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First Nations
Food, Nutrition, and Environment Study (FNFNES)

BETTER INFORMATION FOR BETTER HEALTH

www.fnfnes.ca
What does the study involve?

FNFNES aims to collect data from 100 randomly selected First Nation communities, south of the 60th parallel that are representative of each ecozone across Canada.

Using an ecozone sampling approach, this 10 year study aims to gather information about:

- The current use of traditional and store bought food;
- Food security issues;
- The amount and type of environmental contaminants found in traditional foods;
- The amount and type of trace metals found in household drinking water; and,
- The amount and type of pharmaceuticals and their metabolites found in surface water.

How will the study be done?

There are 5 major components to this study:

- Household interviews on diet and lifestyle.
- Traditional food sampling for nutrients and environmental contaminants.
- Drinking water sampling for trace metals.
- Hair sampling for mercury exposure.
- Surface water sampling for pharmaceuticals and their metabolites.

This study uses a community-based participatory approach in the planning, implementation, interpretation, and communication of research results.

In addition: Methodology workshops will be held to obtain community input on the research methodology.

Community research agreements will be negotiated with each participant community.

Signed consent forms will be required from each interviewee prior to collecting data.

Community-based research assistants will be trained in interview techniques and will conduct the study.

Community and Regional workshops will be held to report back results.