

CONTACT INFORMATION

THIS STUDY IS LED BY:

DR. LAURIE CHAN

(UNIVERSITY OF OTTAWA)

DR. OLIVIER RECEVEUR &

DR. MALEK BATAL

(UNIVERSITÉ DE MONTRÉAL)

DR. WILLIAM DAVID (AFN)

WITH CONTRIBUTIONS FROM:

DR. HOWARD SCHWARTZ

(HEALTH CANADA)

FOR MORE INFORMATION PLEASE CONTACT:

RENATA ROSOL

Regional Coordinator

Phone: (613) 325 - 9080

Email: rroso047@uottawa.ca

Website: www.fnfnes.ca

Find us on Facebook!



RESEARCH PARTNERS

Assembly of First Nations

Ph: (613) 241-6789 ext. 285

Fax: (613) 241-5808

Toll-free: 1-866-869-6789

University of Ottawa

Ph: (613) 562-5800 x. 7214

Fax: (613) 562-5385

Université de Montréal

Ph: (514) 343-6111

Fax: (514) 343-7395

Funding for this study was provided by Health Canada.

The information and opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of Health Canada.

First Nations Food, Nutrition, and Environment Study

A national study on the benefits
and risks
of food and water in
First Nation communities



Information for Communities

WWW.FNFNES.CA

First Nations Environmental Health

Environmental changes are impacting the health and lifestyles of First Nations. Issues of particular significance and concern include:

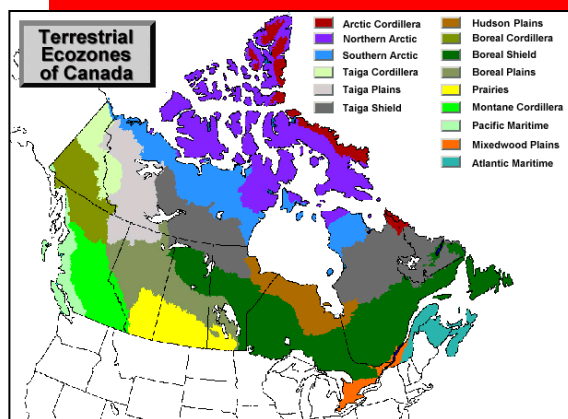
- The conservation of traditional subsistence within sensitive environments.
- Increasing contaminant levels in traditional food due to pollution.
- Nutrient deficiencies in individuals due to decreased availability of traditional foods altered by climate change and environmental degradation.
- Increasing occurrences of chronic diseases such as diabetes, cancer and heart disease.
- Social, economic, and political forces affecting traditional lifestyles and access to traditional harvesting areas.



First Nations Food, Nutrition and Environment Study

Over the past 40 years, Canada has conducted Health and Nutrition Surveys and Total Diet Studies among the general Canadian population to better understand changes in diets and to assess the safety of store-bought foods. To date, First Nations people living on-reserve have not been included in these studies.

Although a number of studies in First Nation communities have helped to understand which foods are commonly eaten, existing research has not succeeded in providing *reliable national and regional information* on First Nations diets and food-related exposures to environmental contaminants.



Using an ecozone sampling framework, the FNFNES aims to gather information from 100 randomly selected **First Nation communities** across Canada about :

- Current traditional and store bought food use;
- Food security issues;
- Content of traditional foods for nutrient values and environmental contaminants;
- Content of drinking water for trace metals; and,
- The amount and type of pharmaceuticals and their metabolites in surface water.

Information resulting from this study is essential for the development of community-level dietary advice and food guidance for First Nations at the national level.

The information on background exposures to **Persistent Organic Pollutants (POP's)**, **heavy metals** and **pharmaceutical products** is also essential for First Nations to establish a foundation for future food monitoring programs at the community level.

Project Planning

In 2016, the research team will:

- Consult with First Nations partners and randomly selected communities in Québec;
- Negotiate Community Research Agreements with each participant community;
- Train community research assistants and hire nutritionists to implement the study;
- Start nutrition interviews and food and water sample collection.

In 2017, following the analysis of collected data, community reports will be developed and the results will be explained to each participant community and summarized in a regional report.

