



Foundations for Understanding how Climate Change Affects Métis Health in Alberta

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Agenda

- Research overview
- Key findings
- Recommended next steps





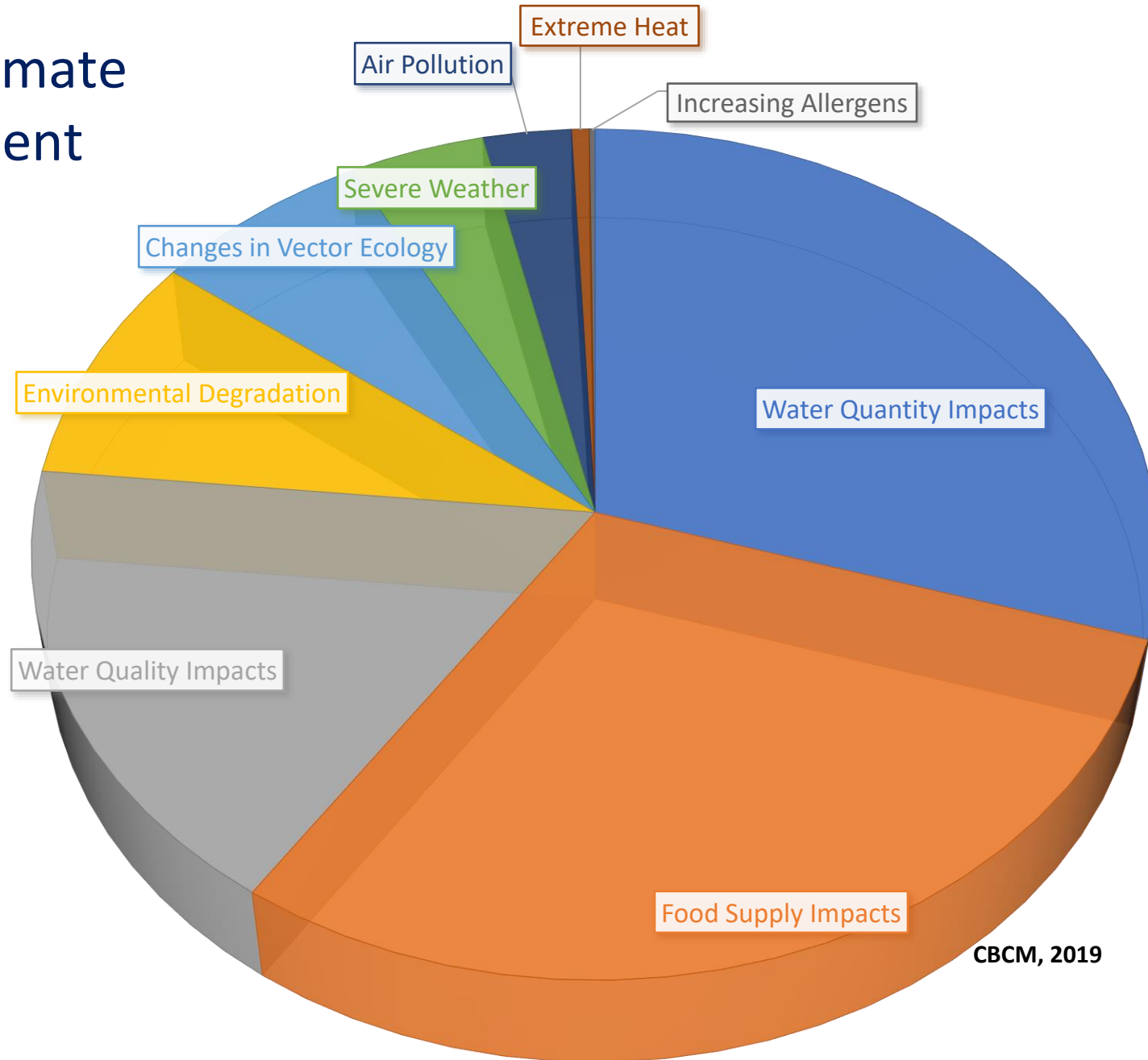
Background

- Community Based Climate Monitoring data (2018-2019)
 - 249 citizens, 18 communities
- PHAC funding 2020-2022
 - Goal to understand intersections between Métis health and climate change
 - Complete literature review
 - Communicate and incorporate previous citizen feedback
 - Develop resources
- Deliverables
 - 4 virtual engagement sessions with follow-up surveys
 - Health and Climate Change toolkit



Community Based Climate Monitoring Engagement

“What are some key areas of concern in terms of environment and climate in your region?”



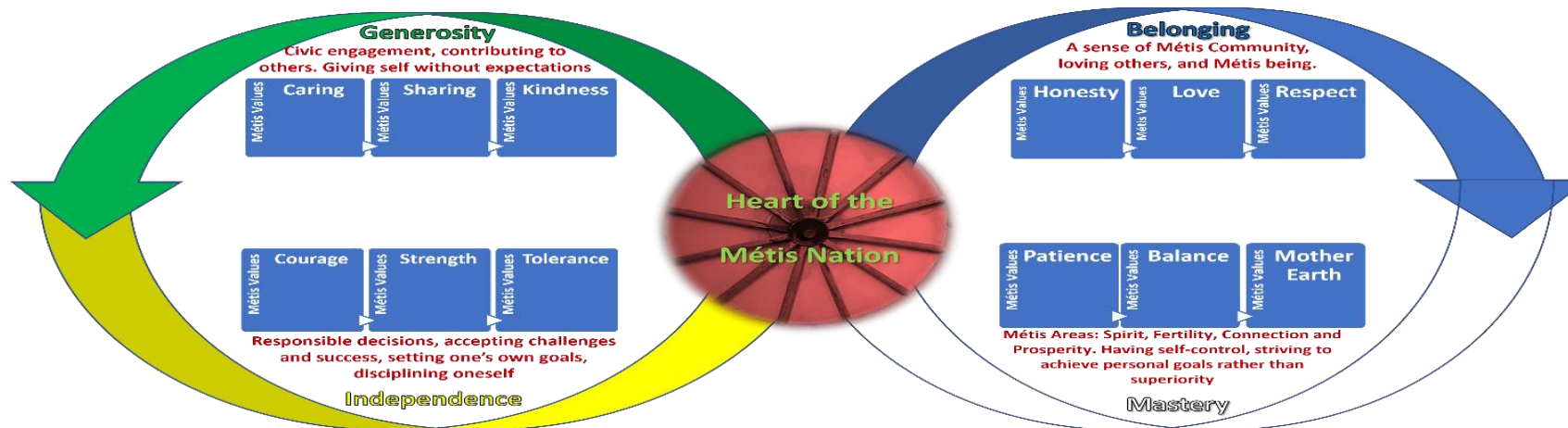
Health & Climate Change Initiative Process

CBCM data analysis
Research & literature review



Preliminary toolkit development
Engagement planning

Healing Framework



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Virtual Engagements

In January 2022, we held four virtual engagements for education and discussions on **health impacts of climate change, climate change adaptation, land-based learning, intersectionality, and how Métis Citizens can be agents of change**



Open Discussions

We discussed current climate and health issues with Métis Citizens during the sessions, which helped us connect with them and learn about their experiences to guide future MNA initiatives.





Follow-up Survey

We sent a follow-up survey to engagement participants to hear from Métis Citizens about their thoughts and concerns regarding health and climate change.



Survey Results

The survey results demonstrated:

- ∞ The importance of addressing both physical and mental health impacts of climate change
- ∞ The need for education and information resources on health and climate change that integrate traditional teachings
- ∞ The importance of ensuring food and water security for Métis Citizens in the face of climate change, especially for vulnerable groups such as seniors and people with pre-existing or chronic health conditions.





Health & Climate Change Toolkit

This project also involved developing a Health and Climate Change Toolkit Métis community members can use to support both climate and health action. The toolkit was developed through internal collaboration with the MNA's Health and Communication departments.

Scan For Toolkit >

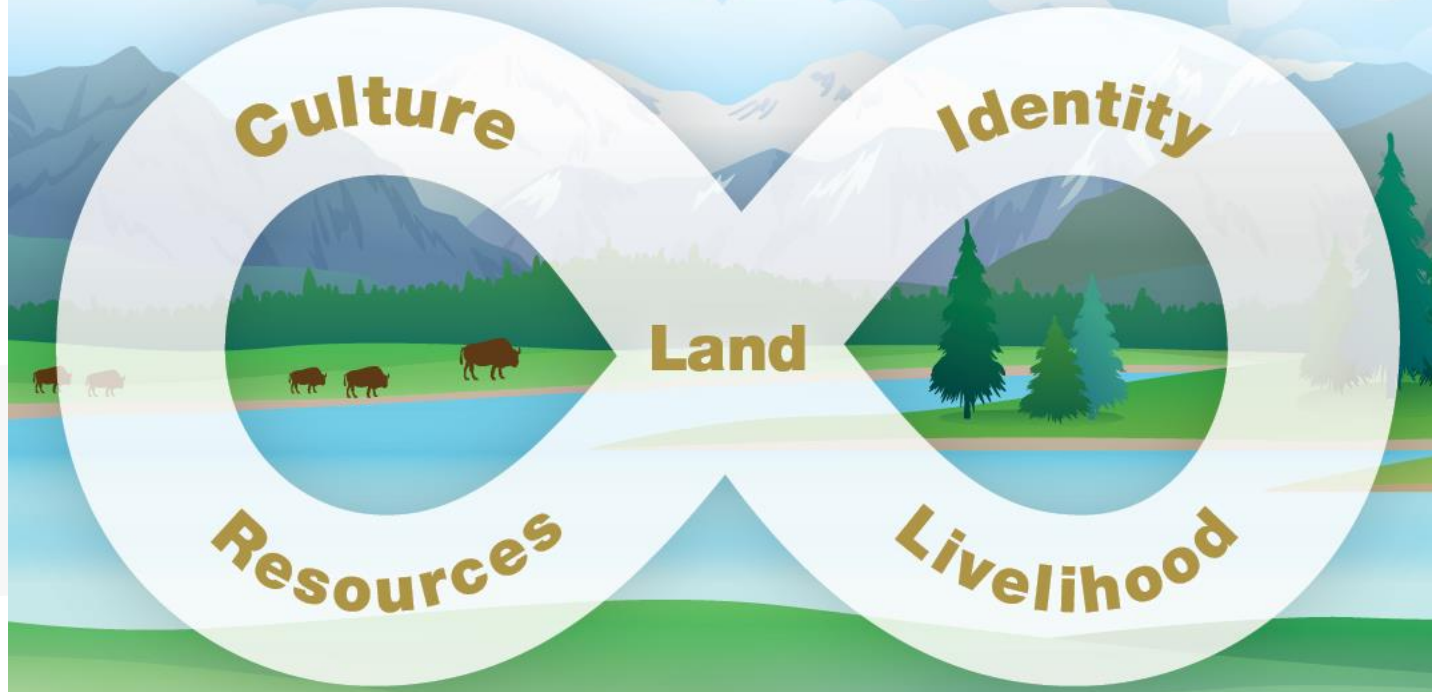


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Métis People's Connections to the Land





Top 10 Citizen Concerns About Health and Climate Change



**Physical
Health**



Traditions



Animals



Plants



**Natural
Disasters**



Food



Culture



**Mental
Health**



Water



**Air
Quality**





Climate Impacts and Métis Health Concerns



Environmental Degradation
Food Supply Impacts
Invasive Animals
and Plants



Loss of Traditional
Knowledge, Practices
Threatened Plant
and Animal Species
Mental Health Issues
Malnutrition



Water Quality and Quantity
Severe Weather
Air Pollution
Increasing Allergens



Risk to
Harvesting
Increased Health Risks
Amplified
preexisting medical
concerns



Support Métis Health





Climate Change Stress Relievers

Calm

Breathe deeply
Massage your temples
Count to 10 or 100
Cuddle with pets
Tell a joke
Have a nap
Sit by a fire
Meditate
Pray



Exercise

Stretch and do yoga
Practice jigging
Go for a hike or brisk walk
Work out at the gym
Fly a kite



Hobbies

Read a book
Listen to podcast
Do a crossword puzzle
Watch your favourite movie
Cook Métis recipe
Try beading
Colour a picture
Write a poem



Music

Dance
Listen to music
Try playing the spoons
Make a playlist
Learn the jig step
Learn an instrument



Mindfulness

Make an appreciation list
Write down your goals
Keep a journal
Write down your dreams
Look at the big picture



New habits

Take a different route
Spend an evening without TV
Go for a drive with no destination
Turn cocktail hour into exercise or mindfulness hour
Clean one room in your house
Volunteer
Call an old friend



Self-care

Get a good night's sleep
Take a herbal tea break
Eat a healthy breakfast
Join a support group
Be kind to yourself
Talk with an Elder
Take a bath
Cry



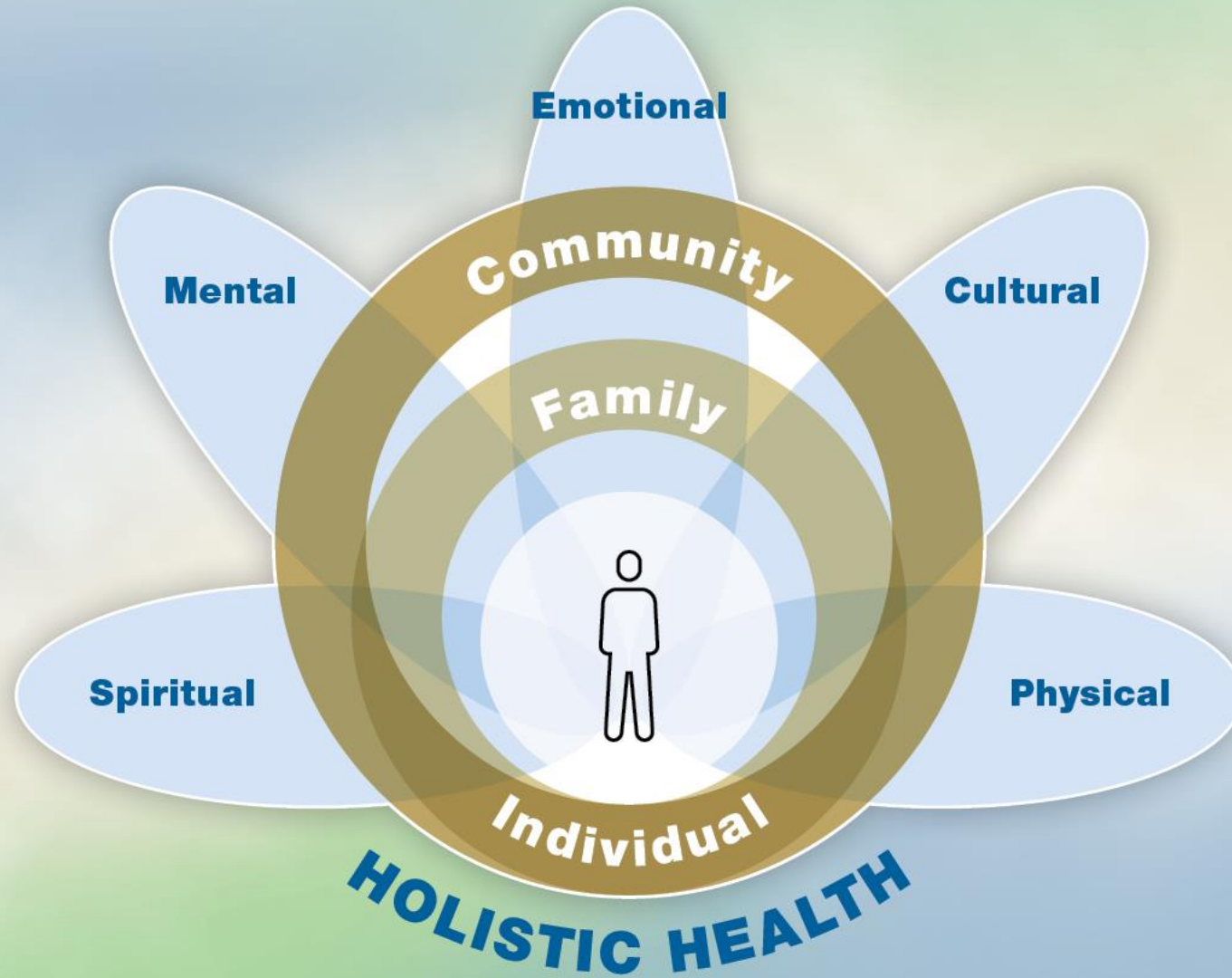
Nature

Listen to birds
Put plants indoors
Find shapes in clouds
Lie in a hammock
Study traditional plants
Enjoy the sunset or sunrise



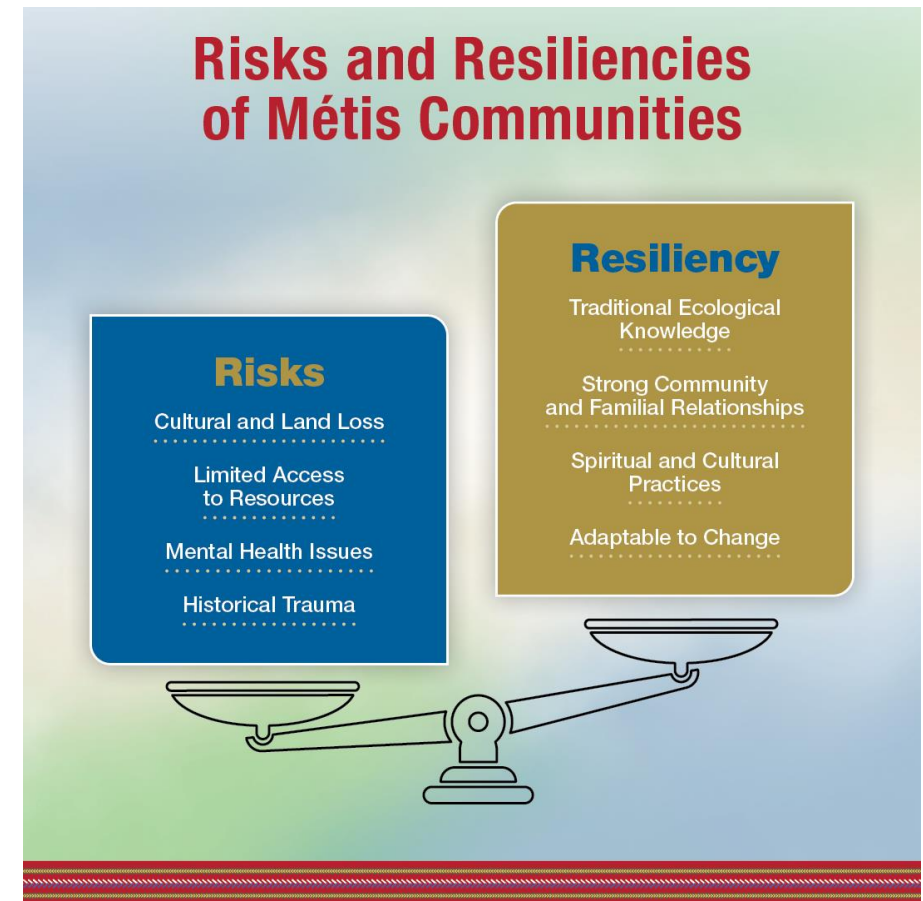


Relationships of Well-being



Limitations

- CBCM engagements did not have a specific health focus
- Limited research available on climate impacts and Métis peoples
- Health engagements conducted online
- 42 participants at virtual engagements, 22 survey respondents
- Minimal engagement with Youth on this topic
- Concept of 'toolkit'
- No capacity to do health related climate engagement since 2021 heat wave in Alberta







ECCC Weather Alberta


@ECCCWeatherAB · Follow



Alberta Heat Wave: June 25 – July 2

 Highest temperature recorded: 41.5°C on June 29 in Grande Prairie

 219 daily maximum temperature records broken or tied

 19 sites broke their all-time maximum temperature record



Fort Vermillion, April 2020

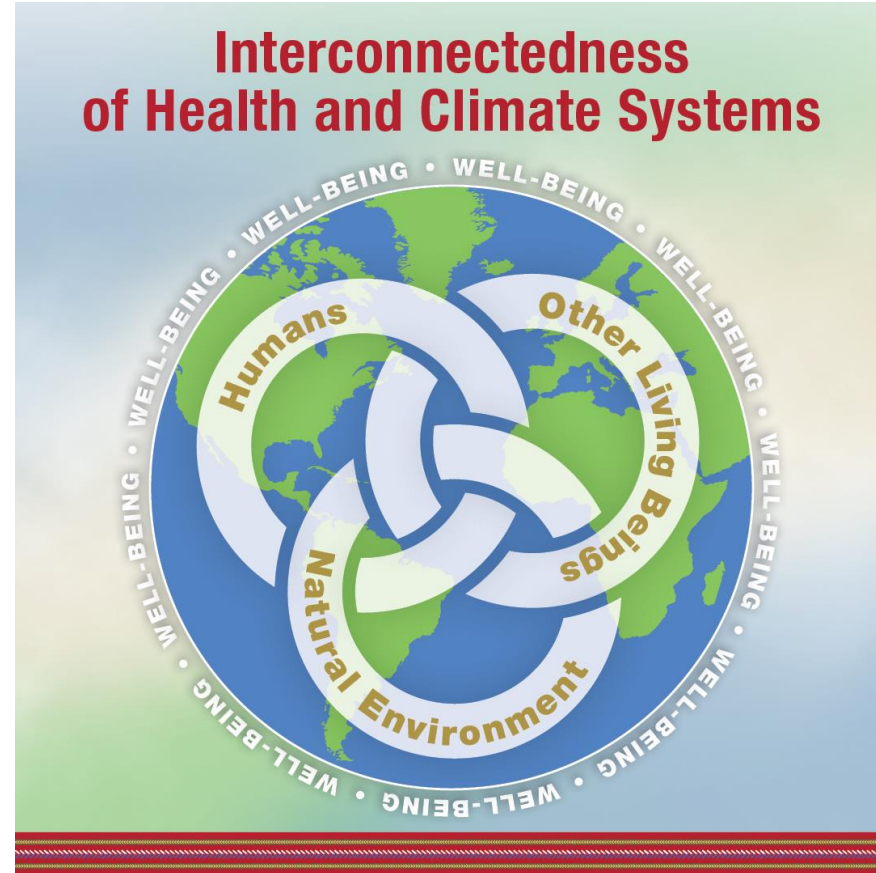


Edmonton, August 2019



Climate impacts that can affect health

- Heat waves
- Wildfires
- Freezing rain
- Hail storms
- Extreme weather events
- Landscape change
- Volatility of seasons
- Loss of food sovereignty
- Evacuations
- Vector borne diseases spreading
- Compounding risks





Next steps

- Research
- Funding

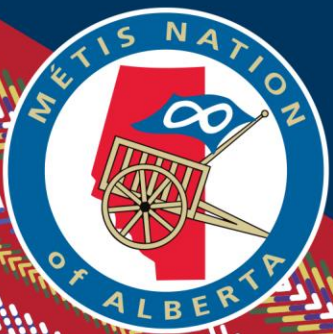


REACH OUT TO US!

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VOTE ON A MÉTIS CONSTITUTION THIS FALL.

MNAconstitution.com

