

WHAT IS FEHNCY?

FEHNCY is a research study that will look at the **nutrition, health and environment of First Nations children and youth** aged 3-19 years across Canada in communities through partnerships and community participation.

The results from the study will help inform **government policy and community program recommendations** with the goal of improving the health of First Nations children.

The study will contribute to **capacity building** within First Nations communities and Assembly of First Nations (AFN) regions.



FEHNCY

research partners



uOttawa



Centre de recherche

Université de Montréal



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The information and opinions expressed in this publication
are those of the authors/researchers and do not necessarily
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This project has been approved by the Ethical 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:

fehncy@uottawa.ca
www.fehncy.ca
613 562-5800 x7214



FEHNCY

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

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

A national study
on the
HEALTH
of
First Nations children
and youth

MAIN STUDY QUESTIONS

- 1 How healthy are First Nations children in Canada?
- 2 Are First Nations children living in healthy environments?

WHEN WILL THE STUDY HAPPEN?



Each winter and fall, 2020-2030. Communities will be randomly selected region by region, beginning fall 2020.

WHAT WILL THE STUDY MEASURE?



- dietary intake
- traditional food use
- food environment
- clinical health indicators
- exposure to contaminants
- housing conditions and indoor air quality

STUDY COMPONENTS

- 1 Food environment
Food security
Nutrition
Health

- 2 Housing conditions
Indoor air quality
Respiratory health

- 3 Exposure to environmental contaminants
Social determinants of physical and mental health

- 4 Community mobilization
Integrated knowledge translation
Intergenerational capacity building

THE RESULTS



Each First Nation will receive a report with community-specific results, and a copy of their community's data. The FEHNCY team will return to share results, and offer a workshop on how to use your data in your community.

A regional report will present overall results of nutrition, health and environmental well-being of children and youth in your region.

HOUSEHOLD SURVEY AND INSPECTION

+ MOBILE CLINIC

- 1 In-home • initial visit

- Sociodemographic, food consumption and food access questionnaire
- Urine sample collection
- Housing inspection, collection of dust samples, and installation of indoor air quality monitors

- 2 In-home • 1 week after visit 1

- Collection of air quality monitors and follow-up questions
- Second food consumption questionnaire for 20 participants

- 3 Mobile clinic • within 2 months of visit 1

- Height, weight, waist circumference and body composition measurements
- Hair, blood and urine sample collection
- Blood pressure and lung function
- Health and lifestyle questionnaire
- Mental health and substance use

WHO WILL BE DOING THE RESEARCH?

Community members will be hired and trained as **community researchers.**



who will conduct

Key Informant Interviews



Adults aged 19 and over—community food knowledge keepers

Focus groups



Children and youth aged 6 to 19

and will be working with



housing inspectors looking at mold and air quality



a **clinical team** who will be measuring children's health

to document **housing conditions and children's health**

