



CANADIAN
PUBLIC HEALTH
ASSOCIATION

The Voice of Public Health

TAMNA INUNGNUT AANIAQTAILINIT PITYUHIQ TAPHUMUNGA
UJARANGNAQTUQ NAUHIMAYUQ

NUNALIKNI UQAQATIGIKNIT

humiliqak Kanatami

**“ATUQTAUVALIQNIT UQUAUHIUNIT,
ATUQTAUNIANUNGITTUQ.”**

UQAQATIGIKNIQMUN TUHAQHITAUT TAPHUMUNGA KIVALLIQ, NUNAVUT | FEBRUARY 2018

TAMNA INUNGNUT AANIAQTAILINIT PITYUHIQ TAPHUMUNGA UJARANGNAQTUQ NAUHIMAYUQ HAVANGUYUQ PIYAUQLIQHIMAYA ATQUHUGU KIINAUYAT TUNIYAUNIT TAPKUNANGA AANIAQTAILINIQ KANATA. TAPKUAT IHUMAGIYAUNI.

NIPINGIT MUNARHITKUNNINT

Tapkuat Kanatamiuni Inungnut Aaniaqtailinit

Katutyiqatigil tapkuat inmikkut nunaqyuaqmi
nipauyut ukpigiayayutlu uqaqtiiunit tapkununga
inungnut aaniaqtailinit, uqauhigiplugit inungnut
inugiakninutlu tamaitni puqtutqiknini kavamauyut.

Akimayavut munarhitkut ihuaminnga,
nakuuyumik tuniqhaininngaa naunaittumilu
naunaiapkarniq ihumaliumiq. Pipkaidjutigiyavut
ilihimaniq, kinauyaakaanik ihuarhilugillu
piliqtut munarhitkunnit ihumaaluutinginnik,
atayavullu Aadlatqiiktut nunamikni ayuirhainiq.
Akhuuquyavut munarhitkunni qanuqtut
ihumagiyanig naunaittuq kavamatkut
hivuliqtinganut maligaliuqtiuyunullu.
Qanuriliurutiuyugut Aadlangumiqmut
ihuarhiyuq inuuhiqmut nakurudjutimiklu
tamainnut.

Ikayuqtavut piu mayanginnik, ilihimayanginnik
qanuqtullu ihumagiyannginnik Aadlatqiiktut
katimayiiniq havaqatigiiknikkut, hivituyumik
uqaqtigikiqna naunaitkutamiklu aadlanut
uqarhugit.

Tuhaqpaliqami, tugaqvigilugu:

Kanatamiuni Inungnut Aaniaqtailini Katutyiqatigil

404-1525 Carling Avenue, Ottawa, ON K1Z 8R9

Hivayauta: 613-725-3769 | info@cpha.ca

www.cpha.ca

Akhuuquyavut timiqutigiyayut kavamatkullu
iliurariami Aadlatqiiktut munarhitkunni
maligangit pinahuarutingillu ihuarhiniqtaq
inuuhimut qanuriliurutiuyuq inungnut
ihariagiyunut.

TAUTUKTUUYYAAQTAVUT

Aaniangittumik ihuanginnaqtumiklu

TIKINNAHUAQTAVUT

Ihuarhigami inuuwingit inuit Kaanatami
tunigiamilu nakuuqpiatqumik ihuaqtumiklu
nunagiyaptiknik.

Iluani Ittuq

ILITARIYAUQ.....	4
TITIRAQHIMAYUQ TAINIINNIK.....	6
Naunaipkaidjut.....	7
Ihumagiyanginnik tautuktangillu piyut uumunnga Ujarangnaqtuq nauhimayuq Higaarniq.....	9
Qanuqtut ihumagiyangit uumunnga Ujarangnaqtuq nauhimayuq aturniq.....	9
Takuyait ayurhautingit uuminnga Ujarangnaqtuq nauhimayuq atuliqtitauniq ayurhautiginaqtaaniklu ikayuutinut.....	11
Tadja kiudjutingit inungnut hiamitiqtainnik apiriyulluuniit aturninnganut.....	12
Nunallaani ittut Uyarangnaqtuq nauhimayuq Pinahuarutit ikayuutikhallu.....	13
Tadja Uyarangnaqtuq nauhimayuq-piyut pinahuarutit ikayuutikhallu	13
Akhuurninnga nutaanik Uyarangnaqtuq nauhimayuq-piyut pinahuarutit ikayuutikhallu.....	13
Piumalluaqtait Uyarangnaqtuq nauhimayuq-piyut pinahuarutit ikayuutikhallu	14
Munariniq unalu qun'ngiarniq uuminnga Uyarangnaqtuq nauhimayuq Aturninnga Nunagiyamikni	15
Nutaaq munariniq unalu qun'ngiarniq uuminnga Ujarangnaqtuq nauhimayuq Ujarangnaqtuq nauhimayuq aturninnga	15
Piumayayut Uyarangnaqtuq nauhimayuq-piyut munariniq unalu qun'ngiarniq	16
Akhuurninnga nutaanik munariniq qun'ngiarniqlu uuminnga Ujarangnaqtuq nauhimayuq aturninnga	16
Piliurniq Aktikkulaangani Kiugiami uumunnga Uyarangnaqtuq nauhimayuq Atuliqtitauniq.....	17
Piumayangit naunaitkutaq, atuqtakhangit, unalu ikayuutikhqaq.....	17
Naunaipkainiq Nunaqaqqhaarhimayut ilihimaninnga uumanii Uyarangnaqtuq nauhimayuq-piyut ikayuutikhhat.....	18
Nunagiyamikni aktikkulaanga piliurniq: Uqaqatigiikhimmaaqtut atauttimut	18
CPHA talvannga piyakhaq	20
Naunairvik.....	21
Uqaqatigiikniq Katimadjutikhaq: Kivallirmi, Nunavut	21

ILITARIYAUYUQ

Una havauhikhaq “**Inungnut aaniaqtailiniq pidjutinga uumunnga Ujarangnaqtuq nauhimayuq (aadlatlu aangayaarnaqtut): Pittailiniq, aaniaqtailiniqmut atuliqtitaauniq, qun’ngiarniq aktikkulaanganiklu piliurniq**” pilimaittuugaluaq ikayuqtaungitkupta ilaungitkumiklu amihut inuit timiqutigiyauyullu ilauyut nunallaani katimapkaikmata, ihumagilluaqtauyut katimayiit, akhuerutauyullu naunaipkaiyut apirhuqniq.

Kaanataup Inungnut Aaniaqtailiniq Katimayiingit (CPHA) ilitariumayait inuit Iqalungmit, Nunavut hanianillu ilauyut uqaqatigiikniqmut aadlanullu uqarmagit unipkaangit, tautuktuuyaqtaungitkupta ilaungitkumiklu amihut inuit uvaptiknut. Quanaqputit Nunavut Kavamanga, Amihuuninnga Aaniaqtailiniqmut Havakvinga ilauyut uumani nunallaanut uqaqatigiikniq ilaupkarmatigut inuuliriyiitkut ikayuqtiuyut nunamikni ihuaqtumik. CPHA quyagiumayaillu Inuit, nunagiyamikni katimatilluta.

CPHA quyagiumayaillu Ayuittiaqtut Naunaitkutaq Katimayiit tuniyut ikayuutinganik, ayuitaminik, naunaiyainiqlu tamainnut uumunnga havauhikhaq. Ilauyt Ayuittiaqtut Katimayiingit ilaliutihimayuq:

ATINGA	TIMIQUITIGIYANGA
TREVOR ARNASON	Nova Scotia Aaniaqtailiniqmut Piyunnautinga
WEKATESK AUGUSTINE	Nunaqaqqaaohimayut Imiqmut Aangayaarnaqtuniklu Aturninnga Ikayuqtauyut Katimayiingit Nova Scotia
PATRICIA DALY	City-nga Inungnut aaniaqtailiniq Naunaipkainiq
CAROLINE FERRIS	Iliharvikyuanga Ilagiiktunut Taaktit Kaanatami
REBECCA HAINES- SAAH	Iliharvikyuanga Calgary
ELENA HASHEMINEJAD	Ontario Inungnut aaniaqtailiniq Havakvinga Havaqatigiikniq umunnga Ujarangnaqtuq nauhimayuq
NICOLE JEFFERY	Atiliurhimayut Munarhit Katimayiingit Ontario
KATHERINE KELLY	Tamainnit Kaanatami Atayut Katimayiit Sikuurviki Aaniaqtailiniqmut
PAMELA LEECE	Inungnut aaniaqtailiniq Ontario
AILEEN MACKINNON	Saqijuq
RHOWENA (RHO) MARTIN	Kaanatami Katimavinga Aangayaarnaqtunik Aturninnga Aturumainnaqninngalu
LAURIE MOSHER	IWK (Izaak Walton Killam) Avikturhimayuq Puisiutit Katimavinga
ANDREW MURIE	Maamauyut Ihuigiyainnik Imingayut Akhaluutituqtut
ALIA NORMAN	Cannabinoid Aaniarvinga
LEAH SIMON	Ontario Inungnut aaniaqtailiniq Havakvinga Havaqatigiikniq uuminnga Ujarangnaqtuq nauhimayuq
SÉBASTIEN TESSIER	Kaanatami Katimayiingit Avikturhimayumi Qayangnarniqmut Ihumaaluutigiyainnik Qun’ngiarniq
MARK TYNDALL	British Columbia Katimavinga Aaniarutinik Munariniq

CPHA quyagiumayaillu Gestalt Collective www.gestaltcollective.com katimapkaiqmata nunallaani uqaqatigiikniq.

Ilauyt uumunnga CPHA havauhikhaq havaktingit hamma: **GREG PENNEY**, Aulapkaiyiuq Pinahuarut // **THOMAS FERRAO**, Havauhikhaq Havaktinga // **POLLY LEONARD**, Havauhikhaq Havaktinga //

CHRISTINE PENTLAND, Havauhikhaq Havaktinga // **SARAH VANNICE**, Havauhikhaq Havaktinga //
LISA WRIGHT, Havauhikhaq Havaktinga

TITIRAQHIMAYUQ TAINIINNIK

Piliurninnga uuminnga inungnut aaniaqtailiniq kiudjutinga ukununnga Ujarangnaqtuq nauhimayuq nutaanguyuq akhuurninnga piyuq qangaraaluknik atuqtakhaungittuq aangayaarnaqtunik, piqarniaqtuq akhuurtauyut piyut uqauhinganik aturninnga uqaqatigiikninnanganik uuminnga Ujarangnaqtuq nauhimayuq atuqtaunginnaqtunik tainiit ihumaliuqtanginniklu naunaittumik naunaiyaqtakhaq nunallaani aturninnganik. Talvuuna, uqaqatigiiktillogit ilaani uqaqtaunginnaqtut tainiit atuqtauyut unalluamit piumalluaqtangit tainiit nainairiamti kangirhimanik atuliqtitauliriamilu uqaqatigiikniq. Takulugu hamna ataani uqaqatigiikniqmut tainiit atuqtauyut nunallaani uqaqatigiiktillogit taiguagakhaqlu.

ATURNINNGA

Piyuq aturiamti aangayaarnaqtunik timimiknut niriplugu, anirhaakhugu, kapuqtautillugu, unaluuniit hiamitiqtuq ukunuuna nuvanganit uvinnikkulluuniit. Uqaqtauninnga tainiit ilaani himmautigiyauyuq aturninnganut uuminnga “aturninnga.” Taimaa taininnga “aturninnga” ayurhautigiyaungittuq, taininnga “atuqtuq” naunaipkaidjutauyuq. Talvuuna, akhuuqtugut aturiamti taininnga “aturninnga” ilaupkaigami havaanganut naunaipkaidjutiginninganut.

HAVAUTIGIYAUYUMIK ATURNINNGA

Havautigiyauyumik aturninnga Ujarangnaqtuq nauhimayuq piyuq pitquyauyuq aturninnga uuminnga Ujarangnaqtuq nauhimayuq hunavalungillu ittuq talvani ikikliyuumiriamti qanuriliurutingit ilanganik qanurittaakhaanik aaniarutingillu. Ilangit inuit atuqtut Ujarangnaqtuq nauhimayuq taimailiulipaktut ikikliyuumiriamti aaniarutingit kihimi havautikhaittuq. Hapkuat inuit naunaiyalimaittut havautigiyumik atuqtut uumani taininnga “havautigiyauyumik aturninnga.” Kihimi, ilangit inuit naunaiqtaa hapkuat inuit tahapkallu Ujarangnaqtuq nauhimayuq havautikhraq uqaqatigiikninnanganut uuminnga “havautikhraq aturniq.”

NON-HAVAUTIGIYAUYUMIK ATURNINNGA

Havautiungittuq aturninnga uuminnga Ujarangnaqtuq nauhimayuq piyuq aturninnga uuminnga Ujarangnaqtuq nauhimayuq hunavaluilluuniit ittut iluani havautiittumik pipkaidjutinganik. Taininngit kihimi, aturninnga tuniyaungittuq havaut ilaani taiyauyuq “quviahuktumik aturninnga.” Ilangit inuit aturniaqtut havautiungittunik Ujarangnaqtuq nauhimayuq uumunnga “inmikmut-havautikhraq” unaluuniit “mamihaidjutikhmut” piplugu.

UJARANGNAQTUQ NAUHIMAYUQ NIUVVAAVIIT

Niuvvaavik Ujarangnaqtuq nauhimayuq situa niuvrutiyuq Ujarangnaqtuq nauhimayuq kitunkluuniit atuyuktunut. Ujarangnaqtuq nauhimayuq niuvvaavik ittaaqtuq naptuyunik unalu-iliuraininnga niuvvaavik, qaritauyakkut/himmautit niuvvaaviit tamarmikluuniit.

UJARANGNAQTUQ NAUHIMAYUQ HAVAUTIQARVIIT

Atiliurniq katimaniq atuqtauyuq ilanganit Ujarangnaqtuq nauhimayuq niuvvaaviiit. Ujarangnaqtuq nauhimayuq havautiqarviit piyut tunigami havautikhanganik Ujarangnaqtuq nauhimayuq munarhiliaqhimayut iharahuktut havautikhaminik. Qangannaqaq, niuvvaaviit atuqtuq atiliurninnga maliganga “havautiqarvik” angmaqtut tamainni Kaanatami piyuq havautiungittumik atuqtauyut uuminnga Ujarangnaqtuq nauhimayuq.

Naunaipkaidjut

CPHA manikhaqtitauyuq Aaniaqtailiniq Kaanatamit, ukunuuna Aangayaarnaqtunik Aturniq Aturumainnaqniqmullu Pinahuarut, piliriami havauhikhaq taiyauyuq “Inungnut aaniaqtailiniq pidjutinga uumunnga Ujarangnaqtuq nauhimayuq (aadlatlu aangayaarnaqtut): Pittailiniq, aaniaqtailiniqmut atuliqtitauniq, qun’ngiarniq unalu aktikkulaanganik piliurniq.”

Tikinnahuarutinga inungnut aaniaqtailiniq pidjutinga uumunnga Ujarangnaqtuq nauhimayuq (aadlatlu aangayaarnaqtut) atuliqtitaugiami aaniaqtailiningga nakurudjutingalu tamainnut ilauyut inuptiknik ikikliyuumiriami ihirutiningga inungnut, taimaa naunaiqtillugu qayangnarutingit piyuq nutqaqtitaunahuarniqmut maligangillu ihuittut qayangnarutinganut aangayaarnaqtunik inmikmut. Uumanit titiraqhimiayumi, inungnut aaniaqtailiniq pidjutingit ilaliutiyuq hapkununnga maliktakhat:

- aaniaqtailiniqmut atuliqtitauniq akhuuquliriami inungnut angikliyuumiriami munarigiami inuuwinganut munarigiamilu aangayaarnaqtunik aturninnga aaniqtailyumik;
- qayangnarutimik ikikliyumiqniiq ikikliyuumiriami qayangnarutingit piyut aturninnganut;
- pittailiniq ikikliyuumiriami piniaruknaqhiyuq ayurhautinanik aturninnga puisiutyauyuqlu;
- amihuuningga aaniaqtailiniqmut ihivriuqniiq kangirhigiami qanuraaluktut piyuq, ayurhautigyauniaqtaalu nutqaqtitauniqmut, maligangit, unalu pinahuarut amihuuninnganut (naunaiyainiq);
- aaniarut, aanirutinga, timimitigut ayurhautilik qun’ngiarniq kangirhigiami qanuriliurutinga inungnut naunaiyariamilu qanuriliurutingit hapkuat hulilukaarutingit; unalu naunaittuq-ittuq havaat ikayurami inungnut qayangnautigiyauyyut, ayurhautiqaqtulluuniit aangayaarnaqtunik.

Huuq piyuq una Havauhikhaq

Ikayuriami aulapkaidjutikhaanik uuminnga inungnut aaniaqtailiniq pidjutauyuq uumunnga Ujarangnaqtuq nauhimayuq (aadlatlu aangayaarnaqtut), CPHA ilaupkaiyuq inungnik timiqutigiyauyullu aaniaqtailiniqmit, inungnut aaniaqtailiniq inuuliriyiitlu nunallaangit tamainni Kaanatami uqaqatigiikhutik nunamikni ‘nunagiyamikni uqaqatigiikniq’ piyuq ihuarhigiami ilihimaniq piliuliriami aktikkulaanganik ihuarhigiami ihumaaluutigiyauyut piyut uumunnga Ujarangnaqtuq nauhimayuq. Ilaupkaiyuq inuuliriyiitkunni havaktingit tamainni nunaptikni, CPHA piyullu pigiami angikliyumiqhimiayuq havaqatigiikniq ukunanit inuuliriyiitkut havaktingit ilauyut ikikliyuumiriami qayanganuringit piyut uumunnga Ujarangnaqtuq nauhimayuq aturninnga nunamikni tamainnilu Kaanatami. CPHA aturniaqtuq nampanganik katitiqtait nunallaani uqaqatigiikniqmik piliuriami aktikkulaanganik piliurniq havakvinga ikayurami naunaittumik piyut nunamikni kiudjutingit uumunnga Ujarangnaqtuq nauhimayuq.

Nunallaani Uqaqatigiikniq: Kivallirmi, Nunavut

February 8, 2018mi, 13nguyut munarhitkunnit inuuliriyiitkunnillu ikayuqtiuyut Kivalliqmit ilauyt ubluq tamaat, ikayuqtauyut uqaqatigiikniq uqarhutik uuminnga Ujarangnaqtuq nauhimayuq Kangirliniqmi. Una uqaqatigiikniq pingahuuyut pingahunit uqaqatigiikniit piyait Nunavunmi, atauhiq piyuq tamarmikni avikturhimayuni nunavunmi. Ilauyt naunaiqtait aadlatqiiktut

havaat uumani munarhitkunnit inuuliriyiitkunnillu, unalu kihimi kikliqangittuq ukununnga munarhitkunni ikayuqtuyut havaktingit, ikayuqtuyut havaktut, unalu pinahuarutimullu havaktingit, havaktut akhuraaluk uumunnga Nunavut Kavamaup Munarhiliriyiitkut, unalu Inuit maniliungittu timiqutigiyauyut, unalu avikturhimayuq kavamanga.

Katimaninnga armaqtitauyuq Inirniriimit Levinia Brown Kivalliqmiutaq, talvannga nuuttut kangirhipkaiplugit qanuqtut tamna uqaqatigiikniq pipkaidjutauyuqlu ukununnga Inuit Nuatqatigiiknikkut Ukpirtyain, talvannga piyuq naittumik uumannga havauhikhaq. Katimayut kinauyaakhaanik uqaqtut apiriyut tamarmik ilauyt uqarlutik humit qaiyut qanuqtutlu atayut uqarahuaqtamiknik uuminnga Ujarangnaqtuq nauhimayuq Talvannga katimayunit, katimapkaiyut tuniyut naittumik uuminnga CPHA havauhikhaq unalu akhuraalukmik-ittumik naunaipkainiq uuminnga Ujarangnaqtuq nauhimayuq, unalu aturninnga nampat, naunaiyainiq piyuq aaniarutimut mamihainiqmut pipkaidjutauyut uuminnga Ujarangnaqtuq nauhimayuq aturninnga, unalu naittumik humik ilihimayuq pikmat uumunnga aaniqtailiniqmik ikikliyumiutiyuq unalu aaniaqtailiniqmik atuliqtauniq pipkaidjutingit uumunnga Ujarangnaqtuq nauhimayuq Tamna uqaqatigiikniq umiktauyuq naittumik naittumik CPHA-kut talvannga piyakhat unalu havauhikhaq naunaipkainiq hulilukaarutinginnik hivulliqpaamit ublumimut. Takulugu Naunairvik uumunnga uqaqatigiikniq katimadjutikhaq.

Taimaa ubluq tamaat ilauyt havaktut ukunuuna hulilukaarutingit piyut tamarmikmut uqaqatigiikniqmut ilauyunit katitiriamilu nampanganik uumunnga CPHA havauhikhaq. Nunallaani uqaqatigikniq nampanink katitiqniq ayuriamikni talvuuna naunaiyariamilu:

1. ihumagiyanginnik tautuktangillu piyut uumunnga Ujarangnaqtuq nauhimayuq

2. higaarniq;
2. Nutaaq piumayanginniklu nunallaani ittut Ujarangnaqtuq nauhimayuq pinahuarut havaangillu;
3. Nutaaq piumayanginniklu pidjutingit nunamiknut munariniq qun'ngiarniq uuminnga Ujarangnaqtuq nauhimayuq higaarniq; unalu
4. Piumayanginnik naunaitkutaq, atuqtakhangillu ikayuriami piliuriami nunallaani aktikkulaangit kiudjutigiami uumunnga Ujarangnaqtuq nauhimayuq.

Naunaiqhimayuq uumani taiguagakhaq naittuq uqaqatigiikniqmut naunaipkariami Kivalliu unalu CPHA-kut hivuniqmi havaaq uqaqatigiikhimmaaqniqlu uuminnga Ujarangnaqtuq nauhimayuq

“Kinaliqaak atukhaalirumiuk aangayaarnaqtunik, ayurnaqtuq uvamnut atuqpallaaruqulugu takuffaarlugu ayurhautipkaidjutingit inmikmut; piyuqlu pitquhinganit, ilangit angikliyut talvani aangayaarnaqtut nakuungittut / atulimaitaillu.”

Ihumagiyanginnik tautuktangillu piyut uumunnga Ujarangnaqtuq nauhimayuq Higaarniq

Ilauyut aadlanut uqaqtait qanuqtut ihumagiyanganik piyut ukununnga havautit unalu havautittaungittut Ujarangnaqtuq nauhimayuq aturniq ukunani atuliqtauniq, qanuqtullu ihumagiyangit ayurhautipkainiaqtaa ayittiarniqmut atuinnaqtanganik.

Qanuqtut ihumagiyangit uumunnga Ujarangnaqtuq nauhimayuq aturniq

Ilauyut ihumagiyait piyut uumunnga
Ujarangnaqtuq nauhimayuq aturninnga piyuq
ihumaaluutigiyamiknut piyuq uumunnga
Ujarangnaqtuq nauhimayuq aturninnga,
tamarmiknut ayuittiaqtut inuuplu
pipkaidjutinganut. Ihumaaluutiniq uqaqtait ilaani
naunaipkaqpaktuq ukunanit nakuungittumik
aturaluaqtamiknik aadlanut aangayaarnaqtut,
unalluaq kihimi imiq. Amihut lauyut uqaqtut
akhuurutauyuq ilagiyanga ikayuqtamiknik atuqtut
Ujarangnaqtuq nauhimayuq tadjannuaq ubluq
tamaallu. Inirniruit angmaqtait katimaninnga
tuniyut ihuaqtumik uuktutigiyayunik
qanuriliurutinga aturninnganik nunagiyamikni,
unalu uunaktittiyut havikmik uunaqtumi
innirvikmi. Iliuraqtuq kaimmalluriktunnuamik
Ujarangnaqtuq nauhimayumik (hash-mik)
akun'ngani malruuk havikmi, puyuqtipkarhugu
anirhaaktaa palaastikmik/titiranganilluuniit
allaqtirutimit).

Ihumaaluuttingit lauyut aadlanut uqaqtut
uuminnga Ujarangnaqtuq nauhimayuq
aturninnga piyuq inungnut, aaniaqtailinnganut,
manimiknut, ilamiknullu ayurhautiyut
aturninnganik. Una uuktuutigillaklugu, lauyut
uqaqtut tamna Ujarangnaqtuq nauhimayuq
aturninnga tadja nakuungittumik
ayurhaqtipkaiyait ikayuqtamiknik
ilauqatigiikninnanganut ilamiknullu,
katuhiqhimaninnganullu unaluuniit ilauqatigiiknik
ilamiknulluuniit, unalu havaanginnullu. Aadlat
ihumagiyut nakuungittumik ayurhautipkaiyut
uumannga Ujarangnaqtuq nauhimayuq

aturninnga hapkuallu niqailliuqniq,
ningnahaktuinnaliqtut, ningainnaliqtut
maniiliupkaiyuqlu.

Tamna Ujarangnaqtuq nauhimayuq-ihuaqtumik
ihumaaluuttingit lauyut uqaqtait ihumagilluaqtait
uumunnga inuulrammiit unalu halumairninnga
piqarninnganik uuminnga Ujarangnaqtuq
nauhimayuq hunavaluqaqtut. Inuulrammiinut,
ilauyut ihumaaluktut aturninnga
ayurhakainiaqtaa qaritauyanginnik
angikliyumiutinganut, piqarlunilu
nakuungittumik ayurhautinik inuuhiqminut,
piqalluangittuqlu ilihaidjutikhamik pilluaqhimayuq
inuulrammiinut. Hapkunanna huuq piyut, lauyut
naunaipkaqtait ihariaginingga tuuliiqtipkailugit
nutqarlugilluuniit inuulrammiit aturiami
Ujarangnaqtuq nauhimayuq

“Ihumaliurutinga quviahuktumik
higaariami aangayaarnaqtunik
nakuungittuq nalunaqtuqlu.
Atungitkaluaqlugu kihimi taaktimit
atuquikpat. Huuqtauq inuit
ilauyumayut aturiami uuminnga
Ujarangnaqtuq nauhimayuq hilataanit
havautiturniqmut
ihariagiyauninnganit? Tamna
apirhuut ihuarhaqtauyukhaugaluaq
uqaqlugulu talvuuna. Huuqtauq inuit
pilluarumayuq ihumamiknut
ihuirutauyuq nauhimayumit
quviagiyauva?”

Ilangit ilauyt nakuuyumik ihumagiyait uuminnga Ujarangnaqtuq nauhimayuq havautikhampiknut, unalluaq taimaa qin'ngiyaukpat havautimik unalu havautiungittumik aturninnga.

**“Arliknaqtipkaiyaanga inuit
ihumagiyut aangayaarnarutauyuq,
kihimi aturniaqtaat hunavalukmik
taaktinga tunigumiuk, ukunatitut
fentanyl, oxycodone,
in’ngummaktailidjutiuyut,
uluriahuktunut havautit nakuungittut
iliknut.”**

Qaffiuyut ilauyt ihumagiyut piqaqtut ikayuutinik havautiungittunut Ujarangnaqtuq nauhimayuq aturninnga, una uuktuitigillaklugu taimaa Ujarangnaqtuq nauhimayuq atuqtaukpat himmautikhaq imiqmut taimaa piqanginmat adjikutaanik qanuriliurutinik imiqmit aangayaarnaqniqmik. Naunaipkaiyut hakuittullu Ujarangnaqtuq nauhimayuq aturninnga ihumagiyut angiqtauyut ilanganit ilauyt; ilanginnut ilauyt una ihumagiyauniq aturninnganik piyuq imiqmullu. Naunaipkaqtauyut aturninnga naunaiqhimayuq kinaliqaak atuqtaaqtut ukiunik ilihimayuq aangayaarnaqtunik atuqtut unalu aaniaqtailiniqmut pipkaidjutauyut.

**“Ujarangnaqtuq nauhimayuq
aturninnga (imiqtut) munariyaugumi
angiqaqtauyuq nakuuyuqlu.”**

Naunaipkalirumi uumunnga ihumagiyangit piyut uumunnga Ujarangnaqtuq nauhimayuq atuliqtitauniq, amihut ilauyt uqaqtait nakuungittumik qanuqtut ihumagiyangit quiliqtahuktullu aturninnganik maligauyullu uuminnga Ujarangnaqtuq nauhimayuq Akhuraaluk mihigiyut nunallaanga piqangittuq adjikutaanik pivikhaqautikhampik tunigiami qanuqtut ihumagiyangit maligaliurninnganut. Kiudjutingit apiriyait hapkuat pivikhaqautikhak

atuliqtitaunnagu piyuq. Nunavut Kavamanga piyait qaritauyakkut uqaqatigiikniq auyami 2017, talvani una uqaqatigiikniq ittuq pigiami uqaqatigiiklutik inukmut uqaqatigiikniit qaffiuyuni nunallaani. Nunavut Kavamaup Ujarangnaqtuq nauhimayuq uqaqatigiikniq Kangirliniqmi katimapkaiyuq katimaliqtinnagit.

**“Nunallaangit piqangittuq aturiami
uuminnga Ujarangnaqtuq
nauhimayuq, imiungittutut talvani
nunallaangit aquiqtulimaittut
imiqmik.”**

Ilauyt naunaiqtaillu ihumaaluuttingit aturiami taimaa ihumagiyut piqalluanginmat ilihaidjutimik, ikayuutikhampik, ikayuutiniklu, ihumagiyauyuq kaanatap kavamanga akhuuquyait atuliqtitauniq nunavunmut, unalu ihumagiyait Nunavut Kavamanga pipkaidjutilimaitait nunallaangit pipkaidjutingitkumitku uuminnga Ujarangnaqtuq nauhimayuq atuliqtitauniq, taimailiuttaaqtut imiqmik.

**“Irhipkaiyaanga! Pipkaidjutiniaqtuq
nakuungittumik pipkaidjutauyut
inuknut, ilagiiktut nunallaangillu.”**

**“Pipkaidjutigumangitara
atuliqtitauniq; nutaqqat
ihumagivaliqniaqtut nakuuyuq
aturiami.”**

Qaffiuyut ilauyt uqaqtait nakuungittumik ihumagiyangit atuliqtitauniq naunaiqtaillu tikinnahuaqtait ihumaaluutigiyauyuq nakuuyumit ihumagiplugu taimaa naunaipkariami ikayurahuaqtangit uuminnga Ujarangnaqtuq nauhimayuq

**“Mihigiyatka angingittunga, kihimi
mihigiyatka pipkaidjutilimaitara**

tunigiami naunaitkutanik
ikayurahuaqtamnut ihariagiyauppat.”

Ilangit ilauyut uqaqtait ikayuutautingit uuminnga atuliqtitauniq. Qaffiuyut ilauyut naunaiqtait atuliqtitauniq ihuarhiniaqtait ilangit nutaat ihumaalutigiyauyt piyut ublumitihuinaarutiuyut qanurittaakhaanik uumannga Ujarangnaqtuq nauhimayuq

“Nakuuniaqtuugaluaq
atuliqtitaugumitku, ayurhaqpaktunga
havaktigiami inuit ‘taimaa
paliihimatkunnit titiraqmiq pivakmata
naunairiam ihuinaarutaittut,
ihuarhiyakhaat taimaa inuit
havaliriamikni.”

Takuyait ayurhautingit uuminnga Ujarangnaqtuq nauhimayuq atuliqtitauniq ayurhautiginiaqtaaniklu ikayuutinut

“Piqangittugut ihumamitigut
aaniaqaqtunut uqaqatigiiktumik
ikayuqtikhamik, piqangittugut
inuulrammiinut ikayuqtaugiamikni
katimagiamikni; ilihimayuq
atuliqtitauniq piliqnialiqtuq
qilaminuaq ihumaaluknaqtuq
uvamnut.”

Ilauyut uqaqtait akhuraaluk ihumagiyut
ihumaalutimik piyuq uumunnga ayurhautinik
atuliqtitauniq uumunnga munarhitkunnit
inuulriyitkunnillu unalu pittaarninnga
ihuarhigami ihariagiyanginnik ikayuqtamiknik
atuliqtinnagit. Tamna ihumagiyut nakuungittumik
ayurhautinik atuliqtitauniq titiraqhimayut ilauyunit
ilaliutihimayuq;

- Ihuarhainiq aturninnganik uuminnga Ujarangnaqtuq nauhimayuq (aadlallu aangayaarnaqtut);

- angikliyuumiriam ihariagininnga ikayuutikhamik ayuirhagakhaniklu;
- inuulrammiit ihumaginiaqtuq Ujarangnaqtuq nauhimayuq nakuuyuq; unalu
- piniaruknaqhiyuq angikliyuumiriam ingniqutiliknik aqutillogit aaniqtitauyt.

“Ihumagiunga uqaqatigiikniq
angmaumalluarniaqtuq
ikayurahuaqtavullu
kiudjutiqakhamiknik uvaptiknit
qinirniaqtut, uvaginnaq
uqaqatigiumaniaqtaativut talvuuna
upalungaiyarumayunga ukuninnga
uqaqatigiikniqmik.”

“[Tamna] pipkaidjutiniaqtaa havaara
akhuurutaupkailugu.”

Piqaqtuq akhuraaluk ihumagiyauq tamna atuliqtitauniq pipkaidjutipkainiaqtuq angikliyuumiqtumik uqaqatigiiktunik uuminnga Ujarangnaqtuq nauhimayuq. Una angikliyuumiriam uqaqatigiikniqmi uuminnga Ujarangnaqtuq nauhimayuq ihumaalungnaqtut tahapkununnga ihumaaluktut ikayuutimut pittaarninnga; kihimi, una tautuktauyuq nakuuyumik ayurhautimik uuminnga atuliqtitauniq aadlanut ikayuqtiuyut takuyait uqaqatigiikniq taimaa pikmat ilaliutigiami havaamut atuqtuyunut. Atuliqtitauniq ihumagiyut nakuuyumik piyuq uuminnga ihuarhilugiting nutaaq qayangnauringa pittailiniqmut. Aadlat ihumagiyut nakuungittumik ayurhautinik uuminnga atuliqtitauniq ilaliutiyuq:

- ikikliyuumiqtuq pittailiniqmut;
- angikliyuumiriamid uqaqatigiikniq ikayuqtamiknut;
- pivikhaqautikhangit naunaipkariami ikayuqtangit uuminnga qayangnarutingit ikayuutingillu Ujarangnaqtuq nauhimayuq; unalu
- Nutaaq havaakhanik taimaa

Ujarangnaqtuq nauhimayuq piqarninnga
pipkaidjutilimainmat
ihuinaarutiqaliqtumik.

**Tadja kiudjutingit inungnut hiamitiqtainnik
apiriyulluuniit aturninnganut**

Taimaa uqaqtigiiqniq ilauyt ihumagiayit uqaqtigiiqniqs uuminnga Ujarangnaqtuq nauhimayuq angikliyuumiriami aturuirumik, amihut ikayuqtuyut naunaiqtait katimaqatauyut taimaa naunaipkariamiknik uuminnga Ujarangnaqtuq nauhimayuq ikayuriami ikayuqtangit. Ilangit ilauyt naunaiqtait iniqtqitaihivriurutingit taimaa naunaipkariamiknik uuminnga Ujarangnaqtuq nauhimayuq, unalu, “nutaanik taigualiurniq qaritauyakkullu ilihaqtut (ukunatitut Katimavikhat Aangayaaqtuinnaqtunut unalu Ihumamitigut Aaniaqaqtut (CAMH)).”

“Ihumagiunga ihariagininnga ayuirhariami uqaqtamiknik.”

“naunaipkaqtauyumayunga uuminnga Ujarangnaqtuq nauhimayuq qayangnarutingit/ikayuutit tunigiamni ikayuutikhamik qanuriliurutinik taimaa piliuriamiknik naunaipkaqtumik kitut piuyayanganik.”

Qaffiuyut ilauyt naunaiqtait tadja atuqtait aaniqtailiniqmik ikikliyuumiutiyuq aaniqtailiniqnullu atuliqtitaauniq qanuriliurutingit kiudjutigiami uumunnga taiguagakhaq uuminnga Ujarangnaqtuq nauhimayuq aturninnga. Uumunngam, aaniqtailiniqmik ikikliyuumiutiyuq unalu aaniaqtailiniqmut atuliqtitaugiami qanuriliurutingit imaatut ittuq irhinaittumiik apirhiluni apirhuutinik piyuq qanurittaakhaanik ilauniq uumunnga Ujarangnaqtuq nauhimayuq piyuq uumunnga Aadlatqiinngit Pidjutingit Aadlangurniqmut Uuktuut (tamna inuup pitquhinganik naunaiyainiq uuktuttinga (TTM) aadlangurniqmut pipkaidjutiyut inuit piyukhaq

qaffiuyunik tallimauyut atuqtakhangit (inuup upalungaiyarninnga atungittumik pigami, ihivriuqniq, ihumaliurniq, piyakhangit, ihuarhainiq) angirutinganik nutqarninngaluuniit inuup pitquhinganik), unalu nakuuyumik unalu nakuungittumik ayurhautinik aturninnganik. Qaffiuyut ilauyt naunaiqtait pitquyait ikayuqtangit qinirhiayukhat amigattunik naunaitkutanik uuminnga Ujarangnaqtuq nauhimayuq uqarumik aturninnga, pipkaidjutigumikluuniit ikayuqtangit uumunnga “ihuaqtumik havaaq ikayuqtuyut.” Atauhiq ilauyt naunaiqtait inuit takuyaqtuqniaqtait ikayuqtuyut ikayuqtuyut uuminnga Ujarangnaqtuq nauhimayuq taimaa “aangayaarnaqtunik aturumainnaqtut pipkaidjutikmagit inminik quviaghuiutikmat inuuhiqmini.”

Qaffiuyut ilauyt ilitariyait inmiknik ihiruutinngit pikmat atuqpakmagit uuminnga Ujarangnaqtuq nauhimayuq, uukturahuaqtamiknik ihuaqtumik kiudjutilaangata inuknun taimaa uqaqtut atuqtut. Aadlattauq ilauyt puiguqungitait katimayut Ujarangnaqtuq nauhimayunik piqangittuq aadjikutaanik aaniaqtailiniqmut pipkaidjutauyt tipaakunit.

“Uumani nunallaani inuit atuqtut aangayaarnaqtunik atuqtait akhuraaluk. Taimaa inuuetingit atayut aturiami aangayaarnaqtunik pipkaidjutigiyait ilangit ayurhaqtipkaiplugit qayangnarutigiyailu Aadlatqiinut aadlanik nakuungittumik qanuriliurutingit. Tahapkuat takuyaqtuqtut ikayuqtuyut havaktut apiriyut ikayuqtauyumayut aangayaaqturuilimaiqmata inuuhiqminullu quviahuirutikmat.”

Nunallaani ittut Uyarangnaqtuq nauhimayuq Pinahuarutit ikayuutikhallu

Uqaqatigiikniq ilauyut Aadlanut piyait ittut aangayaarnaqtunik aturninnga pinahuarutit ikayuutikhallu ilaliutiyuq Uyarangnaqtuq nauhimayuq ilagiyanga, naunaittuq akhuurutingit piyut to tuniyuq Uyarangnaqtuq nauhimayuq pinahuarutit ikayuutikhallu, pitquyauhimayullu Uyarangnaqtuq nauhimayuq pinahuarutit ikayuutikhallu ihariagiyangit nunagiyamiknut.

Tadja Uyarangnaqtuq nauhimayuq-piyut pinahuarutit ikayuutikhallu

Amihut ilauyut uqaqtut ilihimayut ilihaidjutimik ikayuutikhampi kluuniit piyut uumunnga aangayaarnaqtunik aturninnga nunagiyamikni, ilangit piqaqtuq ihuaqtumik Ujarangnaqtuq nauhimayuq ilanganik. Ahinit uumannga munarhitkunnit inuuliriyiitkunnillu ilihaidjutikhat, ilangit ilauyut uqaqtait Nunavut Kavamaup nunallaani uqaqatigiikniq uuminnga Ujarangnaqtuq nauhimayuq piyuq katimatinnagit. Tamna ilihaidjutikhat ikayuutikhallu titiraqhimiayuq mamihaidjutikhat piyuq, unalu:

- Ilmiruiyarahuaqtunut Katimaniq, unalu angutillaqtunut arnalluaqtunut katimaniq;
- Pulaarvik Kablu Ilannariiktut Katimavik aangayaaruirmayunut ilihaidjut;
- Maniqqami ilihaidjutikhat; unalu
- Inirniriniit uqaqatigiiktumik ikayuqtut.

Ilihaidjutikhat ikayuutikhallu inuulrammiit naunaiqtauyut uuman niudjutingit ilauyunit. Hapkuat inuulrammiit ihuaqtumik ilihaidjutikhat ilauyut uqaqatigiikniqmut:

- sikuurvikmi ilihaidjutikhat nakuuyumik ilaupaqatigiiknik unalu nuliarniqmut akhuuqtuq;
- Aangayaarnaqtunik Atuqpallaqtunut Ayurhautigiyainnik Ilihainiq (DARE) sikuurvikmi;
- inuulrammiit katimavingit;
- ikayuqtauyumik ilihaidjutikhat; unalu
- uqaqatigiikniq inuulrammiinut.

Uqaqatigiikniq nutaami Ujarangnaqtuq nauhimayuq-piyut ilihaidjutikhat ikayuutikhallu naunaipkaqtait ihuaqtumik taaktit tuniyuq ikayuutikhallu uumunnga Ujarangnaqtuq nauhimayuq aadlallu aangayaarnaqtunik. Hapkuat ilaliutiyut:

- Pulaarvik Kablu Ilannariiktut Katimavik aangayaaruirmayunut Havaktinga;
- Ihumamitigut Aaniaqtaqtunut Munarhit unalu Inuuliriyiitkunni Havaktingit;
- Munarhitkunni ikayuqtiuyut havaktingit
- Nutaraq unalu Inuulrammiit Ikayuqtiuyut havaktut; unalu
- Baptist Aturvingani Minihitaq.

Ilauyut naunaiqtait uumannga nunallaani-ittut ilihaidjutikhat piqaqtut piyut uumunnga aangayaarnaqtunik aturniq, nakuutqiayayumik takunnaqtuq ilihaidjutikhamut inungnut ihuaqtumik (ukunatitut mirhuqtut unalu Maniqqami ilihaidjutikhat), havaqatigiiklutik havaqatigiiktamiknik ukunanit havakviuyunit, ihumagilluaqlugu qayangnautinga uuminnga Ujarangnaqtuq nauhimayuq aadlallu aangayaarnaqtunik.

Akhurninnga nutaanik Uyarangnaqtuq nauhimayuq-piyut pinahuarutit ikayuutikhallu

“[Piqaqtuq] amigaitpallaqtumik nutaat havaktut Munarhit qaiyut. Inuit uqaqtakhait unipkaangit atauhiqmut inungmut, uqaffaaqtakhaalu. Akhurutauyuq, ayurhautingit, aadlanullu uqaqtavullu.”

Ilauuyut naunaiqtait qaffiuyut akhurutauyut piyut nunamiknut tadja Ujarangnaqtuq nauhimayuq-piyut ilihaidjutingit ikayutikhallu. Akhurutauyut titiraqhimayut ilaliutiyuq:

- piqalluanganmat Ihumamitigut Aaniaqaqtunut, aangayaqaqturumainnaqtunut, unalu inuulrammiit havaktingit, unalu ikayuqtiuyut havaktut;
- piqalluanganmat mamihaivikhaq ilihaidjutikhat unalu ikayuqtiuyukhaq katimalutik;
- piqalluanganmat ilaliutiniq ukunanit ilihaidjutikhat unalu ikayuqtiuyut;
- piqalluanganmat Ujarangnaqtuq nauhimayuq ilihainiqmut ihumaliurniq;
- Amigaitpallaarmat havaktut nutaaq piitpallaaqtuqlu pihimagami havaktut;
- Kikliqaqtuq ilihimaniq uuminnga ilihaidjutikhat tamainni nunallaani;
- Aadlatqiinik ilihaidjutikhamut ilauniq qaffiuyut tatqirhiunmi;
- inuup ihuigiyautiniqmut ayurhautiyuq ikayuutimut; unalu
- Havakviuyut humi ittut.

**“Piqaqtuq arlingnaqtumik
piqalluanganmat mamihaivikhamik;
ikayuutauyut katimaplutik piyut kihimi
atauhiiinnaqmik Santimik katimayut,
kimulluuniit piyut
aangayaqaqtuinnaqtunut, ihariagiyut
ikayutikhamic ubluq tamaat.
Piqangittut ilihaidjutikhat hamani
ingittut piqaqtumik.”**

Piumalluaqtait Uyarangnaqtuq nauhimayuq-piyut pinahuarutit ikayutikhallu

- sikuurvikkmi-ittut ilihaidjutikhaq ilihaqtunut aaniaqtailiniqmut qayangnautigiyauyut unalu ikayuutit;
- ilihaidjutikhaq angayuqqaanut inuulrammilgit;
- ikayutikhamic ilihaidjutikhat;
- Aangayaqaqtuinnaqtunut nutqaqtipkaidjutikhamik mamihaivikhaqlu;
- aaniqtailiniqmk ikikliyuumiutiyuq-ittut hivayautikkut ikayutikhamic;
- aturuiqniqmut-piyut higaarniqmut

- ilihaidjutikhaq; unalu
- Aangayaqaqtuqpallaaqtunut uqaqatigiiktumik ikayuqtut.

Ilauuyut naunaiqtait Ujarangnaqtuq nauhimayuq-ihuaqtumik aangayaarnaqtunik atuqtut ilihaidjutikhat ikayutikhallu (unaluuniit ilihaidjutikhat ikayutikhallu uuminnga Ujarangnaqtuq nauhimayuq ilagiyanganut) tamaat piyakhaq hapkununnga:

- Inungnut ihuaqtukhaq;
- ittukhaq nunallaani;
- naunaitumik-naunaipkarhimayuq; unalu
- Nuuttukhaq hivumut qaritauyamut titiraqhimayumiklu piyukhaq ikayutikhamic.

Munariniq unalu qun'ngiarniq uuminnga Uyarangnaqtuq nauhimayuq Aturninnga Nunagiyamikni

Uqaqatigiikniq ilauyt uqaqtauyuq unalu aadlanut piyait nutaaq tunngavingit ukuninnga munariniq unalu qun'ngiarniq nampat piyut uumunnga Uyarangnaqtuq nauhimayuq aturninnga nunagiyamikni unalu akhruurutauyut piyut katitiriami unalu/unaluuniit piinarialik una nampa. Unalu, ilauyt aadlanut piyait piumayangit munariniq unalu qun'ngiarniq nampa ihariagiyangit pikmat uumunnga Ujarangnaqtuq nauhimayuq aturninnga.

Nutaaq munariniq unalu qun'ngiarniq uuminnga Ujarangnaqtuq nauhimayuq Ujarangnaqtuq nauhimayuq aturninnga

Amihut ilauyt naunaiqtait nunagiyamikni
Kivalliqmi katitiyuitut nampanik piyut uumunnga
Ujarangnaqtuq nauhimayuq aturninnga
atuqtauyuqluuniit uuminnga Ujarangnaqtuq
nauhimayuq aadlanut aangayaarnaqtunik. Ilangit
ilauyt naunaiqtait ayuqtaut nampanganik
uuminnga Ujarangnaqtuq nauhimayuq
aturninnga ukunuuna katinannga uqaqtut.
Ilangit ilauyt naunaiqtayuq Nunavut
Kavamaup apirhuutinga uuminnga
Ujarangnaqtuq nauhimayuq atuliqtitauniq
uuktuutigiyayuq nunallaani ittut apirhuutit

uuminnga Ujarangnaqtuq nauhimayuq
ikayuutauniaqtuq munariniqmut.

Ilauyt titiraqtaitaadlatqiinguyut naunaitkutaq
tadja atuqtait naunaiyariami naunaitkutaq
uuminnga Ujarangnaqtuq nauhimayuq Amihut
ilauyt titiraqtait kavamatkut
kavamaungittulluuniit qaritauyakkut pulaarvingit
nutaaq ilagiayangit naunaitkutakhamut. Takulugu
Naunaitkutangani 1 uumunnga tamaat
titirahimayut nutaanik naunaitkutaq aadlanut
uqaqtait uqaqatigiikniq ilauyunit.

Naunaiyavinga 1.

Nutaaq Ujarangnaqtuq nauhimayuq Ujarangnaqtuq nauhimayuq-piyut Naunaitkutaq
Tunngavinga Atuqtauyuq ukuningga Uqaqatigiikniq Ilauyt

QANURITTUQ	TUNNGAVINGA
KAVAMANGA	Palihiimatkut (RCMP)
	Munarhiliriyiitkut, Ihumamitigut Aaniaqqaqtunut Havakvinga
	Munarhitkunni ikayuqtiuyut havaktingit (CHR-ngit)
	nunallaani munarhitkut
	Arrialikami Munarhiliriyiitkut unalu Havaktingillu
KAVAMAUNGITTUT TIMIQUTIGIYANGIT	Katimavinga Aangayaaqturumainnaqtunut unalu Ihumamitigut Aaniaqqaqtunut (CAMH)
	Hazelwood qaritauyakkut pulaarvinga
AADJIKUTALIURNIQ QARITAUYAKKULLUUNIIT MAKPIRAALIURNIQ	Naunaipkaidjutingit atuliqtitauniqmut
	qaritauyakkut, unalu Google
NUNAGIYAMIKNI IKAYUUTIKHAT	naalautikkut
	nunamikni ikayuqtiuyut

Piumayauyut Uyarangnaqtuq nauhimayuq-piyut munariniq unalu qun'ngiarniq

Amihut ilauyut uqaqtait ihariagininnga ihivriuqtakhaq ihuarhilugillu qanuriliurutingit katitirami nampanik, naunaitkutaq naunaittuqlu uuminnga Ujarangnaqtuq nauhimayuq Takulugu Naunaitkutangani 2 hamna ataanii ihuarhaqhimayunut naittuq ihariagiayayumut Ujarangnaqtuq nauhimayuq-piyut nampa, naunaitkutaq naunaittuqlu ihariagiayangit. Tamna uqaqtigikiq ihariagiyananik Ujarangnaqtuq nauhimayuq-piyut munariniq qun'ngiarniqlu ilaliutiyuq qaffiuyut ihuaqtumik uuktuutigiayayunik nunamikni nampa ihariagiayangit uumunnga Kivalliqmi ihariagininnga ihuarhiyakhaq taimaa piqariami nakuutqiamik mihiknaqninnga uuminnga Ujarangnaqtuq nauhimayuq aturninnga nunallaani. Uuktuutigiayayunik ilaliutiyuq pulaaqattarluni katitiqtaq nampanik inungnit, unalu aturninnga aaniaqtailiniqmut atuliqtitaauniq unalu aaniqtailiniqmik ikikliyuumiutiyuq

takunnaqtut taimaa naunaipkainiq piinrialik inungnut taigualimaittut

Akhuurninnga nutaanik munariniq qun'ngiarniqlu uuminnga Ujarangnaqtuq nauhimayuq aturninnga

Uqaqtigikiq ilauyut naunaiqtait qaffiuyut akhuurutauyut katitirami, pigiami, aturiamilu nampa naunaipkariami ilihaidjuttingit. Hapkuat ilaliutiyuq:

- nampa katitiriniq qanuriliurutingit piyut aturninnga hivayautinik;
- piqalluanginmat inungnut ihuaqtut titiqqat;
- qaritauyakkut qanuraaluk naunaipkaidjutinga atuliqtitaauninngalu;
- piqalluanginmat ikayuutit;
- aadlatqijingit itqurnarninnga naunaitkutaq tunngavingit; unalu
- hiamitiqtailiniq.

Naunaiyarvinga 2.

Piumayanginnik Uyarangnaqtuq nauhimayuq-piyut Nampa, Naunaitkutaq Naunaitkutaininngalu

QANURITTUT	UQAQTANGIT
UYARANGNAQTUQ NAUHIMAYUQ ATURNINNGA	Ujarangnaqtuq nauhimayuq himmautikhqai imiqmut aturninnga Ujarangnaqtuq nauhimayuq nutqarahuarut
INUNGNUT-NAUNAIYAINIQ	Nunallaani ilagiiktunullu ayurhautinik uuminnga Ujarangnaqtuq nauhimayuq
IHUAQTUMIK AMIHUUNINNGIT	Inungnut ihuaqtuuq, Inuit ihuaqtumik titiqqat titiraqhimatut Inuktutit, uqauhiriyananik Nunallaani-ittut ilihaidjutikhat
PINAHUARUTIT IKAYUUTIKHALLU	Nunallaani ilihaidjut uumunnga Ujarangnaqtuq nauhimayuq Munariniq qun'ngiarniq sikuurviken ilihariaqpaallivikmilu Timiqutigiyayutal nampa ukunannaq Munarhiliriyitkul, Ihumamitigut Aaniaqaqtunut Havakvingit; Palihimat; sikuurviit, inuuliriyitkul, unalu Pulaarvik Ilannariktut Katimavik Ikayutikhqai uumunnga ikayuqtuyut (unalu uqaqtigikiqtumik ikayuqtuyut) paqigiami naunaitkutaq ikayuriami ikayuqtangit Ayuirluni qangaraalukmitamit ilihaidjutikhat pittailigiammi aadjikutaanik ayurhautingit, una uuktuutigillaklugu syphilis-mik naunaipkaidjut Aaniaqtailiniqmut naunaipkainiq unalu aaniqtailiniqmik ikikliyuumiutiyuq takunnaqtut uumunnga ikayuqtangit, unalu taiguaqtakhat
MUNARINIQMUT QANURILIURUTINGIT	Aturluni qanuriliurutinik pingittut piinrialaqinnga hivayautimut qaritauyamikluuniit pulaarvinganut, una uuktuutigillaklugu pulaaqattarluni katitiqtaq Apirhuitit piyait humili utaqqiyut, Situami havakviyuniilu Aturluni inungnut naunaipkaidjutinik, unalu Facebook-mi piksassuunilu
ATULIQTITAUNIQ	Naunaitkutaq qanuqtut aadlat nunat qanuriliurutingit Nunaqaqqaarhimayut ihumaalutigiyayut Naunaitkutaq uumannaq kaanatap kavamanganik uuminnga atuliqtitaauniq Maligangit atuliqtitaauniq Ujarangnaqtuq nauhimayuq Amialikami

Piliurniq Aktikkulaangani Kiugiami uumunnga Uyarangnaqtuq nauhimayuq Atuliqtitauniq

Uqaqatigiikniq ilauyut uqaqtauyuq unalu Aadlanut piyait what Uyarangnaqtuq nauhimayuq-piyut naunaitkutaq, aturninnga unalu ikayuutikhaq piumayait taimaa nakuutqiamik ikayuriami naunaitkutamik naunaiqtauyut kiudjutingit uumunnga Uyarangnaqtuq nauhimayuq nunagiyamikni. Unalu, ilauyut Aadlanut piyait talvannga piyakhat ikayuriami nunagiyamikni kiudjutingit, uqaqatigiikhimmaaqtullu atauttikkut

Piumayangit naunaitkutaq, atuqtakhangit, unalu ikayuutikhaq

Ilauyut apiriayayut, “*Humik piumaniaqqit ikayuriaqni havaat maligatigut Uyarangnaqtuq nauhimayuq?*” Kiudjutingit ilaliutiyuq: ihariagininnga ilihaidjutikhamut ikayuutimik; atuqtakhanginnik, ikayuutit, ayurhainiqlu; nampa, naunaitkutaq, naunaittuqlu; unalu naunaitkutaq atuliqtitauniqmut. Naunaitkutangani 3 tuniyuq naittumik piumayanginnik ikayuutikhamik (aadjikutaliurhmayut piyaqtauyut) tuniyayut uumannga uqaqatigiikniq ilauyut, ihuaqhaqtauuq

ihuarhaqtumik. Ukunanit ihuarhaqhimayuni, amihut ilauyut naunaiqtait ihariagininnga uumunnga ilaliutiniq Inirniriinik uqaqatigiilirumik hivumuutuq, inungnut ihuaqtuq ikayuutit ikayuqtuyut tunittaqtuq ikayuriami, manikharlu ukununnga Ujarangnaqtuq nauhimayuq-ihuaqtumik ilihaidjut.

“Pittaarumi ublumi katimahuirupta, naunaittumik Aadlanut uqarniaqtunga amihunik [naunaitkutaq uuminnga Ujarangnaqtuq nauhimayuq].”

Naunaiyarvinga 3.

Piumayangit Ikayuutikhaq Kiudjutigami uumunnga Uyarangnaqtuq nauhimayuq Atuliqtitauniq

KITUNUT PIYUT	PIUMAYAIT IKAYUUTIKHAQ
NAMPA, NAUNAITKUTAQ, NAUNAITKUTAQLUU NIIT IHARIAGIYANGIT	Huuq inuit atuqtut Ujarangnaqtuq nauhimayuq havautiungittumik piyut Naunaitkutaq iglumini naupkairumayut Qanugtut inuit atuqtut Ujarangnaqtuq nauhimayuq unalu/unaluuniit imiq atuqtitait maninnganik Naunaitkutaq tutquumaniq havautikhanik Ujarangnaqtuq nauhimayuq niuvrutikhaq
ATUQTAKHANGIT, IKAYUUTIKHAT, AYUIRHAINIQMULLU UNIIT IHARIAGIYANGIT ATURIAMI AYUIRHAININNGA	Ayuirhainiq, ilihainiq ayuirhaidjutikhaq katimalutiklu angikliyuimirami ikayuqtuyuq ilihimaniq uuminnga Ujarangnaqtuq nauhimayuq Ikayuutikhaq ikayuqtuyut tunittaqtuq ikayuqtangit piyuq uumannga Ujarangnaqtuq nauhimayuq Makpiraanik inungnut ilihapkaidjutikhanginnik Naunaitkutaq, ayuirhainiq, ilihaidjutikhat katimalutik, hunavalukniklu mamihaidjutimut ikayuutit, qayangnautingit, aanirutingillu uumannga Ujarangnaqtuq nauhimayuq Uqaqtut qanuriliurniqmut aadlanu nunaanit, aadlanguqtaqtuq nunallaanut ihariagiyangit Taiguagqtakhat Nivingayut, taiguagakhat, tatqirhiutillu Havaqatigiikniqmut maligaq ikayuqtuyunut havaktingit Naunaitkutaq maliktakkallu atuqtakhaq nunallaanut Inuulrammiit-piliurhmayut piksassuut
PINAHUARUTIT IHARIAGIYANGIT	Ilihaidjutikhat mikitqiammi angayukhiiuyaktunilu ilihaqtut, unalu atuyuittunullu Kavamatkut aadlanut uqarlugit maniliurniqmut naunaitkutangit niuvrutigiyamiknik Angikliyuimiramiid manikharniq ikayuriami Ujarangnaqtuq nauhimayuq ilihaidjutit nunallaangillu nakurudjutimut ihumaliurut Ihuarhilugit pipkaidjutigiyayut, unalu niqailliurniq, ihariagiyut, ninngaumainnaqniq ningainnaqtuqlu Nunallaani katimadjutit, aadjikutariyaa inminiiqtailiniqmut katimadjutit unalu ‘Kuukukuulaqturuiqlutit Akhuerutayuq Ilaupkainiq Inirniriinik ilihapkailirumik ikayuutikhamik Naunaipkaidjutinik hunavaluit, unalu akuvruat, ivyuyut suviatat, unalu haakiqtut qirnariktut kaimallurikunnuaq atuqtauyuq Piinrialaqilugu aangayaqtururumayut mamihaidjutikhamiklu nunavunmi inuinnainnunut

MALIKTAKHAT	Havavikmi maligaq uumanı Ujarangnaqtuq nauhimayuq qayangnaqtullu aadjikutariyaa nutaanut maligat ilaliutiyuq taaktimit havautikhqaqtunit Pivikhaqautikhgait tunigiami qanuqtut ihumagiyyut uuminnga atuliqtitaauniq maligaliriniqmullu Naunaitkutaq katimaniq nunallaani Naunaittiarniq munariniqmut titiraqhimaninnganut Nunavunmi ihuarhikpat qanuqtut Ujarangnaqtuq nauhimayuq tuniqhainiaqtait uuktuurumayunullu maligaq
NAUNAITKUTAQ UUMUNNGA ATULIQTITAUNIQ	Manikharniq uumununga maniliungittut timiqutigiyauyuts Piliurluni nutaamik Havavik munarigiimi Ujarangnaqtuq nauhimayuq manikhaq, havaaqarhimmaarluni Huuq inuit atuqtut Ujarangnaqtuq nauhimayuq havautiungittumik piyut Naunaitkutaq iglumini naupkairumayut
AADLAT IHARIAGIYANGIT	Qanuqtut inuit atuqtut Ujarangnaqtuq nauhimayuq unalu/unaluuniit imiq atuqtitait maninnganik Naunaitkutaq tutquumaniq havautikhaniq Ujarangnaqtuq nauhimayuq niurvutikhaq

**Naunaipkainiq Nunaqaqqaarhimayut
ilihiminannga uumanı Uyarangnaqtuq
nauhimayuq-piyut ikayutikhat**

Ilauyt apiriayut huliyukhat naunairami Ujarangnaqtuq nauhimayuq-piyut ikayuutit ihuaqtut ilaliutiyuq pipkaidjutiyuqlu Nunaqaqqaarhimayut ilihimaniq. Tamna kiudjutingit ihumagillaqtait uumunnga havaktut Inirniriinut, qiniqtut nakuuyumik piyut ilihaidjutit atuqtayut qangaraaluk aadlamiluuniit nunallaani. Ilauyt kiudjutingit ilaliutiyuq:

- ilaliutiyuq Inirniriit uumanı Ujarangnaqtuq nauhimayuq uqaqatigiikniqs;
- ilauqulugit Inirniriit inuulrammiinut;
- ilaupkarlugit ihumagiyyait tamainnik ukiulgit; unalu
- Inungnut hungiutihimayuq ikayutikhat, naunaipkaiyut inuknit.

Uuktuutigiyauyunik nakuuyumik piyut ilihaidjutikhat ilauyt titiraqhimanayut ilaliutiyuq:

- Hivayaqttaaqtut naalautikkut naunaipkarluni inirniriqarluni uqaqtuyukhamiklu;
- Ilihaidjut piliuriami maniqqami ayuittut;
- Inuit-ihuaqtumik imilaiyavikmik katimavikhaqmik;
- Havaaqainnaqtukhat pivikhaqautit, una uuktuutigillaklugu Havavik munarigiamikni Ujarangnaqtuq nauhimayuq manikharniq;
- Hungiutigilugit una nuquits.gov.nu.ca uuktuutauniq, piliurhimayuq Inuit inuulrammiinit ukununnga Inuit inuulrammiit; unalu
- Havaffaarlugu tipaakunik taiguagakhat

nivingayukhat unipkaanganut tipaakunik higaarniqmut.

**“Ihumagiunga ihariagiyangit
piqaqtukhaq amihunik uqaqatigiikniit
amihuniklu apirhuutinik iniqtqut
ihuaqtumik Nunavunmut.”**

**Nunagiyamikni aktikkulaanga piliurniq:
Uqaqatigiikhimmaaqtut atauttimut**

Ilauyt apiriayut qanuqtut pihimmaaqtaaqtaa uqaqatigiikniq uuminnga Ujarangnaqtuq nauhimayuq atauttikut. Ilangit ilauyt upalungaiyaqtut havagiami atauttikut ikayuriami aadlamut tatqirhiunguraikpat iluanit-timiqtigiyauyut katimagumik uuminnga munarhitkunnit inuuliriyiitkunnillu ikayuqtiuyut, katimapkaiyut ukunanit Ihumamitigut Aaniaqaqtunut Ikayuqtut Havavkinga. Pitquayayuq una katimayut pihimmaaqtaaqtaa una uqaqatigiikniq uuminnga Ujarangnaqtuq nauhimayuq Unalu, qaffiuyut ihuaqtumik nunallaani pittaarninnga ihariagiyangit ilitariayayut, ukunatitut ihariaginingga ukuninnga:

- Uqaqatigiikhimmaaqniq unalu ikayuqtauyut katimadjutikhaq ikayuqtiuyut atauttimuuriami uqaqatigiiklutik Ujarangnaqtuq nauhimayuq;
- nunallaani-ittut Hivumuaqtittiyut Katimayiit katitiriami nampanik, havaqatigiigiamiklu ikayutikhaniq unalu ilihimaniq; unalu
- ilaupkainiq uuminnga ihuaqtumik ilangiyangit, unalu Inirniriit ilihapkainiqlu.

“[Piqaqtuq ihariagininnga] amihunik
inikhaq ublumimitut inuit
atauttikkuuriamiknik uqarlutik
qinirhialutiklu ihumaaluutinginnik–
katimapkaidjutimik, uuminngatut.”

CPHA-kut tukliit atuqtakhat

Atuqpiaqni tapkuat inungnut aaniaqtailinit pityuhit tapkununga ujarangnaqtuq nauhimayuq tamna aaniaqtailiniq tapkuatlu inuligiyit kivgaqtit piqaqtitiyt havagiyaq tapkununga ujarangnaqtuq nauhimayuq nunaliuyuni humiliqak nunaqyuaqmi. Taimaittumik, tapkuat nunaliuyut uqaqatiginit ilagiqpiatqai ilagiyat tapkuat CPHA-kut havanguyuq - "Tamna inungnut aaniaqtailiniq pityuhiq tapkununga ujarangnaqtuq nauhimayuq (ahiilu atuqtauvaktut): Pittailinit, aaniaqtailiniq atugahuaqtinna, naunaiqhimani pilaqnitlu pigurhaqni" (takulugu Titigauyaq 1 taphumunga tamaitnut takuyauni tamna havanguyuq pivikha). CPHA-kut havaqatigiyai tapkuat atuni uqaqatigikni atuqtitni inaa tamatkikni hivuani, kinguagutlu tamna nunaliuyut uqaqatiginit. Tamna

atuqaqtitlugu naunaiyaut havagiyaukmiyuq taphumunga nunaliuyut uqaqatigini. Naunaiqtauut taphumunga naunaiyaut atuqatigitauniaq tapkununga atuni atuqtituyut inaa, piqatigiplugu uuminga tuhaqhitaut titiqtin tapkuat tuhagakhat katitauni ilagilugu tamna kamagiayuq uqaqatigikniq.

CPHA-kut, piqatigiplugu tamna Qauyimayiuyuq Naunaipkutaq Ilagii (ERG-kut) naunaiyaqniaga tapkuat tuhagakhat katitauni tapkunanga nunaliuyunit humiliqak nunaqyuaqmi tuhaqhitinut ilagit hanalgutit piqaqnitlu ikayurtuqninut aaniaqtailiniq tammalu inuliquitit kivgaqtit piqaqtitiyt pilaqnit kiuni tapkuat ujarangnaqtuq nauhimayuq atuqtauni nunaliuyuni. Piqatigiplugit, pinahuaqniaqtugut atuqtauvaktut tapkuat uqauhiumi tapkuninga ujarangnaqtuq nauhimayuq, atuqtaunianungittuq.

Titigauyaq 1. CPHA-kut Havanguyuq Tamaitnut Takuyaunia

TAMNA INUNGUT AANIAQTAILINIQ PITYUHQ TAPKUNUNGA UJARANGNAQTUQ NAUHIMAYUQ (AHIILU ATUQTAUVAKTUT): PITTAIILINI, AANIAQTAILINIQ ATUGAHUAQUNIA, QAUYIHAINIQ PILARNIQLU PIGUQHAINIQ

UKIAKHAQ 2017 - UKIUQ 2018

- Nunaliuyut uqaqatigini kamagiyauniat humiliqak Kanatami
- Nunaliuyut uqaqatigini tuhaqhitautit hanayauniat atuqatigiklugitlu tapkununga atuni nunaliuyunut

UPINNGAQ - AUYAQ 2018

- Pilaqnit pigurhaqni iliharniqmun hanalgutit piqaqnitlu pinguqtauniat pipligut tapkunanga nunaliuyut uqaqatigini naunaiqvigin
- Pilaqnit pigurhaqni iliharniqmun hanalgutit piqaqnitlu uuktutauyt uuktugagauniat ikayugumayunut nunaliuyunut

UPINNGAQ 2017: Nunaliuyut uqaqatigikni uuktut atuqtitni inait tammalu Ayuitnilgit Naunaipkutat Ilagii (ERG-kut) havaktitgait

- Pigiaqniani (qagitauyakkut) katimaqtigini tapkuat ERG-kut kamayiqaqlituk
- Nunaliuyut uqaqatiginit kamagiayuq tapkuunga pingahut ikayugumayut nunaliuyut: Kingston, York, tammalu Ottawa
- Kanata-tamaat nunnaliuyut uqaqatigini inai havaktitagayut

S UPINNGAQ 2018

- Nunaliuyut uqaqatiginit tuhagakhat/tuhaqhitautit naunaiyaqtauniat tapkuninga ihumagiayuq naunaiqtaunilu nainaqhiayut
- Ayuitnilgit Naunaipkutat Ilagii piqataupkagauniat kamyiuninut naunaiyainiq tapkuninga nunaliuyut uqaqatigini naunaiqviunit
- Pityutit naunaiyaqni (2-4) pinguqtauniat tuhaumatininut nunaliuyut uqaqatigini naunaiqviunit

AUYAQ-UKIAKHAQ 2018

- Piqaqnit pigurhaqni iliharniq hanalgutit piqaqnitlu ihuaqhatqikhagauniat

UKIAKHAQ 2018: Pilaqnit pigurhaqni iliharniq hanalgutit piqaqnitlu atuqatigitauniaq tapkununga Kanata-tamaat nunaliuyut pilaqnit

Naunairvik

Uqaqatigiikniq Katimadjutikhaq: Kivallirmi, Nunavut

HULILUKAARUTIT	HUMUNNGAQQTAT
TIKINAHUAT KATIMALIQTINNAGILLU NAUNAIYAINIQ	9:00 AM – 9:15 AM
TUNNGAHUKTINIQ, HAVAUHIKHAQ NAITTUMIK KINAUYAAKHAANIKLU ILAUYUT	9:15 AM – 10:10 AM
UUMINNGA UJARANGNAQ TUQ NAUHIMAYUQ	10:10 AM – 10:45 AM
KATIMAHUILLAKNIAQTUT	10:45 AM – 11:00 AM
QANUQTUT IHUMAGIYARNIK UUMINNGA UJARANGNAQ TUQ NAUHIMAYUQ	11:00 AM – 11:40 AM
UJARANGNAQ TUQ NAUHIMAYUQ AANIAQTAILINIQMUT ATULIQTITAUNIQ UNALU AANIQTAILINIQMICK IKIKLIYUUMIUTIYUQ	11:40 AM – 12:00 PM
NIRINNAQHIYUQ	12:00 PM – 12:45 PM
ILIHIMAYUQ HULILIQTUT NUNAGIYARNI	12:45 PM – 1:45 PM
KATIMAHUILLAKNIAQTUT	1:45 PM – 2:00 PM
IHARIAGIYARNIQ NUNALLAANI KIUDJUTINIK UUMUNNGA UJARANGNAQ TUQ NAUHIMAYUQ (ILANGA 1)	2:00 PM – 2:50 PM
KATIMAHUILLAKNIAQTUT	2:50 PM – 3:00 PM
IHARIAGIYARNIQ NUNALLAANI KIUDJUTINIK UUMUNNGA UJARANGNAQ TUQ NAUHIMAYUQ (ILANGA 2)	3:00 PM – 3:40 PM
UMIKVINGA KATIMAHUIRVIKMILU NAUNAIYAINIQ KATIMADJUTINGANIK	3:40 PM – 4:00 PM



CANADIAN
PUBLIC HEALTH
ASSOCIATION

The Voice of Public Health

Tapkuat Kanatamiuni Inungnut Aaniaqtailinit

Katutiyiqatigit tapkuat inmikkut nunaqyuaqmi
nipauyut ukpigiayuyutlu uqaqtinuit tapkununga
inungnut aaniaqtailinit, uqauhigiplugit inungnut
inugiakninutlu tamaitni puqtutqiknini
kavamauyut.

Tuhaqpaligiami, tugaqvigilugu:

Kanatamiuni Inungnut Aaniaqtailini Katutiyiqatigit

404-1525 Carling Avenue, Ottawa, ON K1Z 8R9

Hivayauta: 613-725-3769 | info@cpha.ca

www.cpha.ca