

# MEETING - SECRETARY-TREASURERS

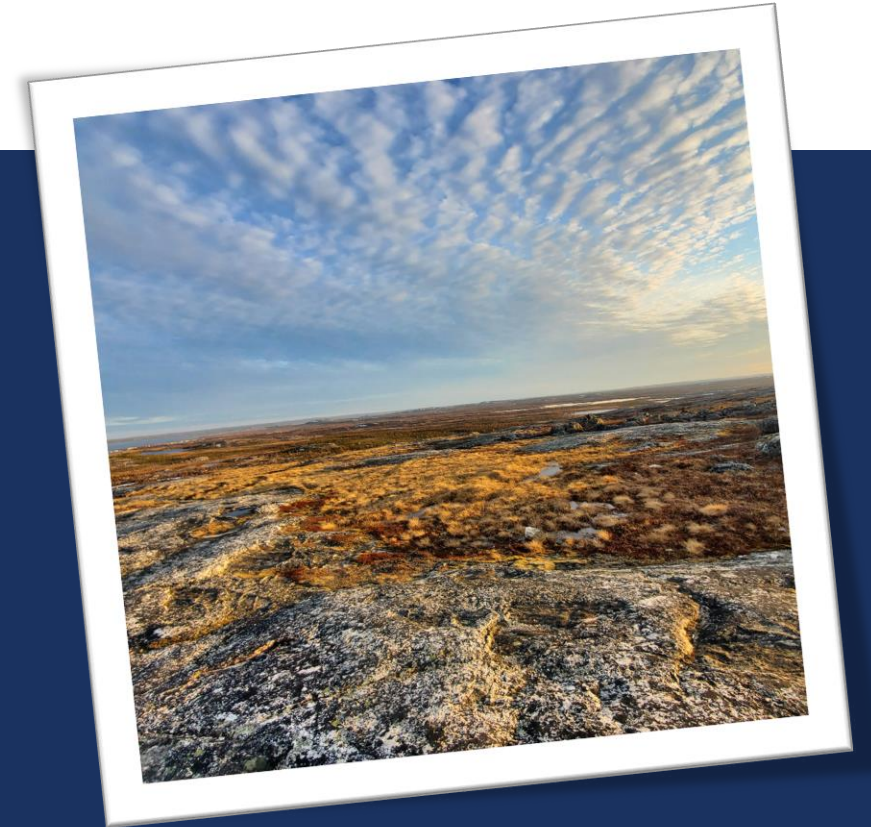
MAY 3<sup>RD</sup>, 2023



AMÉLIE DESJARDINS TESSIER, MD, ENVIRONMENTAL HEALTH

ANNIE KUMARLUK, ASSISTANT TO THE DIRECTOR OF PUBLIC HEALTH, NRBHSS

MARC-ANDRÉ LAMONTAGNE, CIVIL SECURITY COORDINATOR,  
EMERGENCY PREHOSPITAL SERVICES AND EMERGENCY MEASURES,  
NRBHSS



# WHO ARE WE?

- ❑ ANNIE KUMARLUK

- ❑ Assistant to the Director of Public Health, NRBHSS

- ❑ MARC-ANDRÉ LAMONTAGNE

- ❑ Civil security coordinator, emergency prehospital services and emergency measures, NRBHSS

- ❑ AMÉLIE DESJARDINS TESSIER

- ❑ Doctor, environmental health, NRBHSS



# DEPARTMENT OF PUBLIC HEALTH

- ❑ WE ARE a department of the Nunavik Regional Board of Health and Social Services (NRBHSS)
- ❑ WE WORK jointly with various partners:
  - ❑ Northern villages
  - ❑ Research teams from universities



Développement durable,  
Environnement et Lutte  
contre les changements  
climatiques

Québec



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UNGAVA TULATTAVIK HEALTH CENTER  
CENTRE DE SANTÉ TULATTAVIK DE L'UNGAVA



# WHAT ARE WE DOING?

## ■ WE ENSURE:

- The **monitoring** of the Nunavik population's state of health
- Disease **prevention**
- Health and well-being **promotion**
- Public health **protection**
  - Infectious diseases
  - Occupational health
  - **Environmental health**





# CIVIL SECURITY COORDINATOR

- Who are we ?
- When do we intervene?
  - When one of our point of service runs out of water  
(CLSC/Nursing, Health center, Rehabilitation center, Elders home, etc..)
  - In case of a disaster in a community



**Marc-André  
Lamontagne**



**Maxime Lecoanet**

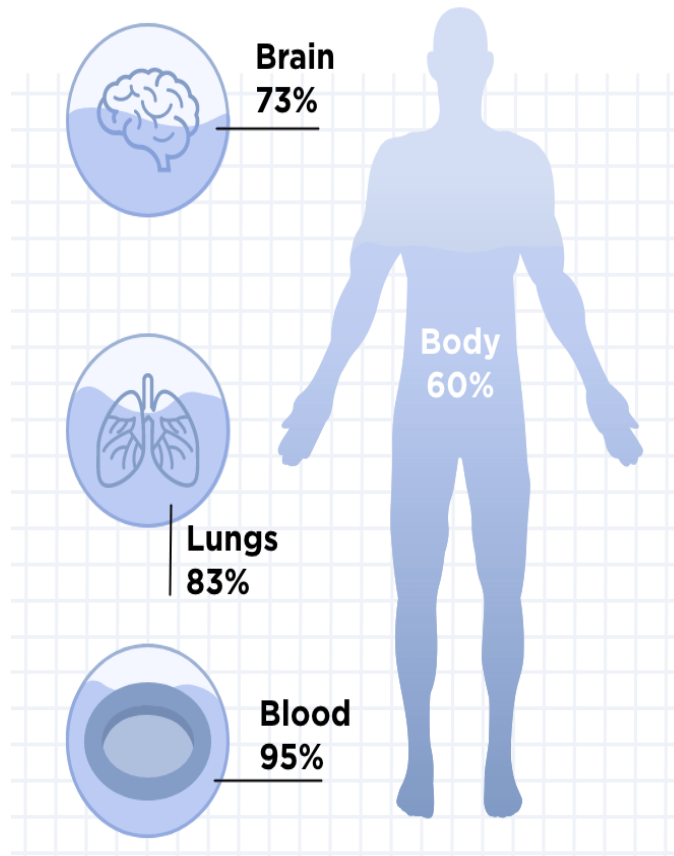
# WHY ARE WE HERE TODAY ? 😊

- Water supply in Nunavik communities
  - Creation of the **NRBHSS Water Committee**
    - Members: Director of Public Health Dre Marie Rochette, Annie Kumarluk, Marc-André Lamontagne civil security coordinator, the environmental health team coordinator Louis Gilbert, the environmental health team members Virginie Noël et Dre Amélie Desjardins Tessier, Isabelle Girard
- NV survey: gathering information on each link in the drinking water supply chain, from the source to the consumer, and on the wastewater collection route
- Health centers survey: gathering information on the water situation in the health centers
- Analyze
- Present to the various bodies involved to discuss short- and medium-term solutions

# IMPORTANCE OF WATER: WATER IS ESSENTIAL FOR LIFE

- ❑ In June 2022, the NRBHSS adopted a Declaration on Water Supply and Sanitation:

« Given that access to water is a condition of survival, we affirm that all persons residing in Nunavik have the right to a sufficient supply of quality drinking water to meet their essential needs, including for drinking, food preparation, personal hygiene and household consumption (clothes washing, maintenance and other tasks) »

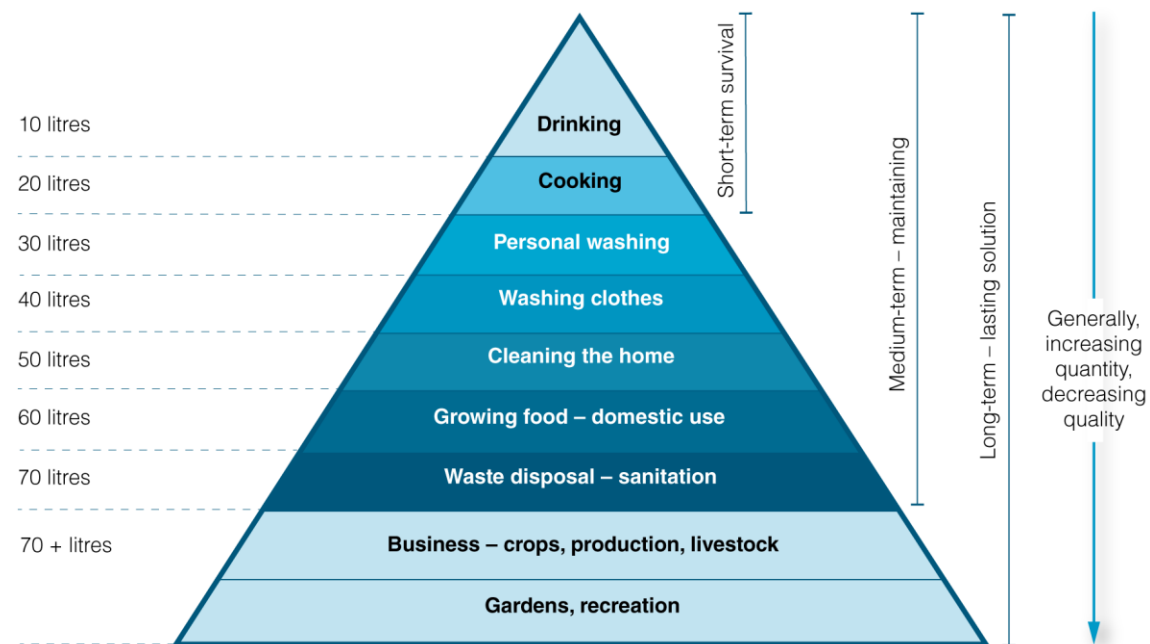


Between 50 and 100 liters of water per person per day are needed to ensure most basic needs



# HIERARCHY OF WATER REQUIREMENTS

- Survival on a long-term requires at least 60L/person/day
- Average consumption in Quebec in litres per person in one day : 350- 400L
  - In Nunavik: 130L



# IMPACTS OF WATER SHORTAGE

- Absenteeism
- Closure of establishments
- Inability to provide all services
- Difficulty in retaining staff
- Absence of contingency protocols

*“Healthcare workers have told me that they feel little supported during the various water shortages. According to them, such a situation would be unacceptable elsewhere in the province”*

Sarah Bergeron MD Co-Head of the Department of Family Medicine, Inuulitsivik Health Center

*“Sirivik food center has close over 40 days in 2021 due to a water problem. Up to 16 days in a row without water was noted in that year”*

Food security agent, Inukjuak

*“Instances of no water have caused nursing station to close and/or emergency medical care to be given without proper running water ”*

Resident of Inukjuak

# IMPACTS OF WATER SHORTAGE

- Lack of hygiene
- Inability to perform household chores (washing, cooking and others)
- Exacerbated financial difficulty (purchases of water bottles, single-use equipment and others)



*“Daily fear of having no water. Difficulty doing household chores (washing dishes, cleaning), obligation to take quick showers. In households, several people share the same bath”*

Inukjuak health center staff

# HEALTH IMPACTS

- Mental health issue: Anxiety, fear of lack of water, feeling of helplessness, weariness, despair
- Increased risk of developing certain infectious diseases (Hepatitis A, skin problems, influenza, Covid and others)
- Impacts on healthcare access (deliveries, traumas, cancellation of surgeries, dentistry, etc.)

“A general feeling of helplessness and inequality seems to be pervasive.”

“People have also shared with me that they have difficulty treating their infections (eg scabies) and treating their chronic problems (eg. eczema)”

“Others feared having to manage an outbreak of gastroenteritis in already overcrowded housing, particularly when they lived with vulnerable individuals”

Sarah Bergeron, MD, Co-Head of the Department of Family Medicine, Inulitsivik Health Center

# SURVEYS RECEIVED

Villages	NV	CLSC
Kangiqualujuaq	✓	
Kuujuaq		✓
Aupaluk		
Tasiujaq		✓
Kangirsuk		✓
Quaqtaq	✓	✓
Kangiqsujuaq		
Kuujuarapik		✓
Umiujaq	✓	
Inukjuak		✓
Puvirnituaq		✓
Akulivik	✓	✓
Ivujivik		✓
Salluit	✓	





## DISCUSSION 😊

- How does your community perceive the water situation ?
- What could be improved in your community ?
- What works well in your community with respect to access to good-quality water ?
- How can we help one another ?



NAKURMIK ! THANK YOU !

