



# 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



# 2x

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



## 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](http://cancercareontario.ca/get-checked-cancer)

To learn your personal cancer risk, start your 5 minute assessment online here: [mycanceriq.ca](http://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?  
1-855-460-2647, TTY 416-217-1815, [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca) PCC4078

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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