

DIABETES

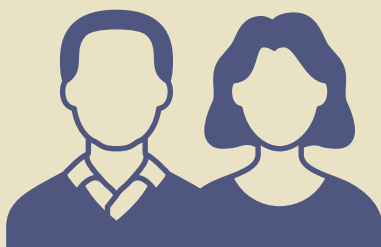
and the Métis Nation of Alberta
in 2020



64% of Métis Albertans were between of **31–60 years old** when they were diagnosed.

71% of Métis Albertans had **Type 2 diabetes**.

According to Diabetes Canada, lifestyle, age (40+), ethnic background, and having a sibling/parent with diabetes, contribute to a higher risk of developing Type 2 diabetes.



76% of Métis Albertans **did not have an endocrinologist** and relied on their family physician for diabetes care.



50% of Métis Albertans had a **chronic condition** in addition to diabetes.

The most common chronic condition was hypertension. A majority of Métis Albertans had more than one chronic condition in addition to diabetes.

26% of Métis Albertans **could not check their blood glucose regularly** due to financial barriers and lack of insurance coverage.

"[I] can't afford the test strips or lancets as they are very expensive, and I don't have medical insurance coverage." –Region 5 MNA Citizen.



17% of Métis Albertans **did not feel supported** by their health care provider.

"My endocrinologist and her nurse oftentimes feel judgemental, which makes me feel unsupported and unsafe attending appointments and sharing my challenges and questions." –Region 4 MNA Citizen.

For more information, contact the Métis Nation of Alberta at:
health@metis.org · 780-455-2200

DIABETES

and the Métis Nation of Alberta
in 2020



59% of Métis Albertans with diabetes reported they took medication for **high blood pressure**.

45% of Métis Albertans with diabetes reported they took medication for **high cholesterol**.

A majority of Métis Albertans with diabetes took medications for conditions other than diabetes.



17% of Métis Albertans reported they did **not have access to foods needed** to maintain their health.

The main barriers to accessing healthy and nutritious food were high cost of food and financial constraints.

17% of Métis Albertans reported their main diabetic care provider suggested **a low-carb diet**.

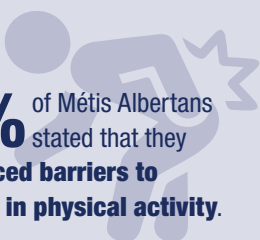
A low-carb diet is modelled after Western diets and may not be culturally appropriate for Métis Albertans.

64% of Métis Albertans **did not have a meal plan suggested for them** as a part of their treatment plan.



47% of Métis Albertans stated that they **experienced barriers to engaging in physical activity**.

The main barriers identified were other medical issues including arthritis, joint replacements, and heart issues and pain.



39% of Métis Albertans reported **diabetes affected their day-to-day activities**.

The primary ways that diabetes affected Métis Albertans was lack of energy, eating patterns, in every facet of life, nerve pain in extremities, and walking/physical activity.

Métis Albertans reported:

38%

had consulted their main diabetes care provider **one to two times in the past year**.

27%

had consulted with their health care providers **three to four times in the past year**.

16%

reported they had consulted with their health care providers **more than five times in the past year**.

For more information, contact the Métis Nation of Alberta at:
health@metis.org · 780-455-2200

DIABETES

and the Métis Nation of Alberta
in 2020



11% of Métis Albertans reported **travelling to their appointments was not convenient.**

The main barrier for Métis Albertans to travel to their main diabetes provider was that they lived in remote areas away from their providers.

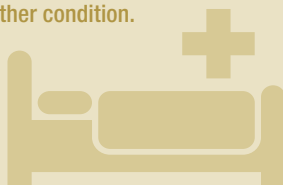


31% of Métis Albertans with diabetes reported that their **main diabetes care provider was in Edmonton.**



12% of Métis Albertans were admitted to the hospital **because of their diabetes.**

20% of Métis Albertans were admitted because of diabetes and another condition.



21% of Métis Albertans with diabetes reported they wanted **culture to play a role in their diabetes treatment.**

Métis Albertans wanted to learn more about how to use Métis knowledge on traditional medicines and diet to manage diabetes.

90% of Métis Albertans with diabetes reported they **do not use traditional medicines.**

10% of Métis Albertans reported they use traditional medicines to help manage their diabetes. Of these people, 38% reported they used Chaga mushrooms and 14% reported they used cedar or mint tea.

50% of Métis Albertans with diabetes reported their main diabetes care provider was **supportive of the use of traditional medicines in managing diabetes.**

50% of respondents reported they did not know if their main diabetes care provider was supportive.

For more information, contact the Métis Nation of Alberta at:
health@metis.org · 780-455-2200

Summaries & Acknowledgements:

GAPS IN TRANSITIONAL CARE FOR MÉTIS ALBERTANS WITH DIABETES

Health surveillance data provides evidence of how health concerns impact unique populations. The unique health needs and experiences of Métis people have been underrepresented in most widely available Indigenous health surveillance research, which often combines the experiences of Métis, First Nations, and Inuit peoples. The health outcomes and lived experiences of Métis Albertans accessing care for diabetes must be better understood and recognized as distinct from other Indigenous peoples. This research helps to better understand the health outcomes and lived experiences of Métis Albertans living with diabetes.

The research from this project provided a deeper understanding of barriers and facilitators of diabetes management for Métis Albertans with diabetes while experiencing transitional care and provides a strong foundation to advocate for equitable diabetes care for Métis Albertans. Understanding the individual and community-level factors that Métis Albertans experience on their journey with diabetes can bridge the gaps in care during transitions and help eliminate barriers associated with factors that contribute to poor health outcomes for Métis Albertans.

The information in this infographic was made possible by the many wonderful Métis people who shared their journey with diabetes. Their wealth of knowledge and experience provides the foundation for developing this infographic. The Transitions in Care project was completed in partnership between the Métis Nation of Alberta and academics from the University of Alberta. It was made possible through financial support from the Canadian Institutes of Health Research (CIHR).



Métis Nation of Alberta · Provincial Office

Delia Gray Building · 11738 Kingsway Avenue · Edmonton

780-455-2200 · 1-877-454-0684 · albertametis.com



@abmetis



@albertametis