





The *Sanguatsiniq* research project focuses on food security, economic change, cultural practices and values, and well-being in two Inuit communities in the Canadian Arctic, Kangiqsujaq and Ulukhaktok. The project is directed by Elspeth Ready (MPI-EVA) in Kangiqsujaq and Peter Collings (University of Florida) in Ulukhaktok.

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## 1. Summary of fall 2023 research activities

### 1.1 Food and hunting questionnaire

The main goal of our research season in fall 2023 was to conduct follow-up research to the questionnaire we did in 2013, to see how food access, hunting and fishing activities, and food sharing in the community have changed over the past 10 years.

We conducted interviews with a total of **64** households (out of 270 eligible households). This represents **24%** of the community. The age and household size of the sample is **similar to the 2021 census**, so it can be considered representative.

The interviews covered topics including:

- Jobs and household income
- Food security
- Country food consumption
- Hunting and fishing activities
- Vehicle ownership and vehicle details
- Sharing networks

Preliminary results about hunting and fishing activities, country food consumption, and food security are presented in the next section of this report.

### 1.2 Coop mini-interviews

In addition to the long questionnaires, we also conducted “mini-interviews” at the coop. We did this mainly because we had difficulty recruiting participants for the longer interviews.

**126 people** participated in the mini-interviews, which included the following questions:

- Did the person do any fishing/hunting/gathering in the past year?
- Information about most recent fishing/hunting/gathering trip
- Frequency of country food consumption
- List of what vehicles the person owns
- Skidoo details

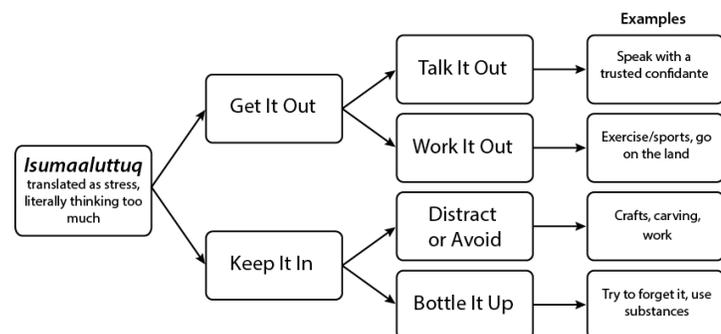
These interviews will give a nice “snapshot” picture of **early fall harvesting activities** in Kangiqsujuaq and an overview of **country food and vehicle access** in the community. We have not yet had time to examine the results of these interviews. We expect the results will be useful for the Urqu protected area status report.

Photo: Friederike Hillemann and Alejandro Pérez Velilla conducting interviews at the coop.



### 1.3 Community outreach activity

- We organized **weekly coffee breaks** at Mianirsivik Family House
- Planned with Mianirsivik & RBHSS staff, the focus was to create opportunities for men to have social interaction.
- This was based on our previous research on stress that suggested opportunities to reduce stress by “talking it out” with others (see image below) are limited for some community members.
- We organized 10 coffee breaks, on average 10 ppl attended (**over 100 total attendees**). Getting men to attend remained a challenge.
- We also gave presentations on our research to two classes at Arsaniq School, and donated \$1200 to the Nirivik (from research participants who chose to donate their compensation for interviews).



Left: PhD student Alejandro Pérez Velilla, Elspeth Ready and Mianirsivik staff at our final coffee break in December 2023. Right: Model of Inuit stress management based on interviews with Kangiqsujarmiut and Ulukhaktokmiut in 2018.

## 2. Preliminary results of 2023 food and hunting questionnaire

The next pages present a summary of some of the results from the questionnaire about food access and harvesting activities. These are just a few of the questions that we asked, but they are some of the most important.

In the tables in the next sections, **GREEN** shading means that the amount has improved since 2013, **YELLOW** means the result is roughly the same, and **RED** means that things are worse than in 2013. Several questions cannot be exactly compared with 2013 because we added new questions or changed how we asked them in order to improve the questionnaire.

### 2.1 Participation in harvesting activities

Percentage of Kangiqsujarmiut participating in land activities, 2023

	Men 18+	Women 18+	Boys <18	Girls < 18
At least 1 activity	83	71	89	75
Fishing	77	62	80	67
Net fishing	68	29	42	8
Seal	65	47	38	21
Beluga	50	26	22	12
Caribou	73	35	51	38
Goose	53	38	38	25
Ptarmigan	65	38	47	21
Berries, plants	52	44	85	67
Shellfish	57	32	58	38

Overall, **participation in harvesting activities has generally increased since 2013**, with the exception of mussel and berry picking among women and girls. The increase might be related to improved vehicle access as many Kangiqsujarmiut have used recent Raglan cheques to purchase hunting equipment.

### 2.2 Country food access and consumption

What country foods do you eat the most?

We asked participants to list the top five country foods they eat most often. 100% of households reported that caribou was one of the country foods they ate the most. 94% reported Arctic char and 91% said that beluga was one of the country foods they ate the most. Only 20% of households said that natsiq is one of the country foods they eat the most.

**In the past year, how often were country foods served in your household?**

	Never	Less than once a month	Once or twice a month	Once or twice a week	Several times a week	Everyday
Fall	0.0%	10.9%	10.9%	35.9%	35.9%	6.2%
Winter	1.6%	7.8%	17.2%	35.9%	28.1%	6.2%
Spring	0.0%	10.9%	15.6%	26.6%	32.8%	14.1%
Summer	0.0%	9.4%	14.1%	21.9%	40.6%	14.1%

2013 results:

Several times a year	A few times a month	Once or twice a week	3-4x a week	Almost everyday	Everyday
3.7%	8.3%	24.8%	32.1%	10.1%	19.3%

Overall, fewer households are eating country food everyday than in 2013. More households seem to be eating country food very infrequently (a couple times a month or less). This is probably because of the construction of new houses in recent years, which means that more young adults are living alone (not with their older parents) and may be eating less country food at home.

**Change in country food consumption**

	Less	Same	More	Don't know
Compared to recent years, how much country food did your household use last year (since September 2022)?	25.0%	46.9%	26.6%	1.6%

From Fall 2022–2023 nearly 75% of households ate the same amount or more country food than they had in other recent years. We will examine the data on why some households ate more or less country food in a future report.

### Concerns about country food access

Statement	Never	Sometimes	Often	Don't know/NA
The <b>COUNTRY</b> food we had just did not last and we could not get more.	50.0%	28.1%	17.2%	3.7%
(If <b>sometimes</b> or <b>often</b> ), we could not get the <b>COUNTRY</b> foods we wanted to eat because of...				
... lack of money or equipment.	34.5%	27.6%	37.9%	
... lack of hunter or hunting knowledge.	37.9%	34.5%	24.1%	3.4%
... having to work.	27.6%	31.0%	37.9%	3.4%
... food was not shared.	48.5%	34.5%	17.2%	
... hunting conditions were poor (animals not available, bad ice conditions, etc.).	31.0%	55.2%	6.9%	6.9%

Overall, slightly fewer people than in 2013 said that sometimes they could not get the country food they needed (50% vs. 58%).

The main reasons that people could not get the country food they wanted was lack of money or equipment and having to work. Lack of a hunter or hunting knowledge in the household was also a barrier for many.

The country foods that people wanted more of were mainly beluga (27%), caribou (20%), and natsiq (13%).

## 2.3 Store food security

### Concerns about store food access

Statement	Never	Sometimes	Often	Don't know/NA
The <b>STORE</b> food we had just did not last and we could not get more.	50.0% (2013: 43%)	31.2%	15.6%	3.2%

If **sometimes** or **often**...

We could not get the STORE foods we wanted to eat because of a lack of money.	30.0%	46.7%	23.3%	
We couldn't afford to buy HEALTHY STORE foods.	36.7%	36.7%	23.3%	3.3%
We couldn't get the STORE foods we wanted to eat because they were not available at the store, or the available store foods were not of good quality.	10.0%	53.3%	36.7%	

The main reasons that people had difficulty getting store food included high cost of food (17%), no job or not enough income (20%), had to pay other bills (14%), waiting for income (10%).

The main store foods that people wanted more of were fruit (38%), vegetables (31%), and meat (28%).

## 2.4 Overall food security

If households responded “sometimes” or “often” to the screening questions for store or country food access, we asked if it impacted their food consumption:

Statement	Never	Only one or two months	Some months	Almost every month	Don't know/No answer
Did you or other adults in your household ever CUT THE SIZE OF YOUR MEALS OR SKIP MEALS because the household could not get the food that was needed?	76.5% (2013: 67%)	6.2%	7.8%	6.2%	3.2%
Did you or other adults in your household ever EAT LESS THAN YOU FELT YOU SHOULD because the household could not get the food that was needed?	84.3% (2013: 77%)	1.6%	6.2%	4.7%	3.2%
Were adults in the household ever HUNGRY BUT DID NOT EAT because there was not enough food?	87.4% (2013: 81%)	3.1%	3.1%	1.6%	4.8%

Overall, it seems that **food security in the community has improved** because fewer households are reducing their food consumption due to inability to access needed food. However, in 2023 many households reported not being able to get store foods they wanted because of **supply issues at the store** (no cargo). This issue was only rarely reported in 2013.

### 3. Future plans

In spring 2023, the Sanguatsiniq project team presented a research plan to the Kangirsujuaq Northern Village council. Our research plan was based on interviews and consultations we have conducted with community members and local councils in Kangiqsujuaq and Ulukhaktok over the past several years.

The proposed plan included (1) questionnaires about hunting and fishing in fall 2023 (complete), (2) interviews about stress and mental health in fall 2024, and (3) community projects based on the research results in 2025–2026.

### 4. Acknowledgements

Thank you to all the Kangiqsujuarmit who participated in the fall 2023 research, the Kangirsujuaq Northern Village who approved the research and provided advice and support, the Mianirsivik staff who helped us host the coffee breaks, and Anna Kristensen who helped coordinate the donation to the Nirivik.

Our questionnaires were translated by Annie Tertiluk. Tiivimasiu Alaku and Caroline Alaku helped us conduct the interviews. Nakurmiik!

