

HUNTING, FISHING, GATHERING, **AMMUNITION USE AND PUBLIC-HEALTH MESSAGING**

QANUILIRPITAA? 2017 HEALTH SURVEY

Participation in hunting, fishing and gathering continue to be important activities that provide food, promote cultural identity and support Inuit health and well-being.

KEY FINDINGS PARTICIPATION

The LARGE MAJORITY of Nunavimmiut (87%) reported GOING **ON THE LAND** occasionally or often during the year prior to the survey.

Harvesting **SEAFOOD** was most prevalent among Hudson Strait residents: 6 out of 10 (62%) harvested seafood in the summer of 2017.

64%

Two-thirds of Nunavimmiut reported **PREPARING** at least one wild bird, 60% at least one caribou or muskox and 45% at least one sea mammal in the



Three out of four (75%) Nunavimmiut went **BERRY PICKING** at least once during the season.



BULLETS: Cleaning around the wound can reduce exposure to lead. About half of Nunavimmiut (49%) reported **REMOVING AT LEAST 5 CM OF FLESH AROUND**

THE WOUND (whereas only 22% said they do nothing other than removing the bullet).



More Nunavimmiut reported doing some HUNTING in the summer of 2017 compared to the summer of 2004; however, the proportion of those who reported hunting every week was lower in 2017 than in 2004.

More Nunavimmiut reported doing some **FISHING** in the spring of 2017 compared to the spring of 2004, and the proportion of those who reported fishing every week was similar in 2017 and 2004.

year before the survey.

FIREARMS AND AMMUNITION

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Only three out of ten hunters

SHOT/PELLETS exclusively.

reported using **UNLEADED**

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38% About one-third of hunters reported someone **CLEANING GUNS INSIDE** their house.

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AWARENESS OF PUBLIC-HEALTH RECOMMENDATIONS (LEAD AND MERCURY)

More than half of individuals (58%) reported hearing MESSAGES **ON MERCURY**

and country foods in the region previously. This was more commonly reported among males and older women.

34%

SHOT/PELLETS: One third of Nunavimmiut reported hearing the **RECOMMENDATION TO USE LEAD-FREE SHOT.**

This was more commonly reported among males and older adults.

WHAT CAN BE DONE?

Although COUNTRY FOOD IS THE BEST FOR HEALTH, there are some tips to keep contaminant levels low.

CLEAN FIREARMS

28%

OUTSIDE of the house to reduce lead exposure. If in a shed, carefully clean the area afterwards. Make sure children do not play with ammunition or casings.

Use LEAD-FREE AMMUNITION.

Use steel SHOT/PELLETS. If lead-based: carefully remove all pellets.

If lead **BULLETS** are used: remove 10 CM around the channel wound.

During **PREGNANCY**, when possible, it is a good idea to CHOOSE **COUNTRY FOODS THAT ARE LOW IN MERCURY**

(most country foods!) and temporarily avoid (or reduce) those high in mercury (beluga meat (especially nikkuk), big lake trout and seal liver).



women

Take part in **INUIT TRADITIONAL ACTIVITIES** and spend time on the land.

Continuing to participate in and support KNOWLEDGE **SHARING** between generations is vital for health and well-being.

If you would like to organize on-the-land projects or activities, contact the NRBHSS **NUNAMI** program team: nunami_nrbhss@ssss.gouv.qc.ca (funding and support).

nrbhss.ca/en/health-surveys

Regional organizations are committed to working population health survey with the communities to support access to harvesting ∿ے∆مď?Qanuilirpitaacarried out in Nunavik from activities on the land for all Nunavimmiut by reinforcing August to October 2017. NUNAVIK 2017 local and regional initiatives as well as by advocating for resources at the provincial and national levels. aged 16 and over from all 574 aged 16-30 873

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

752 aged 31 and +