

**KEEP IT SACRED**



National Native Network  
Technical Assistance Webinar

# Tribal Food Access Collaborative

Presented by:  
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Core Member/Volunteer  
Dine' Community Advocate and Educator



- Master of Arts – Education Administration  
– Northern Arizona University, Flagstaff,  
Arizona – 1982
- Bachelor of Science – History & Education  
– University of Utah, Salt Lake City, UT –  
1974

# 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.

# Learning Objectives/Outcomes

By the end of this webinar, participants will be able to:

1. Understand the indigenous concept of health and impact of Dine' food issues & policies
2. Develop a food environment movement plan that reflects local community needs and culture.
3. Identify health and food system outcomes as food hubs, tribal food policies, and more.

# *“Dine’ Food System Movement”*



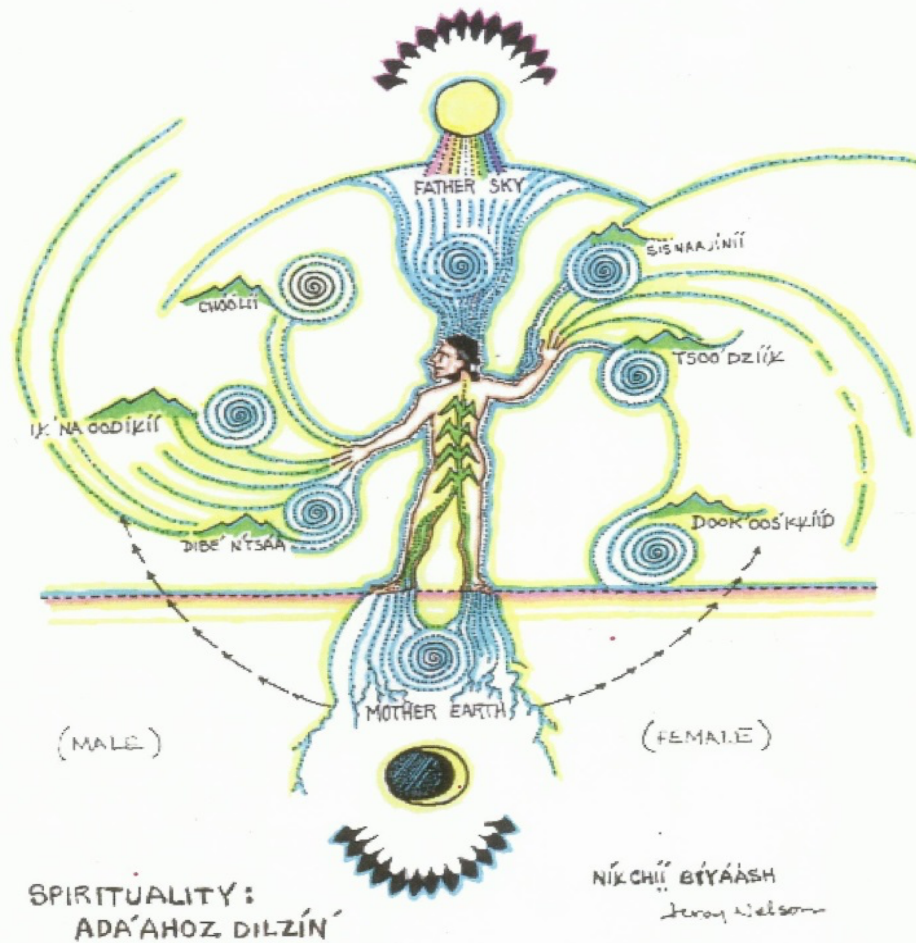
*September 2017*  
*Indian Health Services/Health Promotion*

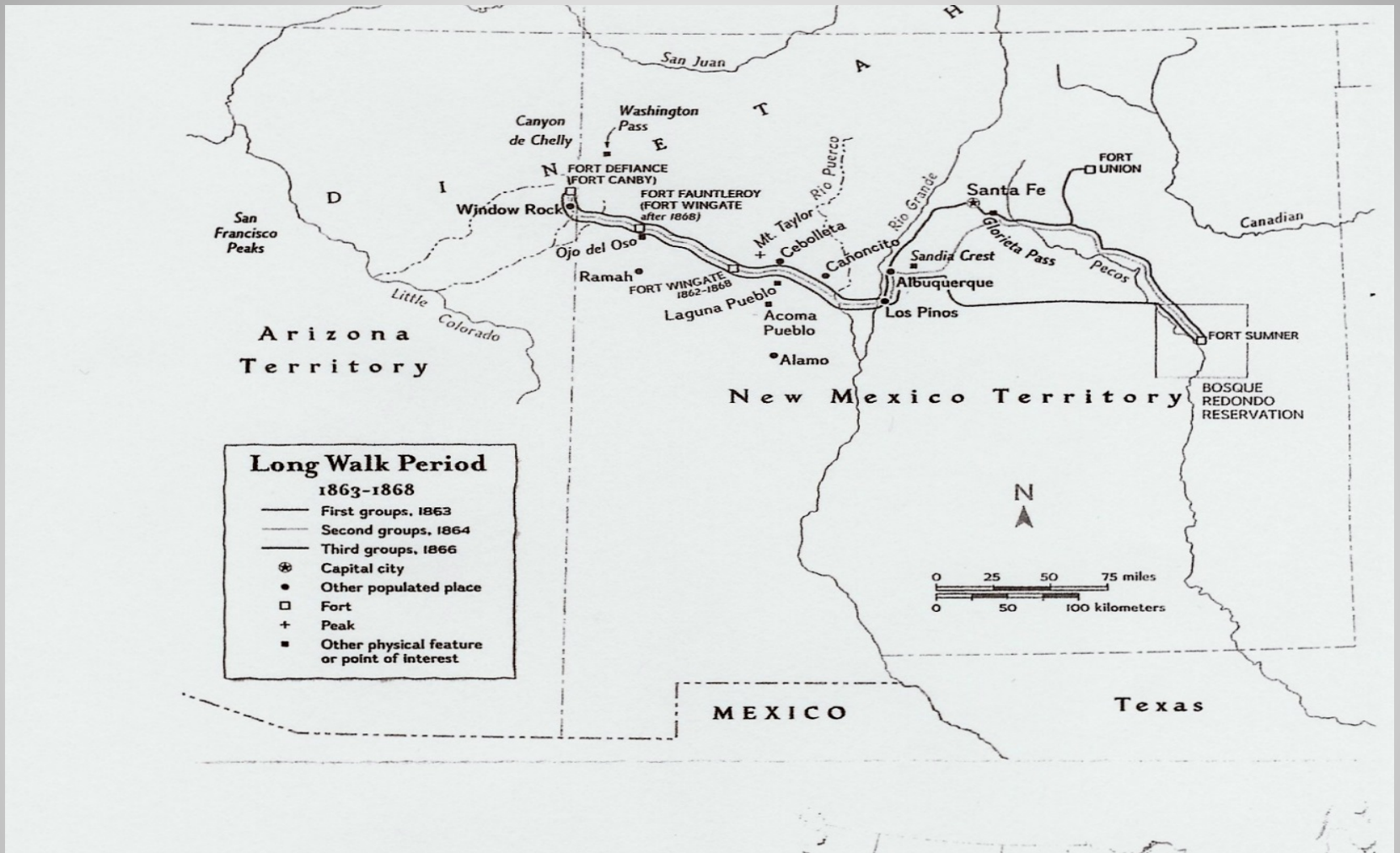
# Learning Objectives

- Understand the indigenous concept of health and impact of Dine' food issues & policies
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# Journey to Ho'zho'

## Exploring Stories Through Art

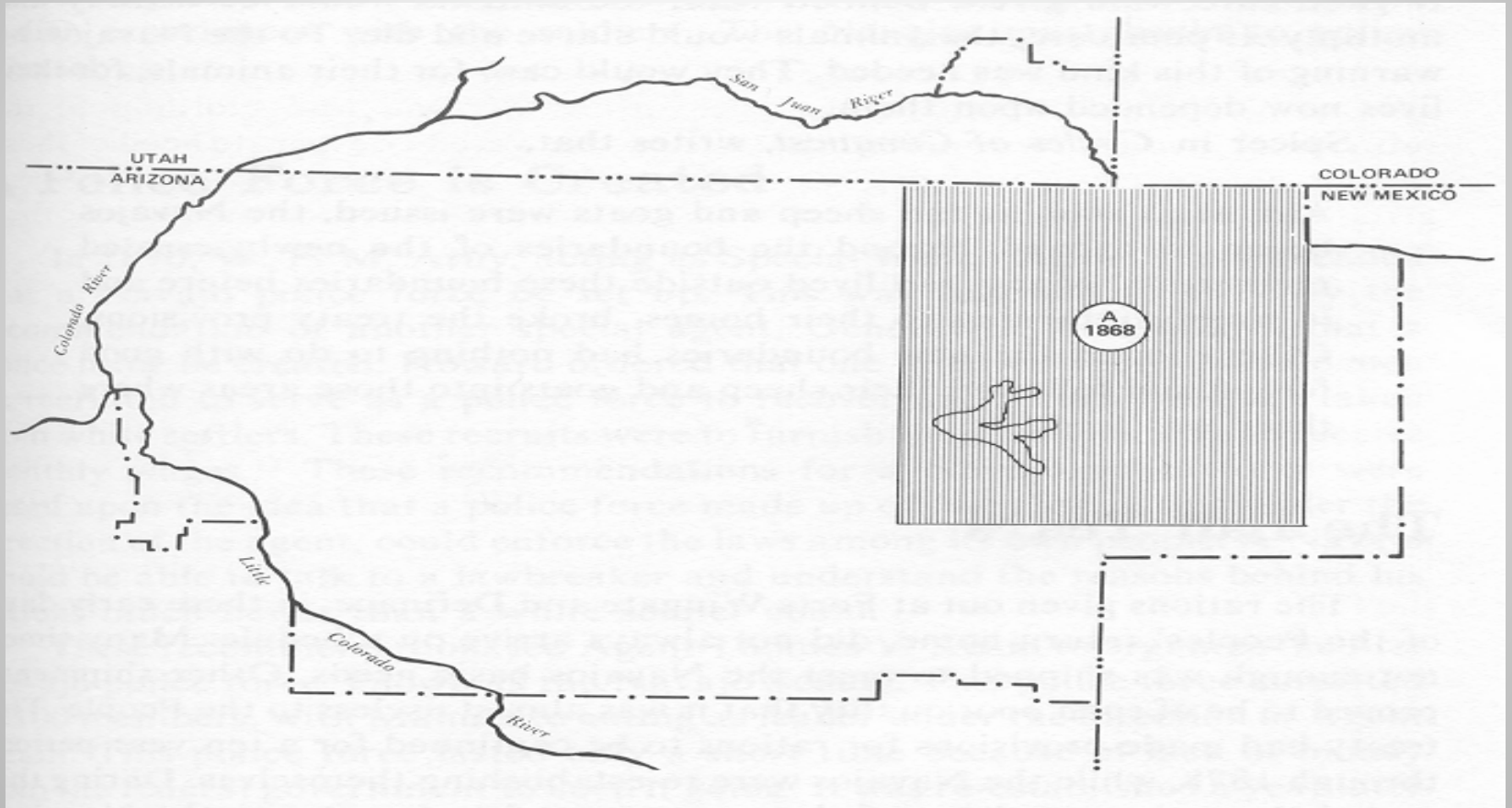


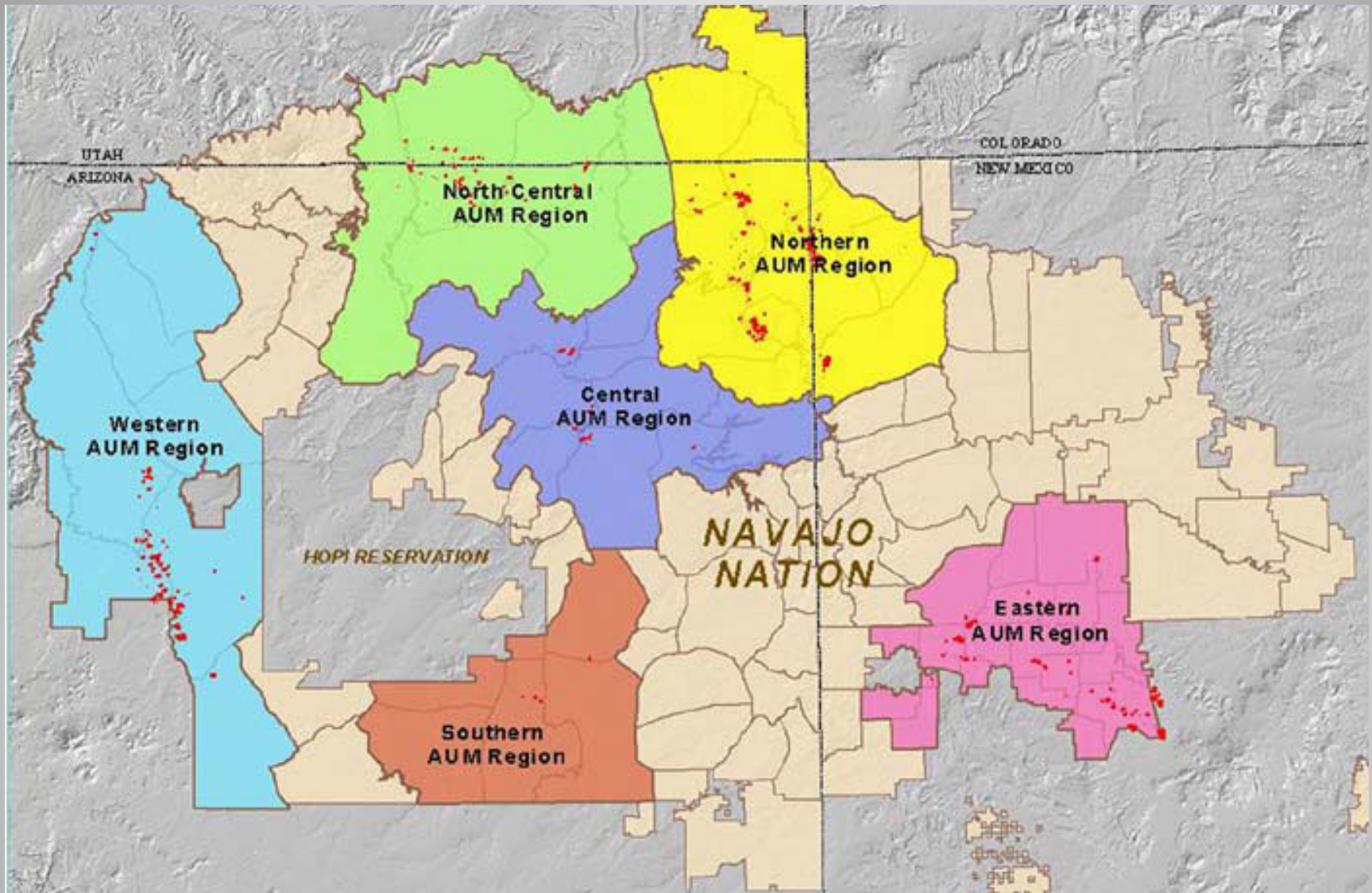


Hweeldi Map 1868 – Navajo Long Walk



# Navajo reservation in 1868

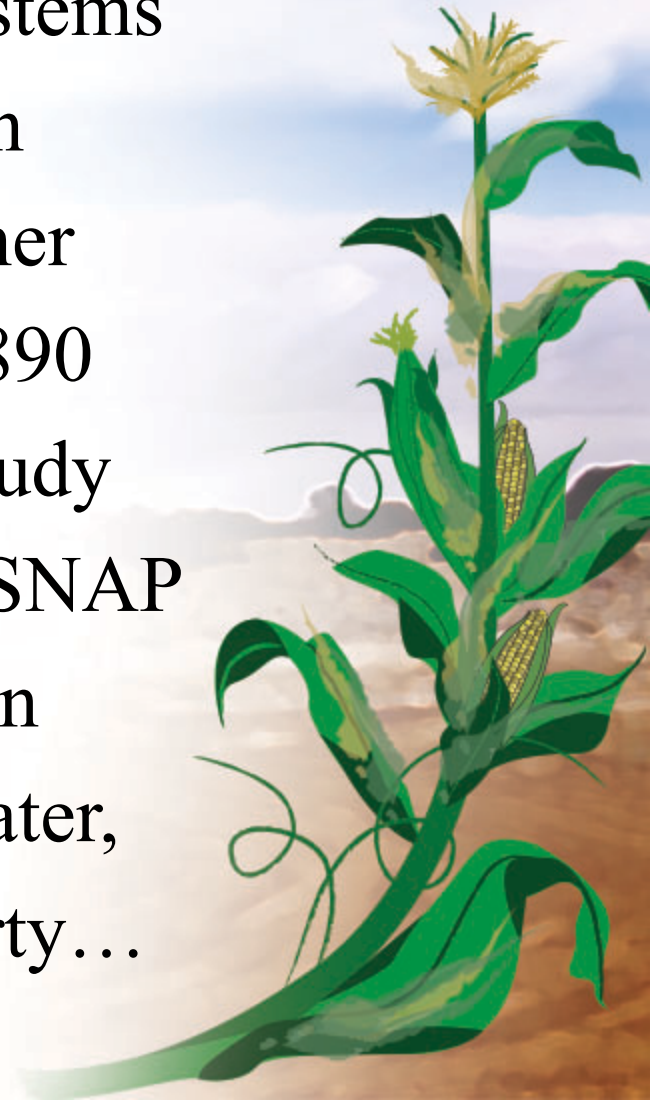




# Historical Perspective

## Indian Policies and Native Food Systems

- 1851-1864 Scorch Earth Campaign
- 1864-1868 “Prison Food” Ft. Sumner
- “Kill the Indian, Save the Man;” 1890
- Trading Posts, 1968 Store, CDC Study
- Supplemental food programs: e.g. SNAP
- Cultural shifts by Western education
- Impact: coal, uranium, fracking, water, land jurisdictions, economics, poverty...



# GOOD LAWS, GOOD FOOD

- Developed by COPE Project and Harvard Food Law & Policy Clinic (90 page food toolkit)
- I. Dine' Food Ways
- II. The Structure of the Navajo Nation
- III. Role of the Federal & State Government
- IV. Food Production \*
- V. Food Processing, Distribution, Waste Mgmt\*
- VI. Access to Healthy Food
- VII. Food Assistance Programs
- VIII. School Food & Nutrition Education

# Role of Government in Food Policies

ISSUE	FEDERAL	STATE	LOCAL	NAVAJO	CHAPTER
Food Safety	Example: Farm Bill	Example: Use Fed Food Code	Most handled by Pub. Health Dept.	New Health Dept., e.g., food hand permits trng	Certified C ordinance for health, safety, etc.
Land Use & Zoning	Delegated; tribal land	No control – tribal lands	No control- Tribal lands	Assist in land plans	Eg, Promote shared space
Geographic Preference in Food Procurem't	e.g. Natl' School Lunch Prog			e.g., Federal funded prog.	Local food producer preference
Food Labeling					
Food Assistance Benefits	E.g., SNAP, WIC, Com- modity Food	Administer SNAP		Administer Commodity Food Prog.	Encourage SNAP, WIC, etc.

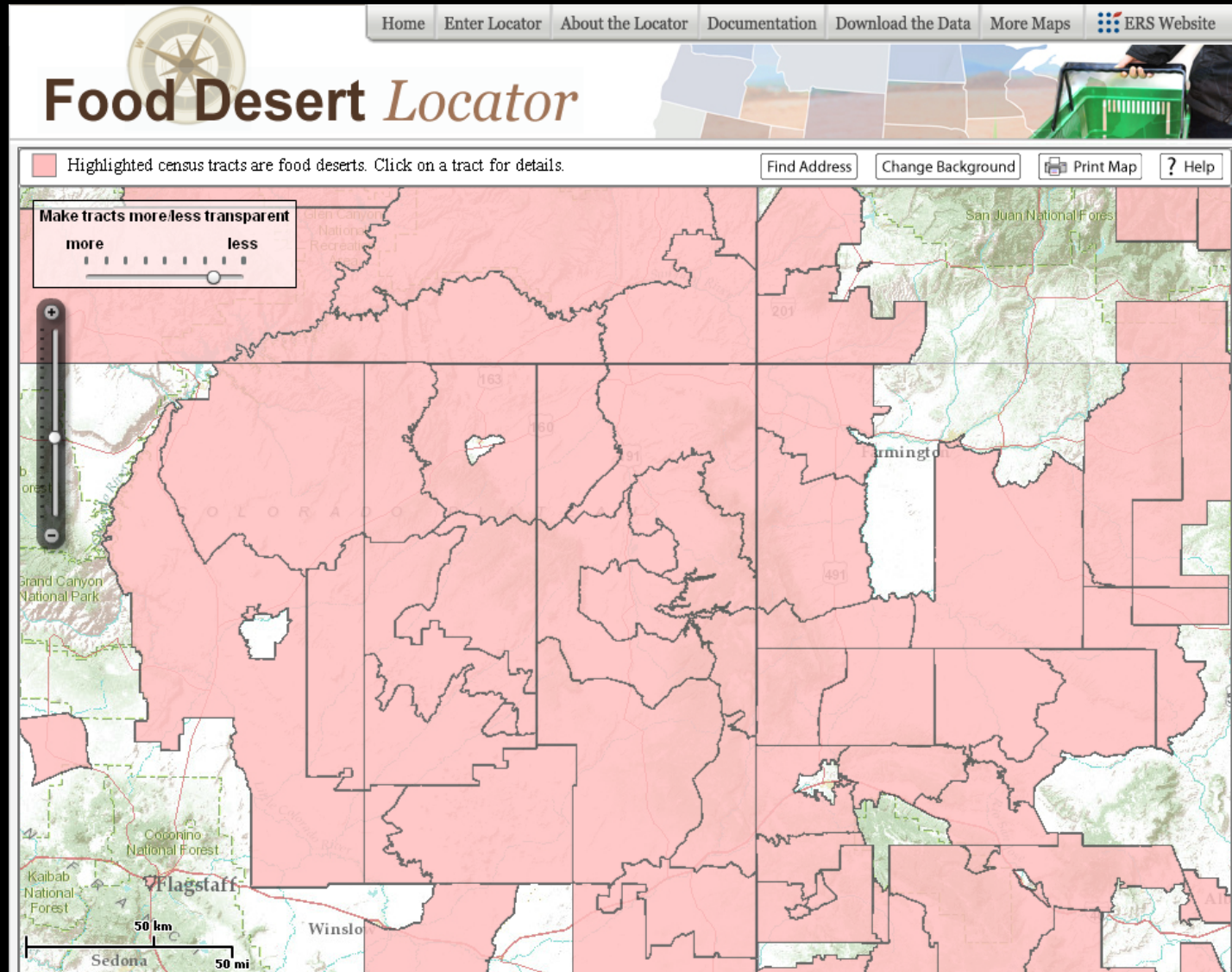
# Basic Food System Components



# Dine' Policy Institute-Dine' College

- DPI: Researched and recommended policies
- Authored *Dine' Food Sovereignty* study
- Analyzed impact of current food system
- Cited historical and cultural implications
- Developed guiding values & principles for recommended policies: e.g. traditional teachings, spiritual connections, environment livelihood for people, intergeneration, etc.

# Current Food System on Navajo Nation





# Dine' Community Advocacy Alliance

- DCAA formally began March 2012
- Volunteers and NAO/I.H.S. staff working as a health advocate group.
- Vision to improve the quality of life.
- Created opportunities for community wellness projects by asking the Council to impose food taxes
- Created public health awareness.





**25,000 Navajos  
with Diabetes**



**75,000  
with Prediabetes**

According to Navajo Area Indian Health Service (NAIHS) there are **35,000 (new data)** Navajos with diabetes and another **75,000** are pre-diabetic.

# Health Complications

- Heart Disease/Stroke/Attacks (2)
- Type Two Diabetes (3)
- Blindness
- Amputation
- Dialysis
- Cancer (4)
- Depression
- Sleep Apnea
- Accidents (1)



# DCAA as Agents & Navajo Council



# Healthy Dine' Nation Act Process



# Tax Legislations Approved by Council

- 2% Tax on Unhealthy Food & Sugar Sweetened Beverages (discourage purchase & consumption of unhealthy foods) at stores, restaurants, hotels; revenues returned to 110 Chapter communities for Community Wellness Projects/Programs-effective April 1, 2015; and Council reviews by 2020; it's the message
- % Tax on Fresh Fruits, Vegetables, Seeds, Nuts and Nut Butters (encourage healthy foods)-effective October 1, 2014 in retail businesses



# Wellness Projects Examples

- Environment-waste management, clean water
- Libraries, health/cooking/nutrient/etc. classes
- Biking, walking, hiking trails; local *Just Move It*
- Swimming pool, wellness center, school garden
- Improve store w/fruits & veggies, native foods
- Restore/create gardens, farmer markets, etc.
- Equine therapy, health coaching, youth clubs
- Food processing/preservation/cooperatives...

# COPE/REACH Navajo Food Projects

- I. Access Healthy Food System Projects:

- Healthy Navajo Stores w/F&V, traditional food, connect with farmers
- Navajo Food Policy Toolkit & Food Councils
- Outreach: Food Literacy, Dine' Traditional Foods
- FVRx Food Prescription

- II. Clinic & Community Linkages:

- Increase patient access to healthy/native foods
- Health Education Outreach: Happy Home
- CHR/CHWs and clinic teams link with Dine'
- Reduce obesity/chronic diseases

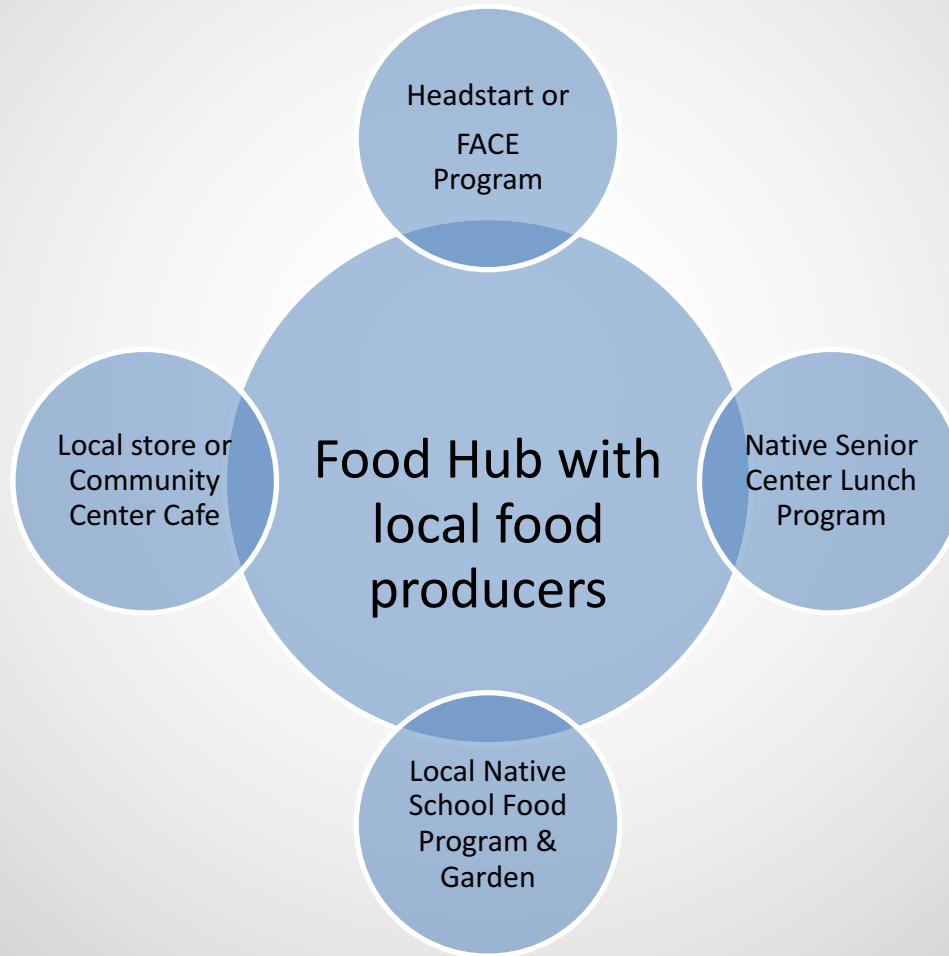


# Dine' Food Sovereignty Alliance

- Incorporated NN Non-Profit, 2014
- Purpose-restore traditional food system based on values/practices
- Use traditional Dine' leadership model/Dine' perspectives
- Coordinate/gather partners to support projects & good policies



# Building Local Economy

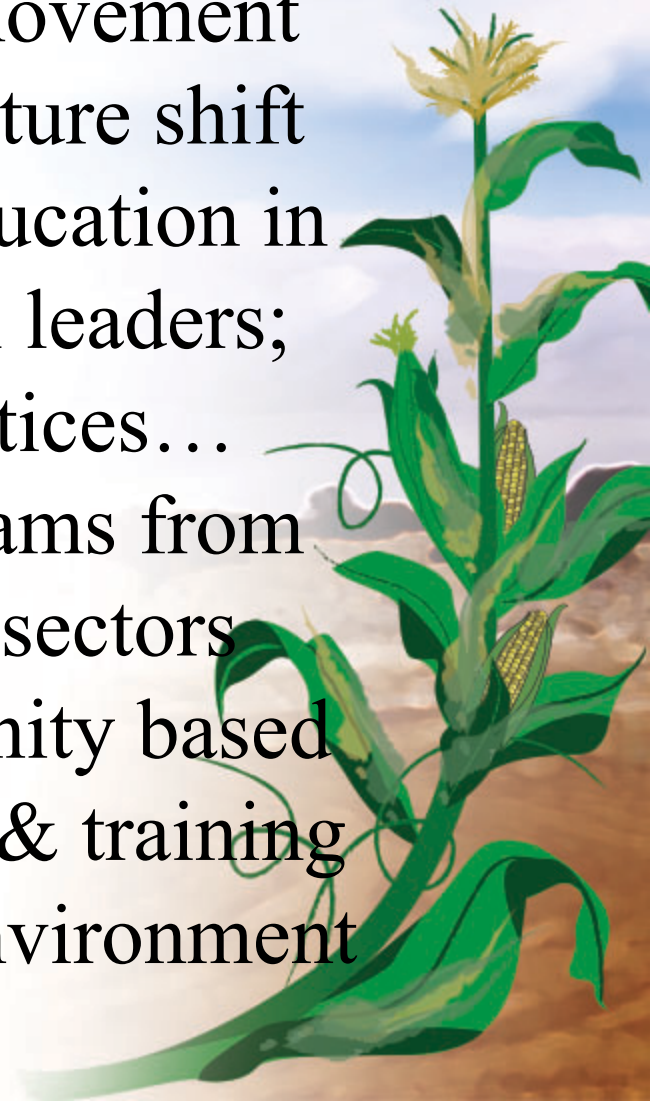


# *Feeding Ourselves-Food Access, Health Disparities, Pathways to Healthy Native Communities- Some Recommendations*

- Secure tribal control of SNAP, WIC, Commodity
- Support tribal ag & natural resource policies to mandate water, land, hunting...
- Produce & market local healthy foods by financial support to producers, F2S, labeling
- Healthy food preference policies for tribal programs & institutions as schools, senior centers, etc.
- Tax unhealthy food consumption & purchases
- Support pipeline of native healthy food producers & entrepreneurs w/funds for ag education/training, mentors, internships, etc.
- Get communities to do food assessments & food system planning
- Implement tribal level food policies & activities
- Partner with non-tribal groups for food system help

# In closing...

- Indigenous value based, food movement
- Can't do it alone; it's a food culture shift
- Food sovereignty starts with education in schools, communities and tribal leaders; including tribal values and practices...
- Use existing resources & programs from tribal, state, federal and private sectors
- Tribal programs reflect community based and cultural relevant education & training
- Issues: Govt' policies, funds, environment



Thank you!

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# National Native Network Online

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