

# tipaachimuwin

Issue No. 13

Pimuhteheu Staff Newsletter

## In this Issue:

**POPULATION HEALTH:  
OUR HEALTH AND  
OUR ENVIRONMENT**

**MESSAGE FROM DR.  
ROB CARLIN**

**KWEY HANAÉ  
LBERGE-GAUDIN**

**KWEY LOUISE  
CARRIER**

**WHAT'S GOING ON?**

**DROP-IN INFO**

**CREE LESSON #10**

## Canadian Standard Association Infection Control training held in Mistissini

by Reggie Tomatuk

**Construction, renovation and maintenance activities are a significant cause of potentially fatal infections for the occupants of any healthcare facility.**

This 2-day course focused on application of CSA Z317.13-12 Infection Control during construction, renovation and maintenance of healthcare facilities to address necessary measures and help control risk. Participants explored the risk factors and a risk analysis profile that are required when doing any type of construction or maintenance in healthcare facilities.

Participants agreed that this training should be recommended for everyone in the organization who sits in a decision-making capacity for new buildings, including the Board of Directors and the Executive, and that future agreements should stipulate that each of the principal contractors who are building health-care facilities complete the special training for contractors.

Participants shared many real life experiences before, during, and after construction, especially mold and other complications that we are facing within CBHSSJB facilities.

This course was organized by Jocelyne Cloutier, Occupational Safety nurse and conducted by Gordon Burriel (CSA Learning Group).

Participants: Reggie Tomatuk – Environmental Health Public Health, Laura Atikessé – Environmental Health Public Health, Annie Trapper – Local Director Mistissini CMC, Beatrice C. Trapper – Local Director Nemaska CMC, Angela Etapp – Coordinator of Administration, Waskaganish CMC, Laval Brassard – Building Technician, Peter Nanskish – Building Technician, Martin Poncelet – Building Advisor, Gilles Lefebvre – Occupational Health Technician, Simeon Dixon – General Aid – Paul Shecapio – Prevention Technician, Wayne Mathias – Waswanipi CMC – Maintenance, Jimmy Gull – MSDC Waswanipi CMC – Maintenance, Reuben Wapachee – MSDC Waskaganish – Maintenance, Stephane Jobin – Mistissini CMC – Building Technician, Andre Fortin – Building Advisor – Direction Material Resources, Hugo Bosum – MSDC Ouje-bougoumou Maintenance



creehealth.org

# Population Health: Our health and our environment

by Jill Torrie

**What is the relationship between the environment, land-based activities, eating habits, and health in Eeyou Istchee?**

Two large studies help us to answer this question. The Nituuchischaayihititaa Aschii study happened in seven communities between 2005 and 2009. To the information gathered from this source, the Cree Nations of Oujé-Bougoumou and Nemaska gave permission to include some of the results from the 2002 study in their communities. These studies used a combination of questionnaires, physical measures, and laboratory analyses to gather information on exposure to contaminants and zoonotic diseases, water source and quality in some communities, diet (both traditional and store-bought foods), and risk factors for certain chronic diseases. The results from these studies were returned to communities in presentations and plain-language brochures. These, along with various publications prepared over the years, are all available on our website. In 2013-14, the final technical report along with seven community reports will be released.

**The studies measured levels of contaminants and elements such as lead, mercury, cadmium, arsenic, selenium, iodine, and organochlorine compounds (PCBs and certain pesticides).** With the possible exception of lead in Whapmagoostui, there was little to be concerned about in terms of contaminant levels. Some people were over the “action” bar for cadmium, but this seems to be due to smoking rather than to environmental exposure. Although levels of mercury and organochlorine compounds were higher than in southern Canadians, they were still far below the “action” level for most people in Eeyou Istchee. It appears that many Eeyouch could eat more fish—which would be good for their health— and still remain within Health Canada guidelines.

**The results for the nine zoonoses (animal-borne diseases) for which the study tested were similarly reassuring.** Although three-quarters of all adults in Eeyou Istchee had been exposed to one of these pathogens, the researchers found no evidence that serious illness had resulted.

**Like any public health department, the Cree Health Board has an interest in drinking water safety.** The Nituuchischaayihititaa Aschii study asked people about what water they drink while in the community and in the bush, and it tested some of the local water sources around Mistissini, Eastmain, and Wemindji. Participants reported that, in the bush, they rely mainly on water from springs, lakes, and rivers. But even while in the community, less than half the population drinks tap water; instead, people rely heavily on bottled water, and some use water from natural sources. The tests of water quality around Mistissini, Eastmain, and Wemindji found no major contamination, but no natural source is completely safe all the time. To be safe, water from natural sources should be boiled for at least a minute.

**Although the results for contaminants, zoonoses, and water quality were not alarming, the same cannot be said of the study’s findings on nutrition and risk of chronic diseases.** The results suggest that Eeyouch (especially the younger ones) are eating a mainly “western” diet. This diet tends to include enough meat, but to be low in vegetables/fruits, grains, and milk products, and high in fats and sugar.

Further, consumption of “junk” foods is frequent. This may explain why most people in Eeyou Istchee are either overweight or obese, and why intake of specific vitamins and minerals—notably calcium, vitamin D, and magnesium—is low. However, almost everyone in Eeyou Istchee eats traditional foods at least occasionally, and those who eat them more often (older adults and people in the coastal communities) appear to have better lipid profiles than others.

**Dietary habits may contribute to the risk of cardiovascular disease and diabetes.** The study found high rates of hypertension, lipid imbalances, and chronic inflammation across the territory. All of these things were linked to obesity, and all raise the risk of cardiovascular disease. On the positive side, high levels of Omega-3 (associated with consumption of wild meats and fish) may provide some protective effect.

**Like previous studies, these found that rates of diabetes are high in Eeyou Istchee.** Although few diabetics are undiagnosed, the Nituuchischaayihitaa Aschii study identified an appreciable proportion of adults (9%) who are at the pre-diabetic stage. The researchers concluded that continued interventions to address obesity and inactive lifestyles are needed.

**In contrast to the findings on cardiovascular disease and diabetes, those for thyroid disease and osteoporosis were encouraging.** The study found that these two diseases were at average levels in Eeyou Istchee.

All in all, the study found little to be concerned about in terms of risks from the natural environment (contaminants, zoonoses, or water quality). It did, however, raise some serious questions about the types of store-bought foods that people are eating, about obesity, and about risks for cardiovascular disease and diabetes.



**What's going on in this photo?**

[Send your guesses to Iain Cook](#)  
(Communications Officer, SERC Team).

Hint: July is Physical Activity Month.

Answer to be revealed in the August newsletter!



## Message from Dr. Rob Carlin, interim Head of Public Health

Middle East Respiratory Syndrome Coronavirus (MERS-coV), avian influenza strains, and forest fires... public health has to be prepared to deal with certain types of emergencies. This is part of the mandate of public health that is often referred to as health protection and it involves being alert to what is going in Eeyou Istchee as well as elsewhere in the world.

When an emergency occurs, we need to respond quickly and efficiently. In some cases, public health takes a primary role in an emergency intervention: this was the case in 2009 with the H1N1 influenza pandemic.

In other cases, we have a supportive role: this is the case with forest fires and public security interventions. In most cases, this involves changes in our usual planned activities. In fact, depending on the situation, a public health department is sometimes required to mobilize extra resources (including staff) temporarily to accomplish the necessary interventions.

However, the summary from the Nituuchischaayihititaa Aschii study in this month's Newsletter also reminds us about some of the important health issues in Eeyou Istchee. Public health has an equally important role in promoting Miyupimaatisiwin, preventing illness, and addressing the health issues found from this study. So after an emergency is over, we need to remember to return to our other public health work.

At this half-point in the year, I'd like to thank everyone for ALL of their work in the Department and responding to the different challenges presented to them.

Have a good (and physically active) summer.

**We will continue to have employee drop-ins after each scheduled management meeting.** The schedule for July through December is in this newsletter.

Also, if there is information that you want to share with the Department, remember that Tipaachimuwin is published each month and [is available online](#). Contact [Iain Cook](#), if you have anything to share.



## Kwey Hanaé Laberge-Gaudin

Hanaé was born June 25. She, her parents Véronique and Felix (Oral Health Advisor, Awash Team) and her older brother Émile are all doing well.

PHD Calendar: <http://goo.gl/U3R5Y>  
Manager Travel Calendar: <http://goo.gl/MJSDT>  
Corporate Calendar: <http://bit.ly/WhEOCu>

## Kwey Louise Carrier!

We would like to extend our congratulations to Louise Carrier as newly-appointed Director of Professional Services & Quality Assurance for Health.

Louise has extensive experience with the Cree Health Board, working in various capacities as a nurse and in managerial positions. She arrived in Eeyou Istchee in 1982, starting in Nemaska, then moved to Waskaganish and finally 1990 in Chisasibi. Her most recent position was as the Coordinator of Current & Ambulatory services programming, where she assisted on some files that were needed to be worked on for DPSQA Health. Currently she is reviewing and working on files for DPSQA Health and completing work for her previous position.

## Introducing NCCMT's new video series "Understanding Research Evidence"

Key concepts explained ...simply!

At odds with Odds Ratios? Not confident about Confidence Intervals? Not sure why Clinical Significance is significant? Can't see the trees for the Forest Plots?

You're not alone.

Understanding and interpreting research evidence is an important part of practicing evidence-informed public health. You need to understand some basic concepts. That's why the National Collaborating Centre for Methods and Tools has developed a series of short videos to explain some important terms that you are likely to encounter when looking at research evidence.

Short on time? Learn basic statistical terms in under five minutes.

Stumped by statistics? Concepts come to life in these simple and engaging videos.

Learn best by listening? Learn your way, at your own computer.

If you've never been sure about the terms or forgot what you learned in school, NCCMT's "Understanding Research Evidence" videos are for you. NCCMT's "Understanding Research Evidence" video series includes: How to Calculate an Odds Ratio; Understanding a Confidence Interval; Forest Plots: Understanding a Meta-Analysis in 5 Minutes or Less; The Importance of Clinical Significance

In just a few minutes you can learn how to use and interpret these concepts.

[Watch all the "Understanding Research Evidence" videos!](http://www.nccmt.ca/resources/multimedia-eng.html#ure) (<http://www.nccmt.ca/resources/multimedia-eng.html#ure>)



# What's Going On?

## Cree Governance

A law was just passed in Quebec parliament that will have important implications for the Crees. It sets up a regional government for the territory of EI consisting of equal numbers of Crees and non-natives living in Chibougamau, Chapais, Matagami. (Region 10). [http://www.nationnews.ca/index.php?option=com\\_zine&view=article&id=1921:from-conflict-to-partnership-](http://www.nationnews.ca/index.php?option=com_zine&view=article&id=1921:from-conflict-to-partnership-)

## Mistissini Pow-wow

July 19-21

## Balance Newsletter for July now available for download

<http://archive.constantcontact.com/fs108/1108194616463/archive/1113774290706.html>

## CPHA Annual Report for 2012 now available for download

[http://www.cpha.ca/uploads/annual-reports/2012\\_ar\\_e.pdf](http://www.cpha.ca/uploads/annual-reports/2012_ar_e.pdf)

## SOPFEU offers email notification system for forest fires in your region

At any time during the summer, the forest fire situation could change very quickly. Take advantage of their automatic services to get the information you need. Just fill out the form on their webpage and check the box with the type of information you would like to receive.

CreeHealthCommunications uses this service to monitor forest fire conditions in EI and posts updates on our social media (CreeHealth Facebook Page and Twitter feed) and on [creehealth.org](http://creehealth.org).  
<http://www.sopfeu.qc.ca/en/subscriptions>

## Association des intervenants en toxicomanie du Québec inc. Colloquium

Dépendance: Multiples enjeux, nombreux défis • October 21-23 • Trois Rivières

More info: <http://www.aitq.com/activites/colloque.htm>

## Active Cree Wellness Bulletin

Wally Rabbitskin, PPRO Physical Activity (Chishaayiyuu Team) is showcased in the latest issue of Active Cree Wellness Bulletin.



# Come to the Employee Drop-In

Want to know what is happening at Public Health and Pimuiteheu Management Meetings? For an update, come to the Employee Drop-In, which follows each Management Meeting.

The Communications Drop-In (peer review of communications projects) takes place every Wednesday at 11 am.

Public Health Management	Pimuiteheu Management	Time	Employee Drop In
	Wednesday, July 10	9-10:30	10:30-10:45
Wednesday, July 24		9-10:30	10:30-10:45
	Wednesday, August 14	9-10:30	10:30-10:45
Wednesday, August 21		9-10:30	10:30-10:45
Wednesday, September 18		9-10:30	10:30-10:45
	Wednesday, September 25	9-10:30	10:30-10:45
Wednesday, October 9		9-10:30	10:30-10:45
	Wednesday, October 23	9-10:30	10:30-10:45
"Mini-Department" Meeting Awash CMC Programs, October 21-25 in Mistissini			
Wednesday, November 6		9-10:30	10:30-10:45
	Wednesday, November 27	9-10:30	10:30-10:45
Wednesday, December 4		9-10:30	10:30-10:45
"Mini-Department" Meeting Chishaayuu Programs December 2-6 in Mistissini			
	Wednesday, December 18	9-10:30	10:30-10:45

**Employee Drop-In**  
**(update on Management Meeting)**

Call-in number is 1-877-534-8688  
Conference ID: 2101030#

**Communications Drop-In**  
**(Peer Review of communications projects)**

Call-in number is 1-877-534-8688  
Conference ID: 2101030#

# Cree Lesson 10

Wapikun Piisim (July)  
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The time where the leaves and flowers are in full bloom.

## Weather Terms

Kaskaschisehuu  
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Mihkwaawaapan  
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Halo around the sun, with flames showing, on either side; means hot weather in summer and cold in winter.

Red sunrise