



**DUDES**  
*club*



# DUDES CLUB SOCIETY EVALUATION REPORT

**2020 & 2013-2016**

Founded in 2010 in Vancouver's Downtown Eastside, in 2020 the DUDES Club Society (DCS) partners with groups in more than 40 communities in British Columbia, and several communities in other parts of Canada.

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## INTRODUCTION

Founded in 2010 in Vancouver's Downtown Eastside, in 2020 the DUDES Club Society (DCS) partners with groups in more than 40 communities in British Columbia, and several communities in other parts of Canada. The DUDES Clubs (DCs) operate both in Indigenous communities and in urban sites (See appendix 4 for a map of locations). From 2013-2016, Co-Founder Dr. Paul Gross, Dr. Lyana Patrick, Sandy Lambert (Elder), and Dr. Vikki Smye from the University of British Columbia, conducted a study of 150 of the men who had participated in DCs in the four communities we were in at that time. In 2020, as DCS became its own incorporated entity and registered charity, we determined to conduct a follow-up evaluation. We had 139 participants respond across 23 different communities. Participants were informed that the purpose of the survey was: *"We want to collect this info from our*



*participants so that we can ensure that 1) we are in continual process of improving what we do, 2) we can measure the impact of our efforts, 3) we can share this information with our funders and the public, and 4) we can use the evidence of what we do to promote the importance of investing more in men's health in the future. By filling this out it will contribute to improving the health of all men!"*

Both the community (on-reserve) and urban sites share the same access to knowledge, training, networks, and the same supports from the DCS leadership team. However, there are some notable differences between the community sites and urban sites. All those who identify as men are welcome at DCs, and at the urban sites there is a tendency to a more diverse group. The urban DCs show diversity both in the increased number of men away from their home territories and traditional teachings and in the amount of men who do not identify as being Indigenous.

The community DCs tend to be mainly Indigenous men who share the same traditional teachings and are known to one another. Another key difference is the funding models between the community and urban sites. Over the last three years, the community sites in BC have benefited from an innovative public-private partnership with the First Nations Health Authority (FNHA) which provides the groups with a modest amount of funding for the groups to allocate towards group meals, traditional activities, or any other wellness activity an individual group decides upon.

The urban sites do not have the same funding model at this time but are provided with DC 'swag' including t-shirts, hats, hoodies, and printed health promotion materials and Knowledge Bundles. Each urban site has its own access to funds, through the host partner organization. DC does not have a formal membership structure or requirements, and respondents are referred to throughout this report as Dudes, Participants, or Members.



While of course in 2020 our programming has shifted dramatically given the context of the Global Pandemic, our core values, objectives, and the 'Brotherhood for Men's Wellness' has remained intact. The 2020 DCS evaluation gives our members an opportunity to provide feedback about how our program has impacted their perceptions of their health, and supports in their communities. This feedback is important in ensuring that DCS continues to improve and adapts to the needs of the men and communities it serves. The information in this report also provides pathways to report back to the DCS community, DCS funders, the public, and supports the underlying need and importance of funding men's health programming.

# METHODS

DUDES Clubs were able to use any of the following methods to gather our data, either individually or with groups of Dudes, keeping in mind that literacy levels and attention spans may affect the choice or mix of methods:



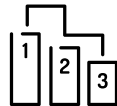
## ORAL DATA GATHERING



1) participants raise hands in response to questions, or



2) answer with their hands (hold out a number of fingers for the answer, 1-5),



3) Olympic judges: participants have pieces of paper with 1-5 written on, and hold up to show their answer,



4) Anonymous voting: participants have smaller pieces of paper, and they write a number on for each answer and submit. Each of these methods needed someone to do the counting/tallying of the answers.





## WRITTEN DATA GATHERING



5) Dual- ticket door prize draw system, they get a ticket if they fill out a survey (door prizes are a regular feature of DCs)



6) Dedicated time during a gathering, have a 15 minute period just focused on each guy sitting on their own and filling out



7) Electronic form: this survey can be sent as a link to any guy with email or a Facebook account, and filled out online



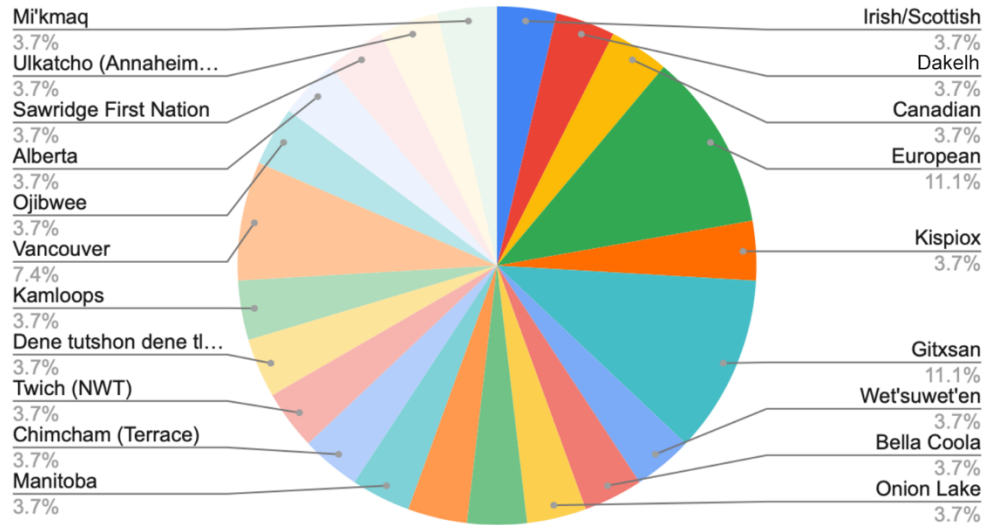
8) Individual meetings with Dudes during or outside of our gatherings, where they sit one- on -one with an interviewer.

The methods used were not carefully tracked, but approximately 40% of responses were gathered via oral in-person or over the phone, and 40% were via online form submissions, and 20% via handwritten forms gathered in-person at gatherings.

There were two versions of the questionnaire. The FNHA (community) version had 10 multiple choice questions and one optional qualitative question (see Appendix A). The Urban site questionnaire also had 10 multiple choice questions, the same singular qualitative question, and a set of additional demographic questions (Appendix B). Appendix C demonstrates the link between the FNHA (community), and Urban sites questionnaires. In both versions, the 10 multiple choice questions were mandatory, whereas, the qualitative and demographic questions were optional.

# WHO ARE THE DC PARTICIPANTS?

## Diversity of Urban DC Men's Backgrounds



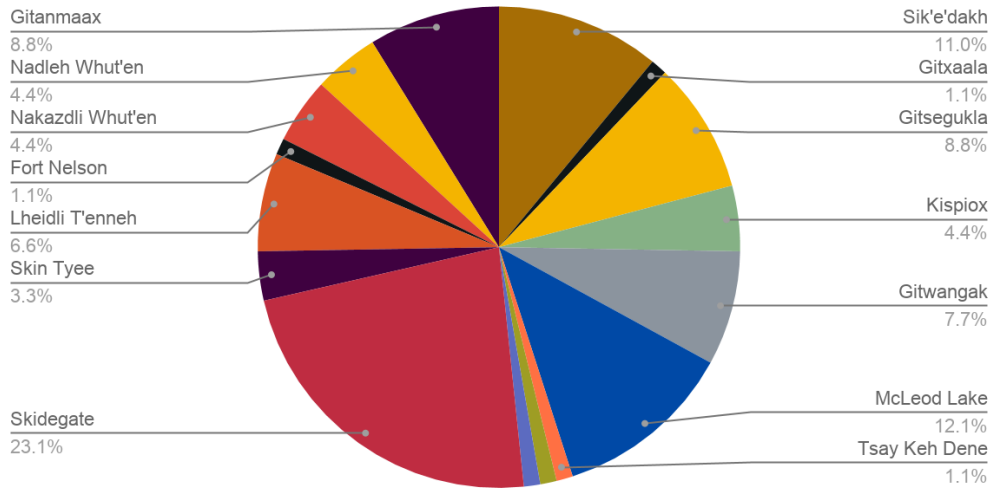
Of the DUDES Clubs that are located in urban areas, there is a wide range of diversity regarding where the members' origins are. The table above displays the 18 different self-identified communities from which our men hail from with the highest being European and Gitxsan.

Not all men are willing or able to identify the specific nation that they are from, as an all too common story is of being removed or separated from their community at birth or in their young years.

# FNHA DC Respondents' Communities

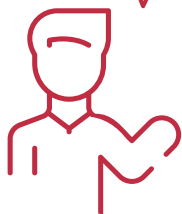
## Respondent communities

n=72



There was also a diversity of communities that responded to the evaluation project specifically from FNHA 'on-reserve' communities. The highest population of respondents were from Skidegate, in Haida Gwaii (23%), and from Gitxsan Nation communities (40.7%), with the lower responses being from more remote communities including Gitxaala, Tsay Keh Dene, and Fort Nelson. Overall there were 17 communities that provided responses, out of a possible 32 communities.

*I have greater awareness about healthy eating habits. (But still have challenging accessing healthy foods because I shop at the corner store)*

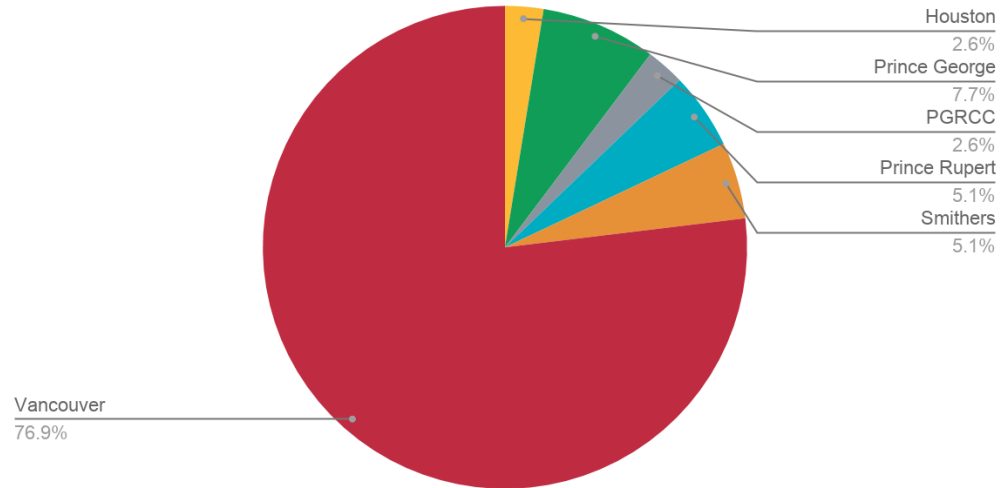




# Urban DCs Respondents' Communities

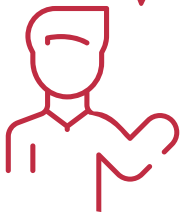
## Urban respondents communities

n=39



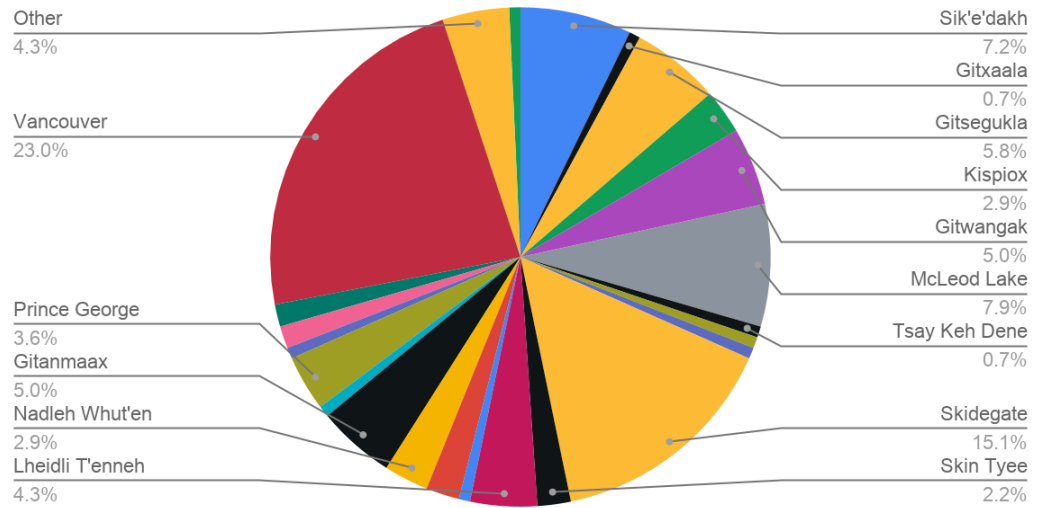
A significant amount of the respondents from urban communities were from Vancouver (76.9%). Prince George represented the second largest number of respondents from urban communities. Overall, there were 6 urban sites that responded to the evaluation, out of 8 possible sites.

*Getting out on the land  
more, fishing, hunting.  
Working now with my bros  
in community*

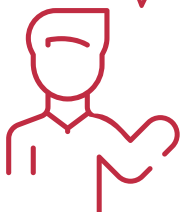


# All DC Respondents' Communities

n=139



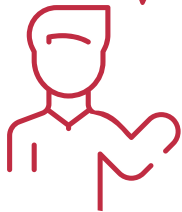
*I support our Dudes club members with a listening ear, give support. I have empathy for our members and community.*



# Map of Urban & FNHA Sites 2020



*Personally, I have experienced an upward swing in my physical health through increased outdoor activity. The interaction with other men has had a positive impact on my mental health and increased awareness of culture has lifted me higher spiritually.*



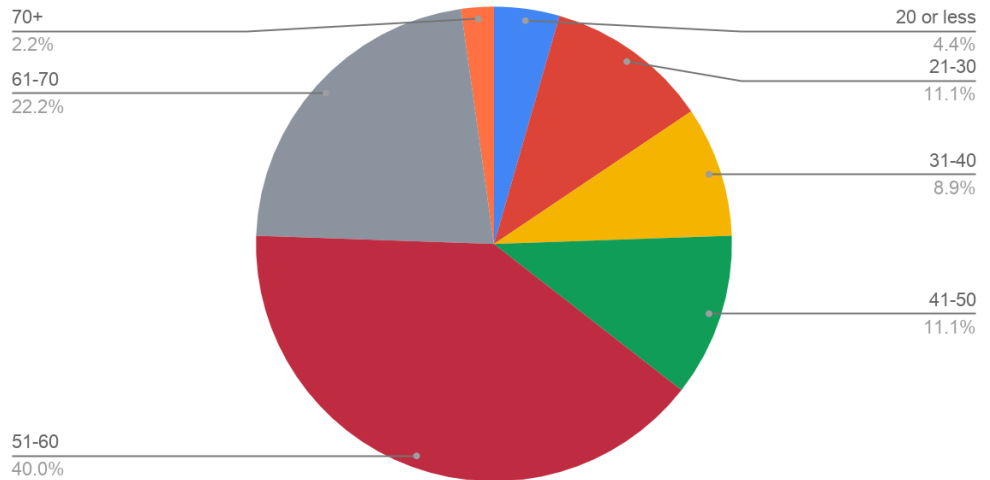


The following 'personal data' questions were only asked to those who completed the Urban survey, and were optional only.

## Age Range Pie Chart

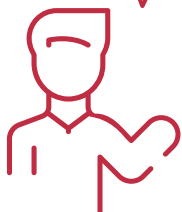
### Age Range All Sites

n=45

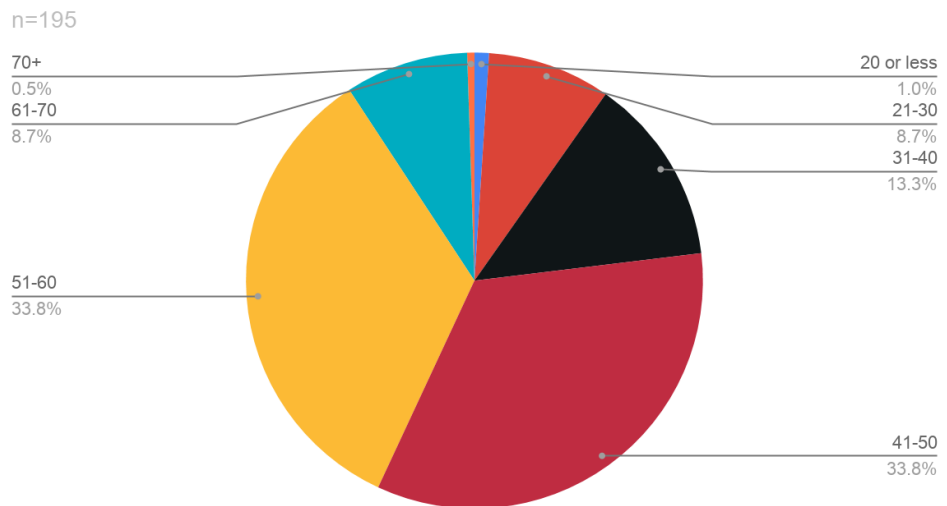


Only 6 of the above responses are from FNHA sites. Four of the FNHA respondents are in the 60-70 range, while one was in the 31-40 range and another in the 21-30 range. Only 24.4% of respondents in 2020 identified as being under 40 years old, and for the 189 respondents from 2016 & 2020 combined, there are only 23% of men under 40 years old.

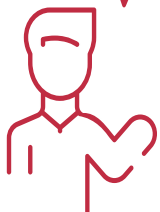
*Physical, mental, emotional  
spiritual awareness, and  
wellbeing of others in my  
community.*



# Age Range, Data from 2013 – 2016 + 2020 Evaluations



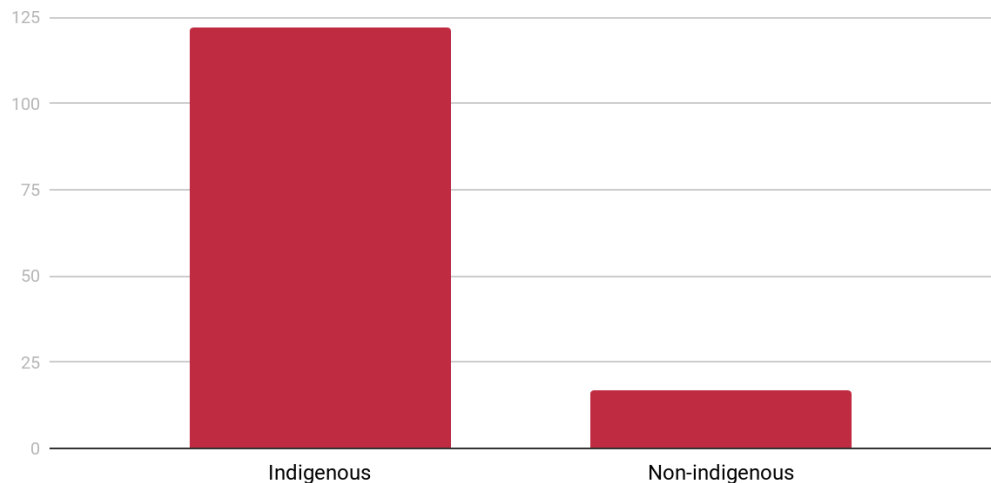
*it makes me feel more open to others and they put me in charge of the group and we have done a lot of things. like take the mens group out on the ocean to catch habit, cod, crab, and take them out bowling we also went out to harvest ooligens and also went out hunting for moose and what ever we get we give it to our elders in the community. and there always happy to see what we are giving them, there is a total of 15-22 in our mens group.*



## Proportion of respondents that are indigenous/non-indigenous

### Indigenous Respondents, All Sites

n=139



This chart is a rough estimation, as we did not include a question about indigeneity on the 2020 evaluation. We assume that almost 100% of the respondents from FNHA communities are indigenous, with the exception of some specifics from McLeod Lake and Skidegate, which we know have some non-indigenous participants.

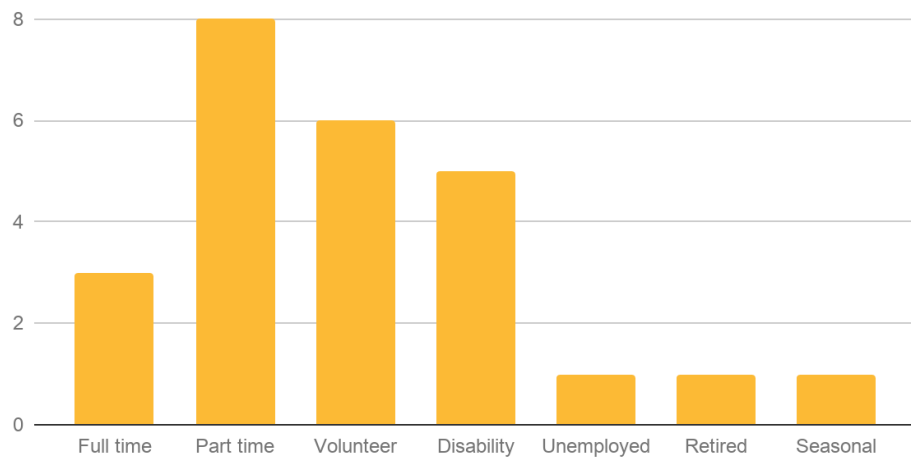
From the urban sites, we went through the list of respondents and identified those who we know self-identify as indigenous. Based on this method, we found that roughly 88% of respondents were indigenous, which indicates an increase from the 2013-2016 data, in which approximately 63% of the respondents self-identified as Aboriginal.

# Employment Type

This was also an optional question on the Urban questionnaire, and participants were invited to select 'all that apply'. Of the 19 Dudes who responded, 2 were from an FNHA community. DUDES club members varied regarding their employment types. Part time and volunteer based employment were the highest types of employment from the respondents. Disability represented the third highest response.

## Employment Type

n=19



*My health increase more,  
health improved,  
outdoors more fresh air,  
do things I never do  
before*





## Closeness to Family

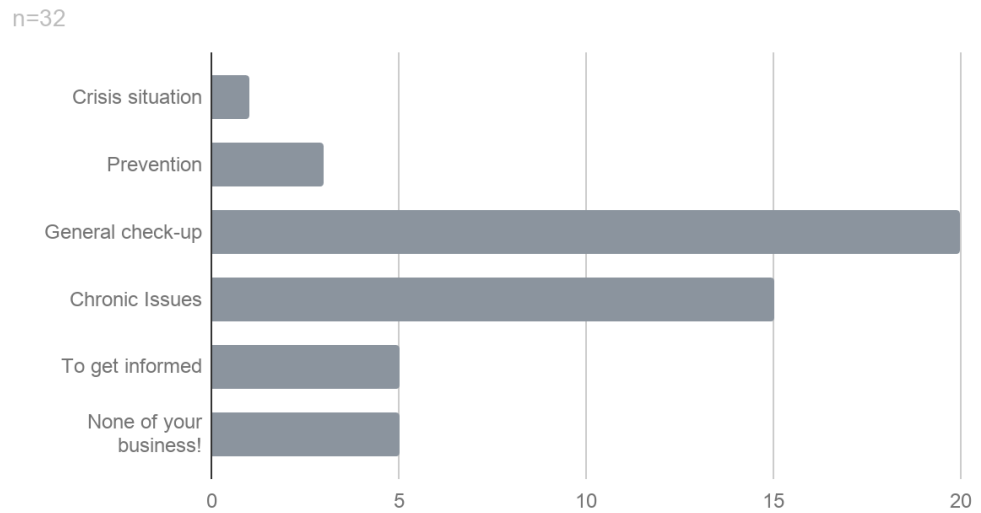
The topic of closeness to family came up twice, asked as optional questions for urban location participants. The participants were asked to give a numeric rating from 1-5 ('not close' to 'very close'). Of the 25 men who replied, 68% indicated they were close with their family; whereas, 28% were not close to their family. Twelve participants disclosed that they are fathers, 66% indicated they were close with their child(ren) when asked. The limitations with these two questions is that they did not capture all the anecdotal information the men shared. Often, those who responded would indicate who they were close with and who they were not close with while some would explain the reasons for their closeness or lack of closeness. For future surveys it would be best to address this topic with a qualitative question, and to ask it to all participants, in order to get a more accurate picture of family dynamics.



# HEALTHCARE ENGAGEMENT

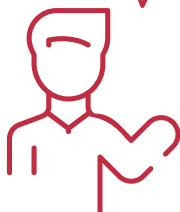
These questions were also only asked to the Urban Respondents, and were optional only.

## Last Time Visiting a Healthcare Worker



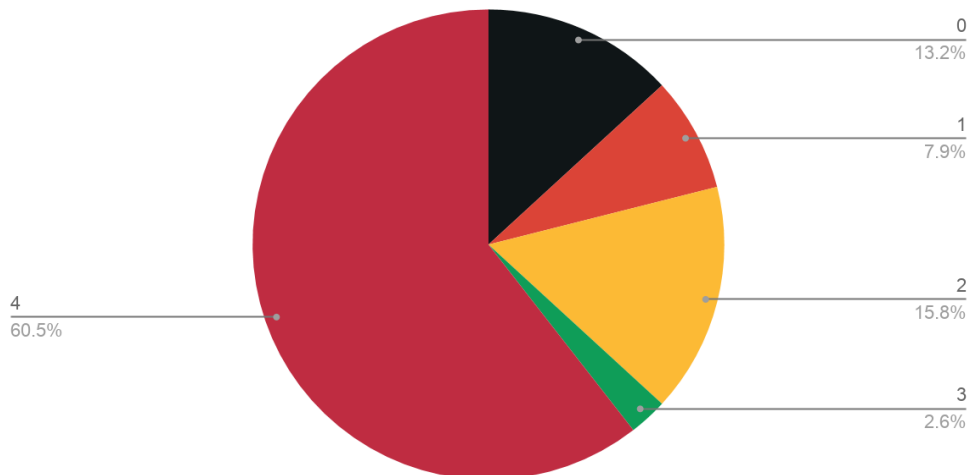
The responses regarding why DC members visited healthcare workers were strongly focused on preventative healthcare. The majority of members went into clinics for general check-ups and to receive support for chronic issues.

*i think my health has changed, not physically from it, but mentally. i have the mental part is more thinking about my actions on how i treat people*



## How many times have you seen a health person (doctor, nurse) in the last year?

n=38



Most DC members attended four or more meetings with healthcare providers at 60.5%, only 13.2 % did not make any health person visits or had no access to services.

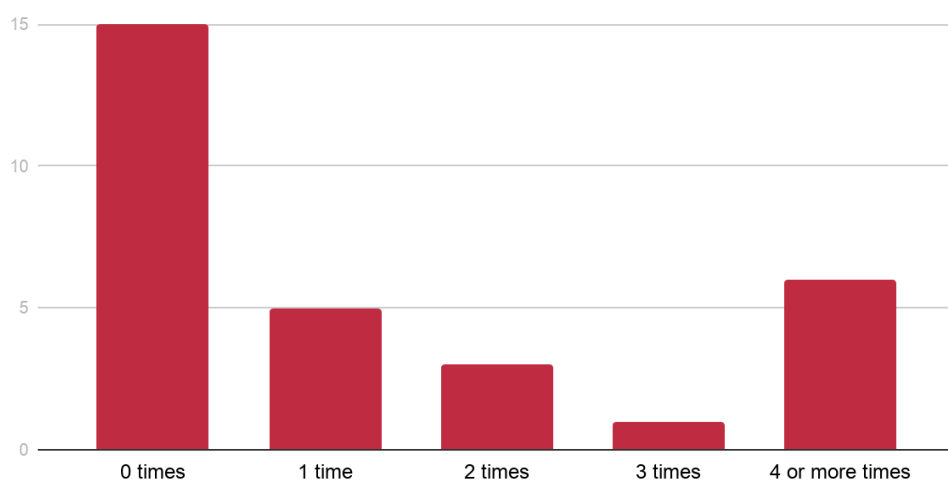
*Health has changed towards a feel good/fulfilling characteristic in providing services for the men in our community. So many times we are halted for activities with a shortage of funds. This has created capacity in men's group and has given us the extra tools needed to implement consistent health.*



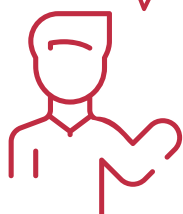
## Traditional Healer Access

There were 30 responses to the traditional healer question, also optional and also targeted towards Urban participants. Of those who responded, 20% had visited a traditional healer on a regular basis (4+ times per year). Intermittent visits to a traditional healer (1-3 times per year) was 30% and 50% did not visit a traditional healer in the last year. For participants who did not see a traditional healer there was no clear link between self-identifying as Indigenous (n=8) versus non-Indigenous (n=7).

'How many times have you seen a traditional healer of any kind in the past year?' n=30



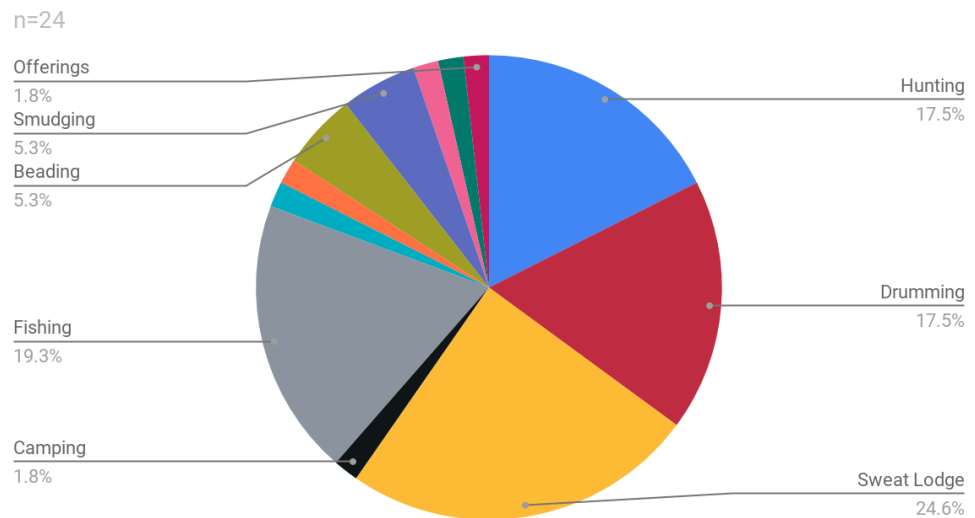
*Physically with our Nadleh Men's Hockey team. Created a sense of community with activities like our Christmas parade, firewood for elders, cooking functions. Also improved our social well being.*



# PARTICIPATION IN CULTURAL ACTIVITIES

DCS believes that Culture can be an essential facet of health and wellness. A key partner for the Vancouver DC is 'Culture Saves Lives', and we consistently find this slogan to ring true. Respondents to the optional question "How do you engage in cultural/ceremonial activities that are meaningful to you?" are from both FNHA and Urban Communities, although this was also targeted towards the urban respondents.

Three responses were omitted from the graph because they didn't fit into any category of cultural activity, such as "Mostly try and relax at home after work. Should be doing more cultural stuff though." 24 respondents are included in the graph, most of whom listed multiple activities.

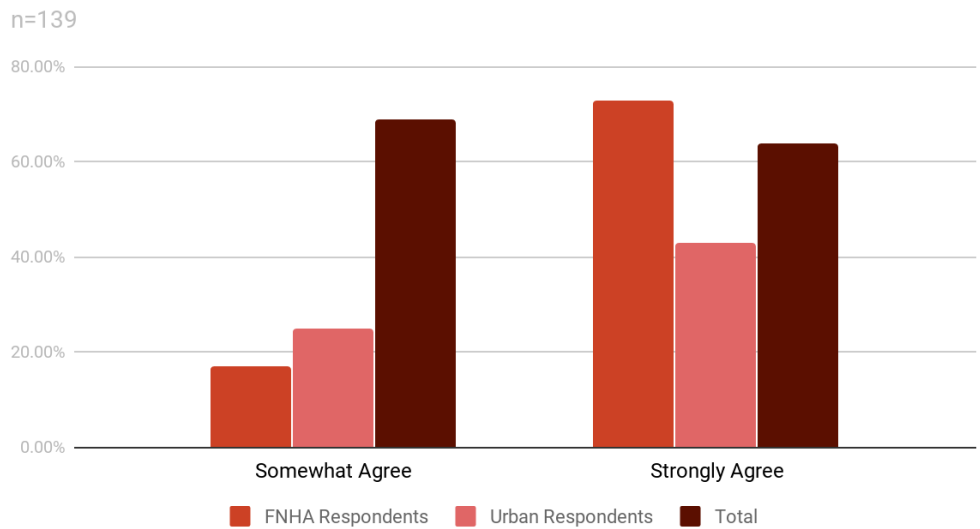


# QUANTITATIVE RESPONSES

This section represents the bulk of the data that we collected, as all of these questions were required in each of the surveys that were completed with the 139 respondents from 23 communities.

## Are you more aware of Men’s Health Services than before?

Men’s Health Services – All Data

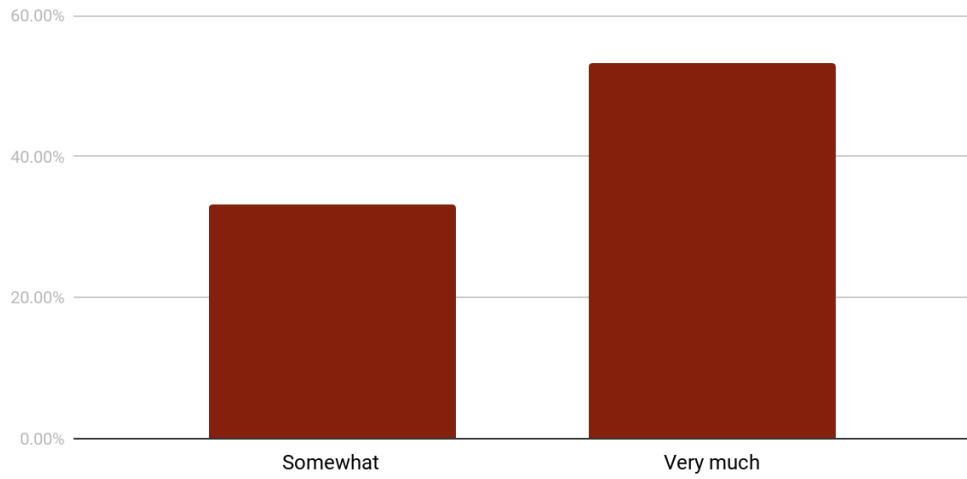


From the FNHA sites 89% of the DUDES reported increased awareness of health services since joining DC. From the urban sites 69% of participants agreed that their awareness of health services had increased. Overall, from all sites 84% of men reported an increased awareness of health services.



## Men's Health Services | 2013 – 2016 Data

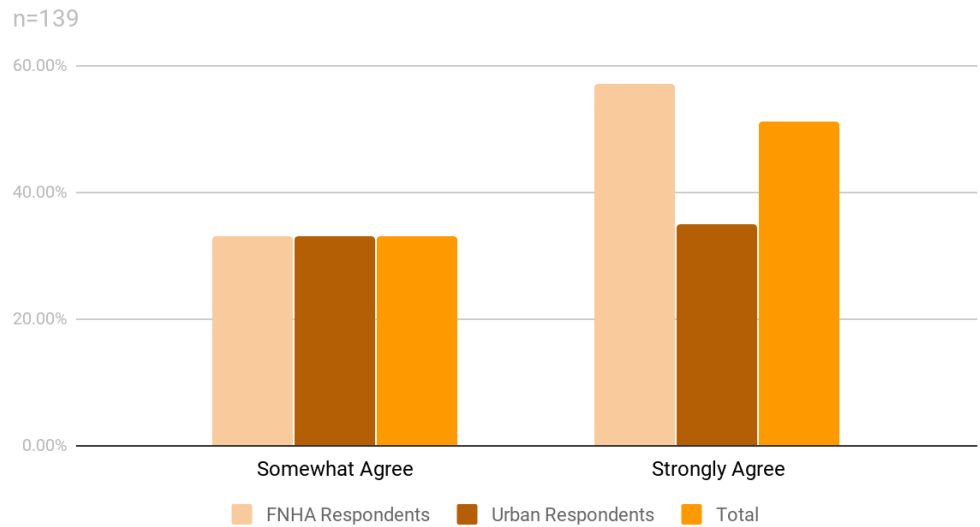
"Helps to think about health in more proactive way," n=150



*I am more aware of making healthier choices in the food I eat. Mentally, being out on the land with the guys really opens the eyes of all that come out. We see the need for change in the way industry conducts itself. The concern is immense in this area.*



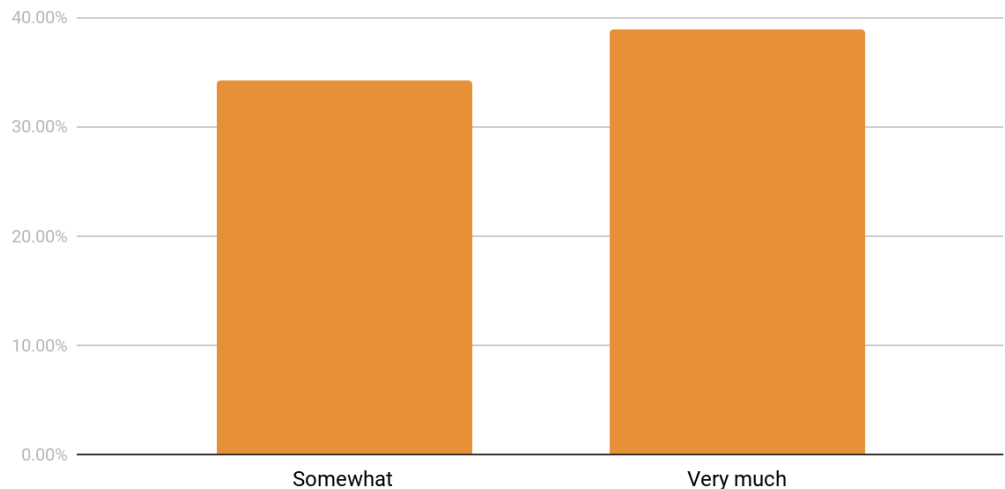
## Are you developing trust in men?



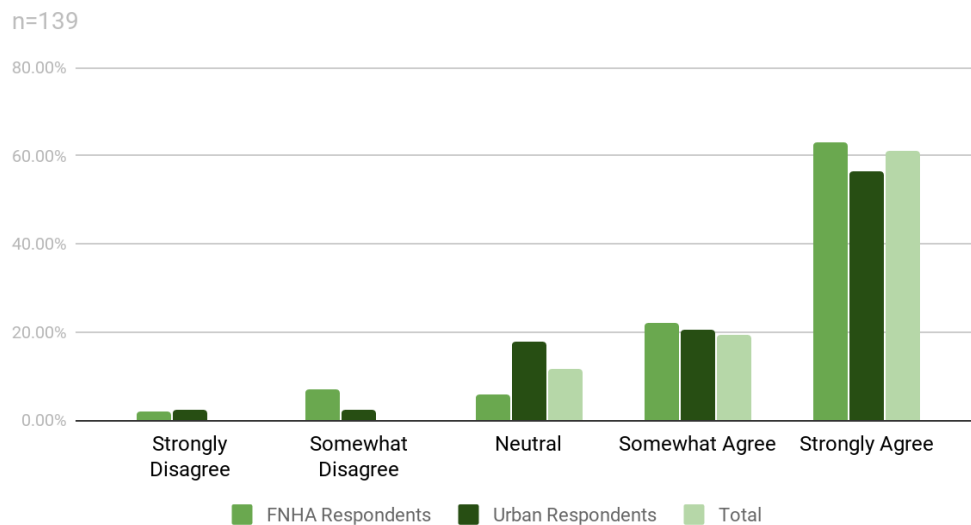
From the FNHA communities 90% of the men reported increased trust in others since joining DC. From the urban communities 69% of respondents agreed that their trust in other men had increased. Overall, from all communities 84% of men reported an increase in trusting others.

## Trust | 2013 – 2016 Data

"Allows to build trust with/feel safe learning from other men," n=149



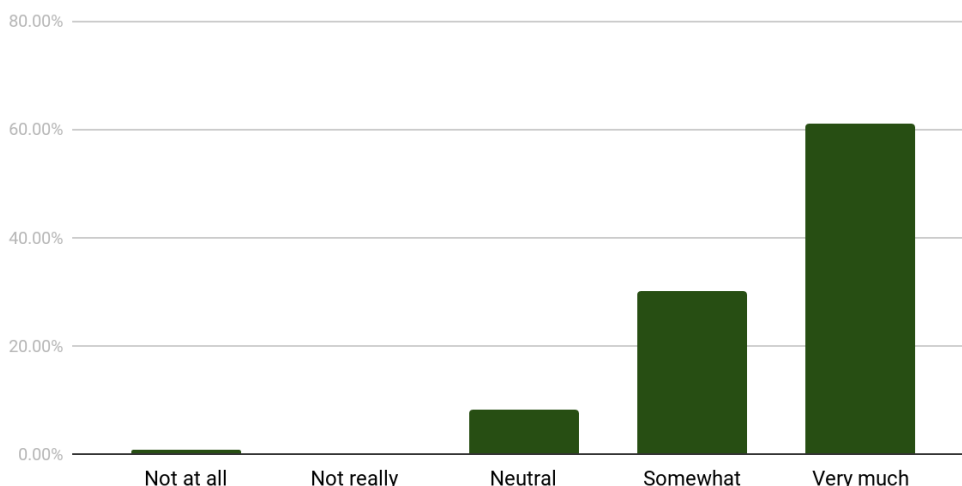
## Has your community participation increased?



From the FNHA communities 85% of the participants reported increased community participation since joining DC. From the urban communities 77% of men agreed that their community participation had increased. Overall, 88% of participants from all communities reported increased community participation.

### Community Participation | 2013 – 2016 Data

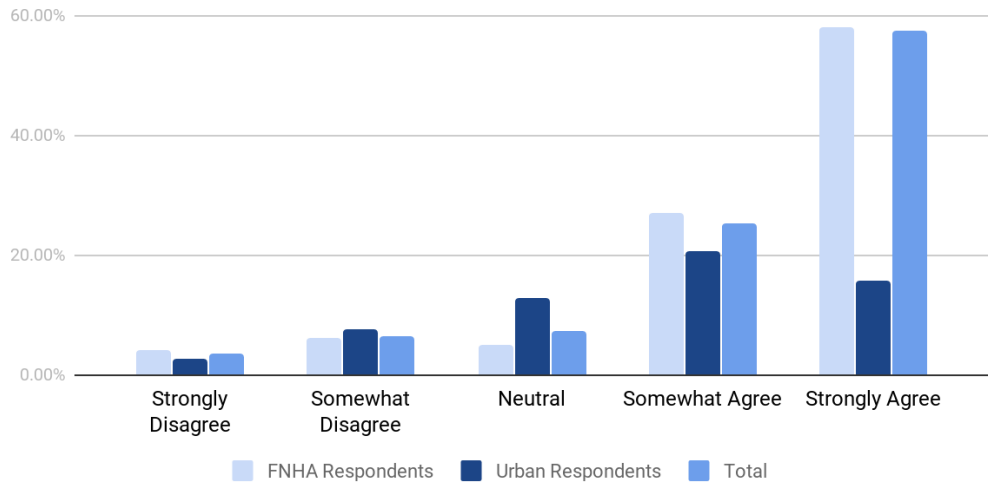
"Helps feeling of connectedness to community," n=149



# Have you found your Voice?

## Voice | All Data

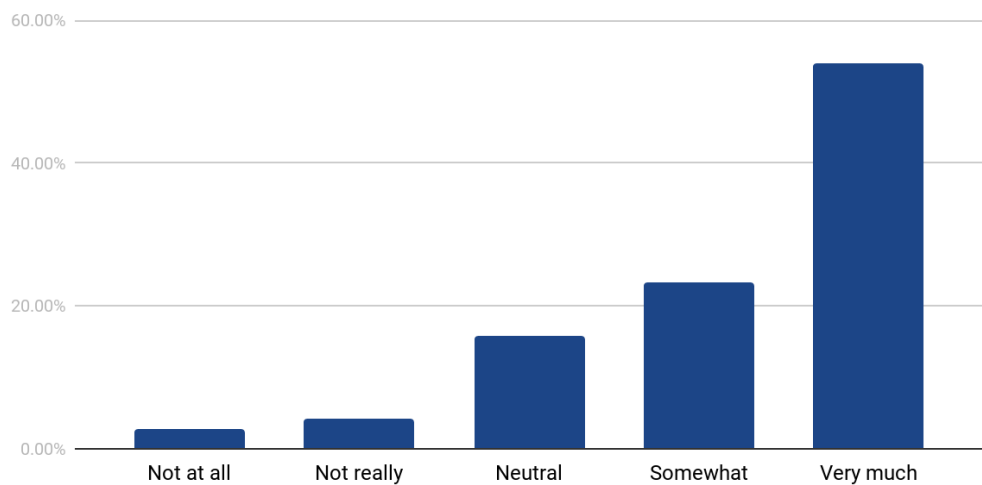
n139



From the FNHA communities 85% of participants reported an increase in using /finding their voices since joining DC. From the urban sites 77% of participants agreed that use of their voices had increased. Overall, from all sites 83% of men reported an increase in the use of their voice.

## Voice | 2012 - 2016 Data

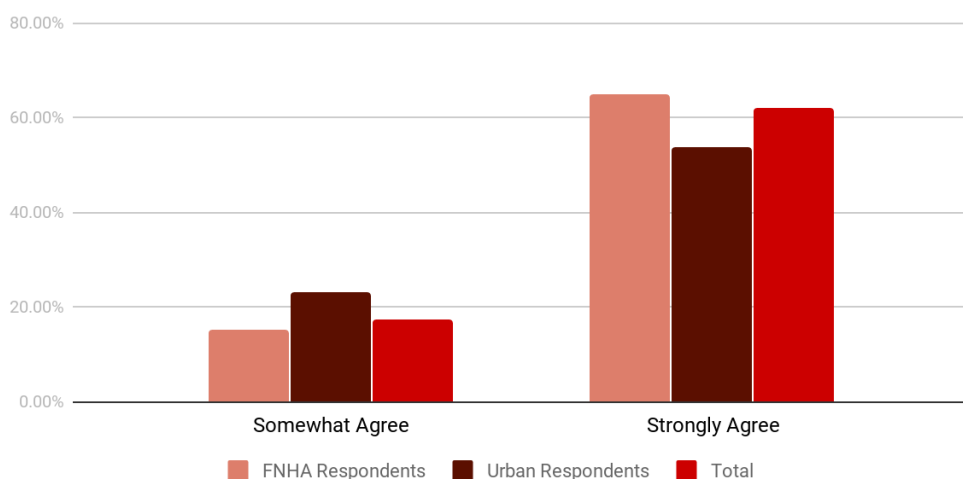
"Voice matters," n=146



# Have you supported another DUDES member with something related to their health?

## Support to others | All Data

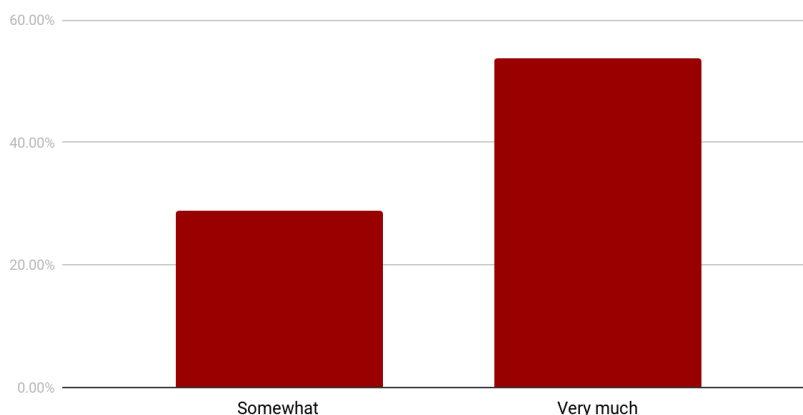
n=139



From the FNHA communities 79% of the men reported an event where they acted as peer support for another DC member since joining DC. From the urban communities 74% of men agreed that had helped another DC member with something related to their health. Overall, from all sites 78% of men reported that they participated in peer to peer support.

## Support to others | 2013 - 2016 Data

"Motivates to support other men to live healthier," n=149

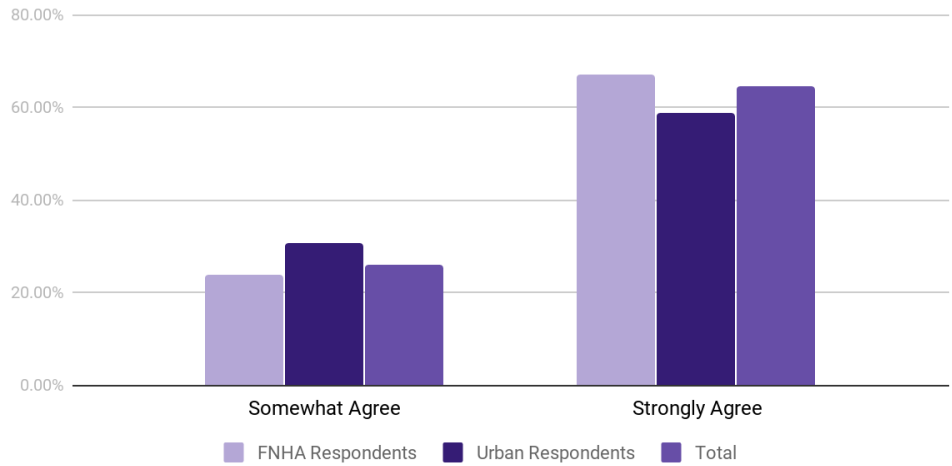




# Is your life changing in a good way?

## Life Change | All Data

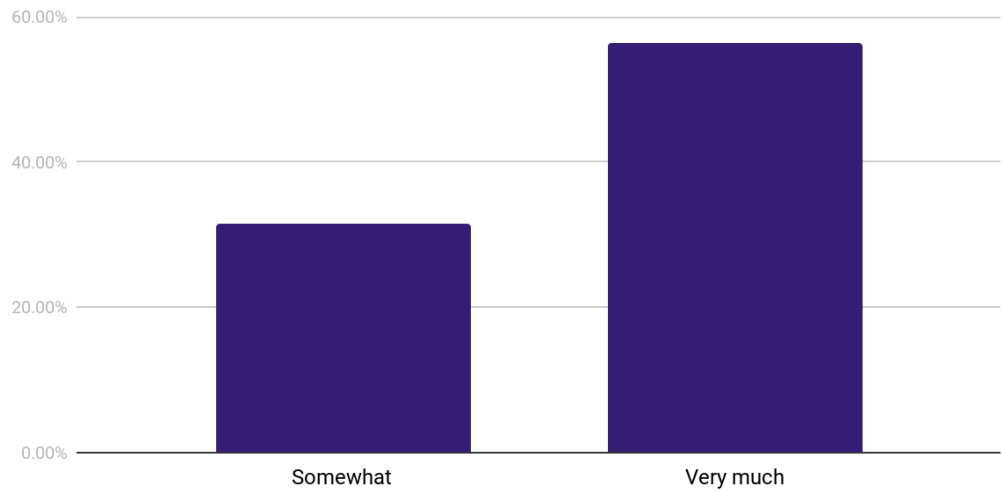
n=139



Of all respondents from both FNHA and Urban communities, 65% strongly agreed that their lives were changing in a good way, 26% somewhat agreed, 6% were neutral, and 3% somewhat disagreed.

## Life Change | 2013 – 2016 Data

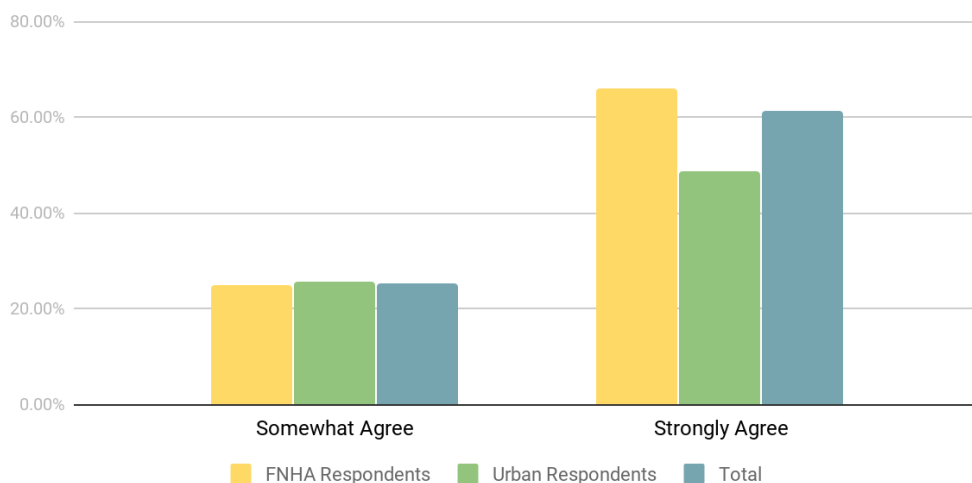
"Helps to have positive outlook on life," n=149



# Has culture increased your connection to health?

## Culture and Health | All Data

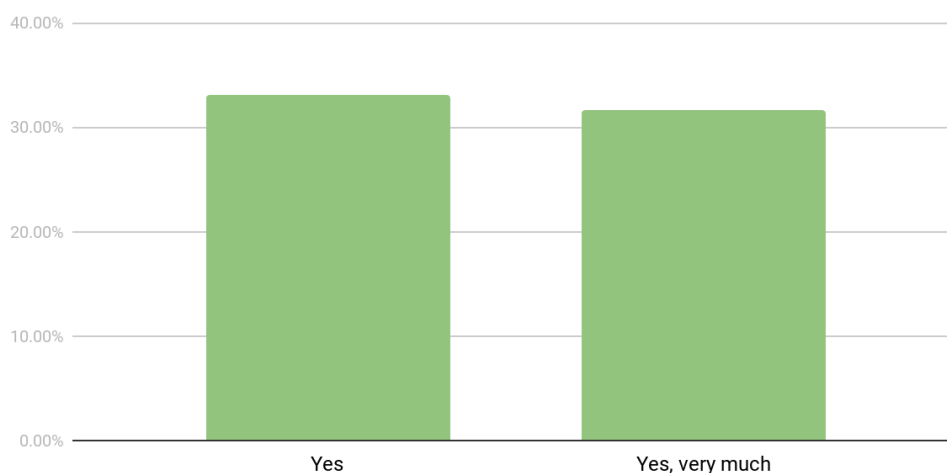
n=139



Of all of respondents, 86% felt that culture had increased their connection to their health. Specifically: 61% strongly agreed that culture increased their connection to health, while 25% somewhat agreed, 9% felt neutral, and 4% somewhat disagreed.

## Culture and Health | 2013 – 2016 Data

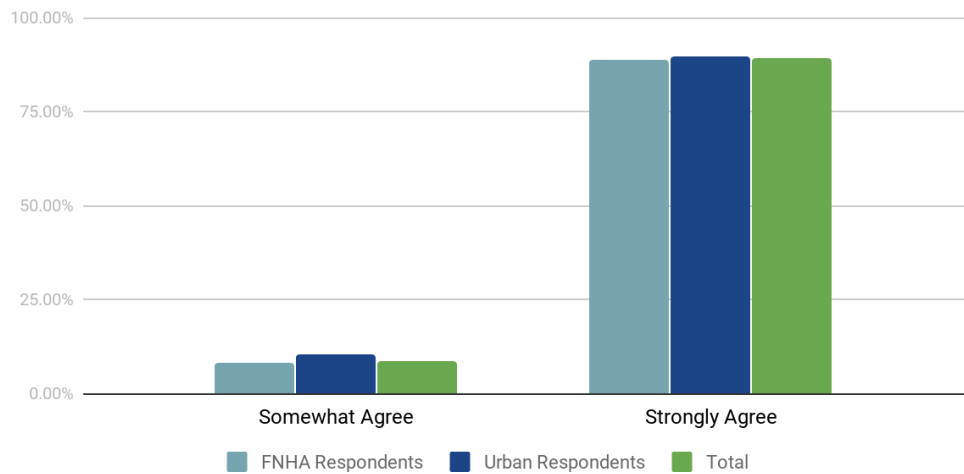
"Connect with your heritage?" n=145



# Would you recommend this group to other men?

## Recommendation | All Data

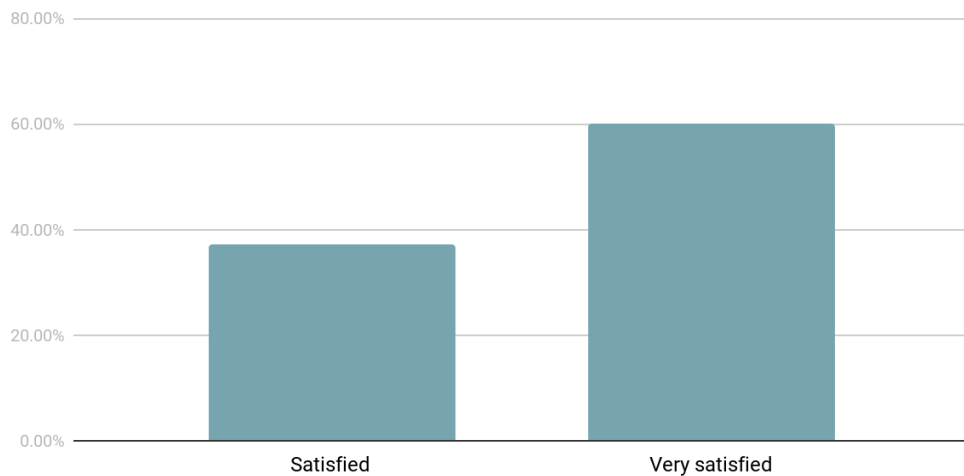
n=139



Of all the respondents across communities, 89% strongly agreed that they would recommend DC to other men, 9% somewhat agreed, and less than 1% responded in each of the other three categories (neutral, somewhat disagree, and strongly disagree). **This means that 97% of men overall would recommend DC to other men!**

## Recommendation | 2013 – 2016 Data

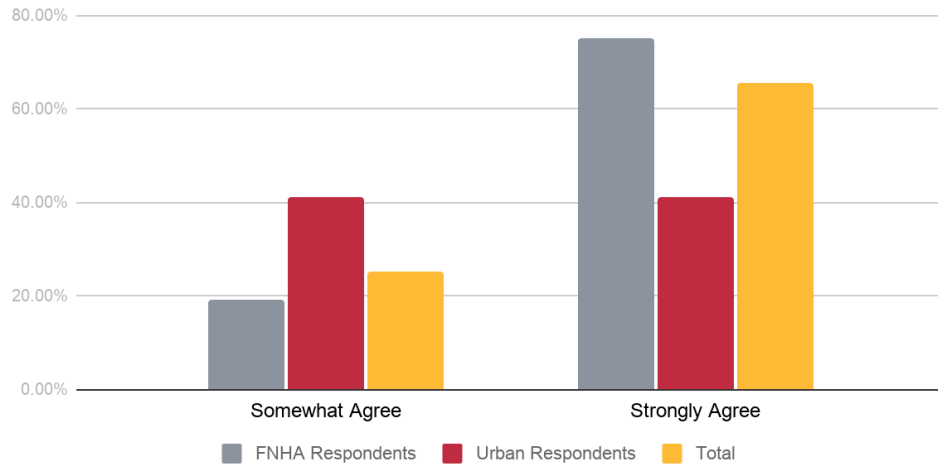
"Satisfaction with Dudes Club?" n=148



# Do you feel more connected to traditional wellness activities?

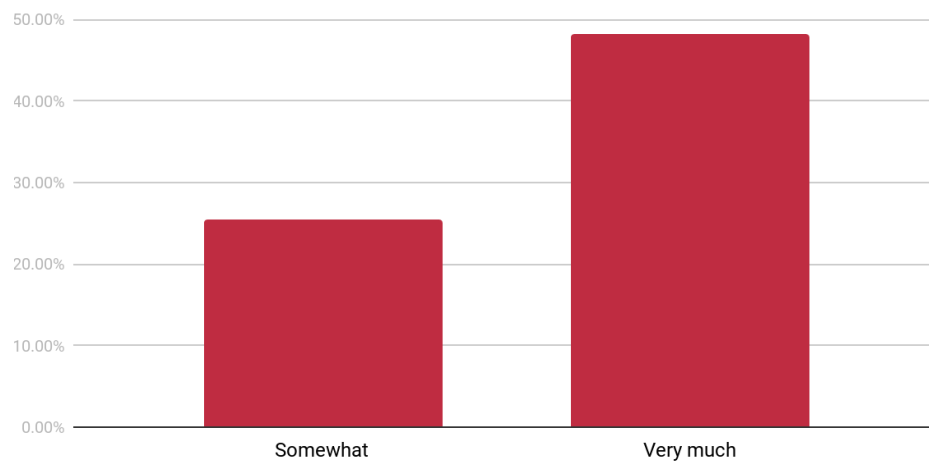
## Traditional Wellness | All Data

n=139

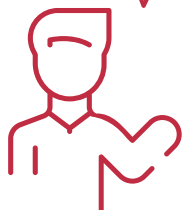


## Traditional Wellness | 2012 - 2016 Data

"Supports spiritual well-being," n=149



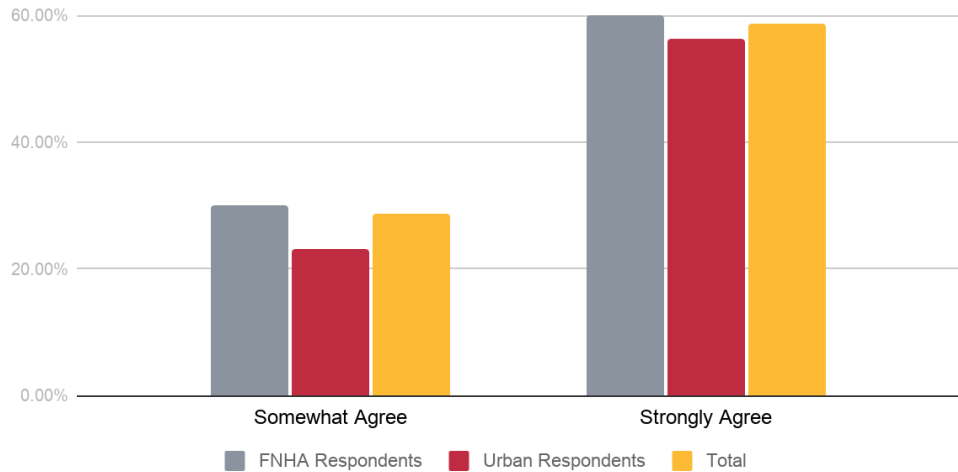
*I have changed with greatness joining dudes club, go out more, eat traditional foods, pick berries, fishing, camping with family*



# Has your health improved?

## Health – All Data

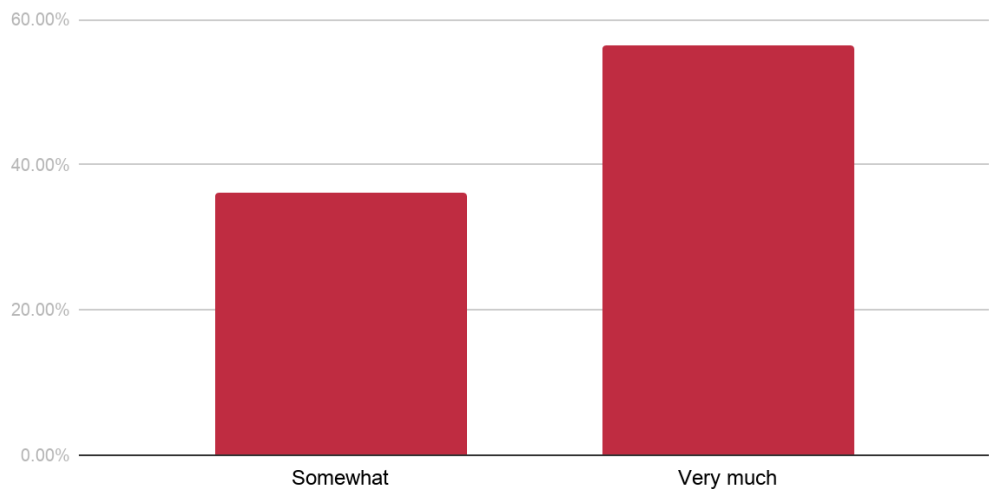
n=139



From the FNHA communities 88% of the respondents reported an improvement in their health since joining DC. From the urban communities 79% of men agreed that their health has improved since joining DC. **Overall, from all sites 86% of participants reported that their health had improved.**

## Health | 2013 – 2016 Data

"Improves quality of life," n=147





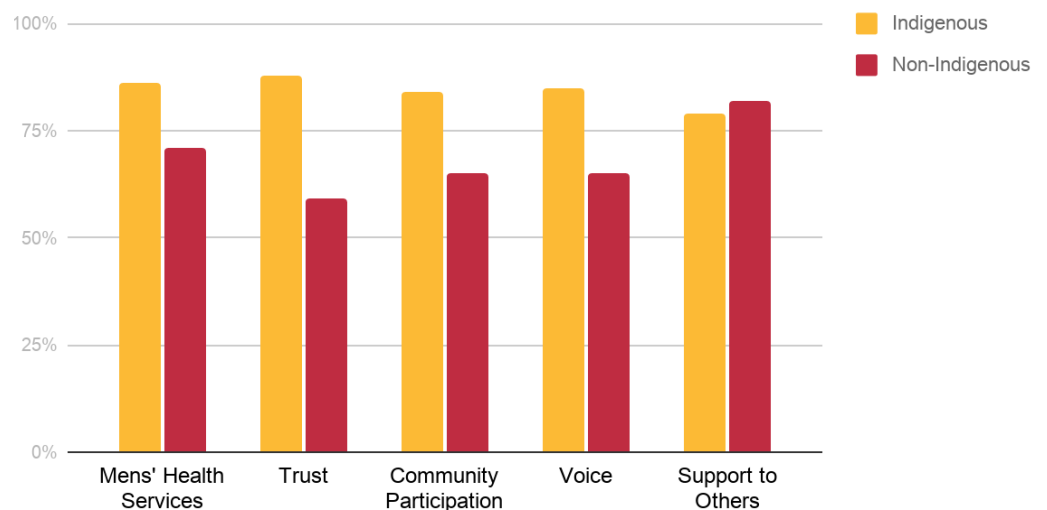
## Percentage who agrees with quantitative questions, compared between indigenous and non-indigenous respondents

Because we did not ask respondents whether or not they are indigenous on the 2020 evaluation, the numbers of indigenous/non-indigenous respondents are rough estimates. The methodology used to achieve these estimates is explained on pp. 12. The questions are separated into two graphs just for clarity, but are not organized in any specific way.

The results indicate an even stronger impact of DC on men who identify as indigenous, echoing results from the 2013-2016 data collection.

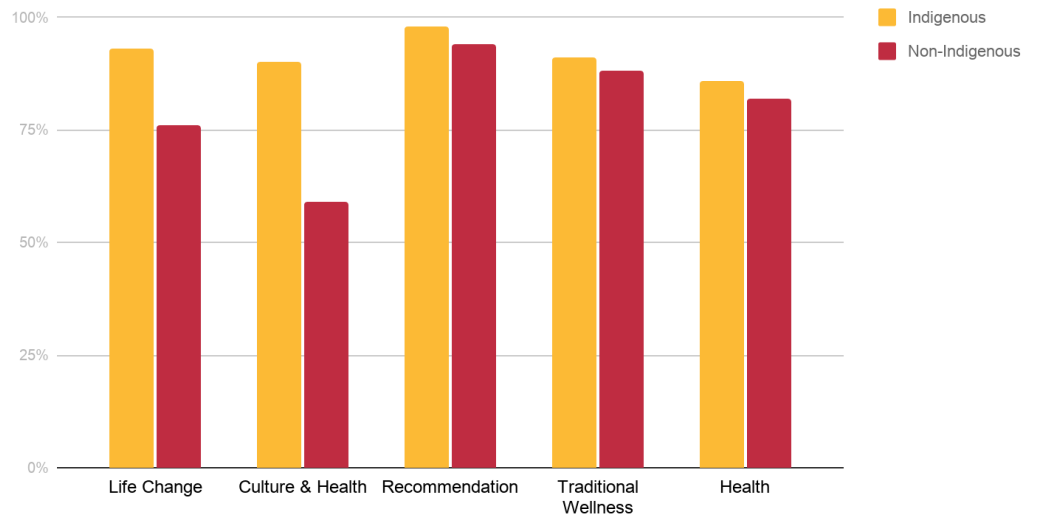
### Percentage who agree

n=139

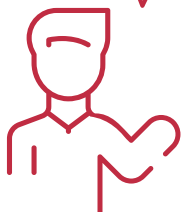


## Percentage who agree

n=139



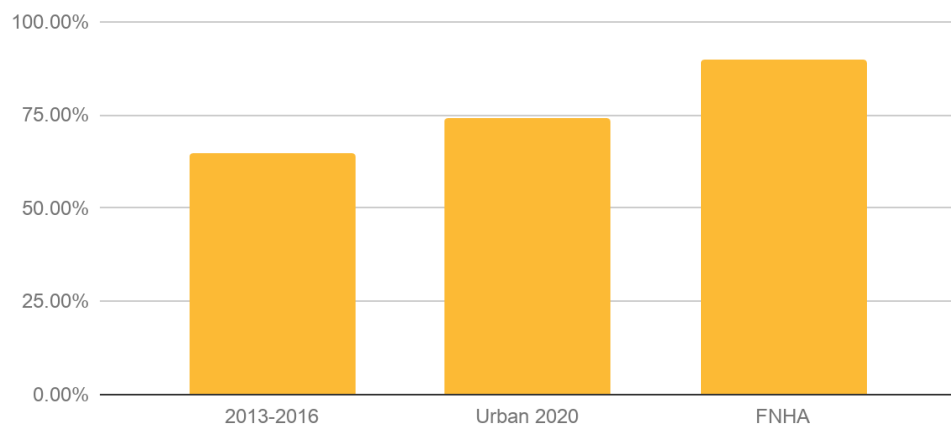
*I enjoy the hiking when the dudes club goes out on a hike. I do a lot of walking every day (no vehicle) (no choice but to walk) I feel healthy.*



# CULTURE AND TRADITIONAL WELLNESS QUESTIONS, COMPARATIVE 2013-2016 VS. 2020 RESULTS

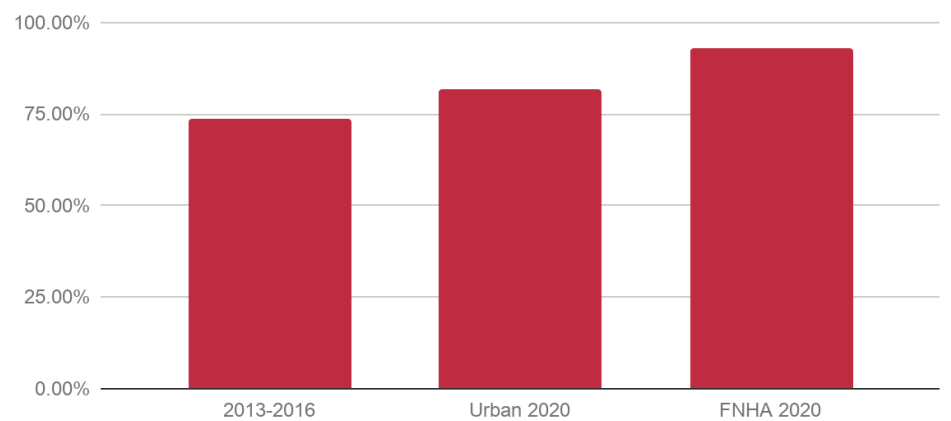
Since joining DUDES Club, do you feel more connected to your culture?

n=289, percentage who agree



Since joining DUDES Club, do you feel more connected to traditional wellness activities?

n=289, percentage who agree



Since 2013 DUDES have been reporting a steady increase in both connection to culture and connection to traditional wellness activities.

This appears to be part of a collective effort over the last 7 years as there has been a shift by mainstream health care agencies in including or recognizing the value of traditional wellness activities for Indigenous patients. In 2013 the First Nations Health Authority took over services previously provided by Health Canada in British Columbia.

Thereafter, in 2015 the Truth and Reconciliation Commission published their calls to action with 7 related to health encouraging the use of traditional healing practices for Indigenous patients and to recognize the health needs of Indigenous patients living off-reserve. Looking at the variance between 2020 DC urban and 2020 DC on-reserve community it is noted that the community sites have funding for activities, whereas, many of the urban sites do not at this time.



# Weighted Average Comparisons

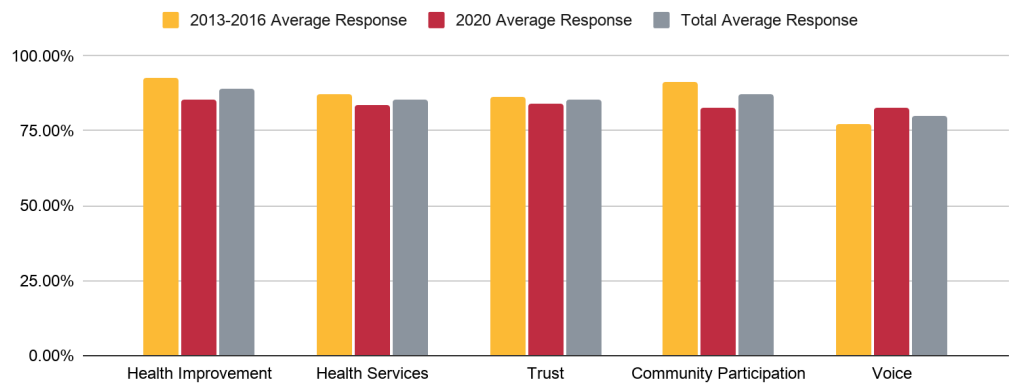
Weighted Average Comparisons Table

Question	2013-2016 Average Response (percentage who agree, n=150)	2020 Average Response (percentage who agree, n=139)	Total Average Response (percentage who agree, n=289)
Since joining DC, do you feel that your health has improved?	92.6%	85.5%	89.2%
Since joining DC, do you use health services more than before?	87.3%	83.4%	85.4%
Since joining DC, do you feel that you can trust other people more than before?	86.5%	84.1%	85.3%
Since joining DC, do you participate more in your community? (Do you get out more?)	91.3%	82.8%	87.2%
Since joining DC, do you feel like you have been able to use your voice more?	77.4%	82.8%	80.0%
Since joining DC, have you supported another DUDES member with something related to their health?	82.6%	77.6%	80.2%
Since joining DC, has your life changed in a good way?	87.9%	90.0%	88.9%
Since joining DC, do you feel more connected to your culture?	64.8%	85.5%	74.8%
Since joining DC, do you feel that you are more connected to traditional wellness activities? [if you already felt connected, do you feel that DC has helped other guys to connect more to those kinds of activities?]	73.8%	89.9%	81.6%
Would you recommend DC to other men?	97.3%	96.3%	96.8%

# Weighted Average Comparisons Graph

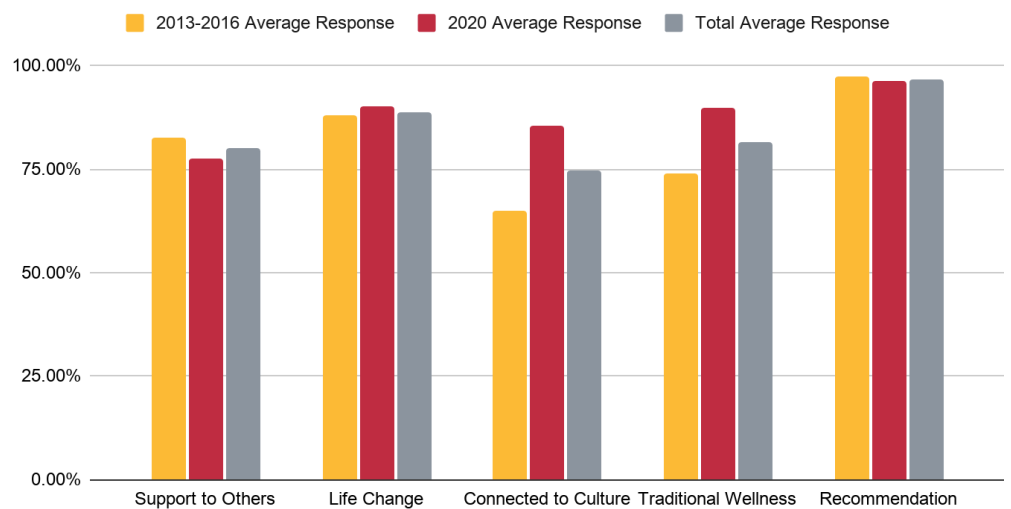
## Weight Average Comparisons

2013-16: n=150, 2020: n=139, total: n=289

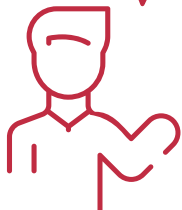


## Weight Average Comparisons

2013-2016: n=150, 2020: n=139, total: n=289



*been able to be around other men & talking openly  
having fun going to pizza & movie exercising doing  
fishing and hunting. learning more about to teaching  
that we picked up on from elders , parents.*















The earlier survey contains the phrases “brotherhood,” “peer support,” “solidarity,” “sharing stories,” and “non-judgemental.” The 2020 results include phrases such as “brothers,” “connection,” “communicating,” “empathy,” “open-minded,” and “community.” There is also a focus on employment and skills. The earlier wordcloud includes the phrases “life skills” and “income generation,” and the 2020 wordcloud includes “employment,” and “skills.”

Another important theme emphasized by respondents has been health. The 2013-2016 respondents mentioned “harm reduction,” “mental health support,” “safety,” and “healthy living,” while 2020 respondents mentioned “exercise,” “health,” and “healing.”

*The retreats give me an opportunity to get out of the city, enjoy comaraderie, and connect with other men to support one another*









# CONCLUSION

The process of planning, implementing, and analyzing the results of this evaluation survey has been a fascinating exercise for our entire team. We have learned a tremendous amount about what is working well, and what we can improve on. We have learned more about the differences in experiences of men across different communities.

We found that responses from FNHA communities tended to be higher (more positive) than all Urban responses, which indicates the importance of this work in isolated on-reserve communities. We consistently hear that in the past, men in community used to come together with each other, and that a result of colonialism and displacement is that this has been disrupted. While there continue to be many barriers, related to community dynamics, seasonal work, substance use and wellness, housing precarity, and general readiness to connect, we are confident that this work of increasing the social connectedness of isolated men is essential to their health, and to the communities' well-being.

The one category where Urban responses were stronger than those from FNHA on-reserve communities was 'would you recommend DC to other men', and this reflects the power of peer recommendations and word of mouth and street credit that drive the success of our work in urban communities, with men who otherwise have difficulties coming together and trusting.

In the words of one of our partner Health Directors in community: "After taking my new position of the Health Manager in early March 2020, I have seen the group bloom into a stronger group with the men taking the initiative on how they want to run their group. They decided that they want only men as prior the staff from Family Development would arrange the meetings and stay in the facility, now they run meetings without any females present. They decided what they would like to do for a project. Now that COVID has happened and still happening, it is making it very difficult for the group to continue meeting and building new

projects. Participation has been higher as well as the group taking charge of how they want their group to be facilitated.”

Ongoing research questions for us to be asking include looking at overall community-level health data for men, and determining if we are seeing any system-wide changes in the communities where there are men’s groups coming together.

# APPENDIX A - FNHA EVALUATION

Evaluation: Measuring impact, Progress and change in Men who attend Men's groups in their community after 6 Months.

Facilitator Name (totally optional):

Your Community (please provide as it will help us to learn):

1. You are more aware of Men's Health Services than before?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

2. You're developing a trust in Men?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

3. Community participation has increased? (Getting out more)

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

4. You have found your voice?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

5. You have supported another DUDES member with something related to their health?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

6. life is changing in a good way?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

7. Culture has increased the connection to health?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree



8. Would you recommend the group to other Men?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

9. Do you feel more connected to traditional wellness activities?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

10. Has your Health improved?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

11. How do you feel your health has changed since starting to go to DUDES Club?

- Yes, definitely agree
- Somewhat agree
- Not Sure
- somewhat disagree
- definitely disagree

# APPENDIX B - DUDES CLUB EVALUATION

**Philosophy:** All data gathering we do at DUDES Clubs is grounded in positive relationships, in culture, and in indigenous and participant-centered ways of learning & knowing. We recognize that research and evaluation have too often been used as instruments of colonization and oppression. Our questions and our methods are co-created with our members.

**Purpose:** We want to collect this info from our participants so that we can ensure that

- 1) we are in continual process of improving what we do,
- 2) we can measure the impact of our efforts,
- 3) we can share this information with our funders and the public, and
- 4) we can use the evidence of what we do to promote the importance of investing more in men's health in the future. By filling this out it will contribute to improving the health of all men!

## Community

Which community are you from? (Circle one)

Fort St. John, Houston, Kamloops, Prince George, PGRCC, Prince Rupert, Smithers, Terrace, Toronto, Vancouver

Your name (totally optional):

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Measuring impact and change in men who attended DCs for a half-year or longer (Circle one)

1. Since joining DUDES Club, do you feel that your health has improved?

Disagree	1	2	3	4	5	Agree
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2. Since joining DUDES Club, do you use health services more than before?

Disagree	1	2	3	4	5	Agree
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3. Since joining DUDES Club, do you feel that you can trust other people more than before?

Disagree	1	2	3	4	5	Agree
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4. Since joining DUDES Club, do you participate more in your community? (Do you get out more?)

Disagree	1	2	3	4	5	Agree
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5. Since joining DUDES Club, do you feel like you have been able to use your voice more?

Disagree	1	2	3	4	5	Agree
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6. Since joining DUDES Club, have you supported another DUDES member with something related to their health?

Disagree	1	2	3	4	5	Agree
----------	---	---	---	---	---	-------

7. Since joining DUDES Club, has your life changed in a good way?

Disagree 1 2 3 4 5 Agree

8. Since joining DUDES Club, do you feel more connected to your culture?

Disagree 1 2 3 4 5 Agree

9. Since joining DUDES Club, do you feel that you are more connected to traditional wellness activities? (If you already felt connected, do you feel that DUDES Club has helped other guys connect more to those kinds of activities?)

Disagree 1 2 3 4 5 Agree

10. Would you recommend DUDES Club to other men?

Disagree 1 2 3 4 5 Agree

# Optional Questions

11. How do you feel your health has changed since starting to go to DUDES Club (optional, write in space below or ask for a second page)?
12. What is your age range?
13. What Nation(s)/ Band(s)/ Culture(s) are you from?
14. What kind of employment do you have?
15. How is your connection to your family?
16. If you are a father, how would you rate your relationship with your kid(s)?
17. How do you engage in cultural/ceremonial activities that are meaningful to you?
18. During the COVID-19 pandemic, have you (with safe social distancing measures) engaged in any new cultural/ceremonial activities?
19. How many times have you seen a traditional healer of any kind in the last year?
20. How many times have you seen a health person (doctor, nurse) in the last year?
21. The last time you saw a health person was it because of a (check all that apply): crisis situation, prevention, general check-up, somebody forced you, chronic issues, to get informed, none of your business, other.

# APPENDIX C - DATA

## CROSSWALKS

### Part A

2020 Evaluation tool crosswalk table Legend:

- 2020 Dudes club questions on the left in order of Google forms survey
- Corresponding 2020 FNHA Men's club questions on the right

DUDES CLUB	FNHA
1. Since joining DUDES Club, do you feel that your health has improved	10. Has your Health improved?
2. Since joining DUDES Club, do you use health services more than before?	1. You are more aware of Men's Health Services than before?
3. Since joining DUDES Club, do you feel that you can trust other people more than before?	2. Your developing a trust in Men?
4. Since joining DUDES Club, do you participate more in your community? (Do you get out more?)	3. Community participation has increased? (Getting out more)
5. Since joining DUDES Club, do you feel like you have been able to use your voice more?	4. You have found your voice?
6. Since joining DUDES Club, have you supported another DUDES member with something related to their health?	5. You have supported another DUDES member with something related to their health?
7. Since joining DUDES Club, has your life changed in a good way?	6. Life is changing in a good way?
8. Since joining DUDES Club, do you feel more connected to your culture?	7. Culture has increased the connection to health?
9. Since joining DUDES Club, do you feel that you are more connected to traditional wellness activities? [if you already felt connected, do you feel that DUDES Club has helped other guys to connect more to those kinds of activities?]	9. Do you feel more connected to traditional wellness activities?
10. Would you recommend DUDES Club to other men?	8. Would you recommend the group to others Men?

## PART B: 2013-2016 data and 2020 data crosswalk

2013-2016 Eval Q # Questionnaire Full Question (N=150)	2020 DC Evaluation Q # Questionnaire (N=39)	2020 FNHA Evaluation Q # Questionnaire (N=100)
25k Improves quality of life?	1 Since joining DUDES Club, do you feel that your health has improved?	10 Has your health improved?
25i Helps to think about health in more proactive way	2 Since joining DUDES Club, do you use health services more than before?	1 You are more aware of Men's health Services than before?
25e Allows to build trust with/feel safe learning from other men	3 Since joining DUDES Club, do you feel that you can trust other people more than before?	2 You are developing a trust in men?
25f Helps feeling of connectedness to community	4 Since joining DUDES Club, do you participate more in your community? (Do you get out more?)	3 Community participation has increased? (getting out more)
17f Voice matters	5 Since joining DUDES Club, do you feel like you have been able to use your voice more?	4 You have found your voice?
25j Motivates to support other men to live healthier	6 Since joining DUDES Club, have you supported another DUDES member with something related to their health?	5 You have supported another DUDES member with something related to their health?
25b Helps have positive outlook on life	7 Since joining DUDES Club, has your life changed in a good way?	6 Life is changing in a good way?
20a Connect with your heritage?	8 Since joining DUDES Club, do you feel more connected to your culture?	7 Culture has increased your connection to health?
25c Supports spiritual well-being?	9 Since joining DUDES Club, do you feel that you are more connected to traditional wellness activities? [if you already felt connected, do you feel that DUDES	9 Do you feel more connected to traditional wellness activities?

<p><b>15</b> Satisfaction with Dudes Club?</p>	<p>Club has helped other guys to connect more to those kinds of activities?]</p> <p><b>10</b> Would you recommend DUDES Club to other men?</p>	<p><b>8</b> Would you recommend this group to other men?</p>
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# APPENDIX D - COVID-19 ADJUSTMENTS

The core of DUDES Clubs was always coming together for 'Gatherings'. Since Gatherings have been limited due to provincial health restrictions, the ways of connecting, supporting, and 'coming together' have changed significantly. DC Staff have been spending significant time on making adjustments to our ways of working to continue to reflect current needs, and specifically, the increased isolation, anxiety, suicidal ideation, and disconnection, that so many men are facing. Below is a list of 'COVID-time' activities that groups are engaged in:

1. Peer-driven wellness checks (no Dude left alone)
2. Outdoor gatherings around the fire
3. Coffee shop meetings where possible
4. Dudes looking after those needing support in their communities
5. Firewood for those who used up their supply due to Covid lockdowns
6. Hunting
7. Gathering medicine
8. Going out along the trap lines
9. Fishing
10. Cooking & Preserving
11. Community Security Checkpoints
12. Take-out Gatherings (lunches or dinners)
13. Weekly Think Tank (small advisory group planning all other activities)
14. Weekly Talking Circle
15. Dudes Club Street Squad (DTES)
16. Social distance Holiday party
17. Group walks & hikes
18. Guest speakers
19. Watching sports together
20. Online Card Games

## APPENDIX E - TESTIMONIALS FROM THE MEN

I heard about Dude's for a while, I'm attending because I am ready to look at my health, to get care, to get my kids back

Life at home is stressful, I appreciate that there is someone to listen (when I go to DC). It's tough living in a confined space all the time.

Optimistic, more connected, interested in going again.

More support in health with a team environment. Brings the boys together in a positive manner.

a lot more fun, need more meetings and more men

Need more meetings

gives me something to look forward too in this boring community

the group has helped my mental health during the winter time, preventing me from isolating myself and keeping me active and social. we are also going to start a carpentry project that will help expand my skills and will benefit my community.

not as heavy. cardio endurance has increased. more open to seeking counselling and extending life.

been able to be around other men & talking openly having fun going to pizza & movie exercising doing fishing and hunting. learning more about to teaching that we picked up on from elders , parents.

Positive thinking

2015 Dx w/ cancer, I'm still doing well and staying strong and didn't give up.

Looking locally for traditional healing gives more confidence in ability to heal. Also looking at better foods/practices to enhance daily living

- improved our groups social life with positive influence
- built camaraderie
- given our men pride
- given our men opportunity to give back to our people/women/elders

Being involved + connected. I like coming.

positive perspectives, Happy

more connection

satisfying and feeling more connected to the men in the community

suggest more feedback when sharing

I feel like it has helped to open my eyes to say its ok to open up to others

more in tune with my mind and body

it has improved since starting the Dudes Club

stayed the same

it has changed for the good

Sharing with others

I've been able to communicate more with others about i feel about my self and the village

I've been able to voice more with the doctor if any problems, before not so much.

I feel more accountable for my own body and health.

Emensley transformed my way of living

has gained weight; get meth out of own body

More energetic and able to use voice more

able to get out more; exercise more; hang out with the

guys on fishing trips

Talk with other guys, And been able to have them be more at ease.

Just more aware of traditional medicines

Seeing the other guy's enjoying themselves on each outing and listening to their laughter

More active, learned things

Healthier meals, talk with younger generation about alcohol and hard drugs, saying I love you to young fellows

Place to let go of my stuff

Alcohol use dropped, better relationships

Felt great, meet different people

Health situation sometimes don't allow me to participate

Speak out more

Going fishing, going meeting, keeps me busy

get out more often, do different things

I know more of what is available for men in our area

Get out and help other men's group

Eat better, lot of exercise when on hunting trips

I have changed with greatness joining dudes club, go out more, eat traditional foods, pick berries, fishing, camping with family

I feel better knowing there's a place for men's club that I can turn to

More open with doctors and nurses and feel more comfortable

I have a better understanding of when to seek health care advice.

Working on thinking of the positive

taking better care of myself

The Men's Wellness Program is easily considered a successful community program. We've had a large men's gathering in our community with door prizes such as a used hunting truck, new .308 hunting rifle, traps, hunting bags, sleeping bags, etc. Before the COVID lockdown we were having regular weekly Men's gatherings. We've organized rafting trips, hunting trips to mountains for mountain goat and ground hogs, hunting trips for moose, and beaver trapping, and marten trapping. We have weekly workshops on small engine repair and maintenance. The only barriers

that I can think of are the complete lack of motivation for some of the men in the community. Their spouses have tried many things to get their husbands out and interacting in the community. If COVID doesn't shut us down we want to begin carving projects such as a large Witset Health Center sign, and a Wet'suwet'en dugout canoe. We also have plans to construct a large double community smokehouse with a prep and canning area.