



CARDIOMETABOLIC HEALTH

QANUILIRPITAA? 2017 HEALTH SURVEY

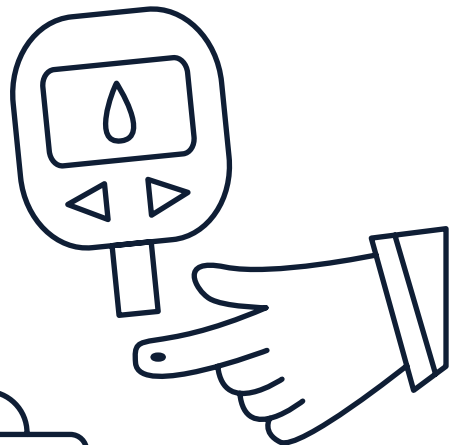
Cardiometabolic health includes the heart and blood vessels as well as related factors and diseases such as diabetes, high blood pressure, abdominal obesity (elevated waist circumference) and an unhealthy blood fat profile.

A strong heart and healthy blood vessels help to get around and perform daily activities such as working and going out on the land.

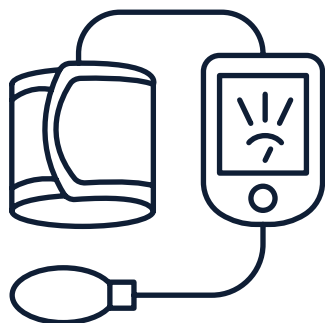
Cardiometabolic diseases can often be prevented and treated.

KEY FINDINGS

About 1 out of 20 people had **DIABETES** in 2017. Diabetes seems to be **INCREASING** in the region and is becoming more frequent than in the non-Indigenous population. However, it remains **MUCH LESS PREVALENT** than in other Indigenous populations.



More Nunavimmiut had **HIGH BLOOD PRESSURE** compared to 2004.



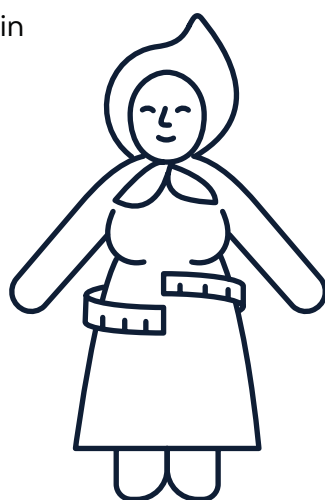
3 out of 4 people (75%) had a **HEALTHY BLOOD FAT** profile, i.e. enough good cholesterol and not too much bad cholesterol in the blood.

• It is more frequent in men (29%) than in women (18%), and it affects a surprisingly high proportion of **YOUNG MEN**.

• High blood pressure appears largely **UNDERDIAGNOSED** and untreated in Nunavik. Treatment can prevent heart and brain diseases.



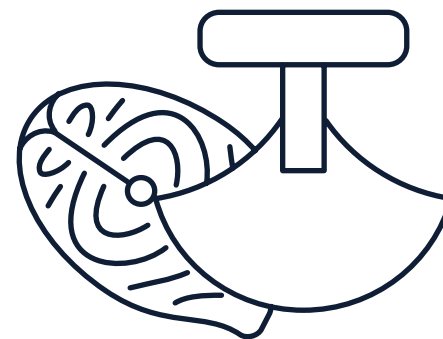
ELEVATED WAIST CIRCUMFERENCE has increased (46% in 2017 compared to 36% in 2004). It is more frequent among **WOMEN** than men.



Cardiometabolic diseases can lead to liver and kidney disorders, yet **MOST** Nunavimmiut have **GOOD LIVER** and **KIDNEY HEALTH** (90%).

WHAT CAN BE DONE?

Eat **COUNTRY FOODS**. Good fat in country foods can contribute to a healthy heart.



BE PHYSICALLY ACTIVE – enjoy activities on land, practice a sport and walk when possible.

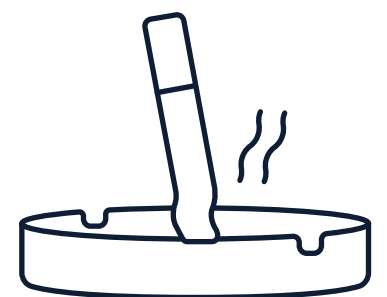


Enjoy **HOMEMADE COOKING** and avoid processed foods (e.g. frozen pizza, chips) that are high in salt, sugar and fat.

Make **WATER** your main drink; reduce your intake of sugary drinks.



AVOID SMOKING; seek support if needed.



Ask for a **CHECK-UP** at your local CLSC.

Follow your prescribed **MEDICAL TREATMENT** when applicable.

TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Regional organizations are committed to working with the communities to improve access to enough healthy foods, promote active lifestyles, and ensure sufficient and culturally-safe medical services.

Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.



574 aged 16-30
752 aged 31 and +



873
women



453
men



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For more information:
nrhss.ca/en/health-surveys

Nakurmiik to all Nunavimmiut who contributed to this important health survey!