



First Nations Food, Nutrition and Environment Study Individual Consent Form

Invitation to Participate: You are invited to participate in the First Nations Food, Nutrition and Environment Study (FNFNES). This is a study being done in collaboration with the Assembly of First Nations (AFN) (Dr. Diego Garcia), Health Canada (Dr. Harold Schwartz), the University of Ottawa (Dr. Laurie Chan and Dr. Malek Batal) and the Université de Montréal (Dr. Olivier Receveur). Funding is provided through Health Canada.

Purpose of the Study: Canada has been conducting health and total diet studies of the general Canadian population to understand more about food safety and how changes in diet relates to chronic conditions like heart disease and diabetes but First Nations people living on-reserve have not been included in these studies. This study will gather information on current consumption of traditional and store-bought food and test traditional foods for nutrient content and hazardous environmental chemicals, such as mercury. In order to determine if these foods increase exposure to contaminants and contribute to health risks, samples of hair will be analysed for the presence of mercury. The study will also test samples of drinking water for trace metals and surface water for pharmaceuticals.

Participation: If you agree to participate, it will require about one to two hours of your time, mainly to answer questions about the food you eat. We would also like to measure your height and weight and take a small sample of hair for mercury analysis. In some randomly selected households, you may be asked if we can collect a water sample from the kitchen sink.

Risks: There is no physical harm anticipated for participating in the project.

Benefits: You will have a chance to provide input into the benefits and risks of traditional and commercial food use. Benefits to each community include the development of baseline of exposure to contaminants through food, greater knowledge of levels of exposure of mercury in the environment and state of knowledge of regional risks associated with food such as the reliance on traditional foods and the importance of maintaining traditional foods in the daily diet.

Confidentiality and anonymity: All information you provide in this interview will be treated with respect and held in confidence including information you share with the interviewer. All information from the study will be kept strictly confidential and your name will not be associated with any information except for the mercury in hair data. After the results of the hair analysis has been returned to you, all information linking your name to the survey is destroyed. All hardcopies of the questionnaires collected will be kept in a secured room at the University of Ottawa until the final report of this project is complete or a maximum of 5 years.

Data Ownership: Your community is considered the owner of all data collected from your community and will be provided with a copy of the dataset upon completion of the study. The data will be kept in a secure manner in a locked room at the University of Ottawa until the completion of the study. The AFN will securely store a backup copy of the data on behalf of your community and will not use or provide it to anyone unless explicitly directed to do so by your community.

Consent to Participate in FNFNES

Compensation: There is no compensation or expense to you.

Voluntary Participation: Your participation is voluntary: you are under no obligation to participate and if you choose to participate, you can withdraw from the study at any time and/or refuse to answer any questions, without suffering any negative consequences. If you choose to withdraw, all information and data you have provided will be destroyed or returned to you on request. No samples of hair, water or food will be collected without your permission.

Who can I talk to if I have questions or problems?

The community research assistant will answer any questions you may have about this study or you may want to contact the following project staff at any time in the future:

Collect calls will be accepted.

Research Supervisor:

Dr. Laurie Chan

Ph: 613-562-5800 Ext 6349

Email:

laurie.chan@uottawa.ca

AFN:

Dr. Diego Garcia

Ph: 613-241-6789 Ext 285

Toll-free: 1-866-869-6789

Email: dgarcia@afn.ca

National Coordinator:

Judy Mitchell

Ph: 613-562-5800 Ext 6349

Email: fnfnes@uottawa.ca

If you have any questions regarding the ethical conduct of this study, you may contact:

Protocol Officer for Ethics in Research,
University of Ottawa, Tabaret Hall,
550 Cumberland Street, Room 154,
Ottawa, ON K1N 6N5
Tel.: (613) 562-5387
Email: ethics@uottawa.ca

Consent to Participate in FNFNES

By signing this form, I agree that:

- | | | | |
|---|--|-----|----|
| 1 | I understand that I have the right not to participate, to refuse to answer a question and the right to stop at any time. | Yes | No |
| 2 | I understand that I can ask any questions related to the study at any time. | Yes | No |
| 3 | I understand that my personal information will be kept confidential | Yes | No |
| 4 | I agree to give hair sample for analysis and be informed of the result | Yes | No |
| 5 | I agree to collect drinking water samples from my household for analysis | Yes | No |
| 6 | I hereby consent to participate in the study | Yes | No |

Signature

Date

Name of participant _____

Telephone number _____

Mailing address (for returning results of hair analysis):

Name of person who obtained consent _____

Signature

Date

PARTICIPANT NOID

(The CRA keeps this page and gives the other 2, together with a flyer to the participant)