

Northern Saskatchewan Biomonitoring Study

THE BIOMONITORING STUDY looked for over 200 environmental chemicals in the serum (blood) of pregnant women.

Biomonitoring is an approach to learn **what the types of chemicals the people are exposed to**, and to some degree, how much. Detecting certain chemicals in the blood of a pregnant woman does not necessarily indicate a health risk to the woman or her infant. The **majority of the chemicals were undetectable or lower** than the comparable group in Alberta; some are even necessary for good health (e.g., iron, selenium, cobalt).

What are the sources of exposure?



The findings of this study will:

- **serve as baseline information** for boreal areas of SK and across Canada;
- **assist in future policies** that address exposure to chemicals when found to be harmful;
- **support further research** on certain chemicals and their health effects due to exposure;
- **identify chemicals** that may change levels over time; and
- **support healthy practices.**

For more information visit: <https://www.saskatchewan.ca/residents/environment-public-health-and-safety/biomonitoring-in-northern-saskatchewan>