

# MÉTIS NATION PUBLIC HEALTH VISION

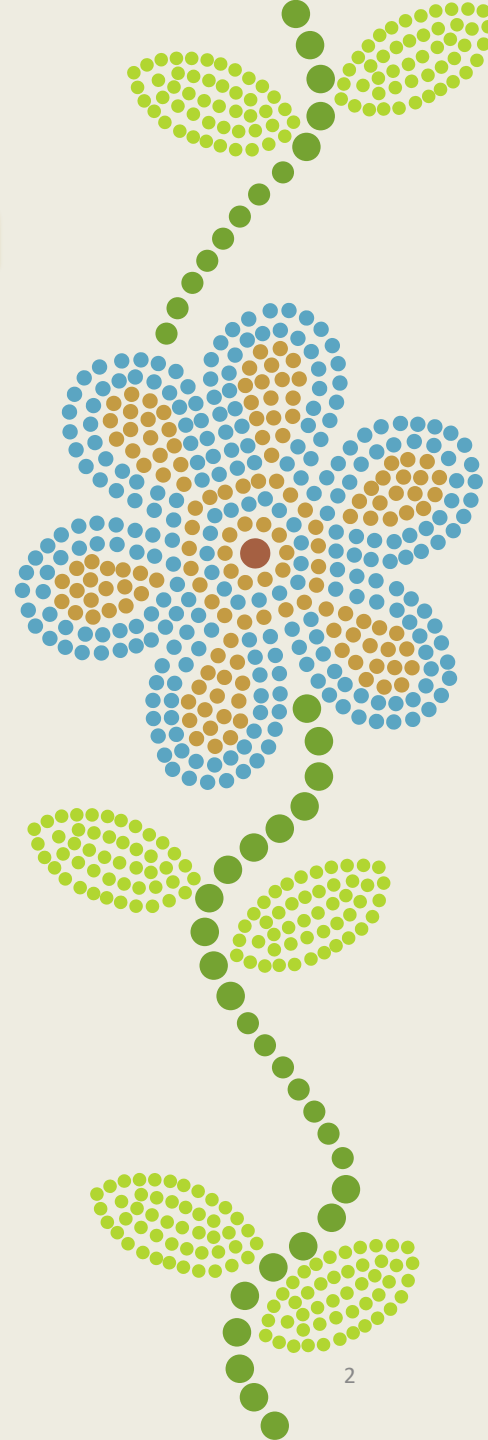


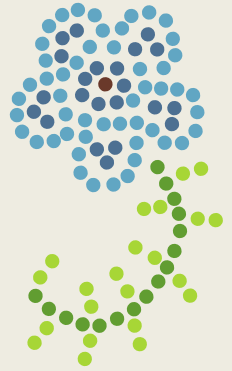
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Métis National Council  
CNHiAP First Meeting  
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# Defining Métis Health

*“Health is a state of complete physical, mental, emotional, social and economic wellbeing and not merely the absence of disease or infirmity. It is a state of balance and interconnected relationships between physical, mental, social, spiritual, environmental, and cultural well-being. And it is the extent to which Métis people, families, or communities can achieve individual or collective well-being now and for future generations ”*

Métis Vision for Health (2021)





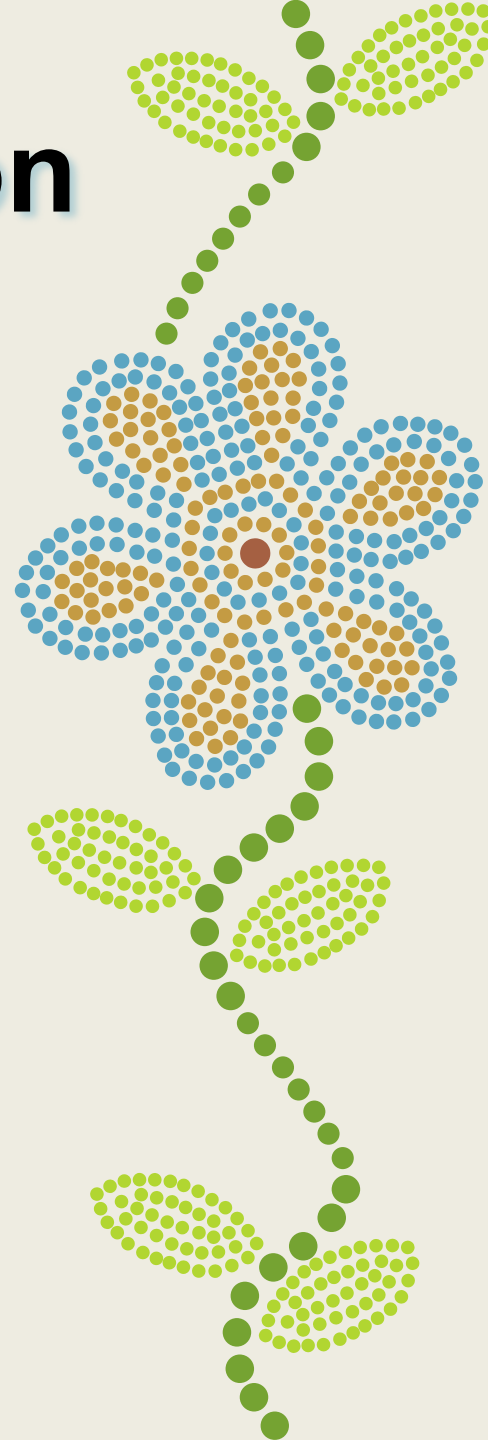
# Principles of Métis Health

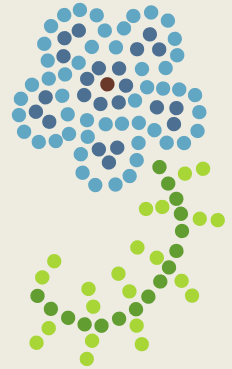
1. Self-Determination
2. Holistic and multi-faceted
3. Place based



# Impacts of Colonization on Métis Health

- ∞ Lack of data detailing specifics of Métis health and well-being.
- ∞ Generally, Métis Nation's population have poorer health outcomes than non-Indigenous Canadians.
- ∞ Métis people have significantly higher rates of chronic diseases like diabetes, COPD, lung cancer, heart disease, and strokes. There are many Métis people who are living with disproportionate mental health and wellness inequities.





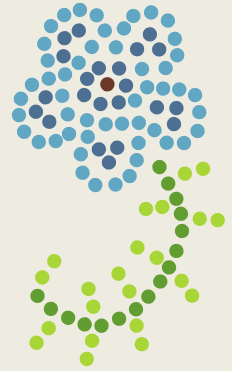
# Métis Social Determinants of Health

## Métis Social Determinants of Health (MSDoH) include:

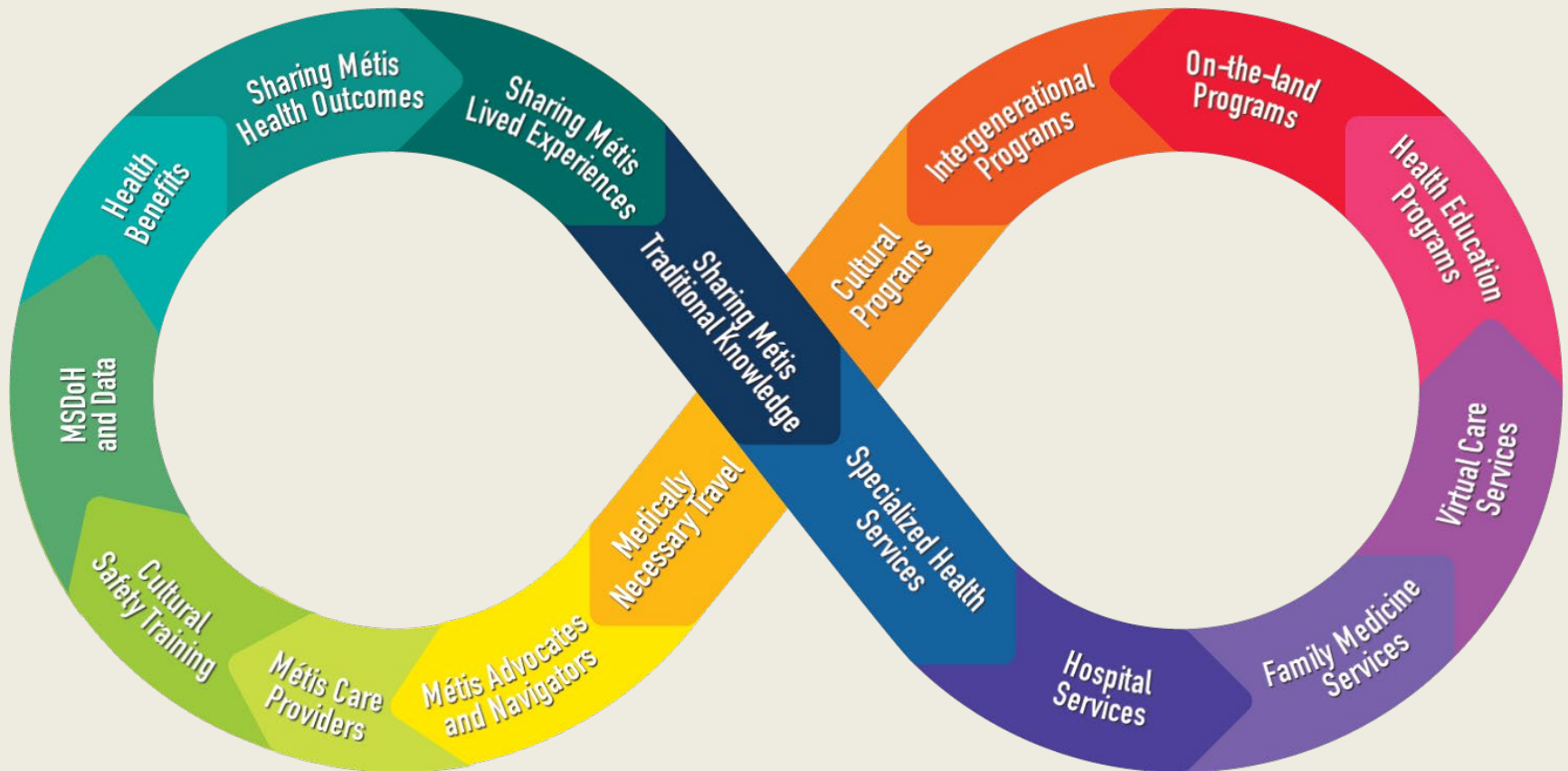
- ∞ Income and Social Status
- ∞ Poverty
- ∞ Housing
- ∞ Race/Racism
- ∞ Colonialism
- ∞ Employment and working conditions
- ∞ Education and literacy
- ∞ Childhood experiences
- ∞ Physical Environments
- ∞ Environment and climate change
- ∞ Social supports and coping skills
- ∞ Healthy behaviours
- ∞ Access to health services
- ∞ Biology and genetic endowment
- ∞ Gender and intersectionality
- ∞ Culture
- ∞ Relationship to animals, land, and waters



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# Métis Health Priorities



Source: Métis Nation Alberta

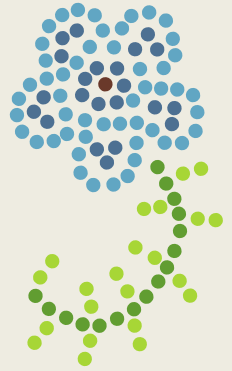
# Métis Health Priorities

1. Non-Insured Health Benefits
2. Mental Health and Substance Use Supports
3. Community Based, Long Term Care and Palliative (Hospice) Care
4. Building Meaningful, Collaborative Relationships
5. Comprehensive Community Health Centres
6. Increased Métis Health Human Resources
7. Healthy Living, Disease Prevention & Health Promotion
8. Strengthening Métis Nation Cultural Supports and Traditional Well-being Programming
9. Expanding Virtual Health Opportunities
10. Métis Research, Needs Assessment and Evaluation
11. Building Culturally Competent Health Systems
12. Pre- and Post-Natal Care
13. Culturally relevant sexual health and reproductive care
14. Climate Change Impact on Health





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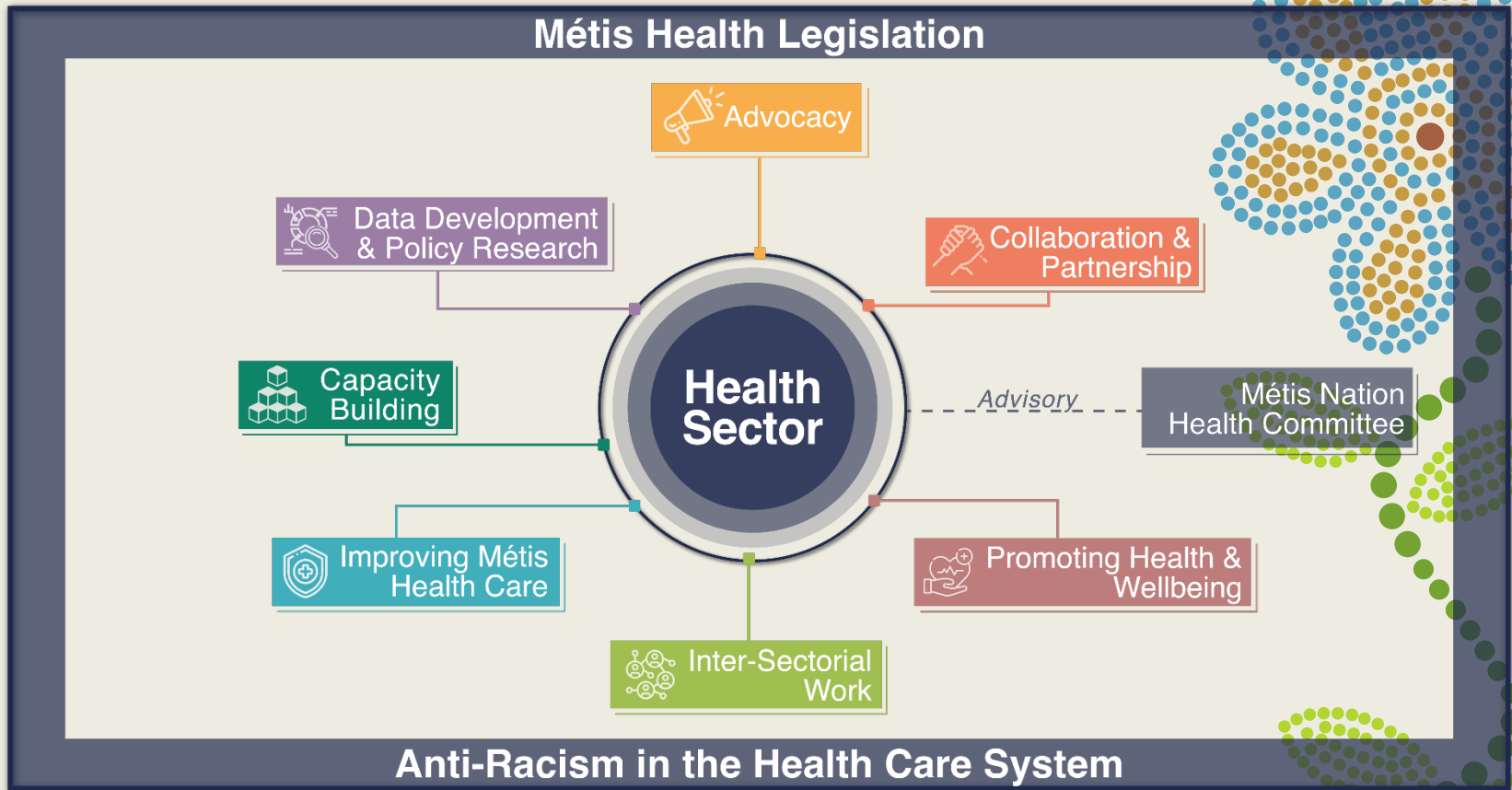
# **Our Vision**

**Through Métis self-determined healthcare systems, Métis people are healthy, happy, resilient, grounded in their cultures and languages and thriving as individuals and as members of their Métis families and communities.**



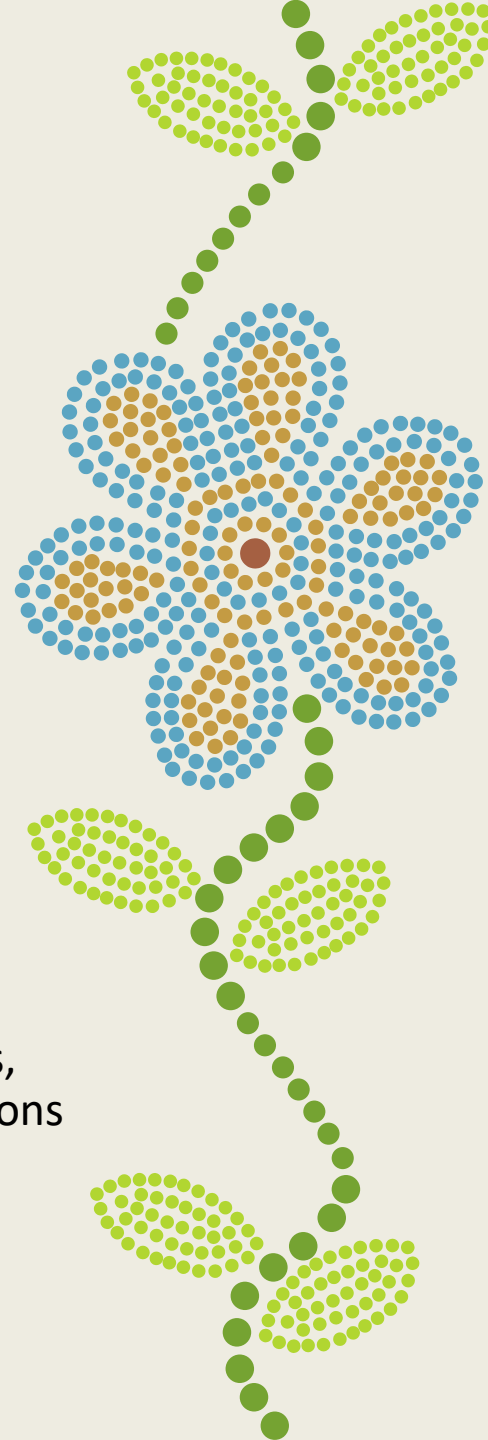


# MNC Health Sector- Strategic Areas



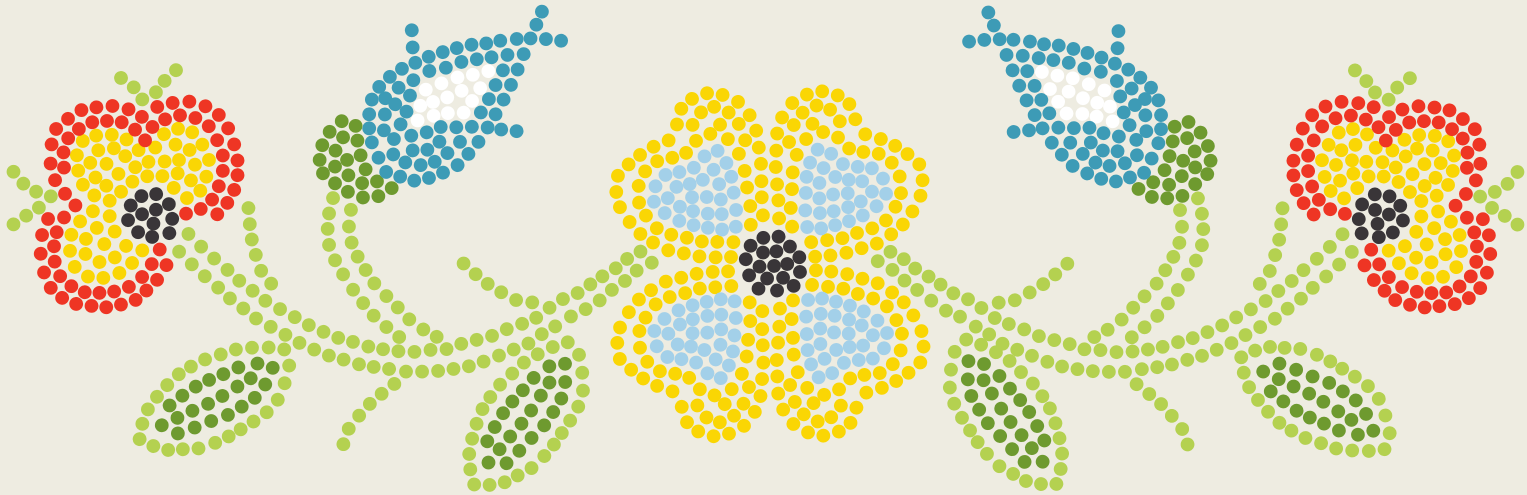
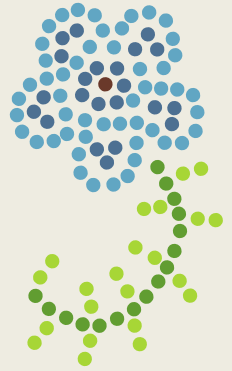
# Recommendations to Achieve Our Vision

- ∞ Investment: distinctions-based, long term, sustainable and predictable funding for Métis Governments to meet Métis health priorities
- ∞ Métis Health Legislation: Nation-to-Nation co-development, align with UNDRIP, protect Métis inherent rights.
- ∞ System change: programs and policies focus on Métis social determinants of health, protect Métis human rights, respect Métis culture and traditions and consider intersectional identities.
- ∞ Region-specific: Métis governments have priorities, structures, plans and accountability mechanisms for each Métis jurisdictions to support Métis health.
- ∞ Data: Métis governments must have the capacity to collect, analyze, use and own Métis data.





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*Marsee ∞ Maarsií  
Thank you ∞ Merci*