ᓇᔾᔨᕝᕕ, ᐅᕝᕙᓘᓐᓂᑦ ᓇᔾᔨᒋᐊᓴᓵᖅᑭᑦ?

ᐊᕐᓇᐃᑦ ᕿᑐᕐᖏᓐᓇᖅᓯᔪᑦ ᐊᒻᒪ ᐱᖃᓐᓈᖓ ᖃᐅᔨᒪᔭᕆᐊᖃᖅᑐᑦ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᓂᖓᓂᒃ ᐊᕐᓇᐅᑉ ᑎᒥᖓᓂᑦ ᓇᔾᔨᑎᓪᓗᒍ. ᐅᓄᖅᑐᓂᒃ ᐱᔾᔪᑎᓂᒃ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᖃᕆᐊᖃᖅᑐᑦ ᓲᕐᓗ ᐃᓱᒪᖓ ᐊᒻᒪ ᑎᒥᖓ ᖃᓄᐃᓐᖏᑦᓯᐊᕐᑯᓪᓗᒍ, ᓂᕿᑦᑎᐊᕙᒃᑐᖃᑦᑕᕐᑯᓪᓗᒍ, ᐊᒻᒪ ᐱᐅᓯᖃᑦᓯᐊᕐᑯᓪᓗᒍ ᖃᓄᐃᓐᓂᐊᓐᖏᒻᒪᑦ ᐊᕐᓇᖅ ᐊᒻᒪ ᓇᔾᔨᐊᖓ. ᑕᐃᒪᓕ ᕿᑐᕐᖏᖅᑖᕈᒪᓕᕐᓂᕈᕕᑦ ᐅᐸᓗᖓᐃᔭᕈᓐᓇᖅᐳᑎᑦ, ᐊᐃᐸᐸᐃᓪᓗ ᐊᒻᒪ ᐃᓚᑎᑦ ᕿᑐᕐᖏᒃᓴᐃᑦ ᐃᓅᓚᐅᓐᖏᑎᓪᓗᒍᔫᓐᓂᑦ ᐱᒋᐊᕐᓂᖃᑦᑎᐊᕈᓐᓇᕐᑯᓪᓗᒍ ᓇᔾᔨᐊᑦ.

ᐃᓄᐃᑦ ᐃᓐᓇᐃᑦ ᐅᖃᐅᔾᔨᖃᑦᑕᕐᒪᑦ ᐃᖅᑲᐃᑎᑦᑎᓪᓗᑎᒃ ᐃᕿᐊᓱᐊᖃᓐᖏᓐᓂᑦᑎᓐᓂᒃ ᐊᒻᒪ ᐊᒃᓱᕈᕐᓇᖅᑐᒦᑦᑕᓇᐊᖃᓐᖏᓐᓂᑦᑎᓐᓂᒃ ᓇᔾᔨᑎᓪᓗᑕ ᐊᒃᑐᐃᓂᖃᕈᓐᓇᕐᒪᑦ ᓇᔾᔨᐊᑉ ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓄᑦ. ᐱᓇᓱᖃᑦᑕᓇᑦ ᐃᑲᔪᖅᑕᐅᔾᔪᑎᓂᒃ ᐃᓚᓐᓂᑦ ᐱᔾᔪᖅᐸᓪᓕᐊᔪᓄᑦ ᐃᑲᔪᖅᓯᕐᑯᓪᓗᑎᑦ ᖃᐅᑕᒫᓐ ᕿᑐᕐᖏᖅᑖᕈᒪᓕᕐᓂᕈᕕᑦ ᐅᓂᖃᕐᓂᖅᓴᓂᒃ ᕿᑐᕐᖏᖅᑖᕈᑎᑦᓯᖃᑦᑕᖅᑐᖅ, ᐃᓂᖅᑐᓂᒃᓗ ᐅᕝᕙᓗ ᓯᓂᒃᑎᓪᓗᒋᑦ ᑐᕐᑯᖃᑦᑕᖅᑐᑦ.

- ᓄᖅᑲᕐᓗᑎᑦ ᓱᐅᖅᑐᖃᑦᑕᕐᓂᕐᓂᒃ, ᓱᐅᖅᑐᖃᑦᑕᕐᓂᖅ ᐅᕿᓐᓂᖅᓴᓂᒃ ᕿᑐᕐᖏᖅᑖᖅᑎᑦᓯᖃᑦᑕᖅᑐᖅ, ᐃᓂᖅᑐᓂᒃᓗ ᐅᕝᕙᓗ ᓯᓂᒃᑎᓪᓗᒋᑦ ᑐᕐᑯᖃᑦᑕᖅᑐᑦ.
- ᓄᖅᑲᕐᓗᑎᑦ ᐃᒥᐊᓗᖕᒧᑦ ᓇᔾᔨᓕᓚᐅᓐᖏᓐᓂᕐᓂ. ᐃᒥᐊᓗᒃ ᕿᑐᕐᖏᖅᑖᖅᑎᑦᓯᔪᓐᓇᕐᒪᑦ ᐃᒥᐊᓗᖕᒧᑦ ᐃᑦᓴᒃᑕᐅᓯᒪᔪᓂᒃ ᑕᐃᒪᐃᑦᓯᐊᓐᖏᓕᖅᓗᑎᒡᓗ ᖃᑦᓴᖏᑦ ᐊᒻᒪ ᐃᓅᓯᓕᒫᖅ ᐃᓕᖅᑯᓯᖃᓕᕐᓗᑎᒃ ᑕᐃᒪᓐᓇ.
- ᖃᐅᔨᓴᖅᑕᐅᖃᑦᑕᕐᓗᑎᑦ ᓘᒃᑖᕐᒧᑦ ᐋᓐᓂᐊᓯᐅᑎᒧᓪᓘᓐᓂᑦ. ᐊᐱᓇᖃᑦᑕᕐᓗᒋᑦ ᐊᐅᖓᓂᒃ ᖃᐅᔨᓴᐃᕐᑯᓗᒋᑦ, ᐊᐅᕕᑦ ᓱᒃᖃᖃᕐᓂᖓᓂᒃ ᐊᐅᑦ ᓱᒃᖃᓗᐊᕐᓂᖅᐸᑦ, ᕿᒥᕐᕈᓇᖃᑎᒋᔪᒪᓗᒍᓗ ᐃᔭᖓᕐᓂᒃ ᐃᔭᕋᕐᓂᕈᕕᑦ.
- ᐃᕐᓂᓱᒃᓱᔾᔨᑦᑕᖃᖃᑦ ᐅᖃᖃᑎᒋᓗᒍ
- ᑕᑯᔭᖅᑐᖃᑦᑕᕐᓗᒍ ᑭᒍᓯᓇᔨ ᐊᔪᕐᓇᕈᓐᓂᕐᖓᑦ, ᑭᒍᑎᑦ ᓴᓗᒻᒪᖅᓴᖅᑕᐅᓗᑎᒃ ᓇᔾᔨᓕᓚᐅᓐᖏᓐᓂᕐᓂ.
- ᑕᐃᒪᓕ ᐅᑭᐅᖃᕈᕕᑦ 40-ᓂᒃ ᐅᖓᑖᓂᓗᓐᓂᑦ, ᑐᓴᓇᐊᕐᓗᑎᑦ ᓘᒃᑖᕐᒥᑦ ᓇᔾᔨᓕᕈᒪᓂᐊᕈᕕᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᓯᕗᓪᓕᖅᐹᓇᓐᓂᕈᕕᐅᒃ.

ᐱᓕᕆᐊᒃᓴᑦ ᓇᔾᔨᓕᓚᐅᓐᖏᓐᓂᕐᓂ ᖃᓄᐃᓐᖏᑦᓯᐊᖅᑐᒥᒃ ᕿᑐᕐᖓᖅᑖᕐᑯᓪᓗᑎᑦ:

ᐃᖃᐃᓕᓴᕐᓂᖅ

ᐃᖃᐃᓕᓴᖃᑦᑕᕐᓂᖅ ᐱᐅᓪᓚᕆᒃᐳᖅ ᐃᑲᔪᖅᑐᐃᓪᓗᓂᓗ ᑎᒦᑦ ᖃᓄᐃᓐᖏᑦᓯᐊᕐᑯᓪᓗᒍ ᓇᔾᔨᓕᓚᐅᓐᖏᓐᓂᕐᓂ, ᓇᔾᔨᖅᑎᓪᓗᑎᑦ ᐊᒻᒪ ᐃᕐᓂᓯᒪᓕᖅᑎᓪᓗᑎᑦ. ᐃᖃᐃᓕᓴᐃᓂᖅ ᐃᑲᔪᕈᓐᓇᖅᑐᖅ ᐃᓕᖕᓂᒃ ᐃᒪᓐᓇ:

- ᓴᓐᖏᔪᓂᒃ ᓴᐅᓂᖅᑖᕐᑯᓪᓗᑎᑦ ᐊᒻᒪ ᓴᓐᖏᒃᑎᕐᑯᓪᓗᒋᑦ ᓄᑭᑎᑦ
- ᑲᔪᖏᖅᓴᐃᔭᔪᑎ ᐅᕐᑯᒪᐃᓕᓗᐊᕐᑯᓇᑎᑦ ᐊᒻᒪ ᕐᑯᐃᒃᑎᓗᐊᕐᑯᓇᑎᑦ
- ᓴᐃᓕᓂᖅᓴᐅᓕᕐᓗᓂ ᐊᒻᒪ ᐊᒃᓱᕈᕈᓐᓇᕐᓂᖅᓴᐅᓕᕐᓗᓂ.

ᐃᖅᑲᐅᒪᓂᐊᖅᐳᑎᑦ ᐅᖃᖃᑎᖃᓇᐊᒃᓴᖅ ᐋᓐᓂᐊᖅᓯᐅᑎᒥᒃ, ᐃᓂᓱᒃᓱᔾᔨᒥᒃ ᓘᒃᑖᕐᒥᔅᓘᓐᓂᑦ ᓄᑖᕐᒥᒃ ᐃᖃᐃᓕᓴᐃᓂᕐᒧᑦ ᐱᓕᕆᐊᒥᒃ ᐱᒋᐊᓚᐅᓐᖏᓐᓂᕐᓂ.

ᓇᔾᔨᔪᖅᓯᐅᑎᑦ ᐊᐅᑦᑎᐊᕆᒍᑏᑦ ᐋᔭᒐᑦ

ᓇᔾᔨᔪᖅᓯᐅᑏᑦ ᐊᐅᑦᑎᐊᕆᒍᑏᑦ ᐋᔭᒐᑦ ᐃᑲᔪᖃᑦᑕᖅᑐᖅ ᓄᑦᑕᕐᓛᑉ ᕿᒥᕐᓗᖓ ᖃᑦᑕᕐᖓᓗᓐᓂᑦ ᐱᕈᑦᑎᐊᕐᑯᓪᓗᒍ. ᑖᒃᑯᐊ ᑕᐃᒪᓐᓇᐃᓕᔭᖅᐳᑦ ᐅᓪᓗᖃᖅᑎᓪᓗᒋᑦ 25-29-ᓄᑦ ᓇᔾᔨᓂᖓᑦ, ᑕᐃᑦᓱᒪᓂᐅᑎᓪᓗᒍ ᐊᕐᓇᐃᑦ ᖃᐅᔨᒪᖃᑦᑕᖏᑦᑐᑦ ᓇᔾᔨᓕᕐᒪᖔᕐᒥᖕᓂᒃ. ᑕᐃᒪᓕ ᐸᕐᓇᒃᓯᒪᒍᕕᑦ ᓇᔾᔨᔪᒪᓗᑎᑦ, ᐃᔭᒐᖃᑦᑕᓇᐊᖃᖅᐳᑎᑦ ᓇᔾᔨᔪᖅᓯᐅᑎᓂᒃ ᑕᖅᑭᓄᑦ ᐱᖓᓱᓄᑦ ᓇᔾᔨᓕᓚᐅᓐᖏᓐᓂᕐᓂ ᐅᕝᕙᓘᓐᓂᑦ ᖃᐅᔨᑐᐊᕈᕕᑦ ᓇᔾᔨᓂᕐᓂᒃ.

National Aboriginal Health Organization (NAHO)
Organisation nationale de la santé autochtone (ONSA)
ᑲᓇᑕᒥ ᓄᓇᖅᑳᖅᓯᒪᔪᓄᑦ ᐋᓐᓂᐊᕐᓇᖅᑭᓐᓂᓕᓇᓐᓂᕐᒧᑦ ᑲᑐᔾᔨᖅᑎᑦ

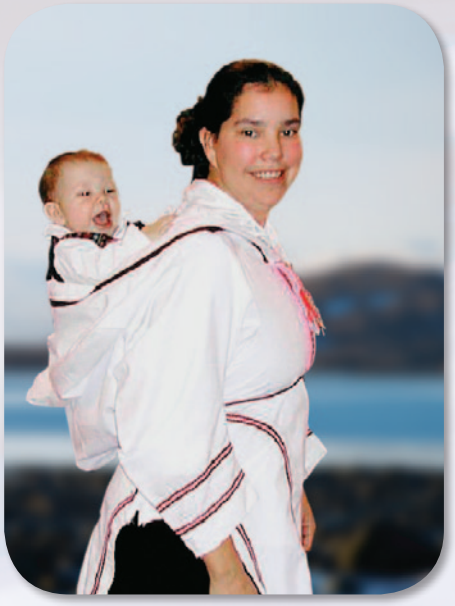
“ᐅᖃᕈᒪᑐᐃᓐᓇᖅᑲᐅᔪᓐᓚ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐃᓘᓐᓇᕐᒋᑦ ᐃᓱᒪᓗᒍᑎᖃᓚᐅᕐᒪᑕ ᓇᔾᔨᔪᒥᒃ. ᓇᒡᓕᒋᔭᐅᓪᓗᓂ. ᖃᓄᐃᓐᖕᒋᑦᓯᐊᕐᑯᔭᐅᓪᓗᓂ ᑳᕐᑯᔭᐅᓇᓂᓗ. ᓇᔾᔨᔪᑦ ᓂᑲᒋᔭᐅᕙᓚᐅᖅᑐᑦ ᐊᒃᓱᐊᓗᒃ ᓄᓇᑦᑎᓐᓂ.” [2]

ᓂᕿᑦᓯᐊᕙᑦ

ᐱᒻᒪᕆᐅᕗᖅ ᓂᕆᖃᑦᑕᕆᐊᖃᕋᕕᑦ ᐊᔾᔨᒌᓐᖕᒋᑦᑐᓂᒃ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓇᔾᔨᓕᕋᓯᐊᖅᑎᓪᓗᑎᑦ ᐊᒻᒪ ᓇᔾᔨᑎᓪᓗᑎᑦ. ᓂᕆᖃᑦᑕᕐᓂᖅ ᐊᔾᔨᒌᓐᖕᒋᑦᑐᓂᒃ ᐃᓄᐃᑦ ᓂᕿᖕᒋᓐᓂᒃ, ᐊᒻᒪ ᕙᐃᑕᒪᓐᑐᖃᑦᑕᓪᓯᐊᕈᕕᓪᓗ ᐃᑲᔪᖅᓯᒐᔭᖅᑐᖅ ᓄᑕᖃᓴᐃᑦ ᐱᕈᑦᑎᐊᕐᑯᓪᓗᒍ. ᓱᕐᓇᖅᑐᑦ ᓱᕐᓗ ᐃᒥᒐᐃᑦ, ᐊᓯᖕᒋᓪᓗ ᓱᑲᖃᖅᑐᑦ ᓂᕿᑦ, ᐸᑏᑎᑦ ᐸᓂᖅᑐᑦ ᐊᒻᒪ ᐃᒃᑎᑦᑎᓯᒪᔪᑦ ᐅᖅᓱᒧᑦ ᐃᑲᔪᖅᓯᓐᖕᒋᑦᑎᐊᒻᒪᕆᒃᑐᑦ ᓇᔾᔨᐊᕕᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖕᒐᓄᑦ.

ᓴᐅᓂᑦᑎᐊᕆᖕᓂᒃ ᐱᒻᒪᕆᐅᔪᖅ ᑭᒍᑎᓪᓗ ᐱᕈᖅᐸᓪᓕᐊᓂᖕᒋᓐᓄᑦ ᓇᔾᔨᐊᕐᓄᑦ. ᑕᐃᒪᓕ ᓇᔾᔨᓕᕈᕕᑦ ᑐᕈᖃᖅᑐᖅ ᑎᒦᑦ ᐊᑐᕆᐊᖃᕐᓂᖅᓴᐅᓕᕐᓂᖕᒐᓂᒃ ᓴᐅᓂᑦᑎᐊᕆᒃᓴᐅᒻᒥᒃ ᐊᖑᒻᒪᑎᕐᑯᓪᓗᒍ ᐊᑐᕆᐊᖃᖅᑕᕐᓂᒃ ᐊᒻᒪ ᓇᔾᔨᐊᕕᑦ. ᓴᐅᓂᑦᑎᐊᕆᒃᓴᐅᑎᖃᖅᐳᖅ ᐃᓄᐃᑦ ᓂᕿᖕᒐᑦ ᐃᖃᓗᑉ ᐊᒥᕋᖕᒐ ᐊᒻᒪ ᓂᐊᕐᑯᖕᒐ, ᑭᓯᐊᓂᓕ ᓴᐅᓂᑦᑎᐊᕆᒃᓴᐅᑎᑐᕈᓐᓇᕆᕗᑎᑦ ᖃᑦᑖᕐᔪᖕᓂᑦ ᐃᖃᓗᖕᓂᑦ ᓵᒪᓐᓂᑦ, ᐃᒻᒧᖕᓂᑦ ᐊᒻᒪ ᓱᓱᓂᑦ.

ᐊᒃᐸᓯᓗᐊᖅᑐᒥᒃ ᕙᐃᑕᒪᓐ D-ᖃᖃᑦᑕᕐᒪᑕ ᐊᐅᑦᑎᐊᕆᖕᓇᖅᑐᒥᒃ ᐊᓈᓇᒋᔭᐅᔪᑦ ᐊᒻᒪ ᕿᑐᕐᖓᓛᕆᔭᐅᔪᑦ ᐅᑭᐅᖅᑕᖅᑐᕐᒥ ᐱᔾᔪᑎᒋᓪᓗᒍ ᓱᕿᓐᓂᖅᑕᐅᓐᖕᒋᓐᓗᐊᖃᑦᑕᕐᓂᖕᒋᓐᓄᑦ. ᑎᒥᕗᑦ ᐊᑐᕆᐊᖃᕐᒪᑦ ᕙᐃᑕᒪᓐ D-ᖃᖃᑦᑕᕐᒪᑕ ᐊᐅᑦᑎᐊᕆᖕᓇᖅᑐᒥᒃ ᐊᐅᑦᑎᐊᕆᒃᓴᐅᒻᒥᒃ ᐊᓯᔪᓐᓇᕐᑯᓪᓗᒍ ᓴᐅᓂᑦᑎᐊᕆᒃᓴᐅᒻᒥᒃ ᓂᕿᓂᑦ, ᓴᐅᓂᖅᑖᕐᑯᓪᓗᒍ ᓄᑖᕐᒥᒃ ᓴᓐᖕᒋᔪᒥᒃ ᕿᑐᕐᖓᒃᓴᐃᑦ



ᐊᒻᒪ ᓴᐅᓂᖅᑎᑦ ᓴᓐᖕᒋᔫᕐᑯᓪᓗᒋᑦ. ᓂᕆᖃᑦᑕᕐᓗᑎᑦ ᐃᖃᓗᖕᒥᒃ ᓵᒪᓐᒥᒃ ᐅᕙᓗ ᐃᖃᓗᒃᐱᖕᒥᒃ ᐅᓄᖅᑐᓂᒃ ᕙᐃᑕᒪᓐ D-ᖃᑦᓯᐊᕐᓂᖕᒋᓐᓄᑦ. ᑕᐃᒪᓕ ᕿᑐᕐᖓᒃᓴᐃᑦ ᐃᓅᒃᐸᑦ, ᐋᓐᓂᐊᓯᐅᑏᑦ ᓗᒃᑖᑦ-ᓗᓐᓃᑦ ᑐᓂᓯᒐᔭᖅᑐᖅ ᐃᓕᖕᓄᑦ ᕙᐃᑕᒪᓐ D-ᖃᒥᒃ ᐊᐅᑦᑎᐊᕆᒃᓴᐅᒻᒥᒃ ᑯᓯᕆᐊᓕᖕᒥᒃ ᕿᑐᕐᖓᖅᑖᕐᓴᕕᑦ ᐊᑐᕐᓂᐊᖅᑕᖕᒐᓄᑦ ᐊᕐᕌᒍᖕᓄᑦ ᒪᕐᕉᖕᓄᑦ.

ᐃᓄᐃᑦ ᓂᕿᖕᒋᑦ ᐃᓚᒋᕙᐃᑦ ᓂᕿᑦᓯᐊᕙᐃᑦ ᓂᕆᔭᐅᔪᓐᓇᖅᑐᑦ ᐊᕐᓇᓄᑦ ᓇᔾᔨᓕᕈᒪᔪᓄᑦ. ᓂᕿᑦᓯᐊᕙᐅᖕᒪᑕ ᐊᒻᒪ ᐅᓄᖅᑐᑦ ᓂᕿᑦᓯᐊᕙᐅᖕᒋᑦ ᐱᐅᓪᓗᑎᒃ ᐃᓄᐃᑦ ᓂᕿᖕᒋᑦ ᐅᖅᓱᖕᒋᓪᓗ ᐃᓕᖕᓄᑦ ᐊᒻᒪ ᕿᑐᕐᖓᓛᒃᓴᕐᓄᑦ. ᐱᔪᓐᓇᖅᓯᔭᕋᖓᕕᑦ, ᓂᕈᐊᖃᑦᑕᕐᓗᑎᑦ ᐃᓄᐃᑦ ᓂᕿᖕᒋᓐᓂᒃ ᐅᖅᓱᑦᑎᐊᕙᖃᕐᒪᑕ ᐃᖃᓗᒃᐱᑦ, ᑐᒃᑐᑦ, ᐊᒻᒪ ᒥᓯᕋᐃᑦ ᓴᓇᔭᐅᓯᒪᔪᑦ ᓇᑦᑎᐅᑉ ᐅᖅᓱᐊᓂᑦ.

1 http://www.accel-capea.ca/pdf/2007/Hands-On%20Inuit/Country%20Foods%20Mothersand%20InfantsHealth.pdf

2 ᓱᐊᓱ ᓱᒪᐃᓗ, ᐱᔭᐅᓯᒪᔪᖅ ᕿᑦᓕᖅᑕᒥᑦ: ᓯᕗᓪᓕᖅᐹᕐᒥ ᓄᓇᕕᖕᒥ ᐃᕐᓂᓱᒃᑰᓂᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᓂᖅᑲᖅᑎᓪᓗᒋᑦ. ᐃᔾᔪᐊᖅᑕᐅᔭᐃᒃᑯᑖ: ᓄᓇᕕᒃ ᐃᕐᓂᓱᒃᑰᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ, ᓴᓇᔪᑦ/ᑐᓂᐅᕋᐃᔪᑦ ᑲᓇᑕᒥ ᓄᓇᖅᑲᖅᑲᕐᓯᒪᔪᓄᑦ ᐋᓐᓂᐊᕐᓇᖕᒋᑦᓂᓕᕆᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᖕᒋᑦ, 2008.

ᑐᓴᕆᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ:

ᐸᕐᓇᐃᓂᖅ ᓇᔾᔨᓕᕐᓂᒃᓴᕐᓄᑦ

www.beststart.org/resources/preconception/pdf/men_health.pdf
www.beststart.org/resources/preconception/pdf/BSpre_bro_rev3.pdf

ᐃᓄᐃᑦ ᑐᑦᑦᕕᖕᒐᑦ
Inuit Tuttarvingat

1-877-602-4445
inuit@naho.ca
www.naho.ca/inuit/e/resources/

ᐊᓯᖕᒋᑦ ᑐᓴᕆᐊᕐᕕᐅᔪᓐᓇᖅᑐᑦ:

ᓄᓇᓕᑦᑎᓐᓂ ᐃᑲᔪᖅᑐᐃᔪᑦ ᖃᓄᐃᓐᖕᒋᑦᓯᐊᕐᓗᑎᒃ ᓇᔾᔨᓂᕐᒧᑦ - ᐃᑲᔪᖅᓯᔾᔪᑎᑦ ᐃᓄᖕᓄᑦ

http://www.hc-sc.gc.ca/fniah-spnia/pubs/famil/_preg-gros/2007_comm_preg-gros/inuktitut-eng.php

ᑎᒥᒧᑦ ᓴᓐᖕᒋᓴᐅᑦ, Vitamin D
www.naho.ca/inuit/midwifery/documents/FactSheetonVitaminD.pdf

www.cps.ca/english/statements/ii/fnim07-01.htm