Traditional food, social strengths, health & satisfaction with life in the circumpolar arctic

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Social strengths:
- social support
- family ties
- country food exchange etc.
- traditional education
- speak native lang.
- civic activity
- influence

Health:
- health
- perceived health
- diagnosed health conds.
- depression

Satisfaction with life as a whole

Traditional food production:
- traditional meat/fish
- HH harvest of meat/fish
- satisf. w. amt. fish/game avail.
- av. subsistence activities
- subsistence (subsist2r)
- subsistence level
- satisf. w. combin. prod. activities
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Those very satisfied with life tend to:

- eat more than half their meat/fish as traditional food (h13nr*a39r; sig=.002; gamma=.114)
- be in households that harvest more than half of their meat/fish (h13nr*a40; sig=.001; gamma=.117)
- participate in more subsistence activities (h13nr*subsist2r; sig=.000; gamma=.217)
- be MUCH more likely to be very satisfied with the amount of fish and game available locally (h13nr*h13fr3; sig=.000; gamma=.435)
- be MUCH more likely to be somewhat or very satisfied with their production activities (h13nr*c4r; sig=.000; gamma=.451)
Those very satisfied with life tend to have:

- higher levels of social support (h13nr*socsup3; sig=.000; gamma=.330)
- “very strong” ties to family (h13nr*a36r; sig=.000; gamma=.198)
- higher levels of civic participation (h13nr*civic2r; sig=.000; gamma=.156)
- MUCH greater satisfaction with their influence over natural resources and environment (84%) (h13nr*influenc; sig=.000; gamma=.236)
Those very satisfied with life tend to be:

- Least likely to be depressed  \( (\text{sig}=0; \ \gamma = .227) \)
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subsistence (subsist2r)
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Those eating half or more than half traditional meat / fish are more likely to:

- exchange, receive or pay for traditional food 
  (a39r*hhexch; sig=.001, gamma=.086)

- have high ability to speak their native language 
  (a39r*natunsp; sig=.000, gamma=.191)

- have learned more (12-15 or 16-20) traditional activities while growing up 
  (a39r*trdeduc2; sig=.000, gamma=.256)
Those whose households harvested about half or more than half of their meat/ fish are:

- more likely to have exchanged traditional food; those harvesting less than half are more likely to receive or pay for food; those harvesting no food are MUCH more likely to have done no forms of exchange (hhexch2*a40; sig=.000, gamma = .322)

Those who undertook more subsistence activities are:

- MUCH more likely to have learned more (12-15 or 16-20) traditional activities while growing up; those doing 1-5 subsistence activities were likely to have learned 1-7 or 8-11 traditional activities; those doing NO subsistence activities were QUITE likely to have learned 1-7 traditional activities (sublev*tradeduc2; sig=.000, gamma = .545).
**Those doing more subsistence activities:**

- Were more likely to have poor or fair perceived health; those with very good or excellent perceived health seem to do fewer subsistence activities \((d_{1r^*avsubact2r}; \text{sig}=0.02; \text{gamma}=0.080)\)

**Those eating more traditional meat/fish:**

- Were more likely to have more diagnosed health conditions \((healthdiagr^*a39r; \text{sig}=0.000; \text{gamma}=0.164)\)
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Higher index of traditional education is linked to:

- **Higher number of diagnosed health conditions**
  
  \[(\text{trdeduc2} \times \text{healthdiagr}; \text{sig}=0.000, \text{gamma}=0.254)\]

- **Lower levels of perceived health**
  
  \[(\text{trdeduc2}; \text{sig}=0.000, \text{gamma}=0.221)\]

Higher level of social support is linked to:

- **Lower likelihood of being depressed**
  
  \[(\text{socsup3} \times \text{depress3}; \text{sig}=0.000, \text{gamma}=0.231)\]
Those who have very good or excellent health are least likely to be depressed.

\( d1*\text{depress3}; \ \text{sig}=.000, \ \text{gamma}=.259 \)
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