

Inuvialuit Food Messages Survey: Community concerns & communication preferences



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Introduction

Risk perception of contaminants and community preferences for the communication of health messages is poorly understood in the Inuvialuit Settlement Region (ISR). The GNWT wishes to improve health messaging for the ISR. Barriers to communication by the GNWT include a small travel budget and lack of consistent collaboration and communication with researchers and communities.

The Health Messages Survey in the Dehcho and Sahtú regions indicated that participants trusted Doctors the most, followed by Elders, family and friends and University Researchers and nurses, when receiving information about contaminants in the environment and country foods (Skinner et al., 2018).

A survey can provide critical information on how to develop and deliver dietary health messages in the ISR. Survey results may also support evaluations after risk communication activities to assess how messages about contaminants are released and received in northern communities (Krummel and Gilman, 2016).

Objectives

1. Develop the Inuvialuit Food Messages Survey for the ISR;
2. Identify community perspectives and concerns related to country foods and store-bought foods;
3. Identify gaps in current health message dissemination; and,
4. Recommend pathways for knowledge dissemination, specifically who should deliver messages and the appropriate format to use

Methods

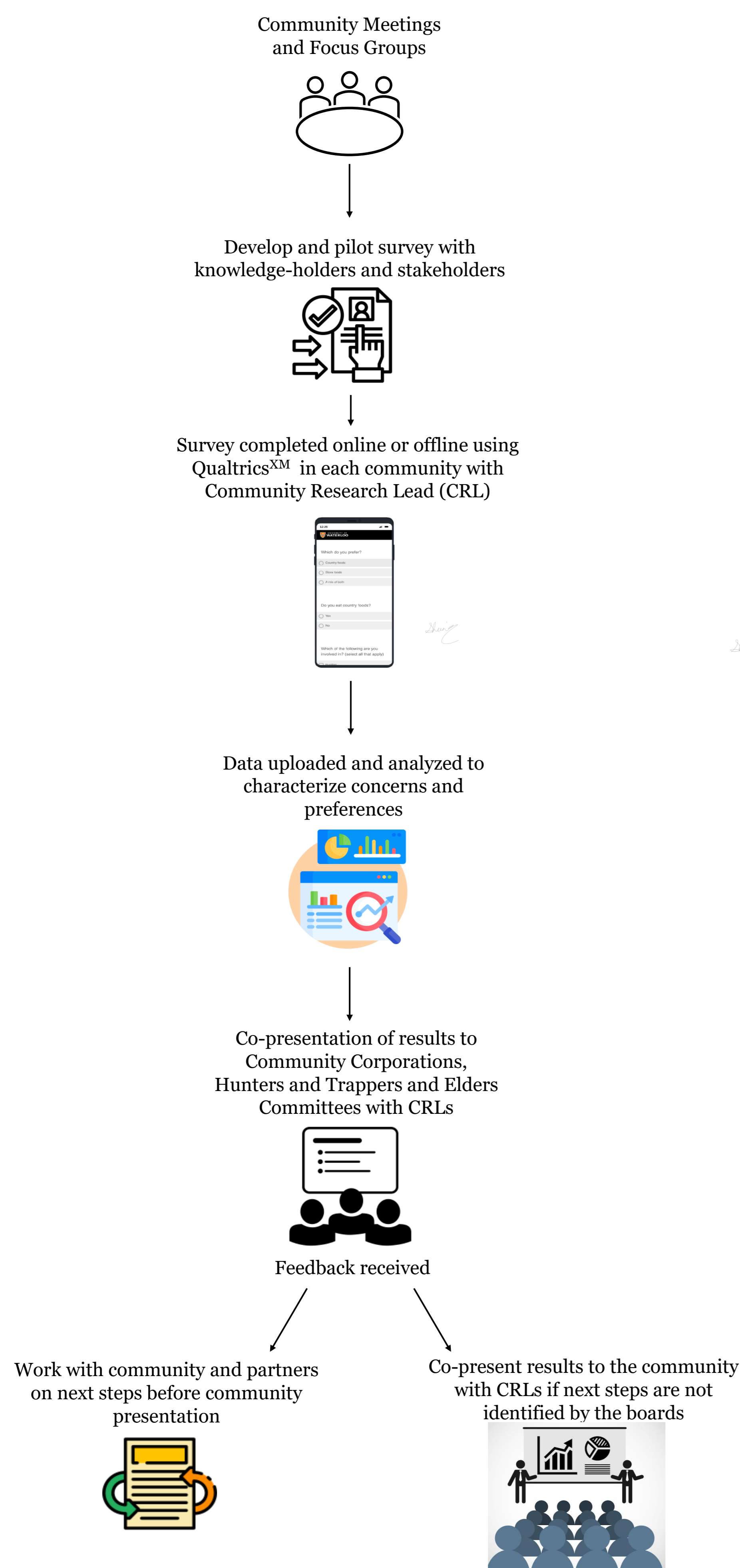


Figure 1. Methods used to develop and administer the Inuvialuit Food Messages Survey

Results

Demographics

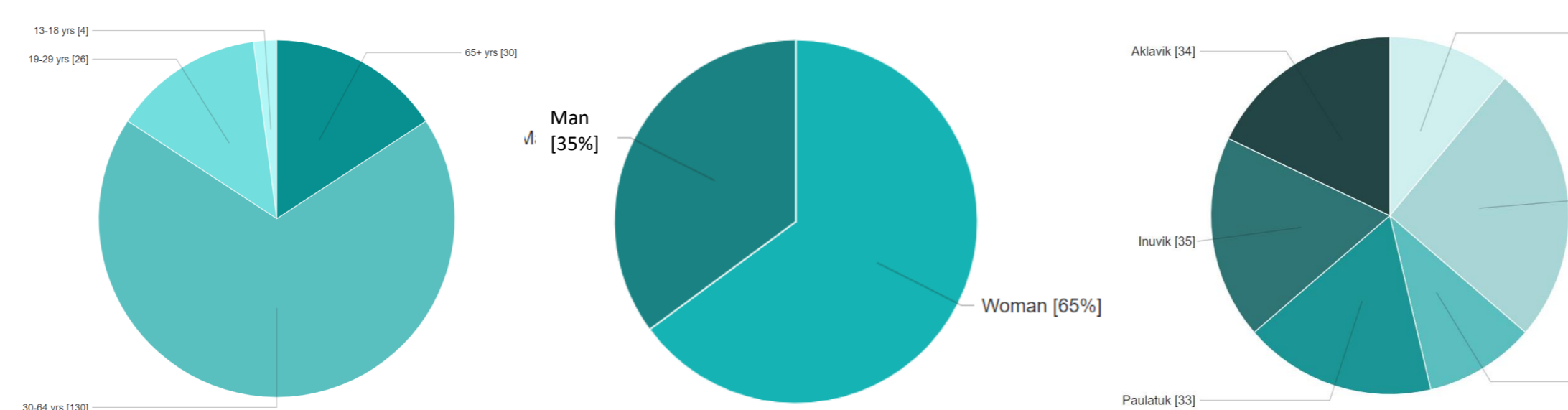


Figure 2. Age, gender and community for the participants (n = 198)

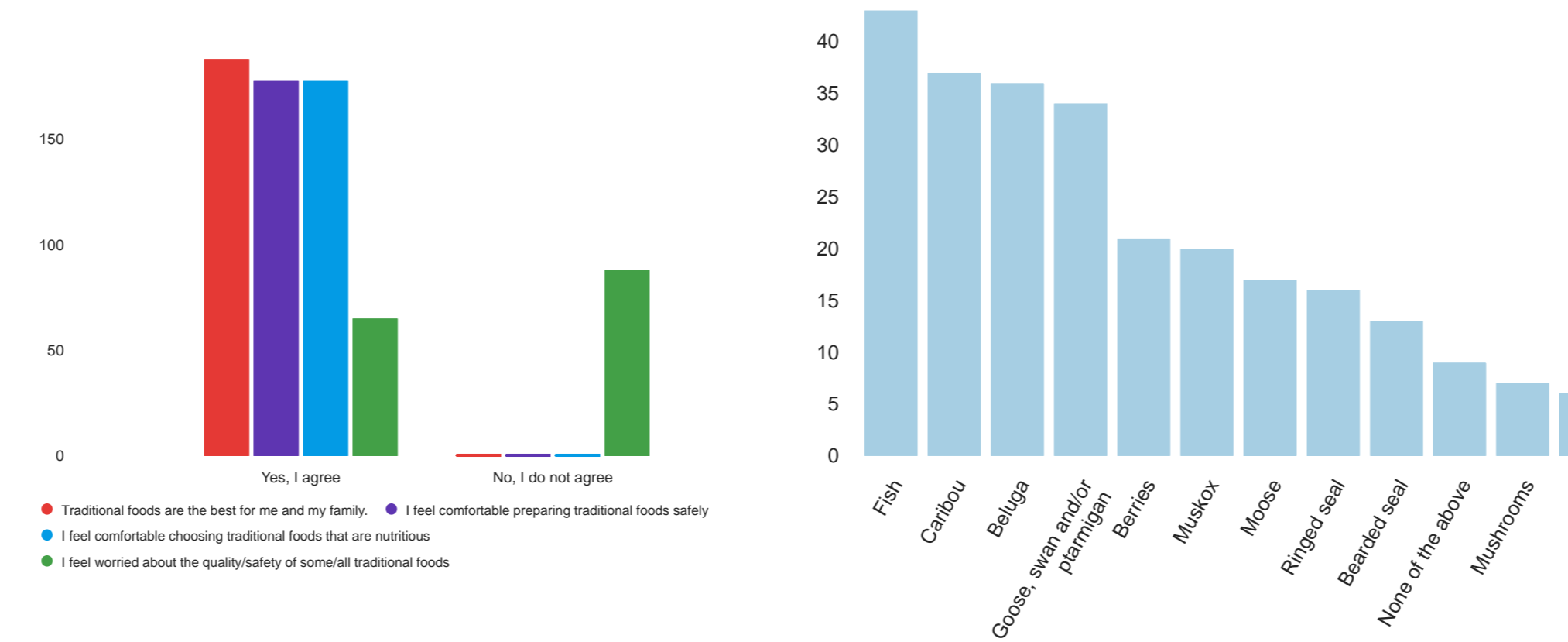


Figure 5. Perspectives on traditional foods

Figure 6. Concerns about quality or safety of traditional foods

"I think traditional food are a big part of our local diet and are... healthier for us in the community to use over store bought food. It would be good if all community members have access to all traditional food for more healthier living."

Aklavik adult

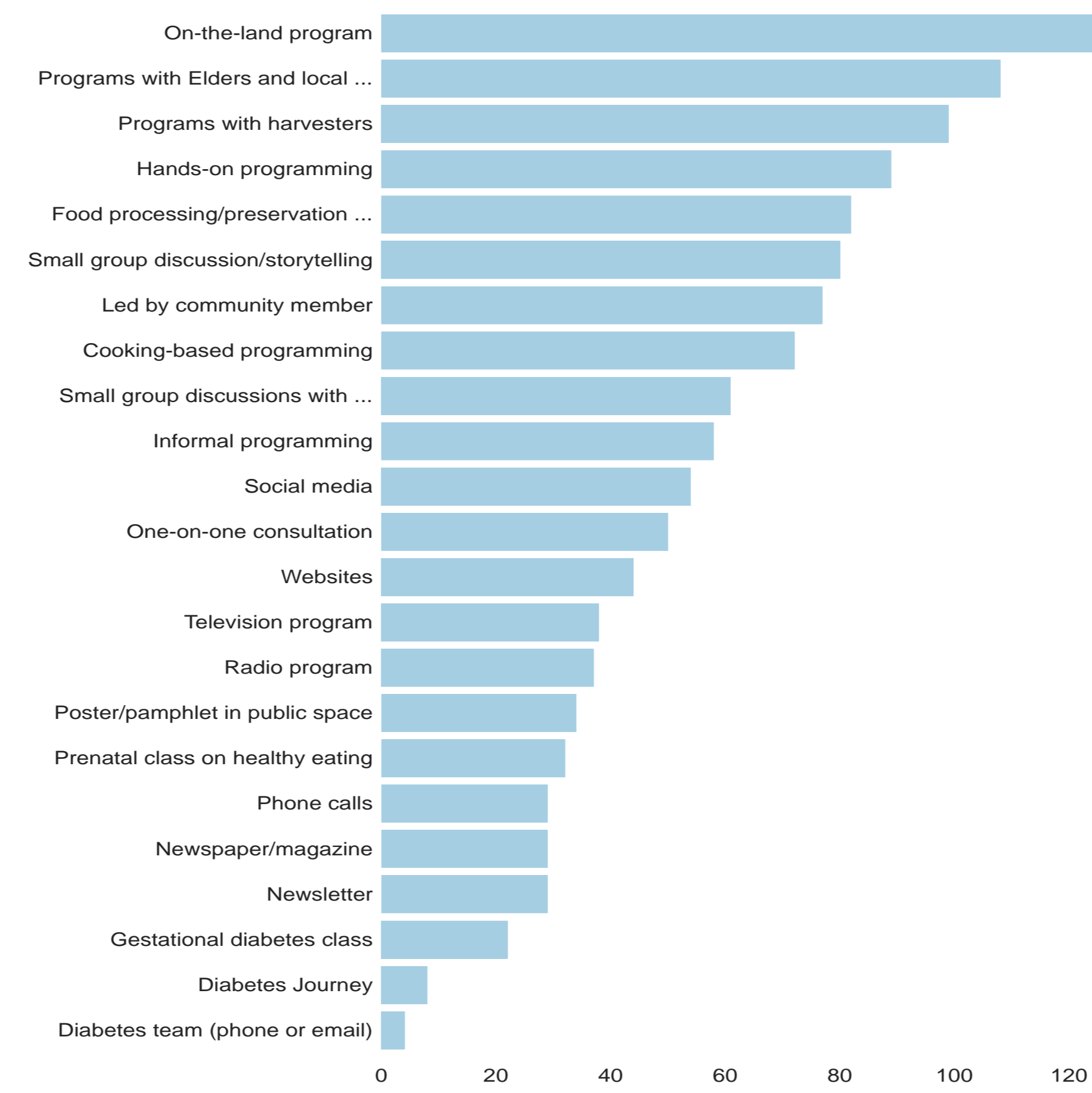


Figure 8. How information about food quality, safety and diet should be communicated

Our Team

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We acknowledge the knowledge shared by Elders and harvesters

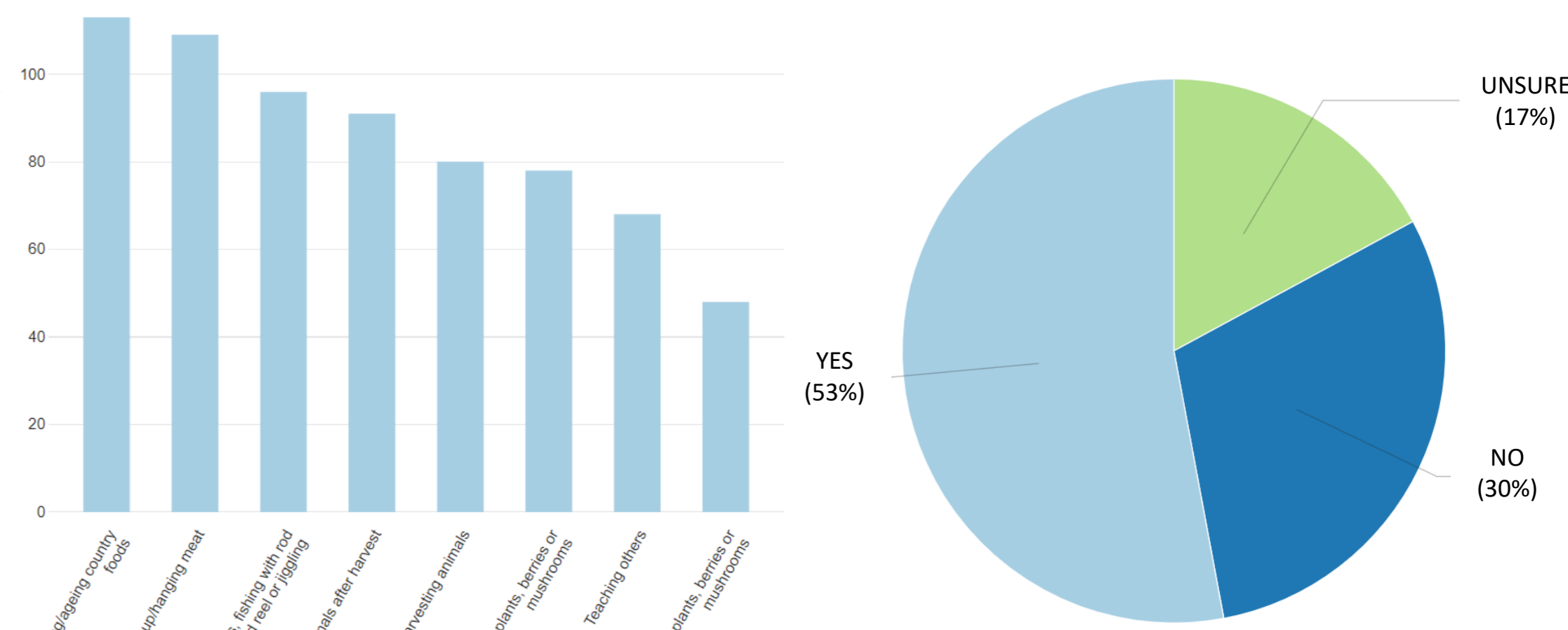


Figure 4. Have you heard or seen any messages about contaminants in traditional foods?

Figure 3. Participation in harvesting activities

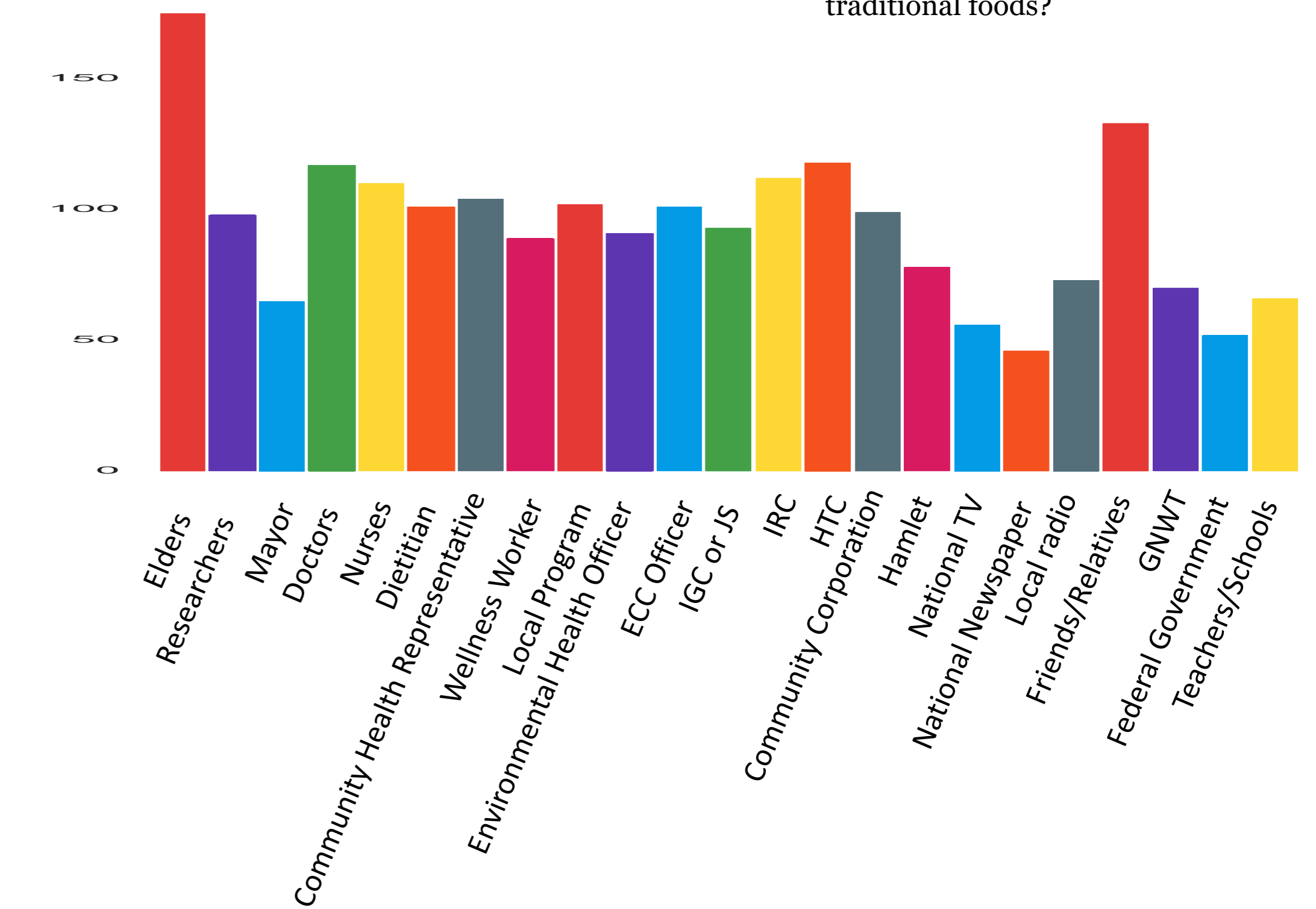


Figure 7. Those trusted to provide information about food quality, safety and diet

"It would great to have a public meeting with the youth, Elders and hunters to discuss these issues regarding healthy foods and the different ways of cooking healthy meals."

Ulukhaktok adult

Conclusion

- Overall, participants were confident in the quality and safety of country foods and were active in various harvesting activities.
- The majority of respondents (53%) had heard about contaminants in traditional foods.
- Elders, friends and family are most trusted to share knowledge about food quality, safety and diet.
- On-the-land programs and programs with Elders and harvesters would be best for sharing information about healthy foods in the ISR

Acknowledgements



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