

## National Native Network Traditional Foods Toolkit

## **Traditional Foods Toolkit**

Tammi Meissner Health Educator II/Tobacco Policy SouthEast Alaska Rural Health Consortium

Tammi Meissner is the Health Educator II and works with Tobacco Policy with the SouthEast Alaska Rural Health Consortium.

Tammi is Ttingit from Wrangell, Alaska. Tammi was raised and continue to hunt, harvest, and eat traditional foods. Prior to her current position she was the Wrangell SEARHC Traditional Foods Coordinator. She organized and taught how to harvest and prepare traditional foods in Alaska. She continues to learn and gain knowledge through individuals, elders, and higher education systems.

Education includes:

1998 Bachelor of Arts – Elementary Education, University of Alaska SouthEast – Juneau, Alaska
2011 Rural Nutrition Certification – University of Alaska Fairbanks
Current – Alaska Teaching Certificate, current through the State of Alaska

## Faculty Disclosure Statement

As a provider accredited by ACCME, ANCC, and ACPE, the  $\bullet$ IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any significant financial relationships or affiliations with any manufacturers or commercial products to disclose.

## Faculty Disclosure Statement

- Funding for this webinar was made possible by the Centers for Disease Control and Prevention DP13-1314 Consortium of National Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities grant.
   Webinar contents do not necessarily represent the official views of the Centers for Disease Control and Prevention.
- No commercial interest support was used to fund this activity.

## Accreditation

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The IHS Clinical Support Center designates this live activity for 1 hour of AMA PRA Category 1 Credit<sup>™</sup> for each hour of participation. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Indian Health Service Clinical Support Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is designated 1.0 contact hour for nurses.

## **CE Evaluation and Certificate**

- Continuing Education guidelines require that the attendance of all who participate be properly documented.
- To obtain a certificate of continuing education, you must be registered for the course, participate in the webinar in its entirety and submit a completed post-webinar survey.
- The post-webinar survey will be emailed to you after the completion of the course.
- Certificates will be mailed to participants within four weeks by the Indian Health Service Clinical Support Center.

## Learning Objectives

- By the end of this webinar, participants will be able to:
- 1. Identify patterns of traditional foods use.
- 2. Identify their role in improving health.
- 3. Identify ways to promote traditional food activities.
- 4. Share traditional foods resource guide toolkit.

Traditional Foods Resource Guide Food as a way of life

> Tammi Meissner, B.A. SEARHC Health Educator May 31, 2016





### National Native Network

Tobacco Control and American Indian Cancer Policy



## **Mission of NNN**

To enhance the quality and performance of public health systems to reduce commercial tobacco-related illnesses and cancer disparities among American Indian and Alaska Native (AI/AN) populations.



## **National Native Network Partners**

Southeast Alaska Regional Health Consortium California Indian Rural Health Board Great Plains Tribal Chairmen's Health Board Inter-Tribal Council of Michigan, Inc.











## Introduction



Tammi Meissner, **Tlingit name**: X'atshaawditee **Tribe:** Wrangell Cooperative Association **Moiety:** Eagle **Clan:** Naanyaa.aayi



### Alaska



## Wrangell, Alaska





## **Presentation Objectives**

Identify patterns of traditional food use Identify role their role in improving health

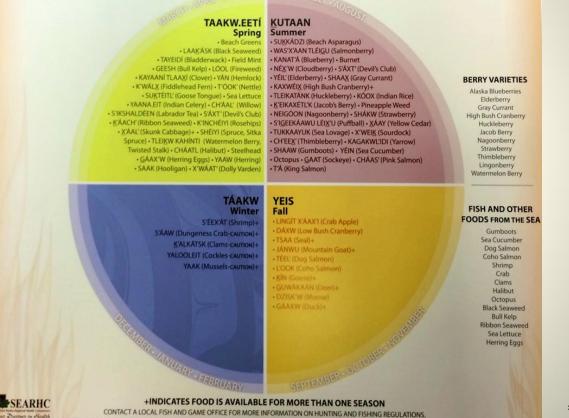
Share the Traditional Foods Toolkit

Identify ways to promote traditional food activities



## Alaska traditional food use patterns

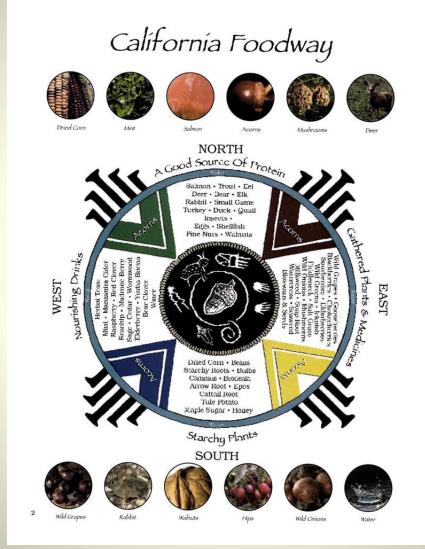
#### A SEASONAL CELEBRATION OF TLINGIT TRADITIONAL FOODS



CAUTION: FOR MORE INFORMATION ON PARALYTIC SHELLFISH POISONING, CONTACT THE ALASKA DEPT OF ENVIRONMENTAL CONSERVATION

#### \*SEARHC

## **California traditional foods use patterns**



\*California Rural Indian Health Board, Inc. Traditional Indian Health Education Program

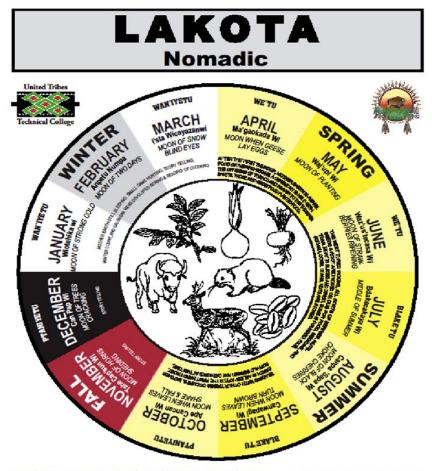
### Acorn



## Tanoak Acorns Unique in fact high in fat and protein



## **Great Plains traditional food use patterns**



"In 1994 the US Congress passed legislation establishing the Tibal College Land Grant program with funds available through the US Department of Agriculture (USDA) National institute of Food and Agriculture (NIFA). Land Grant program resources support food and agriculture teaching, research and extension programs. Untiled Tibes Technical College offers programs and tacilities to all persons negardless of race, color, national origin, religion, size, disability, age Vietnam era veteran status, or sexual orientation: and are an equal opportunity employet." "Food System Circles are designed for educational discussion. Design is based on individual sharing of memories, practices, and validons. UTC Land Grant appreciates that sharing and recognizes the Circles are not reflective of food systems or words for all tribes, families, or time periods."

\*United Tribes Technical College

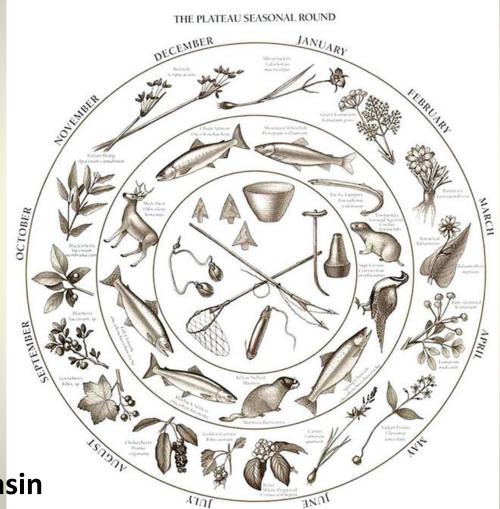
## **Buffalo**



### Buffalo is nutrient dense food



## **Portland traditional food use patterns**



### Seasonal Columbian Basin

\*Oregon State University

## **King Salmon**



### High in Omega 3

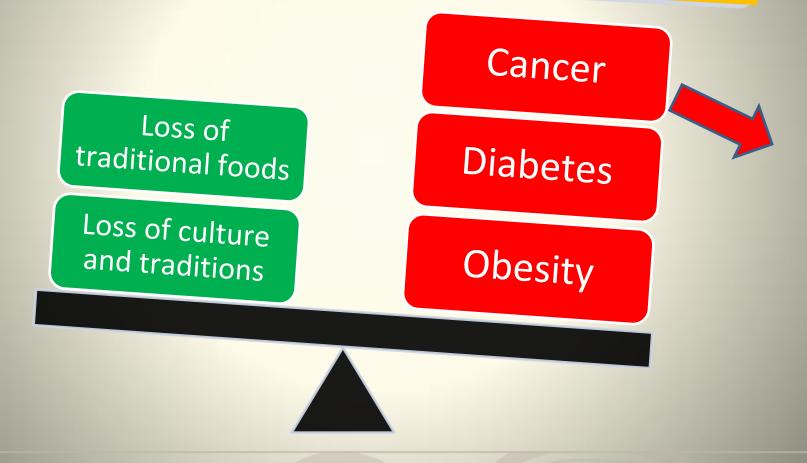


## Loss of traditional food systems

Lack of land Lack of nutrient rich soil Limits on harvesting animals Loss of pure water sources Lack of rights in areas to harvest Limited plant gathering places **Competition** with others **Depleted fish runs** Loss of knowledge Etc....



# Loss of traditional foods has caused a Loss of Balance





## **Common Cancer types among AI/AN**

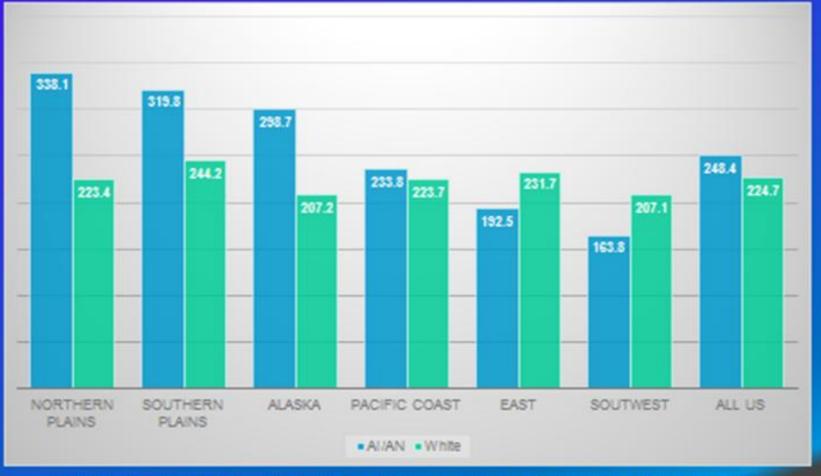
- Lung (Highest Cancer diagnosed for AK Natives)
- Colon & Rectum
- Corpus & Uterus
- Kidney & Renal

•Breast Ovarian Pancreas Cervix Thyroid •Lymphoma



## Cancer Death Rates

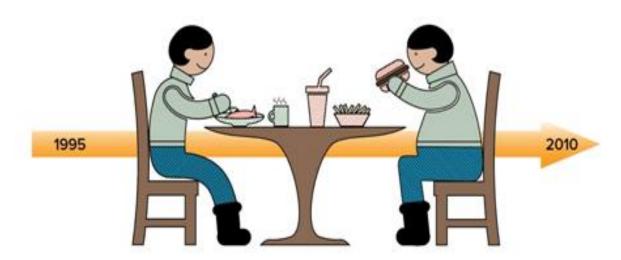
(Rate per 100,000 population)



White, Espey, Swan, et al. AJPH Supplement 3, 2014, (104): S377-S387

## **Diabetes**

136% increase in diabetes in Alaska Native people.<sup>(2)</sup>



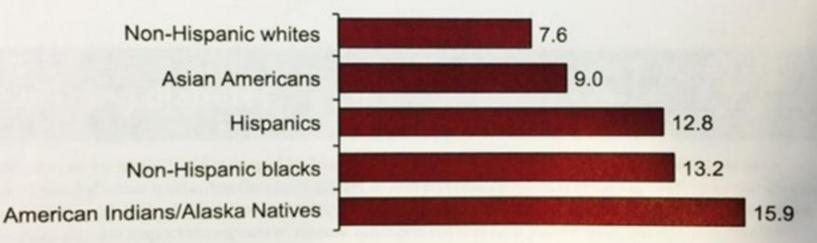
## Diabetes can be PREVENTED



## **Diabetes**

Racial and ethnic differences in diagnosed diabetes among people aged 20 years or older, United States, 2010–2012

#### Age-adjusted\* percentage of people aged 20 years or older with diagnosed diabetes, by race/ethnicity, United States, 2010–2012

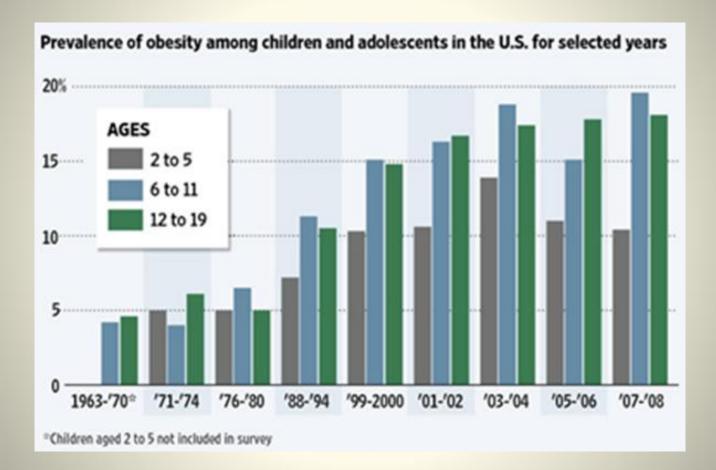


\*Based on the 2000 U.S. standard population.

Source: 2010–2012 National Health Interview Survey and 2012 Indian Health Service's National Patient Information Reporting System.



## **Obesity**



## **Traditional foods improve health**

"Our ancestors left us their example of good nutrition and superior health. They taught us that food is a gift from the Creator and a spiritual medicine to be eaten respectfully and in balance." \*Rick Two Dogs, Lakota spiritual leader, personal communication, January 20, 2002



## Alaska

- Beach Greens
- Black Seaweed
- Field Mint
- Hemlock
- Nettle
- Sea Lettuce
- Rosehips
- Sika Spruce
- Herring

- Shrimp
- Crab
- Clams
- Cockles
- Mussels



- Beach Asparagus
- Berries
- Indian Rice
- Devil's Club
- Yellow Cedar
- Sea Cucumber
- Salmon
- Seal
- Mountain Goat
- Deer
- Moose
- Ducks
- Gumboots
- Sea Cucumbers
- Octopus

## **Alaskan Wild Berries**



Blueberries Rich in antioxidants



## Wild Game





### Moose



### Excellent source of protein and iron



## **From The Ocean**



### Herring Eggs



## **Traditional foods improve health**

### **Devil's Club**



- •Spiritual and Medicinal
- Treats external and internal infections, and tuberculosis
- Has properties that are Antibacterial Antifungal Antiviral





## **Elders** teach





Youth are taught





### Youth practice to keep knowledge alive





## Exercise while harvesting!





## Helping one another creates "Connections"



## Gardening





# Promoting traditional foodsreducing chronic diseases

# **RESTORING BALANCE**





# Ways to promote traditional foods Tribal or Family Gatherings Cultural Traditions



## Hospitals/Clinics

Share Knowledge



# Traditional Foods Resource Guide Toolkit

## NATIONAL NATIVE NETWORK TRADITIONAL FOODS RESOURCE GUIDE

for Indian Health Service areas - Alaska, California, Portland, and The Great Plains

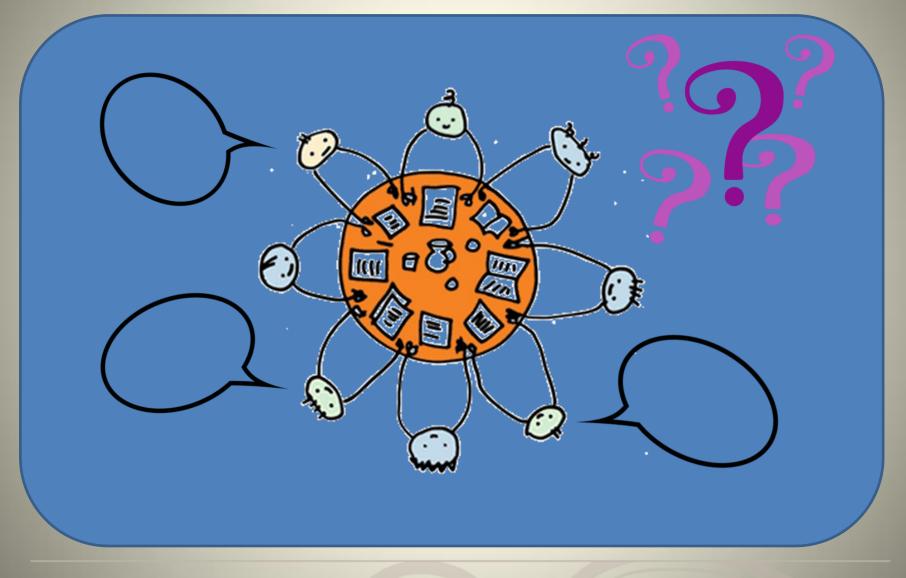








## Discussion





# **National Native Network**

Technical assistance: monthly webinars, in-person TA, phone, email

Media outreach: newsletters, social media

Website resources – <u>www.keepitsacred.org</u> – Tribal Smoke Free Policy Toolkit; Tribal Data Toolkits: AI ATS, Tribal BRFSS, YRBS and Cancer Registry Linkages

- Utilize PSE approaches for health systems interventions
- Build support for community and clinical linkages
- Identify AI/AN data gaps, needs, and resources

#### **SEARHC**

# Gunalchéesh Thank you



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Traditional Foods Resource Guide Now Available at KeepItSacred.org

- Traditional Foods Resource Guide Toolkit
- Webinar Archive
- Additional Resources
- •Facts
- Infographics



#### keepitsacred.itcmi.org/traditional-foods-resource-guide

