



qhest life

2018 EVALUATION OF  
h n q h e s n e t



MARIMHEALTH



Prepared by:  
Helen Brown and Grace Goc Karp  
Movement Sciences

University of Idaho

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## ACKNOWLEDGEMENTS

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Helen Brown and Grace Goc Karp, Evaluators  
Movement Sciences, University of Idaho  
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## EXECUTIVE SUMMARY

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In an effort to achieve health equity among all people, the Centers for Disease Control and Prevention (CDC) provided funding through the Racial and Ethnic Approaches to Community Health (REACH) grant program. Marimn Health of the Coeur d'Alene Tribe successfully secured REACH funding and partnered with the University of Idaho to conduct an evaluation of the 'hnqhesnet' – 'It is Our Well-Being' Project. The project aims were to improve the health of Coeur d'Alene Reservation community members through traditional approaches to physical activity and healthful eating.

Four primary evaluation methods were used in the final project year:

1. The 'hnqhesnet' – 'It is Our Well-Being' survey conducted in 2015 and 2017 measured physical activity and nutrition behaviors using nationally validated questions and traditional physical activity and traditional and healthful food practices from questions developed for the Coeur d'Alene Reservation community. The 2018 evaluation focused on data cleaning and in-depth analysis of traditional physical activity indicators.
2. Healthy food retail was evaluated using Nutritional Environmental Measures Survey (NEMS) tools at food retail locations implementing the qhest life food coolers. A NEMS tool measured increased availability and quality of fresh foods at the One Sky One Earth Farmer's Market (Farmer's Market).
3. Listening sessions and interviews were conducted to assess program impacts among people participating in beekeeping, gardening, canoe building, and food related activities.
4. Interviews with store managers were conducted to assess qhest life food benefits, challenges, opportunities, and sustainability.

## SURVEY FINDINGS

- Data cleaning was important to correct some erroneous data values and account for skipped answers. More in-depth analysis and modeling offered deeper insight into changes between groups over time.
- There was a significant decrease in the likelihood of participating in 30-day physical activity between 2015 and 2017. While not statistically significant, a higher percentage of American Indians and Alaska Natives (AI/AN) 18-30 years of age were physically active than same aged non-Indians.
- Marimn Health and Wellness Center (MHWC) employees had the highest levels of 30-day activity (88%) and the Coeur d'Alene Casino and Resort the lowest, 73%. It is important to note that the survey was conducted in June of 2015 and May of 2017.
- Frequency of physical activity decreased from 16 to 14 times per month from 2015 to 2017. The inclement May 2017 weather may have impacted activity.
- A significant decrease in sedentary behavior was reported from 6.4 hours/day in 2015 to 5.7 hours/day in 2017. Men were significantly less sedentary than women. While not significant, median sedentary behavior decreased in all tribal work-sites.
- Participation in traditional physical activity did not change from 2015 to 2017.
- The proportion of AI/AN women to AI/AN men participating in traditional physical activity was more equal than non-Indian men and women. Proportionally more AI/AN women than non-AI/AN women participated.

- There was a significant increase in the likelihood of canoeing from 2015 to 2017. The percent of AI/AN people canoeing increased from 11% in 2015 to 20% in 2017.
- The percent of AI/AN women canoeing increased nearly three times from 6% in 2015 to 17% in 2017.
- Possessing traditional food skills (hunt, fish, dig roots, and pick berries) increased odds of participation in hunting (10-fold), root digging (7-fold), and berry picking (6-fold).
- An increase in gardening skill resulted in 27 times greater odds of growing a garden. AI/AN were less likely to garden than non-AI/AN.
- The 2015 and 2017 data were analyzed to determine the percentage of people consuming at least one fruit and at least one vegetable per day. There was no change reported over time. Females had a significantly higher likelihood of consuming fruit and vegetables than men. Non-AI/AN consumed more fruit and vegetables than AI/AN.
- Among younger respondents, possessing the skills to prepare foods from basic ingredients significantly increased the likelihood of eating fruit and vegetables at least one time per day.



## OTHER FINDINGS

- Healthy food retail options have increased from baseline 2014 measures and many store improvements have occurred that are not measured by the NEMS instruments.
- The Farmer's Market has greatly expanded from 2015 with three times the number of fresh fruit and vegetable vendors and four times the variety of fresh produce available.
- Store managers remain committed to stocking healthful food items and believe that more education, marketing, and promotion of healthier items is needed.
- hnqhesnet activities fostered increased communication across agencies, community groups, neighboring communities, and tribes resulting in new and expanded opportunities for traditional physical activity, access to traditional and healthful food, and other important positive impacts.
- hnqhesnet participants find great value in the skills, opportunities, and experiences offered by the project and hope for continuation and expansion of traditionally based activities.







## INTRODUCTION TO THE 2018 EVALUATION

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Marimn Health received a supplemental year of funding for the 'hnqhesnet' - 'It is Our Well-Being' project from the Centers for Disease Control and Prevention (CDC), Racial and Ethnic Approaches to Community Health (REACH) program grant. The Supplemental Year 3 evaluation focused on evaluation measures required by the CDC and on project aims established by the hnqhesnet staff and project evaluators.



To accomplish the goals of the hnqhesnet evaluation plan, four evaluative methods were undertaken to evaluate the impact of the hnqhesnet project.

1. The Supplemental Year 3 evaluation focused on data cleaning and deeper analysis of specific indicators of the 'hnqhesnet' - 'It is Our Well-Being' survey (conducted in project years 2015 and 2017). The CDC determined specific indicators to measure the project's impact on traditional activity. This report does not repeat findings from the Year 3 evaluation report of the 'hnqhesnet' - 'It is Our Well-being' survey except if data findings changed as a result of deeper statistical analysis.
2. Listening sessions were held with two groups of hnqhesnet program participants (beekeepers/gardeners and canoe builders) to elucidate their perceptions and attitudes of their experiences.
3. To assess nutritious food access, the Nutritional Environmental Measures Survey (NEMS) was conducted for three Coeur d'Alene Reservation food retail outlets featuring qhest life foods. The NEMS Farmers' Market tool was used to assess differences in the One Sky One Earth Farmer's Market between years 2015 and 2018.
4. Store manager interviews were conducted for the three food retail environments featuring the qhest life food display and food products. Interviews were conducted in years 2015, 2017, and 2018.



# hnqhesnet Survey Findings

## INTRODUCTION

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The hnqhesnet project was extended for an additional year in 2018 (Supplemental Year 3). The Centers for Disease Control and Prevention (CDC) offered direction for the final evaluation year to clean the Year 1 (2015) and Year 3 (2017) survey data and to conduct deeper analysis on five CDC-determined indicators. Data cleaning and analysis were conducted to determine what impact increased access to traditional physical activity had on the five indicators below.





**DATA CLEANING AND ANALYSIS WERE CONDUCTED  
TO ANSWER THE FOLLOWING QUESTIONS:**

Plan Name	Evaluation Question	Indicator	Type of Indicator
Traditional Physical Activity	To what extent does increased access to traditional physical activity increase overall physical activity of Coeur d’Alene Reservation community members?	30 day participation in physical activity	Health Behavior
Traditional Physical Activity	To what extent does increased access to traditional physical activity increase overall physical activity of Coeur d’Alene Reservation community members?	Frequency of physical activity by week and month	Health Behavior
Traditional Physical Activity	To what extent does increased access to traditional physical activity increase overall physical activity of Coeur d’Alene Reservation community members?	Number of hours per day in sedentary behavior	Health Behavior
Traditional Physical Activity	To what extent does increased access to traditional physical activity increase overall physical activity of Coeur d’Alene Reservation community members?	Number of people participating in traditional physical activity	Health Behavior
Traditional Physical Activity	To what extent does traditional physical activity access and skill building increase traditional physical activity participation among Coeur d’Alene community members?	Increase in traditional physical activity participation by Coeur d’Alene Reservation community members.	Health Behavior

**Table 1 CDC Evaluation Questions and Indicators**

The CDC did not require reporting on the Healthy Retail indicators that were established in 2015. The data presented addresses the required CDC indicators and additional findings related to traditional physical activity skills and healthful eating. The hnqhesnet survey results reported in 2017 offer helpful insight into the impacts of the project and provide useful baseline data for future endeavors to improve well-being on the Coeur d’Alene Reservation.

## DATA CLEANING

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Three data cleaning issues which impacted the previous analysis were addressed. The questions requiring correction were identified and the analyses was rerun. New bar charts for affected questions were created.

The three questions about participation in physical activity, sedentary behavior, and strengthening exercises had extreme outliers, a few of which were impossible (e.g., 75 hours per day spent sedentary); most of these outliers were from the 2015 data. Most of the outliers were the result of a loss of decimal place in the data processing, so 7.5 hours per day became 75 hours per day. The result of data cleaning meant there was less time spent sedentary in 2015 than previously reported.

Also within the sedentary behavior question, there were several respondents who misunderstood the question about time not asleep spent sedentary; they answered 24 hours a day. For those, we adjusted down to 16 hours a day, on the assumption of 8 hours of sleep a day.

For the strengthening exercise question, the response 'Never' had been encoded as a missing value, instead of as zero. We edited the data processing code to encode those who had answered 'Never' to zero, instead of missing.



## MULTIPLE IMPUTATION

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The last portion of the data cleaning was to impute the missing values using multiple imputation. The missing data had previously been dealt with using listwise deletion. In surveys, when the respondent skips or chooses not to answer a question, that is missing data. Excluding any rows which contain a missing value is called listwise deletion, and as a method for dealing with missing data it is both easy to implement and frequently used.

Listwise deletion can also cause problems in the data analysis. It decreases the sample size, since any respondents who skip a question of interest are then excluded. Another issue with listwise deletion is that it can cause bias if missing data patterns are related to other variables (e.g., questions concerning age and income can bias the data).

Another method for dealing with missing values, multiple imputation, was used in this analysis. Multiple imputation predicts the missing values based on the other variables, generating several complete datasets with slightly different imputed values for the missing observations in each dataset. Each imputed dataset is then analyzed separately, and the results are pooled to create one final measure. By using multiple imputation to create multiple datasets we were able to keep track of the uncertainty introduced by filling in unobserved values based on observed values.

This survey had a total of 989 respondents: 464 respondents in 2015 and 525 respondents in 2017. The percent of respondents skipping a particular question ranged from 0% to 20%, with an average of 10%. The question skipped by the highest percentage (20%) of respondents was 'How many times per week or per month on average did you take part in this activity during the past month?', suggesting that this question was difficult for some people to answer.



## EXPLANATION OF MODELING

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Logistic and linear regression modeling were used to describe the data, and examine the relationship between the variables of interest (physical activity and participation in traditional physical activity), and their possible predictors (year, relevant skills, age, gender, AI/AN or not, and workplace).



The reason all the factors were included in one regression model was to identify and separate out which factors were causing changes in the indicator variables. For example, the distribution of ages in the respondents was different from 2015 to 2017. When a difference was found between years without taking into account age, it was hard to tell whether the change was due to a true change over time, or a change in the age distribution. Therefore, a regression model was used to establish which factors (age, year, skill level, etc.) affected the indicator (sedentary behavior, canoeing, hunting, etc.) and what effect those factors had on the indicator, while accounting for the effect of the other factors.

## 30-DAY PARTICIPATION IN PHYSICAL ACTIVITY

The effect of increased access to traditional physical activity on overall physical activity of Coeur d’Alene Reservation community members was tested using the indicator “30-day participation in physical activity.”

A logistic regression model tested whether there was a significant change in the probability of participating in physical activity in the last 30 days, from 2015 to 2017, while adjusting for the effect of age, gender, AI/AN or not and workplace. MHWC was used as the baseline against which all other workplaces were compared.

There was a significant decrease in the likelihood of participating in physical activity from 2015 to 2017 (Figure 1). Females had a significantly lower likelihood of having been active than males (Figure 1). People employed at the Resort had a significantly lower likelihood of having been active in the last 30 days than people working at the MHWC; 88% of the respondents working at MHWC had been active in the last 30 days, as opposed to 73% of the respondents working at the Resort.

There was a significant interaction between age and AI/AN. The effect of age on the likelihood of being active was different between AI/AN and non-AI/AN respondents.

A higher percentage of AI/AN respondents 18-30 years old had been physically active in the last 30 days than the non-AI/AN respondents of the same age; however, participating in physical activities decreased with age at a greater rate among the AI/AN respondents than the non-AI/AN respondents (Figure 2).

The survey findings are consistent with statewide trends and male 30-day physical activity rates exceeded rates reported in the Idaho Behavioral Risk Factor Surveillance Survey (BRFSS). Of note, the survey was conducted in June of 2015 and May of 2017. The inconsistent survey dates may have impacted 30-day activity and other physical activity measures due to inclement May 2017 weather.

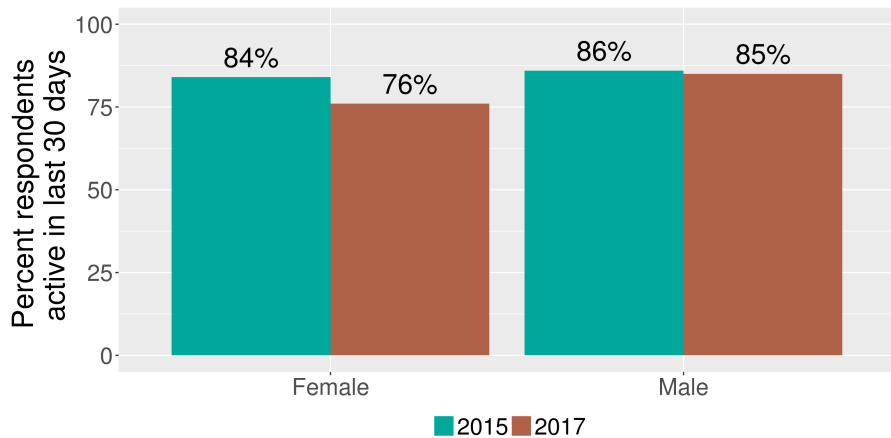


Figure 1: Respondents who were active in the last 30 days by gender, 2015-2017, %

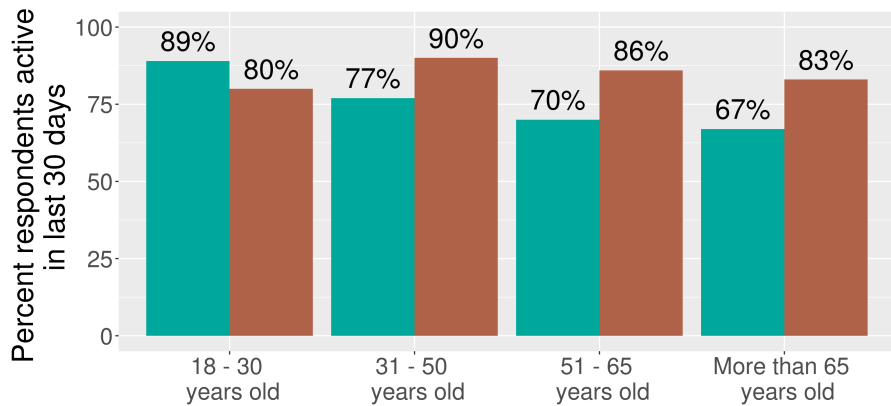


Figure 2: Respondents who were active in the last 30 days, by age and AI/AN, %



## FREQUENCY OF PHYSICAL ACTIVITY BY WEEK AND MONTH

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The effect of increased access to traditional physical activity on overall physical activity of Coeur d’Alene Reservation community members was tested using the indicator “Frequency of physical activity by week and month.” An ordinary least squares regression model tested whether there was a significant change in the number of times respondents had participated in a physical activity in the last month from 2015 to 2017, while controlling for the effect of age, gender, AI/AN or not, and workplace.



There was a significant decrease in frequency of physical activity from 2015 to 2017. The respondents in 2015 reported participating in physical activity an average of 16 times per month, while the respondents in 2017 reported an average of 14 times per month. No significant effect on physical activity was found for age, workplace, gender, and being American Indian/Alaska Native.



## NUMBER OF HOURS PER DAY OF SEDENTARY BEHAVIOR

The effect of increased access to traditional physical activity on overall physical activity of Coeur d’Alene Reservation community members was tested using the indicator “Number of hours per day in sedentary behavior.” An ordinary least squares regression model tested whether there was a significant change in the number of hours per day in sedentary behavior, from 2015 to 2017, while accounting for the effect of age, gender, AI/AN or not, and workplace.

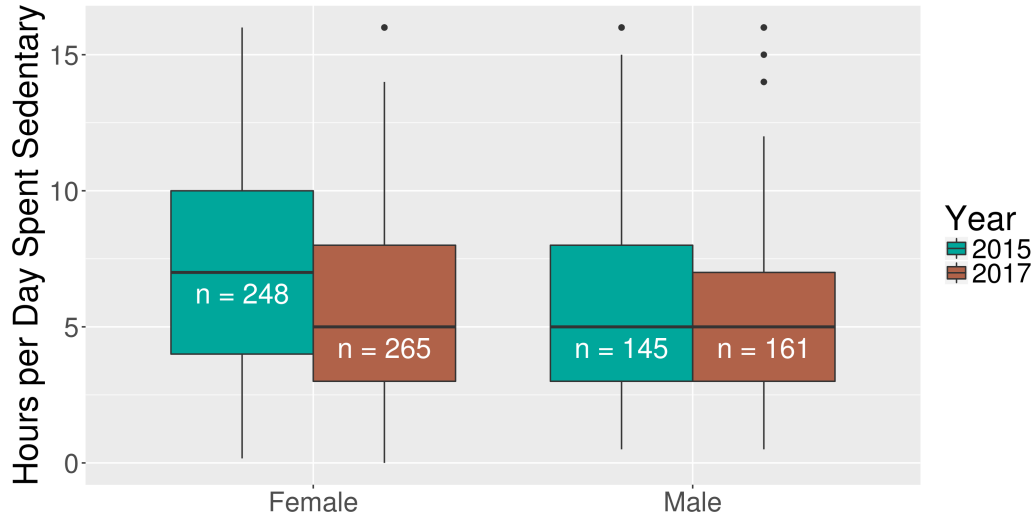


Figure 3: Hours per day spent sedentary, by gender, 2015-2017

There was a significant decrease in hours spent sedentary from 2015 to 2017 (Figures 3 and 4). The respondents in 2015 reported an average of 6.4 hours per day spent sedentary, while the respondents in 2017 reported an average of 5.7 hours per day. Men spent significantly less time per day sedentary than women (Figure 3). People employed not by the tribe and not employed both had significantly less sedentary time than people working at MHWC (Figure 4). No significant effect on hours per day spent sedentary was found for age or AI/AN.



Figure 4: Hours per day spent sedentary, by workplace, 2015-2017

## PARTICIPATING IN TRADITIONAL PHYSICAL ACTIVITY

The effect of increased access to traditional physical activity on overall physical activity of Coeur d’Alene Reservation community members was tested using the indicator “Number of people participating in traditional physical activity, where traditional physical activity included hunting, canoeing, scouting on foot for game, drying/smoking game or fish, tanning or working with animal hides, participating in the Winter Dance, pow-wow dancing, picking berries, and digging roots.” A logistic regression model tested whether there was a significant change in the probability of participating in any of these traditional activities, from 2015 to 2017, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was a significant interaction between AI/AN and gender. This means that the effect of gender on the likelihood of participating in any traditional physical activity was different between AI/AN and non-Indian respondents. Among non-Indians, males are much more likely to participate in a traditional physical activity than women, while there is less of a gender different amongst AI/AN (Figure 5). The interaction between year and AI/AN is close to significant at a .05 significance level. To further explore this,

a regression was run on the 2015 subset of the data, and the 2017 subset of the data, and found that AI/AN significantly increased the odds of participating in 2015, but not in 2017 (Figure 6). People employed at the Resort had a significantly lower likelihood of participating in any traditional physical activity than people working at the MHWC. An increase in age significantly decreased the likelihood of participating in traditional physical activity.

It is worth noting that the earlier data collection date in 2017 compared to 2015 may have impacted the results as seasonal traditional physical activities had not yet begun (canoeing, root digging, etc.). Also, many of the traditional activities surveyed are enjoyed by all residents of the Coeur d’Alene Reservation.

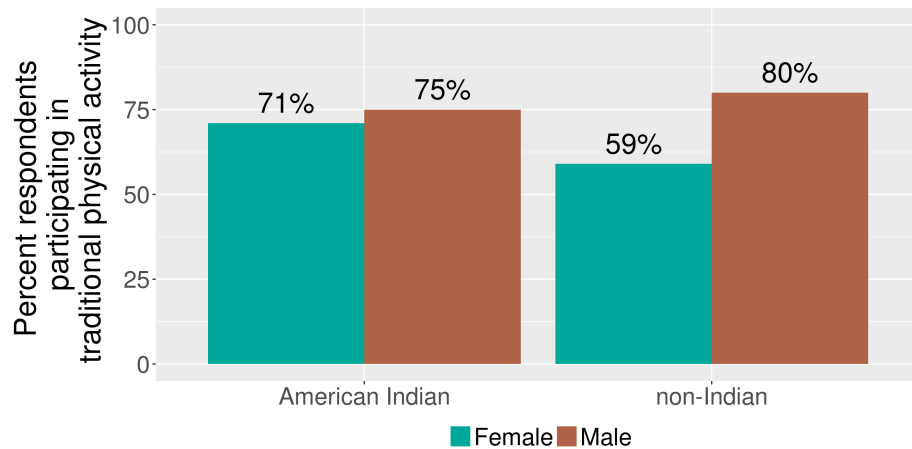


Figure 5: Respondents who participated in traditional physical activities, by gender, AI/AN, 2015-2017, %

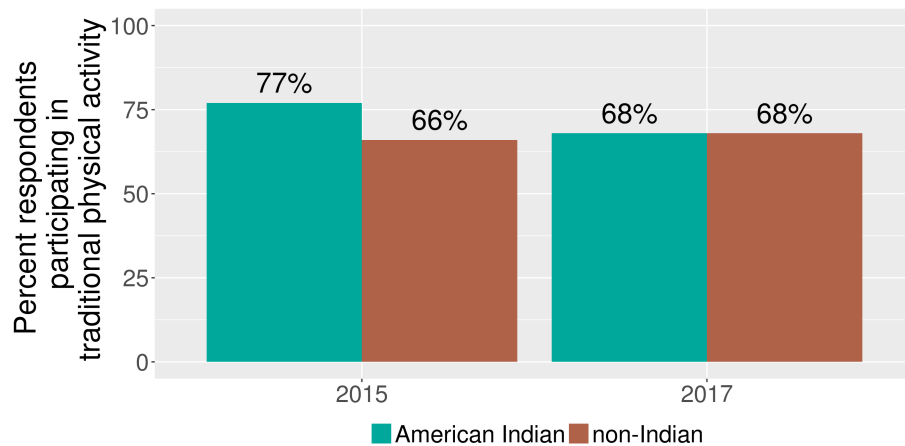


Figure 6: Respondents who participated in traditional physical activities, by AI/AN, 2015-2017, %

## PARTICIPATING IN TRADITIONAL PHYSICAL ACTIVITY

### CANOEING

The effect of increased access to traditional physical activity on overall physical activity of Coeur d’Alene Reservation community members was tested using the indicator “Number of people participating in traditional physical activity - canoeing.” A logistic regression model tested whether there was a significant change in the probability of canoeing in the last year from 2015 to 2017 while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was a significant increase in the likelihood of canoeing from 2015 to 2017 (Figures 7 and 8). Overall, AI/AN people had a significantly lower likelihood of canoeing than non-Indian people; however, the percent of AI/AN respondents who canoed increased from 11% in 2015 to 20% in 2017 (Figures 7 and 8). People employed at the Resort, or employed not by the tribe had lower odds of canoeing than people working at the MHWC. Women were less likely to have canoed in the past year than men; however, the percent of AI/AN women who canoed increased from 6% in 2015 to 17% in 2017 (Figure 8). Age had no significant effect on the odds of canoeing.

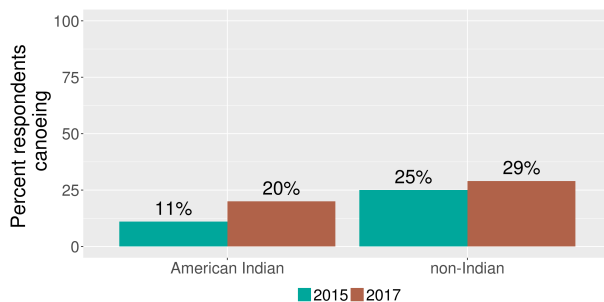


Figure 7: Respondents who canoed in the last year, by AI/AN, 2015-2017, %

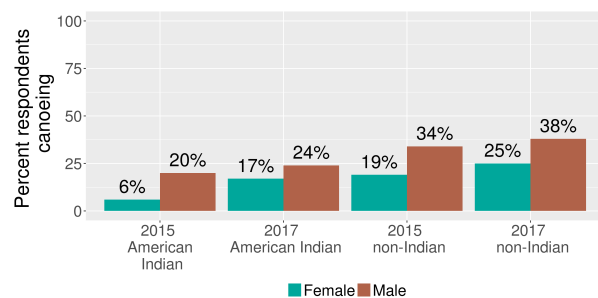


Figure 8: Respondents who canoed in the last year, by gender and AI/AN, 2015 and 2017 %

Given the project’s emphasis on rebuilding the canoe culture among the Coeur d’Alene people, the increase in the percent of AI/AN respondents canoeing, especially among women, seems a particularly important finding.



## TRADITIONAL PHYSICAL ACTIVITY ACCESS AND SKILLS

The effect of increased access to traditional physical activity on overall physical activity of Coeur d’Alene Reservation community members was tested using the indicator “Number of people participating in hunting/berry picking/root digging.” We did not combine hunting, berry picking, and digging roots into one indicator variable because the demographics of those who participated in these activities were different.



### HUNTING

A logistic regression model tested whether the probability of hunting in the last year changed significantly from 2015 to 2017 and whether the probability of hunting was affected by skill in gathering food from the outdoors, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was no significant change in the likelihood of hunting from 2015 to 2017. An increase in the skill to gather food significantly increased the odds of hunting by a factor of 10 (Figure 9). People employed at the Resort had a lower likelihood of hunting than people working at the MHC. Women were less likely to hunt than men; 27% of female respondents hunted, while 50% of male respondents hunted. No significant effect on the likelihood of hunting was found for AI/AN or age.

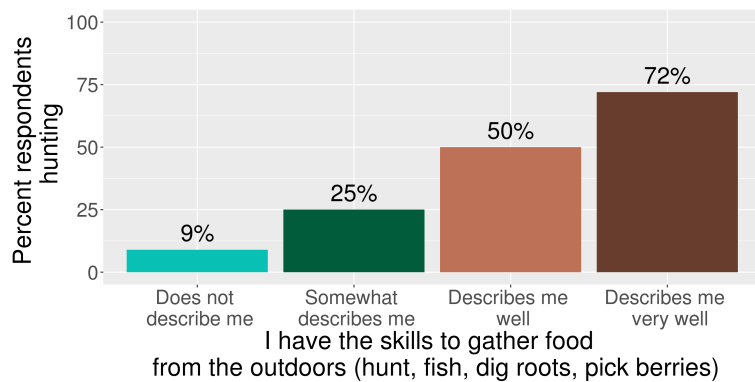
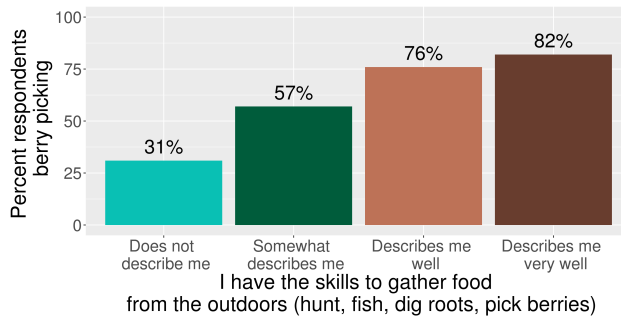


Figure 9: Respondents who hunted in the last year by skill in gathering food, %

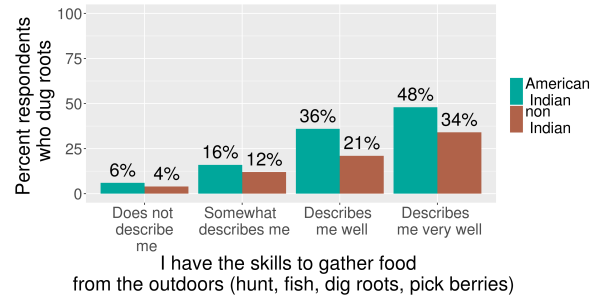
## BERRY PICKING

A logistic regression model tested whether the probability of having picked berries in the last year changed significantly from 2015 to 2017 and whether the probability of picking berries was affected by skill in gathering food from the outdoors, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was no significant change in the likelihood of picking berries from 2015 to 2017. However, an increase in the skill to gather food significantly increased the odds of picking berries by a factor of 6 (Figure 10). No significant effect on the odds of berry picking was found for gender, workplace, AI/AN, or age.



**Figure 10: Respondents who picked berries in the last year by skill in gathering food, %**



**Figure 11: Respondents who dug roots for each category of skill in gathering food, by AI/AN, %**



## ROOT DIGGING

A logistic regression model tested whether the probability of having participated in digging roots in the last year changed significantly from 2015 to 2017 and whether the probability of root digging was affected by skill in gathering food from the outdoors, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was no significant change in the likelihood of digging roots from 2015 to 2017. An increase in the skill to gather food significantly increased the odds of root digging by a factor of 7 (Figure 11). Being AI/AN increased the odds of digging roots (Figure 11). People employed at the Resort had lower odds of digging roots than people working at the MHWC. No significant effect on the odds of digging roots was found for gender or age.

The significant relationship between possessing skills to gather food and increased likelihood of hunting, root digging and berry picking provided evidence to support continued traditional food skill development. The earlier survey date in 2017 may have impacted the reported participation in these seasonal activities.



## PARTICIPATION IN GARDENING AND GARDENING SKILLS

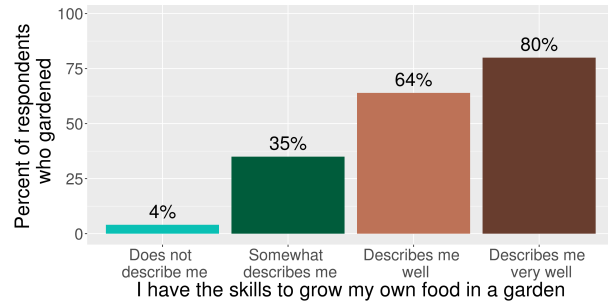


The effect of skill building and increased access to traditional physical activity on overall physical activity of Coeur d'Alene Reservation community members was tested using the indicator "Number of people who garden to grow their own food."

A logistic regression model tested whether the probability of gardening to grow food changed significantly from 2015 to 2017 and whether the probability of gardening was affected by skill in growing food in a garden, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

Overall, there was no significant change in the likelihood of gardening to grow food from 2015 to 2017. An increase in the skill to grow food significantly increased the odds of gardening to grow food by a factor of 27 (Figure 12). Being AI/AN significantly decreased the likelihood of gardening to grow food. Overall, 29% of AI/AN respondents gardened for food, while 57% of non-Indian respondents gardened. Men had significantly lower odds of gardening to grow food. No significant effect on the odds of gardening to grow food in the last year was found for workplace or age.

The findings support continuation of gardening access and skill development, especially among American Indians.



**Figure 12: Respondents who gardened for food at each skill level, 2015 and 2017, %**

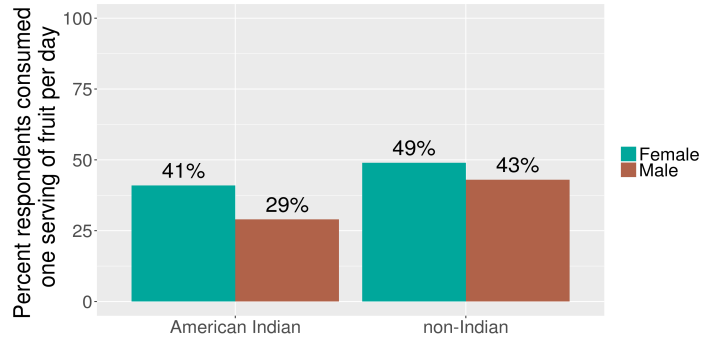




## FRUIT CONSUMPTION

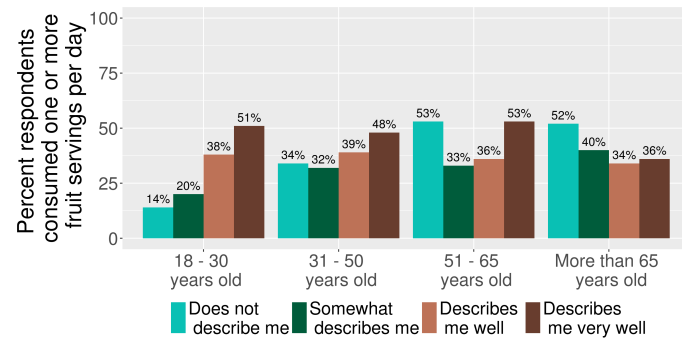
A logistic regression model tested whether the probability of consuming at least one serving of fruit per day changed significantly from 2015 to 2017 and whether the probability of consuming at least one serving of fruit per day was affected by skill to prepare food from basic ingredients, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was no significant change in the likelihood of consuming at least one serving of fruit per day from 2015 to 2017. Being AI/AN decreased the likelihood of consuming at least one serving of fruit per day (Figure 13). Females had a significantly higher likelihood of consuming at least one serving of fruit per day than males (Figure 13). Forty-one percent of female AI/AN respondents reported eating one or more servings of fruit per day, while 29% of male AI/AN respondents reported eating one or more servings of fruit per day (Figure 13).



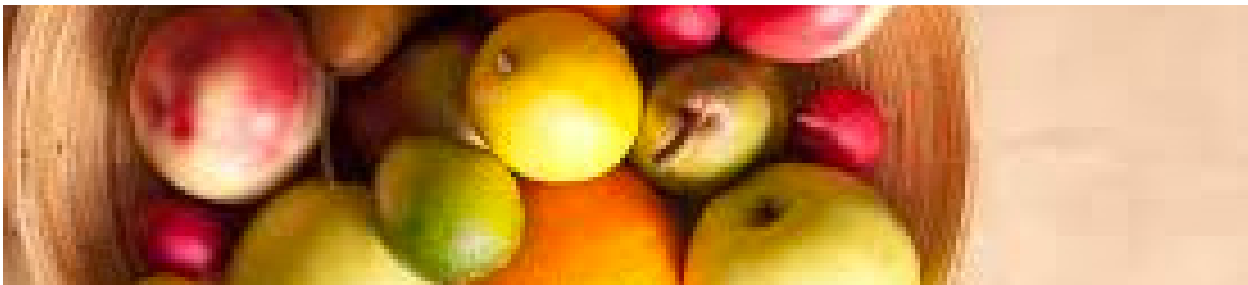
**Figure 13: Respondents consumed one serving of fruit per day, by AI/AN and gender, 2015 and 2017, %**

There was a significant interaction between age and skill in preparing food. Amongst the younger respondents an increase in food preparation skill corresponded with an increase in the likelihood of consuming at least one fruit serving per day, while amongst the older respondents, the relationship is less clear. Amongst respondents 65 and older, the proportion of respondents who consumed at least one serving of fruit decreased when their response to ‘I have the skills to prepare foods from basic ingredients’ moved from ‘Does not describe me’ to ‘Somewhat describes me’ and decreased again from ‘Somewhat describes me’ to ‘Describes me well’ (Figure 14).



**Figure 14: Respondents consumed one or more fruit servings per day at each skill level, by age, 2015 and 2017, %**

The interaction between food preparation skills and eating at least one fruit serving supports continuation of food preparation skills, especially among younger people.



## VEGETABLE CONSUMPTION

A logistic regression model tested whether the probability of consuming at least one serving of vegetables per day changed significantly from 2015 to 2017 and whether the probability of consuming at least one serving of vegetables per day was affected by skill in preparing food from basic ingredients, while adjusting for the effect of age, gender, AI/AN or not, and workplace.

There was no significant change in the likelihood of consuming at least one serving of vegetables per day from 2015 to 2017. Being AI/AN decreased the likelihood of consuming at least one serving of vegetables per day (Figure 15). Females had a significantly higher likelihood of consuming at least one serving of vegetables per day than males (Figure 15). Forty percent of female AI/AN respondents reported eating one or more servings of vegetables per day, while 27% of male AI/AN respondents reported eating one or more servings of vegetables per day (Figure 15). People working at MHWC were more likely to consume at least one serving of vegetables per day than people working at the Resort.

The 2018 indicators of at least one fruit and one vegetable serving per day is a BRFSS indicator for fruit and vegetable consumption. Although more servings of fruit and vegetables per day are recommended, continuing to use these indicators is important to track improvements in fruit and vegetable consumption over time.

For the most part, an increase in food preparation skill corresponds with an increase in likelihood of consuming at least one vegetable serving per day. The significant interaction found was between age and skill in preparing food. As respondents' ages increased, the percent of people who consumed at least one serving of vegetables per day rose among the

group who had no food preparation skill. (Figure 16). It is unclear why less food preparation skill among older respondents corresponded with higher likelihood of eating at least one vegetable per day. In the future, specific survey questions about fruit and vegetable food preparation skills could offer clearer insight into the relationship between food preparations skills and fruit and vegetable consumption.

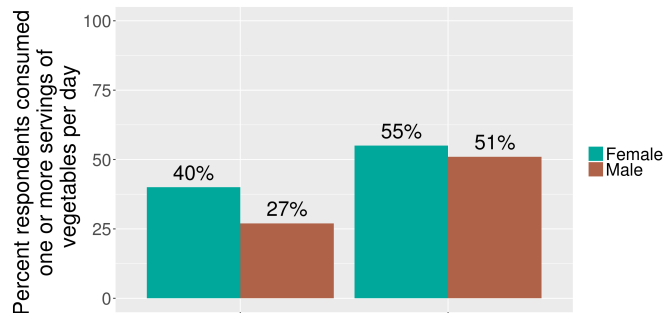


Figure 15: Respondents consumed one of more servings of vegetables per day, by AI/AN and gender, 2015 and 2017, %

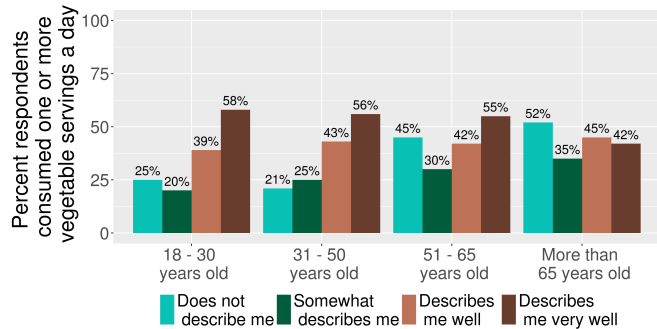


Figure 16: Respondents consumed one or more vegetable servings per day at each skill level, by age, 2015 and 2017, %

In summary, key findings in the 2018 analysis include a significant decrease in sedentary behavior, an increase in canoeing among American Indians, particularly among women, and significant relationships between reported skill and participating in traditional physical activities, gardening to grow food and consuming fruit and vegetables. As stated previously, decreased 30-day physical activity participation and physical activity frequency may have been related to earlier survey sampling.



# hnqhesnet

## Listening Sessions

### INTRODUCTION

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The hnqhesnet project greatly expanded opportunities for community members to engage in physical activity and food ways traditional to the Coeur d’Alene people. Community members were invited to share their experiences participating in hnqhesnet activities and programs. The listening sessions did not cover all aspects of hnqhesnet, such as the POWWOW SWEAT.

This report summarizes findings from interviews with participants involved in the canoe project, garden, beekeeping, Farmer’s Market and Food Distribution Program.



## INTERVIEW METHODOLOGY

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Interview questions were based on peer-reviewed literature and selected to elucidate perceptions, attitudes, and knowledge of qhest life participants and partners. Two focus group interviews were conducted with participants involved in the canoe project (n=5), the commodities garden, beekeeping, and One Sky One Earth Farmer’s Market (n=7). The focus group interview questions related to the topics: 1) description of their participation in qhest life activities, 2) perceptions of the impact that the activities had on them and the community, 3) partnerships or collaborations that have occurred as a result of the project, 4) sustainability and challenges of sustaining qhest life activities, and 5) vision for a qhest life future in the next five years. Each focus group interview lasted approximately 90 minutes and was preceded by a light meal. An in-depth interview was conducted with the director of the Food Distribution Program (FDP) as the FDP site served as a catalyst for expanding fresh food access. Findings from this interview were incorporated into the comments of gardeners, beekeepers, and Farmer’s Market participants.



All interviews were recorded, transcribed verbatim, and summaries for each store were written, lightly edited for readability, and compiled. Data from each interview were coded and categorized using inductive analysis and constant comparison. Two members of the evaluation team coded each transcript and then met to compare codes. The coded data was placed into categories and the two evaluators met to discuss and confirm emerging themes.

To establish trustworthiness, project leaders were provided interview transcriptions and asked to ascertain the accuracy of the transcription, and provided the opportunity to comment on any issues arising in the transcription.

# GARDENERS, BEEKEEPERS, FARMER'S MARKET, AND COEUR d'ALENE RESERVATION FOOD DISTRIBUTION PROGRAM

## SUMMARY OF qhest life ACTIVITIES

Participants attended numerous educational activities and workshops to improve food habitat, soil, gardening techniques, beekeeping, and the gathering, preparation, and preservation of food. Many had their own garden, participated in the FDP qhest life garden, or kept beehives. In addition, many participants were involved in the Farmer's Market as vendors or shoppers.

*"...the one time we had salmon, jam, and one other thing all at once... the jam teacher didn't show up so I did that, I was like, "Yeah, I can do jam." But, he taught pressure canning salmon and we went home with little jars and then with the huckleberry jam and some of the other salmon they kept it to give away as, as gifts for all to thank community members."*

With support from the REACH grant, volunteers and partner agencies, the FDP director was able to provide fresh food to the community and engage the community in gardening, produce eggs, and provide food processing educational opportunities. The FDP director estimated that in 2017, 1,700 pounds of produce was grown and distributed through various programs. He estimates that 5-6,000 pounds of produce will be grown and distributed in 2018. Each month 70-80 dozen eggs are distributed.

*"...last year, I believe the poundage from the garden that we weighed was seventeen-hundred pounds of produce that was given to clients through our program."*



***"It's not just dry goods...we are com-mods and more."***

***"I love doing the Farmer's Market and selling my produce and, and eggs and everything... I liked it so much that last year I started another farmers market in St. Maries, so that I can come to Plummer on Thursday, and then St. Maries on Friday, and then Harrison also has a tiny, tiny, tiny little farmers market on Saturday. So, I do three days of farmers market..."***





## MOST SIGNIFICANT PERSONAL IMPACTS OF qhest life ACTIVITIES

Participants discussed the impact that the grant activities had made on them personally and their families. A common theme was that involvement in the physical aspects of gardening impacts the well-being of all ages of people, including youth, and builds relationships.

*“And with what we have growing here, it’s just reaffirming and building a better diet, and healthier people, which makes a healthier relationship and a healthy community... Someone who is prone to waking up crabby, or having a rough evening... because they came up here for a day, twice a month, they’re not quite that way anymore.”*

*“...it just feels so good to be out there. The air’s clean, and I don’t know, it’s just great... we can pull weeds and talk... all that kind of stuff, and, I just thoroughly enjoy it...”*

*“...it has impacted me tremendously... and these programs... it has opened up a lot of doors for me... like the beekeeping and stuff because, you know, my husband is still disabled and I quit, so there’s not a lot of money going around... and so you just have to make do with what you’ve got and if someone can give you a hand up... that’s just, absolutely wonderful.*

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*“I quit being the provider and just, now I can do the garden, now I can be self-sufficient... this is my goal of being self-sufficient, and doing what I wanted to do fifty years ago.”*

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Participants discussed the value of building relationships in a variety of ways. They indicated that the community garden activities and

Farmer’s Market facilitated the development of relationships, across family members and among the community. The relationship building even extended across communities that in the past were distant from one another.



*“I was impressed with on the Tuesdays when the commodities building’s [FDP] open, a lot of the families come up to the gardening just look around and see things growing and some stay and help... but I think that’s really important. I’m glad it’s right there...so it’s real easy for people.”*

*“And there’s been a lot of difficulty getting people from the St. Maries side of the reservation to talk to people here, and we’re getting St. Maries vendors over here and when I saw that, that was big... And we’re getting St. Maries customers over here...one positive nexus between Plummer and St. Maries is a big deal.”*

The activities served to pay homage to the elders and facilitated opportunities to honor past generations. One of the beekeepers described her joy in connecting with her grandmother about beekeeping.

*“I got the bees, which croaked, but those were really fun, it was the last year my grandma was alive and her dad raised their family with beekeeping- it was six hundred hives. It was neat to have that to talk to grandma about it. It got to the point where I called her and she was like, ‘How are the bees?’ Hello, it’s your favorite granddaughter. But, so that was neat.*

*“...Becky asked me if I wanted to join the bee program. And I really jumped at that... because I always have been interested in it... I had two hives last year and I got something like ten gallons of honey out of it before they died.”*



# MOST SIGNIFICANT COMMUNITY IMPACTS OF qhest life ACTIVITIES

Participants were eager to share several examples of the impacts of qhest life activities on the community. Strengthened partnerships, new collaborations, and new energy around community involvement were commonly heard themes.

*“It’s done a lot for the community... when people come walking in, there’s a lot more smiles. Some of the kids I do see at Rock’n-the-Rez, and archery, because I do, the archery instruction at Rock’n-the-Rez and the kids just love it, so... I get to see them here and then I get to see them out there. I see them put two and two together, ‘Hey, can we come up and help you with the chickens?’ ‘You bet.’ You know, ‘Can we come up and help in the garden?’ ‘Come on over.’ So it’s had a huge impact in the community.”*

*“In my organization, we’ve gotten a lot more community involvement, and you would see people working together that are not necessarily social outside of here. You know, they don’t necessarily attend*

*the same gatherings or events and they’re fine and dandy sitting next to each other... planting or weeding, or...anything to do with the garden...”*

hnqhesnet opened the door to providing healthy food within the community. Through collaborations with the local grocery store, a conveniently placed qhest life food section in the store now provides a variety of fresh, healthy snacks for shoppers to choose from. As one participant noted,

*“They’ve put up a little thing at the market, the healthy eating thing, and I buy from that. And it’s great that they have that there for us to choose healthy eating stuff already packaged up.”*

Participants expressed appreciation for the availability of fresh food in their community through the Farmer’s Market.

*“I used to go to Moscow every week to the farmers market and now starting in June I don’t need to. And I get most my eggs from [name]. I’m able to buy a lot more food so it’s one of our goals with One Sky One Earth was local food sovereignty and security, so it’s kind of fun to buy it here.”*







Several participants discussed participation in gathering, processing, and preservation of food. Both American Indian and non-Indian participants expressed appreciation for the opportunity to learn about traditional food ways and participate in activities. Several were interested in the preservation of meat.

*“ I got to know [name] and other people, so I got to take her chicken class. I hadn't cleaned chickens in decades but I'd always see those free roosters on craigslist and thought, 'I could eat that.' Those are clearly named soup, so that's been fun and... her class was better than that. She takes you from chicken to canned chicken.”*

*“...so it started with her sparking ideas for hunting and meat processing and all that kind of thing... and so she approached the Fisheries and asked around and so we kind of started something like that over at our facility, and it's 95% completed. We still haven't hooked up to the city sewer or anything like that because of restrictions right now, but several elk have actually been processed through that.”*

The participants discussed the importance of having facilities to learn and preserve food to protect their food security and traditional food ways.

*“You know you should also have facilities and teach how to can the meat because I only live... like seven miles out of town, but, there's a lot of times I don't have electricity. And if I have freezers, I'm going hungry for the rest of the year. Because I have my meat so I can a lot of my meat, my chicken, my fish, my deer, whatever I have, I can a lot of it. And that way it's there, I have instant meals, and I don't have to worry about electricity not being on.”*

*“Somebody needs to...teach canning because we're losing it. We're losing that.”*

Participants felt the community is becoming concerned and more involved in preserving

food habitat. The project has built connections with a variety of organizations, one example is the Tribal Fish and Game.

*“...there hasn't been any fish distribution for a few years, and we started catching pike in the lake... we're trying to thin them out only in the areas that they impact our native trout the most. Benewah's Cutthroat population is like twenty adults coming back - when it used to be lots...so there's a chance that we will be expanding our gill netting.”*

A number of participants described the different ways relationships are being fostered across the community.

*“...the process of creating this [garden]... working on this food sovereignty together has built relationships that weren't there before... I feel like...that future's going to keep happening with other farmers and*

*“I think more people know me in the last three years through this than the first ten years when I lived in Plummer.”*

*I feel like the grant really helped to be able to have enough... staff time...to be able to keep things going and without that I feel like it would have...maybe been a lot less.”*

The impact the project has had on relationships and building bridges between the Coeur d'Alene Reservation community and neighboring communities was a commonly heard theme.

*“I see a change in the people that are in this group being more willing to talk to each other and also the language ...the very fact that it's qhest life, brings the two languages together, and hnqhesnet, and people are willing to learn and say it. There's been a change, and then I meet people I wouldn't normally get to meet at work, which is the only other time I leave the house...it creates connection beyond this group.”*

Relationships across American Indians and non-Indians were also mentioned. One non-Indian participant, a newcomer to the community, indicated his appreciation and value of being educated about the Coeur d'Alene culture.





***“... I’m relatively new to the area...I’ve never lived anywhere that there’s a Native tribe...so it’s like, I’m interested and curious and this provides me with access to information like the tribe’s archaeologist... I think that ...the impact that it’s had on my life, it’s given me an accessibility, a level of accessibility that I wouldn’t have otherwise had and...that is incredibly valuable to me.”***

***“The impact of the REACH grant itself is, with qhest life, is...I don’t know if you could really measure it. I don’t think you could - how do you put value of a person’s life on funding dollars? I know for a fact that because of the gardening project, qhest life, Marimn Health... Community Health has been down here and has talked to two people, specifically, and worked on a meal plan with them. They probably wouldn’t be here if we didn’t have the garden. And one of the clients has lost 80 pounds in five months. And without the help of Community Health, he wouldn’t have been in contact with that dietitian.”***

The qhest life garden (at the FDP) provides a focal place for collaborations to develop and creates partnerships between agencies. FDP originally started with providing dry goods assistance to the community. It has now expanded to offer fresh produce (Second Harvest) which reaches 140 to 200 households. FDP also partners with the Older Americans program and the Stop Violence program. The Tribal Fisheries Department provides compost and FDP staff assist in the restoration of camas habitat. Lake Management Tribal Roads has provided equipment and building structures and FDP collaborates with Tribal Court Services by providing their clients with a place to complete community service hours. The Coeur d’Alene Casino and Resort is interested in the qhest life garden providing daily fresh eggs and greens, but the garden does not have capacity currently to fulfill this request.

The Farmer’s Market serves as a conduit to developing connections to other communities traditionally isolated from Plummer. For example, more people from St. Maries attend the One Sky One Earth Farmer’s Market at Plummer, and vendors from Plummer are also participating in the farmers markets at St. Maries and Harrison. Additionally, the Mennonite community is engaging in the Farmer’s Market and have attended other community activities. Such connections serve to enhance communication, build capacity, and support healthy food access. As one participant noted,

One important partnership that developed is the collaboration between Marimn Health and the FDP. It enables the Community Health agency to reach out to community members in a more social setting with some remarkable success.

***“I just, I love doing the farmers market and selling my produce and eggs and everything, and I liked it so much that last year I started another farmers market in St. Maries, so that I can come to Plummer on Thursday, and then St. Maries on Friday, and then, Harrison also has a tiny, tiny, tiny little farmers market on Saturday. So, I do three days of farmers market, and my husband complains that there’s nothing in the garden for him to eat.”***

***“The qhest life gardening...has expanded our role in the community... because now community health is coming down, they’re making contact with people that may have weight issues or diabetes, and they’re handing out cards...and setting up appointments. They [Community Health] can give one-on-one instruction in a comfortable environment. They don’t have to come up to the clinic...So they’re making that option available to them. And that’s all because of our garden.”***

***“Well, and I think it’s really helped bring people to participate in other community activities because for example, is it the Mennonite group? They’re always there at the Farmer’s Market but then I’ve seen them come to a gathering here so that’s pretty awesome...that they felt comfortable enough with the Farmer’s Market.”***



## CULTURAL IDENTITY, PRESERVATION AND AWARENESS RESULTING FROM qhest life ACTIVITIES

Education about traditional foods appears to have resonated with the participants. Participants have engaged in camas digs, gathering of berries, and water potatoes, and they were eager to discuss how qhest life activities connected past, current, and future cultural traditions.

*“I’ve gone on some of the Coeur d’Alene traditional food stuff...I went on two camas digs, which was fun, I’ve never been able to get away before, but he called up one day and he was leaving Saturday... so, I was able to do that and it’s made me more aware of my job of keeping an eye out for traditional foods, which, then I bring that back to culture program.”*

*“I feel like there’s a handful of examples of some of the older traditions meeting up like that with new technology...I feel like the Farmer’s Market has brought together just the traditional culture around food but also with the food traditions that... the Western Europeans brought, but it’s kind of this coming together. It feels like a nice place where all of the community can kind of come together and also with the Farmer’s Market...some of the kids getting to make and sell things, and I don’t know if that’s been happening a lot the last year...but I feel like there might be some traditional native earrings next to raspberry jam at John McDonald’s.”*

Participants were eager to share their experiences and appreciation for qhest life activities that connected them and the community to traditional foods and food ways. People commented that they gained skills and tried foods that they had not gathered or eaten before.

*“I think there’s more involvement with the gathering of the natural food around here...the roots and the berries, it seems like there’s much more of that, community involvement in that than there used to be, at least I noticed. And people talk about it more.”*

## SUSTAINING CULTURAL AND TRADITIONAL PHYSICAL ACTIVITY AND HEALTHY FOOD

From the small steps of building indoor flower boxes to building a community garden in Plummer, and the development of the large qhest life garden, the idea of growing fresh food has inspired the community to support these efforts. Dedicated staff and volunteers

have played critical roles in developing and sustaining the garden. Partnerships have helped to provide materials and equipment. These strategies have increased capacity in terms of people and materials, but participants felt that in order to sustain these efforts some form of revenue generation and tribal funding may be necessary.

Currently, the project is supported by three people and at least two of those people (AC Sanchez and Becky Walrod) in the community would need to be financially supported to keep this project going. Staff at the Food Distribution Program (FDP) provide volunteer time and effort to move the project along. Additionally, volunteers from the community also help to develop the project. The manager’s role has expanded from administering the FDP to developing the garden, orchard, and egg production. The qhest life project ignited new and exciting activities that the FDP hopes to sustain.



***“It is [different] from any other program manager in this position. Usually it’s taking care of the administrative duties, assisting clients, working on schedules. My position here is not that set in stone. I’m the one primarily in charge of feeding and watering the chickens, gathering eggs, keeping a daily count, what we should have on hand... and helping with the gardening... my role is equipment operator also. I truly enjoy it...it’s kind of frustrating me from the manager’s position that I’m putting so much of a workload on my other two employees - but it needs to be done, and when I’m up there I do enjoy it. You know, whether I’m tilling or clearing, or...building fence... I enjoy it.”***

A number of participants expressed their appreciation of the variety of grant activities that served to educate community members about traditional plants, healthy food choices, gardening, beekeeping, and preservation of food, and hope that these activities will continue.

***“...it’s nice be involved with some people that are much more knowledgeable than myself and, I think beekeeping - I’m going into my third year as a beekeeper and I really don’t know much about it except that I really, really like it. So, they’re beneficial.”***



***“It’s just been a great experience for me and then the gardening and me learning from Becky, I mean my gardening was always just...stick a hole in the ground and put a seed in it... But I always got stuff, but...it’s been an education for me and she’s such a wonderful person to work with, and she never makes fun of me when I ask the stupid questions or do something stupid - accidentally trod on a plant or something... she’s always very, very nice...”***

***“So when we first had the community garden...it was on the lot kind of adjacent to where the Farmer’s Market is but, it got sold and then...we had a lot of problems and we had to take everything that we had built there and remove it... That’s kind of the before... we were struggling, and that did lead us to some other things...we put all those beds at senior housing and some other places around, and we got more beds at individual’s but, once we got the...qhest life brand, then we just had that place where people could come and garden and with having a consistent, kind of a person there daily, and also with AC’s care... and him building a fence with his guys and stuff, so...”***

Participants are excited about making beekeeping sustainable through the development of a beekeeper association.

***“Learned a ton about beekeeping, still more to learn, but it’s exciting because we’re going to be starting an association soon.”***

All participants indicated that the efforts of Becky Walrod and AC Sanchez in educating the community about gardening and beekeeping are critical in making qhest life a long-term success. Many expressed a desire for Becky Walrod to be retained in her position to support the sustainability of qhest life activities.

***“Becky is a huge - she plays a major role in this... without Peter [Mahoney] and Becky this, it wouldn’t be, it wouldn’t be at all, and I appreciate what they’ve done, and I appreciate what they do.”***

Buying the materials, equipment, and tools is minimally supported by the grant. Efforts to salvage, recycle, and get donations have facilitated the development of the garden and inspired others to learn to do the same in their agencies. The partnerships that have developed promote sustainability.

**“...they [Marimn Health] asked us, ‘how did we get our shipping containers here’ - I said the Tribal Roads delivered them for us. They said ‘Oh, yeah, well I need to do that’ I replied, ‘You know, they’ll haul it for you if you’ve got the time.’ Facilities... they’ve provided us with, tools and equipment like you wouldn’t believe. One of their employees come over... just recently, they’re like, ‘You guys got a lot going on!’ It’s like, ‘Yeah, we do.’ ‘How do you fund all of this?’ I said, ‘You know, all of the lumber you see, for most everything up here besides the fence, it’s reclaimed.”**

*“I’d love to see fresh fruits and vegetables just all over the community. And... it would kind of reverse us back to the old days where my grandpa canned green beans and down the road their pear tree, they got more than they know what to do with, so let’s load a box of green beans up and go trade them a box for a box.”*

**“I’d like to see... some hard-smoked meat lessons, and root cellaring... in the plains of the U.S., there was a traditional form of root cellaring in the ground, and I see some evidence of that archeologically...I’m talking to elders about to see if anybody else sees that kind of thing here. Because that long-term storage is important for security...”**

**“I would love to see a quarter-acre community garden in each town... it could be half-acre depending on the variety of produce they want to grow. So, now you’re looking at three or four gardens that big...here in our**



## VISION FOR A qhest life FUTURE

All participants expressed a desire for continuing the qhest life garden, the sharing of food and recipes, educational activities related to gardening, the foraging, harvesting and preservation of food, medicinal herbs, and cooking. Members suggested expanding partnerships with the schools to involve all students in gardening. A return to traditional ways of bartering and communication throughout the community was viewed as a strategy to build capacity.

**program...I would love to see our garden expand...potentially out to like three acres, that’s huge. That’s a giant garden. And it may have to expand to four, and then we just designate that section. One section of the garden for revenue to become self-sustaining...”**

**“I would love to see the schools all have their own little section, little gardens... the first graders, they all grow a radish, you know, something easy.”**

*“I would love to see, to have a sign-in sheet for a waiting list for a home garden.”*



## THE CANOE PROJECT

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### CANOEING EXPERIENCE AND INFLUENCES

The canoe experience included the following activities: learning about the history of the canoe in the Coeur d’Alene Tribe and other tribal communities; learning to find and use natural materials to build canoes; canoe building; canoe blessings; participating in traditional canoe journeys and landings; and engaging with other tribes in canoe events and races. The building of the canoes is in its third year and engages whole tribal families and youth.

*“I think that we all, like in our hearts, wanted to know...and I think, well for me, always wanted to know, always wanted to...find what we lost.”*

*“...when these guys brought Warch [the canoe] to Water Awareness, or to Water Potato Day... I mean two, three hundred kids attend those events so...the canoes were exposed to a lot of kids.”*

*“And then there were the other ones that were fixing the canoes, we were all in the same area, so they all were there with their children, on Saturdays would have... someone come there and cook us lunch...and so we all got to sit down together and eat lunch... and the guys that were working on the Warch, the actual log canoe, they would be there, and wise-cracking and telling their jokes... Adding all of their experience and teaching us how to work on our canoes... So...it was just really quite the experience just building the canoe...”*

### SHARING STORIES

Participants often remarked that their canoe experience made them think about and connect to their ancestors, and how it provided opportunities to link the past with the future. People were animated as they shared stories about their canoe building experiences and participating in the canoe blessings and journeys.

*“...the most important thing for me from the journey, like when we went to Kettle Falls, was... I had my daughter with me in that sturgeon nose canoe ... as we were coming around the bend I was singing Auntie Anne’s song and I finished singing and [daughter] turned around and she just said, ‘Mom, this is going to be the best memory with you.’ And it just... I was – I – it made me feel really good as a mom... that I was passing down the tradition that is a new tradition that my mom never... got to teach me, but we learned as a family, and that already I can see that we were going to pass this on to our children and to their grandchildren, and so it was amazing to me.”*

*“...when we took the canoes out to Benewah Lake for the ceremony and... put them out into the water, and we were doing the blessing of the canoes, and of the Warch, that canoe, and I was just really honored that... I could be one of the ones to ride in them, on the canoe, and I thought that was awesome, because I was the only woman to ride on it.”*







Some participants shared how canoes were built and used by their ancestors. They were inspired to participate in the project.

*“I think just that whole process of building the sturgeon nose canoe, we had three generations that participated - my mom and my dad, all of us kids, and then our kids - and so it was just really cool to see the different generations. And just understanding we had tools... modern-day tools, but to think that back then our ancestors didn't have...those electric things to make the canoe. I mean, it would've took a long time to make those canoes, and it was just fascinating to go through that process - it made me want to see a traditional canoe made.”*

*“So, when they talked about having the canoe, or getting on the list to be drawn for to build the canoe, said, ‘Yeah, yeah, let's put our names in,’ and then [she] got drawn so we got to go over after work and then on Saturdays, and build it.”*

Building the canoes prompted participants to reflect on traditional ways and connect to their culture and traditions.

*“I know, one time we were up on Cherry Creek, and we were up there scoping out the lodgepole, and then on our way back down we were, and this was in St. Maries, so we were right next to the water, and my cousin said, ‘See all the tulee? Tulee? Bunch of tulee up there. Want to go and get it?’ and I said, ‘No.’ Because it was way out in the middle of there (laughter), and he says... ‘Canoe.’ And I said, ‘Oh,’ - you know, nobody had any canoes then.”*

Many comments were shared about the canoe experience connecting them to the water and the spiritual nature of their culture. Participants shared how the canoe experiences were bringing back traditions that were lost or not used in decades. The canoe building and journeys provided connections to their culture and spirituality.

*“How it's beneficial to us? And it's like how, when as children we learned how to play stick game. Then, we're taught that we have to make our own sticks, make our own bones, and the songs are carried down from usually our grandparents or parents. And when we went into the woods to get the material to build the canoe, then you give an offering and you say a prayer and for almost everything that you do, you give an offering or you give a prayer. It's just a spirituality of everything, and I think that's one thing that has been missing and I think that's one thing that's going to be coming back.”*

*“I remember when we first took Warch [the canoe] down to see if it was going to stay floating upright... there was golden eagles, bald eagles, pelicans - it was the first time I've seen a pelican down at the lake and all kinds of birds flying around, and, that was pretty awesome.”*

Participants described how the canoe events brought home both a sense of cultural pride and the importance of the Coeur d'Alene land and lake.

## PERSONAL MEANING FOR THE COEUR d'ALENE RESERVATION COMMUNITY

Learning how to build a canoe involved learning to find and use natural materials. Participants discussed how they had to learn to find the appropriate tree and prepare and use different parts of the tree. Many participants found this aspect educational and enjoyable, and brought them back to nature.

*“I thought the most exciting part for me was going out in the woods and getting all of the different supplies. I don't know the names of the malt-red cherry-this or willow-whatever and then bringing them back. And then some of them you had to put in water and soak for quite a few days, before you could use, and then just to actually use the machines to fix all of the different parts that you needed, and then doing all of that and having...our kids and grandkids and... our great-granddaughter, she was there, so it was actually the four generations helping.”*

*“That first landing in Coeur d’Alene we were all there dressed in our regalia, and so we had on our buckskin dresses. It was such a contrast to see like... it was almost like, why people invaded Indian Lands. It felt like we were (laughing) invading. We were taking over our land again... You know, to be able to land in our homeland, it’s like these were our home lands... the Coeur d’Alene, that belonged to us and our ancestors at one time. And so, I think just that alone makes such a huge statement for our future and for our tribe and for the lake case...my friend gave me a picture and it shows me in my regalia facing away, looking at the lake, and then you see all these non-Indians like in their bathing suits, (laughter) and it’s such a cool picture, you see the canoe in it, and it’s just like...what is this Indian doing in the middle of - the bikini! (laughter) -Yeah! But then, you’re like what are these white people doing? You know, on this Indian land!”*



*“It was like...that saying that you’ve made your ancestors proud today, and it was like our ancestors were just right there...just happy and glad that we finally had brought this back...”*

*“It’s been at least over a hundred years since they created the reservation and moved us away from the lake. Like, we just had no canoes they just went away. Assimilated. Yeah, I mean that was the government’s goal, was to assimilate us. And when you’re not at the water that was for fishing, for hunting...for gathering water potatoes, all the things- our substance was the lake. And when you’re removed from that... there’s such a spiritu-*

*al impact. And when we went out on the Benewah Lake...I was in the canoe with... one of our tribal council people, and we just went out to just give her a little ride in the canoe, and she... was like, ‘Wow...this is what’s going to save our people from drugs and alcohol.’ You know...I think it has, and for some people...they’ve been able to take these teachings and that awakening in their spirits and, it helps you to be a better person. Just because it gives you a connection to the water and to who you are.”*

The canoe events provided important opportunities for the Coeur d’Alene tribal members to connect with and share canoe experiences with other tribes in the Northwest and beyond. Participants shared many examples of how the events provided an opportunity to come together. They described how these events - the sharing of experiences, food, resources, and chores - was positive and life-changing. One participant discussed his time at Standing Rock:

*“One of the neatest things that’s going to stick with me forever was on the land, they thanked us. They were like, ‘We want to thank the canoe people for coming and help fighting the battle of the horse people.’ And that right there, was one of the neatest things I’ve ever heard. But...that was just an amazing trip and the whole camp of everybody just coming together and everybody was there for one reason, and you just did what you could to help...just the fact that... many tribes came together in one spot and were all there for one thing and everybody was a friend, there was nothing wrong. So, that was amazing. Probably one of the better life experiences I’ve ever had, and probably will ever have, so, it was great.”*





## SUSTAINING CANOE ACTIVITIES

People shared that the grant provided the initial resources for building canoes and since that time, other agencies and organizations have gotten involved to sustain the activities. Everyone joined in to express their desire to see canoe activities continue and expand.

***“I think that through the REACH grant it was started... with the first canoes. And then we used other dollars from the Avista money to pay for the next six sturgeon noses. And now we have this tribal youth program grant that is going to be able to...have canoeing as a part of that grant. So, as we are writing for grants we’re including all of these, we’re including canoeing in, as we write for them.”***



Additionally, participants want to plan more opportunities to collaborate with other tribes in order to learn and share.

***“I’ve never been to the canoe journeys on the coast...but those canoe journeys they do there’s like, all the coastal tribes that participate and we can already see that growing here...inland. I think the revival of the canoes on the coast has brought so much healing, like you can see that that’s going to happen here, just by what we’ve already done, and... maybe one day we can bridge those gaps and we can participate with the coastal journey and they can come and participate with us.”***

Most participants agreed that efforts to involve families and to provide leadership for youth to build canoes and participate in canoe events is paramount.

***“I think the big thing is getting the youth into it and getting them involved. It’s going to be the most important thing to keep it carrying on, and this I’ve seen more - bringing out for adult’s great leadership and out of people that I feel you wouldn’t normally see and their trying to be involved and want to help the students. I really believe that it is the students and getting them back into the water and appreciating what the lake is to us, and understanding that connection.”***

***“Without the leadership...pushing it, and making it a positive environment... they’re [youth] not going to do it, so... I just hope it’s something that carries on, and gets bigger and bigger.”***

## CONCLUSIONS

Both focus groups were highly supportive of qhest life activities. The skill building opportunities, incorporation of Coeur d’Alene culture and tradition, and the expertise and support of project staff were greatly appreciated. All participants believed the project increased access, availability, and participation in traditional physical activity and healthful eating. The added positive impacts of relationship and community building, connection to culture, spirituality and tradition, and enhanced economic, social, and personal well-being was a repeated theme. The phrase, ‘qhest life,’ was used often and has taken on an important meaning within the community. People are eager to sustain and expand qhest life activities, and they stressed the importance of reaching all members of the Coeur d’Alene Reservation, especially the children.





# Healthy Food Retail Assessment Nutrition Environment Measures Survey (NEMS)

## INTRODUCTION

The University of Idaho has partnered with Marimn Health and the One Sky One Earth Food Coalition over the past several years to conduct the Nutrition Environment Measures Survey (NEMS) for stores, convenience stores, and restaurants in an effort to improve healthy food availability, affordability, and quality. Owners and managers of all food establishments have received reviews of NEMS findings highlighting the observed strengths of the nutrition environment in their establishment and opportunities for improvement.

The hnqhesnet project included the qhest (good) life healthy food store initiative. In the first year of the project, one convenience store implemented a qhest life food section, a second qhest life food section was added in year two (the Conoco Convenience Store or C-Store, a tribally-owned convenience store) and a third was added in year three in the Coeur d'Alene Casino and Resort Gift Shop. A new NEMS tool, Grab and Go, was added in year three and the NEMS Farmer's Market tool was conducted in year one and in the final year of the project.



Conducting NEMS was originally included as an evaluation measure of the Marimn Health 'hnghesnet' - 'It is Our Well-Being' project to increase culturally-based, fresh and healthy food options on the Coeur d'Alene Reservation. In November 2017, CDC removed healthy retail indicators from the CDC required evaluation.

This report contains a summary of the NEMS findings, a detailed NEMS score card, and brief conclusions and recommendations for the Benewah Market, the C-Store and the Gift Shop at the Coeur d'Alene Casino and Resort. The original intent to report qhest life food sales was not feasible for the following reasons: 1) qhest life items changed throughout project; 2) it was not feasible for stores to collect sales data; and 3) the original intent to measure sales at particular points in time proved difficult due to the malfunctioning of qhest life coolers.

All NEMS tools can be found at: <http://www.med.upenn.edu/nems/measures.shtml>

## WHAT IS NEMS?

NEMS is a collection of survey tools developed by the University of Pennsylvania to measure the food and nutrition environment of communities. There are NEMS tools designed for restaurants, grocery stores, convenience stores, and vending machines. Newer NEMS have been designed for Grab and Go sections of stores and Farmers' Markets.

## WHAT IS A NUTRITION ENVIRONMENT?

Nutrition environments are the places in a community where people buy and eat food.

## WHY DOES THE NUTRITION ENVIRONMENT MATTER?

The kind of food available in communities is thought to be linked to childhood and adult obesity and chronic diseases. NEMS helps identify strengths and recommendations for a community's nutritional environment.

## WHO CONDUCTED THE NEMS ASSESSMENT AND WHY WAS THIS DONE?

University of Idaho Movement Sciences staff, Helen Brown, students, and hnghesnet con-

ducted NEMS observations. The goal is to help increase access to healthful food options to improve healthful eating choices and behaviors on the Coeur d'Alene Reservation.

## WHAT DOES NEMS MEASURE?

NEMS describes the availability, price, and quality of specific healthful and less healthful foods. NEMS does not measure how food is advertised, promoted, or marketed.

NEMS measures specific foods and their less healthful alternative. NEMS store measures include a greater variety of foods than convenience store measures. The Grab and Go tool (NEMS-GG) was used to assess qhest life cooler selections. NEMS does not measure the physical layout of a store, advertising, or other environmental features. NEMS assesses the availability, price, and quality of the following items:

- Fresh fruits and vegetables
- Low-fat/skim milk to higher fat milk
- 10% lean ground meat to regular
- Fat-free or lean hot dogs to regular
- Whole grain (100% whole wheat)
- Baked chips to regular
- Reduced-fat frozen dinners
- Baked goods
- Low calorie and 100% fruit juice beverages
- Cereal with < 7 grams of sugar



## BENEWAH MARKET, NEMS 2018

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### STRENGTHS OF OBSERVED NUTRITION ENVIRONMENT

- Low-fat and non-fat milk priced lower than higher fat milk
- Abundant high-quality fruit and vegetables displayed attractively
- Reduced-price section for quick produce sales
- Light ground turkey available and lower in price than higher fat beef
- Low-fat baked goods available (bagels)
- Multiple varieties of whole wheat bread available
- Canned low sodium vegetables and unsweetened fruit available
- Diet soda available at prices equal to less healthy options
- The qhest life food display is stocked with appealing healthy items and is displayed in a highly visible area

### OPPORTUNITIES TO INCREASE HEALTHY OPTIONS AND ENCOURAGE HEALTHY EATING

- Price healthier food options equal or less than standard items
- Increase healthy food and beverage options near checkout
- Expand variety and maintain consistency of qhest life food items
- Offer lean ground beef  $\leq 10\%$  fat in 1-pound and 3-pound packages
- Offer a greater variety of lower fat, lower calorie baked goods
- Increase selection of low-fat frozen dinners, price below regular options
- Offer a variety of lower fat hot dogs
- Promote healthier options with in-store signage and promotions



### STORE OBSERVATIONS AND COMPARISONS

- NEMS score decreased in 2018 primarily due to higher pricing of more healthful options and fewer lower fat meat and frozen dinner selections
- Fewer promotions of less healthy products seen than in previous years
- Healthier deli options have increased; most hot entrees are deep-fried
- Water is now displayed more prominently
- Less obvious display of beer, chips, and energy drink on store end caps
- New store features have greatly enhanced the store's appearance and the produce section continues to expand fruit and vegetable variety





## BENEWAH MARKET NEMS SCORE CARD

Item		Point Value	Year				
			2014	2015	2016	2017	2018
<b>MILK</b>							
Availability	Low-fat/Skim	2	2	2	2	2	2
	Proportion ≥ 50%	1		1		1	1
Price	Lower for Lowest-fat	2	2	2	2	2	2
	Same for both	1					
	Higher for Low-fat	-1					
<b>FRUIT</b>							
Availability	0 variety	0					
	Less than 5 varieties	1					
	5-9 varieties	2					
	10 varieties	3	3	3	3	3	3
Quality	20-50% acceptable	1					
	50-75% acceptable	2					
	75% or more acceptable	3	3	3	3	3	3
<b>VEGETABLES</b>							
Availability	0 variety	0					
	Less than 5 varieties	1					
	5-9 varieties	2					
	10 varieties	3	3	3	3	3	3
Quality	20-50% acceptable	1					
	50-75% acceptable	2					
	75% or more acceptable	3	3	3	3	3	3
<b>GROUND BEEF</b>							
Availability	YES - Lean Meat	2	2	2	2	2	2
	2-3 varieties	1			1	1	1
	More than 3 varieties	2					
Price	Lower for Lean Meat	2			2		
	Higher for Lean Meat	-1					-1



Item		Point Value	Year				
			2014	2015	2016	2017	2018
<b>HOT DOGS</b>							
Availability	YES - Fat-free	2	-	-	-	-	-
	Light, but not Fat-free	1	1	-	1	-	1
Price	Lower for Fat-free	2	2				
	Higher for Fat-free	-1	-1				
	Lower for Light (No Fat-free)	1	1	-	1	-	-
<b>FROZEN DINNER</b>							
Availability	YES – Reduced-Fat Types	3	3	3	3	3	2
Price	Lower for Reduced-Fat	2		2	2	1	-
	Higher for Reduced-Fat	-1	-1			-1	-
<b>BAKED GOODS</b>							
Availability	YES – Low-Fat Items	2	2	2	2	2	2
Price	Lower for Low-Fat	2	2	2	2	2	2
	Higher for Low-Fat	-1					
<b>BEVERAGES</b>							
Availability	SODA YES – Diet Soda	1	1	1	1	1	1
	JUICE YES – 100% Juice	1	1	1	1	1	1
Price	SODA Lower for Diet Soda	2					-
	JUICE Higher for 100% Juice	-1	-1	-1		-1	-1
<b>BREAD</b>							
Availability	YES – Whole Grain Bread	2	2	2	2	2	2
	More than 2 varieties of Whole Wheat Bread	1	1	1	1	1	1
Price	Lower for Whole Wheat	2					
	Higher for Whole Wheat	-1	-1	-1		-	-1

Item	Point Value	Year				
		2014	2015	2016	2017	2018
<b>BAKED CHIPS</b>						
Availability	YES – Baked Chips	2	2	2	2	2
	More than 2 varieties of Baked Chips	1	1	1	1	1
Price	Lower For Baked Chips	2	2	2		2
	Higher for Baked Chips	-1	-1		-	



## BENEWAH MARKET NEMS SCORE CARD TOTALS

	Points Possible	Year				
		2014	2015	2016	2017	2018
Total Points	54	29	35	42	33	34
Total Points Availability	30	22	24	25	25	25
Total Points Price	17	1	5	11	2	3
Total Points Quality	6	6	6	6	6	6





## POINTS SCORED WITH NEMS SYSTEM – BENEWAH MARKET

Category	Points possible	Year				
		2014	2015	2016	2017	2018
Milk	5	4	5	4	5	5
Fruit	6	6	6	6	6	6
Vegetables	6	6	6	6	6	6
Ground beef	6	2	2	5	3	2
Hot dogs	4	2	-	2	-	1
Frozen dinners	5	2	5	5	2	2
Baked goods	4	4	4	4	4	4
Beverages	4	1	1	2	1	1
Bread	5	2	2	3	3	2
Baked chips	5	1	4	5	3	5
<b>TOTALS</b>	<b>54</b>	<b>30</b>	<b>35</b>	<b>42</b>	<b>33</b>	<b>34</b>



## OVERALL EVALUATION

NEMS is limited to the assessment of the availability, quality, and price of particular foods. The Benewah Market has undergone many changes that have enhanced the physical retail environment and the quality and quantity of the foods available. The popularity of the qhest life cooler attests to the increased desire for healthier options by market customers and the commitment of the store management to increase healthier food access. Over time, NEMS scores have fluxed, but remain higher than the baseline score. Increasing availability of some healthier items and favorable pricing of healthier items would increase NEMS scores.



## C-STORE, COEUR d'ALENE CASINO AND RESORT NEMS 2018

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### STRENGTHS OF OBSERVED NUTRITION ENVIRONMENT

- Offering of qhest life food options
- Fresh fruit and fruit canned in juice
- Many low-calorie drinks and 100% juices
- Vegetable-based juices prominently displayed
- Variety of healthy, protein rich nuts
- Some healthy options are priced below less healthy options
- Low-fat frozen dinner option is priced below the regular option

### OPPORTUNITIES TO INCREASE HEALTHY OPTIONS AND ENCOURAGE HEALTHY EATING

- Offer options for unsweetened non-fat and low-fat milk
- Offer canned vegetables with less than 200 mg sodium/serving
- Offer 100% whole wheat bread options
- Add variety of quality fresh fruit options, only bananas available
- Offer low-fat baked goods such as bagels or low-fat muffins
- Offer low calorie (100) snacks and low-fat or baked chips
- Price healthier options below the price of standard options
- Clearly mark price all qhest life options (e.g., fruit, cereal bars)



### STORE OBSERVATIONS AND COMPARISONS

- Cooler malfunction resulted in fewer healthful food options and sales
- Foods that meet qhest food criteria could be identified and promoted
- Not all foods displayed in cooler met qhest life criteria
- Limited qhest food marketing observed
- Store personnel are generally supportive of healthful food availability and some express desire to know more about the qhest food initiative
- Displays of candy are located near the qhest life display and toys
- Greatest point deductions occurred over time due to fewer or no offerings of fresh vegetables, fruit, and lower fat chips (baked)
- NEMS scores have increased since 2014. Highest NEMS scores (2015) reflect availability of fresh fruit, vegetables, and lower priced baked chips

## POINTS SCORED WITH NEMS SYSTEM – CONOCO (C-STORE)

Category	Points possible	Year				
		2014	2015	2016	2017	2018
Milk	5	2	3	3	3	3
Fruit	6	1	5	4	4	4
Vegetables	6	-	4	-	-	-
Ground beef	6	-	-	-	-	-
Hot dogs	5	-	-	-	-	-
Frozen dinners	4	-	4	4	4	4
Baked goods	4	-	-	-	-	-
Beverages	5	2	2	5	3	3
Bread	5	-	-	-	-	-
Baked chips/100 cal snacks	8	2	7	-	3	-
Cereal	4	-	4	4	2	4
Frozen and canned fruit	2	1	-	1	1	1
Frozen and canned vegetables	2	-	-	-	1	1
<b>TOTALS</b>	<b>58*</b>	<b>8</b>	<b>29</b>	<b>21</b>	<b>21</b>	<b>20</b>

\*Column does not total 58 as point totals for every item are given in a range.



## OVERALL EVALUATION

The C-store experienced repeated qhest cooler malfunctions. The NEMS scores have remained consistent and are greatly improved from the 2014 baseline. The store has not experienced demand for healthier food items.





## NEMS GRAB AND GO (NEMS GG) 2018

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A new NEMS tool was developed to score Grab and Go coolers/sections of stores offering ready to eat healthier options. This tool was identified and used in August 2017 for a baseline score and again in 2018 to measure progress. The tool offers a helpful way to assess stand-alone coolers such as in found in the Gift Store of the Coeur d'Alene Casino and Resort. It also provides food stocking ideas for Grab and Go units. It is important to note that many of the food options in the Grab and Go tool are not offered in the qhest life coolers due to size and store venue. The Benewah Market received Grab and Go points for foods located in other sections of the market (e.g., whole fresh fruit, salads, etc.). The following observation was conducted on the Coeur d'Alene Casino and Resort Gift Store and the scoring card shares results for both the Gift Store and the Benewah Market.

### COEUR d'ALENE CASINO AND RESORT GIFT STORE 2018

#### STRENGTHS OF OBSERVED NUTRITION ENVIRONMENT

- Two Grab and Go coolers with qhest life foods available (one labeled qhest life)
- Caters to elders by offering smaller portions of healthier options
- Diet soda and 100% fruit and vegetable juice options available and favorably priced
- Low-fat, high protein foods available, including a variety of nuts
- Low-fat, part-skim cheese sticks and yogurt available
- More white milk available than chocolate milk
- Store sells other food meeting qhest life criteria, e.g., granola bars and nuts

#### OPPORTUNITIES TO INCREASE HEALTHY OPTIONS AND ENCOURAGE HEALTHY EATING

- Offer low-fat muffins or baked chip options
- Provide a lower fat milk option (1% or skim)
- Offer loose fresh fruit near checkout or in a visible location
- Offer healthy options at a lower price than unhealthy options
- Some foods in the cooler did not meet qhest life standards
- Display pricing clearly to encourage sales of qhest life options
- Provide whole grain sandwich options
- Increase number of healthier food items near the check-out

#### STORE OBSERVATIONS

- The qhest life monitor was not in use, qhest life literature not readily available
- Two coolers contained foods meeting qhest life criteria, only one had signage
- Staff training could increase promotion of qhest life food and beverages



## POINTS SCORED WITH NEMS GRAB AND GO TOOL

Category	Points possible	Resort Gift Store		Benewah Market	
		2017	2018	2017	2018
Menu Labeling	2		-	-	-
Whole Fruit	3	-	-	-	4
Fresh Fruit Packages	4	3	-	3	3
Fresh Vegetables Packages	4	-	-	3	4
Bagel	4	-	-	-	-
Bread	4	-	-	-	3
Muffin	4	-	-	-	-
Yogurt	4	-	2	-	4
Yogurt-based Parfait	4	-	-	-	-
Chips	3	-	-	-	3
Wrap	4	-	-	-	-
Sandwiches	4	-	-	2	3
Salad Bar	2	-	-	-	-
Entrée Salad	4	-	-	2	4
Pasta Salad	4	-	-	-	-
Soup	4	-	-	-	-
Sushi	4	-	-	-	-
Pizza	4	-	-	-	-
Milk	4	4	3	-	4
Juice	2	2	2	-	2
Caffeinated Beverages	3	-	-	-	-
<b>TOTALS</b>	<b>75</b>	<b>9</b>	<b>7</b>	<b>10</b>	<b>34</b>

## OVERALL EVALUATION

The total possible points of NEMS GG include many food items that are not feasible for the stores surveyed. What is most important is overall score improvement. The Benewah Market Grab and Go score improved from 9 to 34 due to greater availability of healthful products in the qhest life cooler, deli section and greater access to healthier options in the market. The management is dedicated to providing a variety of healthier options as a way to increase healthful food consumption. Even higher NEMS GG scores are possible with the addition of whole grains, lower calorie/fat baked goods, and healthier deli items. The Gift Shop's score decreased primarily due to lack of fresh fruit. The shop faces many challenges purchasing small enough quantities of healthier items to meet the needs of the population served. The Gift Shop is offering lower fat cheese and healthier crackers and cereal bars not credited using NEMS GG. All venues would benefit from greater marketing of qhest foods and more healthful food items.

## NUTRITIONAL ENVIRONMENTAL MEASURES FARMERS' MARKET (NEMS-FM)

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The NEMS-FM tool is designed to describe the availability of healthier foods at farmers' markets for various food categories. The NEMS-FM tool was conducted at the One Sky One Earth Farmer's Market in August in 2015 and in 2018. Slight modifications were made to NEMS-FM to adjust for seasonality and availability of available fruit and vegetables.

### HIGHLIGHTS OF THE NEMS-FM ASSESSMENT

#### VENDORS

- Number of vendors increased from 5 to 9
- Number of vendors selling prepared food increased from 3 to 6
- Total number of vendors selling fresh fruit and vegetables increased from 2 to 4

#### AVAILABILITY OF FOOD ITEMS

- Number of types of fruit and vegetables more than doubled from 7 to 15
- Eggs now available
- Several vendors offer baked goods (white flour, sweetened breads), no whole grain breads

#### SAMPLES

- Samples of fresh fruit and vegetables not noted, pickled vegetable samples available
- Market vendors may not formally offer samples but customers can taste products



### NEMS-FM CONCLUSION

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The market greatly expanded, both in the number of vendors and the amount of high quality fresh fruit and vegetables, breads, and eggs available. Supplemental Nutrition Assistance Program (SNAP) beneficiaries now have greater access to fresh, local food.





# hnqhesnet Store Manager Interviews

## INTRODUCTION

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Evaluation measures of the healthy store initiatives include changes in attitudes, knowledge, and perceptions of store managers, including changes in their confidence and commitment to providing access to and marketing of healthful food items. This report summarizes findings from interviews with store managers and a description of qhest life products, placement, and marketing.



## INTERVIEW METHODOLOGY

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Interview questions were based on peer-reviewed literature and selected to elucidate perceptions, attitudes, and knowledge of store managers. The interview had seven general topics: 1) description of store operations, 2) perceptions of the qhest life food initiative, 3) risks and benefits of the qhest life food initiative, 4) barriers to implementing qhest life foods, 5) knowledge of healthful, nutritious, and safe food, 6) marketing of qhest life foods, and 7) sustainability of the qhest life food initiative. Store managers were also asked to provide any other input about their experiences with the qhest life food initiative. The interviews lasted approximately 60 minutes and were conducted in 2015, 2017, and 2018. The interviews were recorded and transcribed verbatim, and summaries for each store were written and compiled for this report.



## DESCRIPTION OF STORE OPERATIONS

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In 2015 and 2017, managers from two stores were interviewed, and in the final year, managers from three stores were interviewed. Managers had similar general descriptions of their operations: both were built around convenience. However, each store had its own unique structure and makeup. One store contains a variety of foods, bread, cereal, and milk as well as convenience items like snack foods and other ‘easy consumption’ products. This store is also a part of the Western Family franchise, specifically selling Western Family products. The store is centrally located in a small reservation community. The second store is structured as a traditional convenience store and also sells gasoline. It is open 24-hours, 7 days a week and is not located near a residential community. The third food retail environment is in a gift shop at the Coeur d’Alene Casino and Resort.

In terms of customer base, the store with more grocery items noted that many customers do not have large disposable incomes. The convenience store manager reiterated that customers visit the store to primarily to purchase gasoline, cigarettes, soda and energy drinks, and water during the summer months. This manager identified the qhest life foods as the lowest selling items. The convenience store once received fresh qhest life products from the Benewah Market (salads and fresh fruit), this has not continued due to the constraints of the market. The grocery store manager stated that house-made salads, fruit bowls, and vegetable trays had been selling well. The gift shop’s customers are mostly older patrons and younger CDA Casino and Resort employees.

The grocery store has made great progress modernizing the store with new lighting, cases, and shelving to create a more open and inviting environment. The produce section has new signage and cases and has increased the variety and number of fruits and vegetables available. The store has also added a space for reduced price, quick-sale produce. The convenience store noted that a remodel planned for the future that could offer more opportunity for healthier food retail. The gift shop has limited retail space for food products.



## OVERALL PERCEPTIONS OF THE qhest life FOOD INITIATIVE

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As in the previous year’s interviews, store managers were supportive of the qhest life food initiative. One manager felt that offering healthful food was personally important and believes, “People want to eat healthier overall.” Although this manager has seen some success offering qhest foods, a common concern was the price of the healthful food, “It’s always going to be a barrier.” Another store manager was less optimistic about the initiative. This manager highlighted the importance of offering healthful food options, for both the community and store employees, but did not believe a convenience store was the most effective setting for this initiative. “They [qhest foods] didn’t do well in the past, so we had to take them out [of the cooler] because we ended up spoiling a lot of our stuff out – and we were losing money on our product.”

## RISKS AND BENEFITS OF THE qhest life FOOD INITIATIVE

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Store managers were then asked about the potential risks and benefits to them and their store for undertaking the qhest life food program. Smaller convenience retail environments experienced the greatest risk from spoilage and waste of unsold product. Most managers agreed that higher priced and unfamiliar foods were a financial risk. One store experienced repeated malfunction of the cooler, impacting qhest food offerings and sales. For smaller store owners, stocking food that sold one week and not the next was a risk, “... but you have to buy those [food products] on a minimum order, so if they don’t sell, I just throw some away... it’s a loss for us.”

One store manager felt that qhest life food was a benefit to the store, the employees,

and to the community and gave the store an opportunity to contribute positively to a culture of health on the reservation. Other store managers felt that it was beneficial to provide product options for all customers and follow the “healthier eating trend.” Meeting the dietary and economic needs of older customers was foremost on the mind of one store manager.

## BARRIERS TO IMPLEMENTING qhest life FOODS

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Managers were asked about the barriers they have experienced implementing qhest life foods. One manager noted that customer expectations and preferences for typical convenience items is a barrier to qhest life food sales. Additionally, some qhest life foods are priced higher than less healthful foods, “Yeah, the price is higher than junk food” and “It’s hard to find something they can afford; packaged food is expensive.” Another manager expressed a similar concern in qhest life food pricing as well as the time it takes to prepare these qhest life food products. “Healthier foods might not be the easiest to prepare.” This manager also noted space as a barrier. “At our store, we’re always going to have an issue with space. Especially cold space.” The smallest retail outlets felt they could not find the product they needed at an affordable price. “I would like to try some of those [fresh fruit] but I can’t afford to be buying 50 pounds of something.”

## WHAT IS WORKING WELL AND WHAT IS NOT WORKING SO WELL

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When asked what about the initiative worked well, one manager shared that the initiative increased discussion around healthful foods, especially among employees. In one store, the qhest life Grab and Go items were so popular





that an additional position was added at this store to prepare those foods. “At the time we added 24 hours, so we had three shifts for an individual just to focus on those, and still finding it hard to keep up with it.” Another manager noted that the ability to offer greater selection has been positive for the store.

When asked what was not working as well, one manager felt that more guidance about that to stock in the qhest life cooler was needed, “I guess it was just trial and error basically, to know what worked in there and what didn’t.” This manager felt that the convenience store is not the best format for the qhest life initiative. The higher price of qhest food items was a consistent theme, “It comes down to a price point.”

One manager suggested healthy food preparation instruction as a way to increase the variety of qhest foods offered.

***“I think if the program started again, and we were able to do some more stuff, I think that would be something beneficial. If you had somebody come down and show you how to make a bunch of different healthier foods, and show you how easy it is, and show you some tricks of the trade, I think that would be pretty beneficial.”***

The managers of convenience stores are aware of healthier food purchasing trends, but they do not believe that their customer base is seeking healthier food items. “In this area, I haven’t seen it. I don’t really think that a lot of the customers that are local come through here are looking for healthy options.”

## PERCEPTIONS ON THE IMPACT OF THE qhest life FOOD INITIATIVE

Managers were asked about the impact the qhest life initiative has had on their staff and on them personally. One manager felt that the initiative has helped him to become more

aware of his eating habits and noted that employees have tried and enjoyed the healthier options, “I’ve had more peanut butter and celery in the last year than I’ve probably had in the last ten years prior.” The second store manager views offering qhest foods as a beneficial option to the customer as well as the staff, “...having the option here for any of the staff that wanted to eat healthier.” A third said that the qhest food program supports and confirms her healthy food habits.

## DEMAND FOR qhest life FOODS

When asked if people are purchasing the healthier food items, one manager reported customers were increasing their purchases of produce, as well as the qhest life Grab and Go items. Another manager noted that some customers have asked for healthier food items, like fruit, especially during the summer months. One manager believed demand would increase with more affordably priced product.

The perceptions of demand differed among store managers. One manager felt confident that the demand for healthy food is present, but not at a convenience type store. However, this manager still prefers to provide a variety of options for customers and employees. Another manager felt confident that demand will grow and hopes to expand healthy food offerings. “I wanted to make a whole healthy food section for the customers that come in looking for healthy options - after we do our remodel that might be a better option.”

For demand to grow, all managers were united in their belief that more education and information is needed for customers and employees. Ideas shared included more qhest food products, free recipes for customers, food preparation instruction and sampling, and marketing for qhest life foods.



## KNOWLEDGE OF HEALTHFUL, NUTRITIOUS, AND SAFE FOOD

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Next, store managers were asked what information or knowledge would be helpful in implementing qhest life foods in their stores. All managers desired more information and guidance for selecting and promoting healthful food. One requested an easy to use document with acceptable qhest foods to share with staff. This same manager also felt community members would benefit from more food education, such as, "...meal prep...knowing what to buy and what to look for, how to prepare your meals healthier, all of that. Because when we go to get meals, we go to get meals like fast food because we are so busy."

## MARKETING qhest life FOODS

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When asked about qhest life food marketing, one manager felt that the marketing was good, however, more information is needed to market the meaning of "qhest life." This manager recommended handouts defining "qhest life," listing qhest foods and sharing how they are beneficial. All store venues felt that more qhest life foods promotion was needed and suggested using coupons, discounts, and advertising. One manager felt that a connection was lacking between marketing traditional foods and healthy eating. "One billboard had pictures of like, traditional foods, but I don't know if there was any connection between that and healthy eating." This manager also aims to market healthful foods as quick and good tasting foods, "a quick, easy solution," and felt that providing samples could have been an effective marketing strategy.



## SUSTAINABILITY OF THE qhest life FOOD INITIATIVE

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Next store managers were asked about the most important factors they must consider in order to sustain the qhest life initiative in their store. One manager felt the qhest food cooler would sustain itself but that other initiatives are needed to expand healthy eating. Another store manager discussed the struggle of balancing customer's demand for highly processed food and offering healthier items, "My overall goal is revenue, make revenue off all the items that I sell and a lot of that is junk food."

## CONFIDENCE IN THE qhest life FOOD INITIATIVE

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When asked to rank their confidence to sustain the qhest life program after the grant, store managers responded with moderate to high confidence. When asked what fuels their confidence, one manager reported, "That we've already been doing it. I plan on always having those options for anybody that wants to come in and look for healthy food options." Another shared that as long as they had the cooler they would continue, "As long as it's there, it's there. If it was gone, that'd be a different story." One manager reported that qhest food sales provide confidence to sustain the program. "The endcap, with the fruit bowls and veg trays, yeah, I think that's going to support itself, definitely."

## COMMITMENT TO THE qhest life FOOD INITIATIVE

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When asked for their level of commitment to providing space for qhest life healthy food options, all stores remained committed to the initiative. The managers voiced a need for



shared commitment to the initiative among the community. Purchasing equipment to expand the program was out of reach for most stores. Finding affordable product is the main concern for one manager, “If I could find stuff that I could get in here that would be reasonably priced and geared towards them, then I’d have no problem.”

One manager felt that awareness of the qhest life initiative needs to increase. Another manager noted that providing healthful options for the employees will encourage them to become more invested in the qhest life initiative and living a healthy lifestyle. This manager believes that the store has an opportunity to change the way people view certain foods. “My hope long term would be sort of an 80/20. Eighty percent of food they’re buying isn’t fried and twenty percent is.”



## PRODUCT PLACEMENT AND MARKETING OBSERVATIONS

Three times over the course of the year the evaluator visited the operating qhest life store display and made the following observations:

### STOCKING OF ITEMS

The qhest life product cooler cases were well stocked at some visits and not well stocked at others. Items that did not sell well (e.g., carrots, sliced apples) were replaced with other products. Fresh fruit cups, sandwiches, yogurt, and beverages were the most common products in the qhest life coolers. Stocking was most consistent in the grocery compared to the convenience stores. Due to faulty equipment, the food display was not functioning for several months at one location. Stocking of food in baskets was less consistent and often lacked pricing.

### PRICE OF qhest life ITEMS

Some beverages were of comparable prices to standard drinks. Understandably, some fruit beverages were higher priced. String cheese prices were higher in one store than the other. Nut and cereal type bars were much higher priced than other snack items. Overall, qhest life food prices were higher than standard prices and sometimes, markedly so.

### MARKETING OF qhest life FOODS

Marketing of qhest life foods was initiated with branding on the cooler cases, vinyl decals on the floor of one store, and video monitors. On-going marketing attempts are not obvious, and the materials provided were not in use.





## HEALTHY RETAIL CONCLUSIONS AND RECOMMENDATIONS

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- Managers believe that the initiative is for the betterment of community health and express gratitude for the opportunity to participate.
- Overall, store managers remain supportive of offering healthful food options but smaller retail environments are less confident about maintaining the initiative due to profitability.
- To sustain the healthy retail initiative, four factors stand out: access to a variety of affordable product; increased marketing and promotion; education and information for store employees and customers; and particularly for smaller stores, financial support for equipment, signage, and new product.
- To support store staff in the qhest life initiative, managers remain interested in qhest life and nutrition information to share with staff that is simple and quick to read. They are also interested in marketing research for new and more affordable qhest life products that fit the grab and go culture.
- The price of qhest life items was raised as a significant issue. The cost of many items far exceeds standard, less healthful items. Identification of potential products that meet criteria at a lower price point is recommended.
- Although it is difficult given the nature of store work, it is recommended to get information on store clerks' perceptions and knowledge of qhest life foods to better understand how to increase buy-in and promote the goals of the initiative among store staff.





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Conclusions and Recommendations

## INTRODUCTION

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The following conclusions and recommendations are based on the 2018 data analysis, listening sessions, interviews, and NEMS findings and are in addition to those offered in the 2017 Year 3 evaluation.



- Sedentary behavior significantly declined among all respondents. The positive trends of younger people and employees of particular worksites engaging in less sedentary behavior warrants continued efforts to decrease hours spent sitting or reclining through outreach, education, and worksite accommodations for standing and walking.
- The lack of increase in 30-day physical activity and participation in all traditional physical activity measured between years 2015 and 2017 could be attributed to the data collection dates. Continuing to measure 30-day physical activity is important to assess the effectiveness of physical activity intervention efforts.
- The great increase in canoeing participation among Americans Indians, especially among women, provides support for continued efforts to offer opportunities to develop skills and participate in traditional activities. The 2018 listening sessions provided important insight into how traditional activities impact individuals and the community that extend far beyond physical activity. The evaluators recommend including assessment of canoe building and canoeing skills on future surveys measuring traditional physical activity participation.
- The 2015 and 2017 Coeur d'Alene Reservation Youth Physical Activity and Food Questionnaire offered strong support that Native youth are interested in traditional physical activities (hunting and fishing particularly) and traditional food gathering, food preparing, and preservation. Community members voiced support for integrating traditional activities in local schools.
- The strong relationship found between feeling skilled at an activity (e.g., root digging, food gathering, and hunting) and participating in the activity highlights the importance of continued opportunities to build skills and to provide opportunities to engage in traditional activities.
- The finding that the odds of younger people eating at least one fruit and at least one vegetable per day increased in a linear fashion with their perceived ability to prepare foods strongly supports continued efforts to build food preparation skills, particularly among younger people and males.
- Numerous findings indicate efforts to improve access to healthful food should continue. Improved One Sky One Earth Farmer's Market NEMS scores, expanded fruit and vegetable offerings at the Benewah Market, the expansion of gardens, and new food policies are all indicative of improvements in healthier food access.
- The perception of the availability of healthy food and fruit and vegetables on the Coeur d'Alene Reservation increased significantly. This is important as perceptions of healthful food access can lead to increased consumption of more healthful food over time. Improvements in the local grocery store, the expansion of the Farmer's Market, qhest food offerings, work place policies supporting healthful food, and the development of community and home-based gardens have all led to increased availability of healthy food options on the Coeur d'Alene Reservation.
- The perception that cost is the key factor limiting more healthful food consumption is consistent among community members and store managers. This finding is not surprising and is consistent across the nation. Future efforts to incentivize, prescribe, and market more healthful food options are recommended.
- The reservation-wide focus on gardening is building gardening skills and experience. The listening sessions provided critical insight into the role gardens play in building community, in addition to the physical activity and nutrition benefits. Community members voiced strong support for sustaining the gardener position and expanding food production, gardening, and food preparation and preservation skills.





- More in-depth analysis of soda and energy drink consumption was not conducted in 2018. Efforts to curb consumption of these products is warranted for teens and young adult, the highest consumers of energy drinks and the target audience for these products. Worksite access to water and alternatives to sugar-sweetened beverages and energy drinks are possible considerations to curb soda and energy drink consumption.
- It is difficult to measure specific outcomes in a short time period when a number of different interventions and activities take place across a community. Human behaviors change over time and reflect changes in policies, systems, environments, practices, and community norms. Worksites have introduced important policies changes encouraging healthier eating, reducing sedentary behavior and increasing physical activity.
- It is worth noting that Body Mass Index (BMI) measures among Marimn Health patients have decreased since the inception of this project. It is not possible to ascribe the improvement in BMI to hnqhesnet activities, but it is indicative of positive health behavior changes overall.
- “Leading a ‘qhest life’” was heard several times during the evaluation process and is reflective of the impact of the traditional physical activity and cultural food changes taking place on the reservation. It was evident to the evaluation team that the hnqhesnet project is a key component of the integration of health, culture, and tradition evident on the Coeur d’Alene Reservation.



Overall, the 2018 evaluation findings support the variety of hnqhesnet interventions offering cultural and traditional approaches to physical activity and nutrition. The hnqhesnet project offers needed opportunities for impactful and enduring health improvements that are consistent with the Coeur d’Alene Tribe’s history, culture, and tradition. Tailoring of activities and implementation of practices, policies, and environmental changes will continue to positively impact the health of the Coeur d’Alene Reservation community.





MARIMNHEALTH



h n q h e s n e t  
KEY FINDINGS

Coeur d'Alene Reservation community members' and partner organizations' perceptions on the impacts and benefits of the Marimn Health and Wellness Center qhest life program





## EXPANDING OPPORTUNITIES

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### TRADITIONAL AND LOCAL FOOD

- Traditional food classes increase skills in food preparation and preservation.
- The growing One Sky One Earth Farmer's Market increases food access.

***"I found out about the Farmer's Market in Plummer, and so I went there quite a few times last year. And you know, I finally realized that I just have better get some cash because there's so much... the food was great..."***

- The new fish processing center enables fish distribution, processing, and preserving.
- A meat processing center is under development to provide a space for hunters to clean and processes big game which increases access to local lean meat.



*"He taught pressure canning salmon and we went home with little jars of salmon and huckleberry jam. They kept some of the other salmon, they kept it to give away as gifts for all to thank community members."*

- Traditional food gathering activities teach important skills for all in the reservation community and provide food for community events.

***"When we have Water Potato Day now, we also serve pine needle tea, we didn't have that before."***

*"I went on two camas digs... I was able to do that and it's made me more aware of my job of keeping an eye out for traditional foods, which I bring that back to culture program."*

- Community and school gardens, gardening and beekeeping classes, and the Farmer's Market increase access to fresh local food. All ages learn to prepare fresh garden food.
- The seasonal traditional food calendar supports traditional food knowledge, skills, and access.

- Regular and consistent program activities help create understanding of how to eat healthier, grow food, and be more sustainable.

***"There's more involvement with the gathering of natural food around here, the roots and the berries, it seems like there's much more of that, community involvement in that, than there used to be... And people talk about it more."***

***"People thought it was great and we had a competition, like Iron Chef. And a week after one of the girls who's in the high school came up and said, 'It was awesome, my boyfriend came over and instead of going out, we made steak and quinoa.'"***

- The qhest life food coolers in the stores increase access and awareness of healthier food selections.

***"They've put up a little thing at the market, the healthy eating thing, and I buy from that. And it's great that they have that there for us to choose healthy eating stuff already packaged up."***



## TRADITIONAL PHYSICAL ACTIVITY

- Family canoe building increases skills, physical activity, and strengthens family, tribal, and community bonds.
- Pow Wow Sweat increases traditional physical activity for all ages and has received honors and awards.
- Gathering traditional food, growing gardens, processing food, hunting, and canoe material gathering and construction all increase physical health in a holistic and culturally appropriate way.
- Increased participation in traditional ways increases physical activity year-round.



***“We were trying to develop an exercise. We worked with the weight machine trying to figure out which muscles we use and which muscles you need to use [to canoe].”***

***“I just feel like that the process of working on this food sovereignty together has built relationships that weren’t there before.”***

***“I thought the most exciting part for me was going out in the woods and getting all of the different supplies... and having like, our kids and grandkids, and we had our great-granddaughter, she was there, so it was actually the four generations helping.”***

## BUILDING ECONOMIC AND COMMUNITY STRENGTH

- Farmer’s Market continues to grow and contributes to the economic vitality and strength of the community.

- More food dollars remain in the community and community members have greater access to healthy foods.
- Workshops, lectures, and classes build economic and community capacity.
- Partnerships with other communities and groups increase food access and build skills.

***“I just, I love doing the Farmer’s Market and selling my produce and eggs. I liked it so much that last year I started another***

***farmers market in St. Maries and go to one in Harrison. So, I do three days of farmers market, and my husband complains that there’s nothing in the garden for him to eat.”***

- Economic benefits include saving money on buying supplies and bees, saving money from growing their own food, selling their own products at the Farmer’s Market, and buying more affordable organic produce.

***“...it [Farmer’s Market] has impacted me tremendously...and these programs... it has opened up a lot of doors for me.”***

***“It’s [qhest life] just, it’s done a lot for the community...In our... program, when people come walking in, there’s a lot more smiles.”***

***“I sold twenty-two dozen eggs today [at the Farmer’s Market].”***

- qhest life activities to promote and raise awareness of food sovereignty unites the community.



- Collaborations with agencies to recycle equipment and materials help to sustain and promote activities.

*“You know, they (Marimn Health) asked us, how did we get our shipping containers here - I said the Tribal Roads delivered them for us. We’re always there, there to provide a good word for another program.”*

*“I used to go to Moscow every week to the farmers market and now starting in June I don’t need to. I get most my eggs from [community member]. I’m able to buy a lot more food [here]. One of our goals with One Earth One Sky was local food sovereignty and security, so it’s kind of fun to buy it here.”*

*ing in their spirits and, it helps you to be a better person. And just, because it gives you a connection to the water and to the - who you are.”*

- People of all ages engage in new health enhancing activities.

*“I love it when I see little kids come up and be able to pick a strawberry or a carrot or peas...what that equates to is community health.”*

## ENHANCING HEALTH

- qhest life activities provide opportunities to improve physical, mental, and spiritual health and new outreach opportunities.
- There is a growing expectation to live healthier lives and enjoy a sense of well-being.

*“I guess the biggest [partner] would be Marimn Health coming down here giving one-on-one [health education] with potential clients.”*

*“I know for a fact that because of the gardening project, Marimn Health and Community Health has been down here and has talked to two people and worked on a meal plan with them. One of the clients has lost 80 pounds in five months. Without the help of Community Health, he wouldn’t have been in contact with that dietitian. They probably wouldn’t be here if we didn’t have the garden.”*



*“...now I can do the garden, now I can be self-sufficient, this is my goal of being self-sufficient, and doing what I wanted to do fifty years ago.”*

- The value of traditional physical and healthy food activities extend far beyond physical health.

*“Wow... this [canoeing] is like, what’s going to save our people from drugs and alcohol.’ You know, and I think it has, and for some people, like they’ve been able to take these teachings and that awaken-*

## CONNECTING FAMILY AND COMMUNITY

- Beekeeping, gardening, food gathering, and canoe building are multi-generational activities enjoyed by community members of all ages and across many organizations.

- qhest life activities create new connections between Tribal and community agencies and community members.

*“To my organization, we’ve gotten a lot more community involvement, and you would see people working together that are not necessarily social outside of here.”*



## ENGAGING TRADITIONAL AND SPIRITUAL PRACTICES

*“I think more people know me in the last three years through this than the first ten years when I lived in Plummer...”*

- The Farmer’s Market provides an important space for community gathering and increases social interaction across all ages and peoples.

*“I think it’s really helped bring people together to participate in other community activities. For example, the Mennonite group, they’re always there at the Farmer’s Market now and I’ve seen them come to a gathering here, so that’s pretty awesome... that they felt comfortable enough with the Farmer’s Market.”*

- Cultural traditions of gathering roots, processing salmon and wild meat, and gathering berries are more available and reach people across all ages.

*“We’re releasing trout in the classroom fish down on the Hangman [Creek] and we’re going to have a traditional salmon cook-off with...the older tribal school kids that won’t be participating in the Water Awareness Week...and maybe some elders talking and stuff like that, so kind of a traditional salmon bake.”*



- Activities have increased communication and shared educational experiences across the community.

*“The canoe journeys have awakened our spirits.”*

- Traditional skills (food gathering, canoeing, gardening, etc.) increase self-confidence, self-sufficiency, and cultural identity.

*“I’ve never lived anywhere that there’s a native tribe... I’m interested and curious and this provides me with access to information...without this program I would not have any idea about any of this and would not have had the ability to participate... it’s given me a level of accessibility that I wouldn’t have otherwise had and that is incredibly valuable to me.”*

*“As we were coming around the bend, I was singing Auntie Anne’s song and I finished singing and [child’s name] turned around and she just said, ‘Mom this is going to be the best memory with you.’ It made me feel really good as a mom, like I was passing down the tradition... that we learned as a family, and that I can see that we were going to pass this on to our children and to their grandchildren.”*



- The canoe blessing and canoe journey is a return to essential valued traditions, a connection with Coeur d’Alene ancestors, and provides opportunities to link the past with the future.

*“We’ve just basically just made a larger family, a bonding that I just can’t explain that has to do with water.”*

*“I think just that whole process of building the sturgeon nose canoe, we had three generations that participated, my mom and my dad, all of us kids, and then our kids, and so it was just really cool to see the different generations. And just understanding we had tools, like, modern-day tools, but to think that back then our ancestors didn’t have... those electric things to make the canoe. I mean, it would’ve took a long time to make those canoes, and it was just fascinating to go through that process – it made me want to see a traditional canoe made.”*

- qhest life offers vital support for the passing on traditional, spiritual, and cultural knowledge of skills, understanding, and identity.

- People desire more learning opportunities from hunters, fishermen, and gatherers and to increase access to traditional foods.

*“As more and more of our people go out to gather the materials for these canoes, those songs will come to them, they’ll find them.”*

*“It was like that saying that you’ve made your ancestors proud today, and it was like our ancestors were just right there, just happy and glad that we finally had brought this back.”*

- Traditional activities provided opportunities connecting the Coeur d’Alene Reservation to other Indian nations.

*“One of the neatest things that’s going to stick with me forever was on the land, they thanked us. They were like, ‘We want to thank the canoe people for coming and help fighting the battle of the horse people.’ And that right there, was one of the neatest things I’ve ever heard. Probably one of the better life experiences I’ve ever had, and probably will ever have, so, it was great.”*



- The canoe experiences provided a reawakening of the tribe’s cultural connection to water.

*“It’s been at least over a hundred years since they created the reservation and moved us away from the lake.”*

*“That first landing in Coeur d’Alene we were all there dressed in our regalia, and we had on our buckskin dresses. It felt like we were (laughing) invading. We were taking over our land again...”*

*“You know, to be able to land in our homeland, it’s like these were our home lands... the Coeur d’Alene, that belonged to us and our ancestors at one time. And so, I think just that alone makes such a huge statement for our future and for our tribe and for the lake case...”*

*“My spouse is non-native and she doesn’t swim, but she’ll get in a canoe with me and I’ve had tears and so has she.”*

## SUSTAINING A qhest life FUTURE

- Continue supporting qhest life funding to sustain and expand traditional approaches to healthy eating and physical activity.
- Continue and expand positions for people who can promote and teach food production, processing, preserving, and marketing.
- Food sovereignty rests on the production and preservation of a variety of plant and animal products, and skills and access to traditional food ways.

*“It’s just been a great experience for me and then the gardening and me learning from [a qhest life gardener]... it’s been an education for me and she’s such a wonderful person to work with, and she never makes fun of me when I ask the stupid questions or do something stupid - accidentally trod on a plant or something you know, she’s always very, very nice...”*

*“So when we first had the community garden ...we had a lot of problems and we had to take everything that we had built there and remove ... we were struggling, and that did lead us to some other things... we put all those beds at senior housing and some other places around, and we got more beds at individual’s but, once we got the qhest life brand, then we just had that place where people could come and garden and with having a consistent person there daily, and also with AC’s care, and him building a fence with his guys.”*

*“Have facilities ... teach how to can the meat...I only live like seven miles out of town, but, there’s a lot of times I don’t have electricity. And if I have freezers, I’m going hungry for the rest of the year.”*

- Raise a variety food on the reservation for local consumption rather than exporting it.
- Greater incorporation of gardening and food preservation in health center and community programs.

*“I’d like to see... some hard-smoked meat lessons, and root cellaring... Because that long-term storage is important for security.”*

*“I would love to see a quarter-acre community garden in each town. I would love to see our garden expand, you know, potentially out to like three acres, that’s huge... and it may have to expand to four, and then we just designate that section. One section of the garden for revenue to become self-sustaining...”*

*“I’d love to see fresh fruits and vegetables just all over the community... it would kind of reverse us back to the old days where my grandpa canned green beans and down the road their pear tree, they got more than they know what to do with, so let’s load of box of green beans up and go trade them a box for a box.”*

- Continue to expand qhest life activities for children and youth, more commitment from schools for qhest life activities is desired.

*“I would love to see the schools all have their own little section, little gardens.”*

- Dedicated space is needed to accommodate traditional food processing and preparation, canoe building, and other culturally-based activities.

*“I think the big thing is getting the youth into it [canoe building] and getting them involved. ... I really believe that it is the students and getting them back into the water and appreciating what the lake is to us, and understanding that connection... I just hope it’s something that carries on, and get bigger and bigger buildings for [canoe] storage.”*

- Continue to revive canoe culture and build relationships with other tribal nations.

*“We’re going to try to actually start an annual canoe racing weekend.”*

*“I think the revival of the canoes on the coast has brought so much healing, like you can see that that’s going to happen here, just by what we’ve already done, and... maybe one day we can bridge those gaps and we can participate with the coastal journey and they can come and participate with us.”*



The qhest life is the best life,  
because it's a life based on our long-held traditions of  
health and wellness.



**University of Idaho**

Prepared by Helen Brown, Grace Goe Karp and Madeline Brown  
Movement Sciences, University of Idaho  
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