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
- Throat
- Esophagus
- Liver
- 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

Métis Nation of Ontario
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.).

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.

CANCER PREVENTION

Stop smoking

Limit alcohol use

Eat traditional food, fruit, vegetables & whole grains

Be physically active

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