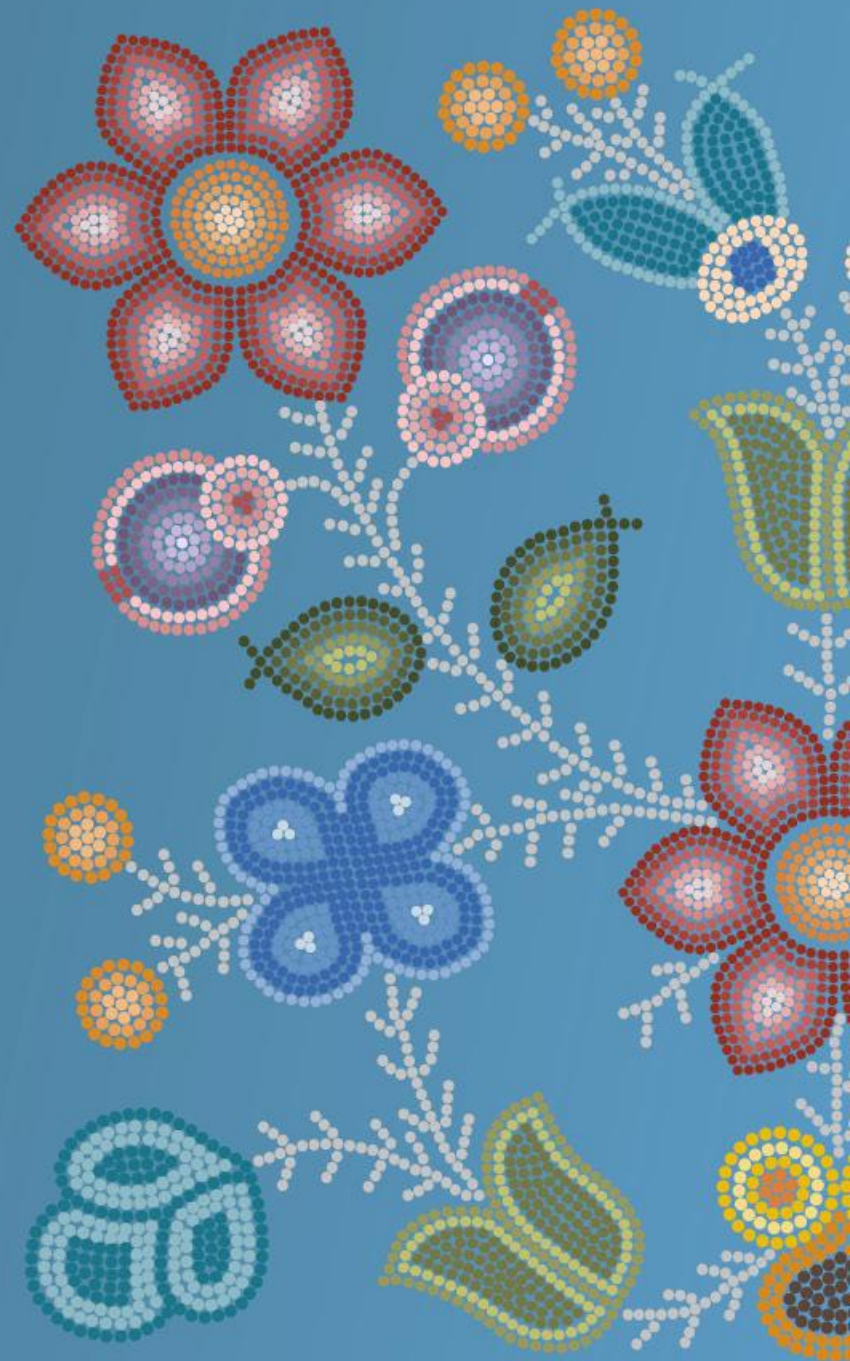


COMMUNITY REPORT:

# WHAT WE HEARD: 2024 HEALTH SURVEY

Métis Nation  
of Ontario 

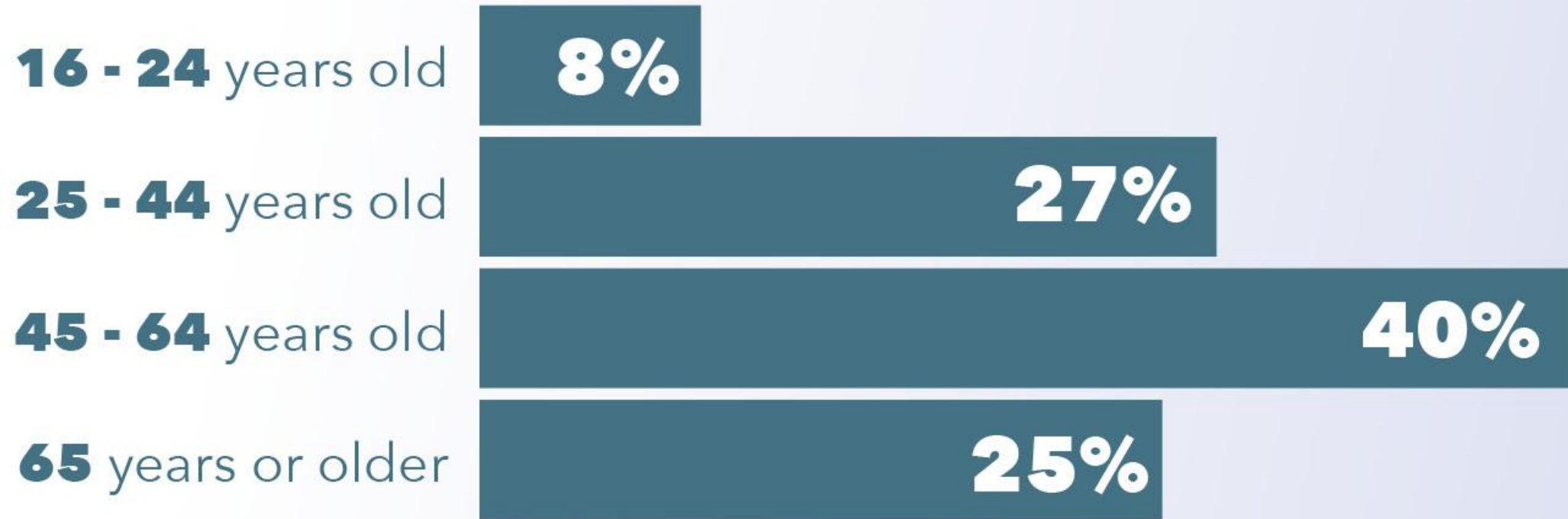


# 3,785

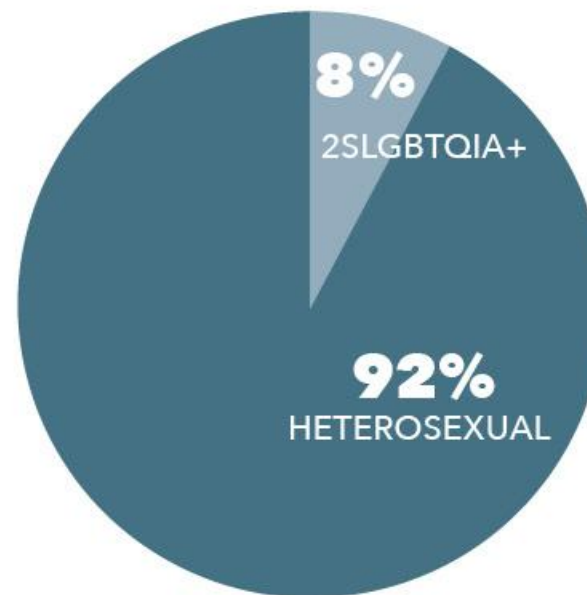
**Métis citizens  
contributing their  
insights**



**THANK  
YOU**

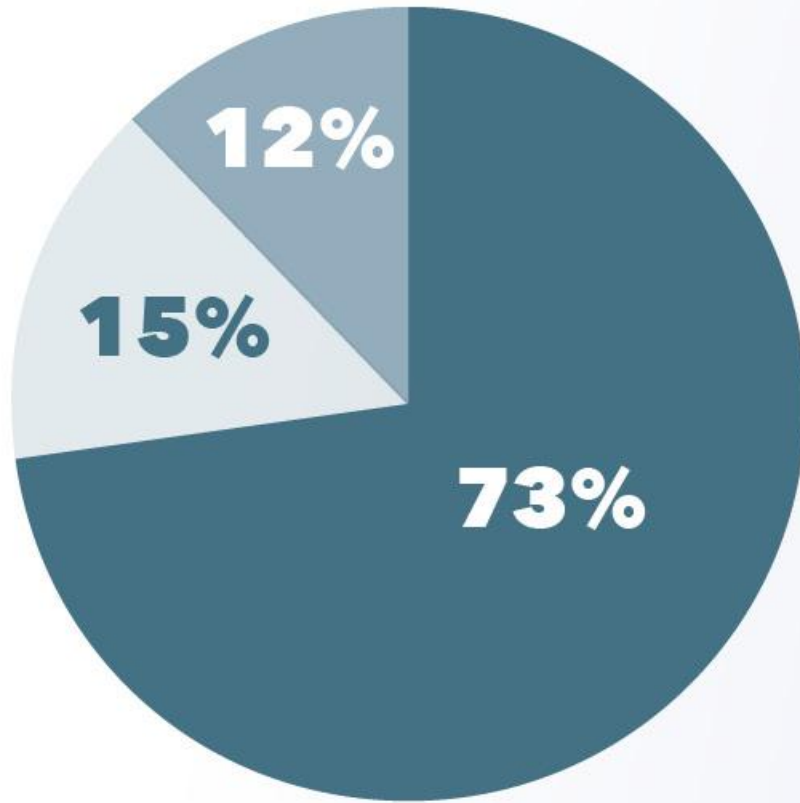


**About 2 in 5 respondents were between the ages of 45 and 64 years.**



**About 9 in 10 respondents reported their sexual orientation as heterosexual.**



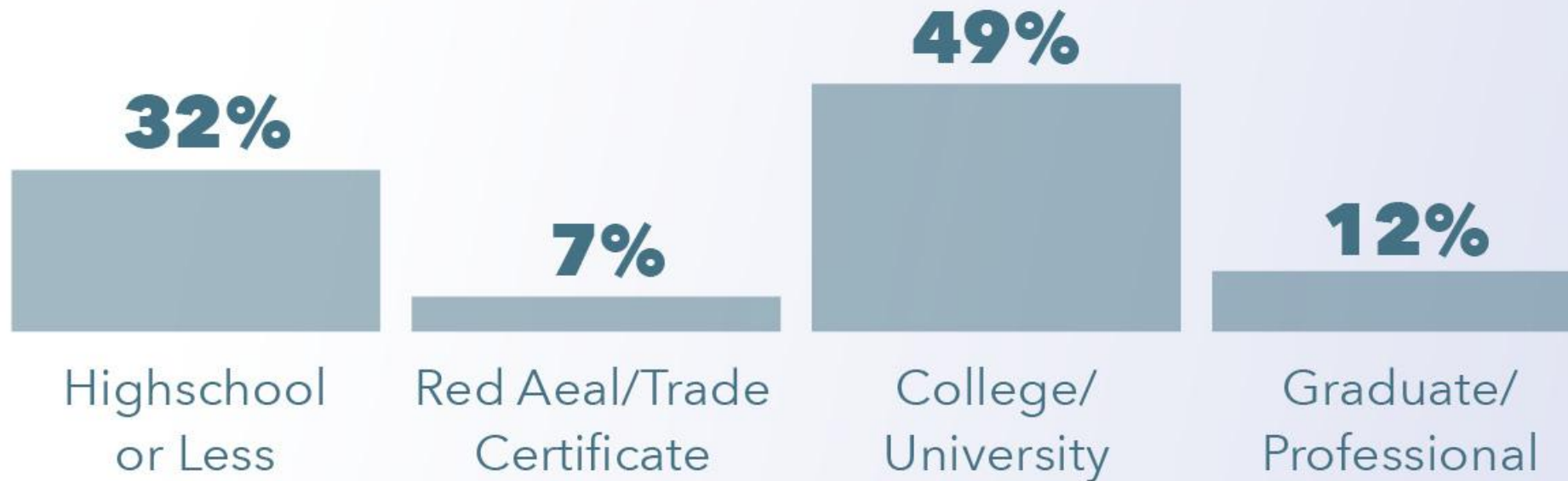


**73% of respondents were married or in a relationship, 15% were single and 12% were separated, divorced or widowed.**

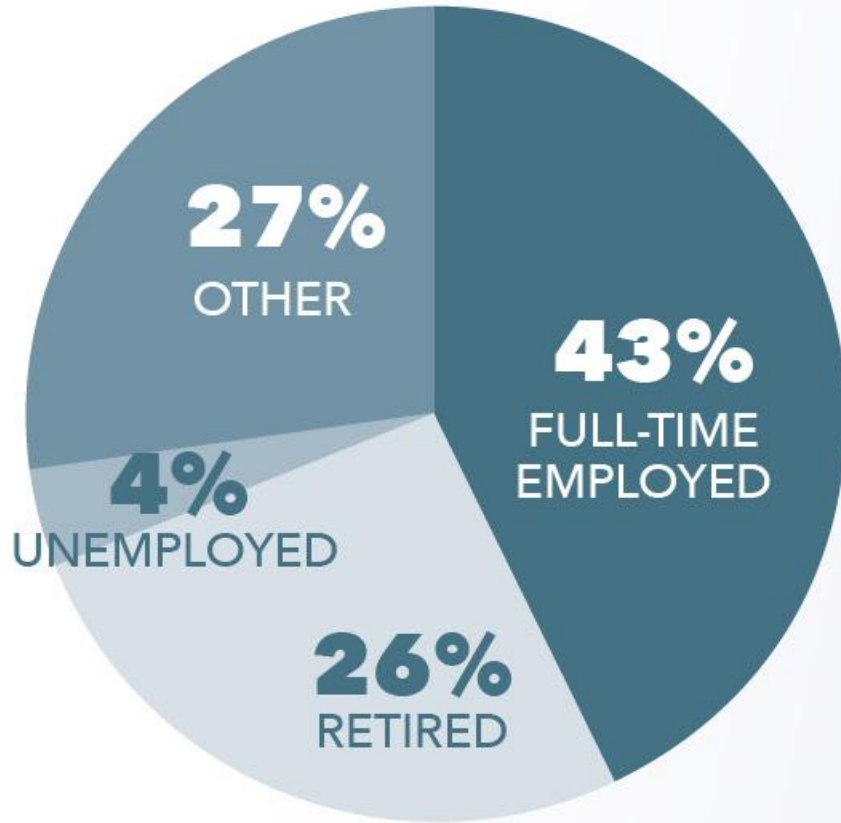


**26%**

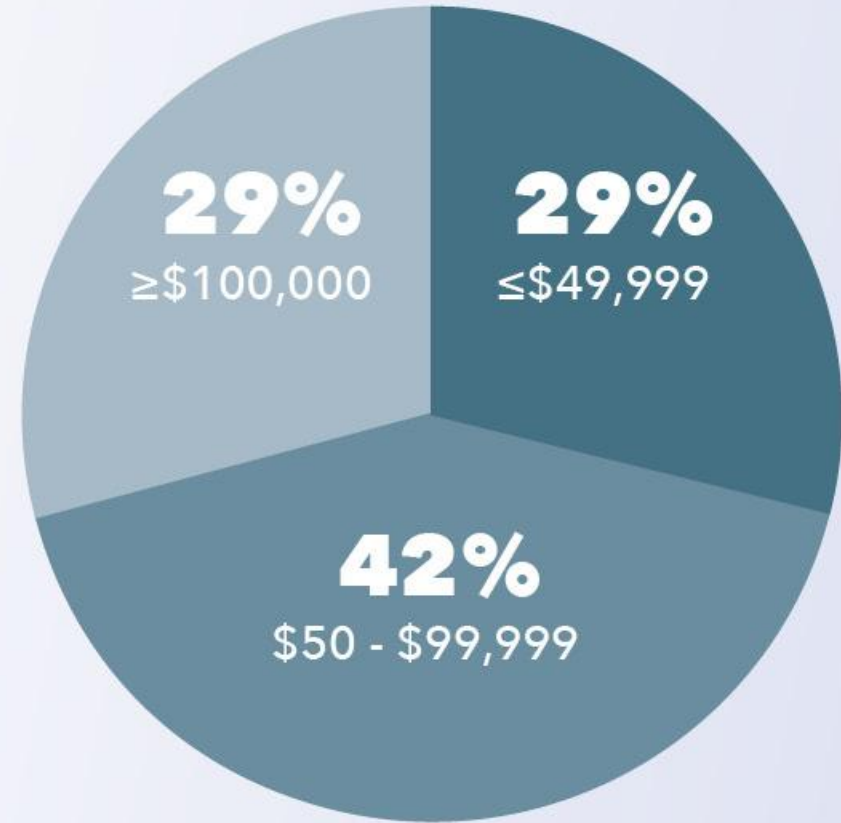
**About 1 in 4 respondents reported living with a disability.**



**About 6 in 10 respondents reported a college or university degree, or higher level of education.**

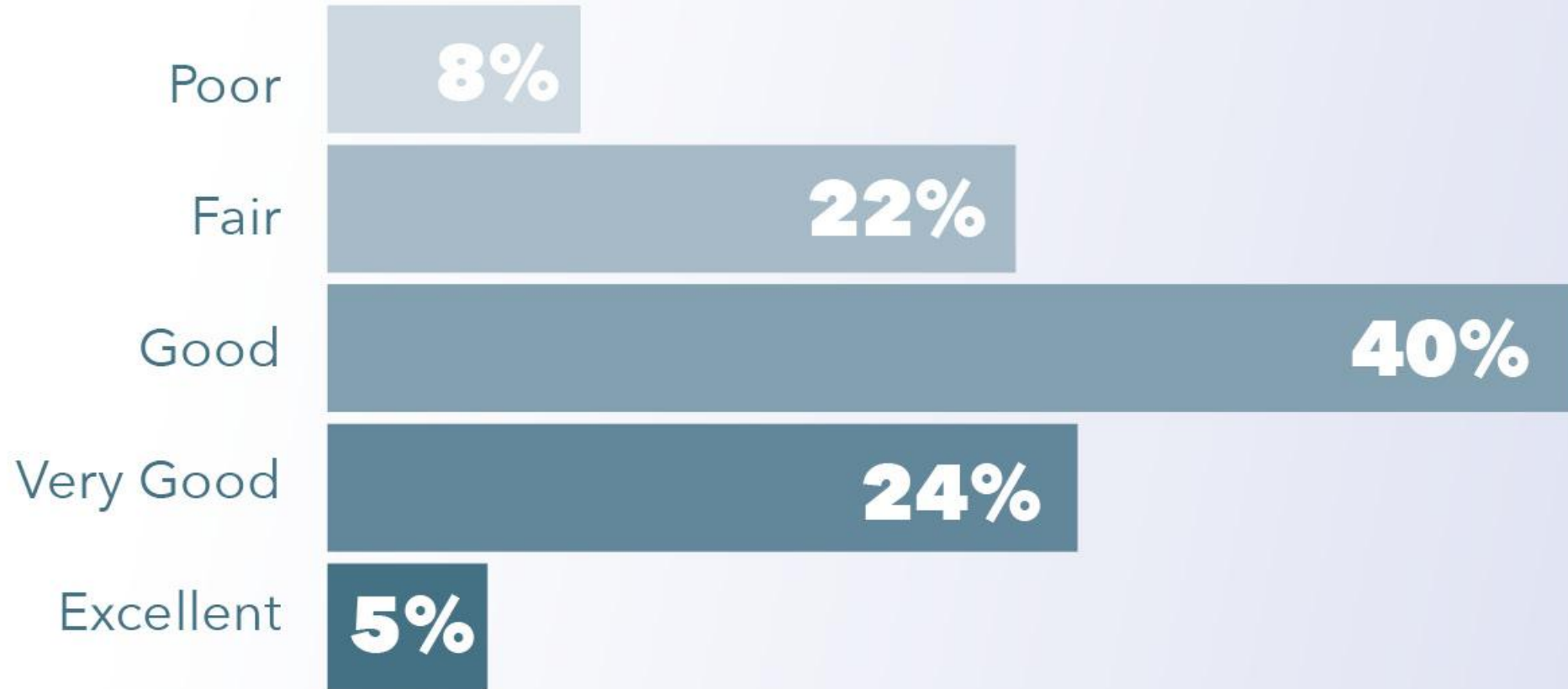


**About 2 in 5 respondents were employed full time.**

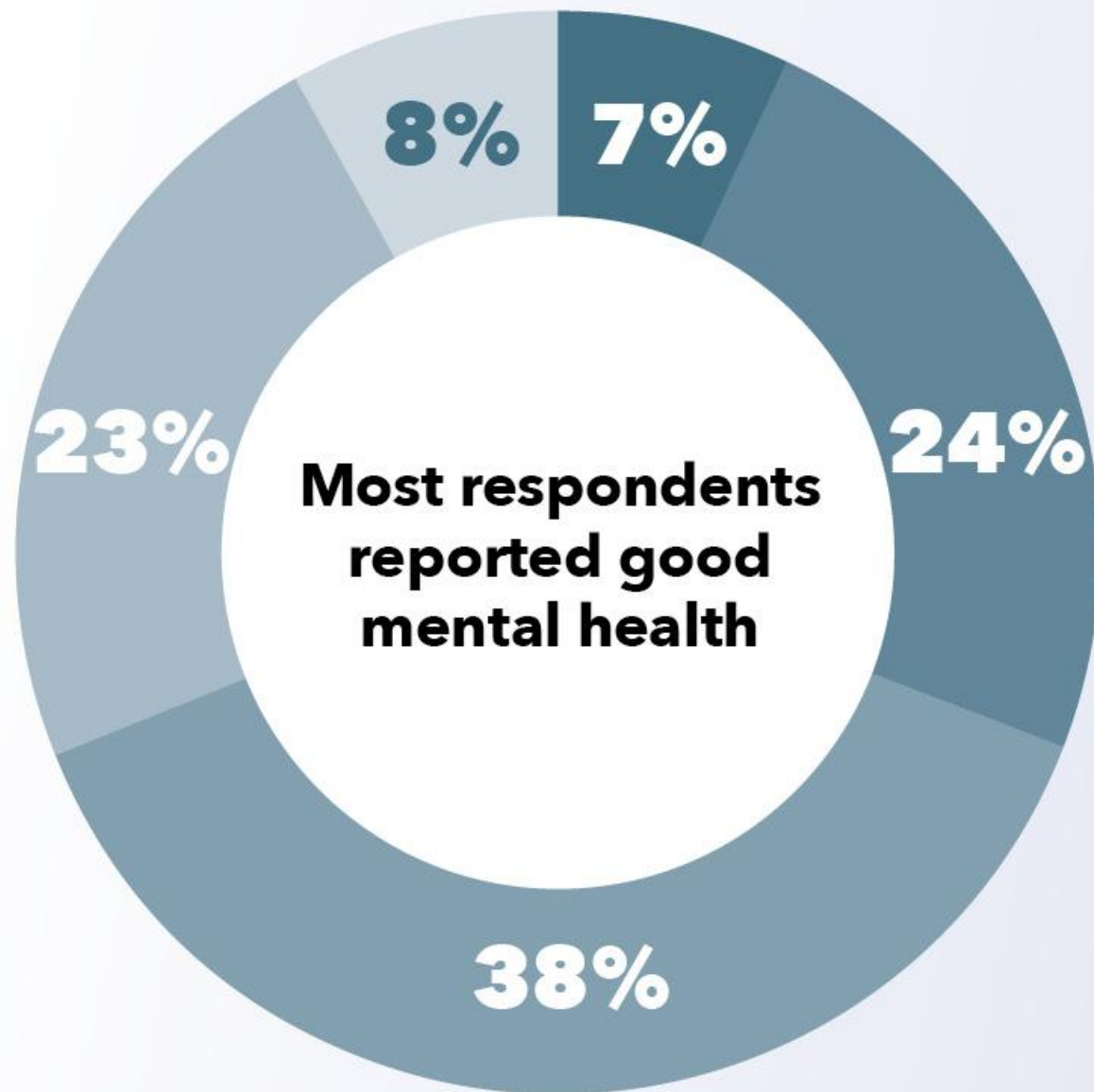


**About 2 in 5 respondents reported an annual household income of between \$50,000 and \$99,999.**

**The figure below shows that nearly 7 in 10 respondents reported good, very good or excellent health.**

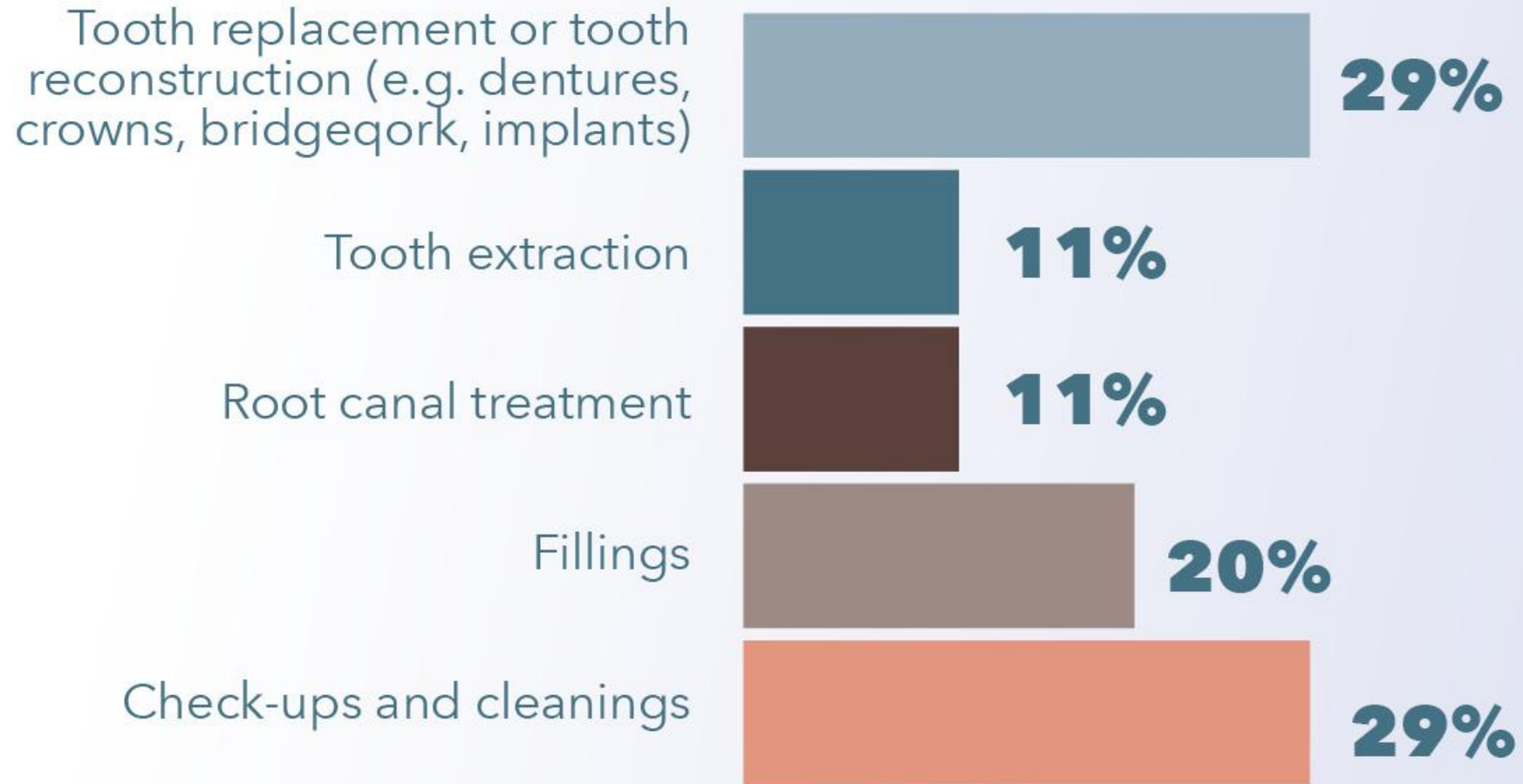


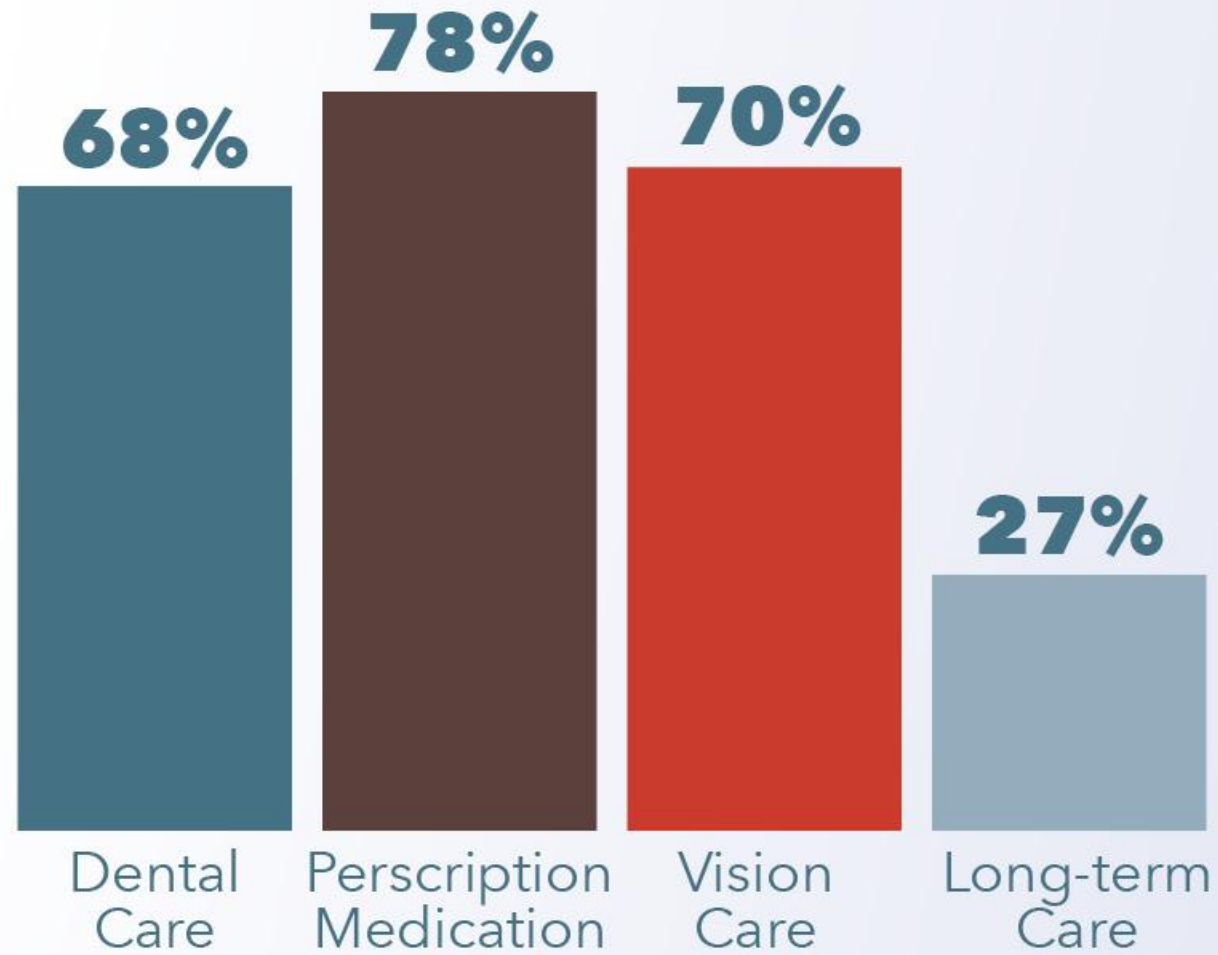




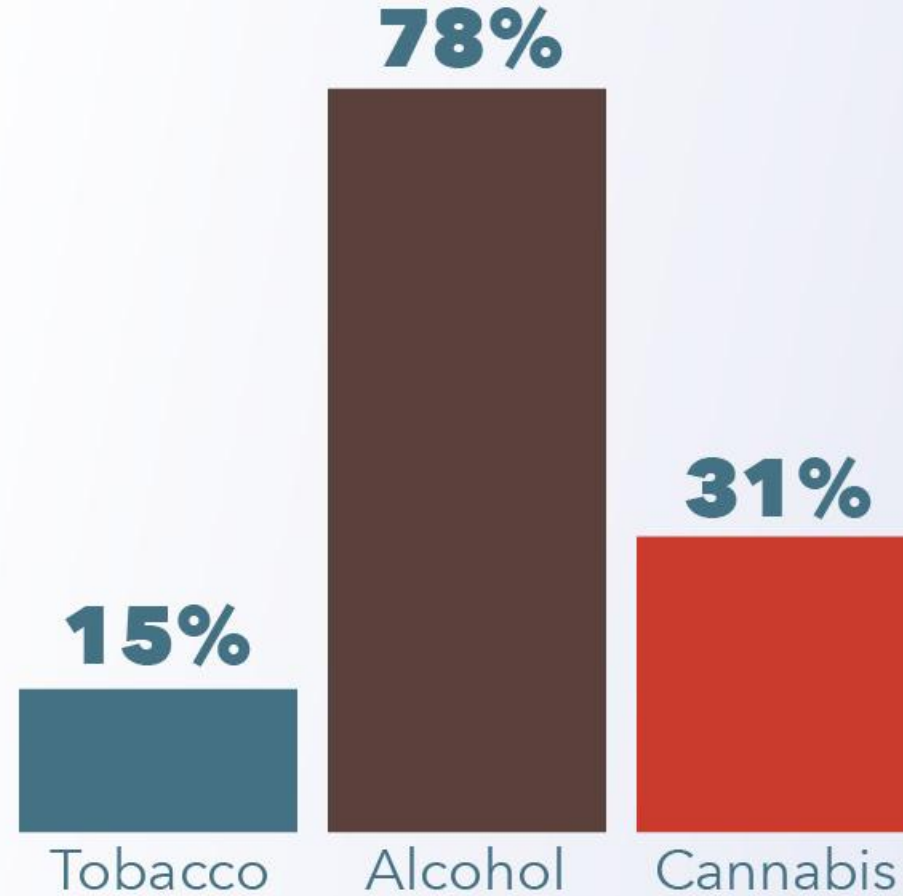


**40% of MNO citizen respondents reported cost as a barrier. Treatments most commonly avoided:**





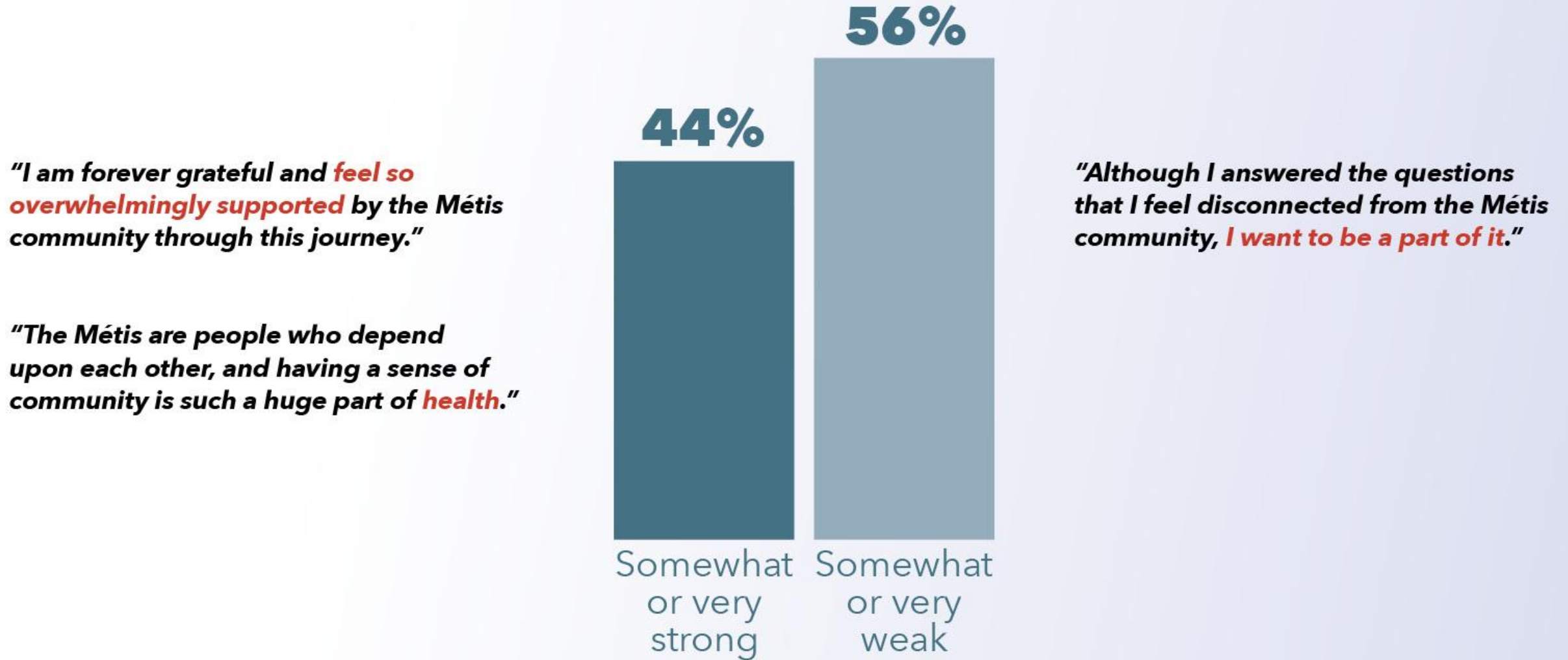
**Extended health benefit coverage from insurance plan or government program**



**Tobacco, alcohol, and cannabis consumption  
(at least once in the 12 months prior to the survey)**

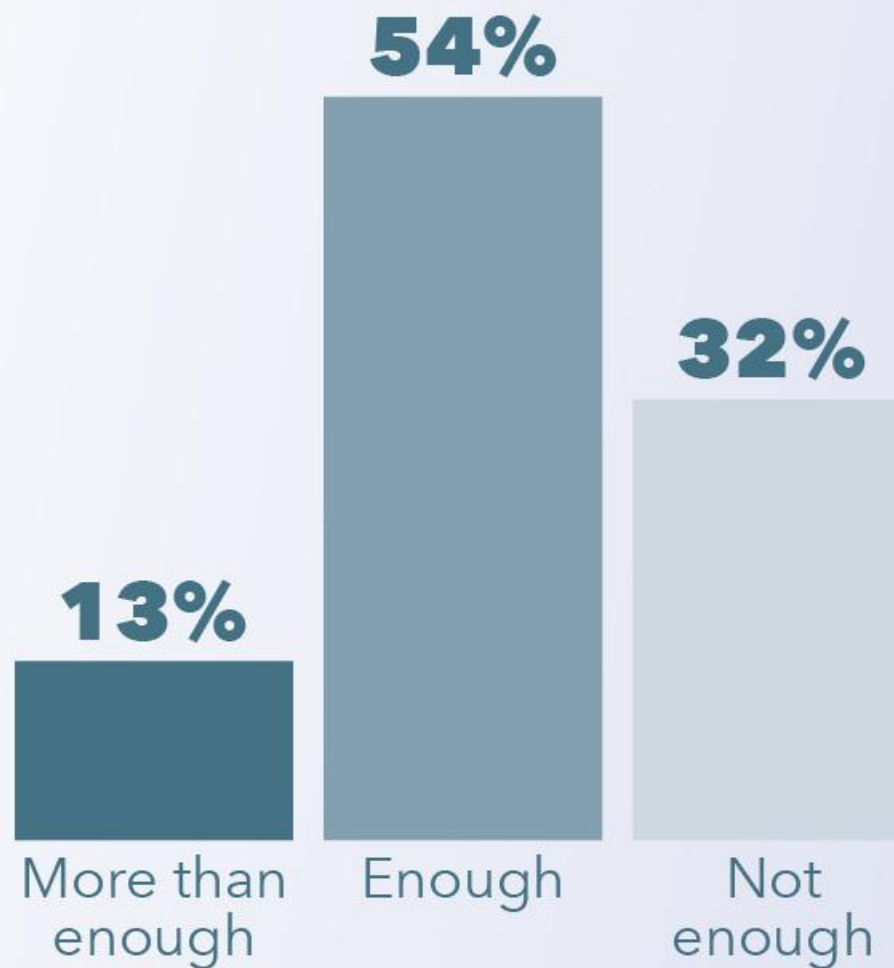


## Sense of belonging to the Métis community

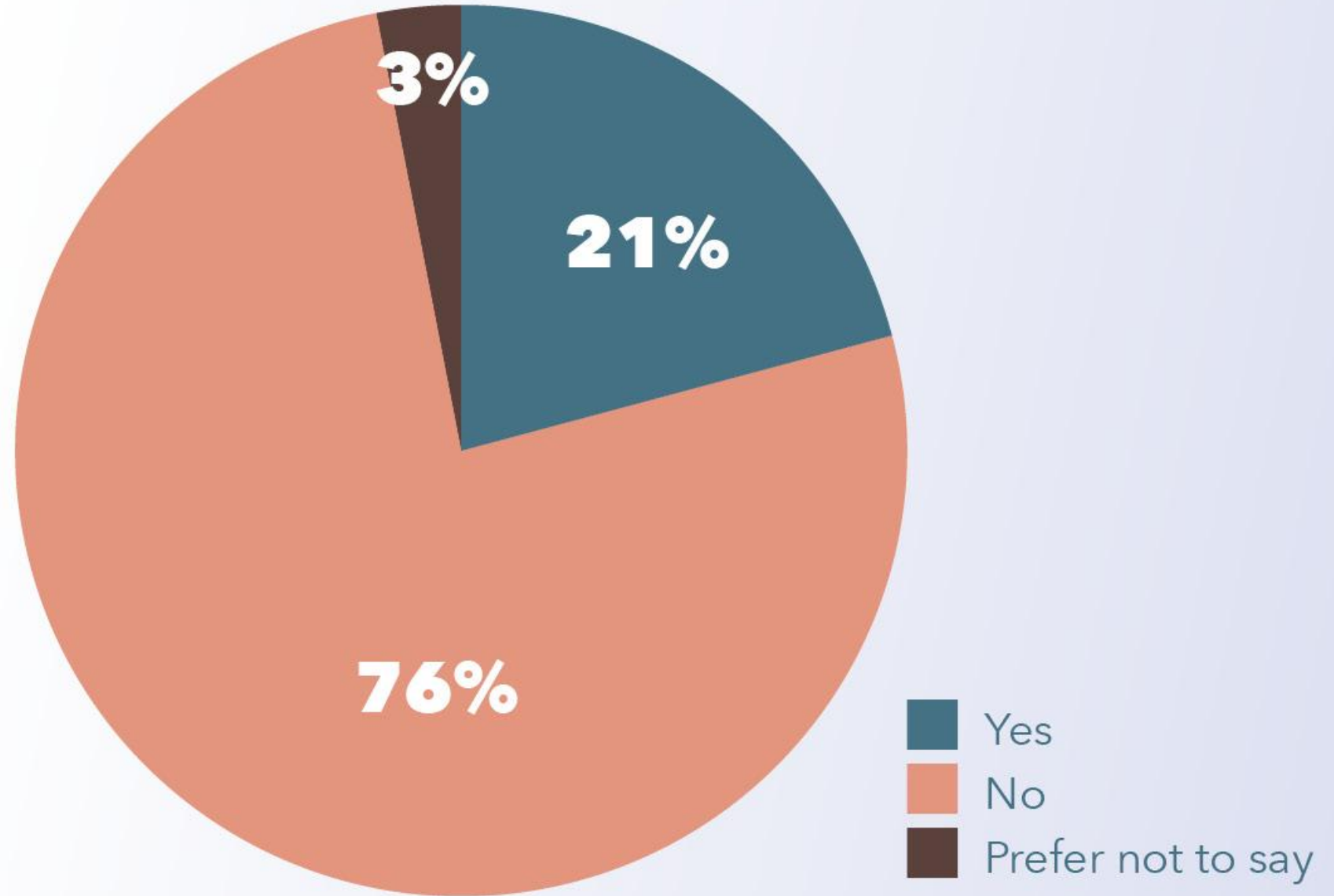


**7 in 10 respondents reported that their household income was enough to meet household's needs and can cover an unexpected \$500 expense**

*"The household income level for assistance **should be reassessed**. It is very **difficult** for families to live comfortably and give their children the opportunities for extra curriculars, have help with unexpected household expenses etc. with the income cap."*

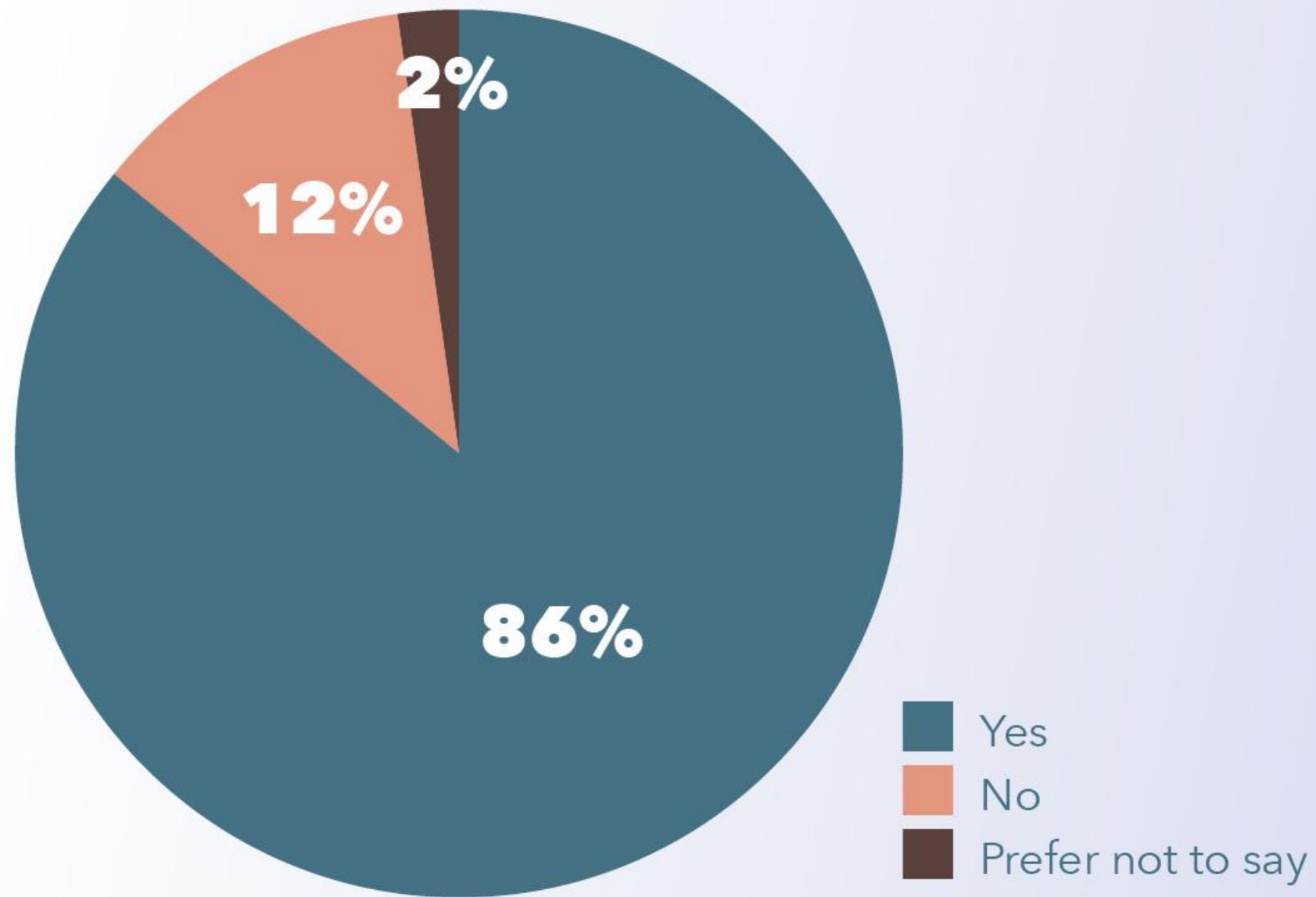


### Food insecurity experiences in the past 12 months



**Among citizens that reported food insecurity, 41% said it occurred in some months but not every month, while 38% said it occurred almost every month.**

**12% of respondents and/or their household members used home care services in the past 12 months**



# Challenges faced by citizens in maintaining good health

## **Delays in medical appointments/services:**

- 76% respondents experienced delays
- Family doctor appointments are hard to access
- *"I have been waiting for a family doctor for almost 5 years for my family."*

## **Cost barriers in dental services:**

- High dental costs prevent many from receiving needed care
- Delayed treatment can lead to more serious and expensive problems
- *"A dental program to help with the financial burden of ongoing issues would be amazing. I need a broken tooth pulled and 6 cavities filled but cannot afford to have the work done. I'm scared of an infection in the broken tooth but I can't afford the work to be done. I'm scared and there is no supports."*



# Challenges faced by citizens in maintaining good health

## Inadequate coverage for medical services

- Respondents struggle to secure full or partial coverage for prescription medication, dental, vision, and long-term care through insurance or government programs
- Some skip medication or treatment due to lack of financial support
- *"I have diabetes and **can not afford** some of the medicine I have been prescribed, **so I go without them.**"*

## Issues with Ontario's health system

- Concerns include transportation, long wait times, doctor shortages, and lack of culturally safe care
- Specialist and diagnostic test delays add to the burden
- *"I have had long wait time to see my doctor, and when I do get referred and **it takes another 6 to 8 months to get answers.**"*

# Challenges faced by citizens in maintaining good health

## **Gaps in MNO health programs/services**

- Citizens suggest improvements to services related to extended benefits, housing, mental health services, elder care, inclusive care, and more
- *"I feel that **there are far less resources for Métis** aging at home or opportunities for minimal care homes or long term care home settings. First Nation peoples have precedence."*

## **Barriers in accessing government services**

- Many don't know what services exist or how to access them
- *"I **don't know** how to access services, and I don't know who to go to in order to figure it out."*

# Challenges faced by citizens in maintaining good health

- Exploring health outcomes for MNO citizen respondents living with and not living with a disability
- Self-reported oral health - comparing MNO citizen respondents with good versus not good oral health (including who is experiencing barriers)
- Exploring polysubstance (alcohol + cannabis + tobacco)
- Examining responses from MNO citizen respondents accessing homecare (includes the costs they are incurring, how they rate the services they receive)

# QUESTIONS AND DISCUSSION

