

Human Biomonitoring Project Newsletter Winter (February 2018)

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 contaminant baselines in the community and will also promote country food consumption in order to improve nutrition.

What did we do in the last few months?

Returned results during one-on-one meetings and during public meetings:

In November: **Katlodeeche, West Point First Nation**

In January: **Jean Marie River, Deh Gah Gotie, Ka'a'gee Tu**

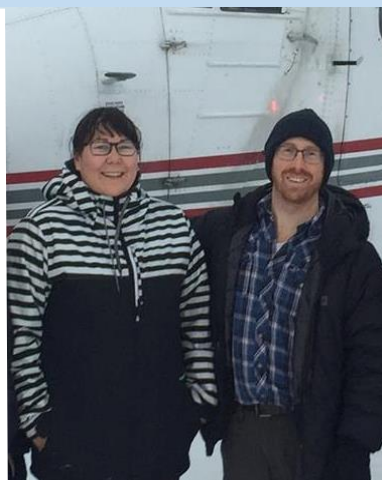
In February: **Délıne**

We completed the sampling of hair blood and/or urine for community members who chose to participate:

In November: **Samba K'e**

In December: **Tulít'a**

We participated in the Landscape Change Workshop, organised by the Sahtú Renewable Resources Board in **Tulít'a** in February 2018.



What are the next steps?

- **K'asho Got'ine** is invited to participate in March 2018.
- We will also do the **laboratory testing** on the samples recently collected, and that will keep us busy for the next few months.

Up to now, at the population level, contaminant levels (e.g. mercury, lead and cadmium) seem low and the contaminant exposure associated with country foods is low. Country foods is a healthy food choice.

Thank you to all the participants, the AAROM, the DFN, the SRRB, the SSI, the HSSD and everyone who is involved in the project.

