



**DUDES**  
*club*



# FNHA NORTHERN MEN'S WELLNESS EVALUATION REPORT

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.



First Nations Health Authority  
Health through wellness

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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 we reached our 4th year of collaboration with FNHA Northern Region, and were 1.5 years into FNHA's direct support to community men's groups, 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*



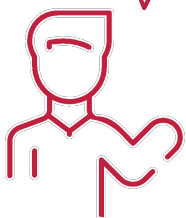
*ensure that 1) we are in continual process of improving what we do, 2) we can measure the impact of our efforts, 3) we can share this information with our funders and the public, and 4) we can use the evidence of what we do to promote the importance of investing more in men's health in the future. By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

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 (\$7500) for the groups to allocate towards group meals, traditional activities, or any other wellness activity an individual group decides upon. DC does not have a formal membership structure or requirements, and respondents are referred to throughout this report as Dudes, guys, men, 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 & FNHA 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 and FNHA continue to improve and adapt to the needs of the men and communities we serve. The information in this report also provides pathways to report back to the DCS & FNHA communities, funders, the public, and supports the underlying need and importance of funding men's health programming.

*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.*



# METHODS

DUDES Clubs were able to use any of the following methods to pop 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:



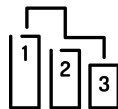
## ORAL DATA GATHERING



- 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.

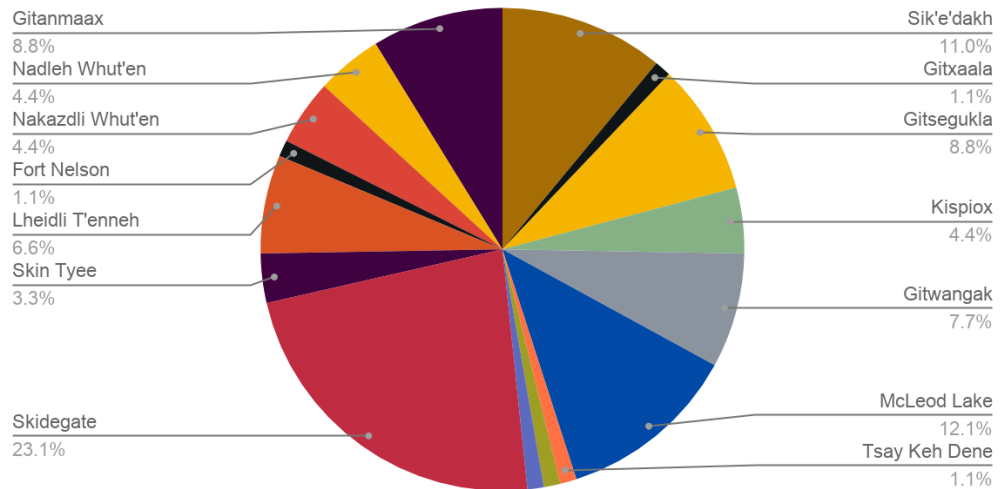
The questionnaire had 10 multiple choice questions and one optional qualitative question (see Appendix A). The 10 multiple choice questions were mandatory, whereas, the qualitative and demographic questions were optional.

# WHO ARE THE DC PARTICIPANTS?

## FNHA DC Respondents' Communities

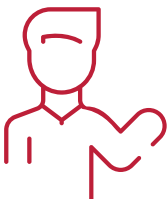
### Men's Wellness Respondents' Communities

n=72



There was a diversity of communities that responded to the evaluation project. 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)*

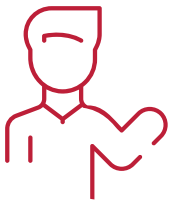




## Map of Communities 2020



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





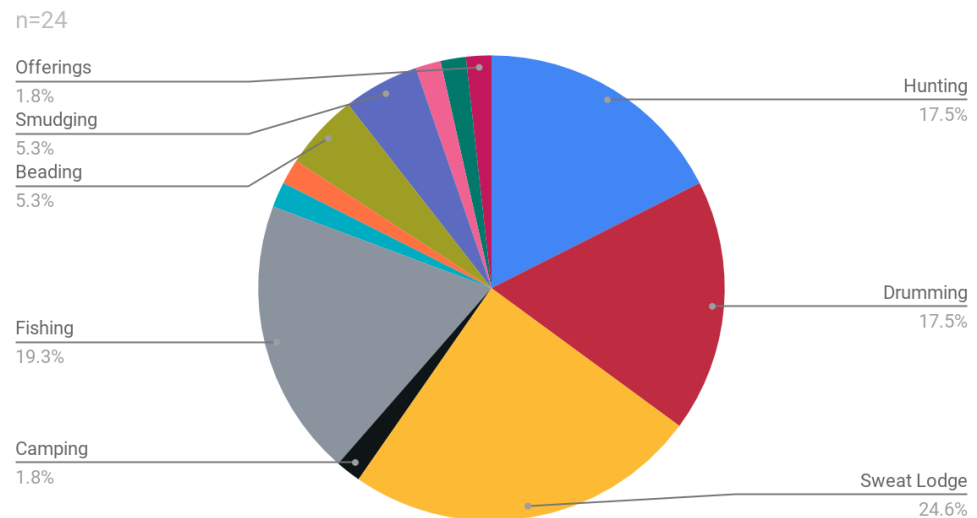


# PARTICIPATION IN CULTURAL ACTIVITIES

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.

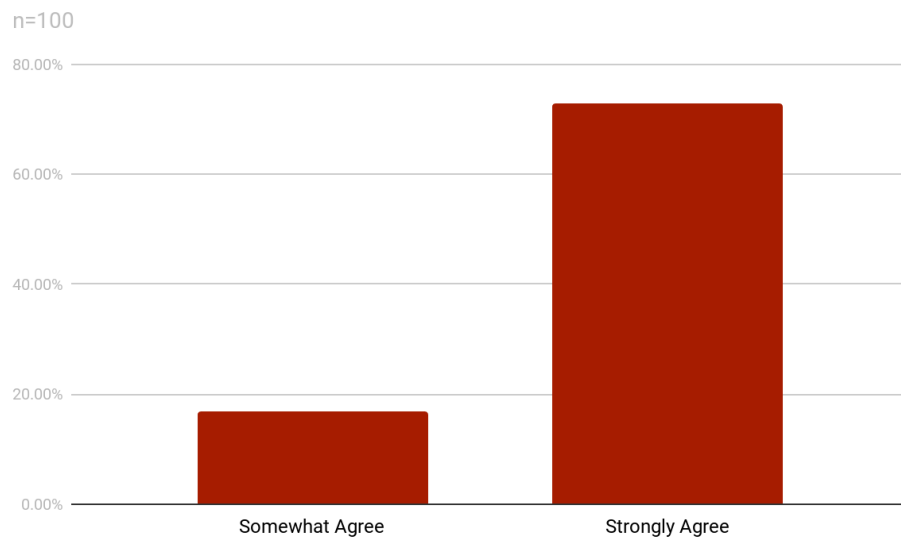


# QUANTITATIVE RESPONSES

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.

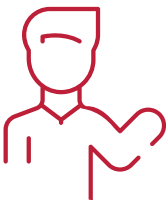
## Are you more aware of Men's Health Services than before?

Men's Health Services



89% of the respondents reported increased awareness of health services since joining DC.

*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.*

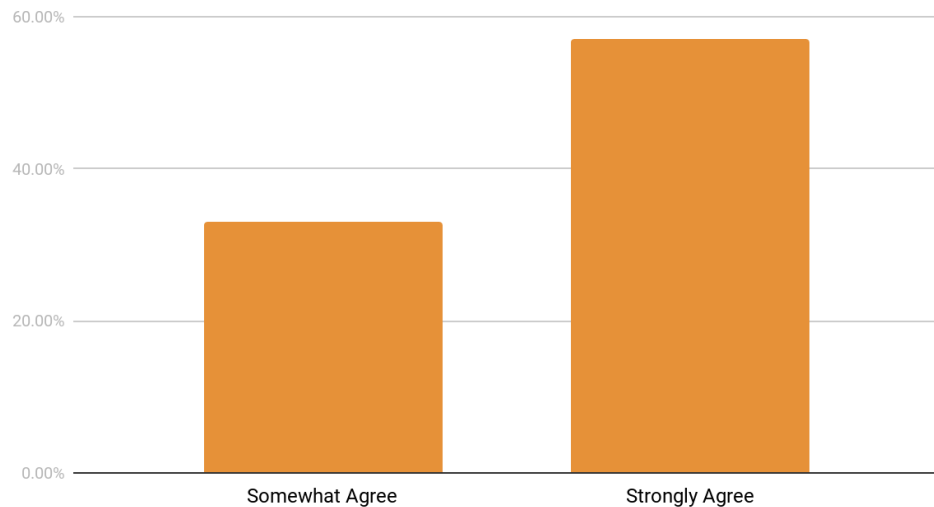




## Are you developing trust in men?

### Trust

n=100



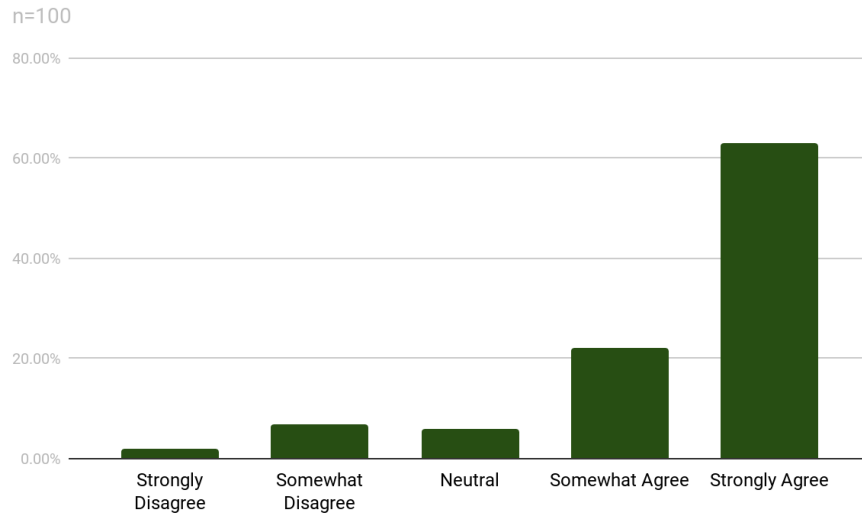
90% of the respondents reported increased trust in others since joining DC.

*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.*



# Has your community participation increased?

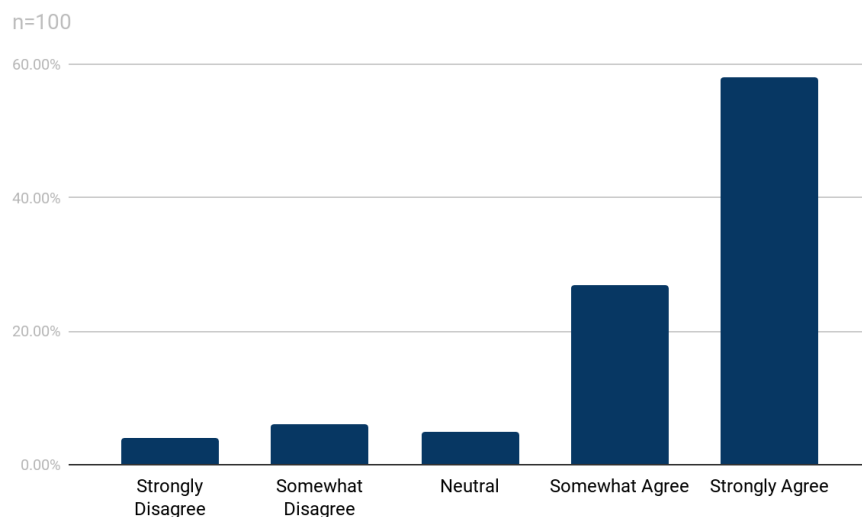
## Community Participation



85% of the respondents reported increased community participation since joining DC.

# Have you found your Voice?

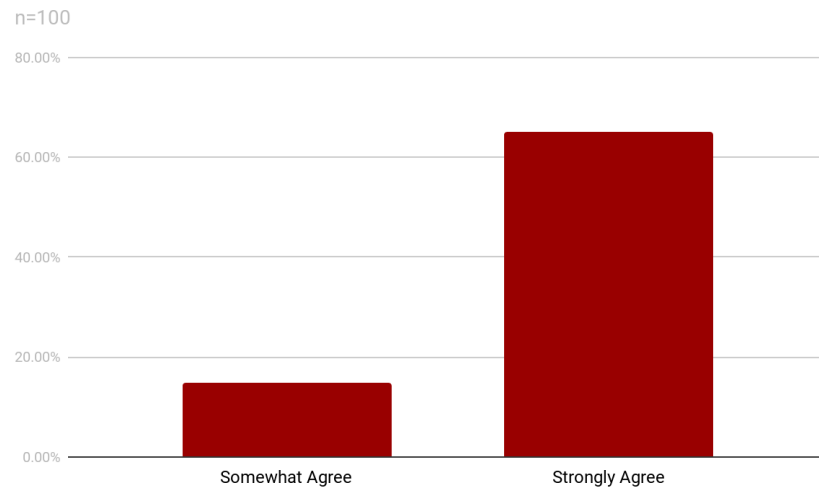
## Voice



85% of respondents reported an increase in using/finding their voices since joining DC.

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

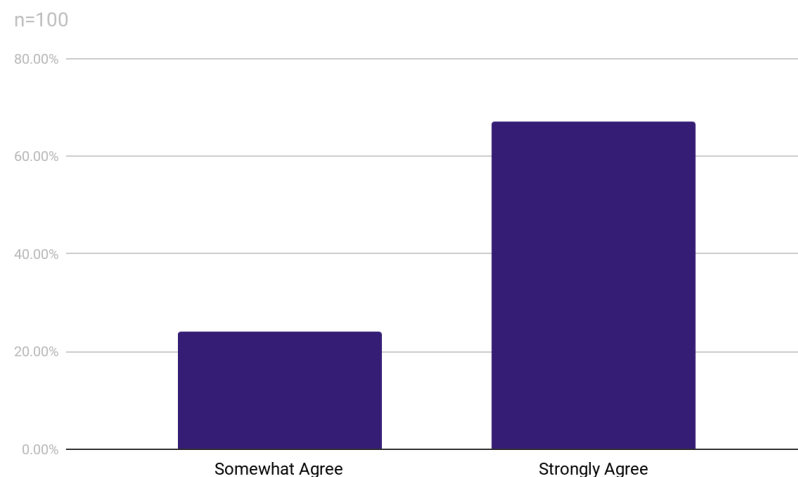
### Support to others



79% of respondents reported an event where they acted as peer support for another DUDES member since joining DC.

## Is your life changing in a good way?

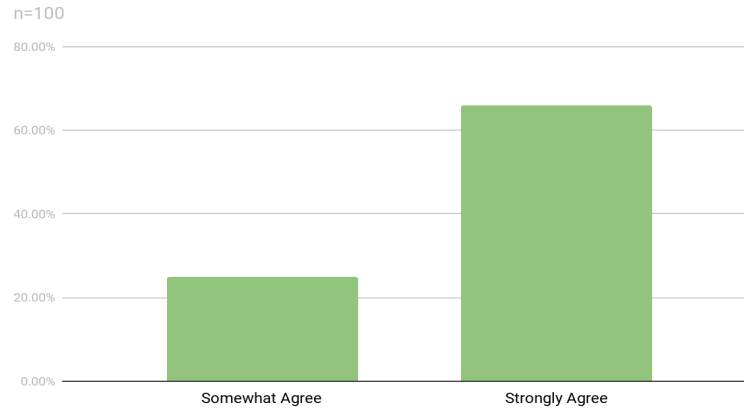
### Life Change



67% of respondents felt their lives are changing in a good way, while 24% somewhat agreed, 5% were neutral, and 4% somewhat disagreed.

# Has culture increased your connection to health?

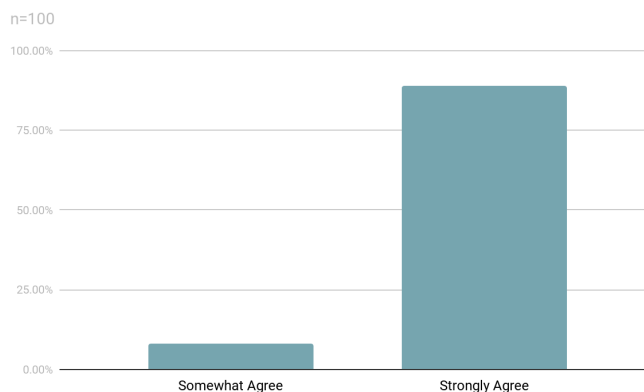
## Culture and Health



66% of respondents strongly agreed that culture increased their connection to health, while 25% somewhat agreed, 5% were neutral, and 4% somewhat disagreed. Overall 91% of participants agree that culture increases their connection to health

# Would you recommend this group to other men?

## Recommendation

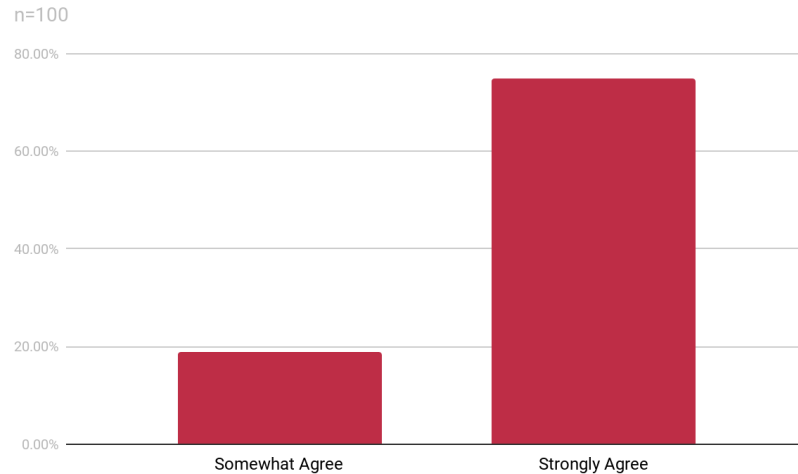


Of all the respondents, 89% strongly agreed that they would recommend DUDES Club to other men, while 8% somewhat agreed. **This means that 97% of men overall would recommend DC to other men!**



## Do you feel more connected to traditional wellness activities?

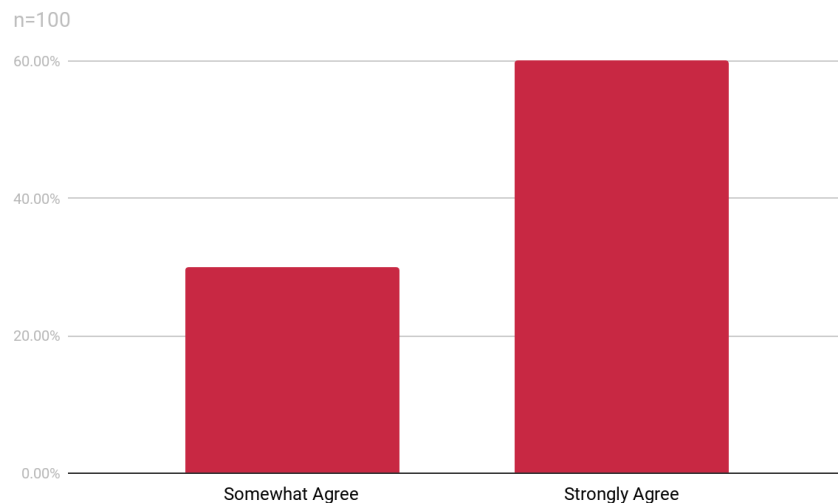
### Traditional Wellness



75% of respondents strongly agreed that they felt connected to traditional wellness, while 19% somewhat agreed, 4% were neutral, and 2% somewhat disagreed.

## Has your health improved?

### Health

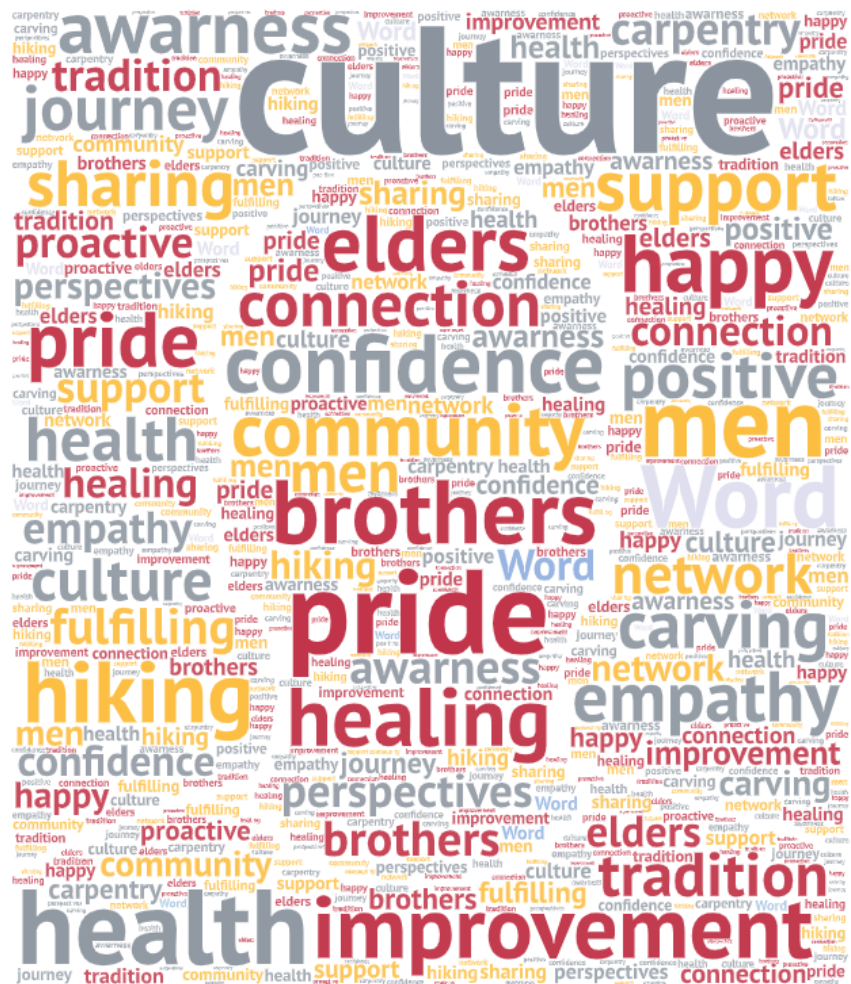


88% of respondents reported an improvement in their health since joining DUDES Club.

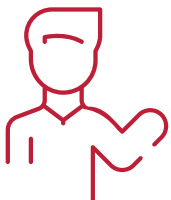
# WORDCLOUD FROM QUALITATIVE RESPONSES

2020 responses:

n=66



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.

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):

---

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

Disagree	1	2	3	4	5	Agree
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8. Since joining DUDES Club, do you feel more connected to your culture?

Disagree	1	2	3	4	5	Agree
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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
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10. Would you recommend DUDES Club to other men?

Disagree	1	2	3	4	5	Agree
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# 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?

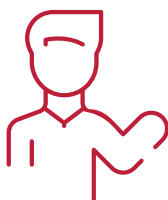


## PART B: 2013-2016 data and 2020 data crosswalk

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

	Club has helped other guys to connect more to those kinds of activities?]	
<b>15</b> Satisfaction with Dudes Club?	<b>10</b> Would you recommend DUDES Club to other men?	<b>8</b> Would you recommend this group to other 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*



## 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

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.