

## About Us

- We are university researchers from the University of Guelph and Wilfrid Laurier University
- History of Aboriginal research
  - done “to”, not “with”
- Collaborative research is important
- This research benefits everyone:
  - Information we learn is relevant to the Métis
  - Knowledge translation means accessible information
  - What Metis respondents teach us informs our other research

## Partnership story

- This partnership has been a success
- Our funder, the Ontario Problem Gambling Research Centre, is looking to our partnership as an example of how to do collaborative research

## Partnership story

- We got involved through a Project Coordinator who is Métis
- She connected us to the MNO
- The MNO was very receptive to the idea of a research collaboration, especially involving gambling because of the MNO's own responsible gambling program
- <http://www.metisnation.org/programs/health--wellness/aboriginal-responsible-gambling.aspx>

## Partnership story

- Needed to negotiate the rights and responsibilities of all parties, including
  - the MNO,
  - our funder (OPGRC),
  - our students,
  - our two universities, and
  - the university research ethics boards
- Letter of Agreement was written

## Partnership story

- Pretested survey in Toronto MNO office (to ensure test validity and cultural sensitivity)
- MNO Health Branch representative conducted the surveys throughout Ontario with great success
- Analysed the data and collaborated with the MNO on writing the report to our funders
- We believe that the information from this study may be important in helping us understand and reduce gambling risk among Métis people

## Project objectives

- Our focus is currently on baby boomers (45-60 yrs) and the social and family context of gambling.
- Three phase project:
  - Year 1
    - Surveyed urban baby boomers in the Kitchener-Waterloo area
  - Year 2
    - Interviewed baby boomers and their adult children
  - Year 3
    - Surveyed Métis baby boomers across Ontario

## Research Question rationale

- In earlier phases of this project, prior to our MNO collaboration, we had two groups of respondents. We asked of them:
- What are the gambling behaviours & attitudes of urban baby boomers?
- What intergenerational family relationships of baby boomers are associated with gambling?

## MNO research questions

- In our partnership with the MNO we asked these questions again with Métis baby boomers, and then asked:
- Are there differences between our sample of Métis baby boomers and the samples who are not Métis?

## Methods

- A convenience sample of 100 MNO members recruited by the MNO's Health Branch, participated in this study.
- The questionnaire used in this study was revised in partnership with the MNO to ensure Métis cultural validity.

## Methods

- The survey included several measures:
  - Characteristics: age, gender, family size and composition
  - Gambling attitudes and behaviours
  - Problem gambling risk
  - Psychological concerns: depression & alcohol misuse
  - Healthy functioning in the family participants grew up in and in the family they live in as adults
  - Intergenerational family events and activities including those involving gambling

## Results highlights

- Characteristics of the sample
  - 60% women; 40% men
  - 66% lived in Northern Ontario
  - Age 46-88, average 59.3 years
  - Primary language
    - 75% English, 33% French, <5% Michif, Ojibwa, Oji-Cree

## Results highlights

- Favourite activities
  1. Visiting with friends and family
  2. Reading
  3. Eating at restaurants
  4. Crafting/woodworking
  5. Harvesting (hunting/trapping/fishing)
- **Gambling was #15 out of 19**

## Results highlights

- Participation in gambling activities
  1. Raffle tickets
  2. Lottery tickets
  3. Instant win scratch tickets
  4. Slot machines
  5. Bingo

## Results highlights

- Reasons for gambling
  1. Entertainment
  2. To win
  3. To socialize
- Cultural reasons for gambling not identified as important by respondents.
- However, some remembered playing Bingo with Mom, seeing Dad bet on horseshoes and the family playing cards.

## Results highlights

- Problem gambling:
- 43% reported knowing someone with a gambling problem
  - Only one participant reported that the person with the problem was getting help
  - 23% reported the person with the problem was not getting help

## Results highlights

- Family and cultural context of problem gambling
- 14% said there has been a problem in the family due to gambling
  - Gambler borrowing excessively
  - Emotional hardship
- 3% said a family member's gambling caused problems for their Métis community
  - Complaints
  - Fights
  - Causing shame to family

## Results highlights

- Gambling risk
  - The majority of participants were not at risk for problem gambling
  - But, about a third of the participants were found to be at some risk
  - And there was a relationship between accepting the risks of gambling and being at risk for problem gambling

### Gambling risk by age group: 45-59 years old and 60 and over

- 19% and 18.5%: **low risk**
- 11.9% and 3.7%: **moderate risk**
- 4.8% and 11.1%: **problem gambling risk**

## Results highlights

- How is gambling and family functioning related?
  - Surprising results:
    - On one measure of gambling risk, **higher risk** was associated with **better** family functioning
    - Also contrary to expectation, **higher levels of reported depression** were related to **better** family functioning

## Results highlights

- Interrelationships of standardized measures

Measure	FOS	FOC	GAS	Casino	Racing	Lottery	Risk	CPGI	Windsor	CES-D	CAGE
FOS	<b>1.0</b>	.41**	.16	.08	.11	.09	.03	.26*	.23	.26*	.09
FOC		<b>1.0</b>	.25*	.28*	.25*	.25*	.14	.31*	-.02	-.00	.08
GAS			<b>1.0</b>	.87**	.63**	.66**	.48**	.02	.05	.20	.02
Casino				<b>1.0</b>	.70**	.70**	.46**	.01	-.09	.08	.09
Racing					<b>1.0</b>	.52**	.35**	-.10	-.04	.18	.09
Lottery						<b>1.0</b>	.35**	.06	-.13	.04	.00
Risk							<b>1.0</b>	.11	.11	.07	.32*
CPGI								<b>1.0</b>	.44**	.00	.01
Windsor									<b>1.0</b>	.15	.10
CES-D										<b>1.0</b>	-.01
CAGE											<b>1.0</b>

## Discussion

- In many respects the Métis respondents share characteristics of non-Métis respondents in our other studies
- Most were married, had children, gambled for entertainment and bought lottery tickets
- Like other respondents, they only infrequently experienced family conflict and only a very small proportion had experienced family conflict about gambling

## Social determinants of health

- The Métis stand out in that they
  - have more children than other respondents;
  - have less income overall;
  - live in small isolated communities as well as urban areas
  - show an unusual relationship between good family functioning and risk for problem gambling;
  - show a relationship between accepting gambling risk and experiencing a gambling problem

## Conclusion

The partnership with the MNO enabled all study stakeholders to learn more about the gambling associated behaviours and associated family experiences of the Métis people in Ontario

## Highlights

- Only a very small proportion of our Métis respondents were at moderate or high risk of problem gambling
- The protective dimension of close family ties in association with low gambling risk was not evident in our MNO sample.

## Where does this leave us?

- There are important points to pursue regarding gambling risk and the social determinants of health
- And between gambling risk and close family relationships
- We know there may be better ways to draw out qualitative responses, eg face-to-face, focus groups. These can improve our understanding of the importance of gambling as recreation, and links to family and Métis culture.

## Results of better understanding

- Short term impact: provide documentation for needed health promotion programming in your communities
- Long term impact: Improve the (social determinants of) health among Métis community residents

## Thank you

- For more information on the MNO's Gaming-Gambling Awareness Program or confidential support please contact [ggap@metisnation.org](mailto:ggap@metisnation.org)

Urgent Free Confidential Assistance is available:  
**MNO Mental Health and Addictions Crisis Line**

**1-877-767-7572 (24/7)**

**or**

**ConnexOntario: 1-866-531-2600**