

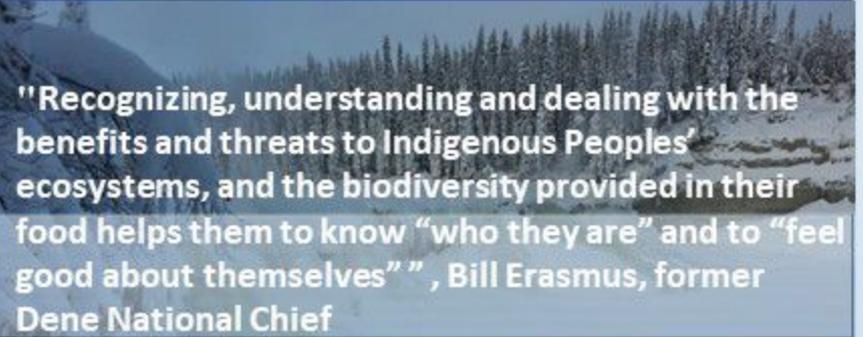
Human Biomonitoring Project Newsletter Fall (November 2018)

Reminder about 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 from the whole biomonitoring project. The summary report should be ready before the Holidays.
- We helped the Sahtú Renewable Resources Board submit a funding request for a project on food security.
- We submitted reports to **Déline, Ka'a'gee Tu** and **Deh Gah Gotie**, on the levels of additional compounds analysed (i.e. PAHs and cotinine) for participants who provided a urine sample and consented to the biobank.



"Recognizing, understanding and dealing with the benefits and threats to Indigenous Peoples' ecosystems, and the biodiversity provided in their food helps them to know "who they are" and to "feel good about themselves"', Bill Erasmus, former Dene National Chief

What will we do next?

- ❖ The participants who have new results from their samples kept in the biobank will receive their results letters from the local management.
- ❖ We will also return results for the metal levels [and be available during one-on-one meetings] :

Tulit'a : November 19th, 2018

[one-to-one: Nov. 20, 21]

K'asho Got'ine : November 23rd, 2018

[one-to-one: Nov. 26, 27]

Sambaa K'e : We will be available from November 30th to December 4th, 2018.

What are the Results?

- Since January 2016, 537 participants provided 917 samples. The recruitment rate represents about 18% of the residents living in the participating communities, or 9% living in the Dehcho and Sahtú region. These participants were aged from 6 to 88 years old, 50% males and 50 % females.
- **Contaminants levels are generally low in people and country foods appear to be a healthy food choice.**
- We are working with our partners to establish the best way to share the findings this winter.

Thank you to all the participants, the AAROM, the DFN, the SRRB, the SSI, the RRCs, and the HSSD.