

IRON DEFICIENCY AND ANEMIA

QANUILIRPITAA? 2017 HEALTH SURVEY

Anemia is often caused by iron deficiency. Iron is essential for the brain to function properly, to fight against infections and to have the energy needed to do daily activities.

Common symptoms of iron deficiency and anemia are tiredness, pale skin, shortness of breath, dizziness and headache, and heart palpitation or chest pain.

KEY FINDINGS



LESS WOMEN

have **ANEMIA** in 2017 (22%) compared to 2004 (45%).



LESS WOMEN

have **IRON DEFICIENCY** in 2017 (24%) compared to 2004 (34%).



WOMEN OF CHILDBEARING AGE

are especially at risk of anemia and iron deficiency.

Anemia and iron deficiency
ARE MORE FREQUENT
IN NUNAVIK than in the rest
of Canada.

NUNAVIK COMPARES TO OTHER INUIT REGIONS

in terms of anemia and iron deficiency prevalence.



Nunavimmiut who **EAT MORE COUNTRY FOOD**

have more iron in their blood.

BEING FOOD INSECURE

contributes to both anemia and iron deficiency.

HIGH CONSUMPTION OF SUGARY DRINKS

(pop, juice) may lower iron in the blood.

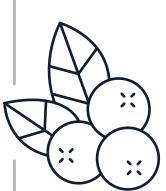
HIGH CONSUMPTION OF HOT BEVERAGES

(tea, coffee, herbal tea) may increase the risk of anemia.



WHAT CAN BE DONE?

Take part in **INUIT TRADITIONAL ACTIVITIES** and spend time out on the land.



Enjoy **COUNTRY FOOD,** most are rich in iron.

Enjoy
HOMEMADE
COOKING and
avoid highly
processed food.

CHOOSE WATER over sugary drinks.



Drink hot beverages **BETWEEN MEALS** instead of during meals.

If you have anemia or iron deficiency, FOLLOW THE ADVICE OF YOUR HEALTH PROFESSIONAL.

TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Regional organizations are committed to working with the communities to promote healthy eating and to improve access to country food and land-based activities. Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.



752 aged 31 and +



women







For more information: nrbhss.ca/en/health-surveys