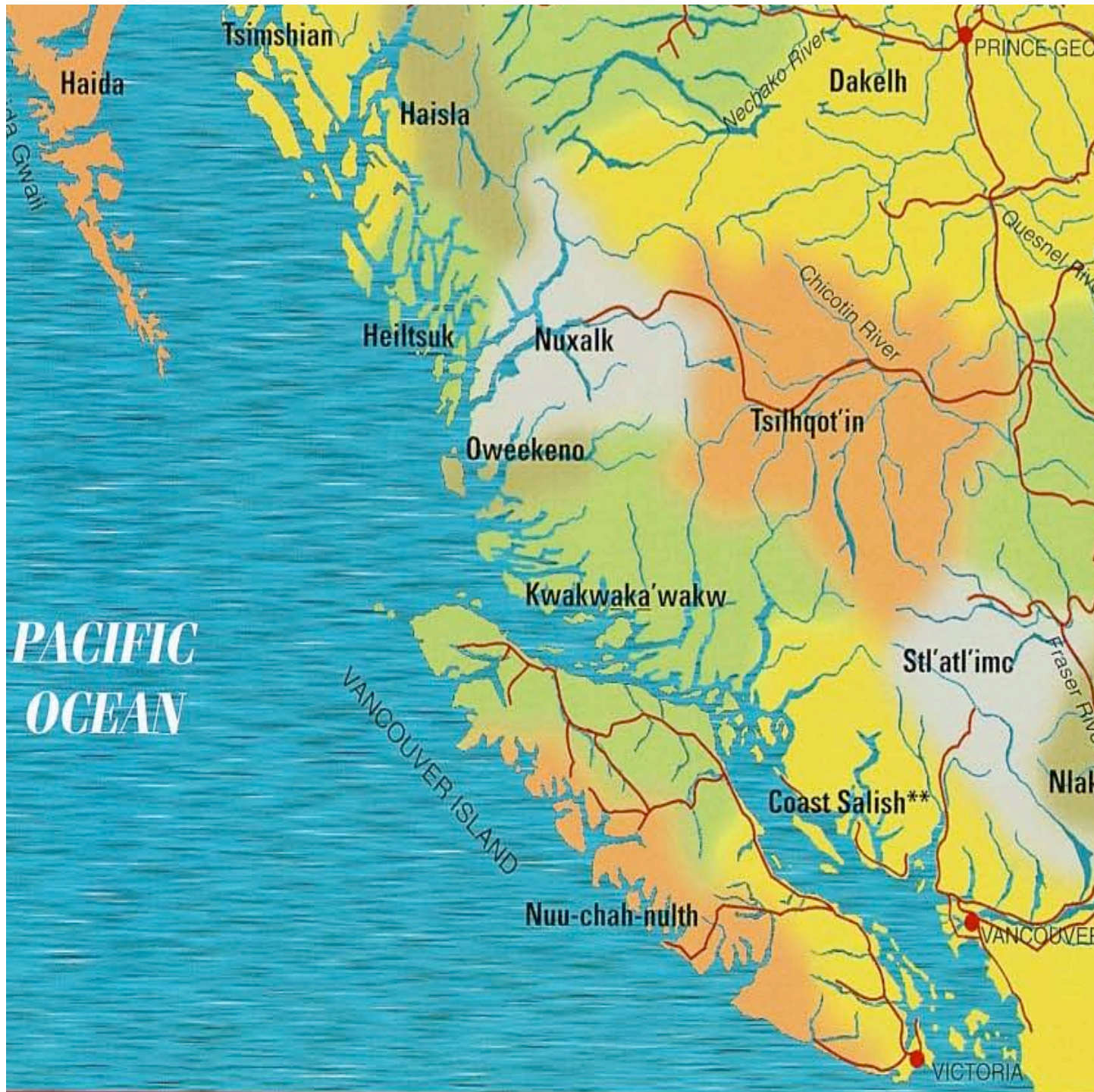


All First Nations depend on environmental quality for their health and well-being...





Coastal First Nations in BC

-A very
diverse
group

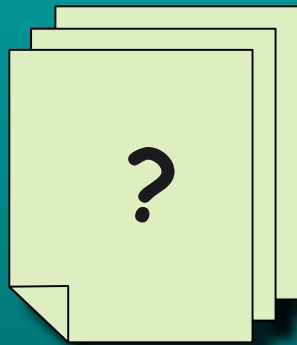
An ancient culture...



A Growing Concern - rapid changes to ecosystems in the past few decades (ie. through elders traditional ecological knowledge - TEK)



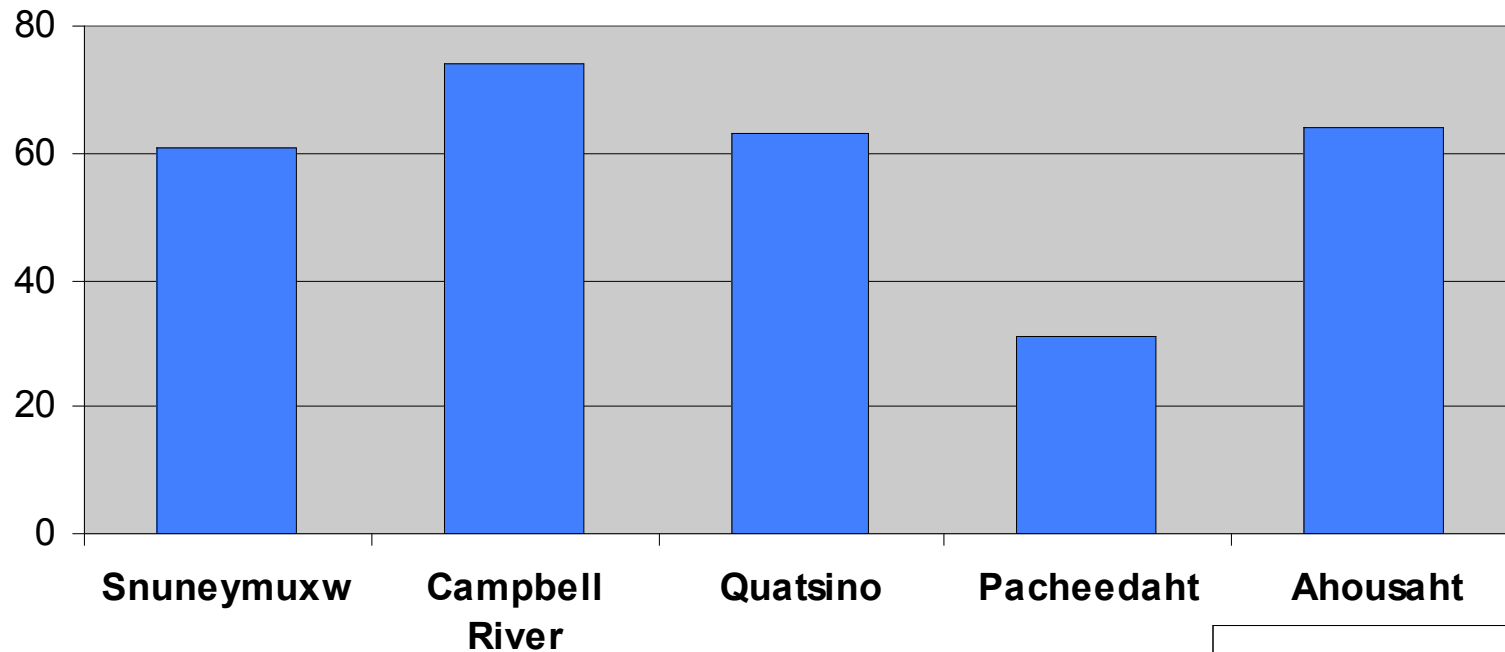
What can the dietary surveys tell us?



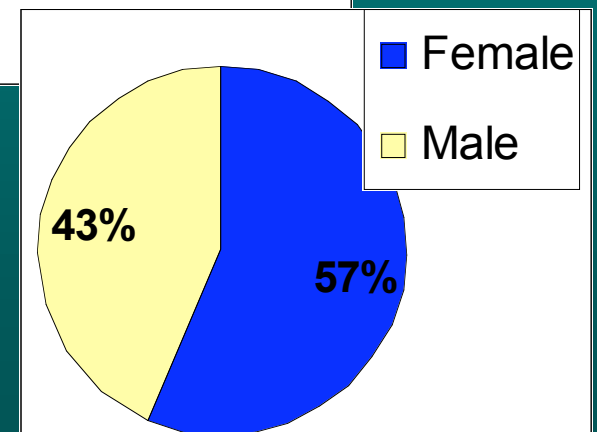
- Provide info on current consumption levels
- Give a snapshot of some of the community health concerns
- They begin to tap into Traditional Ecological Knowledge
- There is very little information on consumption data for First Nations
- They form the basis for risk assessment

We conducted 300+ interview-based surveys

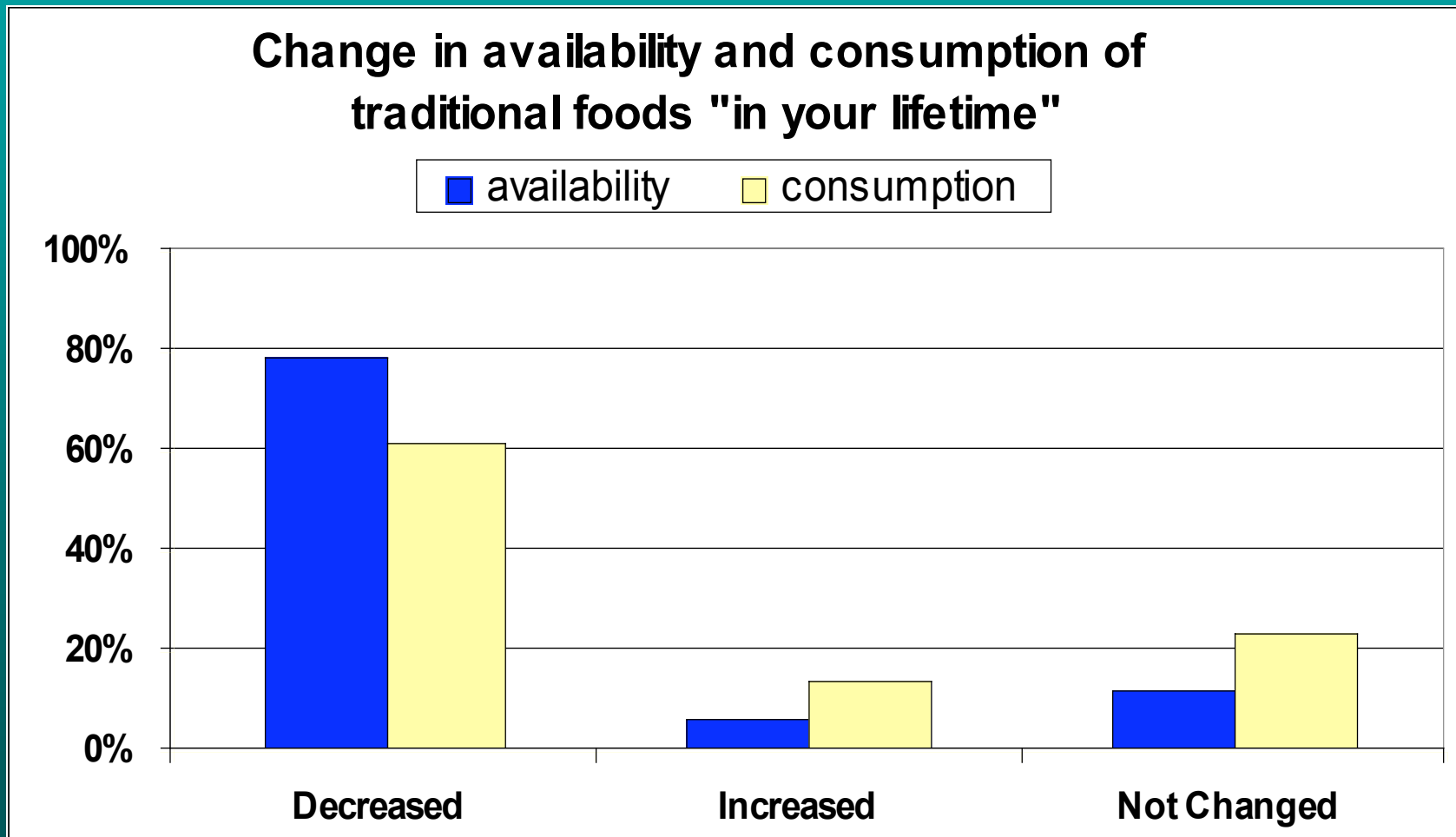
Number of Respondents per FN community



**N = 292 band members surveyed:
(292/1950 = 15 %)**

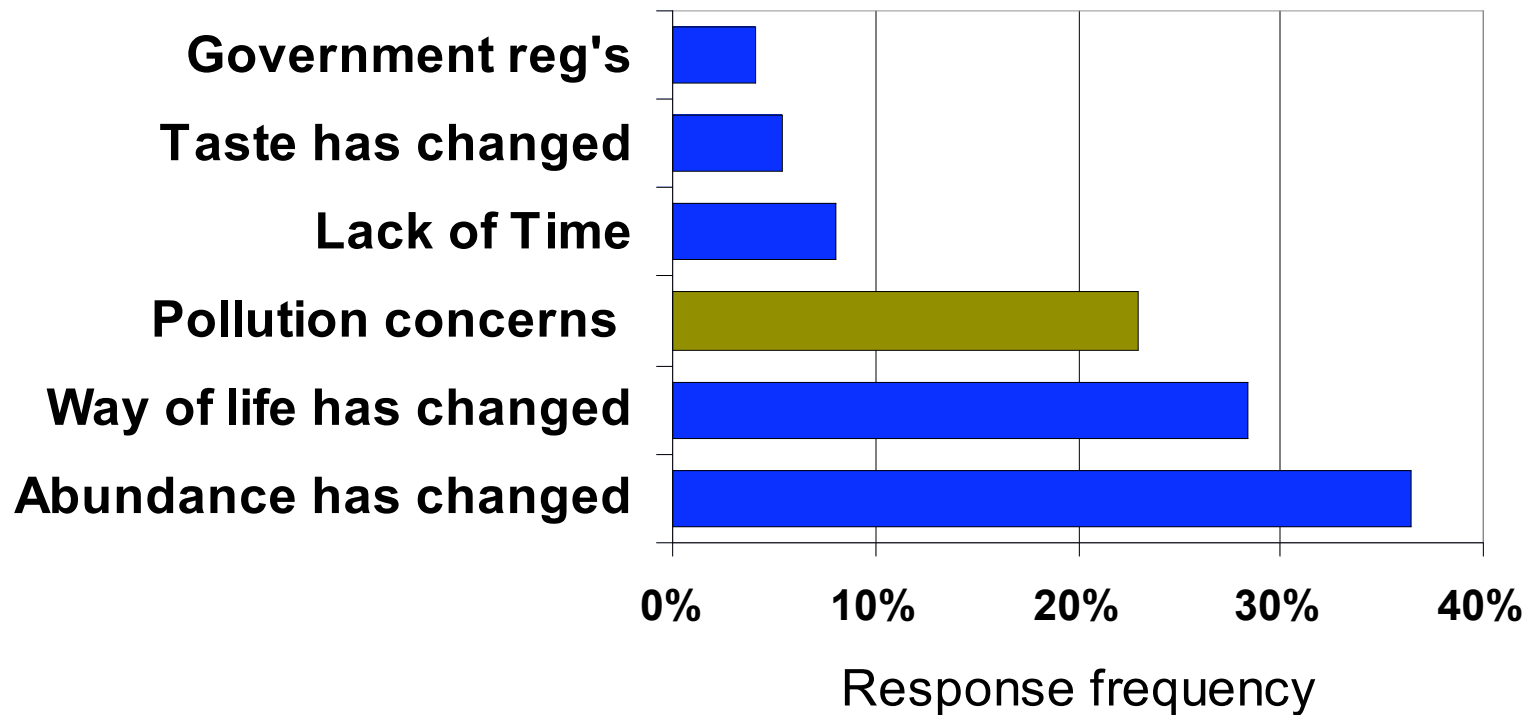


Has seafood availability and consumption changed?

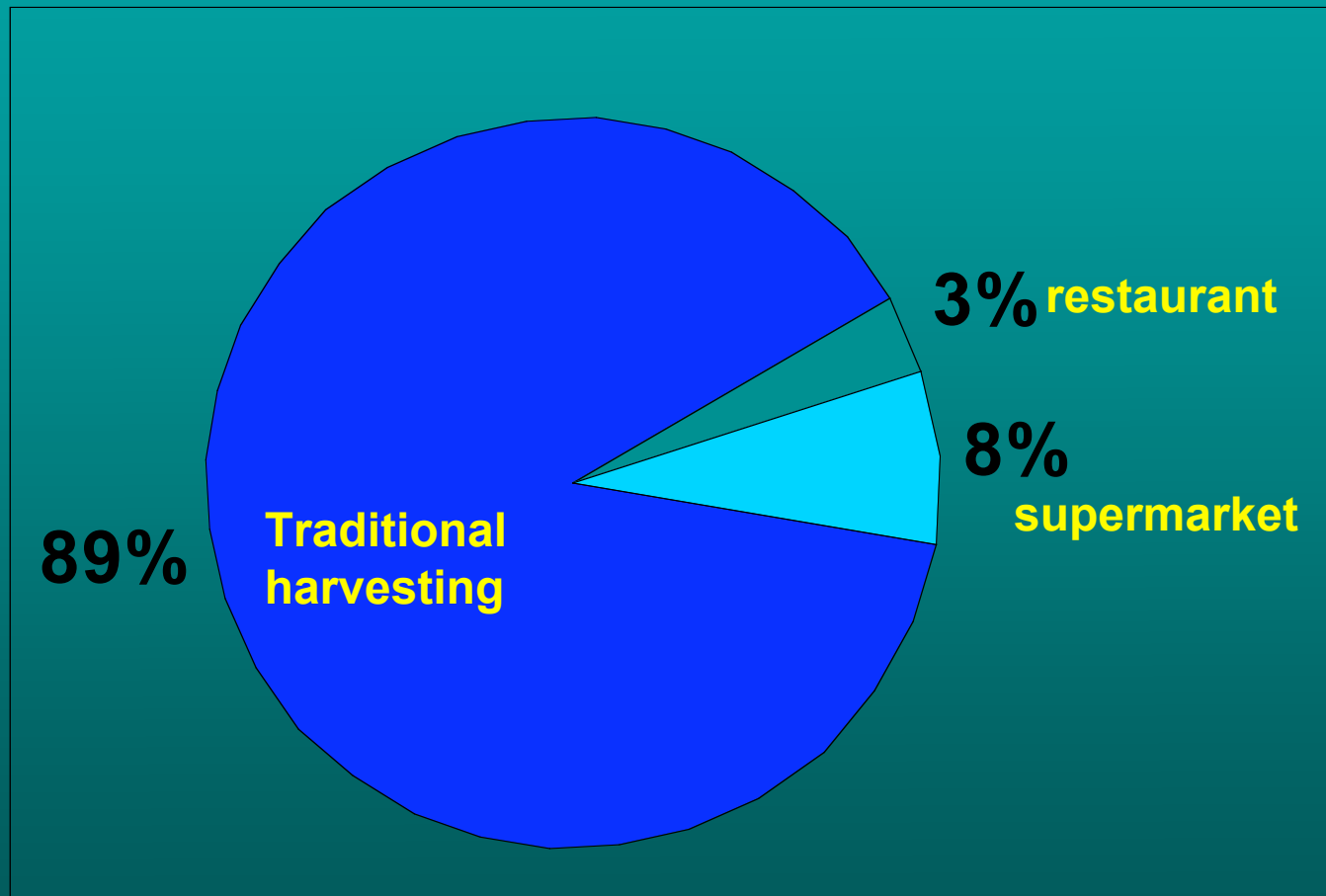


Consumption of traditional foods is changing

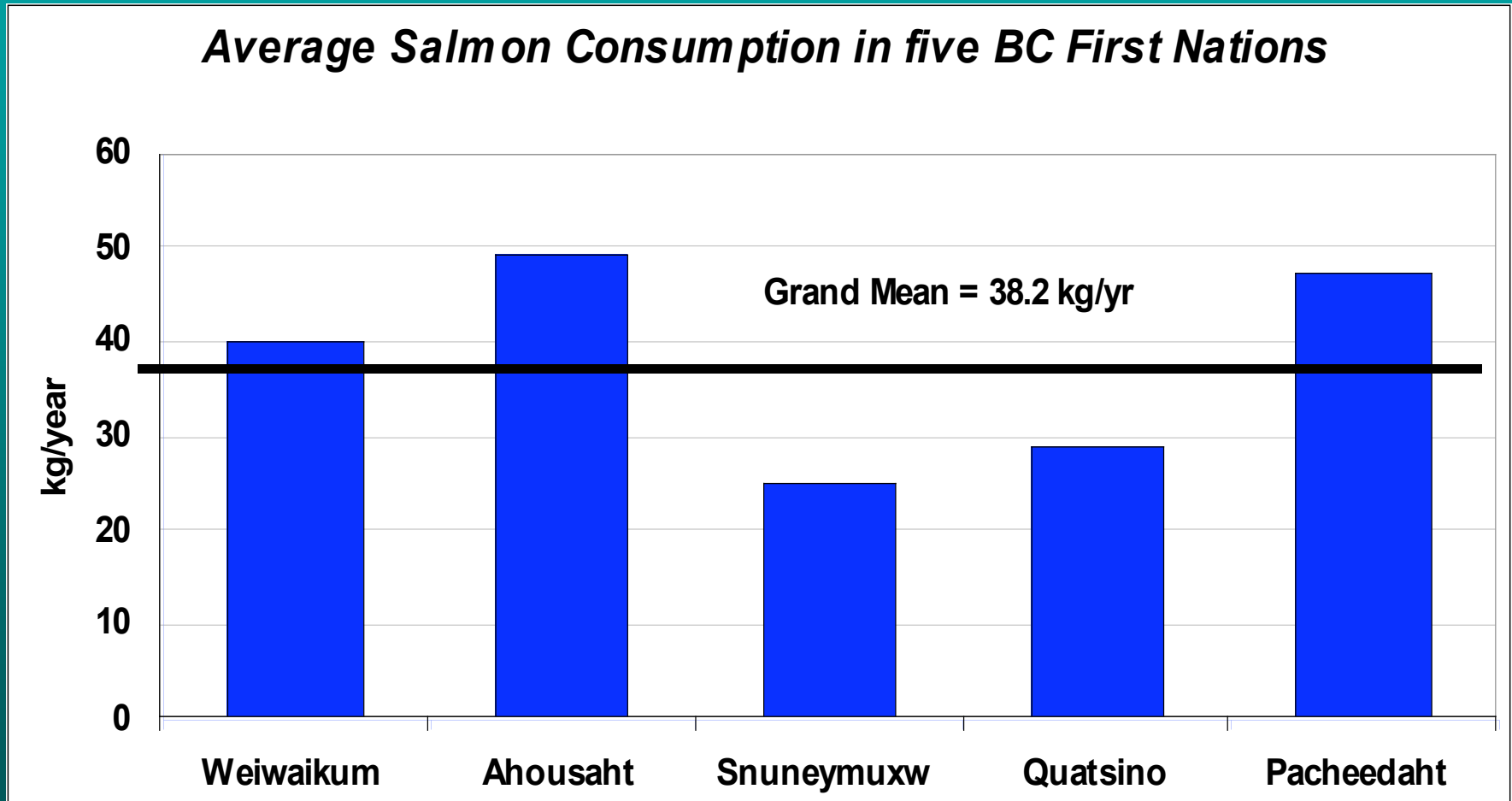
Reasons for Changing consumption of traditional foods



Where do traditional seafoods come from?

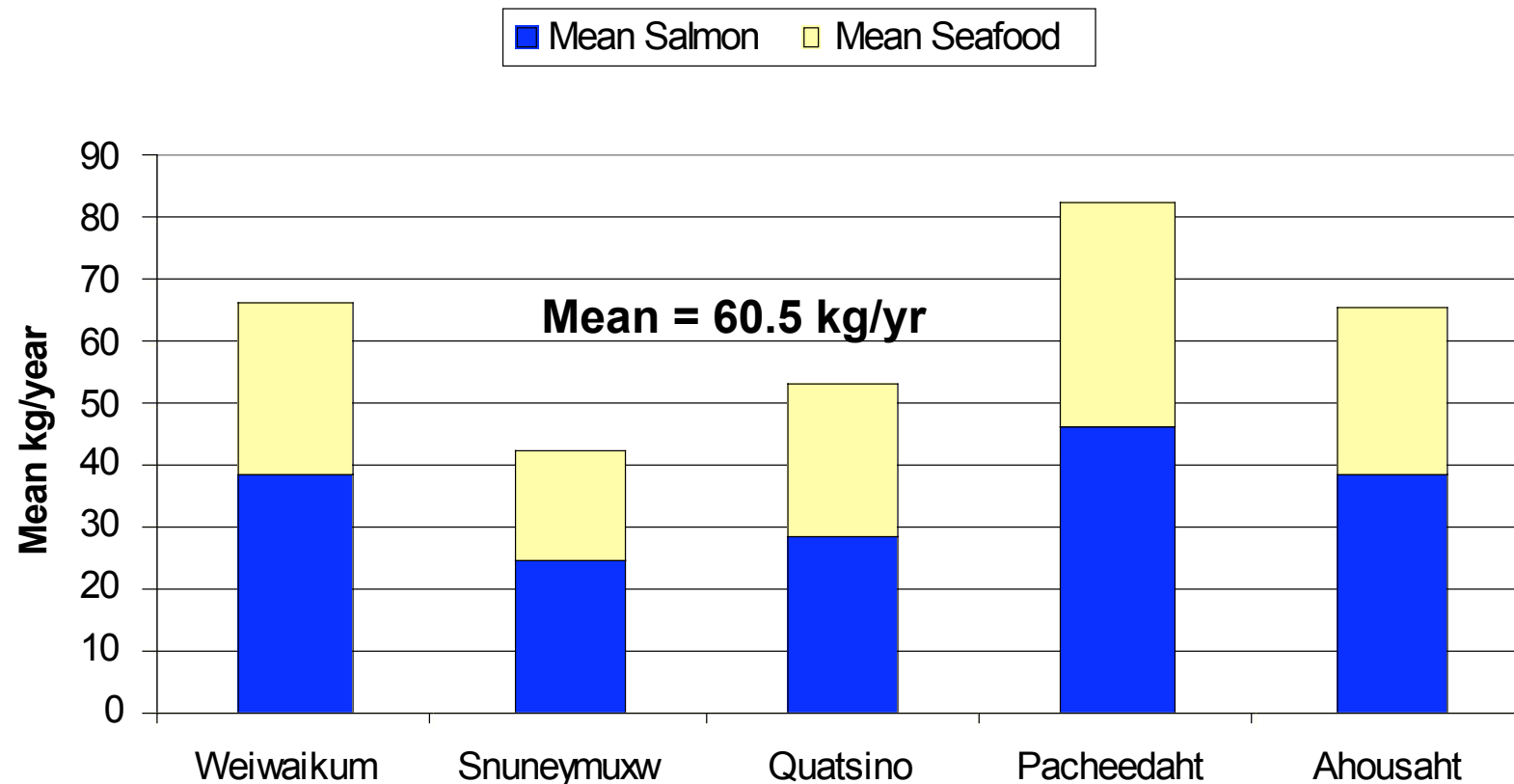


Salmon is very important



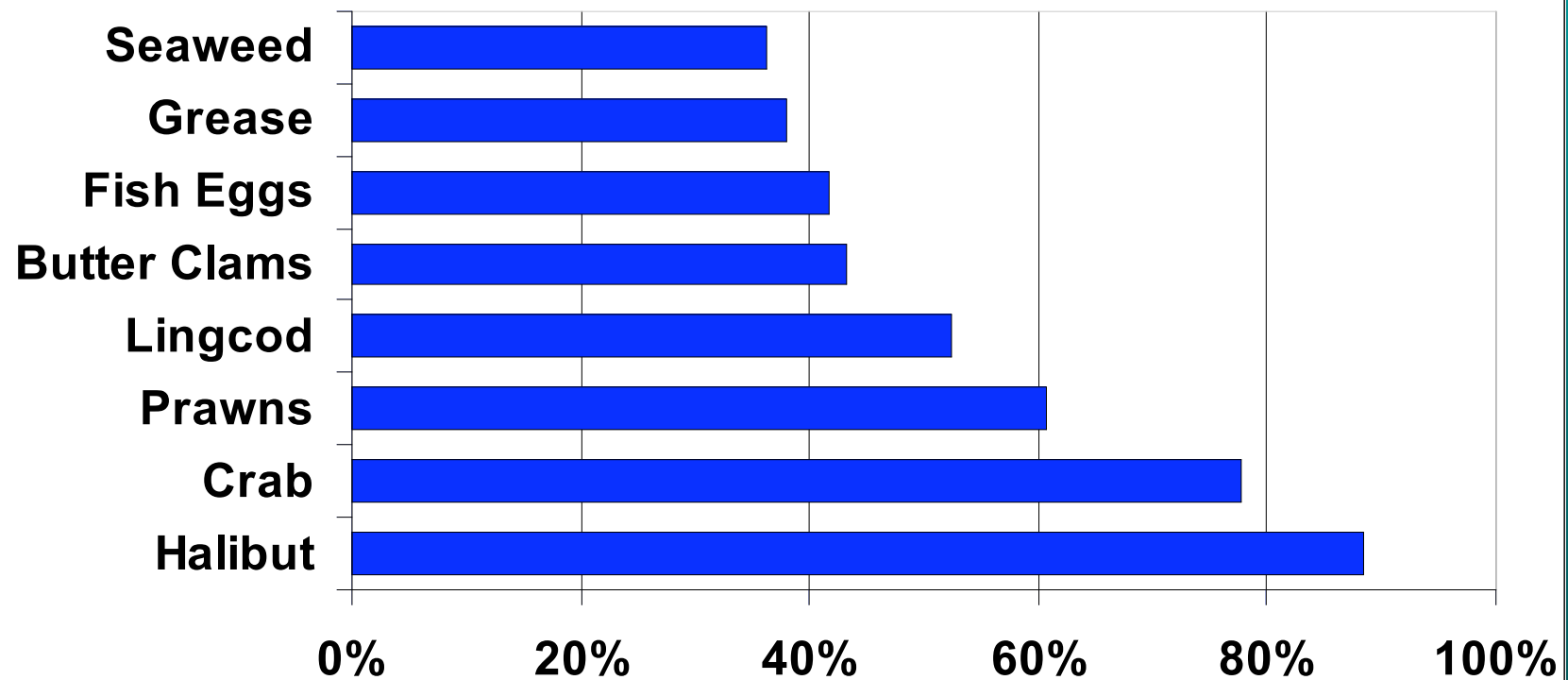
Other Seafoods play an vital role as well

Average Seafood Consumption in five Vancouver Island First Nation Communities

















There are some very important non-salmon seafood staples among communities
















Percent Consumers - non-salmon seafoods



There was variation in preferences among the communities

Snuneymuxw	Ahousaht	Quatsino
 Prawns	 Halibut	 Halibut
 Crab	 Manila clams	 Prawns
 Halibut	 Herring Eggs	 Grease
 Butter Clams	 Butter Clams	 Rockfish
 Manilla Clams	 Sea Urchins	 Crab

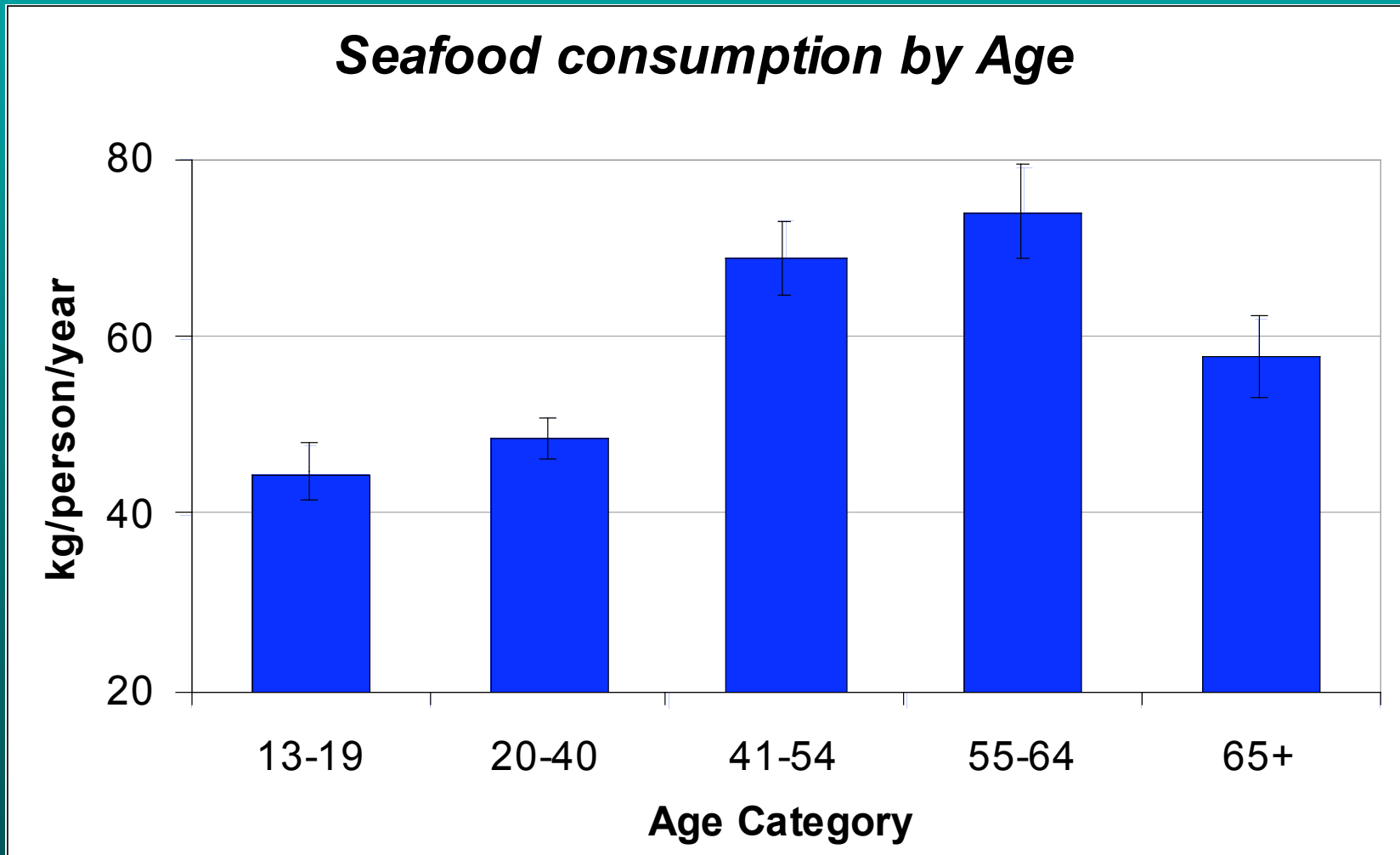
Each community has its own unique preferences

Snuneymuxw	Ahousaht	Quatsino
 Prawns	 Halibut	 Halibut
 Crab	 Manila clams	 Prawns
 Halibut	 Herring Eggs	 Grease
 Butter Clams	 Butter Clams	 Rockfish
 Manilla Clams	 Sea Urchins	 Crab

Therefore, diversity is very important!



Seafood consumption is higher among the older generations



Traditional foods are very important to indigenous peoples in Canada

Consumer group	Annual intake aquatic foods (kg)	Annual intake of PCBs (ug/kg bw)	Reference
Average Canadian	4.4	2.9	Conacher 1993
Mohawk FN (Quebec)	8.4	10	Chan 1999
Sencoten FN, (Saanich BC)	24.5	?	Mos 2001
Heiltsuk FN (Bella Bella)	56.8	?	Similar study, 2004
5 Vancouver I. FN	60.5	?	Our study 2007
Inuit, Arctic QC	109.5	110	Dewailly 1994; Ayotte 1995

Our numbers are very high

Do we need to question our results?

- 60 kg/year = 165 g/day
~ or ~
- 132 lbs/yr = 1/3 lb/day

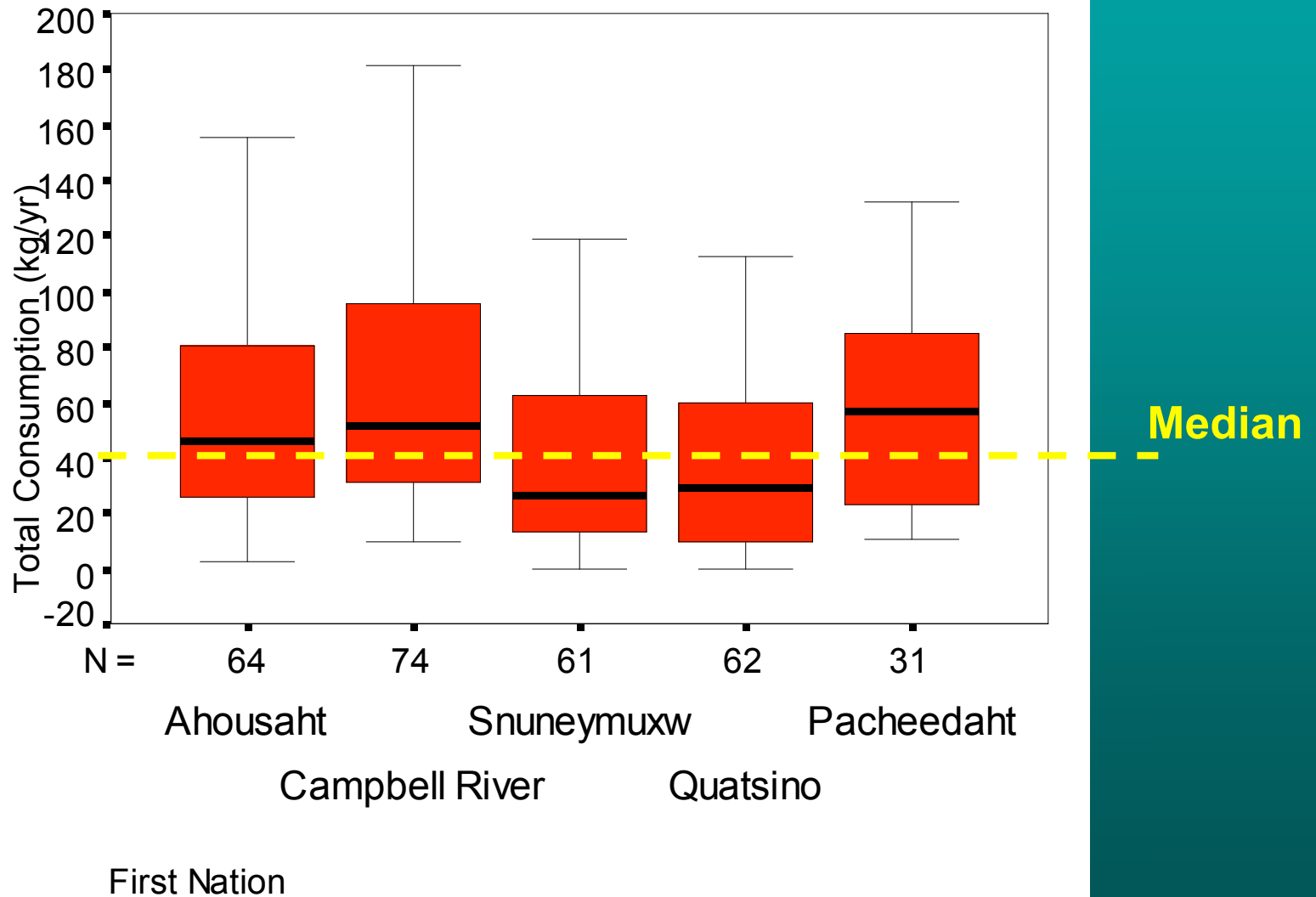
Why are our results so high?

-is it a failure in methodology?

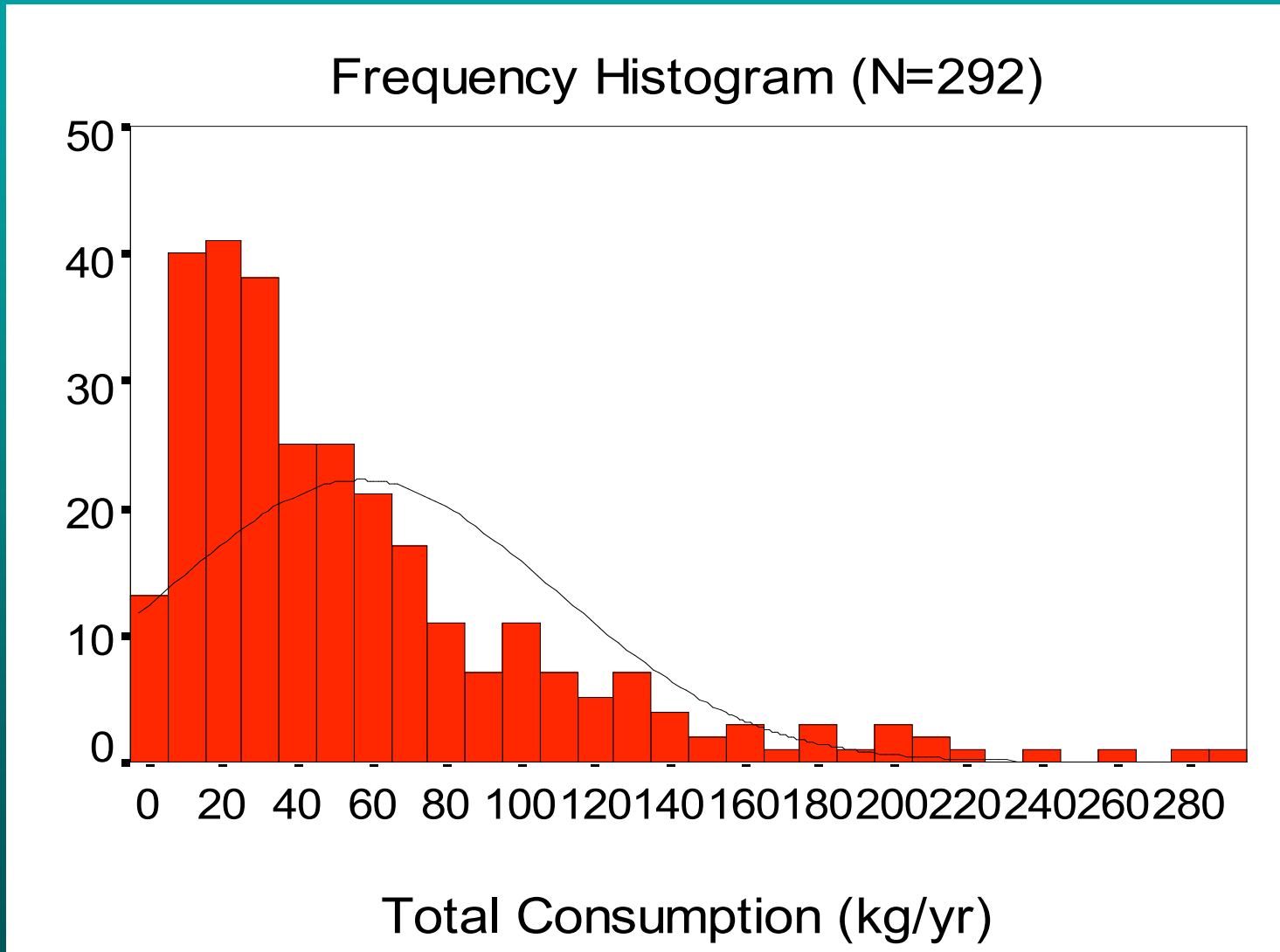
-is it wishful thinking?

(These are Mean or Average values)

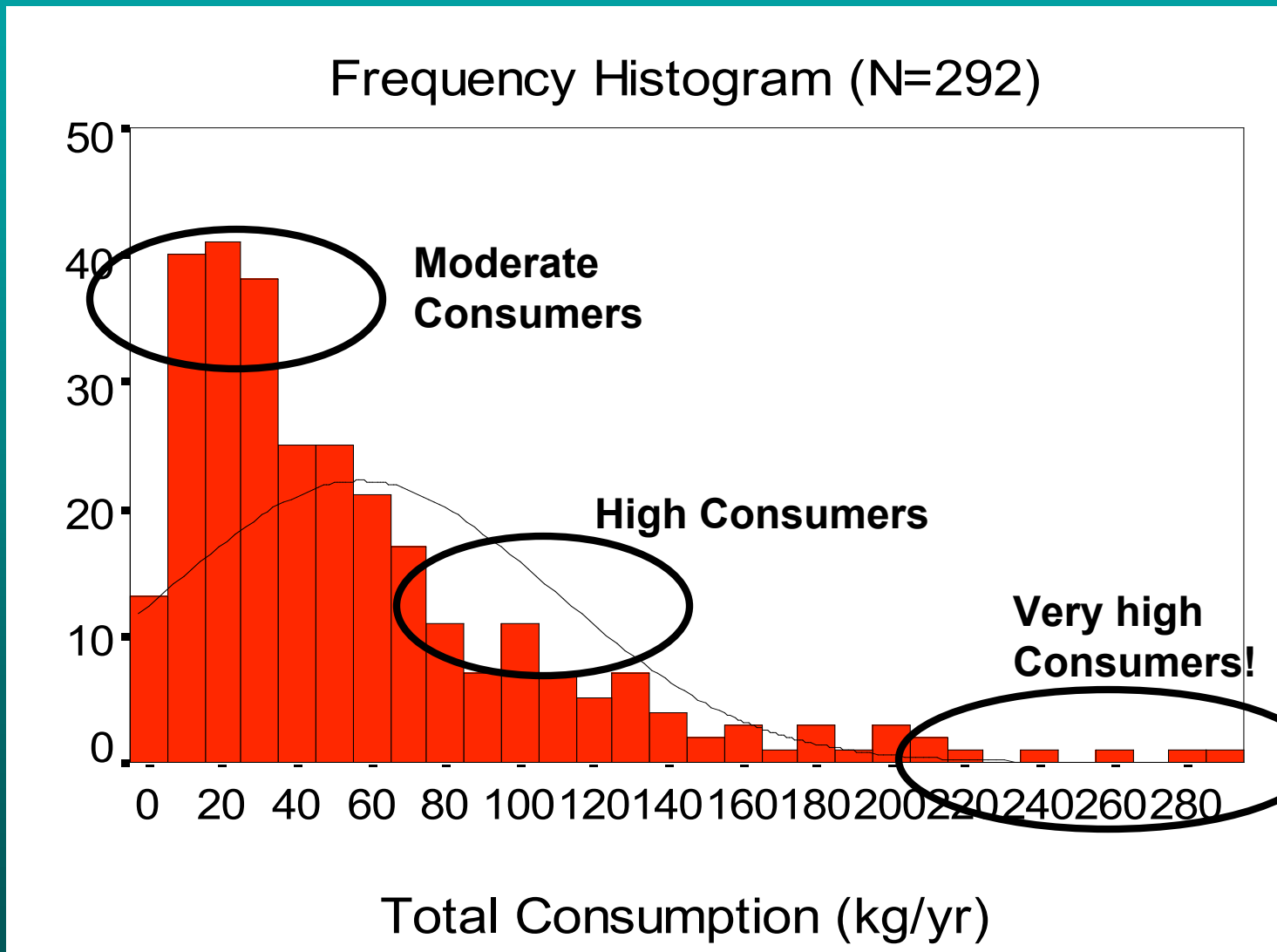
Statistically speaking, Median values are better than Means



The numbers are very high for a reason



Traditional consumers are influencing the averages



Conclusions

- Our results highlight the (continuing) importance of marine foods
- A diverse variety of marine foods are harvested locally and consumed
- Mean Salmon consumption ~ 38 kg per person,
- Total seafood consumption ~ 60 kg per person,
 - nearly 15 x consumption level of average Canadian
- 60 kg/yr = 2 servings/day



Conclusions

- The five communities share common seafood staples that are consumed in high quantities
- However, each community also has its own unique seafood preferences
- In each community there is both 'heavy' and 'light' consumers (with loads of variation)



Further Goals of the Project

- **Work with nutritionists – risks vs. benefits**
- **Community outreach to raise awareness**
- **Continue to build bridges between project players**
- **Education/Capacity building**





Traditional
foods



Culture



Healthy
Living

Connections...

Protect your aboriginal right to access clean traditional foods now and for the generations to come.

Why?

Why?

US mulls Pacific salmon fishing ban

By Rajesh Mirchandani

BBC News, California and Oregon

The US government will decide next week whether to issue a complete season-long ban on salmon fishing off the Pacific coast of the US.

Wild salmon is big business on the Pacific coast of the US

The proposal comes in response to a drastic collapse in fish stocks.

But fishermen's groups say it will devastate their industry and cost the local economy billions of dollars.

With a light hand on the steering wheel, captain Phil Bentivegna guides his boat, Butchie B, out of San...



Why?



**Because children are 1/3 of our population,
and all of our future**



Use the best from both worlds

Western Science

First Nations
Traditional
Knowledge



Where the right
decisions will be
made for your
community



Thank you!

- Elders and knowledgeable community members
- Survey respondents!
- John-Paul & Arnold Jones, Helen Dunn, Jeff Jones,
- Jeff Thomas, Michelle Sokoloski
- Dave Schmidt, Fran Hunt-Jinnouchi, Stan & Nancy Wamiss, Dawn Willie, Gina Wallas,
- Pam Frank, Darryl Campbell, Rocky & Larry, Tracey Thomas
- Tony & Dana Roberts, Dawn Duncan, Susan Quatell, & Andy Pouglas
- Loraine Littlefield Snuneymuxw First Nation
- Weiwaikum, Quatsino, Ahousaht, & Pacheedaht First Nation
- Gary Ardron and the Vancouver Island Region Wildlife Management Society,

