

Métis Public Health

Keeping Our Communities Strong



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Update on the Métis Public Health Surveillance Program

In order to dedicate resources to promote wellness and address health needs, it's important to have effective health research that respects the cultural and regional diversity of Aboriginal peoples. There has been research that has focused on areas of Aboriginal health; however, we know that there is a large gap in understanding the health of Métis people. Métis Nation British Columbia in collaboration with the Public Health Agency of Canada and the BC Ministry of Health are trying to bridge this gap.

To enhance the health of Métis people living in BC, MNBC has been working on the Métis Public Health Surveillance Program to gather health data for MNBC Citizens in an ethical and culturally appropriate way. With guidance from the Ethics Committee, this project has involved a process of getting consent from Métis Citizens.

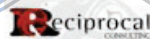
Through an evaluation of this project, Reciprocal Consulting is learning that this work helps to:

- Raise awareness of Métis public health issues
- Build skills for understanding health data
- Understand what culturally appropriate research is

MNBC has a goal of including 3000 Métis Citizens in this project, with their consent, and they are half way there! We, at Reciprocal Consulting are curious to know what you think of the consent process. Please take the opportunity to fill out a short online survey, and you will have a chance to win one of two \$50 gift cards!

Access the survey at:

fluidsurveys.com/surveys/reciprocal-consulting/mnbc-consent-process/



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Writing the Métis Health Story

The Métis health story describes how the community remains strong and resilient. The story shares how communities strengthen and heal themselves. The story is a mystery novel and is solved by clues provided by thousands of Métis Citizens.

Story Outline

STEP 1



Identify Métis Community; Métis Citizens provide consent to share their Métis identity with those who collect your medical information, the British Columbia Ministry of Health.

STEP 2



Ministry of Health puts Métis Communities health information together.

STEP 3



Métis people from across BC, Métis researchers and people working with the BC Ministry of Health, some of whom are Métis and First Nations will co-author the Métis Community health story based on the health information.



Sharing the story:

The story will be shared with Métis across BC and Canada and with organizations and people who work to heal and strengthen communities.

Ongoing Process

Where Are We Now?

The number of consenting Citizens during the first 2 years of the program.

2012*
1241

>

2013*
1507

Community Collaboration



Finding Métis Citizens who are willing to share their Métis identity is an ongoing process.

Strength in Numbers

The more Métis Citizens who are willing to share their Métis identity the better the story. Strength in Numbers !





Proper health care is vital for everyone, the information you provide will not only benefit your personal care but your family's and those in your community.

“What’s in it for me?”

What Are You Willing to Pay?

Type 2 Diabetes

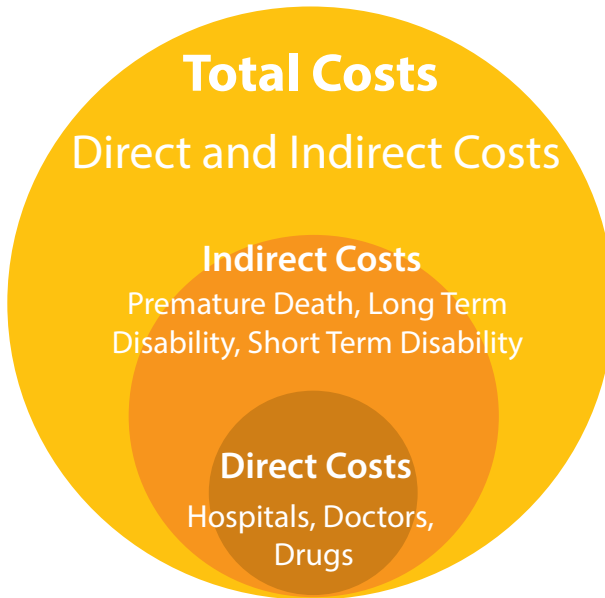
404.22
Million



230.87
Million



173.35
Million



Heart Disease, Stroke & Hypertension

2,781.89
Million



1,513.06
Million



1,268.83
Million



The Cost of Chronic Diseases in British Columbia**

Sharing Your Story Helps

The stories of the Métis Community will provide valuable information. The stories created will inform BC Health Authorities, the Public Health Agency of Canada and the Canadian Partnership Against Cancer amongst many other health care delivery organizations.

Reduce Costs

Health information informs program delivery reducing the number of people with chronic health issues, health care demand and cost.

Improve Health Care

Health information demonstrates where and what type of health care is required.

Increase Health

Knowing your community's health information promotes healthy behaviors.

Help Others

Health information is a community story without your input the story cannot be told.

SOURCES:

* Oct. 2012 MNBC CDSP Progress Report; * Oct. 2013 MNBC CDSP Progress Reports

** Cost of Chronic Diseases in BC estimates based on "The Cost of Physical Inactivity in British Columbia." Coleman & Walker, 2004.

Diabetes & Métis People

Preventing and managing diabetes keeps you healthy in several different ways. People with diabetes often have other health problems including arthritis, cardiovascular diseases, obesity, kidney failure and problems with vision.

Signs and Symptoms of Diabetes



Unusual thirst, frequent urination, extreme fatigue, lack of energy, weight loss or gain.



Blurred vision, frequent or recurring infections, cuts and bruises that are slow to heal.



Tingling or numbness in feet or hands; in males, problems getting or maintaining an erection.



Regular medical checkups are vital

If you have any of these symptoms or if you are over 40 years old it is crucial that you visit a medical professional and talk about your risk of getting diabetes.

How to prevent diabetes

Be more active

Activity will help you lose weight, lower your blood sugar, and boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

30 min

OR

150 min

a day a week

Eat lots of fibre



Fibre reduces your risk of diabetes by improving your blood sugar control helps lower your risk of heart disease and promote weight loss by helping you feel full.

Lose Weight

Every pound you lose can improve your health. Participants in one large study who lost a modest amount of weight — around 7 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by almost 60%





Diabetes costs Canadians over 3 Billion dollars a year.

3 Billion dollars a year is spent on direct and indirect costs related to diabetes, this does not include the other health problems that are associated to diabetes. Including the costs of related health problems skyrockets the cost of diabetes to over 11 billion dollars a year.

Diabetes in Métis Communities

Métis In Manitoba - **11.8%** of Métis in Manitoba were diagnosed with diabetes, significantly more diagnosis than the **8.8%** of all other Manitobans.



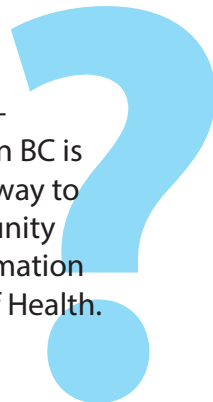
Métis in Ontario - In Ontario **8.13%** of Métis have been diagnosed with diabetes. The number of Métis with diabetes was **26%** higher than all other people in Ontario.



Métis in Alberta - **6.6%** of Métis in Alberta had been diagnosed with diabetes or **1.8** times more Métis have diabetes compared to other Albertans.



Métis In British Columbia - Diabetes amongst Métis in BC is not known as there is no way to identify the Métis Community amongst the health information held by the BC Ministry of Health.



How Can You Help?

Métis Nation BC is working hard to understand and reduce the inequity in Métis health status. You too can help by providing your consent to share your Métis identity with the BC Ministry of Health in order to create a Métis community whose health status can be reported.

Get your consent package online at mnb.ca/cdsp/ or call MNBC to have one mailed to you 1-800-940-1150 / 604-557-5851 or email Pete Hutchinson at phutchinson@mnb.ca.

SOURCES: Public Health Agency of Canada, Center for Disease Control, Métis Nation Alberta, Métis Nation Ontario, Manitoba Métis Federation, The Mayo Clinic

The Heart of the Métis Community

Keeping your blood moving easily keeps you moving. Diseases that effect your heart and blood vessels hurt the Métis Community more than any other disease.

Top 3 Cardiovascular Diseases

Heart Disease



Chronic diseases that effect the heart include acute coronary incidents, congestive heart failure and coronary artery disease, amongst others. Heart diseases are the top chronic health problem that lead to death.

Stroke



A stroke is a loss of brain function due to an interruption of blood flow or the rupturing of a blood vessel in the brain. Strokes are the 3rd leading cause of death in Canada.

High Blood Pressure



Hypertension means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Anyone can develop high blood pressure.

Cardiovascular diseases are preventable

Working the heart with regular exercise and reducing harmful foods, like salt and fats, lowers the risk of being effected by heart disease, stroke and hypertension.

The Cost of a Broken Heart

Everyone pays for poor health

Health care including, doctors, nurses, hospitals and drugs only cover part of the expenses we all pay when someone is sick.



Indirect health care costs



Indirect costs are the non-health care costs that impact the economy and individuals when productivity is lost due to sickness, disability or premature death.

Health care costs are absorbed by everyone in a public health system.

The medical services plan is not the only time you pay for health care. Provincial and federal taxes along with work safe, private insurance and lower wages cover the cost of health care.



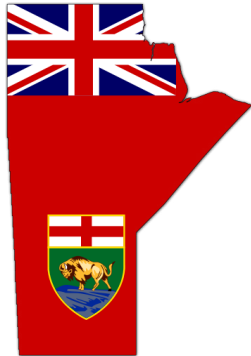


Cardiovascular diseases cost Canada over 10 billion dollars a year

Canadians pay over 10 billion dollars a year as a result of cardiovascular diseases. Simple changes in diet and activity levels will decrease the Canadian public debt and put more money in your bank account.

Cardiovascular disease across Canada

Métis In Manitoba - 27.9% of Métis have hypertension and 12.2% have Ischemic Heart Disease amongst Métis . 3.6 per 1000 Métis in Manitoba experience strokes and 5.4 Métis per 1000 suffer acute myocardial infarction.



Métis in Ontario - Between 2006 and 2009 out of 100 people 1.94 Métis people suffered from an acute coronary syndrome, 1.79 experienced congestive heart failure and 0.5 had a stroke.



Métis in Alberta - In 2009 approximately 3.1% of Métis in Alberta had heart disease, 13% had high blood pressure and 0.5% had experienced a stroke.



Métis In British Columbia - It is not known how many Métis people in BC experience a problem with their heart or blood vessels. We need your consent to be able to determine how the Métis community is effected by these chronic health problems.

Reduce Your Risk

Everyone can lower the possibility of suffering from a heart or blood vessel related chronic disease. Reducing your risk of heart disease is simply a matter of changing your diet and increasing your activity levels.

Stop Smoking

Quitting smoking may be the hardest thing you ever do in your life but your heart will love you for butting out.

Be More Active

Hunting, fishing, gardening no matter what you do, keep moving. Your heart is a muscle that needs regular activity or it will become weak.

Reduce Salt Intake

High salt intake increases blood pressure. Low sodium foods and a balanced diet will keep your blood flowing smoothly.

Regular Check Ups

Visiting your doctor on a regular basis, taking your medications and following medical advice will help in keeping your heart strong.

SOURCES: Métis Nation Ontario, Métis Nation Alberta, Manitoba Métis Federation, Heart and Stroke Foundation of Canada

Were you Selected?

If you received this post card please complete the survey to improve health care services for Métis in BC.

If you are not sure that you have been selected and would like to verify please visit the survey web site: *surveyfeedback.ca/surveys/wsb.dll/s/1g2821* and enter your last name and MNBC Citizenship number.

If you have any questions on the Métis Public Health Surveillance Program or would like a Métis Public Health Consent Form, go online to *mnbc.ca/cdsp* or call MNBC at 1-800-940-1150 / 604-557-5851 or email Pete Hutchinson at *phutchinson@mnbc.ca*



Collect a \$20 Save-On Foods gift card

after completing the survey!

YOU'VE BEEN SELECTED!

You have been selected to complete the Métis Nation BC Comprehensive Survey.

ACCESS THE SURVEY 1 OF 3 WAYS

Online at surveyfeedback.ca/surveys/wsb.dll/s/1g2821

By using your smartphone barcode scanner on the QR code
requesting a survey package be delivered to you in the mail*

To log on for your own private access to the survey go to the web site address and enter your last name as your username and your MNBC Citizenship number as your password. Be one of the first 300 Métis Citizens of the 500 who were randomly selected to complete the survey by November 28th, 2014 and you will receive a \$20 gift card that can be redeemed at Save-On Foods

*For a paper survey or questions about the survey please contact Pete Hutchinson.

**GET YOUR
\$20 NOW!**

save on foods
& more

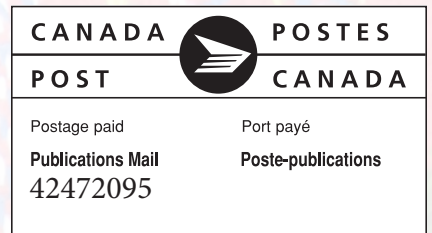
GIFT CARDS

Collect a \$20
Save On Foods gift card
after completing the survey



Use your \$20 at any of the following stores
Save-On-Foods, Overwaita Foods, PriceSmart Foods,
Cooper's Foods and Urban Fare.

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