



Healthy Active Native Communities



Promising Practices to Build Healthy Active Native Communities

The Association of American Indian Physicians' (AAIP) Healthy Active Native Communities project is working toward increasing access to and impact of obesity prevention projects in American Indian and Alaska Native (AI/AN) communities.

Through evidence-based research, the Centers for Disease Control and Prevention (CDC) Winnable Battles to prevent obesity have been found to be effective in non-AI/AN communities; however, are these nationally recommended obesity prevention strategies generalizable, culturally adaptable, and truly effective in AI/AN communities?



Top Takeaways



Accessibility Barriers such as financial, environment, and daily routine challenges must be addressed in accordance with obesity prevention efforts.

Education Policy, systems, and environmental change is not 'enough' you must provide education alongside these changes.

Native Pride It's time to reclaim our relationship with food and physical activity and to live and promote our ancestors' way of life for the health of future generations.

Cultural Strengths Include the entire family and community in the project. Cultural and traditional components positively impact project's success.



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Our Process

To learn whether or not CDC Winnable Battles are effective in addressing obesity in AI/AN communities, AAIP selected and provided mini-awards to eight Native organizations. The selected organizations

were required to adapt and implement one recommended strategy within the CDC Winnable Battles for increased fruit and vegetable consumption or increased physical activity.



Some projects utilized community gardens and farmers market strategies while others looked at community-based and worksite wellness approaches. Feedback from reports, interviews, and surveys was used to analyze the process, effectiveness, and impact of implementing a CDC Winnable Battles strategy.



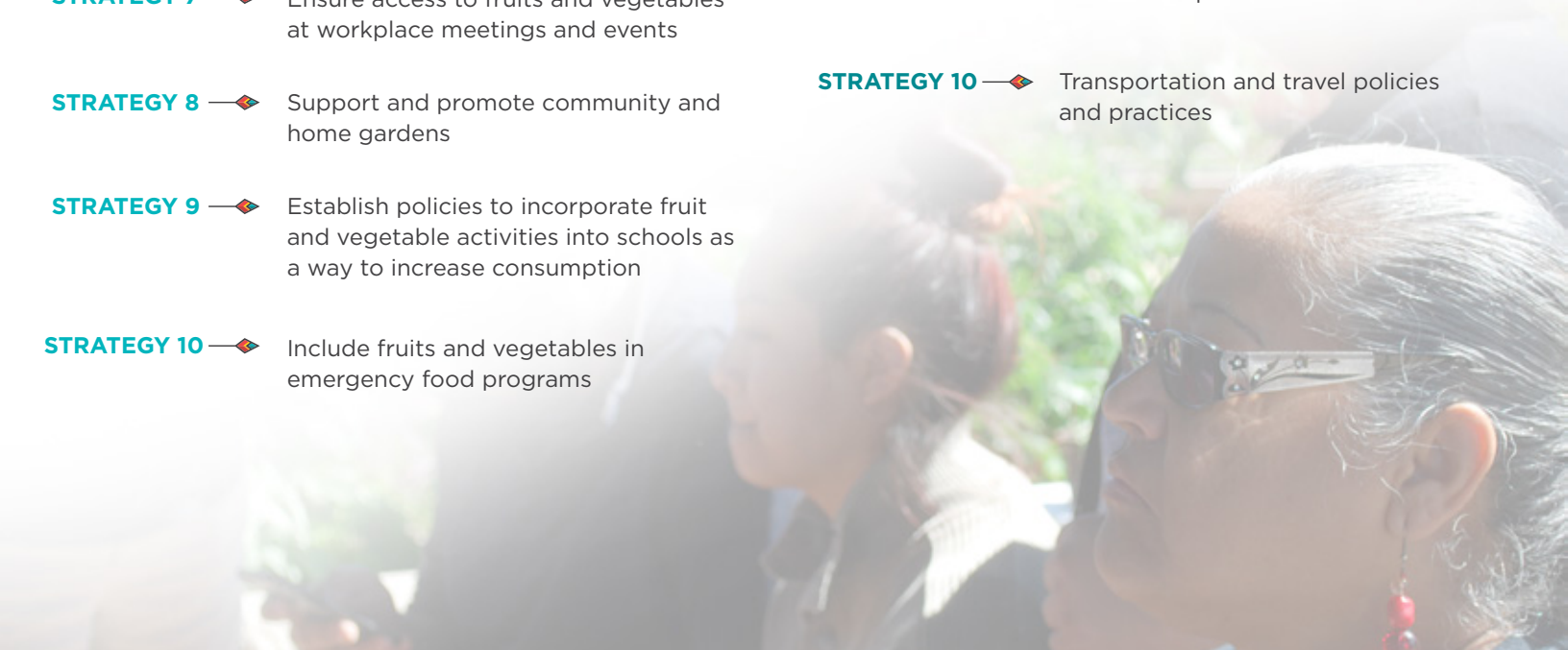
What are the CDC Winnable Battles to Prevent Obesity?

Strategies to Increase Consumption of Fruits and Vegetables

- STRATEGY 1** — Promote food policy councils as a way to improve the food environment at state and local levels
- STRATEGY 2** — Improve access to retail stores that sell high-quality fruits and vegetables or increase the availability of high-quality fruits and vegetables at retail stores in underserved communities
- STRATEGY 3** — Start or expand farm-to-institution programs in schools, hospitals, workplaces, and other institutions
- STRATEGY 4** — Start or expand farmers markets in all settings
- STRATEGY 5** — Start or expand community-supported agriculture programs in all settings
- STRATEGY 6** — Ensure access to fruits and vegetables in workplace cafeterias and other food service venues
- STRATEGY 7** — Ensure access to fruits and vegetables at workplace meetings and events
- STRATEGY 8** — Support and promote community and home gardens
- STRATEGY 9** — Establish policies to incorporate fruit and vegetable activities into schools as a way to increase consumption
- STRATEGY 10** — Include fruits and vegetables in emergency food programs

Strategies to Increase Physical Activity in a Community

- STRATEGY 1** — Community-wide campaigns
- STRATEGY 2** — Point-of-decision prompts to encourage use of stairs
- STRATEGY 3** — Individually adapted health behavior change programs
- STRATEGY 4** — Enhanced school-based physical education
- STRATEGY 5** — Social support interventions in community settings
- STRATEGY 6** — Creation of or enhanced access to places for physical activity combined with informational outreach activities
- STRATEGY 7** — Street-scale urban design and land-use policies
- STRATEGY 8** — Community-scale urban design and land-use policies
- STRATEGY 9** — Active transport to school
- STRATEGY 10** — Transportation and travel policies and practices





Our Community Partners



Ho-Chunk Nation Department of Health

(Black River Falls, WI)

Ho-Chunk Nation's land jurisdiction covers 15 rural counties in central Wisconsin. Traditionally, Ho-Chunks provided food for their families by gardening and gathering food from Mother Earth.

Our goal is to increase fruit and vegetable intake and to return to our traditional way of eating by providing pallet gardens and

gardening/nutrition education to 90 Tribal families. A pallet garden is a raised garden bed using recycled pallets, which are free from local area businesses. The advantages of raised garden beds are: ease of access to the whole garden, a large variety of plants can fit in a small space, less weeding, and suitable for small spaces. Pallet gardens provide opportunities for families to spend time together, and introduce the concept of gardening and growing your own food.



Our Community Partners



Oklahoma City Indian Clinic *(Oklahoma City, OK)*

Oklahoma City Indian Clinic (OKCIC) is an Urban Indian Health Clinic located in central Oklahoma City (OKC) that provides medical, behavioral health, and dental care for over 18,000 American Indians from 200+ tribes. Our pediatric patients are some of the most at-risk youth in the nation for health outcomes with 48% classified as overweight or obese. **Our goal is to improve the health of overweight and obese American Indian children in Oklahoma City by reversing the trends related to physical inactivity.** The Children’s Fun & Fitness Center will offer a place for patients 6 – 12 years old to engage in safe, culturally appropriate, medically supervised physical activity through pediatrician referral. Trained staff will provide group and individual opportunities for physical activities tailored to the age group, instruction for proper use of equipment, information about the benefits of regular activity, nutrition education, and encouragement to keep active.

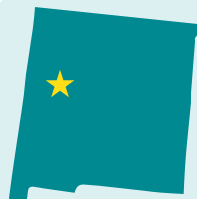


Absentee Shawnee Tribal Health Clinics *(Norman, OK)*

The Absentee Shawnee Tribe of Indians of Oklahoma (AST) is a federally recognized tribe comprised of the Big Jim and White Turkey Bands with an enrollment of 4,000 members. For a tribal health department, it is fundamental to cultivate a culture of health and wellness for patients, and AST wanted to demonstrate a similar commitment to the health and well-being of its employees. In 2010, the Absentee Shawnee Tribal Health Clinic Employee Physical Activity Policy was developed, which allowed employees three hours per week of paid time off for participation in a health and wellness program at the AST fitness center or another approved fitness facility. However, over the years interest has waned and there are fewer employees utilizing the policy. **The goal of the project is to increase participation in Moderate Intensity Physical Activity (MIPA) by employees of the Absentee Shawnee Tribal Health Clinics in Little Axe and Shawnee, OK both during and outside work hours through the amendment of the current policy from “exercise for fitness” to “physical activity for health” for broader appeal.**



Our Community Partners



Pueblo of Acoma Health and Wellness Program

(Acoma, NM)

The Pueblo of Acoma tribe is located in rural, northwestern New Mexico and has maintained its ancestral cultural beliefs, practices, and Keres language. **We will increase physical activity through after school programming and promote healthy eating by providing health education focused on lifestyle classes and basic cooking sessions for children and youth ages 5 - 18 years old.** By empowering the youth with life skills, positive role models, and health education we intend to improve their mental health as well.



Sacramento Native American Health Center

(Sacramento, CA)

The Sacramento Native American Health Center (SNAHC) is a community owned and operated non-profit Title V Urban Indian Health Center located in the center of downtown

Sacramento serving more than 5,000 patients representing over 200 tribal nations. Services provided include medical, dental, nutrition, home visitation, and behavioral health. **Our goal is to improve access to fresh fruits and vegetables using a multigenerational approach and collaborating with American Indian-owned businesses and community partners to offer community and home gardens.** Both adult and youth American Indian/Alaska Native patients will be able to reconnect with the land through gardening with a special emphasis on those living with a chronic condition.



Igiugig Village Council

(Igiugig, AK)

Igiugig is a remote and isolated village located in southwestern Alaska, accessible primarily by air. The 70 year-round residents engage in the subsistence way of life. The weather and environment - mushy tundra, long nights, dust from planes, and bugs - often prohibit outdoor physical activity. **Our goal is to include the entire community in the creation of an exercise facility and implement an 8-week healthy village challenge to prepare our residents for the subsistence seasons, which is essential to survival in the village.**



Our Community Partners



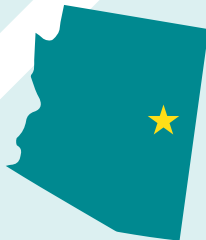
Indian Child and Family Preservation Program

(Santa Rosa, CA)

The Indian Child and Family Preservation Program (ICFPP) is an all-Indian Tribal non-profit corporation and a consortium of tribes formed to provide Indian Child Welfare Act (ICWA) advocacy and a comprehensive array of other services, which include, but are not limited to: recruiting Indian foster homes, conducting

supervised visitations, and providing cultural outreach activities. Our priority population is the consortium tribes' children with active ICWA cases. **In order to combat long-term health issues like chronic disease, ICFPP recognizes that having active lifestyles along with encouraging healthy eating habits and education contributes to overall better health**

for entire communities. By establishing a community wellness garden and creating a recreation complex, we are able to offer different activities for different abilities for the entire family. We believe that engaging the entire family in becoming physically active and acquiring healthy eating habits is what creates a crucial multi-generational link around the power of healthy lifestyles.



Indian Health Service (IHS)/ White Mountain Apache

(Whiteriver, AZ)

The Whiteriver Indian Hospital serves the Apache Tribes of the White Mountains by providing emergency care, as well as non-emergent and preventative care. As a part of the Community Nutrition Department, we strive to reduce the incidence of obesity, diabetes, and other nutrition-related diseases by working with the tribe to implement education programs in various settings, from Head Start to Elderly Feeding Sites. **Our project goal is to increase fruit and vegetable consumption by increasing access to and**

affordability of fresh produce. We collaborated with local farmers and community partners to create

a farmers market that accepts Supplemental Nutrition Assistance Program and Women, Infants, and Children (SNAP/WIC) benefits. By providing food demonstrations and education concerning program benefits, low-income Native Americans families will be encouraged to practice healthy eating habits.



Adapting CDC Winnable Battles

Our community partners all agree that the CDC Winnable Battles for obesity prevention were well-received by community members. However, all partners agreed that it is **necessary to tailor those strategies to be culturally and community appropriate.**

Children's Fun & Fitness Center Oklahoma City Indian Clinic

Our clinic has established trust with the community over the years as a place to receive culturally appropriate health care. We have the capacity to offer nutrition and fitness education specific to American Indians/Alaska Natives. Our program activities are designed to incorporate cultural awareness (i.e., exercise through Native dance, indigenous food preparation, Native sports, etc.). We were able to build a new space for children to be active by creating an internal referral system so that clinic staff was aware of this opportunity for children. The pediatricians can now prescribe physical activity classes for youth ages 6 - 12 at the Children's Fun & Fitness Center. American Indians have a longstanding heritage of being physically active, talented farmers, and healthy eaters. Our CDC Winnable Battles strategy appealed to these beautiful, rich traditions from generations ago and encouraged families to adapt it to suit their urban lifestyles.

Expanding Community Wellness Garden and Recreation Complex

(Indian Child and Family Preservation Program)

Our program has a signed Memorandum of Understanding with Ya-Ka-Ama Indian Education and Development to cultivate three acres of land to establish and operate a community wellness garden and recreation complex for four years with an option to renew in four-year increments. Ya-Ka-Ama allows us to utilize their onsite storage and assistance from their caretaker while the California Rural Indian Health Board provides guidance on the installation of stationary workout equipment and fitness classes. A partnership was developed with Sansui Landscaping who assisted with the creation of a master plan and process for implementation.

We met with community leaders, partners, volunteers, gardeners, and elders to incorporate indigenous plants, crops, and medicinals into garden design, function, and purpose. Traditional basket materials and herbs were planted to aid in providing more education and access to holistic and traditional healing agents. We hosted community cultural events in our community garden. The Honoring Our Youth Luncheon included a dialogue on wellness and suicide prevention along with garden tours and recruiting community volunteers. Another event featured hands-on activities making medicine pouches and weaving baskets. The community wellness garden and recreation complex site is located at a popular gathering place for our community members.





Adapting CDC Winnable Battles

Achievers in Health and Fitness

(Pueblo of Acoma Health & Wellness Program)

During our after school program, physical activity sessions were held three times a week with one day of nutrition education. We explored physical activity with the youth by implementing traditional games and incorporating historical stories related to tribal traditions and culture. We also used culturally tailored curriculums, such as Physical Activity Kit (PAK).

When we made our traditional dishes with the youth, we shared stories of our ancestors and how we can continue to make our community healthy and strong. Our elders spoke about how they lived when they were children, and we explained to the youth that they are the future; if they don't learn to be strong and healthy now, what will happen to our community when they become adults? We also used our Keres language during different games and as we prepared healthy snacks. We involved the entire community – elders, adults, and youth – our program was inclusive of and benefits everyone.

***“Our culture is strong by oral teachings so we’re told that the Creator provided us with ears to listen, our eyes to see, and our mouths to sing, speak, and eat foods that will make us strong both physically and spiritually.”
(Pueblo of Acoma)***

Absentee Shawnee Tribal Health Clinics

The update made to the existing Absentee Shawnee Tribal Health Clinic Employee Physical Activity Policy included adding an option for employees to take part in two 10-15 minute wellness breaks each work day. We held a Kick-Off event to review the policy update and issue criteria for participating in this special walking program. This was an opportunity to actively engage employees in physical activity and use work site facilities.

The Shawnee language was used to name our program, and an Employee Steering Committee was formed to make decisions on recognition ceremonies, incentives, and establishing social support strategies. Ka ke to fa (walk) Booster Breaks allowed employees to submit walking logs each week for monthly incentives and awards. Our employees were proud to know that culture was a part of our program because that is an aspect that is lost in our everyday work environment. The cultural component brought our program full circle by increasing awareness of the people we are serving.



Adapting CDC Winnable Battles

Ho-Chunk Nation Department of Health

The use of pallet gardens allowed us the ability to introduce gardening to the home environment. This was the right occasion to help people realize that gardening is fun, family oriented and more accessible. We worked with Youth Services to assist with planting the gardens for elders. Community meetings were used to teach participants how to make pallet gardens (i.e., successful crops - green beans, kale, radish, onion, lettuce, cucumber, spinach and cooking classes) with the Food Distribution Program on Indian Reservations providing participants with the proper tools and the Community Health Nursing Program Dietician facilitating the cooking classes.

Our tribe has always been hunters and gatherers, and gardening used to be a necessary activity every year. By sharing education about the necessity of gardening, our people realized how far removed we are from our old ways. We actually found that we brought that back to the community, and elders brought their grandkids to work with them and taught them how to work with seeds and grow the plants.

Igiugig Village Council

As a way to increase physical activity in the village, we decided to renovate our fitness room so community members would have access to fitness equipment so they can break the cycle of inactivity in the village. The Bristol Bay Area Health Corporation - Diabetes Prevention Program donated fitness items and the staff agreed to provide free health training. We promoted our fitness program and center as a necessary way to prepare for the subsistence activities that local families engage in to feed their families, such as fishing, hunting, and harvesting wild plants. If locals are physically fit, they will be better able to provide for their families and prevent injuries. This helps to encourage physical activity for a purpose, making these activities easier and more productive when you maintain a healthy lifestyle year-round.

We used symbols and images on the logo that reinforce this culturally relevant concept. Local Yup'ik language was used by elders to name the fitness center, calling it "Aquivik" (a place to be active), which helps to connect it culturally to the people and land. This generated ownership in the facility, and they consistently showed up for events. We created awareness of the new facility by implementing a five-week health challenge. Use of the "Honor System" during the health challenge helped to reinforce traditional values and culture of the village based on trust and honesty. Bilingual marketing and outreach using Yup'ik and English languages appealed to all residents and assisted with creating community buy-in. Village Clinic Health Aides are responsible for promoting the fitness center and assisting with running fitness programs.





Adapting CDC Winnable Battles

White Mountain Apache Farmers Market

(Indian Health Service/White Mountain Apache)

We assisted local farmers and vendors in applying for Supplemental Nutrition Assistance Program (SNAP) / Women, Infants and Children (WIC) merchant accounts so that farmers market customers may use their Electronic Benefits Transfer (EBT) cards to purchase produce. The local Apache-run farm had difficulty receiving certification through the United States Department of Agriculture (USDA), yet we were able to accomplish this for the community. We received approval from the Farmers Market Coalition to receive free SNAP equipment for three years. Nutrition specialists hosted healthy cooking demonstrations, conducted health screenings, and nutrition education at the farmers market.

We reintroduced the community to cultural crops of their past by providing traditional cooking and food preparation demonstrations at the farmers markets to show attendees how to use local fruits and vegetables. We honored the local culture by encouraging cultural clothing and having the crops blessed by a respected local elder. The local Apache-run farm was one of our vendors. One of the distribution sites was at the hospital in order to encourage both patients and staff to attend.

“A cultural component should be added to the strategies. For our community, culture is prevention and traditional eating is healthy.”
(SNAHC)

Sacramento Native American Health Center, Inc.

We worked with a gardening organization to provide “grow your own groceries” workshops targeted towards young families, individuals with hypertension, and diabetic patients. We wanted to promote physical health through gardening and providing the skills that families need to start their own gardens at home. The local community college was able to provide free seeds from the agriculture department. Other seeds and supplies were purchased from American Indian/Alaska Native owned businesses. Traditional methods of planting and harvesting traditional plants and local produce were used as part of our implementation process with the consultation of a traditional community person.

Our garden site is located at a cultural hub for American Indian/Alaska Native people and the community. We talked about how gardening is a form of exercise and a part of traditional living, and that it is communal to be in a space with your whole family. The story of the three sisters garden was used with respect to the unique culture and traditions of the tribes in California. Transportation, snacks, and incentives such as crock-pots, aprons, and farmers market vouchers were provided for workshop participants. Individuals who completed three classes received farmers market vouchers.



Impact on the Community

White Mountain Apache Health Clinic

- Participants report that they are able to buy more produce because it is affordable, better quality and easily accessible at the SNAP farmers market
- Increased community participation in farmers market by supplying coupons for WIC recipients to use and created an incentive program so that for every \$10 spent on fruit and vegetables, WIC recipients received an additional \$2 coupon to use at the farmers market

Established a monthly USDA certified farmers market in an isolated and high needs community on Tribal land that is capable of accepting SNAP benefits

Local, tribal farm involved with decision-making process for farmers market and will assume responsibility long-term

Created a collaboration between Tribal and non-Tribal farmers, and connected various tribal organizations to one another

“We have been waiting for a farmers market for years because Bashas is very limited on their produce and all other stores are too far away”
~ Family with three children ~

“We love that we can use our food stamps here”
~ Elder couple ~

“We were excited to hear that we finally have a farmers market on the reservation.”
~ Multiple sources ~



Impact on the Community

Oklahoma City Indian Clinic

- This resource can now be used for all pediatric patients
- Possible expansion for use by other programs
- Created a safe place for physical activity in urban setting
- Kids Fun and Fit Center hosted 30 after school wellness classes
- Motivated families to exercise regularly and eat more fruits and vegetables



Pueblo of Acoma Health and Wellness

The youth reported they had fun playing games and building new friendships with other children

Parents were encouraged to start walking

The children loved making new snacks with healthy fruits and vegetables and taking them home to share with their families

Parents/Grandparents became more aware of their health alongside the children



Parents noticed their children were playing outside more and less interested in TV or video games, and they were willing to eat healthier by eating more vegetables or drinking less soda and more water

Absentee Shawnee Tribal Health Clinic

- Social aspect helped greatly – many would not have done it if someone else was not there
- 95 employees completed the Ka ke to fa Booster and Buddy Break Program
- Number of days employees were physically active increased from 2.5 days to 3.4 days
- More participating employees than expected with very positive feedback - 91% reported the walk for health program ‘has helped me to become more physically active for health’ and 86% said they enjoyed the program and would participate in the program again
- Steps were taken to create environmental change – leader in tribal health where we practice what we preach



Impact on the Community

Sacramento Native American Health Center

- Created a collaboration between medical and social services programs at the health center
- 42 community members completed a five part workshop series titled “Healthy Food Series”
- Community partnerships biggest accomplishments
 - Sacramento Natural Food Coop provided the space for the cooking and gardening demos as well as the teachers
 - Alchemist provided the patient education and support of the farmers market vouchers
 - Sacramento Food Bank also provided space for the gardening workshop and allowed us to use their teaching garden
- 83% of participating patients developed a personal health goal and wanted to discuss with a health educator
- Of those who received a farmers market voucher from the program, they were 70% more likely to use the voucher than if it was provided by their PCP

“The Aquivik has jump started my workouts again.”

“I lost 10 pounds and want to keep going!”

“The Aquivik provides all the tools I need to workout without having to worry about the bugs, or getting dust in my lungs.”

Igiugig Village

- Entire village worked together to create a space for our new exercise facility – hauling defunct items, painting, carpeting, etc. (sense of pride in the community – making it their own)
- Residents now have access to fitness equipment needed for a healthy lifestyle year-round regardless of the environment
- 45 villagers completed a five-week ‘Get Fit’ challenge
- Letter of Commitment from the Igiugig Village Council to maintain the fitness facility and support physical activity through an employee wellness policy
- Letter of Support from village physician at the Southcentral Foundation who will refer patients to Aquivik for rehabilitation and write prescriptions for exercise



Impact on the Community

Ho-Chunk Nation Health Clinic

Provided 135 pallet gardens to Tribal families and delivered classes to recipients:

- How to make a pallet garden
- Gardening 101
- Nutrition education
- Healthy cooking demonstrations

Large number of youth that is participating in the care of the gardens with their families

Foods harvested will assist in promoting a healthy diet

Community members increased their knowledge of gardening and this has led to a thirst for more knowledge

Community members are increasing daily physical activity by working in the gardens

“It is good to see the community coming together to plant a garden as an extended family as we once did years ago. It is nice to return to our roots.”

~ Elder ~



Indian Child and Family Preservation Program

- Having a master plan that our community can envision and become excited about accomplishing
- Breathe life into one of our central “hubs” where we didn’t think it was possible
- Our families can participate in bettering their lives by volunteering in our community garden while producing their own fruits and vegetables
- Internal policy adoption supporting the wellness garden and line item funding to continue
- Confidence and support of community



Challenges

Achievers in Health & Fitness (Pueblo of Acoma)

- Changes in school policy didn't allow us into the school, so we changed things to an after school program
- Told we couldn't provide activities on school premises so hosted activities in the community

Sacramento Native American Health Center

- Some delay with the original plan for accessing the garden
- Some issues on the state level with setting up the contract for the garden site

White Mountain Apache Health Clinic

People love the idea but getting them to move on specific things and making a commitment is much harder

Time spent scheduling meetings to make decisions

Oklahoma City Indian Clinic

Starting from scratch (one of the only pediatric fitness centers)

Would have preferred to go from best practices (had to figure out best way to structure the program)





Challenges

Ho-Chunk

Lack of resources (i.e., truck needed for picking up and distributing pallets)

Getting community buy-in takes some time

Igiugig Village Council

- Delays in getting fitness equipment to remote village (had to wait over a month for freight plan to deliver equipment)
- Not much access to fresh food because greenhouse is only available in summer months

Indian Child and Family Preservation Program

Having sufficient start-up funding

Utilizing reclaimed water can be long and tedious

Absentee Shawnee

- Keeping people consistently walking – everyone started well but they would falter due to schedule or personal issues
- People losing items or not turning in their logs





Lessons Learned

Achievers in Health & Fitness (Pueblo of Acoma)

- Listen to the voices of others and learn to accept the challenges and move forward
- Making physical activity more fun by using games, and involving the entire family in preparing healthy snacks and during health education sessions
- If you strongly believe in what your heart is set out to do then it can be done (never give in or give up)

Sacramento Native American Health Center

- Projects that seem simple actually can take a long time to get started (remain flexible and not get fixated on one idea or solution)
- Multidisciplinary team positive for planning and creative purposes, we are engaging leaders who represent certain communities
- The traditional foods workshops were by far the most popular due to the ties to culture



White Mountain Apache Health Clinic

Farmers market as learning and teaching opportunity

Allow enough time for collaboration and make sure to follow up and send reminders about timelines

Partnering with local tribal programs assisted with the distribution of surveys, marketing, and networking opportunities

Oklahoma City Indian Clinic

Appreciate the flexibility of the funding organization

Time allotted for recruitment should be as large if not larger than time spent to enact project

Physical activity behaviors are more difficult to influence than dietary behavior



Lessons Learned

Ho-Chunk

Advertising and buy-in are two of the most important parts of a program

Utilize specialists for education – partnerships with other professionals in a certain area of expertise was invaluable in bringing our gardens to life

Reconnecting community member to the cultural significance of what they are doing was an amazing opportunity and gift

Indian Child and Family Preservation Program

We didn't anticipate the construction and infrastructure work to be so costly - allocate sufficient funding to execute your vision

Decide exactly what you want to accomplish

Find committed support persons who can make this a reality (finding the right people to work with who understand your vision and goals)

Igiugig Village Council

- Short-term competitions like the Healthy Village Challenge are a fun and competitive way to encourage participation and keep the momentum going.
- Participation was not top-down but collaborative among everyone
- Getting other programs involved in training – partners really boosted program

Absentee Shawnee

- If using any type or piece of equipment, know it inside and out before making it public
- Have alternates to sit on Employee Steering Committee who can help promote program (some are not always readily available to meet)
- Those who walked consistently turned in their logs experienced the “feel good factor” – noticed how they felt and then if they didn't do it as much still turned in the logs but didn't feel as good





Unique Opportunities for Native Communities

Absentee Shawnee

- Personal approach helped them stay engaged (i.e., motivation from coordinator, active personal involvement, emailing multiples times every week)
- Change is difficult in any culture but sometimes there is going to be a connection that makes it all worthwhile.
- Small steps can make a difference (15 min of brisk walking made a world of difference in afternoon productivity)

Igiugig Village Council

- Ask the community for help in implementing the project
- Positive change comes when AI/AN communities are empowered to address their own challenges, work with their families and implement health programs that are meaningful to them
- Many of our communities respond to personal and relational outreach – if we know the leadership of a program we will support it wholeheartedly, but if it's an outside organization it's less effective
- Empowering tribes to make changes in ways that are culturally relevant is the best strategy

Indian Child and Family Preservation Program

- It all comes down to having the right people or organization spearheading a change
- Many avenues to encourage healthy eating and active living, however, we chose to reclaim our land and educate our youth about stewardship and truly becoming self-sufficient by growing our own food and medicinals.

Ho-Chunk

Gardening is a cultural staple and community members genuinely enjoy gardening. It is an activity that brings community members together in a healthy way. Benefits they gain by participating are numerous.

We provided an intergenerational approach by bringing the entire community together in an activity that used to be a way of life for our tribe. These gardens will serve the communities for years to come and will be passed down along with our Ho-Chunk culture from generation to generation.



Unique Opportunities for Native Communities

Sacramento Native American Health Center

- Food should not make people sick but instead, heal and nurture bodies
- Be aware of historical trauma and how it relates to food choices
- Culture should be added as a strategy

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Achievers in Health & Fitness (Pueblo of Acoma)

Listen to our elders for they have words of wisdom

Our children can be our role models for others in the community

White Mountain Apache

Farmers market that features the local farm - advertise them and increase their income so they can thrive

Focus on making the community more self-reliant and sustainable



Healthy Active Native Communities

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