

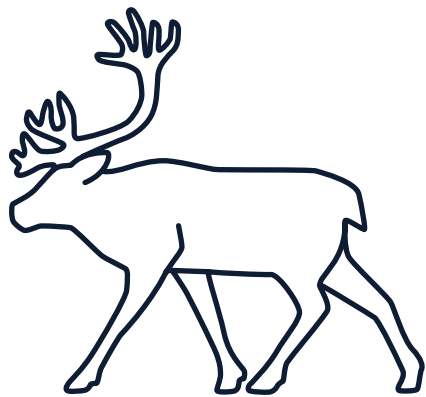
# COUNTRY AND MARKET FOODS CONSUMPTION AND NUTRITIONAL STATUS

## QANUILIRPITAA? 2017 HEALTH SURVEY

Harvesting, sharing and consuming country food is central to Nunavimmiut life. Not only is country food nutritious, but it is also part of identity and cultural continuity. Nowadays, market food is also an important part of the food consumed in the region. While all country foods are healthy, not all store-bought foods are healthy choices.

### COUNTRY FOOD

The country foods eaten most frequently were **CARIBOU** (9 times/month) and **FISH** (9 times/month) followed by **WILD BERRIES, SUUVALIK OR UARUTILIK** (7 times/month), **BELUGA MEAT** (3 times/month) and **WILD BIRDS** (2 times/month).



**BELUGA** was more frequently consumed in the Hudson Strait region whereas **CARIBOU** was consumed more frequently in Hudson Bay and Hudson Strait communities.

Good news! The survey data show that country food consumption **HAS NOT DECLINED** between 2004 and 2017.

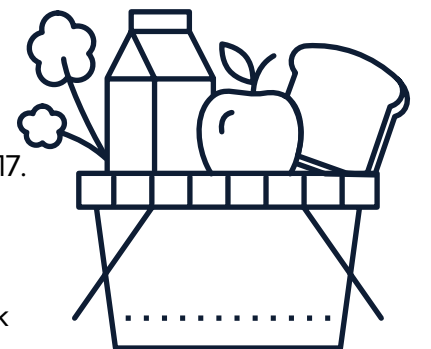


Country food represented about 40% of all meat and fish consumed, and 16% of all vegetables, berries and fruit.

**YOUTH** (16 to 29) reported consuming many country foods (ex. caribou, goose, beluga meat and *mattaq*) more often than older Nunavimmiut (50 and older).

### MARKET FOOD

**VEGETABLES** and **FRUIT** consumption has increased since 2004 to reach 2 times/day in 2017. **POTATOES** was the vegetable eaten the most often (2 times/week) followed by **CARROTS, BROCCOLI/CAULIFLOWER/CABBAGE** and **GREEN LEAFY VEGETABLE** (1 time/week for each). **FRESH** or **FROZEN FRUITS** were consumed 2½ times/week while **CANNED FRUITS** were consumed 1 time/week.



The consumption of **SWEET BEVERAGES** (including pop and fruit juice) has decreased compared to 2004, but remains high, especially among youth aged 16-29 (2 times/day).

Most people (7 out of 10) reported consuming **WATER** daily, but the frequency was low (about 1 time/day).

A majority of people (7 out of 10) reported consuming **FAST FOOD** daily (ex. potato chips, french fries, fried chicken).



### NUTRIENTS IN BLOOD

Nunavimmiut generally had **ADEQUATE LEVELS** of **OMEGA-3, SELENIUM, VITAMIN A** and **VITAMIN B12** in the blood.



Most women (92%) of childbearing age (16 to 49) had **FOLIC ACID** (folate) levels below the optimal value for a healthy pregnancy.

1 out of 5 Nunavimmiut (18%) had **iron** deficiency. **IRON** helps to fight against infections and to generate energy for daily activities.



1 out of 3 Nunavimmiut (30%) had low blood levels of **VITAMIN D**. Vitamin D is important for building strong bones, muscles and teeth and it contributes to protect against infections such as colds, flu and tuberculosis.

### WHAT CAN BE DONE?

Enjoy a variety of **COUNTRY FOODS** with your family and friends, they are rich in many nutrients (including **IRON**).

**FOLIC ACID** is found in vegetables, fruit, flour and pasta and is especially important during **PREGNANCY** for the baby's development.

**MULTIVITAMIN SUPPLEMENTS** are also recommended before and during pregnancy: consult your health professional.

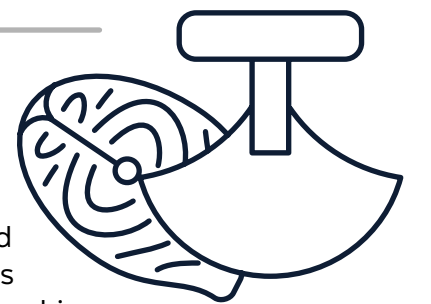


Enjoy **HOMEMADE COOKING** and avoid highly processed market foods such as pizza, french fries and potato chips.

Choose fresh, frozen or canned **VEGETABLES** and **FRUIT** to increase your intake of nutrients.

Make **WATER** your main drink. Reduce sweet beverages which increase the risk of chronic disease like diabetes.

To get more **VITAMIN D**: enjoy the **SUN**, consume **FISH**, seal and beluga **BLUBBER**, **EGGS** (wild and market), **MILK** and **YOGURT** regularly. For infants, children and people over 50 years old, vitamin D **SUPPLEMENTS** are needed: consult your health professional.



Regional organizations are committed to working with the communities to promote healthy eating and to improve access to country foods and healthy market foods.

Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.



574 aged 16-30  
752 aged 31 and +



873 women



453 men



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NUNAVIK 2017

For more information:  
[nrhss.ca/en/health-surveys](http://nrhss.ca/en/health-surveys)

Nakurmiik to all Nunavimmiut who contributed to this important health survey!