



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

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



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



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





INTERVIEWS AND GROUP DISCUSSIONS

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



FOOD AND NUTRITION SURVEY

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



HOUSING INSPECTION AND INDOOR AIR QUALITY

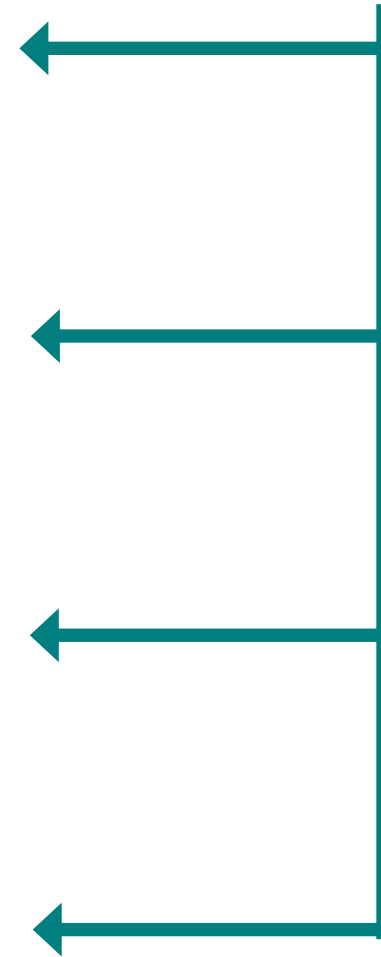
- Inspection for housing structure, mould and water damage
- Indoor air quality assessment

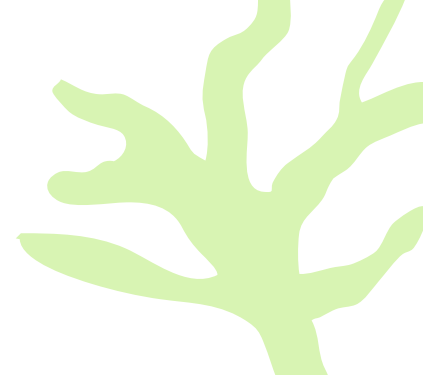


MOBILE CLINIC

- 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





COLLABORATIVE RESEARCH WITH COMMUNITY PARTNERS



about two years
per community



Engagement with
randomly selected
First Nations by
region



Random selection
and recruitment of
households



Community-
based **research**
(about 6 months)



COMMUNITY MOBILIZATION • CAPACITY BUILDING

about a year



Community
feedback on
**draft community
reports**



Workshops to
return **final
community data
and reports**



**Final regional
reports** with
overall results



FEHNCY

Funding for this study was provided by Indigenous Services Canada.

The information and opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of Indigenous Services Canada.

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:

 facebook.com/FEHNCY.firstnations/

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

RESEARCH PARTNERS 

