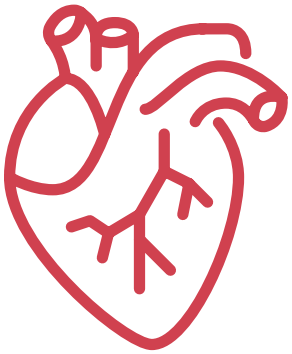

ᓀᓈᕐᓯᒪᔪᑦ

ᐅᒻᒪᑎᐅᑉ ᐊᓐᓂᐊᖏᑦ ᐃᓚᖃᑉᐳᑦ ᐱᓗᐊᖕᖑᐊᑐᖅ, ᐅᒻᒪᑎᐅᑉ ᓄᑭᖏᑕ ᐊᓐᓂᐊᖏᑦ ᓱᕐᓗ ᑕᖃᖏᑦ ᐅᒻᒪᑎᒥᑦᑐᑦ

(ᐊᐅᓚᑦᓯᓂᖓ ᐊᐅ ᒻᒥᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐅ ᒻᒪᑎᐅ ᑉ ᓄᕐᖃᐃᓇᕐᑐᑦ) ᑕᖃᑯᑦ ᐊᓐᓂᐊᒋᔭᐅᓲᑦ (ᐃᓚᖃᑉᐳᒃ ᐅᒻᒪᑎᒃᑯᑦ ᑕᖃᕐᓂᖅ) ᐅᒻᒪᑎᐅᑉ ᐊᐅᓚᑦᓯᐊᒍᓀᓂᖓᓄᑦ, ᐊᒻᒪᓗ ᐊᐅᖃᑦᓯᐊᓂ ᕐᒧᑦ ᓱ ᕐᓗ ᑎᖑᓪᓗᓕ ᕐᓇᑐᑦ ᐅᕐᓱᖃᓗᐊᕐᑐᖅ ᑎᖑᒃ, ᑎᖑᓪᓗᓕᕐᓇᑐᑦ. ᐊᒥᓱᐃᑦ ᓱᕐᕋᐃᒍᓐᓇᓂᖏᑦ ᐅᒻᒪᑎᓕᕆᒍᑕᐅᓱᖑᕗᑦ ᐊᓐᓂᐊᑦ, ᐃ ᓚ ᖃ ᒻ ᒥ ᓱ ᑎ ᒃ ᑲ ᐳ ᕐ ᑕ ᐅ ᒍ ᑎ ᒥ ᑦ ᖁ ᓄ ᓕ ᕐ ᓯ ᒪ ᔪ ᑦ ᐊᓐᓂᐊᓯᐅᑎᐅᒐᓱᑦᑐᓂᒃ ᐅᒻᒪᑎᐅᓪᓗ ᑕᑦᑕᑕᕐᓂᖓ ᖁ ᐃ ᓂ ᓗ ᐊ ᕐ ᓂ ᒧ ᓪ ᓗ ᐊ ᓐ ᓂ ᐊ ᓯ ᐅ ᑎ ᒧ ᑦ. ᑕ ᒃ ᑯ ᐊ ᐅᒻᒪᑎᓕᕆᐅᑎᐅᒍᓐᓇᑐᑦ ᓱᕐᕋᑕᐅᒍᓐᓇᓂᖏᓪᓗ ᐊᒥᓱᒻᒪᑕ ᐃᓱᒪᒋᒋᐊᓖᑦ ᓱᕐᓗ ᐊᓐᓇᐅᐸᑦ ᐊᖑᑎᐅᑉᐸᓗᓐᓃᑦ, ᓂᕆᔭᖏ ᐃᓄᒐᓱᐊᖃᑦᑕᓂᖓᓗ, ᑎᒥᒃᑯᑦ ᓂᒪᑦᑎᓯᓂᖅ ᐊᒻᒪᓗ ᐊᕙᑎᐅᑉ ᐃᓚᑦᓴᔭᖏᓐᓂᒃ. ᑌᒪᑦᓭᓇᕐᑐᒥᑦ ᐱᕙᓪᓕᐊᓂᖓᓄᑦ ᐅᒻᒪᑎᓕᕆᓂᑦ ᐃᓄᒋᔭᐅᔪᓂ ᓄᓇᕕᒻᒥ

ᖁᓕᓂ ᐊᕐᕋᒍᕐᓂ, ᖃᓄᐃᓕᖓᐅᓯᐅᔪᑦ ᐃᓱᒫᓗᑎᐅᒍᓐᓇᑐᑦ ᐅᓄᕐᓯᓕᐅᒥᓯᒪᓂᖏᓐᓄᑦ ᓱᕐᕋᐃᒍᓐᓇᑐᑦ, ᓱᕐᓗ ᓱᐳᕐᑐᓂᖅ, ᐊᐅᒻᒥᒍᑦ ᐃᑉᐱᓂᐊᕐᑐᑦ ᐊᒻᒪᓗ ᐅᕐᓱᖃᓗᐊᕐᓂᖅ ᑕᑯᔭᐅᓯᒪᕗᑦ

ᖃᓄᐃᑉᐱᑖᒃᑯᓄᑦ? ᓄᓇᕕᒻᒥ ᖃᐅᔨᓴᕐᑕᐅᑎᓪᓗᒍ ᐃᓗᓯᖏᑦ 2004-ᒥ. ᑕᒪᒃᑯᐊ ᐊᑦᑕᓇᕐᑐᒥᑦᑎᓯᔪᐃᑦ ᐃᓚᖃᓚᐅᔪᒻᒪᑕ ᐃᕐᕋᕕᖏᑕ ᓱᒃᑯᐸᓪᓕᐊᓂᖏᓐᓄᑦ ᑭᖑᓪᓗᓱᑎᒃ ᐊᒻᒪᓗ ᑕᕐᑐᓗᑦᓱᑎᒃ ᖃᐅᔨᓴᕐᑕᐅᓚᐅᕐᓯᒪᔪᑦ.

ᐅᒻᒪᑎᓕᕆᓂᖅ ᓄᓇᕕᒻᒥᐅᓂᒃ ᑕᑯᒋᐊᕐᑕᐅᓯᒪᔪᖅ ᑐᓴᕐᑎᓯᐅᑎᓂᒃ ᓄᐊᑕᐅᓯᒪᔪᓄᑦ ᐊᑦᔨᒋᖕᖏᑐᓄᑦ: 1 ᐊᓐᓂᐊᕕᑦᑎᒍᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓴᕐᑕᐅᔪᑦ ᑕᑯᒋᐊᕐᑕᐅᓱᑎᒃ ᐊᐅᖏᑦ ᐱᑕᑦᓴᖃᓗᐊᕐᒪᖔᑕ ᖏᒻᒪᖔᑕᓗᓐᓃᑦ ᐊᒻᒪᓗ ᑕᑯᒋᐊᕐᓱᑎᒃ ᐊᑦᑕᓇᕈᑎᐅᔪᓂᒃ:2) ᑐᓴᕐᑎᓯᐅᑎᓂᒃ ᐊᓐᓂᐊᓯᐅᑎᑐ ᕐᓂᖏ ᑦ ᐱᔭᐅᓯᒪᔪ ᑦ ᐊᓪᓚᖁᑎᓂᑦ

ᐃᓚᐅᔪᓂᓪᓗ;; ᐊ ᒻᒪᓗ 3) ᑲᒪᐳᒋᔭᐅᓯᒪᔪᓂᓪᓗ ᐅᒻᒪᑎᓕᕆᔪᓄᑦ, ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᖃᓗᐊᕐᑐᓂᑦ ᐊᒻᒪᓗ ᐅᐃᒻᒪᖓᓲᑦ ᑯᐸᐃᑯᓂᑦ ᐊᓐᓂᐊᔪᓂᑦ ᑲᒪᐅᑎᖏᓐᓂᒃ (QICDSS). ᖃᐅᔨᓴᕐᑕᐅᓯᒪᓪᓚᕆᑐᑦ ᖃᓄᐃᑉᐱᑖᑯᓄᑦ?
2017-ᒥ ᐱᑕᑦᓴᖃᓗᐊᕐᓂᖅ ᓄᓇᕕᐅᑉ ᐃᓄᖏᓐᓂ ᒪᕐᕈᓴᔭᒃ 5% ᐊᓐᓂᐊᓯᐅᕐᑕᐅᓯᒪᔪᑦ ᑕᑯᑦᓱᒋᑦ ᐊᓐᓂᐊᓯᐅᑎᑐᒪᔪᑦ. ᑕᓐᓇ ᐊᑦᔨᓕᒃ ᐊᓪᓚᑕᐅᓯᒪᔪᒥᑦ 2004-ᒥ. ᐱᑕᑦᓴᖃᓗᐊᕐᑐᑦ 2 0 17- ᒥ ᐊᖏᓂ ᕐ ᓴ ᐅ ᔪ ᑦ ᐊ ᕐ ᓇ ᓂ ᐊᖑᑏ ᑦ ᓯᑭᑦᑕᐅᓯᒪᓂᖓᓂᑦ. (6% 4%ᖑᓚᐅᔪᑎᓪᓗᒋᑦ ᐊᐃᑉᐸᖏᑦ) ᐊᒻᒪᓗ ᐅᓄᕐᓯᓕᐅᒥᓚᕐᓱᑎᒃ ᐃᓄᑐᖃᐅᓕᕐᑐᓄᑦ. ᐊᓪᓚᑕᐅᓯᒪᔪᑦ

ᐊᐅᓚᑦᓯᓂᓕᕆᓂᒃᑯᑦ (QICDSS) ᐱᑕᑦᓴᖃᓗᐊᕐᓂᖁᖅ (1-ᒥᑦ ᐊᒻᒪᓗ 2-ᒥᑦ) ᐅᒻᒪᑎᒃᑯᑦ ᐊᓐᓂᐊᖃᓐᓂᖅ ᐊᒻᒪᓗ ᑯᔭᐱᓕᕆᓂᖅ ᓄᓇᕕᒻᒥ 7%, 5% ᐊᒻᒪᓗ 3%, ᐊᕐᕋᒍᖓᓂ 2017-2018-ᒥ, ᑕᒪᒃᑯᐊ 2%, 2% 1% 2 0 0 3 - 2 0 0 4 - ᒥ 9 0 % ᒐ ᓚ ᐃᑉ ᓄ ᓇᕕᒻᒥᐅ ᓇᓗᓇᐃᕐᑕᐅᓯᒪᔪᑦ ᐳᒃᑭᑐᒥ ᐃᕐᓱᓕᕆᓂᖅ ᓴᐅᓂᓕᕆᓂᕐᒥᑦ

ᐊᒻᒪᓗ ᑎᖑᓪᓗᓇᖅ ᖃᓄᐃᑉᐱᑖ? 2017-ᖑᑎᓪᓗᒍ.

ᐅᒻᒪᑎᐅᑉ ᐃᓗᓯᕐᓱᕈᑎᖓ

ᖃᓄᐃᓕᕐᐱᑖ? 2017
ᓄᓇᕕᒻᒥ ᐃᓗᓯᒃᑯᑦ ᖃᐅᔨᓴᕐᑕᐅᓂᖏᑦ

ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓄᖁᑎᖏᑦᑕ ᐃᓗᓯᖏᓐᓂᑦ
ᖃᐅᔨᓴᕐᓂᕕᓂᖅ ᓄᓇᕕᒻᒥ ᐊᐅᒡᒍᓯᒥᑦ ᐅᑦᑐᐱᕆᒧᑦ
2017ᖑᑎᓪᓗᒍ. ᑲᑎᑦᓱᑎᑦ 1326 ᐃᓚᐅᓐᓂᖁᑦ
ᐅᑭᐅᓖᑦ 16ᓂᑦ ᐊᖓᔪᑦᓰᓗ 14ᓂᑦ ᓄᓇᓕᓐᓂᑦ
ᐃᑲᔪᕐᓯᓂᕐᖁᑦ ᑖᑦᓱᒧᖓ ᖃᐅᔨᓴᕐᓂᒧᑦ.

ᓇᑯᕐᒦᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᑦ ᐃᑲᔪᕐᓯᔪᕕᓃᑦ ᑕᒪᑦᓱᒥᖓ ᐱᒻᒪᕆᒻᒥᒃ ᐃᓗᓯᕐᒧᓕᖓᔪᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᕐᒥᒃ!

ᑐᑭᓯᒋᐊᕐᕕᐅᒍᓐᓇᑐᖅ: www.nrbhss.ca

ᐅᒻᒪᑎᓕᕆᐅᑎᐅᔪᓄᑦ ᐊᑕᐅᓯᖅ ᓯᑕᒪᐅᑉᐸᑕ ᓄᓇᕕᒻᒥᐅᑦ ᖁᕙᓯᒪᔪᓂᑦ ᐊᐅᒃᑯᑦ ᐱᑕᑦᓴᖃᓗᐊᒧᑦ ᐊᐅᓕᕆᐅᑏᑦ ᑲᒪᒋᔭᐅᓕᕋᒥᒃ ᐅᕝᕙᓗᓐᓃᑦ ᐅᐃᒻᒪᖓᔪᕐᓯᐅᑎᓂᒃ ᐊᑐᕐᑐᑦ

2017-ᒥ (24%). 2017-ᒥ 35%-ᖑᓯᒪᔪᖅ ᐳᕐᑐᓂᕐᓴᐅᓱᓂ 2004-ᒥᑦ (17%). ᐅᓄᕐᓯᓕᐅᒥᓯᒪᔪᑦ ᐊᖑᑎᓂ. 2017-ᒥ ᐊᐅᒃᑯᑦ ᐊᔭᐅᓐᓂᓖᑦ ᖁᕙᓯᒪᔪᒥᒃ ᖃᐅᔨᔭᐅᓯᒪᔪᑦ

ᐊᖑᑎᓂ ᖏᓐᓂᓴᐅᑎᓗᒋᑦ ᐊᕐᓇᐃᑦ (29% ᐊᒻᒪᓗ 18%, ᑲᑎᑦᓱᑎᒃ). ᐊᒥᓱᖕᖑᓕᐅᒥᕋᔭᕐᓱᑎᒃ ᐃᓄᑐᖃᐅᓂᕐᒥᑎᒍᑦ ᐊᒻᒪᓗ ᐅᖓᕙᒥ (32%) ᓄᕗᒻᒥ 15%-ᖑᑎᓪᓗᒋᑦ, ᑕᓯᐅᔭᕐᔪᐊᒥ 22%-ᖑᑎᓪᓗᒋᑦ. ᖃᐅᔨᓴᐅᑎ ᐊᓐᓂᐊᓂᒃᑯᑦ ᖃᐅᔨᓴᕐᑕᐅᓯᒪᔪᓂᑦ ᐊᓪᓚᑕᐅᓯᒪᔪᓂᑦ ᐊᐅᒃᑯᑦ ᐊᔭᐅᓐᓂᓖᑦ ᑲᒪᒋᔭᐅᓯᒪᖕᖏᒪᑕ ᓄᓇᕕᒻᒥ. ᐃᕐᕋᕕᒃᑯᑦ ᐅᕐᓱᖃᓗᐊᕐᓂᖅ

(ᓇᕋᓯᐅᓚᕿᓱᑎᒃ) 46%, 36%-ᖑᓚᐅᔪᑎᓪᓗᒋᑦ 2004-ᒥ. ᖃᐅᔨᑦᓴᐸᓗᓚᐅᔪᑦ ᐊᕐᓇᓂ ᖏᓐᓂᓴᐅᑎᓪᓗᒋᑦ ᐊᖑᑏᑦ (64% ᐊᐃᑉᐸᖏᑦ 27%). ᐊᒻᒪᓗ ᐅᖓᕙᒥ (53%) ᑕᓯᐅᔭᕐᔪᐊᒥ (39%) ᑭᓯᐊᓂ ᓄᕗᒻᒥᐅᑦ (46%). ᑌᒪᑦᓴᐃᓇᖅ ᐅᓄᕐᓯᓕᐅᒥᕋᔭᕐᒥᔪᑦ ᐃᓄᑐᖃᐅᓕᑐᐊᕈᑎᒃ. ᖃᐅᔨᓴᕐᑕᐅᓯᒪᓂᖓ

ᖁᕙᓯᒪᔪᒥᑦ ᐅᕐᓱᑭᓗᐊᕐᑐᑦ (LDL-C) 18%-ᖑᓚᐅᔪᖅ, ᐅᕐᓱᖃᖕᖏᓗᐊᕐᓂᖅ (HDL-C) 22% ᐳᕐᑐᓂᕐᓴᒥᑦ ᐅᕐᓱᓕᓐᓂᒃ 29%, 2004-ᖑᓚᐅᔪᒥᑦ, ᖃᐅᔨᓴᐅᑎᕕᓃᑦ HDL-C ᒪᕐᕈᕕᓪᓗᐊᑐᕕᓂᖅ 2017-ᒥ. ᐅᓄᕐᓯᐅᒥᓯᒪᓂᖓ ᐅᕐᓱᖃᓗᐊᕐᑐᑦ.

ᐅᒻᒪᑎᒃᑯᑦ ᐊᓐᓂᐊᓖ, ᐊᐅᒃᑯᑦ ᐊᔭᐅᓐᓂᓖᑦ ᖁᕙᓯᒪᔪᒥᑦ, ᐊᒻᒪᓗ ᓇᕋᓯᐅᓂᖏᑦ ᐅᓄ ᕐᓯᓕᐅᒥᓯᒪᔪᑦ ᐊᒻᒪᓗ ᐃ ᓗ ᓯᓕᕆ ᔭ ᐅ ᒋᐊᖃᓐ ᓂᖏᑦ ᓴᖕᖓ ᒐᑦ ᓴ ᐅᓚᖓᔪ ᑦ ᓄᓇᕕᒻᒥ. ᖃᐅᔨᓴᕐᑕᐅᒪᔪᑦ ᐱᒐᓗᐊ ᕐᒥᑎᓪᓗᒋᑦ

(ᐊᓐᓂᐊᕕᒃᑯᑦ ᖃᐅᔨᓴᕐᑕᐅᒪᔪᑦ ᐊᒻᒪᓗ ᐊᓐᓂᐊᓯᐅᑎᑐᕐᑐᑦ) ᐱᑕᑦᓴᖃᓗᐊᕐᓂᒧᑦ ᐅᓄᕐᓯᓕᐅᒥᓚᕐᒪᖔᑕ 2004-ᒥᓂᑦ 5 % ᖃ ᐅ ᔨ ᓴᕐᑕ ᐅ ᓯ ᒪ ᔪᓂ ᑦ). ᐊ ᓪ ᓚᑕ ᐅ ᓯ ᒪᓂᖏᑦ ᑕᑯᓴᐅᑎᑦᓯᕗᑦ ᐅᓄᕐᓯᓕᐅᒥᓚᕐᓂᐊᓂᖏᑦ ᐱᒋᐊᓯᓚᐅᔪᕗᑦ

ᐊᑕᐅᑦᓯᑯᑦ (2%-ᒥᑦ 7%-ᒧᑦ). ᐊᓱᐃᓚ, ᐅᒻᒪᑎᓕᕆᓂᖅ ᐃᑉᐱᓂᐊᕐᓂᖏᓪᓗ ᖃᐅᔨᓴᕈᖃᑦᑕᑐᑦ ᐃᓄᑐᖃᐅᓂᖏᓐᓂ ᐊᒻᒪᓗ ᐱᒻᒪᕆᐅᕗᖅ ᐃᓱᒪᒋᓗᒍ ᐅᑭᐅᑦ ᖃᐃᔪᑦ ᐊᓂᒍᕐᐸᑕ ᐅᓄᕐᓯᓕᒥᕋᔭᕐᑐᑦ ᐃᓄᑐᖃᐅᓕᕐᑐᓄᑦ ᓄᓇᕕᐅᑉ ᐃᓄᖁᑎᖏᓐᓂ. ᐊᓱᐃᓚ, ᐅᒻᒪᑎᒃᑯᑦ ᐊᓐᓂᐊᖃᑉᐸᑐᑦ ᖃᐅᔨᓴᕈᕋᔭᕐᑐᑦ ᐃᓄᑐᖃᐅᓂ ᕐᓴᓂ. ᕋᓗᐊᕐᑎᓗᒍ, ᐱᓕᐊᒥᓯᒪᔪᓂ ᒃ ᐅᕕᒐᕐᓂᓴᓄᑦ ᐃᓱᒪᓗᓇᓂ ᕐᓴᐃᑦ ᐊᒻᒪᓗ ᑲᒪᒋᔭᐅᒋᐊᖃᕐᓱᑎᒃ ᐃᓗᓯᓕᕆᔨᓄᑦ ᐊᒻᒪᓗ ᐊᓐᓂᐊᕕᒻᒥ ᑲᒪᔨᐅᔪᓄᑦ.