

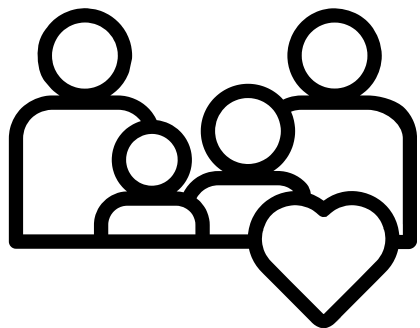
OTTAWA INDIGENOUS COMMUNITY MEMBERS' FIRST YEAR EXPERIENCES DURING COVID-19

Section 2: Experiences During COVID-19

Results are from the 2021 COVID-19 research survey of 1077 Indigenous community members in Ottawa that described their experience of COVID-19 from March 2020 to June 2021.

Concerns

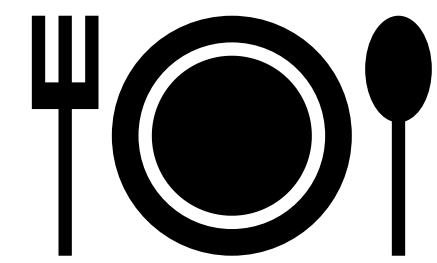
People were the most concerned about:



25 to 35-year-olds were the most concerned group about not seeing their families.

People aged 18–44 were more concerned about job security compared to individuals aged 45 and over.

72% of individuals with children were concerned about having enough food.



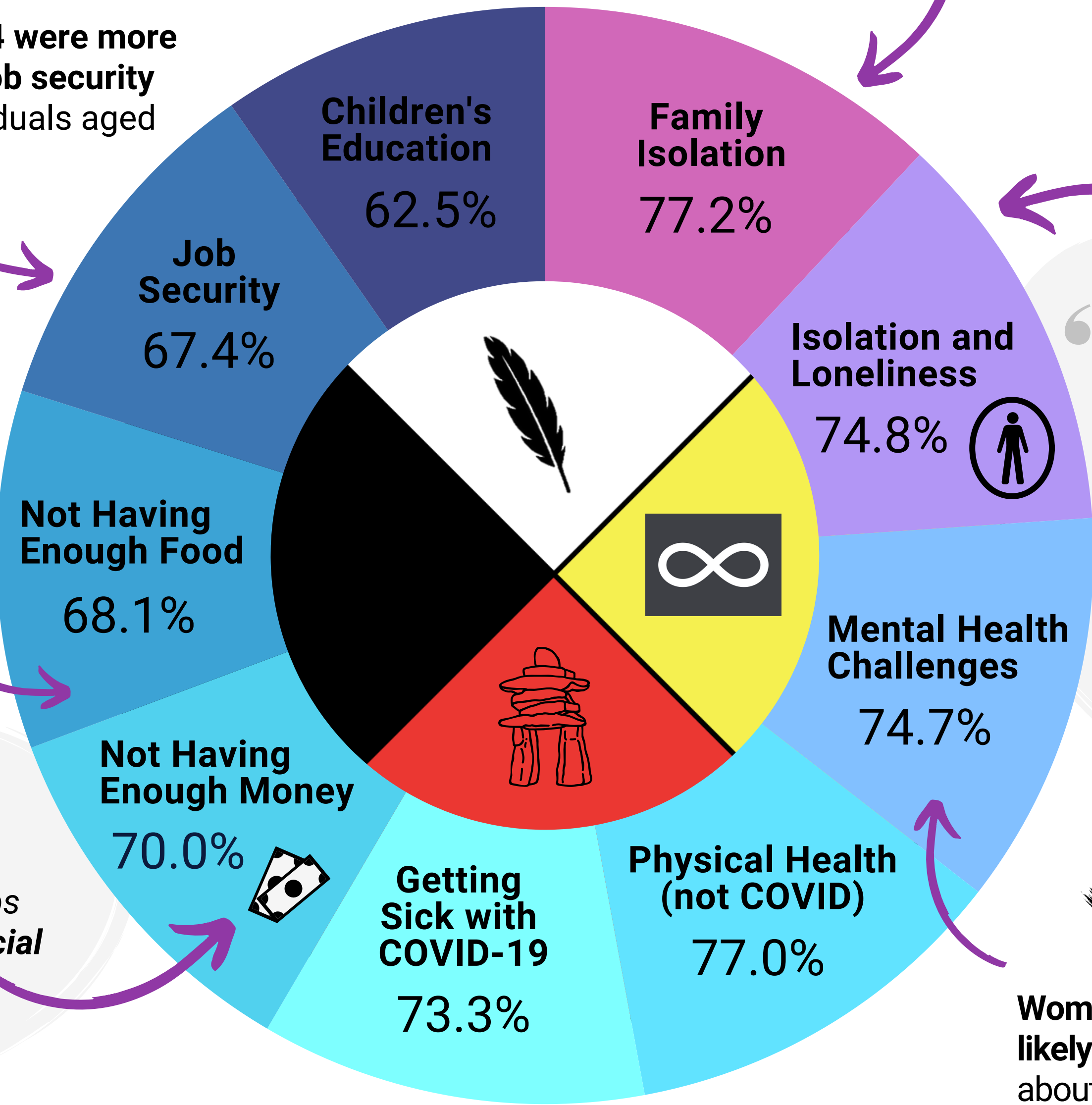
“I had to balance multiple odd jobs to secure financial stability.”



“I know one to two people who have died a month due to depression, losing their business, isolation and loneliness.”

x2

Women were twice as likely to be concerned about mental health challenges.



“In the last year, **my partner lost his job. I picked up a second job [...]. Each lockdown and new restrictions, I worry about losing more hours at work. I have not been able to see my family on the reserve, because I don't want to risk their health. Mine and my partner's mental health has been negatively affected [...]. I worry about getting Covid-19.**”

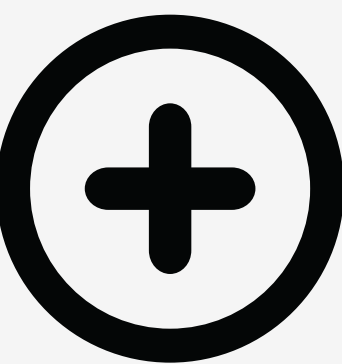
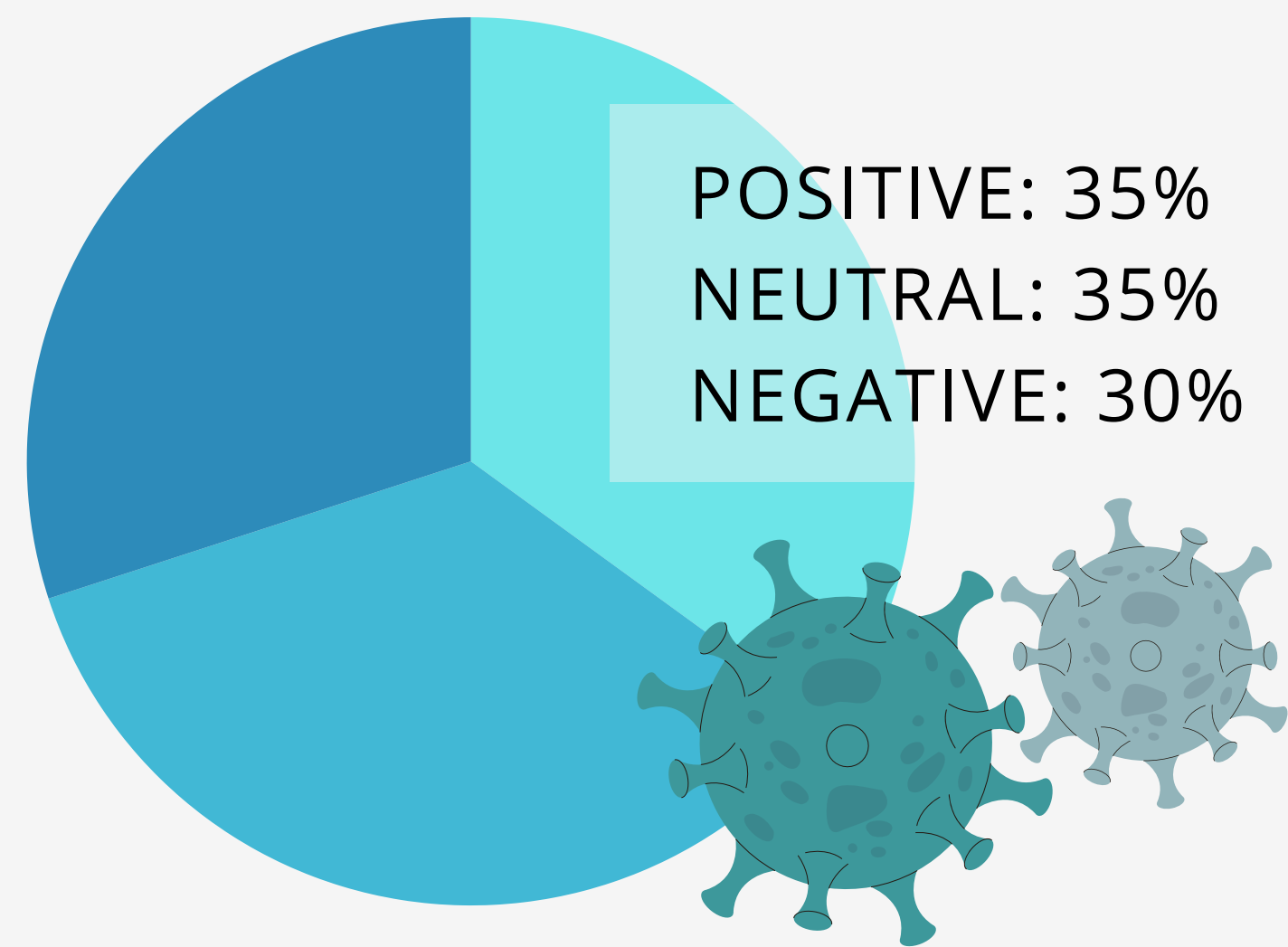
— Community Member



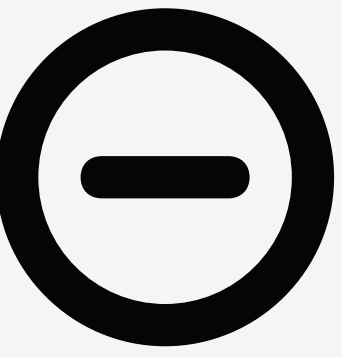


OTTAWA INDIGENOUS COMMUNITY MEMBERS' FIRST YEAR EXPERIENCES DURING COVID-19

Community member's average wellbeing across all phases



Positive Factors - Increased exercise, eating healthier, community connections, reaching out to friends and family for support, and online programs.



Negative Factor - Being isolated from family, friends, and cultural connections. Mental, physical, and COVID-19 related challenges, reduced in-person medical care. Escalated racism at work.

Gender Differences

Men had better wellbeing across all phases compared to women

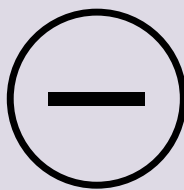


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Phase 1: March to May 2020

Lockdown except for essential services

On March 17th the Government declared a state of emergency, schools closed in May and would not open until Fall.



Higher rates of Negative Wellbeing

2

Phase 2: June to September 2020

Coming out of lockdown

A phased, cautious reopening began. On June 9th daycares were allowed to open and depending on the region, different restrictions were beginning to be lifted.



Higher rates of Positive Wellbeing

3

Phase 3: September to December 2020

New Normal

Different restrictions for different businesses and services. On October 2nd a provincial-wide mask policy was made. On December 14th, the first vaccine in Ontario was provided.



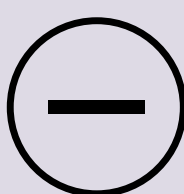
Higher rates of Positive Wellbeing

4

Phase 4: December 2020 to June 2021

Provincial Shut Down

On December 26th, another provincial-wide shutdown was announced and continued until February 2021.



Higher rates of Negative Wellbeing