



Syilx food consumption, health and diet quality

How this study was done*

265 adults in three Syilx communities did a survey.

- Participants were, on average, 50 years old.
- Most participants (70%) were women.

We compared health and nutrition between two groups. The groups were adults who ate Syilx foods and adults who did not eat Syilx foods in the 24 hours before the survey.

Results

- Adults who ate wild fish, game, plants and berries had a healthier diet. They ate more whole foods and fewer highly processed foods.
- Salmon was the most common Syilx food.
- Health and weight status were similar between Syilx food eaters and non-eaters.

What this study means for Syilx efforts to bring back the sockeye salmon

Syilx foods are important to healthy eating.

It is important to increase Syilx peoples' access to Syilx foods.

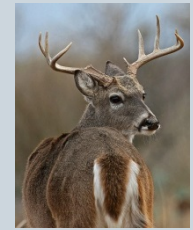
Ecosystem rehabilitation initiatives by Okanagan Nation Alliance called *kł c̓p̓alk̓ stim̓* (Nsyilxc̓an for "cause to come back") are vital to return the salmon to their rightful place in the Okanagan River basin.

Results

People ate 21 Syilx foods. There were 4 common Syilx foods.



32% ate sockeye salmon



27% ate deer









15% ate moose



15% ate Saskatoon berries

Adults who ate Syilx foods had a healthier pattern of eating

They had diets higher in:

 Protein to support strong muscles	 Heart healthy omega-3 fatty acids, vitamin E and minerals	 B vitamins to provide energy
 Dietary fibre to assist healthy digestion	 Vitamin D and phosphorus for strong bones	 Whole foods and fewer processed foods

Study partners

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*Okanagan Salmon and Our Health Study tells the story of how the Syilx Nation has benefited from the salmon returning. For more information on this study go to www.facebook.com/salmonandourhealth/. Source: Blanchet R, Willows W, Johnson S, Okanagan Nation Salmon Reintroduction Initiatives, Batal M. Traditional Food, Health, and Diet Quality in Syilx Okanagan Adults in British Columbia, Canada. *Nutrients* 2020, 12(4), 927. Available at: www.mdpi.com/2072-6643/12/4/927