



The Nunavik Department of Public Health considers that:

**Presentation in Inukjuak
January 27-31, 2020**

◆ Country foods are excellent for the health of Nunavimmiut:

- ◆ They provide numerous health benefits (very high sources of good nutrients including Omega-3, Iron and Selenium).
- ◆ In general, health benefits from country foods outweigh the risk of exposure to contaminants.



◆ The mercury concentration data in fish from the summer 2019 sampling (prior to the construction of the Innavik dam) are similar with the dataset from other rivers and lakes in Nunavik:

- ◆ Most fish contain little or no mercury.
- ◆ Only some big/old lake trout contain mercury above the Health Canada reference value.



◆ Therefore, it is preferable to eat small/young lake trout, particularly for pregnant women and young children.



◆ **The Nunavik Department of Public Health and the Nunavik Nutrition and Health Committee (NNHC)* will evaluate all new data of mercury concentration in fish and, if needed, will communicate recommendations to Inukjuammiut.**

*The NNHC is an advisory committee to the Director of Public Health.

It ensures regional coordination and communication on issues related to environmental health, nutrition and contaminants.

It brings together representatives of many Nunavik/Inuit organizations occupying pertinent functions:

- ◆ Nunavik Regional Board of Health and Social Services (NRBHSS)
- ◆ Makivik Corporation, Nunavik Research Centre
- ◆ Kativik Regional Government (KRG)
- ◆ Ungava Tulattavik Health Centre (UTHC)
- ◆ Inuulitsivik Health Centre (IHC)
- ◆ Kativik Ilisarniliriniq (KI)
- ◆ Inuit Tapiriit Kanatami (ITK)

For more information: <https://nrbhss.ca/en/departments/public-health>

