In order for the Métis Nation of Alberta (MNA) to continue to monitor the health status of the Métis population of Alberta and implement health reforms accordingly, the collection of health data specific to the Métis is essential.

Here are a few ways that you can support the MNA in its efforts:

- Participation in the Public Health Surveillance Program (PHSP) for those satisfying the criteria for a MNA membership.
- Completing the PHSP consent forms available on the MNA website (www.albertametis.com).
- Submitting the PHSP forms for your children, which can also be found on the MNA website (www.albertametis.com).

Submit completed forms by:

Mail: Métis Nation of Alberta
Métis Health & Wellness Coordinator
#100-11738 Kingsway Ave
Edmonton, AB T5G 0X5

Fax: 780-732-3385

E-mail: health@metis.org

The report on the health status of the Métis population in Alberta is the result of a coordinated effort between the Métis Nation of Alberta (MNA), the University of Alberta School of Public Health, the Public Health Agency of Canada, and Alberta Health.

The study considered only those individuals registered with the Métis Nation of Alberta. Findings concluded that the Métis suffer from elevated levels of chronic diseases when compared to the non-Aboriginal population.

The Métis Nation of Alberta
#100-11738 Kingsway Avenue
Edmonton, Alberta, Canada
T5G 0X5

Telephone: 780.455.2200
Toll-Free Alberta Only: 1.800.252.7553

Healthy Families...
Strong Communities...
Promising Opportunities...

Métis Health & Wellness
In 2013, the MNA released a groundbreaking report on the health status of the Métis population in Alberta. The study revealed that the rates of chronic disease in the Alberta Métis are on the rise.

But what exactly are chronic diseases? Chronic diseases are long lasting conditions that require medical treatment and are rarely cured completely. Examples of chronic diseases include cancer, diabetes, heart disease, hypertension, stroke, and respiratory disease.

**Respiratory Disease:** A major concern for Métis of all ages, affecting approximately 30% of the Alberta population.

**Stroke:** The Métis stroke prevalence rate is low in those under the age of 50. The rate has shown a rapid increase in those who are 80+ years.

**Cancer:** Between 2007 and 2009, cancer was the leading cause of death in the Alberta Métis.

**Diabetes:** The prevalence of diabetes continues to rise in adults aged 30+, affecting more than 6000 Métis in Alberta.

**Heart Disease:** With approximately 1 in 3 Métis over the age of 40 diagnosed with heart disease, it is the second leading cause of death in Métis people in Alberta.

**Hypertension:** A major concern, with the prevalence of the disease in the Métis exceeding that of non-Aboriginal, First Nation, and Inuit populations.

**CHRONIC DISEASES ARE PREVENTABLE... BUT HOW?**

There are many ways that individuals can protect themselves from chronic diseases. These include lifestyle changes such as:

**Limiting tobacco use:**
- Smoking is the leading cause of cancer.
- Smoking 15-24 cigarettes a day increases the risk of lung cancer by a factor of 26.
- Smoking less than 15 cigarettes a day increases the risk of lung cancer by a factor of 8.

**Increasing physical activity:**
- Exercising for 30 minutes a day, 5 days a week.
- Typical exercise activities include walking, jogging, bike riding, etc.

**Eating healthy:**
- Fruits & vegetables: 7-10 servings/day.
- Grain products: 6-8 servings/day.
- Milk & dairy: 3-4 servings/day.
- Meat & alternatives: 2-3 servings/day.

**Reducing alcohol consumption:**
- Women: do not exceed 10 drinks per week, or 2 per day.
- Men: do not exceed 15 drinks per week, 3 per day.