

# Human Biomonitoring Project Newsletter Spring (May 2018)

## Reminder on the project!

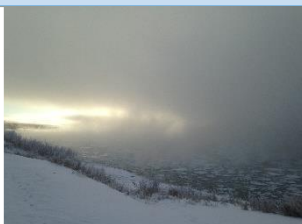
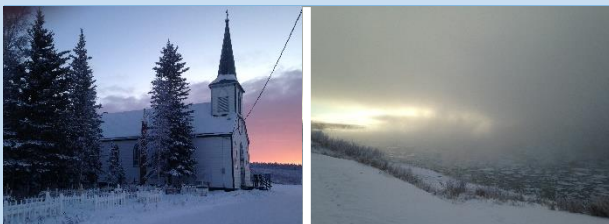
A project is happening within the Dehcho, Sahtú and Hay River regions to investigate the levels of contaminant exposure among participating communities. Dr. Brian Laird and his team collected **human hair, urine and blood** to measure contaminants and nutrients. This work will provide knowledge on contaminant 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?

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

In March: **K'asho Got'ine**

We have completed the laboratory test for all the samples collected between November 2017 and February 2018. We are working on writing comprehensive **result reports** for **Tulit'a** and **Sambaa K'e** and are preparing result letters for each participant who provided urine, blood or hair.



## What are the next steps?

- We will do **laboratory testing** on the samples recently collected in **K'asho Got'ine**.
- **Tulit'a** and **Sambaa K'e** will receive their results later in 2018.
- Health Canada provided funds to test other contaminants (PAHs) on the **biobanked samples** from **Déljñę, Deh Gah Gotie** and **Ka'a'gee Tu**. These communities will receive additional results.
- The testing in the **Dehcho region** is completed and we will prepare a summary report of the key findings at the regional level.

## What are the results?

Up to now, at the population level:

- Contaminant levels (e.g. mercury, lead and cadmium) seem low, while nutrient levels (e.g. selenium, manganese) seem relatively high.
- **Country foods appear to be 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.*