

Human Biomonitoring Project Newsletter Fall (November 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 compiled the results and we redacted preliminary reports for **Katlodeeche, West Point First Nation, Deh Gah Gotie, Ka'a'gee Tu** and **Déline**.
- With the help of the community members, we organized the logistics for our visit in fall.
- We studied the work done in the environment monitoring to help us to understand the link between **country food consumption** and contaminant exposure for humans.

What will we do in November and December?

- ❖ We will return results during one-on-one meetings and during public meetings:
 - Katlodeeche : November 8**
 - West Point First Nation : November 14**
- ❖ We will also be present to do the sampling of hair blood and/or urine for community members who will choose to participate:
 - Samba K'e : November 22-23**
 - Tulit'a : December 4-7**

What are the next steps?

- We will return **results** to participants and community leaders in **Deh Gah Gotie, Ka'a'gee Tu** and **Déline** sometime between mid-January 2018 and mid-March 2018. It will be decided with the community's leadership.
- **K'asho Got'ine** will be invited to participate during winter 2018.

Up to now, at the population level, contaminant exposure from country foods seems to be low and country foods is a healthy food choice.

Thank you to all the participants, the AAROM, the DFN, the SRRB, the SSI, the TRRC, the DRRC, the FGHRRC, KFN, and the HSSD.