



# FEHNCY

Tsi ní:ioht tsi ronnonhnhéhkwen ne Onkwehón:we  
eksa'okon:'a tánon ne ken'nithotiión:sa' tsi nonkwá ne  
kákwha tánon tsi ní:ioht ne aktonthie tsi ienakere; ok ó:ni'  
ne ata'karitáhtshera tsi nonkwá ne kwah tkakhwí:io's

Food, Environment, Health and Nutrition  
of First Nations Children and Youth

Alimentation, environnements, nutrition et santé  
des enfants et jeunes des Premières Nations

lowehnohkwiíá:kon tsi wateweiènhston  
tsi nonkwá ne Onkwehón:we  
eksa'okòn:'a tánon ne ken'nithotiión:sa'  
raonata'karitáhtshera

A national study

on the

HEALTH

of

First Nations  
children and youth

## WHAT IS FEHNCY?

FEHNCY is a cross-Canada research study looking at the **nutrition, health and environment** of **First Nations children and youth aged 3 to 19**, through partnerships and community participation.

The study results will help inform **government policy and community program recommendations** to improve the health of First Nations children.

The study will also contribute to **capacity building** within First Nations.



# MAIN STUDY QUESTIONS

- 1 Ne Canada nón:we: to nihonata'karí:te' ne Onkwehon:we eksa'okón:a?  
*How healthy are First Nations children in Canada?*
- 2 Ne aktóntie' tsi non ratinákere ata'karitahtsherá:kon' kenh tsi ronnonnhétie?  
*Are they living in healthy environments?*



## ONHKA' ENIERI'WIHSAKE? WHO IS DOING THE RESEARCH?

Community members who will be hired and trained as **community research managers, community researchers** and **household inspectors**



**FEHNCY Mobile Clinic team**









**A team of academic researchers** who have dedicated their careers to collaborating with Indigenous communities

For more info on the team:  
[www.fehncy.ca/team](http://www.fehncy.ca/team)



## TO NIIÓ:RE' NIENHÓN:NE' NAHONTÉWEIENHSTE? WHAT WILL THE STUDY MEASURE?



-  dietary quality
-  traditional food access and intake
-  community food environment
-  health status
-  exposure to contaminants
-  housing conditions and indoor air quality



OTIOHKWÁ:KE'TSI TENHATIHTHÁ:REN'  
INTERVIEWS AND GROUP DISCUSSIONS

- Interviews with community food experts
- Food mapping activity and group discussions with children and youth



ENKARI'WISÁKONKE' TSI NONKWA:TI`NEKAKHWA TANON  
NE KAKHWI:IO'S  
FOOD AND NUTRITION SURVEY

- Traditional and store-bought food
- Access to food
- Food security



ENKAKEN'ENIÓNHON' TSI KANONHSÓ:TON TÁNON TSI  
NIKAWERÓ:TEN RONTÓNRIE'S NE KANÓ NHSKON  
HOUSING INSPECTION AND INDOOR AIR QUALITY

- Inspection for housing structure, mould and water damage
- Indoor air quality assessment



KA'SEREHTAKON TEHSHAKOTIHSNIE  
MOBILE CLINIC

- Measurement of children's health: height, weight and waist circumference; hair, blood and urine samples; blood pressure and lung function
- Health and lifestyle survey (including questions on mental health and substance use, if desired by community leadership)

HOW





## KANAKERAHSERA' TENHATIIÉ:NA TSI ENKARI'WISÁ:KON SKÁTNE NE KANAKERASERÁ:KON



about two years  
per community



## COLLABORATIVE RESEARCH WITH COMMUNITY PARTNERS

## TSI RONWATIIA'TAKARÉNIE'S NE KANAKERÁHSERA' • TÁNON TSI NIIONÁKTA' NE TEKANONHSANETÁRION'



## COMMUNITY MOBILIZATION • CAPACITY BUILDING



## FEHNCY

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This project has been approved by participating First Nations, the Research Ethics Boards of the University of Ottawa, the CHU de Québec - Université Laval, Université de Montréal, McGill University, the Children's Hospital of Eastern Ontario (CHEO) and Health Canada to ensure its conformity to the principles governing the research ethics, and will ensure its continual review.

For more information:

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RESEARCH  
PARTNERS

