



We are pleased to send you the Spring 2008 Special edition of our newsletter, "The MDSi Moccasin". This special edition features results from the Metis Settlement Census and MDSi screening for diabetes in the Metis settlements.

The prevalence of diabetes grew more than 3 times as fast as the population in the settlements between 1998 and 2006 and this is a significant concern. MDSi has screened only 25% of the settlement population - we need to reach the remaining 75%!

These results emphasize the need for continued screening and prevention programs for diabetes. Let us continue to work together in the interest of preventing diabetes and its complications in the Metis settlement population.

Sincerely,

Susan Cardinal
Elected Secretary
Metis Settlements General Council

Ellen Toth, MD
Diabetes Specialist
University of Alberta

DIABETES increase of 66% in Metis Settlements; results of the The Métis Census

Increase higher in the Settlements vs. First Nations

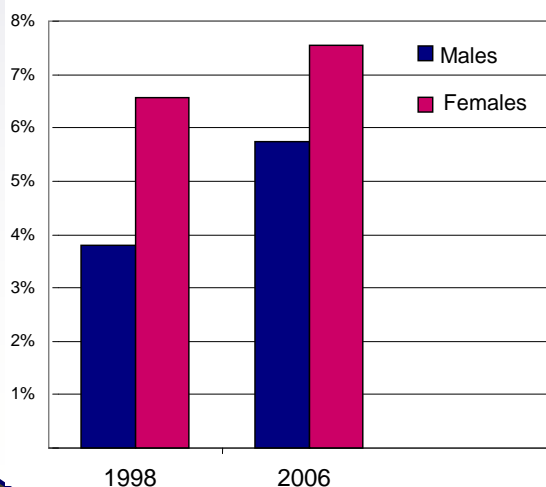
The Métis Settlements General Council undertakes a population census of the Settlements every 4 years. One question asked is whether or not there are people with diabetes in the household.

In 1998 about 3% of people in the Settlements had diabetes, and this increased to about 5% according to the 2006 census. These figures are probably an underestimate because people may not have reported their diabetes.

This 66% increase is higher than for Alberta First Nations, whose diabetes rates grew 41% from 1995 to 2005, (although these rates were counted in a different way from the Alberta Health and Wellness databases).

Diabetes rates have increased for both men and women since 1998. About 6% of men and 8% of women in the 2006 census were said to have diabetes. The diabetes rates for the province of Alberta (from AHW data) are ~4%, and for Status individuals in Alberta they are ~ 12%. Rates are highest in women for both the Status population and the Metis Settlements, whereas in the non-Aboriginal population rates for men and women are generally equal or higher for men. Reasons for these differences are not known, but may have something to do with women having gestational diabetes or accessing health services more often than men. This information show it is useful to answer the questions on the census!

Rates of diabetes in the Settlements, from the 1998 and 2006 Métis Census



*The number of people who said they have diabetes grew **66%** from 1998 to 2006.*

*At the same time, the Settlements population grew by **only 17%**.*

*Diabetes rates are growing more than **3 times faster** than the population.*

MDSi results show 5% of people screened in the Settlements have undiagnosed diabetes

PLUS: High blood pressure and heart disease risks for adults and children

MDSi has screened about 25% of the people living in the Settlements, and has found that about 5% of these people have diabetes.

“There may be a lot more diabetes out there, and it could get worse before it gets better” says Dr. Ellen Toth, MDSi’s medical director.

“We’ve screened 25% of the people, but what about the other 75% who haven’t been tested yet?”

21% of the children MDSi tested had pre-diabetes, 21% had high blood pressure, and 25% had high cholesterol. 24% of adults tested had high blood pressure, 38% had high cholesterol. High blood pressure can lead to stroke, and high cholesterol can cause heart disease.

“The biggest risk for diabetes is being overweight or obese. The best way to prevent diabetes is not becoming overweight in the first place! This is not easy.” Dr. Toth says.

**MDSi is a partnership program between your Community, the University of Alberta and Alberta Health and Wellness.*

Spring 2008 MDSi Visit Schedule:

Apr 22 nd -24 th :	Fort Vermillion	PD
Apr 25 th -29 th :	La Crete	RR
May 5 th -9 th :	Fishing Lake	IA
May 12 th -16 th :	Trout Lake	ZW
May 26 th -30 th :	Buffalo Lake	ES
Jun 2 nd -6 th :	Gift Lake	
Jun 9 th -13 th :	Small Boys Camp	
Jun 16 th -20 th :	Kikino	

Call your Settlement office for information on booking an appointment.