20- Piisak 98- Ilihimangittuq 99- Kiunngittuq
<p>IND_Q52 From above, what was your main source of income? Circle only one</p> <p>WORK</p> <ul style="list-style-type: none"> 1- Wages and salaries 2- Income from self-employment 3- Employment insurance (or unemployment insurance) 4- Worker's compensation 5- Maternity/Paternity leave 6- Carving, sewing, crafts/art 7- Retirement pensions, superannuation & annuities 8- Home daycare <p>OTHER</p> <ul style="list-style-type: none"> 9- Hunter support program 10- ELDERS benefit (NLCA) 11- Child tax benefit 12- Income Support 13- Child support 14- Participation on committees/boards 15- Benefits from Canada/Nunavut pension plan 16- Dividends and interest (such as on bonds, savings) 17- Alimony 18- Other (such as rental income, scholarships), specify: _____ 19- None 98- Do not know 99- No response 	<p>IND_Q52 Kulaaniittunit, kitumit manikhaktarluaqqit? Kaimaluriktumik titigarlugit turangayut.</p> <p>HAVAAMNIT</p> <ul style="list-style-type: none"> 1- Akiliuhiatka havaamnit 2- Maniliugatka nanminiq havaamnit 3- Havakpaktut havagungnaqtut akiliuhiagainnik 4- Havaktut aanniqtayuuliriyini 5- Arnaq nutaganiktuq/angut aippaa nutaganiktuq 6- Hanaugaq, mirhuq, mirhuyaq 7- Havaguiqtup inutquaqhakhautait, havaaraluaminit akiliuhiaqtaut 8- Iglumini nutaqqiqiviklik <p>AALLAT</p> <ul style="list-style-type: none"> 9- Angunahuaqtit ikayuuhiangit 10- INIRNIIT ikayuuhiangit (Nunavut) 11- Nutaqqanut manikhakhat 12- Ikayuuhiaqtautit 13- Nutaqqanut akiliqtuqtauyuuq 14- Ilauniq katimayini 15- Ikayuuhiat Kanatamit Nunavunmit inutquaqhakhautinit 16- Maniliugat nauvalliyunit (Maniliurutinit) 17- Aippamnit avikhimamayamnit 18- Aallanit (iglumit akiliqtuqtauyumit, sikuqtunut) uqarlugu: _____ 19- Piisak 98- Ilihimangittuq 99- Kiunngittuq

IND_Q53 What is your best estimate of your total **personal** income from all taxed and untaxed sources, in the past 12 months (**before taxes and other deductions**)?

- 1- Less than \$20,000
- 2- \$20,000 to less than \$40,000
- 3- \$40,000 to less than \$60,000
- 4- \$60,000 or more
- 98- Do not know
- 99- No response

IND_Q53. Huna nalaunniqlugu atuattimut **ilvit** maniliugatit tamainnit taksiiyaqtauyunit taksiiyaqtaunngittunillu, kingullini 12-ni tatqiqhiutini (**taksiiyaqtautinagit aallallu piiyaqtautinagit**)?