

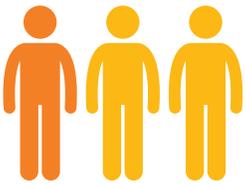
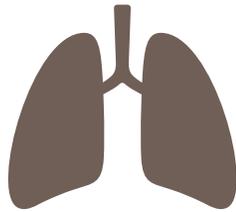


Métis People: Cancer Risk Factors and Screening



COMMERCIAL TOBACCO

Smoking commercial tobacco can increase the risk of lung cancer



Over **1 in 3** Métis adults smoke cigarettes daily or occasionally



2x

Métis teens are about **two times more likely to smoke** compared to other teens

Non-smoking Métis people are **more likely** to be exposed to second-hand smoke in **home, car** and **public places** compared to other people



ALCOHOL



Many people do not know that **drinking alcohol can cause cancer**. Drinking **even small amounts** of alcohol increases the risk of many cancers



CANCERS RELATED TO DRINKING ALCOHOL

- Breast
- Throat
- Liver
- Mouth
- Esophagus
- Colon and rectum

Métis adults are **more likely** to **BINGE DRINK** than other adults



Métis adults are **two times** more likely to **both smoke and drink** above cancer prevention guidelines compared to other adults

For the full report, visit: metisnation.org/programs/health--wellness/metis-risk-factors-report
For more information on the Prevention System Quality Index, visit: cancercareontario.ca/PSQI



NUTRITION

Traditional Métis diets are largely composed of foods **grown, harvested and hunted** from the land and water and are a **healthy choice**



An **unhealthy diet** increases the risk of colorectal cancer

1 in 5

Métis people live in households that are **food insecure**

(e.g. low availability of culturally appropriate food, households worried about running out of food, etc.)



CANCER PREVENTION

Stop smoking



Limit alcohol use



Eat traditional food, fruit, vegetables & whole grains



Be physically active



CANCER SCREENING

COLORECTAL CANCER SCREENING



BREAST CANCER SCREENING



CERVICAL CANCER SCREENING



For more information on cancer screening, visit: cancercareontario.ca/get-checked-cancer

To learn your personal cancer risk, start your 5 minute assessment online here: mycanceriq.ca



WEIGHT AND ACTIVITY

Being **overweight or obese** causes over

2,500

cancers diagnosed in Ontario every year



More than **1 in 4** Métis adults are **obese**

About **half** of Métis people are **physically active**



About **3 in 4** Métis adults spend more than **14 hours per week** in front of a screen during free time

Need this information in an accessible format?
1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca PCC4211

This infographic contains data primarily from Métis people and non-Aboriginal people in Ontario from the Canadian Community Health Survey (2007-2012)

CREDIT: Artwork in banner by Christi Belcourt. www.christibelcourt.com

Métis Nation
of Ontario

Ontario Health
Cancer Care Ontario