

The MMF-HWD would like to express our heartfelt gratitude for all parties involved with the survey, and a special thanks to all Red River Métis Citizens who shared their valuable insights and opinions, which are instrumental for gathering the necessary data to make informed decisions.

**For more information**

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## The Métis Regional Health Survey is a research initiative that places the health and well-being of Red River Métis Citizens in Manitoba at the heart of its research.

By directing our research and analysis based in your needs, we can identify gaps in healthcare, inform future research, and develop legislation and policies that support Red River Métis health.

We have had over 1200 Citizens complete our survey since AGA 2022, moving us closer to our study objectives:

### Enhancing Understanding of Métis Health Experiences:

Through the MRHS, we seek to gain a comprehensive understanding of the health experiences of Red River Métis, taking into account the historical context of both past and current legal structures.

### Empowering Citizen-Driven Data Sovereignty:

The MRHS recognizes that Red River Métis are the rightful owners of their data. By involving our community members as active and equal partners, we ensure that their voices shape the research process.

### Supporting the Advocacy and Policy Development:


The MRHS data will serve as a robust basis for advocacy, informing legislation, as well as policy and program development to better support the health needs of our Community.

### Directing Resources and Future Research:

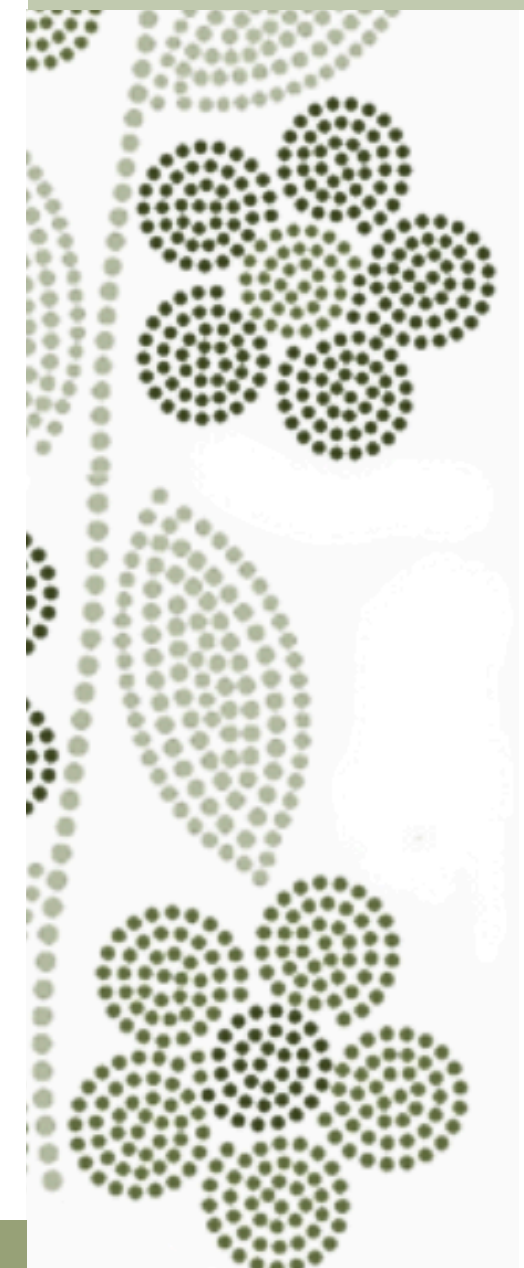
Survey findings will enable us to identify areas where resources can be better allocated to address health challenges faced by Red River Métis Citizens effectively.



# MÉTIS REGIONAL HEALTH SURVEY



## Reclaiming our Health under the Métis Health Data Strategy



# 1 in 6

**Red River Métis Citizens responding to our survey indicated having a diabetes diagnoses.**

## **General Health:**

Diabetes poses a significant health challenge for Red River Métis individuals. Approximately 17% of Citizens responding to our survey indicated a diabetes diagnosis.

High blood pressure and heart disease are prevalent health concerns among Red River Métis Citizens. Over 25% of Citizens reported having high blood pressure and approximately 9% reported a history of heart disease.

Arthritis affects a significant number of Red River Métis individuals; with 30% of respondents reporting they struggle with this condition.

Many Citizens have reported receiving treatment for asthma; with 16% of respondents indicating having an asthma diagnosis.

# 1 in 5

**respondents identified dealing with conditions such as depression or bipolar disorder.**

## **Mental Health:**

Nearly 20% of respondents have identified dealing with conditions such as depression or bipolar disorder, and approximately 19% have been diagnosed with an anxiety disorder.

Enhancing access to mental health services that are culturally attuned is a fundamental priority for the MMF. It plays a crucial role in nurturing overall well-being and supporting mental wellness.

## **Physical Activity:**

Regular physical activity can prevent and manage chronic conditions, as well as improve mental health and quality of life. Over 47% of respondents have indicated having recently participated in physical activity that lasted a minimum of ten continuous minutes.

# 1 in 2

**respondents reported they have not had a complete physical done in the last 12 months.**

## **Preventative Health:**

Preventative health tests are imperative for screening and identifying possible health issues.

Over 52% of respondents reported receiving a blood sugar test within the last 12 months. More frequent blood sugar testing is particularly important for those living with or at higher risk for diabetes, and those taking medicines that can raise blood sugar.

Nearly 73% of Citizens responding to our survey have taken a blood pressure test in the last 12 months.

Additionally, over 52% of respondents have had a cholesterol test in the last 12 months. High levels of cholesterol can increase your risk of heart disease, a condition that past studies have shown to be more prevalent among Red River Métis Citizens.

# 2 in 3

**respondents reported feeling a strong sense of belonging and connection to their local community.**

## **Food Security:**

Nearly 33% of respondents indicated that they were afraid food would run out before they got money to buy more.

Approximately 25% of respondents also reported that they did not consistently eat balanced meals as there was not enough food for everyone.

## **Access to Care:**

52% of respondents do not find it easy to access the healthcare they need.

In northern regions such as The Pas, Thompson, and Northwest, Citizens commonly reported that it was difficult or very difficult to access care (nearly 84%).