

Efecto de los Alimentos Naturales y Medicinas Tradicionales en la Salud de Norway House Cree Nation

Effects of Natural Food and traditional Medicine on Norway House Cree Nation's Health

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Presentación Oral 1

ABSTRACT

This paper focuses on the relationship between the Norway House Cree Nation¹'s morbidity and the consumption of traditional natural foods (e.g., wild animal tongue and intestines), modern natural foods (e.g., vegetables and fruits), and natural traditional medicine. The paper originates from a statistical analysis that we conducted within the framework of the Climate Change and Health Adaptation Program for First Nation communities South of 60°N. The necessity of this analysis is the result of the Indigenous health negative effects of their transition from traditional to modern lifestyles ^[1;2]. An example of this negative effect is the high rate of obesity among Arctic Canadian Aboriginals ^[3]. Thus, this research project administered a household (HH) survey to identify the incidence of mental and physical organ illnesses within NHCN. In addition, the survey asked for those Aboriginal health determinants previously identified by the scholarly literature among which natural traditional and modern foods ^[4]; traditional activities such as fishing and hunting ^[5]; income and education ^[6;7]; traditional medicine gathering and use ^[8-11]. The survey data was used to estimate the statistical correlation between the community health and those health determinants.

The University of Manitoba, Research Ethics Board 2 approved the protocol HE2023-0306 pertinent to this project on April 8, 2024.

We found that there is negative correlation between cancer and the consumption of vegetables and fruits (Table 1). Besides, the regression results show more use of traditional medicine decreases external organ morbidity. Eating wild animal' intestines, tongue, etc. decreases mental morbidity and increases external organ morbidity (Table 2).

¹ Located in Manitoba, Canada

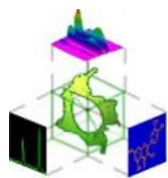


Table 1 Cancer correlation²

	Cancer
Cancer	1
Government service	0.204*
Community voluntary work	-2.98e-08
Vegetables and fruit consumption	-0.217*
Physical activity	-0.0724
Squeezed juices	-0.0410
Traditional Medicine	0.127
Diabetes	0.229*

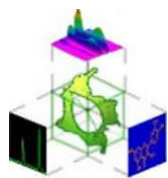
* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Table 2: Regression Results³

	(1) Diabetes	(2) Cancer	(3) mental	(4) int_organ	(5) ext_organ
Government services	.232** (.111)	.183* (.093)	-.016 (.106)	-.052 (.104)	.203* (.109)
Community voluntary work	-.076 (.115)	.05 (.095)	-.049 (.11)	-.214* (.113)	-.259** (.112)
General Wellbeing Satisfaction	-.116 (.114)	-.15 (.094)	-.199* (.109)	-.316*** (.109)	-.146 (.11)

² Excerpted from Table 83 in the original research report

³ Excerpted from Table 85 in the original research report



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Vegetables & fruit com	-.032	-.218**	.076	.099	-.025
	(.129)	(.106)	(.125)	(.127)	(.126)
Squeezed juices	.048	-.013	-.116	.079	-.185*
	(.106)	(.09)	(.102)	(.101)	(.1)
Traditional Medicine	-.011	.062	.13	.095	-.178*
	(.105)	(.088)	(.1)	(.102)	(.1)
Wild Animal Organ consumption	-.026	.119	-.311*	.146	.291*
	(.164)	(.138)	(.16)	(.16)	(.153)
Observations	121	117	117	112	115
R-squared	.153	.182	.162	.177	.228

Standard errors are in parentheses

*** $p < .01$, ** $p < .05$, * $p < .1$

Key words:

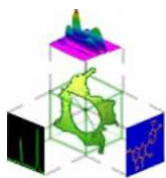
Indigenous, Natural food, traditional medicine, health

RESUMEN

Dentro de la agenda del Programa para la Adaptación de la Salud al Cambio Climático para la Comunidades de las Primeras Naciones, específicamente en Norway House Cree Nation (NHCN)⁴, este artículo investiga el efecto negativo en la salud Indígena de la transición de estilos de vida tradicionales a modernos ^[1;2] (The lancet Editorial 2009, Keshavarz et al, 2023). Un ejemplo de este efecto es la alta tasa de obesidad en Indígenas del Ártico canadiense ^[3]. Este artículo origina de una investigación⁵ que aplicó una encuesta de hogares para identificar la

⁴ Located in Manitoba, Canada

⁵ Protocolo HE2023-0306 aprobado por Comité de Ética 2 de Universidad de Manitoba



morbilidad en NHCN y sus determinantes. La encuesta indagó sobre determinantes de la salud indígena reconocidos por la literatura académica tales como alimentos tradicionales y modernos ^[4]; actividades tradicionales como pesca y caza ^[5]; ingreso y educación ^[6;7]; recolección y uso de medicina tradicional ^[9;10]; acceso a lugares culturales ^[5;8;12]; participación en actividades sociales y culturales de la comunidad ^[11]. Este artículo se enfoca en la relación entre la salud, la alimentación natural y el uso de medicina tradicional en NHCN. A través de un análisis de correlación y regresión estadística encontramos que hay una correlación negativa entre cáncer y el consumo de vegetales y frutas (tabla 1). Además, el análisis señala que el uso de medicina tradicional reduce la morbilidad de órganos externos. Así mismo el consumo de comidas naturales y tradicionales, como los intestinos y lengua de los animales, reduce la morbilidad mental, pero incrementa la de órganos externos (Tabla 2)

Palabras clave:

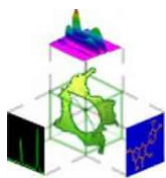
Indígenas, alimento natural, medicina tradicional, salud

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