ᐊᕙᑎᑦᑎᓂᒃ ᓱᒃᑯᑎᕆᔪᑦ: ᓴᕕᕋᔭᑦᓴᔦᑦ
ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓗᓯᕐᒥᒃ ᖃᐅᔨᓴᕐᓂᕕᓂᖅ

ᒧᑯᔨᐅᓂᕋᕐᑕᖅ ᐱᓲᒍᕗᖅ ᓂᐅᕕᐊᑦᓴᓕᐅᕐᕕᓂᕙᓪᓗᖅ ᐅᑭᐅᕐᑕᑐᒧᑦ ᑎᑭᕋᑕᓲᒍᑦᓱᓂ, ᐆᒪᔪᓄᑦ ᓂᕿᑦᓴᑎᓐᓅᔭᓯᑦᓱᓂ (ᐆᑦᑐᕋᐅᑎᒃᑲ ᕿᓚᓗᒐᕕᓂᕐᒧᑦ/ᓂᒃᑯᒧᑦ ᐃᓯᐅᕐᓄᓗ).

ᓴᒃᑰᑉ ᐅᖁᒣᓕᑕᑦᓴᔭᖓ ᐱᓯᒪᕙᓪᓗᓲᒍᕗᖅ ᓴᒃᑯᓂᑦ (ᐃᓗᓕᐊᕈᕐᓂᑦ ᓴᒃᑯᑐᐃᓐᓇᓂᓪᓗ). ᐃᓄᒻᒨᖃᕈᓐᓇᓱᓂᓗ ᓂᕿᑐᐃᓐᓇᑐᕐᑐᑲᕈᓂ ᐅᖁᒣᓕᑕᑦᓴᔭᕐᑕᓕᒻᒥᒃ, ᓴᓗᒻᒪᓭᔪᖃᓕᕈᓂᓗ ᖁᑭᐅᑎᓂᒃ.

ᑳᑦᒥᐊᒻᒍᓂᕋᕐᑕᖅ (CADMIUM) ᓱᓇᑐᐃᓐᓇᓃᒍᓐᓇᓲᖅ, ᐃᑯᒪᐅᑎᒐᓚᓐᓂ ᐃᓪᓓᒍᑎᑦᓴᔭᓂᓪᓗ, ᐱᕈᕐᑐᐃᑦ ᐃᓚᖏᓐᓂ ᑲᑎᕐᓱᓯᒪᒍᓐᓇᒥᑦᓱᓂ. ᑐᐹᑭᖃᑦᑕᑐᑦ ᑳᑦᒥᐊᒻᒍᓂᕋᕐᑕᒧᑦ ᑎᒥᒻᒨᖃᕐᕕᐅᓂᕐᐸᐅᒍᓐᓇᓲᑦ.

ᒧᑯᔨᖃᓗᐊᕐᑐᖃᕈᓂ ᓴᒃᑰᓗ ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ ᐱᑕᖃᓗᐊᕐᑐᖃᕈᓂ ᓱᕐᕃᓂᖃᕈᓐᓇᐳᖅ ᖃᕆᑕᐅᑉ

ᐱᕈᕐᐸᓕᐊᒋᐊᖃᕐᓂᖓᓂᒃ, ᐊᐅᓚᔨᒍᑎᒥᓪᓗ ᓄᑭᐊᕈᓯᕐᓂᓗ. ᐱᐊᕋᑦᓴᕆᔭᐅᔪᑦ ᓄᑕᕌᐲᓪᓗ ᐊᑦᑕᓇᕐᑐᒦᓐᓂᐸᐅᒍᓐᓇᑐᑦ ᖃᕆᑕᕐᒥᒍᑦ ᑎᒥᒻᒥᒍᓪᓗ ᐱᕈᕐᐸᓕᐊᖏᓐᓈᕋᒥᒃ. ᓱᓕᓗ, ᑳᑦᒥᐊᒻᒍᓂᕋᕐᑕᒧᑦ ᓱᕐᕋᑕᐅᓯᒪᔪᑦ ᓱᒃᑯᑕᐅᒍᓐᓇᓱᑎᒃ ᑕᕐᑐᒥᒍᑦ ᓴᐅᓂᕐᒥᒍᓪᓗ.

ᓄᓇᕕᒻᒥ ᐱᓇᓱᕝᕖᑦ ᐱᓇᓱᖃᑎᖃᕈᒪᑦᓯᐊᑐᑦ
ᓄᓇᓕᓐᓃᑐᓂᒃ ᓱᒃᑯᓇᕐᑐᓄᑦ
ᐊᑦᑐᐊᔭᐅᖕᖏᓂᕐᓴᐅᖁᑦᓱᒋᑦ, ᐱᓗᐊᕐᑐᖅ
ᖃᓄᐃᖕᖏᑐᑦᓯᐊᒍᖁᑦᓱᒋᑦ ᐱᐊᕋᑦᓴᓖᑦ
ᕿᑐᕐᖓᕆᔭᐅᔪᐃᓪᓗ.

ᖃᐅᔨᔭᐅᓯᒪᔪᑦ ᖃᓄᐃᓕᔭᐅᒍᓐᓇᐸ ᑕᒪᓐᓇ?

ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓄᖁᑎᖏᑦᑕ
ᐃᓗᓯᖏᓐᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᖅ
ᓄᓇᕕᒻᒥ ᐊᐅᒡᒍᓯᒥᑦ ᐅᑦᑐᐱᕆᒧᑦ
2017ᖑᑎᓪᓗᒍ. ᑲᑎᑦᓱᑎᑦ 1 326
ᐃᓚᐅᓐᓂᖁᑦ ᐅᑭᐅᓖᑦ 16ᓂᑦ

ᐊᖓᔪᑦᓰᓗ 14ᓂᑦ ᓄᓇᓕᓐᓂᑦ
ᐃᑲᔪᕐᓯᓂᕐᖁᑦ ᑖᑦᓱᒧᖓ
ᖃᐅᔨᓴᕐᓂᒧᑦ.

ᐊᐅᒃᑯᑦ ᒧᑯᔨᑕᖃᕐᓂᖅ, ᓴᒃᑰᓗ ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ ᐱᑕᖃᕐᓂᖅ ᑳᑦᒥᐊᒻᒍᓂᕋᕐᑕᒥᓪᓗ ᐱᑕᖃᕐᓂᖅ ᐃᑯᓪᓚᐅᒥᓯᒪᓕᕐᑐᖅ ᐊᕐᕌᒍᓂ ᖁᓕᓐᓂ ᐊᓂᒍᕐᑐᓂ, ᑭᓯᐊᓂ ᑕᖅᕋᒥᐅᑦ ᐱᑕᖃᕐᓂᓴᐅᖏᓐᓈᑐᑦ ᓯᕿᓂᑦᑎᓂᒥᐅᓂᑦ.

0

50

100

1992 2004 2017

75

51
42

Mercury (nmol/L)

0.0

0.2

0.4

0.6

1992 2004 2017

0.42

0.19
0.12

Lead (µmol/L)

0

20

40

1992 2004 2017

33
27

14

Cadmium (nmol/L)

ᐊᐅᒃᑯᑦ ᒧᑯᔨᑕᖃᕐᓂᓴᕕᓃᑦ

ᓴᒃᑰᓗ ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ
ᐱᑕᖃᕐᓂᓴᐅᑦᓱᑎᒃ
ᓄᓇᕕᒻᒥᐅᑦ
ᐃᓄᒻᒪᕆᐅᓂᕐᓭᑦ, ᑭᓯᐊᓂᓕ
ᑳᑦᒥᐊᒻᒍᓂᕋᕐᑕᒥᑦ
ᐱᑕᖃᕐᓂᓴᐅᑎᓪᓗᒋᑦ
ᓄᓇᕕᒻᒥᐅᑦ ᐅᕕᒐᕐᓂᓭᑦ.

ᐊᕝᕙᓗᐊᖏᑦ ᕿᑐᕐᖏᐅᑐᑦ
ᐊᕐᓀᑦ (57%) ᓱᓕ
ᐊᐅᒻᒥᒍᑦ ᒧᑯᔨᑕᖃᕐᑐᕕᓃᑦ
ᐳᕐᑐᓂᕐᓴᒪᕆᒻᒥᒃ
ᖃᓄᐃᖕᖏᓯᐊᕐᓂᓕᕆᔨᖏᑦᑕ
ᑲᓇᑕᒥᐅᑦ
ᑐᑭᒧᐊᒍᑎᖏᓐᓃᑐᓂᑦ 2017-ᒥ.

ᐊᐅᒃᑯᑦ ᒧᑯᔨᑕᖃᕐᓂᓴᕕᓃᑦ
ᓄᕗᒻᒥ ᓄᓇᓕᓐᓂᒥᐅᑦ,
ᕿᓚᓗᒐᕕᓂᕐᑐᔫᒍᓂᕐ
ᒥᓅᒍᓇᖅ.

ᓴᒃᑯᓂᒃ
ᐅᖁᒣᓕᑕᑦᓴᔭᓕᓐᓂᒃ
ᐊᑐᖃᑦᑕᓂᕐᒧᑦ
ᓴᓗᒻᒪᓭᖃᑦᑕᓂᕐᒧᓗ
ᐃᓪᓗᔪᐊᑦ ᐃᓗᐊᓂ
ᖁᑭᐅᑎᓂᒃ ᐊᐅᒃᑯᑦ
ᓴᒃᑰᑉ
ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ
ᐱᑕᖃᓗᐊᕈᑕᐅᖃ
ᑦᑕᓂᕐᖁᑦ.

ᓴᒃᑰᑉ
ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ
ᐱᑕᖃᕐᓂᓴᐅᖃᑦᑕᓂᕐᖁᑦ

ᑳᑦᒥᐊᒻᒍᓂᕋᕐᑕᒥᓪᓗ
ᐱᑕᖃᕐᓂᓴᐅᑦᓱᑎᒃ

ᑐᐹᑭᑦᓲᑦ ᐊᓯᒥᑕᓗ
ᑐᐹᑭᑦᑕᖓᑕ ᐳᔪᖓᓂ
ᓂᐅᕐᖃᖃᑦᑕᑐᑦ.

ᓂᕿᑐᐃᓐᓇᖅ
ᖃᓄᐃᖕᖏᓯᐊᕈᑕᐅᓂᕐᐸᐅᒍᓐᓇᑐᖅ;
ᐅᑯᐊᑕᒐ
ᓱᒃᑯᓇᕐᑐᑐᕐᑌᓕᒍᑎᑦᓴᐅᒍᓐᓇᒥᔪᑦ.

ᓴᒃᑰᓗ ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ ᐱᑕᖃᕐᒪᖔᑕ
ᖃᐅᔨᓴᕐᑕᐅᓂᖓ ᐊᕐᓀᑦ ᐱᐊᕋᑦᓴᓖᑦ

ᐊᒻᒪᓗ ᑭᖑᓂᖓᒍᑦ ᖃᓄᐃᓕᕐᒪᖔᑕ
ᖃᐅᔨᓴᕐᑕᐅᓕᕋᒥᒃ ᑲᒃᑲᓛᑦ ᐱᐊᕃᑦ
ᑲᔪᓯᑎᑕᐅᓂᖃᖃᑦᑕᑐᖅ ᓄᓇᕕᒻᒥ.
ᖃᓄᐃᓘᖁᔨᒍᑎᓂᒃ ᒪᓕᒋᐊᖃᖃᑦᑕᓱᑎᒃ
ᖃᐅᔨᓴᕐᑕᐅᒍᑎᖏᑦ ᒪᓕᑦᓱᒋᑦ.

ᐆᑦᑐᕋᐅᑎᒃᑲ, ᒧᑯᔨ ᐱᓪᓗᒍ:

• ᓂᕿᑐᐃᓐᓇᑐᖃᑦᑕᓗᓂ
ᒧᑯᔨᖃᓪᓗᐊᖏᑦᑐᓂᒃ

(ᓂᕿᑐᐃᓐᓇᓕᒫᕙᓪᓗᓂᒃ!)
ᐱᑦᑌᓕᑫᓐᓇᖃᑦᑕᓗᓂᓗ

ᒧᑯᔨᖃᓗᐊᕐᑐᓂᒃ (ᐆᑦᑐᕋᐅᑎᒃᑲ
ᕿᓚᓗᒐᕕᓂᖅ/ᓂᒃᑯᖅ ᐃᓯᐅᓪᓗ)

ᓴᒃᑰᑉ ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ
ᐱᑕᖃᖕᖏᑐᓂᒃ ᓴᒃᑯᖃᖃᑦᑕᓗᓂ.

• ᐃᓗᓕᐊᕈᐃᑦ: ᐃᓗᓕᐊᕈᐃᓪᓗ
STEEL-ᓚᔭᐅᔪᑦ ᐊᑐᖔᖃᑦᑕᓗᒋᑦ
ᓄᓇᕕᒻᒥ ᓂᐅᕕᐊᑦᓴᐅᓲᑦ. ᓴᒃᑰᑉ
ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ ᓴᒃᑯᓕᒻᒥᒃ

ᐊᑐᓚᖓᒍᕕᑦ, ᓴᒃᑯᕕᓂᓕᒫᑦ
ᐲᔭᑦᓯᐊᓗᒋᑦ ᓂᕿᖓᓂᑦ ᐆᒪᔫᑉ
ᐃᒐᓚᐅᕐᓇᒍ ᓂᕆᓚᐅᕐᓇᒍᓗ.

• ᓴᒃᑯᐃᑦ: ᐊᑐᖃᑦᑕᕈᓐᓀᓗᒋᑦ ᓴᒃᑰᑉ
ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ ᐱᑕᓖᑦ ᓴᒃᑯᐃᑦ.
ᓴᒃᑰᑉ ᐅᖁᒣᓕᑕᑦᓴᔭᖓᓂᒃ ᐱᑕᓕᓐᓂᒃ
ᓴᒃᑯᖃᓚᖓᒍᕕᑦ, 10 ᓯᓐᑎᒦᑕᓂᒃ
ᐊᖏᓂᓕᒻᒥᒃ ᓂᕿᖓ ᖁᒃᑭᐅᓂᖓ

ᐲᕐᓗᒍ. ᖁᑭᐅᑎᑎᑦ ᓯᓚᒦᓪᓗᑎᑦ
ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ. ᐃᓪᓗᐊᐱᒻᒥ
ᓴᓗᒻᒪᓴᕈᕕᒃᑭᑦ, ᖁᑭᐅᓯᕆᕕᕕᓃᑦ
ᓴᓗᒻᒪᓴᕐᓗᒍ. ᕿᑐᕐᖓᑎᑦ
ᐱᖕᖑᐊᖃᕐᑎᑌᓕᓗᒋᑦ ᓴᒃᑯᓂᒃ
ᐴᖏᓐᓂᓘᓐᓃᑦ.

ᑐᐹᑭᕝᕕᐅᒋᐊᖃᖕᖏᑐᖅ
ᑐᓴᐅᒪᔭᐅᑎᑦᓯᐊᓗᒍ ᐃᓘᓐᓀᓄᑦ.

ᑐᐹᑭᑦᑌᓕᖃᑦᑕᓗᑎᑦ;
ᐃᑲᔪᕐᑎᓴᕐᓯᐅᓗᑎᑦ; ᒋᐊᖃᕈᕕᑦ.

57%

Hg

Pb Cd

LEAD

ᓇᑯᕐᒦᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᑦ ᐃᑲᔪᕐᓯᔪᕕᓃᑦ ᑕᒪᑦᓱᒥᖓ ᐱᒻᒪᕆᒻᒥᒃ ᐃᓗᓯᕐᒧᓕᖓᔪᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᕐᒥᒃ!

574 ᐅᑭᐅᓖᑦ 16-30
752 ᐅᑭᐅᓖᑦ 31 +

873
ᐊᕐᓀᑦ

453

ᐊᖑᑏᑦ

ᑐᑭᓯᒋᐊᕐᕕᐅᒍᓐᓇᑐᖅ:

nrbhss.ca/in/health-surveys