

Human Biomonitoring Project Newsletter Summer (August 2017)

Reminder on the project!

A project is happening within the Dehcho, Sahtú and Hay River regions to investigate the levels of contaminant exposure among participating communities. Dr. Brian Laird and his team collected **human hair, urine and blood** to measure contaminants and nutrients. This work will provide knowledge on the contaminant baseline in the community and will also promote the use of country foods in order to improve nutrition.

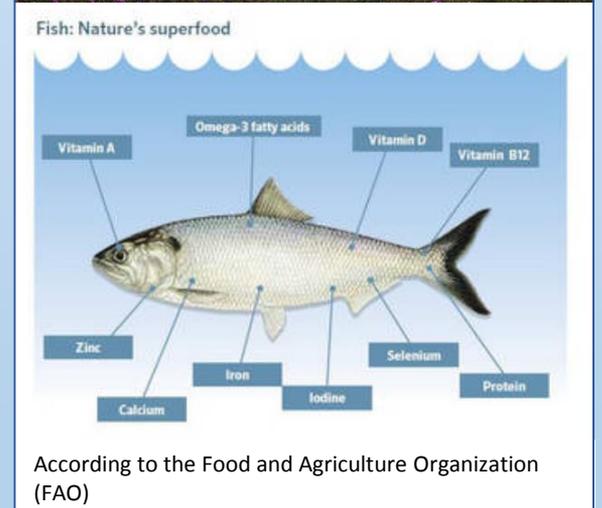
What did we do in the last few months?

- We completed the laboratory analysis of the samples collected from participants of **Kaltodeeche, West Point First Nation, Deh Gah Gotie, Ka'a'gee Tu** and **Déline**.
- In total, we analyzed 259 hair, 131 blood and 116 urine samples for 23 metals (some toxic and some good), the fatty acids including healthy omega-3, and 49 markers of organic pollutants.
- We helped re-test participants who first took part in early 2016 and who had contaminant level higher than normal.



Can we tell you some findings?

- ❖ We must first bring back results to each community that took part before mentioning findings. It will be completed in few months.
- ❖ Overall, at the population level, contaminant exposure from country foods seems to be low and **country foods is a healthy food choice**.
- ❖ The answers from the Health messaging survey help us to understand people's main concerns in the region (mercury, lead) and give us direction on how to return the results and how to better **pass on knowledge**.



According to the Food and Agriculture Organization (FAO)

What are the next steps?

- We will return **results** to participants and community leaders sometime between September 2017 and February 2018. It will be decided with the community's leadership.
- **Sambaa K'e, Tulità** and **K'asho Got'ine** mentioned their interest in participating during the fall/winter 2017-2018.

Thank you to all the participants, the AAROM, the SRRB, the SSI, the TRRC, the FGHRRC, and each of you who make this project easy and enjoyable!