COMMERCIAL TOBACCO

Smoking commercial tobacco can increase the risk of lung cancer

Over 1 in 3 Métis adults smoke cigarettes daily or occasionally

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
- Mouth
- Esophagus
- Liver
- Colon and rectum

Métis adults are more likely to binge drink than other adults

2x

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
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.)

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.

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

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)

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