



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**



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

WHAT WILL THE STUDY LOOK AT?



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

For more info on the team:

www.fehncy.ca/team





INTERVIEWS AND GROUP DISCUSSIONS

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



NUTRITION, HEALTH AND LIFESTYLE QUESTIONNAIRES

- Traditional and store-bought food
- Access to food
- Food security
- Health, lifestyle and substance use



HOUSING AND AIR QUALITY ASSESSMENT

- Assessment of housing structure, mould and water damage
- Measurement of substances in the air that affect lung health



CHILD HEALTH ASSESSMENT

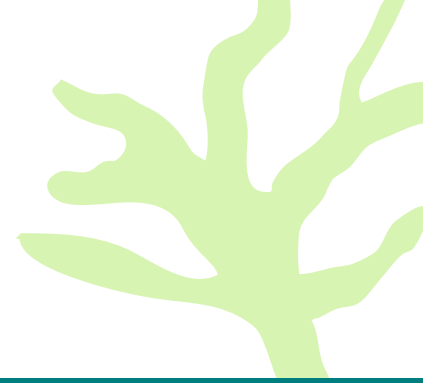
- Height and weight
- Hair, blood and urine samples
- Blood pressure and lung function

HOW





COLLABORATIVE RESEARCH WITH COMMUNITY PARTNERS



about two years
per community



COMMUNITY MOBILIZATION • CAPACITY BUILDING





FEHNCY

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

The FEHNCY project follows the principles of OCAP® which means First Nations Own, Control, have Access to and Possession of their data.

Research Partners:



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:

www.fehncy.ca | fehncy@uottawa.ca

 FEHNCY.firstnations

 FEHNCY.ca