

CHRONIC DISEASE AND RISK FACTORS IN THE MÉTIS POPULATION OF ONTARIO: KEY RESEARCH FINDINGS

CHRONIC DISEASE:

- The prevalence of diabetes among Métis citizens in Ontario is 26% higher than in the general Ontario population.
- Métis with diabetes are 86% more likely to be hospitalized due to a heart attack or pre-heart attack than people with diabetes in the general provincial population.
- Métis in Ontario are 18% less likely to receive care from a diabetes specialist.
- Less than half of Métis with diabetes are receiving the recommended eye care.
- Métis seniors in Ontario are more likely than other seniors to use insulin and less likely to try to control their diabetes through diet alone.
- Rates of heart attack and pre-heart attack and congestive heart failure are 1.8 and 1.3 times higher among Métis compared to the general Ontario population.
- The readmission rate for congestive heart failure is over two times higher among the Métis than the general Ontario population.
- The prevalence of chronic obstructive pulmonary disease (COPD) is over 1.6 times higher among Métis people in Ontario.
- Asthma is 1.2 times higher in the Métis population compared to other Ontarians, with the greatest differences seen in young people aged 18 to 24 years.
- One in five Métis citizens in Ontario suffer from osteoarthritis, a rate that is 20% higher than in the general provincial population.
- Métis citizens suffering from arthritis are less likely than other Ontarians to see and receive treatment from a specialist physician for their disease.
- Métis men in Ontario have a lower rate of bone mineral density testing for osteoporosis compared to other Ontario men.
- While Métis citizens have similar rates of acute kidney injury, chronic kidney disease, and end-stage kidney disease compared to other Ontarians, Métis citizens who are hospitalized with acute kidney injury are more likely to die during the year following hospital discharge than those in the general population.

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RISK FACTORS:

- Métis adults in Ontario are 1.7 times more likely to smoke cigarettes compared to the general population (37% vs. 22%, respectively).
- Métis adults in their twenties, those with less than secondary school education, and those with the lowest income are the most likely to smoke in the provincial Métis population.
- Métis men in Ontario are more likely to exceed cancer prevention guidelines for alcohol consumption (consume more than two drinks daily, on average) than non-Aboriginal men.
- Métis adults are twice as likely to exceed drinking guidelines for cancer prevention and smoke compared to the general provincial population.
- Over half of Métis adults in Ontario are either overweight or obese (66% men, 55% women).
- A similar proportion of Métis and non-Aboriginal Ontarians are overweight; however Métis adults are more likely to be obese than the general provincial population.
- Approximately 70% of Métis adults in Ontario fail to consume the recommended number of vegetables and fruits daily.
- Nearly half of all Métis adults in Ontario are inactive and just under three-quarters are considered sedentary; similarly high rates exist in the general provincial population.

SOURCES

The findings on chronic disease rates and service usage are from MNO's ongoing program of research on chronic disease, undertaken in collaboration with the Institute for Clinical Evaluative Sciences (ICES) and funded by the Public Health Agency of Canada (PHAC), detailed reports for which can be found on the MNO website (<http://www.metisnation.org/>).

The findings on risk factors are drawn from a 2015 report entitled *Cancer in the Métis People of Ontario: Risk Factors and Screening Behaviours*, produced collaboratively by the MNO and Cancer Care Ontario (CCO), copies of which are available through the MNO and CCO websites (<http://www.metisnation.org/>; <https://www.cancercare.on.ca/>).