



## GAMBLING, INTERNET & MEDIA USE

### QANUILIRPITAA? 2017

Nunavik Inuit Health Survey

Gambling, Internet and media use are popular leisure activities in all communities across Canada. While the majority of individuals participate responsibly, some may develop problem behaviours that have harmful consequences on their relationships and mental health. While a limited number of potentially addictive behaviours were documented in the *Qanuippitaa?* 2004 survey (substance use, gambling), new types of activities (e.g.: online gambling, social media use, Internet use) have become more frequent in the communities of Nunavik over the past few years and could entail their share of harmful effects. The objective of this thematic report is to provide a portrait of gambling, Internet, and media use representative of the Nunavik population aged 16 years and over in 2017, considering sociodemographic and sociocultural factors.

Gambling remained a popular activity among Nunavimmiut, with half of the population taking part in some type of gambling activity in 2017 (49%). Over the last few decades, gambling has been a social recreational activity, with bingo, dice and card games being among the most popular forms of gambling. However, this may have

changed to some extent given that 43% of those who gambled reported having engaged in online gambling, a solitary form of gambling. Two-thirds of those who gambled in Nunavik reported spending less than \$50 on such activities on a monthly basis (67%). Most Nunavimmiut took part in gambling activities without adverse impacts on themselves or their relatives. One third of Nunavimmiut who gambled appeared at risk for problem gambling (34%). While this proportion is higher than that reported in the general Canadian population, similar values have been reported in other Inuit populations.

In 2017, nearly half of Nunavimmiut spent between three and six hours a day in front of a screen for personal or professional reasons (45%; watching TV, playing video games, surfing the Internet). Older people (55 and over) reported less screen time than youth in the year preceding the survey. A similar pattern was present for Internet use: while it was frequent among younger age groups, only one in two Nunavimmiut aged 55 and over reported using the Internet during the previous year (45% vs. 96% for 21 to 30 years old). Social media were very popular among Nunavimmiut: 93% of

Internet users reported visiting social media on a daily basis. One out of four Nunavimmiut (28%) had used the Internet as a source of information on health problems, mental health and lifestyle in the previous year.

Overall, gambling remained a popular activity in 2017, with online gambling being an emerging form of gambling documented in Nunavik communities. Internet and social media have become an integral part of most Nunavimmiut lives and are transforming ways of life in some aspects. Several behaviours covered in this report have changed in recent years and may continue to evolve in the years to come, warranting monitoring by local and regional leaders.



*Qanuillirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated to this survey.*

***Nakurmiik to all Nunavimmiut who contributed to this important health survey!***

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