First Nations Food, Nutrition and Environment Study (FNFNES)

University of Ottawa
Université de Montréal
Assembly of First Nations

Summary of Results: Atlantic Region

Who participated?

| 670 | Ave. age: 42 |
| 1025 | 3 is the median # of people living in each home |
| 355 | Ave. age: 40 |

What is the FNFNES about?

The FNFNES took place in 11 First Nations communities in the Atlantic region in 2014 to answer these questions:

- What kinds of traditional and store bought foods are people eating?
- What is the diet like?
- Is the water safe to drink?
- Are the levels of pharmaceuticals in the water safe?
- Are people being exposed to harmful levels of mercury?
- Is traditional food safe to eat?

What were the findings on health?

30% of adults said their health was very good or excellent

40% of adults are physically active

21% of adults are at a healthy weight

20% of adults have diabetes

52% of adults are smokers

Which communities participated?

Woodstock First Nation
Saint Mary’s First Nation
Eel Ground First Nation
Esgenoopetitj First Nation
Elsipogtog First Nation
Pictou Landing First Nation
Waycobah First Nation
Potlotek First Nation
Eskasoni First Nation
Membertou First Nation
Miawpukek First Nation

Thank you to everyone who participated!
How well are First Nations adults in the Atlantic eating?

Adults eat fewer than the recommended servings of:

- Grain Products
- Vegetables and Fruit
- Milk and Alternatives
- Meat and Alternatives

Inadequate amounts can lead to nutrient deficiencies and poor health.

Can households afford sufficient, safe and nutritious food?

Household food security is defined as “when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”

31% of households are food insecure
22% are moderately food insecure: families rely on lower quality/priced foods
9% are severely food insecure: families regularly experience food shortages

Weekly grocery costs for a family of four
Costing was done in a grocery store near each community.
Costs ranged from $193 to $238. Costs are calculated using the National Nutritious Food Basket (NNFB), which contains a list of 67 foods. Foods requiring little or no preparation, spices, condiments, household supplies or personal care items are not included. Transportation costs are not included.

$221

Recommendations:
- Talk to a local dietitian for more information on healthy eating.
- Choose more vegetables and fruit, including wild plants and berries.
- Choose whole wheat grains more often.
- Choose milk and milk products (such as cheese or yogurt) or beverages fortified with calcium and vitamin D (such as soy beverages) more often.
Is the water safe to drink?

58% of households drink tap water. An unpleasant taste and smell were the most common reasons given for not drinking tap water. 93% of households cook with tap water.

Testing of tap water was undertaken in 216 homes for metals that can affect health or that have an aesthetic objective/operational guidance value. Metals that can affect health were within guidelines. Metals that can affect colour, taste, or smell were not within guidelines for aluminum (42 homes), iron (22 homes), and manganese (31 homes). The elevated levels are not harmful but can cause the water to appear cloudy (aluminum), smell unpleasant (iron), or have a strong metallic taste (iron and manganese), which may discourage people from drinking it.

Are the levels of pharmaceuticals in the water safe?

Low levels were found in surface water samples in 10 communities. These levels should not be harmful to human health. 11 pharmaceuticals were found including: caffeine (pain med./beverages), metformin (diabetes med.), atenolol (heart med.), carbamazepine (mood/anti-convulsant), acetaminophen (pain med.), naproxen (inflammation/pain med.), sulfamethoxazole (antibiotic), clarithromycin (antibiotic), cotinine (nicotine metabolite), ketoprofen (arthritis/pain med.), and bezafibrate (lipid med.).

Are people being exposed to harmful levels of mercury?

632 hair samples were collected. Mercury levels were within Health Canada’s guideline normal acceptable range for all participants.

Is traditional food safe to eat?

90 species of traditional food were collected

Seafood: Cod, eel, flounder, gaspereau, haddock, halibut, herring, mackerel, perch, salmon, smelt, sole, smallmouth bass, striped bass, tomcod, trout, sucker, clams, crabs, lobster, mussels, oysters, scallops, shrimp, squid, harp seal

Game: moose, deer, bear, beaver, muskrat, squirrel, hare

Birds: Grouse, Canada goose  Berries: bakeapple, blueberry, chokecherry, crabapple, cranberry, currant, elderberry, raspberry, strawberry, wild apple, wild grape

Greens/roots: bergamot, burdock, dandelion, fiddleheads, goldthread root, labrador tea, mint, raspberry leaf, wintergreen, whikes, yarrow  Tree foods: butternut, chestnut, hazelnut, hemlock, lichen moss, maple, spruce, tamarack, cedar, pine, birch

Traditional food is safe and healthy to eat.

Recommendations

- To help protect the environment, return all unused medications to local pharmacies for proper disposal.
- Use steel shot instead of lead shot. Ammunition can shatter and fragments can be too small to detect by sight or feel. Eating wild game contaminated by lead shot can be harmful to health, especially to a child’s brain development.
Key Results For All Participating First Nations in the Atlantic:

1. The diet of First Nations adults in the Atlantic does not meet nutrition recommendations and needs, but the diet is healthier when traditional foods are eaten.

2. Overweight/obesity, smoking and diabetes are major public health issues.

3. Household food insecurity is a major issue.

4. Water quality, as indicated by the trace metals and pharmaceutical levels, is satisfactory overall, but close monitoring is needed as water sources and water treatment vary by community.

5. The overall mercury exposure, as measured in hair samples and calculated through dietary estimates, is low and is not a health concern.

6. Levels of chemical contamination of traditional food are generally low and together with the limited consumption, the total dietary contaminant exposure from traditional food is low and is not a health concern.

7. Elevated levels of lead were found in some food items: it is important to identify the sources.

8. Future monitoring of trends and changes in the concentrations of environmental pollutants and the consumption of key traditional foods is needed.

More information can be found on the FNFNES website: www.fnfnes.ca

If you have any questions about these results or the project itself, please contact:

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