

# CARDIOVASCULAR DISEASE

## RESEARCH CONDUCTED BY

The Métis Nation of Ontario AND  
The Institute for Clinical Evaluative Sciences

## WHAT IS CARDIOVASCULAR DISEASE (CVD)?

- Cardiovascular disease (CVD) is a term used to describe a range of diseases that affect your heart and, in some cases, your blood vessels. Diseases that fall under the CVD umbrella include congestive heart failure; heart attack or pre-heart attack; irregular heart beat; stroke and congenital (birth) defects of the heart.

## WHY STUDY CVD AMONG THE MÉTIS OF ONTARIO?

- Little is currently known about CVD in the Métis population, or how Métis people with CVD access and receive care in Ontario. This lack of critical health information makes it challenging to target resources and programs where they will be most effective in improving Métis health status and outcomes.

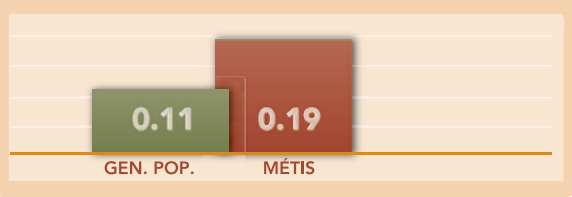
## WHO WERE INCLUDED IN THE STUDY?

- Health related data from three provincial databases were linked to the Métis Nation of Ontario Citizenship Registry data to provide information on CVD rates among on approximately 14,000 Métis citizens in Ontario. These data were then compared to the general population of Ontario.

## HOW WIDESPREAD IS CARDIOVASCULAR DISEASE AMONG THE REGISTERED MÉTIS POPULATION?

- Over the 2 year study period, rates of heart attack and pre-heart attack and congestive heart failure were 1.8 and 1.3 times higher among Métis compared to the general Ontario population.

## NEW CASES OF: IRREGULAR HEARTBEAT OUT OF EVERY 100 PEOPLE (APR 1, 2006 - MAR 31, 2008)

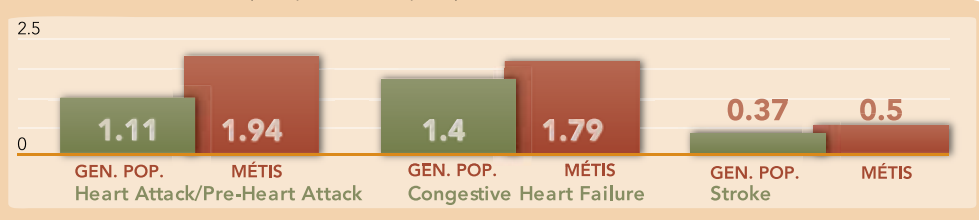


- Stroke rates were similar for both populations.
- The incidence of irregular heartbeat was 1.7 times higher among registered Métis.

## WHAT ABOUT CARE AND TREATMENT FOR MÉTIS PEOPLE WITH CARDIOVASCULAR DISEASE?

- The readmission rate for congestive heart failure was over two times higher among the Métis compared to the general Ontario population.
- No significant differences were found in readmission rates for heart attack and pre-heart attack, stroke and irregular heartbeat. However, a related study on diabetes among the Métis also found that registered Métis people with diabetes were 86% more likely to be hospitalized due to a heart attack or pre-heart attack than people with diabetes in the general population.
- The mortality rate for irregular heart beat was 3.3 times higher in the registered Métis population compared to the rest of Ontario.

## CARDIOVASCULAR DISEASE CASES OUT OF EVERY 100 PEOPLE (APR 1, 2006 - MAR 31, 2007)



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- There were no significant differences between the Métis and the general Ontario population in mortality rates for heart attack and pre-heart attack, stroke, and mortality secondary to congestive heart disease.

## HOW SHOULD WE INTERPRET THESE RESULTS?

- This landmark study is the first time CVD rates among the Métis of Ontario have been studied.
  - These initial findings indicate clearly that there is an unacceptably high number of Métis in Ontario experiencing the debilitating effects of CVD, and this should be of major concern.
  - The significant gap in rates of heart attacks and pre-heart attacks between the two groups is especially alarming.
  - The reasons for these differences are complex. A higher proportion of Métis people live in remote and rural areas in Northern Ontario where access to health care and supports are more limited. This lack of access may well be affecting CVD and other chronic disease rates, along with other health outcomes.
  - The lower socioeconomic status of the Métis population compared to the general Ontario population are likely impacting rates of CVD and other chronic conditions among the Métis.
- These results, together with findings from a study of diabetes, suggest that urgent action is needed to address the disproportionately high rates of CVD and other chronic conditions experienced by Métis citizens.
  - Métis communities would benefit from programs that increase knowledge and awareness about CVD risk factors and which improve access to public health outreach programs, and primary and specialist care.
  - Because chronic diseases develop over longer periods of time, it is essential that we continue to monitor CVD among the Métis of Ontario and begin to identify the reasons for these higher rates. The MNO will use this information to target programs and resources to where they will be most effective and have the greatest impact on Métis health status and outcomes.
  - Collecting more data over longer periods of time will increase the extent to which we can generalize the results of this kind of research to the entire Métis population in Ontario, which in the 2006 census numbered around 73,000 people.



DETAILED REPORTS ARE AVAILABLE  
ONLINE AT

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