

# HEALTH NEWS VOL. 5

## HEALTH BEHAVIORS

### Thinking about personal health?

Many aspects play a role in being heart healthy.

#### Some behaviors to keep in mind are:

- Eating traditional foods
- Avoiding drugs/alcohol
- Being physically active



## EATING TRADITIONAL FOODS

In the region, eating more traditional foods is related to higher:

- Connectedness to community
- Community standing

People who eat more traditional foods tend to:

- Understand a traditional language
- Live in smaller communities
- Be of older age

People also ate more traditional foods in the summer months.

## QUALITY OF LIFE

Maintaining a good quality of life is related to many things. For our participants, good health was associated with:

- Being physically active
- Not drinking alcohol heavily

Having more unhealthy days was associated with:

- Cannabis use
- Smoking cigarettes sooner upon waking in the morning

Depressive symptoms were associated with:

- Heavy episodes of alcohol
- Cannabis use

### SEASONALITY

Temperature and daylight are related to smoking behaviors and mood. In the winter season, depressive symptoms are higher and people smoke sooner upon waking up in the morning.

	Cold Temp	Less Light	Warm Temp	More Light
Mood	☺	☹	☺	☹