FEHNCY

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

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

Project Overview

What is FEHNCY?

A national study that aims to promote **nutrition** and **environmental health** for First Nations children and youth.

Questions

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

Goals

- Help **inform government policy** and **community programming**
- Provide **job opportunities** and **research skills** for First Nations

What is FEHNCY?

Mandated in 2019 by **AFN Resolution**

Partnership between First Nations and the following collaborators

Funded by ISC-FNIHB

Study Components

What are the **main concerns** regarding the **health** and **well-being** of children and youth in your First Nation?

Ethical Research and OCAP®

OCAP® is more than just data governance and data sovereignty

- A set of principles about conducting ethical research in partnership with First Nations
- Community-led research and community engagement built into project design
- Respecting partnerships through community research agreements

FEHNCY and OCAP®

- Protection of biological data
- Each community owns its data and receives a full anonymized dataset and training on how to use it
- FNIGC will securely store a backup copy of the data on behalf of the First Nation
- Cultural safety and OCAP® training by all staff and PIs

First Nations-guided research

Partnerships

Chief and Council

- Supports the FEHNCY project

Health Centre

- Advises on mobile clinic space and supports data collection
- Engaged in follow-up with participants with clinical results out of normal range

Housing Department

- Advises on data collection
- Engaged to plan for follow-up for exceedances

Community Researchers

- Conduct the interviews and help with the FEHNCY activities
- At least 2 community researchers hired (training will be provided)

Community Engagement

Community Advisory Circle

- Provide key guidance to the project
- Ensure FEHNCY activities are locally relevant and respect Indigenous knowledge
- Attend monthly meetings
- Honorarium provided

Opening and closing events

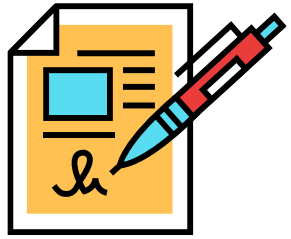
Activities with children and youth

What suggestions do you have to increase **community interest** in this study?

What type of **activities** would your community be interested in?

Agreements

Community Research Agreement



1. Scope of the Project, Methods and Procedures
2. Responsibilities and Involvement
3. **Informed Consent and Confidentiality**
4. Expected Outcomes, Benefits and Risks
5. **Data Management, Ownership, and Dissemination of Results**

Adapted according to the needs of each First Nation

Funding Transfer Agreement

- Transfer of funds at the beginning of the study to cover study costs (administered by the First Nation); $60-70K budget
- Reporting requirements

Data Collection Methods

1) Interviews and Group Discussions (Food Environment)

Interviews with Food Experts

Conversations with knowledge keepers (hunters/fishers, program directors, etc.)

Group Discussions With Children and Youth

Drawing activities with children and youth aged 6-19

2) Questionnaires and Air Quality Monitors (Home Environment)

Nutrition, Health and Lifestyle Questionnaire

- Children aged 3-19
- Traditional and store-bought foods
- Health and chronic illnesses

Housing Questionnaire

- General housing conditions
- Mould, leaks and flooding
- Sources of indoor air pollution

Installation of Air Quality Monitors

- Humidity, carbon dioxide, particulate matter
- Volatile organic compounds
- Radon

Data Collection Methods

3) Individual Health Assessment (children aged 3-19)

Health Check

- Healthy growth
- Diabetes
- Cholesterol
- High blood pressure
- Anemia
- Infections
- Asthma
- Exposure to contaminants

Clinical Measurements

Height & weight

Hair sample

Blood pressure

Urine sample

Breathing test

Blood sample (venous or finger prick)

Substance Use Questionnaire

- Only for children aged 12 to 19

Timeline

MONTH #1

- Community outreach
- Signing of research agreements
- Community Researcher training

MONTH #2

- Opening Event
- Creation of Community Advisory Circle
- Start of data collection

MONTHS #2-6

- Data Collection
- Community engagement activities

MONTHS #6-9

- Data analyses and report writing
- Return of individual reports

AFTER 1 YEAR

- Closing Event
- Final community report
- Data training workshop

Benefits for Your First Nation

- Collection of **baseline health data** for children and youth
  - Estimate of **traditional food intake**
  - Measurement of **mercury exposure** through hair samples
  - Measurement of **exposure to metals** and **pesticides** through blood samples
- Access to **traditional foods contaminants regional baseline data** (FNFNES study)
- **Capacity building** and employment opportunities
- Promotion of **health and wellbeing**

Thank you!

Discussion

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www.fehncy.ca