

**Appendix B:**  
**Recruitment Notice**  
**Cultural and Social Determinants of Métis Peoples' Health**

Researchers from the University of Saskatchewan in collaboration with Saskatoon Métis Local 126, are conducting a study to identify Métis specific cultural and social determinants of cardiovascular health.

You are invited to be a participant in the study if you:

1. Are 18 years and older
2. Identify as Métis and descend from historic Métis Nation
3. Are not pregnant.
4. Are cleared for unrestricted physical activity

The study involves attending 2 health assessment sessions at the University of Saskatchewan Merlis Belsher Place and Physical Activity Complex. The first assessment is estimated to take 2-2.5 hours and the second approximately 40-60 minutes. All first health assessment sessions involve physical fitness testing, including a walking test, and assessments of your grip strength, jump height, flexibility and balance, answering questions about your health experiences and behaviours, a finger sample blood test of your cholesterol and blood sugar, a urine sample diabetes marker, measurements of your heart rate and blood pressure at multiple places on your body. The second health assessment includes scans of your bone density and muscle quality, and body/muscle mass composition.

Your participation will take about 3-4 hours over the 2 visits, and you will receive an honorarium in appreciation for participating in the study.

If you are interested and would like some further information, please feel free to contact the principal investigator Dr. Heather Foulds, research assistants Jamie LaFleur or Samantha Moore, or student researchers Shara Johnson or Jenna Willie at the University of Saskatchewan ([social.cultural.impacts@usask.ca](mailto:social.cultural.impacts@usask.ca); 306-966-1067).

This study has been reviewed and received ethics approval through University of Saskatchewan Biomedical Research Ethics Board.

