

Human Biomonitoring Project

Newsletter

Summer (August 2018)

A reminder about the project!

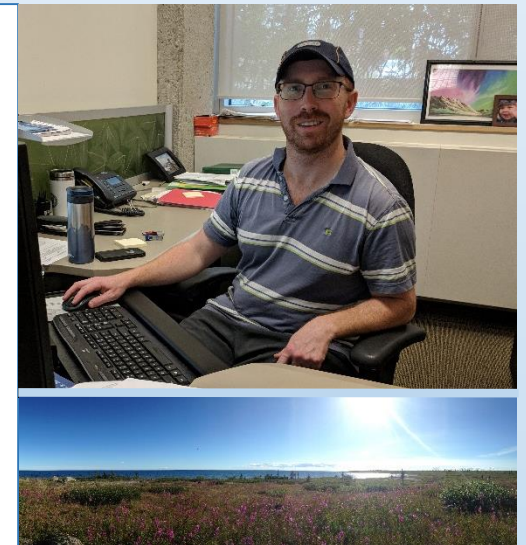
A project is happening within the Dehcho, Sahtú and Hay River regions to investigate the levels of contaminant exposure among participating communities. Dr. Brian Laird and his team collected **human hair, urine and blood** to measure contaminants and nutrients. This work will provide knowledge on contaminant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

What have we done in the last few months?

Summer time is the time of the year where our team members take some days off, so the activities are slower. However, it is also the time we prioritize the office work to prepare reports for the communities and to share the aggregate findings. In addition, our team introduced the project at 3 international science meetings. All the published documents will be available upon request.

The **result reports** for **K'asho Got'ine**, and also for the whole **Dehcho region** and the whole **Sahtú region** are almost finalized.

The results reports on the additional contaminant levels from the samples kept in the **biobank** are also almost completed.



What are the next steps?

- **K'asho Got'ine, Tulit'a** and **Sambaa K'e** will receive their results report later in fall or winter 2018-2019. We will contact our partners in September to determine when would be the best time.
- The participants from these communities who provided urine, blood or hair will also receive their confidential result letters.
- We will work with our partners to establish the best way to share the key findings at the regional and territorial level.

What are the results?

Up to now, at the population level:

- Contaminant levels (e.g. mercury, lead and cadmium) seem lower than levels associated with adverse effects on health, while nutrient levels (e.g. selenium, manganese) seem relatively high.
- **Country foods appear to be a healthy food choice. Moose meat and whitefish, consumed by the most participants, are excellent choices usually low in contaminants.**
- We are currently investigating the exposure sources and exposure factors of contaminants. We will keep you informed of the findings, and *pass on the teachings*.

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