

Northern Saskatchewan Health Indicators

Social Determinants of Health:
Living and working conditions

2023

Population Health Unit

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Refer to A Guide to the Reports: Understanding the Presentation of Data for an explanation of the variety of ways data is presented.

Suggested reference: Quinn B, Irvine J. Northern Saskatchewan Health Indicators, Social Determinants of Health: Living and working conditions. Athabasca Health Authority and Saskatchewan Health Authority, Population Health Unit, La Ronge, 2023.

Copies of this document and related reports can be downloaded from the Population Health Unit website www.pophealthnorthsask.ca

Key Messages

For the purpose of this report, northern Saskatchewan refers to North East networks 1 and 2, and North West network 1 within the Saskatchewan Health Authority (SHA), as well as the Athabasca Health Authority (AHA). For certain indicators, a northern Saskatchewan made up of the northern health networks and AHA could not be calculated. In these instances, Division No. 18 was used to represent northern Saskatchewan, which is very similar with the addition of several communities including, Dore Lake, Green Lake, Montreal Lake, Timber Bay, Cumberland House, and Cumberland House Cree Nation. The main data source for this report is the 2021 Canadian Census Profiles from Statistics Canada and the 2018 Food Costing Report of Saskatchewan.

Indigenous Identity

Overall, at 87%, there is a high proportion of the northern Saskatchewan population that self-identify as Indigenous. This is substantially higher than the province, which is at 17%. The proportion of the population that identify as Indigenous ranges across the northern health networks, from 74% in North East 2, to 97% in AHA.

Close to 71% of the people in northern Saskatchewan identify themselves as First Nations, 15% as Metis, and fewer than 13% as non-indigenous. In contrast, 83% of the total Saskatchewan population self-identifies as non-Indigenous, 6% as Métis, and 11% as First Nations. The proportions vary across the northern networks, where North West 1 reports the highest Metis population at 36%, AHA reports the highest First Nations population at 97%, and North East 2 reports the highest non-Indigenous population at 27%.

Education

Northern Saskatchewan has substantially lower educational attainment rates than the province as a whole. Compared to the province, northern Saskatchewan has close to 32-26% lower rates of high school and post-secondary completion rates, respectively. Amongst the northern networks, AHA had the lowest educational attainment rates, with only 30% completing high school and 12% completing some post-secondary.

Employment

Employment rates in northern Saskatchewan are considerably lower than the rest of Saskatchewan. The employment rate in northern Saskatchewan is 36%, approximately half the provincial rate of 60%. The AHA had the lowest employment rate of 30%, whereas North East 1 had the highest at 38%.

Housing

Northern Saskatchewan has elevated rates of household crowding, as well as dwellings in need of major repair. Compared to the province, northern Saskatchewan's rate of crowding is 12.7%, 5 times the 2.6% rate of the province. The rate of dwellings in need of major repair in northern Saskatchewan is 26%, almost 3.5 times greater than the provincial rate of 7.9%.

Income

The proportion of the population living in low income in northern Saskatchewan (26.9%) is twice the rate of the province (13.4%). Across the northern networks, North West 1 had the lowest rate of 22%, while the AHA had the highest at 40.7%. Median incomes for those with income in northern Saskatchewan was 29,800 about 10,000 lower than the Saskatchewan value of 38,400. Across northern Saskatchewan communities, medians

ranged from 19,600 to 44,800. It is also important to note, that some individuals have no income. Across Saskatchewan this proportion was 4.2% for those aged 15 years and over, however in northern Saskatchewan it was almost 2.5 times higher at 10.2%. There is also a large variation across northern communities with the lowest rate at 2.4% and the highest at 20.3%.

Although overall income is an important determinant of health, the concept of income disparity – or when there are large differences within a community between the highest and lowest income earners – is also important to examine. One way to examine this, is to look at the ratio of the 90th to the 10th percentile of the adjusted after-tax household income, so how many times larger the 90th percentile adjusted income is compared to the 10th percentile adjusted income. The greater the number is, the greater the discrepancy between highest and lowest earners in that community. Saskatchewan's ratio of 3.9 was very similar to national rate of 3.8. Northern Saskatchewan's ratio was elevated at 4.7 with large variations across the northern communities. Some communities had ratios similar or lower to the province's, while others were much higher.

Food security

The cost of healthy foods also influences eating practices, particularly for low income families. The average weekly cost of a nutritious food basket in Saskatchewan increased from large centers to small, and from south to north in 2018. The average weekly cost of the nutritious food basket in the Far North was twice as expensive as a large city in the south. This could be the difference of nearly 903 dollars per month.

Lone parent

Single parent families have a greater likelihood of experiencing income-related stress [1], as well as poorer health outcomes [2]. The proportion of lone-parent families in northern Saskatchewan is 44%, almost 2.5 times the rate in Saskatchewan. Females make up 33% of single parent families in the north, while males make up 11%. Some communities in the north have rates similar to or lower than the provincial rate of 17%, while many others have elevated rates between 50-60%.

Language

Close to 30% of the northern Saskatchewan population report having an Indigenous mother tongue and 17% report speaking an Indigenous language most often at home. Northern Saskatchewan also reports elevated rates of English as a mother tongue (62%) and language used most often at home (75%), with less than 1% speaking either French or a non-Indigenous language as their mother tongue or language used most often at home. The most common Indigenous languages reported in northern Saskatchewan are Cree, (Nihithawiwin or Woods Cree, Nehiyawewin or Plains Cree and Nehinawewin or Swampy Cree), Dene, and Michif.

Variations among communities

Northern communities share many commonalities; however they also vary greatly among one another in terms of their social determinants of health such as Indigenous identity, education, employment, housing, income, food security, family make-up, and use of Indigenous languages. For many of these indicators, some communities score as good, or better, than the province as a whole, while other communities struggle with rates that are substantially worse than the province.

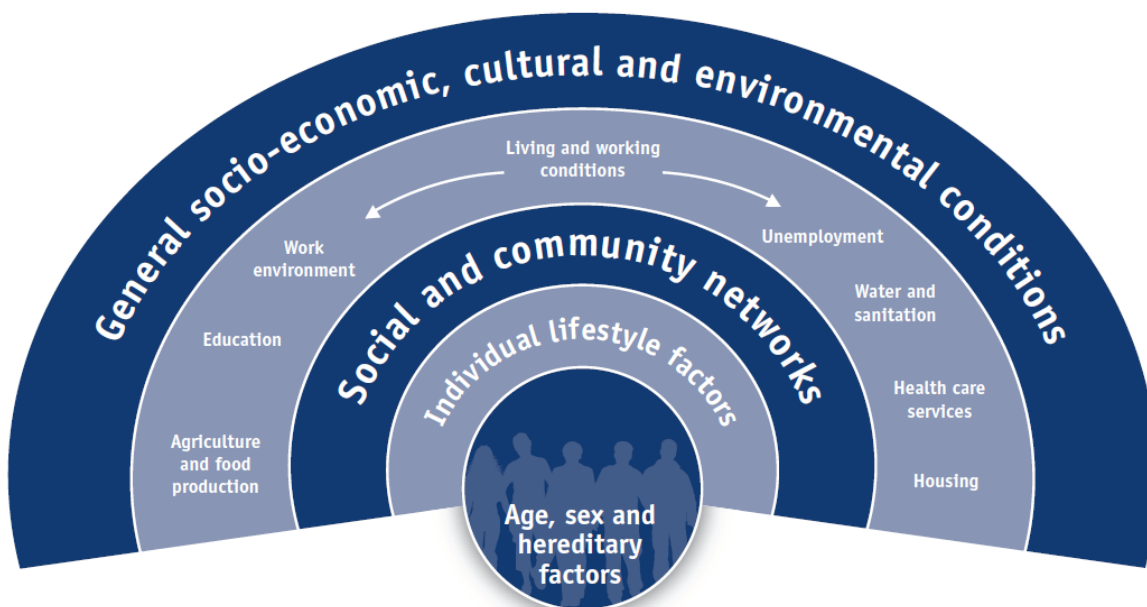
Determinants of health

In Canada, there are 12 factors recognized as the key determinants of health, including income and social status, social support networks, education and literacy, employment and working conditions, social environments, physical environments including both the natural and built environments, personal health practices and coping skills, healthy child development, biology and genetic endowment, health services, gender and culture [3].

It is recognized that the determinants of health do not act in isolation from one another, but rather interact with each other to have combined and interrelated effects on the health of the population [4]. This is most notable for chronic diseases such as diabetes, heart disease and cancer, which have multiple risk factors and usually require many years to develop. This extended development period provides ample time for the determinants of health to be involved in complex interactions with each other, the individual, and the environment in the development of the disease. Therefore, care must be taken to look at a variety of health determinants to get a more complete picture of the root causes of diseases.

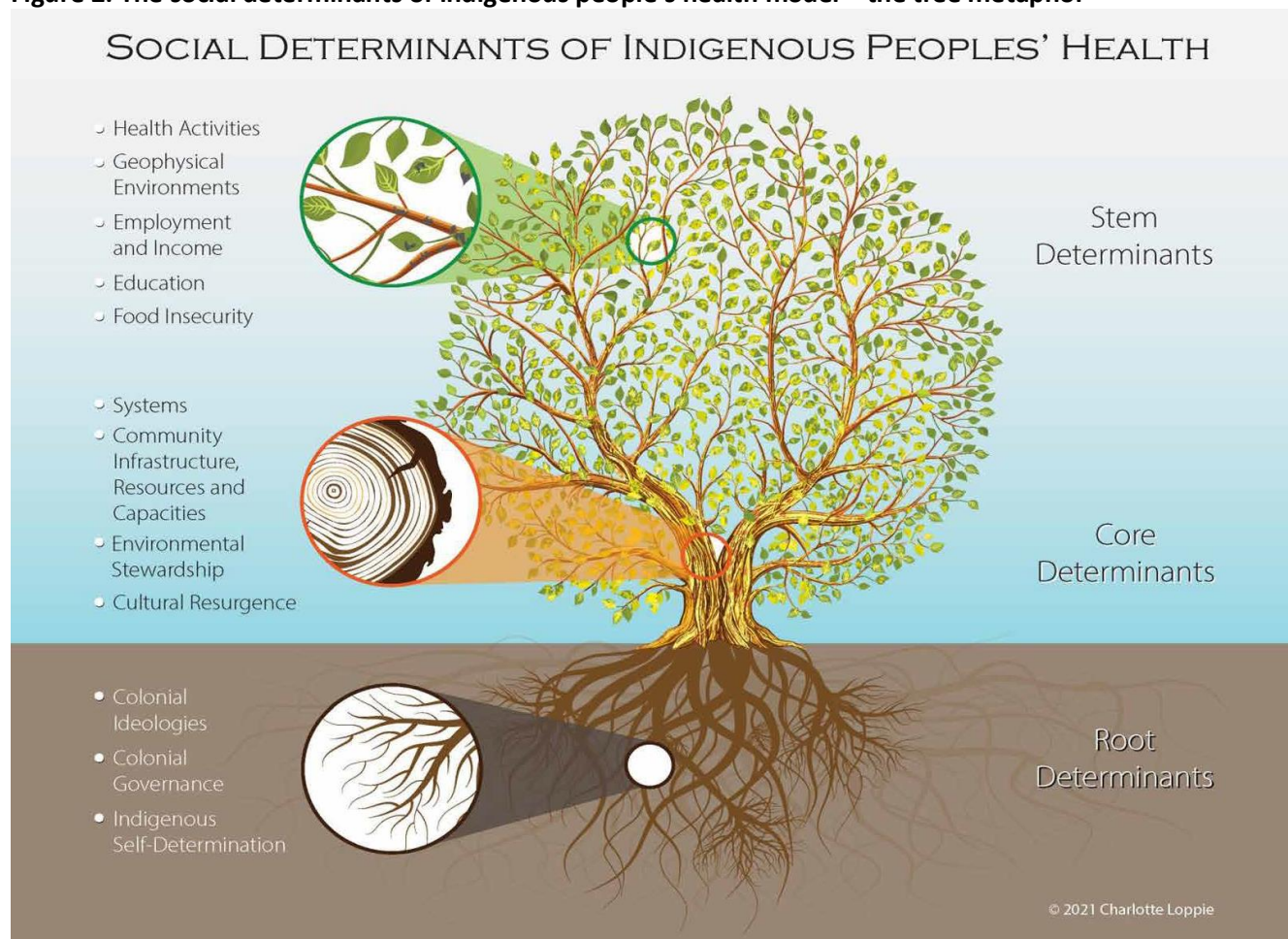
Research has illustrated that the impact between the social determinants of health and health status is not just between the advantaged and disadvantaged, but rather there is a clear social gradient that is seen at each level throughout society [5]. It has been suggested that part of this gradient-effect may be explained by a person's 'control over (their own) destiny'. According to Syme [6, 7] a person with lower social class has fewer opportunities, resources, skills and training to influence events that affect their lives. Regardless of exactly how income and social status impact health, it is clear the relationship is strong and very complex. There are many models and frameworks that visually depict the determinants of health [8]. One of the most widely used is the "Wider determinants of health model" created by Dahlgren and Whitehead [9]. Although there are slight differences between the various models, they all show how the determinants of health are connected to society as a whole.

Figure 1: Wider determinants of health model



There are also determinants of health that are more closely linked to Indigenous peoples, including factors such as self-determination, culture, language and heritage, and colonization [10, 11]. The social determinants of indigenous people’s health model proposed by Loppie and Wein [10] is a good example and uses the tree as a metaphor. The tree was chosen as it represents the natural world symbolizing the close connection indigenous peoples’ have with the land and its resources. The tree also represent “dynamic cycles through which resources are constituted by foundational roots, then transported through the trunk and stems, to influence the growth and maintenance of the tree and its products”. In this manner, the root determinants help shape the core determinants, which in turn help shape the stem determinants, ultimately driving the health of individuals and communities.

Figure 2: The social determinants of indigenous people’s health model – the tree metaphor



Indigenous identity

Figure 3: Population self-identify as Indigenous (%), by northern health network, 2021

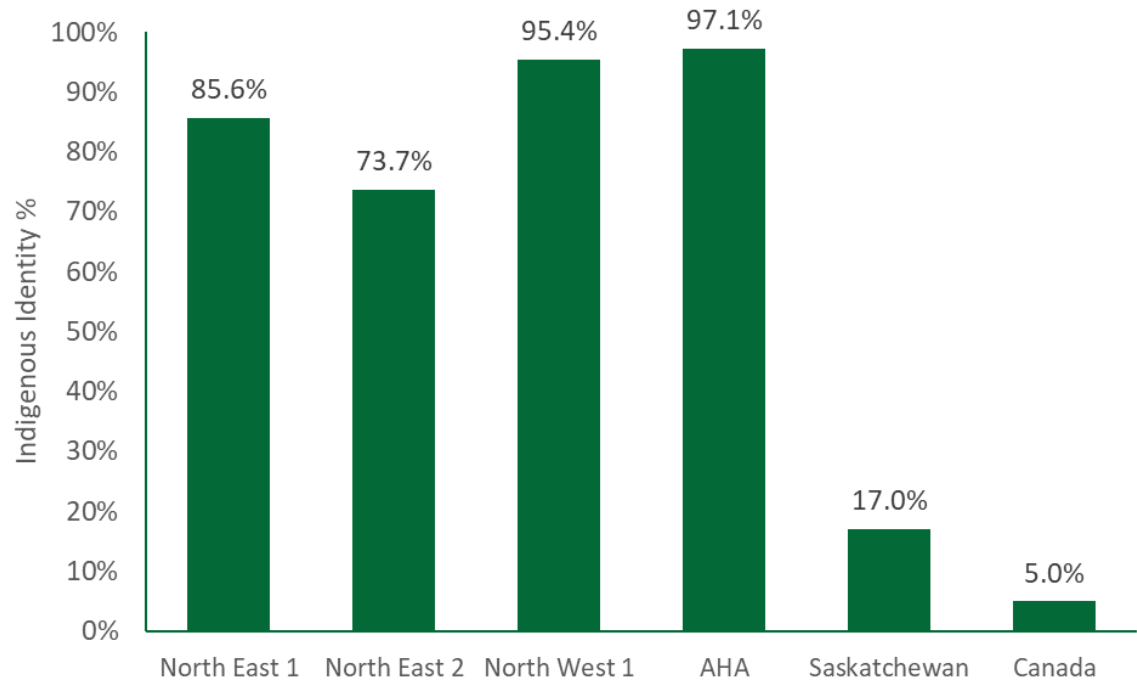


Figure 4: Population self-identify as Indigenous (%), by northern health network, 2021

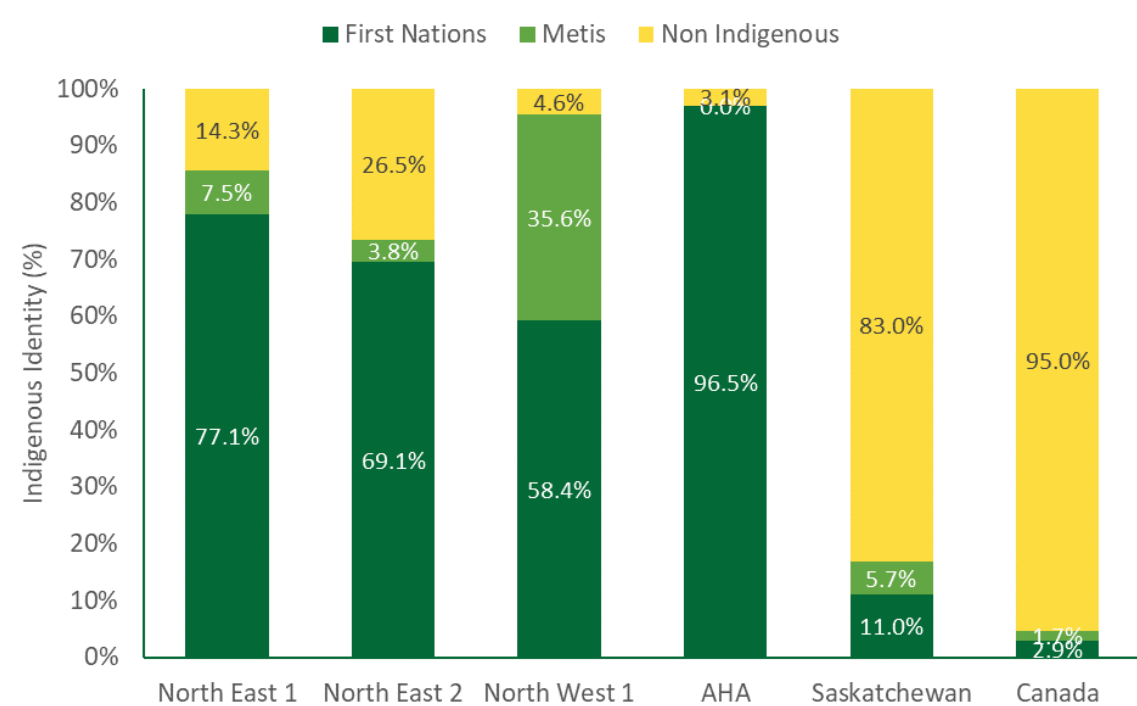


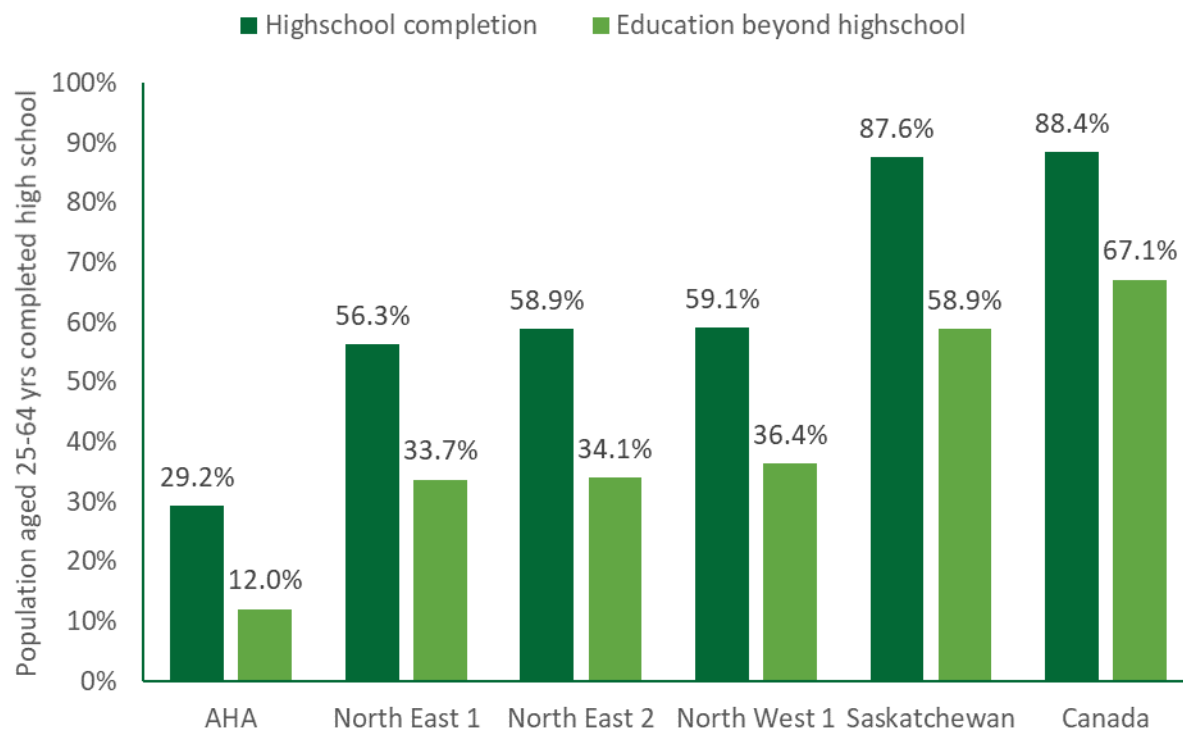
Table 1 Population self-identify as indigenous (%), by northern SAG and CSD, 2021

SAG	Name	Indigenous (%)	First Nations (%)	Metis (%)	Other (%)	Non Indigenous (%)
Canada	Canada	5.0	2.9	1.7	0.4	95.0
Saskatchewan	Saskatchewan	17.0	11.0	5.7	0.4	83.0
Division No. 18	Division No. 18	86.2	70.1	15.1	1.0	13.8
AHA	Chicken 224	99.1	99.1	0.0	0.0	0.9
	Fond du Lac 227	98.4	97.3	0.0	1.1	2.2
	Stony Rapids	81.4	79.1	0.0	0.0	18.6
1.1 La Ronge	Grandmother's Bay 219	100.0	100.0	0.0	0.0	0.0
	Morin Lake 217	100.0	96.5	0.0	3.5	0.0
	Lac La Hache 220	99.6	98.8	0.0	0.8	0.0
	Stanley 157	99.5	98.7	0.5	0.5	0.5
	Southend 200	98.9	98.4	1.1	0.0	1.1
	Lac La Ronge 156	98.9	96.3	1.1	1.5	1.1
	Sucker River 156C	98.7	98.7	0.0	0.0	2.6
	Kitsakie 156B	98.1	96.3	1.9	0.0	0.0
	Southend No. 200A	96.3	96.3	0.0	0.0	7.4
	Pinehouse	94.6	31.0	62.6	1.0	4.9
	Weyakwin	90.9	72.7	18.2	0.0	9.1
	Air Ronge	65.9	58.5	3.7	3.7	34.1
	La Ronge	52.2	44.6	7.2	0.0	48.0
2.1 Pelican Narrows	Wapaskokimaw 202	100.0	100.0	0.0	0.0	2.1
	Sturgeon Weir 205	100.0	100.0	0.0	0.0	0.0
	Pelican Narrows 184B	100.0	99.5	0.0	0.0	0.0
	Pelican Narrows 206	100.0	98.5	0.0	3.0	0.0
	Kimosom Pwatinahk 203	99.4	99.4	0.0	0.0	1.1
	Sandy Bay	91.8	82.8	7.5	1.5	7.5
	Pelican Narrows	87.5	87.5	0.0	0.0	8.3
2.2 Creighton	Denare Beach	27.9	19.1	7.4	2.9	72.1
	Creighton	16.7	5.4	11.3	0.0	83.3
	Flin Flon (Part)	14.3	0.0	7.1	0.0	89.3
1.1 La Loche	Turnor Lake	100.0	45.2	51.6	0.0	0.0
	Turnor Lake 193B	98.8	94.1	3.5	0.0	2.4
	Clearwater River Dene 222	98.2	96.4	1.2	1.2	1.2
	La Loche	94.4	56.3	35.7	2.4	5.8
1.2 Ile a la Crosse	La Plonge 192	100.0	86.2	10.3	0.0	0.0
	Jans Bay	100.0	20.0	80.0	0.0	0.0
	St. George's Hill	100.0	80.0	13.3	0.0	0.0
	Canoe Lake 165	99.5	96.3	3.2	0.0	0.0

SAG	Name	Indigenous (%)	First Nations (%)	Metis (%)	Other (%)	Non Indigenous (%)
	Wapachewunak 192D	99.1	97.4	1.8	0.0	1.8
	Buffalo River Dene Nation	96.4	93.5	2.4	0.0	3.6
	Cole Bay	93.5	54.3	39.1	0.0	6.5
	Patuanak	92.3	76.9	15.4	0.0	0.0
	Île-à-la-Crosse	92.2	16.7	73.8	1.4	7.8
	Buffalo Narrows	91.9	16.3	75.6	0.0	7.5
	Beauval	91.6	18.6	70.1	3.0	8.4

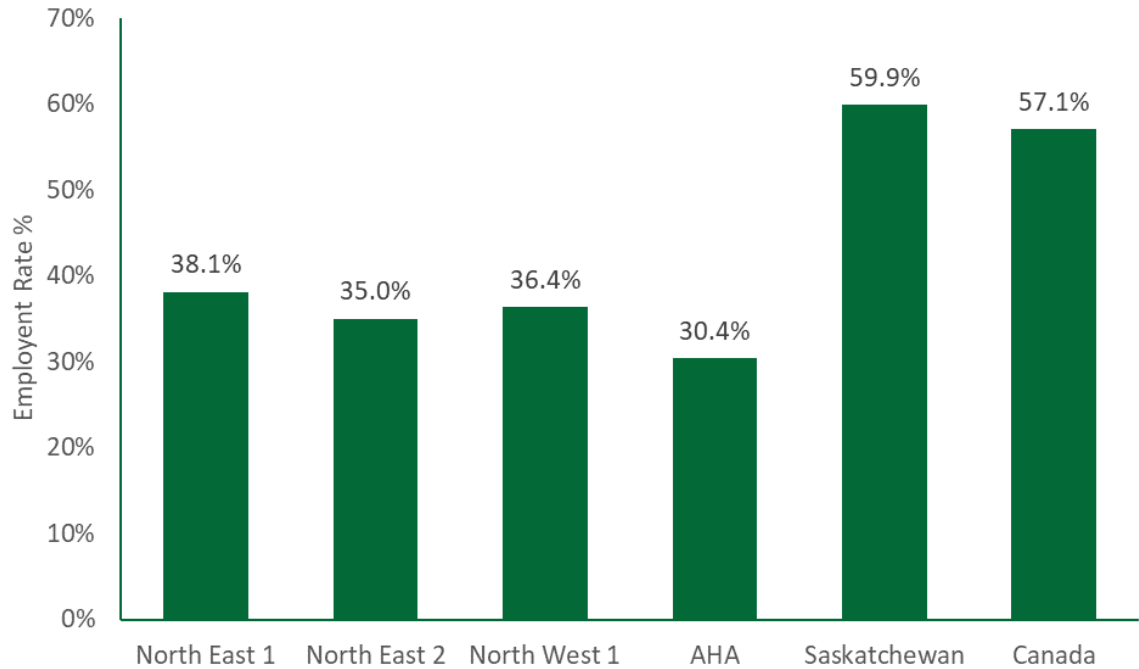
Education

Figure 5: Population aged 25-64 years that have completed high school and beyond by northern health network, 2021



Employment

Figure 6: Employment rate, population aged 15 years and over, by northern health network, 2021



Housing

Figure 7: Dwellings in need of major repair, by northern health network, 2021

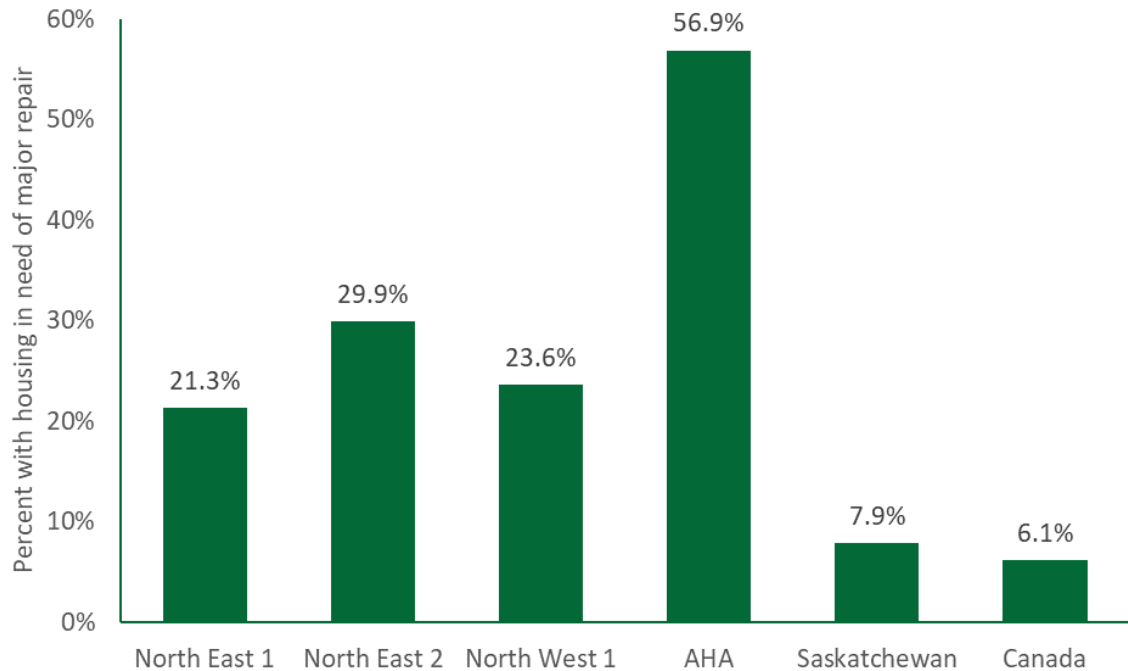
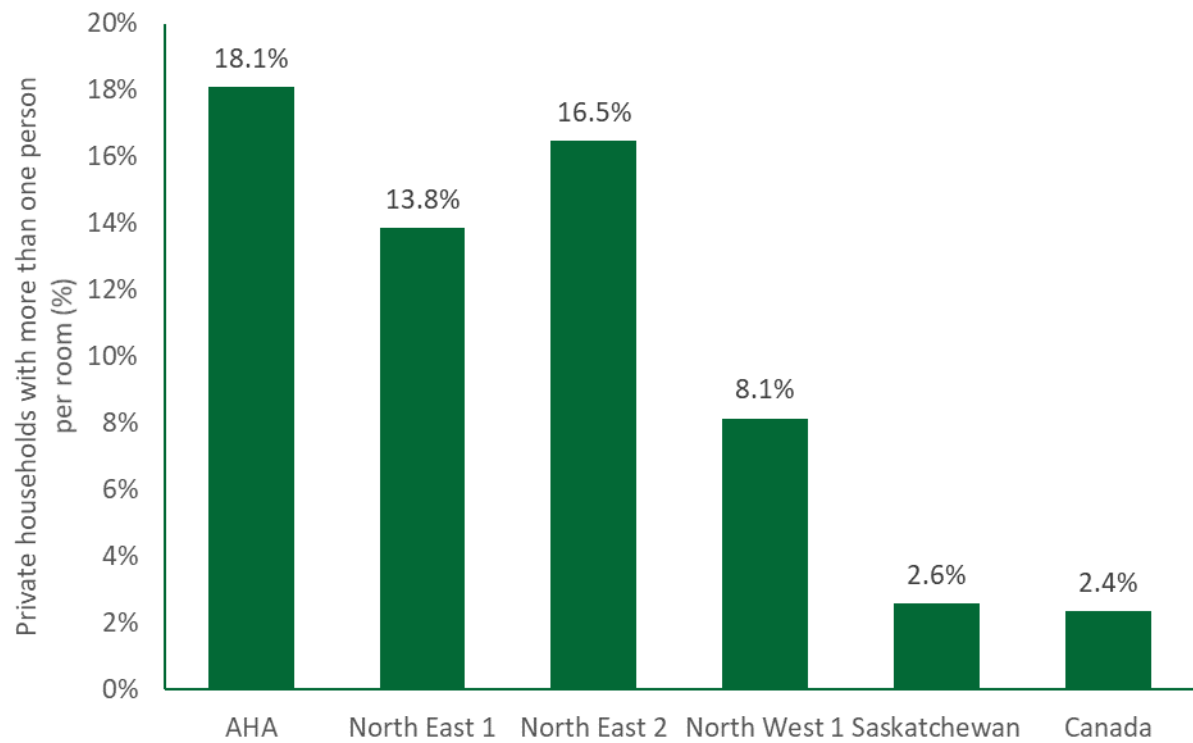


Figure 8: Crowding – Private households with more than one person per room, by northern health network, 2021



Income

Figure 9: Population living in low income after-tax, by northern health network, 2020

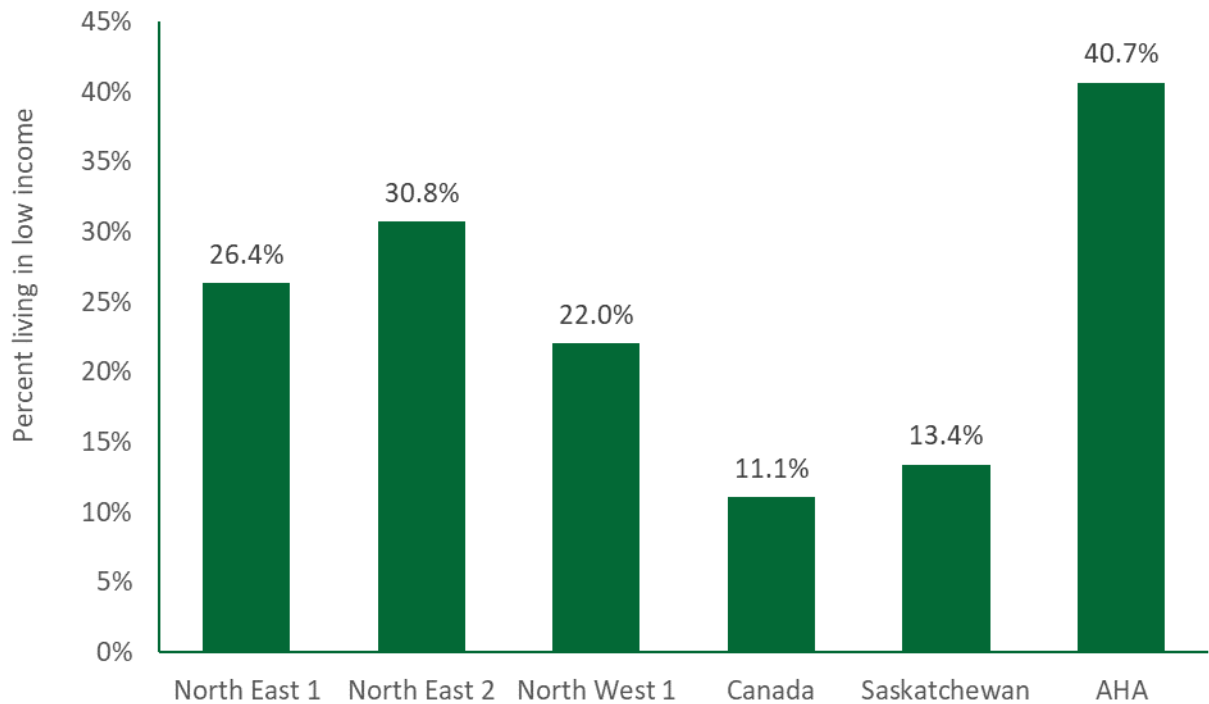


Figure 10: Median after-tax income, population 15 years and over, by CSD and SAG, 2020

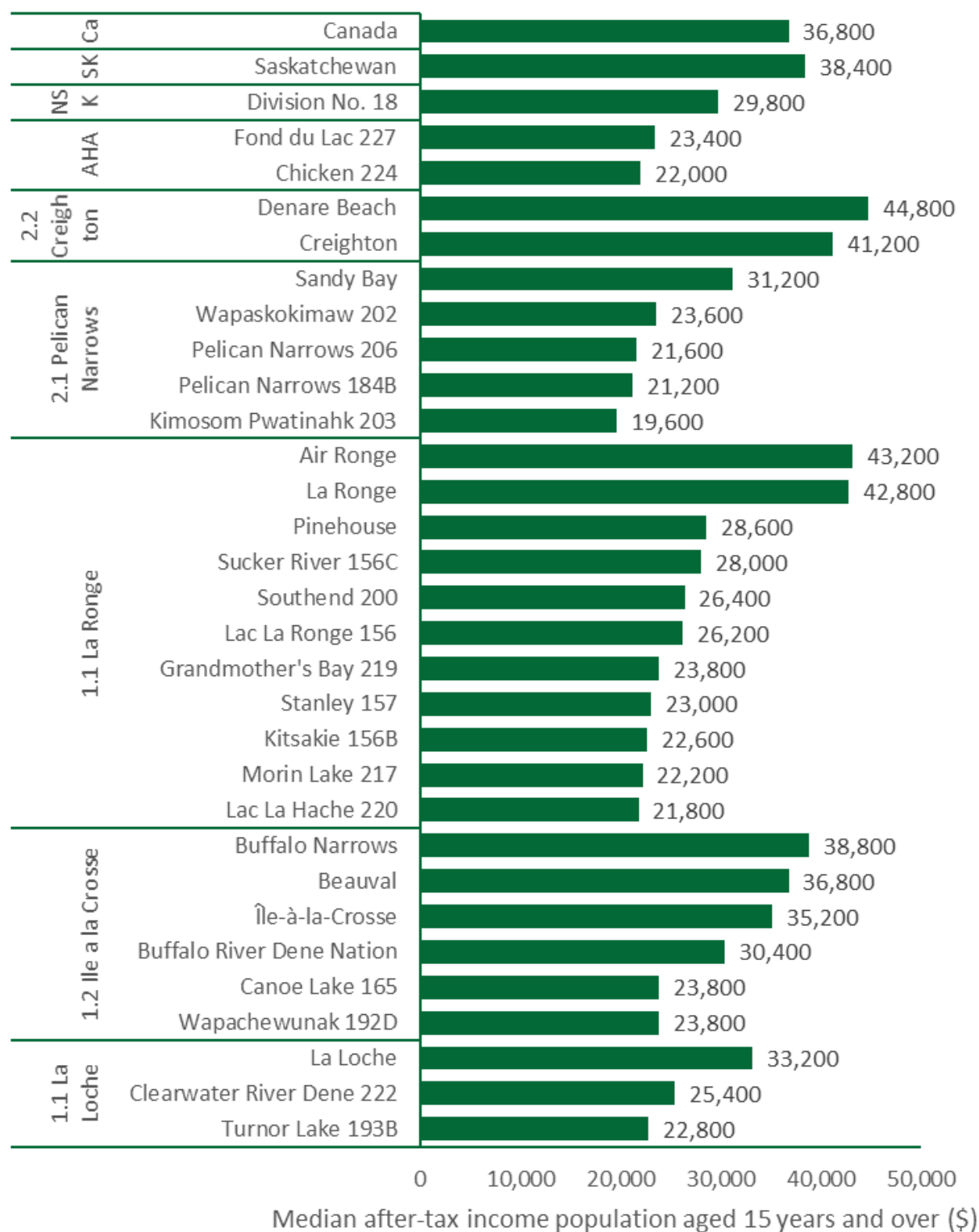


Figure 11: Population aged 15 and over without income, by SAG and CSD, 2020

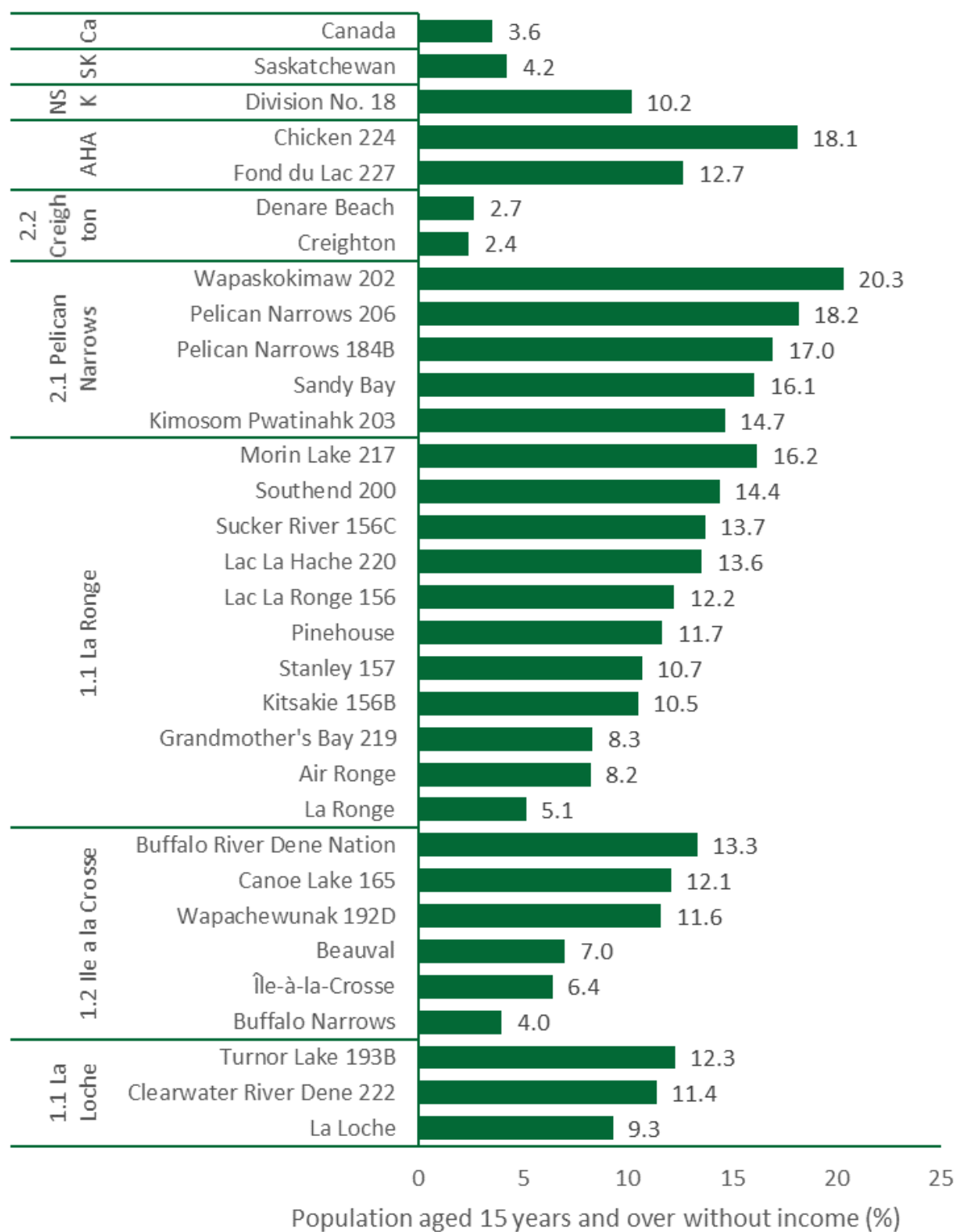
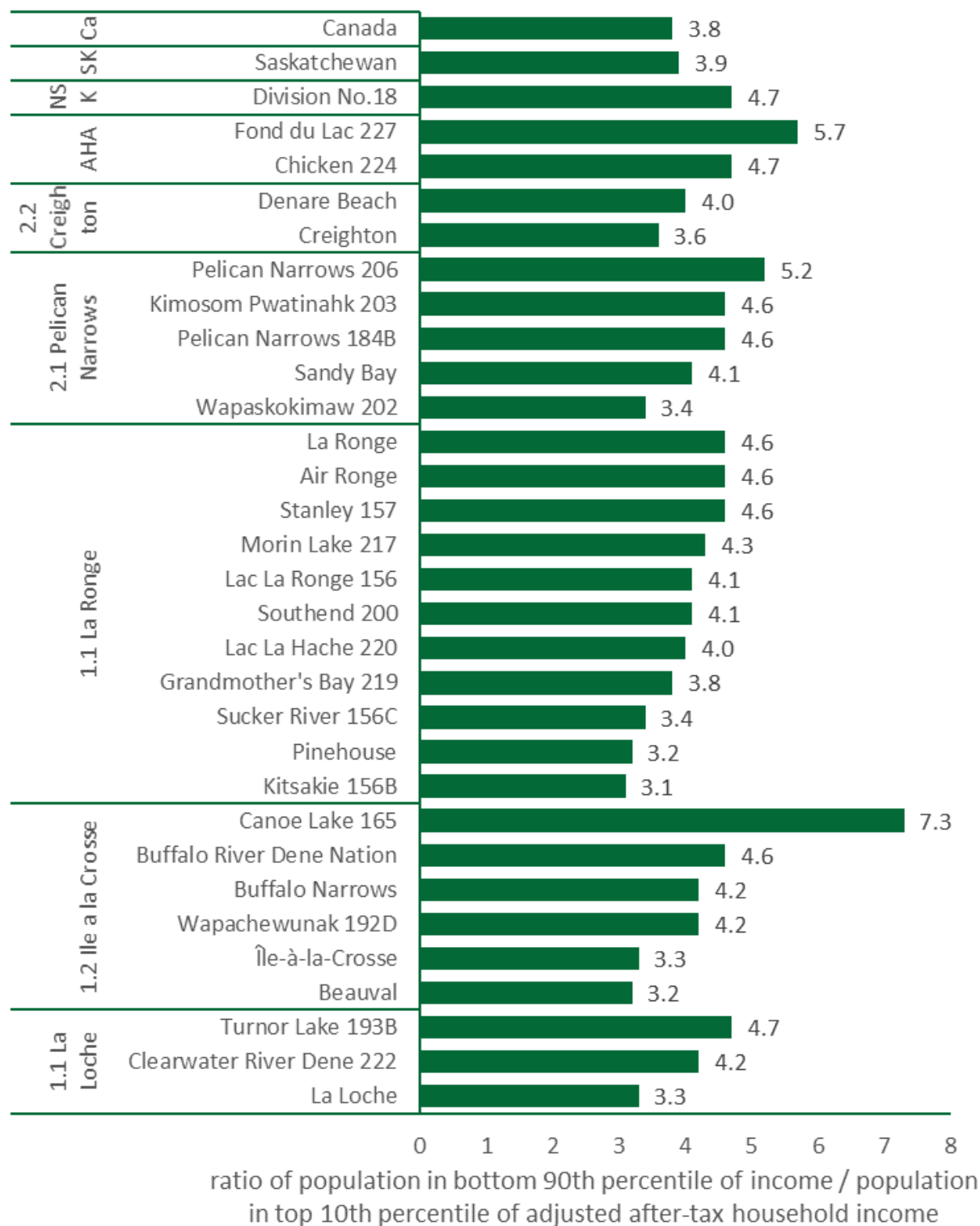
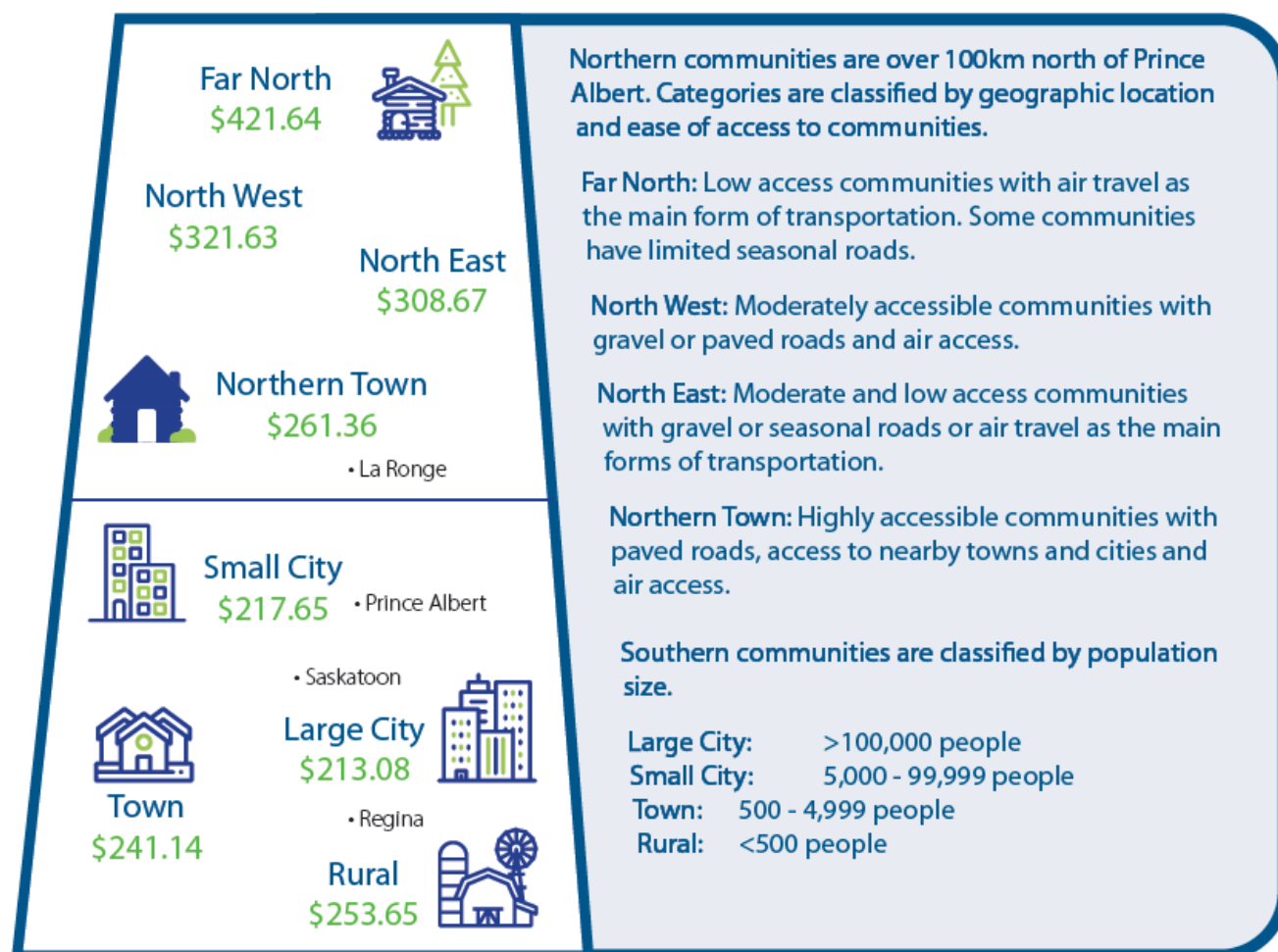


Figure 12: Ratio of population in bottom 90th percentile of income compared to population in top 10th percentile of income, by SAG and CSD, 2020



Food security

Figure 13 Weekly national nutritious food basket costs for reference family of four by geography, Saskatchewan, 2018

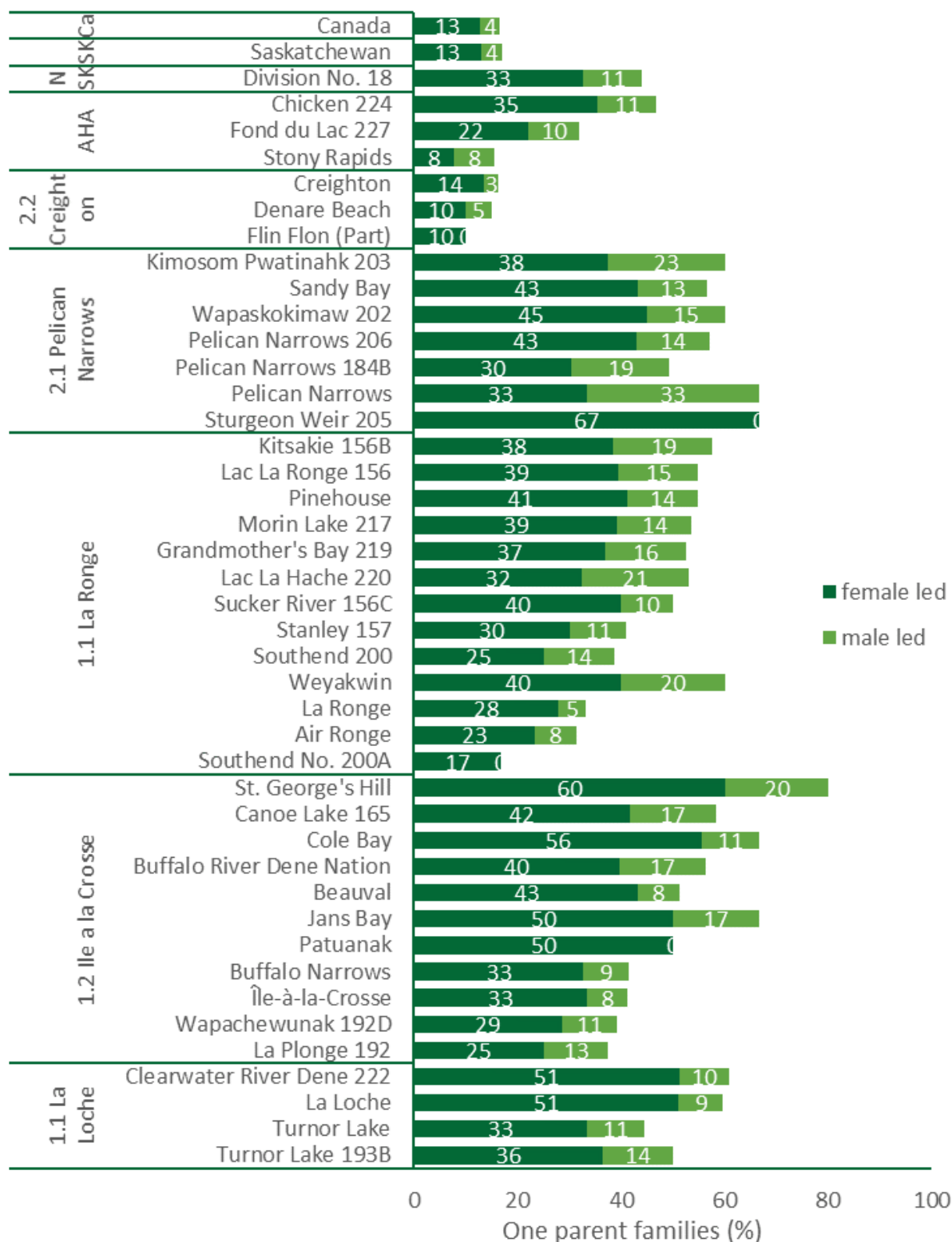


Northern Saskatchewan	Cost per week	Cost per month
Far North	421.64	1,825.68
North East	308.67	1,336.56
North West	321.63	1,392.66
Northern Town	261.36	1,131.71
Southern Saskatchewan		
Rural	253.65	1,098.33
Town	241.14	1,044.12
Small City	217.65	942.43
Large City	213.08	922.65

A reference family of four includes a 31-50 year old man, a 31-50 year old female, a 14-18 year old boy and 4-8 year old girl.

Lone parent families

Figure 14: Proportion of families that are led by one parent, by SAG and CSD, 2021



Language

Figure 15: Population by mother tongue and language most often spoken at home, northern Saskatchewan, Saskatchewan and Canada, 2021

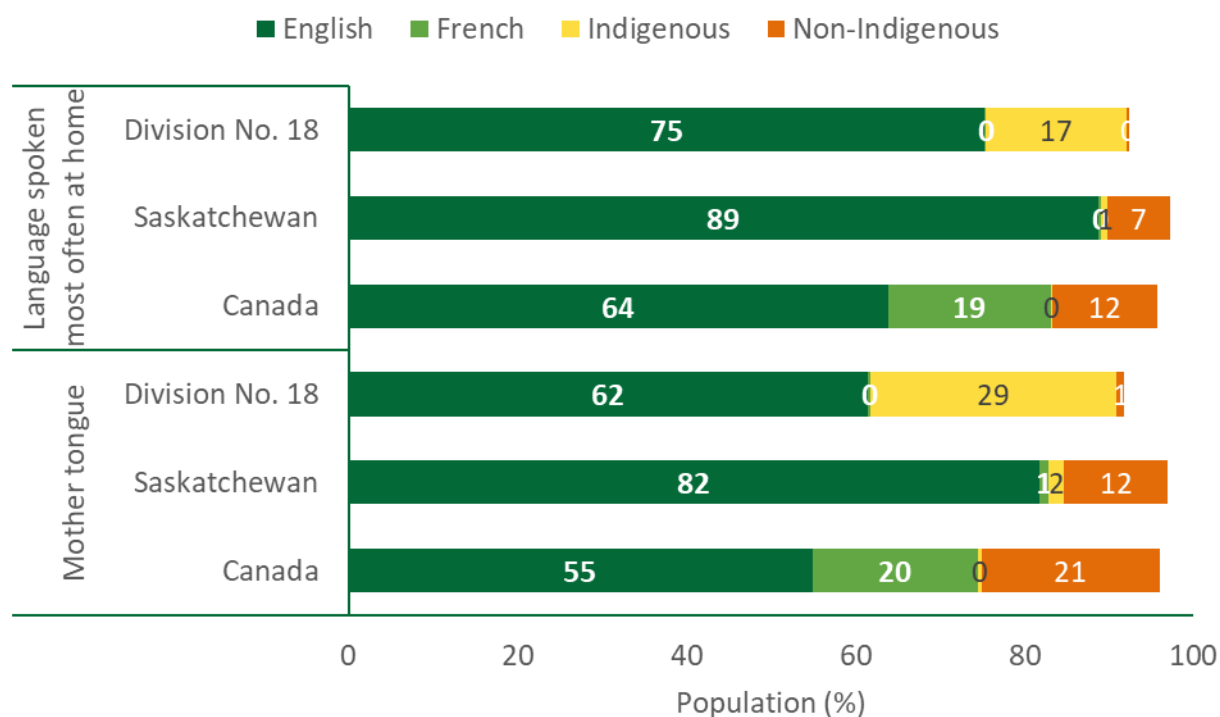


Table 2 Proportion of population by mother tongue, by SAG and CSD, 2021

SAG	CSD	English	French	Indigenous	Non-Indigenous
1.1 La Loche	Turnor Lake	77.4	0.0	19.4	0.0
	Turnor Lake 193B	70.9	0.0	23.3	0.0
	La Loche	23.2	0.2	66.7	1.0
	Clearwater River Dene 222	22.2	0.0	67.7	0.0
1.2 Ile a la Crosse	La Plonge 192	75.0	0.0	25.0	0.0
	Wapachewunak 192D	53.5	0.0	34.2	0.0
	Île-à-la-Crosse	81.2	0.0	10.3	0.4
	Buffalo Narrows	86.2	1.0	7.4	1.5
	Patuanak	50.0	0.0	41.7	0.0
	Jans Bay	69.6	0.0	21.7	0.0
	Beauval	80.9	0.0	15.3	0.8
	Buffalo River Dene Nation	53.8	0.0	42.6	0.0
	Cole Bay	79.5	0.0	10.3	0.0
	Canoe Lake 165	72.1	0.0	23.7	0.0
	St. George's Hill	43.8	0.0	43.8	0.0
	1.1 La Ronge	Southend No. 200A	57.1	0.0	17.9
Air Ronge		82.4	0.7	9.2	2.9

SAG	CSD	English	French	Indigenous	Non-Indigenous
	La Ronge	81.4	1.2	7.8	5.8
	Weyakwin	85.0	0.0	10.0	0.0
	Southend 200	66.1	0.0	30.1	0.0
	Stanley 157	51.2	0.0	43.2	0.0
	Sucker River 156C	67.1	0.0	27.6	0.0
	Lac La Hache 220	11.3	0.0	57.8	0.0
	Grandmother's Bay 219	36.8	0.0	61.8	0.0
	Morin Lake 217	73.9	0.0	20.0	0.0
	Pinehouse	65.8	0.0	29.2	0.5
	Lac La Ronge 156	78.4	0.0	15.6	0.0
	Kitsakie 156B	68.9	0.0	24.5	0.0
2.1 Pelican Narrows	Sturgeon Weir 205	35.7	0.0	50.0	0.0
	Pelican Narrows	45.8	0.0	50.0	0.0
	Pelican Narrows 184B	38.4	0.0	50.4	0.0
	Pelican Narrows 206	46.3	0.0	46.3	0.0
	Wapaskokimaw 202	88.5	0.0	9.4	0.0
	Sandy Bay	88.1	0.7	5.9	0.0
	Kimosom Pwatinahk 203	51.4	0.0	35.4	0.0
2.2 Creighton	Flin Flon (Part)	96.9	0.0	3.1	3.1
	Denare Beach	91.4	0.7	3.6	1.4
	Creighton	96.7	0.4	0.4	1.7
AHA	Stony Rapids	47.7	0.0	38.6	0.0
	Fond du Lac 227	36.0	0.0	26.9	0.5
	Chicken 224	14.3	0.0	65.7	0.0
NSK	Division No. 18	61.5	0.3	29.1	0.9
SK	Saskatchewan	81.7	1.1	1.9	12.3
Ca	Canada	54.9	19.6	0.4	21.0

Table 3 Proportion of population by language most often spoken at home, by SAG and CSD, 2021

SAG	CSD	English	French	Indigenous	Non-Indigenous
1.1 La Loche	Turnor Lake	100.0	0.0	0.0	0.0
	Turnor Lake 193B	89.5	0.0	9.3	0.0
	La Loche	36.3	0.2	51.7	0.2
	Clearwater River Dene 222	38.9	0.0	41.9	0.0
1.2 Ile a la Crosse	La Plonge 192	96.4	0.0	0.0	0.0
	Wapachewunak 192D	78.9	0.0	12.3	0.0
	Île-à-la-Crosse	94.0	0.0	3.9	0.0
	Buffalo Narrows	96.1	0.0	1.5	1.5
	Patuanak	83.3	0.0	8.3	0.0

SAG	CSD	English	French	Indigenous	Non-Indigenous
	Jans Bay	91.3	0.0	0.0	0.0
	Beauval	91.6	0.0	7.6	0.0
	Buffalo River Dene Nation	65.1	0.0	26.6	0.0
	Cole Bay	94.9	0.0	0.0	0.0
	Canoe Lake 165	91.1	0.0	5.8	0.0
	St. George's Hill	75.0	0.0	6.3	0.0
1.1 La Ronge	Southend No. 200A	92.9	0.0	3.6	0.0
	Air Ronge	93.0	0.4	2.2	1.1
	La Ronge	91.6	0.4	2.6	3.2
	Weyakwin	95.0	0.0	0.0	0.0
	Southend 200	85.8	0.5	13.7	0.0
	Stanley 157	76.1	0.0	18.6	0.0
	Sucker River 156C	81.6	0.0	9.2	0.0
	Lac La Hache 220	17.2	0.0	51.6	0.0
	Grandmother's Bay 219	77.9	0.0	20.6	0.0
	Morin Lake 217	86.1	0.9	9.6	0.0
	Pinehouse	87.6	0.0	9.4	0.0
	Lac La Ronge 156	90.0	0.0	7.1	0.0
	Kitsakie 156B	81.1	0.0	8.5	0.0
2.1 Pelican Narrows	Sturgeon Weir 205	71.4	0.0	7.1	0.0
	Pelican Narrows	70.8	0.0	8.3	0.0
	Pelican Narrows 184B	64.6	0.3	22.6	0.0
	Pelican Narrows 206	64.2	0.0	11.9	0.0
	Wapaskokimaw 202	95.8	0.0	1.0	0.0
	Sandy Bay	91.9	0.0	3.7	0.0
	Kimosom Pwatinahk 203	62.3	0.0	28.0	0.0
2.2 Creighton	Flin Flon (Part)	100.0	0.0	0.0	0.0
	Denare Beach	97.1	0.0	1.4	0.0
	Creighton	99.2	0.0	0.0	0.0
AHA	Stony Rapids	63.6	0.0	27.3	0.0
	Fond du Lac 227	46.8	0.0	17.7	0.0
	Chicken 224	24.8	0.0	58.7	0.0
NSK	Division No. 18	75.3	0.1	16.6	0.4
SK	Saskatchewan	88.8	0.3	0.8	7.3
Ca	Canada	63.8	19.2	0.2	12.4

Table 4 Summary table of selected education, employment, housing and income indicators, by SAG and CSD, 2021

SAG	CSD	Completed High School (%)	Completed more than high school (%)	Employment rate (%)	Housing in need of major repairs (%)	Crowding (%)	Low income (%)
Ca	Canada	88.4	67.1	57.1	6.1	2.4	11.1
SK	Saskatchewan	87.6	58.9	59.9	7.9	2.6	13.4
NSK	Division No. 18	56.6	33.6	36.0	26.1	11.9	27.6
1.1 La Loche	Clearwater River Dene 222	45.9	30.1	26.3	40.5	16.7	26.3
	La Loche	47.4	28.6	31.0	17.9	10.3	17.7
	Turnor Lake 193B	57.9	39.5	36.8	30.8	11.5	42.4
	Turnor Lake	46.2	30.8	28.6	50.0	25.0	0.0
1.1 La Ronge	Air Ronge	76.4	54.7	59.1	9.6	5.3	14.7
	Grandmother's Bay 219	16.1	9.7	14.9	14.3	9.5	39.1
	Kitsakie 156B	33.3	20.8	22.7	38.5	15.4	20.6
	La Ronge	87.9	59.4	59.3	9.3	6.0	15.7
	Lac La Hache 220	30.6	8.2	24.7	41.7	35.4	34.0
	Lac La Ronge 156	47.5	33.6	27.0	30.2	20.6	24.7
	Morin Lake 217	31.1	11.4	20.3	34.6	26.9	39.1
	Pinehouse	57.1	27.2	33.1	5.7	15.1	19.7
	Southend 200	49.3	19.2	37.6	58.5	19.5	27.5
	Southend No. 200A	63.6	18.2	37.5	40.0	40.0	0.0
	Stanley 157	41.0	23.4	25.8	20.6	14.4	42.9
	Sucker River 156C	40.6	18.2	27.5	28.6	19.0	29.9
	Weyakwin	80.0	30.0	52.6	50.0	0.0	0.0
1.2 Ile a la Crosse	Beauval	76.4	48.3	57.6	11.9	3.4	9.9
	Buffalo Narrows	75.0	48.8	52.4	8.9	0.0	16.7
	Buffalo River Dene Nation	46.2	36.7	33.3	32.7	3.6	23.2
	Canoe Lake 165	67.1	38.2	32.5	38.5	11.5	44.2
	Cole Bay	45.8	28.0	48.6	0.0	21.4	0.0
	Île-à-la-Crosse	73.3	46.9	36.6	17.8	3.3	11.3
	Jans Bay	58.3	0.0	16.7	33.3	33.3	0.0
	La Plonge 192	57.1	42.9	36.4	30.0	20.0	0.0
	Patuanak	50.0	33.3	40.0	33.3	0.0	0.0
	St. George's Hill	25.0	0.0	16.7	50.0	0.0	0.0
	Wapachewunak 192D	64.2	25.9	29.1	36.1	5.6	30.4

SAG	CSD	Completed High School (%)	Completed more than high school (%)	Employment rate (%)	Housing in need of major repairs (%)	Crowding (%)	Low income (%)
2.1 Pelican Narrows	Kimosom Pwatinahk 203	43.1	24.2	23.9	51.5	39.4	44.0
	Pelican Narrows 184B	39.7	13.5	19.1	52.2	39.1	45.8
	Pelican Narrows 206	48.0	12.0	27.3	50.0	21.4	29.9
	Pelican Narrows	58.3	33.3	31.3	50.0	33.3	0.0
	Sandy Bay	52.7	32.7	30.7	43.8	18.8	30.6
	Sturgeon Weir 205	33.3	33.3	44.4	66.7	0.0	0.0
	Wapaskokimaw 202	35.3	23.5	13.8	50.0	37.5	38.5
2.2 Creighton	Creighton	83.5	56.6	52.4	11.7	0.0	8.3
	Denare Beach	84.0	53.9	59.3	11.9	3.4	8.1
	Flin Flon	83.3	50.0	50.0	0.0	0.0	0.0
AHA	Chicken 224	25.2	8.5	25.8	66.0	24.5	46.5
	Fond du Lac 227	31.0	12.8	31.7	54.2	16.7	33.5
	Stony Rapids	40.0	25.0	47.1	33.3	0.0	0.0

Appendix A – Data Notes

Data Sources

Census Profile, 2021 Census of Population – The 2021 Census of Population collects information on characteristics such as population, age, sex, dwellings, families, marital status and language. The goal of the census is to collect information on every man, woman and child living in Canada. Data is released for various levels of geography, including provinces and territories, census metropolitan areas, census subdivisions census tracts. Statistics Canada random rounds the results to the nearest five for public release of the profiles. In order to calculate indicators at the SAG and Network level, data from the census subdivisions was summed together and recalculated. Some error is expected in these totals due the addition of rounded numbers. A comprehensive file at the census subdivision level for Canada was downloaded at the following location <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/index.cfm?Lang=E> .

The Cost of Healthy eating in Saskatchewan 2018 – The cost of food is collected every three years in randomly selected grocery stores throughout Saskatchewan [12]. The 2018 food costing was completed in 105 grocery stores, located in urban, rural and northern locations, and included stores in First Nation communities. Saskatchewan uses Health Canada’s National Nutritious Food Basket and the province of Ontario’s food costing guidance document to collect food cost data. The National Nutritious Food Basket includes 67 basic healthy foods commonly eaten by Canadians and meets the recommendations from Eating Well with Canada’s Food Guide. A copy of the report can be found at the following location <https://www.saskatchewan.ca/government/government-structure/ministries/health/other-reports/a-report-on-the-cost-of-healthy-food-in-saskatchewan> .

Data Notes

Presentation of Data (e.g. numbers of death, crude rates, age-standardized rates) – For a full description of crude rates, age-adjusted rates, and raw numbers, please refer to “A Guide to the Reports – Understanding the Presentation of Data” report on the Population Health Unit website: http://www.populationhealthunit.ca/mrws/filedriver/Health_Indicator_reports/A_Guide_to_the_Reports_Understanding_the_Presentation_of_Data.pdf).

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Appendix D – References

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