**Appendix: Supplemental tables**

**Table A1. Social Determinants of Health Profile for younger First Nations adults (aged 35-64 years) living on-reserve and in northern First Nations communities (weighted N =** **138,494)**

|  |  |  |
| --- | --- | --- |
|  |  | Percent of First Nations 35-64 years (95% CI) |
| Age | 35-44  45-54  55-64 | 43.7 (41.5-45.9)  36.0 (34.0-38.0)  20.3 (19.5-21.1) |
| Gender | Female  Male | 48.1(47.0-49.2)  51.9 (50.8-53.0) |
| Lives in rural, remote or special access community | Yes  No | 57.7 (52.6-62.7)  42.3 (37.3-47.4) |
| Has lived outside of his/her First Nations community | Yes  No | 60.9 (58.5-63.2)  39.1 (36.8-41.5) |
| Lives in uncrowded housing | Yes  No | 79.5 (77.5-81.3)  20.5 (18.7-22.5) |
| Food secure | Yes  No | 45.5 (43.3-47.7)  54.5 (52.3-56.7) |
| Understands or speaks a First Nations language | Yes  No | 73.4 (7.2-76.4)  26.6 (23.6-29.8) |
| Attended residential school | Yes  No | 26.8 (24.5-29.1)  73.2 (70.9-75.5) |
| Had a parent who attended residential school | Yes  No | 57.6 (54.5-60.6)  42.4 (39.4-45.5) |
| Attended post-secondary education | Yes  No | 61.1 (58.7-63.3)  38.9 (36.7-41.3) |
| Has ever consulted a traditional healer | Yes  No | 41.1 (38.4-43.9)  58.9 (56.1-61.6) |
| Takes part in community cultural events: always or almost always | Yes  No | 21.6 (20.0-23.2)  78.4 (76.8-80.0) |
| Feels that traditional spirituality is very important | Yes  No | 47.5 (45.1-49.8)  52.5 (50.2-54.9) |
| Feels that religion is very important | Yes  No | 35.6 (33.6-37.6)  64.4 (62.4-66.4) |
| Eats traditional meat often | Yes  No | 37.9 (35.3-40.6)  62.1 (59.4-64.7) |
| Eats a nutritious, balanced diet | Yes  No | 33.7 (31.8-35.6)  66.3 (64.4-68.2) |
| Current non-smoker | Yes  No | 44.0 (41.8-46.2)  56.0 (53.8-58.2) |
| Lives in a smoke-free home | Yes  No | 63.2 (61.3-65.1)  36.8 (34.9-38.7) |
| Current pattern of binge drinking | Yes  No | 35.0 (33.0-36.9)  65.0 (63.1-67.0) |
| Physically active | Yes  No | 52.1 (49.7-54.4)  47.9 (45.6-50.3) |
| Body Mass Index under 25 | Yes  No | 19.7 (18.3-21.2)  80.3 (78.8-81.7) |
| Self-rated health: excellent or very good | Yes  No | 39.5 (37.2-41.8)  60.5 (58.2-62.8) |
| Physical balance: all or most of the time | Yes  No | 72.6 (70.7-74.4)  27.4 (25.6-29.3) |
| Emotional balance: all or most of the time | Yes  No | 73.9 (72.3-75.6)  26.1 (24.4-27.7) |
| Mental balance: all or most of the time | Yes  No | 76.1 (74.5-77.7)  23.9 (22.3-25.5) |
| Spiritual balance: all or most of the time | Yes  No | 73.3 (71.4-75.1)  26.7 (24.9-28.6) |
| Frailty | Yes  No | 20.3 (18.8-22.0)  79.7 (78.0-81.2) |

**Table A2. Frailty Profile for First Nations (35-64 years) living on-reserve and in northern First Nations communities (weighted N = 133,565~)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Mean Frailty Index score (se) | Frailty Prevalence %  (95% CI) | Crude Odds Ratio (95% CI) | Age/sex adjusted Odds Ratio (95%CI) |
| Sex/Gender | Female\*  Male | 0.149 (0.002)  0.137 (0.002) | 23.1 (21.0-25.4)  17.8 (16.0-19.7) | 1.39 (1.19-1.62) | 1.41 (1.21-1.66) |
| Has ever consulted a traditional healer | Yes\*  No | 0.160 (0.003)  0.132 (0.002) | 25.5 (22.9-28.4)  17.4 (15.4-19.5) | 1.63 (1.34-1.98) | 1.61 (1.32-1.96) |
| Feels that traditional spirituality is very important | Yes \*  No | 0.151 (0.003)  0136 (0.002) | 22.9 (20.7-25.2)  18.6 (16.7-20.7) | 1.30 (1.09-1.54) | 1.19 (1.00-1.41) |
| Current pattern of binge drinking | Yes \*  No | 0.131 (0.003)  0.151 (0.002) | 17.3 (15.0-19.9)  22.6 (20.7-24.6) | 0.72 (0.59-0.87) | 0.99 (0.80-1.21) |
| Food secure | Yes\*  No | 0.121 (0.002)  0.163 (0.003) | 14.1 (12.3-16.0)  26.1 (23.9-28.5) | 0.46 (0.39-0.55) | 0.38 (0.32-0.45) |
| Physically active | Yes \*  No | 0.132 (0.002)  0.154 (0.003) | 15.3 (13.5-17.4)  26.3 (23.9-28.8) | 0.51 (0.42-0.62) | 0.59 (0.48-0.71) |
| Self-rated health | Poor, Fair, Good\*  Excellent or Very Good | 0.182 (0.002)  0.083 (0.002) | 31.8 (29.8-33.9)  2.71E (1.9-3.8) | 16.73 (11.95-23.40) | 14.69 (10.57-20.41) |
| Physical balance | Some or almost none of the time\*  All or most of the time | 0.182 (0.004)  0.128 (0.002) | 34.8 (31.1-38.8)  14.6 (13.3-16.1) | 3.12 (2.57-3.80) | 3.36 (2.72-4.15) |
| Emotional balance | Some or almost none of the time\*  All or most of the time | 0.176 (0.004)  0.131(0.002) | 32.5 (29.1-36.1)  15.9 (14.5-17.3) | 2.56 (2.14-3.05) | 2.83 (2.34-3.42) |
| Mental balance | Some or almost none of the time\*  All or most of the time | 0.175 (0.004)  0.133 (0.002) | 31.5 (28.3-34.9)  16.7 (15.2-18.4) | 2.29 (1.92-2.74) | 2.47 (2.04-2.98) |
| Spiritual balance | Some or almost none of the time\*  All or most of the time | 0.161 (0.003)  0.136 (0.002) | 26.9 (23.6-30.4)  17.8 (16.3-19.5) | 1.70 (1.41-2.05) | 1.96 (1.63-2.36) |
| High Blood Pressure | Yes\*  No | 0.219 (0.003)  0.113 (0.002) | 42.6 (42.8-49.6)  10.4 (9.1-11.8) | 7.39 (6.11-8.94) | 6.12 (5.05-7.41) |
| Arthritis | Yes\*  No | 0.232 (0.003)  0.112 (0.002) | 53.4 (50.2-56.7)  8.9 (7.8-10.2) | 11.76 (9.73-14.22) | 9.91 (8.15-12.06) |
| Diabetes | Yes\*  No | 0.220 (0.005)  0.121 (0.002) | 46.2 (41.7-50.8)  13.0 (11.5-14.6) | 5.76 (4.63-7.16) | 4.87 (3.95-6.00) |
| Hearing Impairment | Yes\*  No | 0.219 (0.008)  0.134 (0.002) | 47.7 (41.9-53.5)  17.1 (15.7-18.6) | 4.40 (3.43-5.64) | 4.04 (3.12-5.23) |
| Cataracts | Yes\*  No | 0.251 (0.009)  0.138 (0.002) | 58.6 (50.8-66.0)  18.6 (17.0-20.3) | 6.20 (4.38-8.79) | 3.71 (2.64-5.22) |
| Chronic back pain | Yes\*  No | 0.239 (0.003)  0.119 (0.002) | 54.6 (50.7-58.4)  11.7 (10.4-13.1) | 9.07 (7.41-11.12) | 9.66 (7.32-11.92) |
| Heart Disease | Yes\*  No | 0.281 (0.007)  0.133 (0.019) | 71.4 (65.1-76.9)  16.5 (15.0-18.2) | 12.60 (8.98-17.68) | 10.15 (7.11-14.48) |

\*referent category

~approximate value. Missing values vary slightly by indicator.