



Metis Health Knowledge Authority in Manitoba

Diabetes and Related Health Care Utilization in the Manitoba Metis Population Summary Report - 2010

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What is diabetes?

Diabetes refers to problems with insulin use in the body. In type 1 diabetes the body does not produce insulin. Often people are diagnosed with this type of diabetes quite early in life. Type 2 diabetes develops when the body becomes resistant to insulin and unable to use the insulin it has to control sugar levels. Both types of diabetes result in long-term health complications, and both are included in this study. Metis get both types of diabetes, but they most often have type 2 diabetes.

Why do this study?

This report arose from concerns voiced by Metis for more detail on diabetes than is available in the first Metis population health report in Canada, the *Profile of Metis Health Status and Healthcare Utilization in Manitoba*. That study showed a higher rate of diabetes in Metis compared to all Other Manitobans (11.8% vs. 8.8%). The death rate for those with diabetes was 12% higher for Metis compared to All Other Manitobans. This six-section report, 'Diabetes in Metis in Manitoba', provides an in-depth examination of diabetes in Manitoba Metis. Examined are indicators on illness, health services use, and quality of care and prevention for Manitoba Metis with diabetes.

What did we ask?

Are there differences between Metis and All Other Manitobans with diabetes based on where they live, their age, and/or their sex? Are some

Metis better off or worse off than other Metis living in different areas, ages, and/or sex?

Who was studied?

This population-based study includes every person living in Manitoba who had a provincial health card during the years studied. The Metis Population Database produced in a previous study was used to anonymously identify 73,000 Metis individuals of all ages in Manitoba. Included in the study were only those who were 19 years of age and older.

Provincially, more Metis have diabetes compared to All Other Manitobans (12.0% vs. 8.9%).

What did we find?

Provincially, more Metis have diabetes compared to All Other Manitobans (12.0% vs. 8.9%). Even after taking into account factors such as age, income, etc., Metis are at a greater risk of developing diabetes compared to All Other Manitobans.

The table below displays some significant health indicators from our report. Metis with diabetes are more likely to have ischemic heart disease and diabetes-related lower limb amputations compared to All Other Manitobans with diabetes.

Selected Health Indicators for Metis with Diabetes and All Other Manitobans with Diabetes

Health indicator (age- and sex-adjusted)	Provincial Metis rate	Provincial All Other Manitobans rate	% difference of Metis compared to All Other Manitobans (+ higher / - lower)
Diabetes	12.0%	8.9%	+35%
Ischemic heart disease	19.7%	16.9%	+17%
Diabetes-related amputation of a lower limb	24.3 per 1,000	16.2 per 1,000	+50%
Anxiety disorders	10.4%	8.8%	+18%
Substance abuse	8.3%	6.6%	+26%
Ambulatory visit rate	8.8 per resident	8.0 per resident	+10%
Total hospital separation rate	408 per 1,000 residents	336 per 1,000 residents	+21%
Short hospital stays (1-13 days)	1,048 days per 1,000	824 days per 1,000	+27%
Annual eye exams	33.7%	36.2%	-7%

Diabetes also affects (and is affected by) mental health. Metis with diabetes are more likely to have depression, anxiety disorders, and substance abuse compared to All Other Manitobans with diabetes. Metis with diabetes use health services to treat diabetes and its associated complications more frequently than do All Other Manitobans with diabetes, with 10% higher rates of doctor visits, 20% more hospital visits, 30% more short hospital stays, and 10% more types of prescription medications.

Eye examination is important preventative care for individuals with diabetes. Our study demonstrates that neither Metis nor All Other Manitobans with diabetes access annual eye exams. The rate for Metis with diabetes is significantly less than that for All Other Manitobans with diabetes (33.7 % vs. 36.2%). Eye exams are one of the least expensive preventative care measures for diabetes.

The Manitoba Metis Federation-Health & Wellness Department is very pleased to release this report – our first independent study. We thank the Manitoba Centre for Health Policy staff for their ongoing support and mentorship, and the Public Health Agency of Canada for their financial support.

Where do we go from here?

It is hoped that this study report will assist in the improvement of the health and well-being of Manitoba Metis. Our Regional Knowledge Networks, including MMF and Regional Health Authority members, are currently working together to adapt Manitoban Health programs and services to better meet Metis needs. These Knowledge Networks will use the results of this study in determining priority areas for improving the health of Metis people in Manitoba.

Want the complete report?

You can download the full report from our website: <http://health.mmf.mb.ca> or contact the Health & Wellness Department:

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