

# ALASKA TRADITIONAL DIET PROJECT

**Alaska Native Health Board**

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**What is the Alaska Traditional Diet Project or ATDP?** The main feature of the project is the administration of a comprehensive dietary survey to identify types and amounts of traditional foods plus store bought foods that are consumed in Alaska communities. The surveys will be administered by tribes through grants from ANHB. The goal is to administer the survey to 1,000 people in rural communities.

The dietary survey consists of a core survey which are foods commonly consumed in all regions of Alaska and regional surveys that include traditional foods generally localized in various ecoregions of Alaska.

Thirteen communities are participating.

**What will the dietary survey do?** The survey will provide information to help determine how much and what contaminants people are exposed to and the benefits and health effects associated with diet. It can also be used to provide advice to promote health and reduce adverse health effects associated with diet. And it will help preserve all other benefits associated with the traditional food lifestyle.

A personal dietary assessment, including a nutritional analysis, will also be provided to each individual participant. This information could include risk and benefit assessments of the individual's diet and will be confidential.

A comprehensive final report summarizing information from the study will combine data reported from all communities and will be public information. The report will include information such as tables summarizing dietary data reported for all of Alaska and also broken down by region community.

The Surveys will be available for other organizations to use in other communities and regions to broaden information on dietary patterns across Alaska.

The project which utilized and trained individuals in communities to administer the surveys is also designed to enhance community capacity for additional projects and research.

**How is the Project Managed?** The project is directed by the Alaska Native Health Board. The principle investigator is Mike Bradley, Angela Ross, a research associate at ANHB, also serves as project coordinator. Elizabeth Nobmann with IDM Consulting and Kari Hamrick with ICHS at UAA serve as consultants. The project is funded by a grant from the Agency for Toxic Substances and Disease Registry (ATSDR). An oversight committee that has consisted of up to 50 participants has been formed to guide the project. The project is expected to be completed by January 15, 2003.