

## Who We Are

This study is led by:

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

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### Household Interview Component

The FNFNES aims to collect information from 100 First Nation communities across Canada. One of the five components of the study is the **Household Interview Component**.

The objectives of this component are to document traditional food use patterns and typical diets of First Nation communities as well as to obtain information on food security, health status, and lifestyle.

[www.fnnfes.ca](http://www.fnnfes.ca)

Wild blueberries photo courtesy Nancy and Robert Turner

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## What is the household interview about ?

- Environmental changes are impacting the health and lifestyles of First Nations across Canada.
- Unhealthy store bought foods and traditional foods that may contain environmental contaminants may contribute to diabetes, cancer and heart disease.
- Up to 100 households in each participant community will be randomly selected for an interview.
- One adult per household will be invited to take part in an interview that will last not more than 1-1½ hour.
- Information resulting from this study is essential for the development of First Nation's specific, community-level dietary advice and food guidance.



## What kind of questions are in the interview?

### Adults will be asked:

#### How often have you eaten traditional food in the last year?

This information will be used to estimate the amount of traditional food that is consumed on a national and regional level. It will also be used to determine what nutrients and contaminants are coming from these foods and in what quantities.



### What did you eat and drink yesterday?

This will tell us whether or not First Nations people in Canada meet their daily nutrition needs.

### What is your height and weight?

Height and weight measurements will allow the FNFNES to determine if First Nation adults have access to sufficient food to meet their energy requirements, and will assess risk for certain diseases such as diabetes, high blood pressure and heart disease.

### Tell us about family participation in hunting, gathering, gardening, health and environment concerns.

The answers to these questions will help the FNFNES determine what key determinants of food use are common among First Nations in Canada.

### Tell us about family food security.

These questions will determine regional and national food security issues in First Nation communities.