



KEEP IT SACRED

NATIONAL NATIVE NETWORK



Technical Assistance Webinar



Food is Medicine:
Clinic-Led Food Security Initiatives in Navajo Nation

Karen Bachman-Carter, MPH, RD CDE, CSOWM

Public Health Nutritionist/Diabetes Educator

Northern Navajo Medical Center/Indian Health Service

1978 – BS – Nutrition – Washington State University, Washington

1980 – MPH – Public Health – University of California at Los Angeles, California

Food is Medicine: Clinic-Led Food Security Initiatives in Navajo Nation

Karen Bachman-Carter, MPH, RD CDE, CSOWM

Public Health Nutritionist/Diabetes Educator

Northern Navajo Medical Center/Indian Health Service

Since 1980, Karen has worked continuously as a public health nutritionist or health administrator (including serving as a project officer for the Special Diabetes Program for Indians grant) for the Indian Health Service. Her specialties include diabetes treatment and prevention (including diabetes in pregnancy and interconception care) and obesity treatment and prevention.



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Sonya Shin, MD, MPH

Executive Director, Community Outreach and Patient Empowerment Program, Inc.

Associate Professor, Harvard Medical School

Physician, Gallup Indian Medical Center

1992 – BA – Literature – Yale University, New Haven, CT

1998 – MD – Medicine – Harvard Medical School, Boston, MA

2004 – MPH – Clinical Effectiveness – Harvard School of Public Health, Boston, MA

Food is Medicine: Clinic-Led Food Security Initiatives in Navajo Nation

Sonya Shin, MD, MPH

Executive Director, Community Outreach and Patient Empowerment Program, Inc.
Associate Professor, Harvard Medical School
Physician, Gallup Indian Medical Center

Dr. Shin's work has focused on global health issues and health equity. She has worked for more than 20 years with the international global health organization, Partners in Health. Her work was focused on demonstrating the value of community-based healthcare delivery. Since 2009, Dr. Shin has collaborated with the Navajo Nation and Navajo Area Indian health Services to improve healthcare delivery. She is the founding director of a non-profit organization, Community Outreach and Patient Empowerment.

Faculty Disclosure Statement

- Funding for this webinar was made possible by the Centers for Disease Control and Prevention DP18-1808 Consortium of Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities grant. Webinar contents do not necessarily represent the official views of the Centers for Disease Control and Prevention.
- No commercial interest support was used to fund this activity.

Accreditation

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The IHS Clinical Support Center designates this live activity for 1 hour of *AMA PRA Category 1 Credit™* for each hour of participation. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

This activity is designated 1.0 contact hour for each hour of participation.

CE Evaluation and Certificate

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

Learning Objectives/Outcomes

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

1. Utilize the IHS Food Insecurity Screening Questionnaire to identify at-risk populations.
2. Apply cross-sectional initiatives to address food insecurity and improve health outcomes in local community.
3. Employ community-clinic inter-professional teams to address health equity through social determinants of health.

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SONYA SHIN, MD MPH

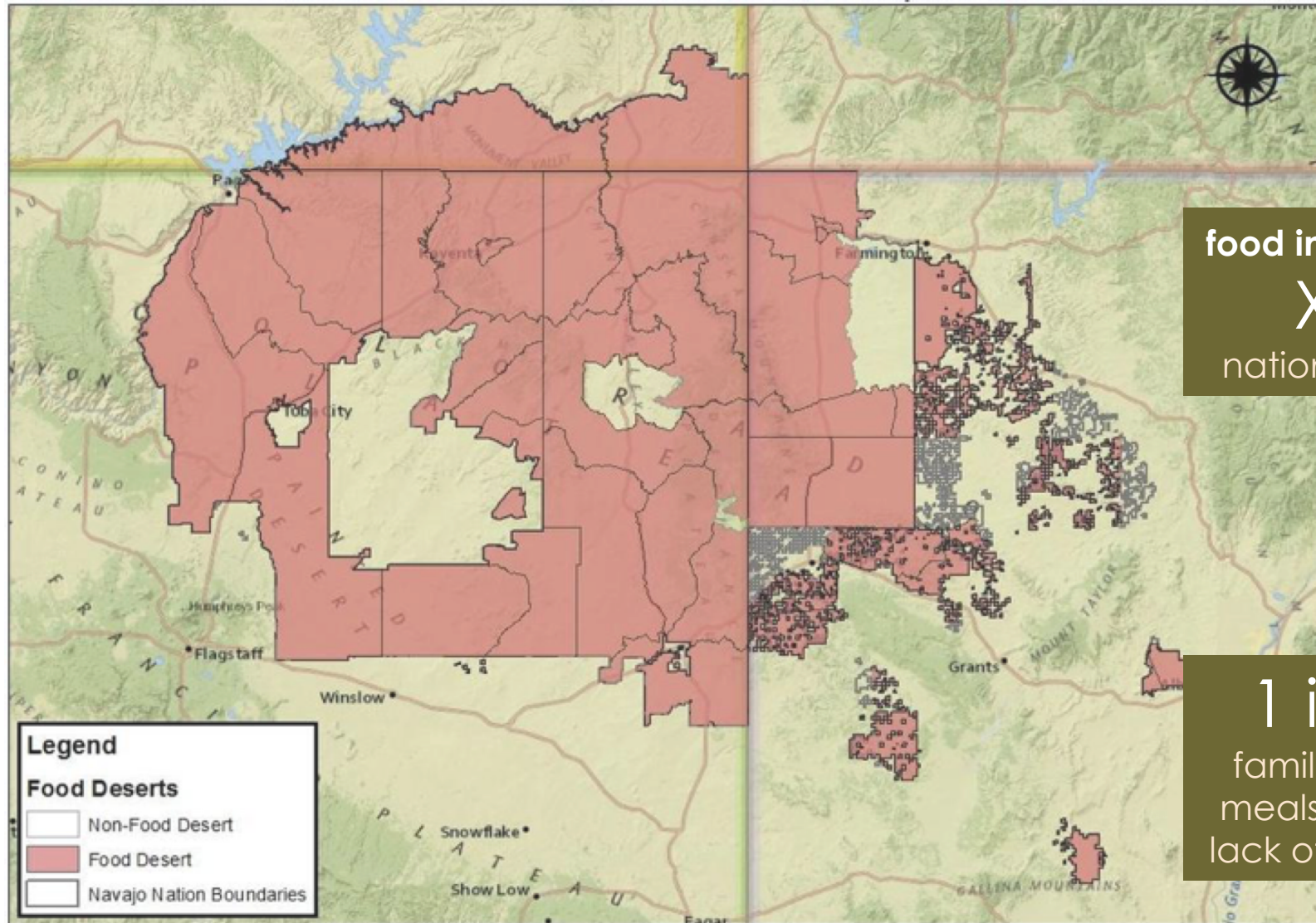
KAREN BACHMAN-CARTER, RD MPH

INDIAN HEALTH SERVICE WEBINAR

SEPTEMBER 4, 2019



Understanding Food Security in Navajo Nation



most families
travel
> 1 hour
to buy groceries

food insecurity
X5
national rate

1 in 4
families buy
groceries once
a month

1 in 4
families skip
meals due to
lack of money

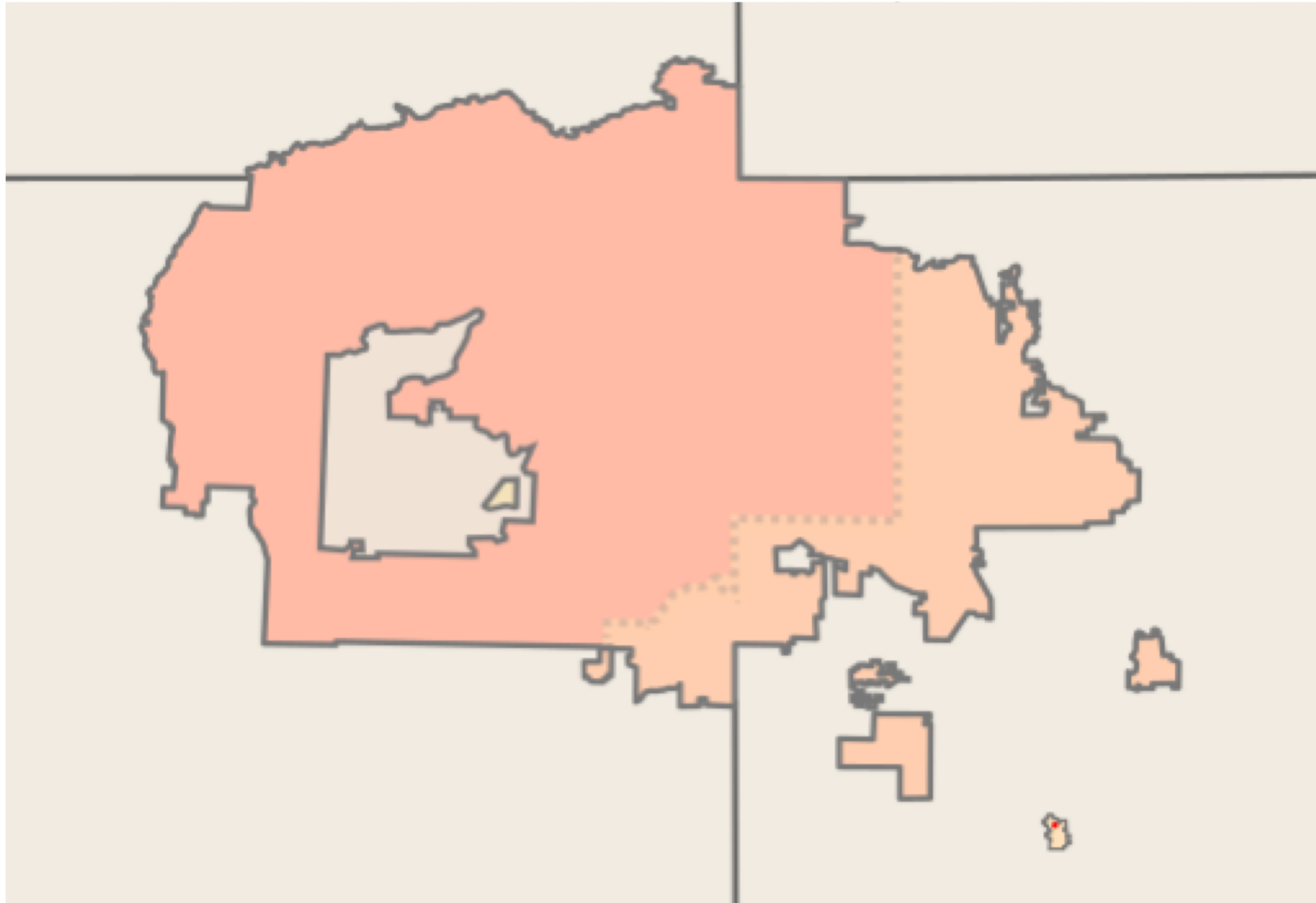


“Navajo Nation’s Nutrition Crisis”

- Al Jazeera. December 14, 2015



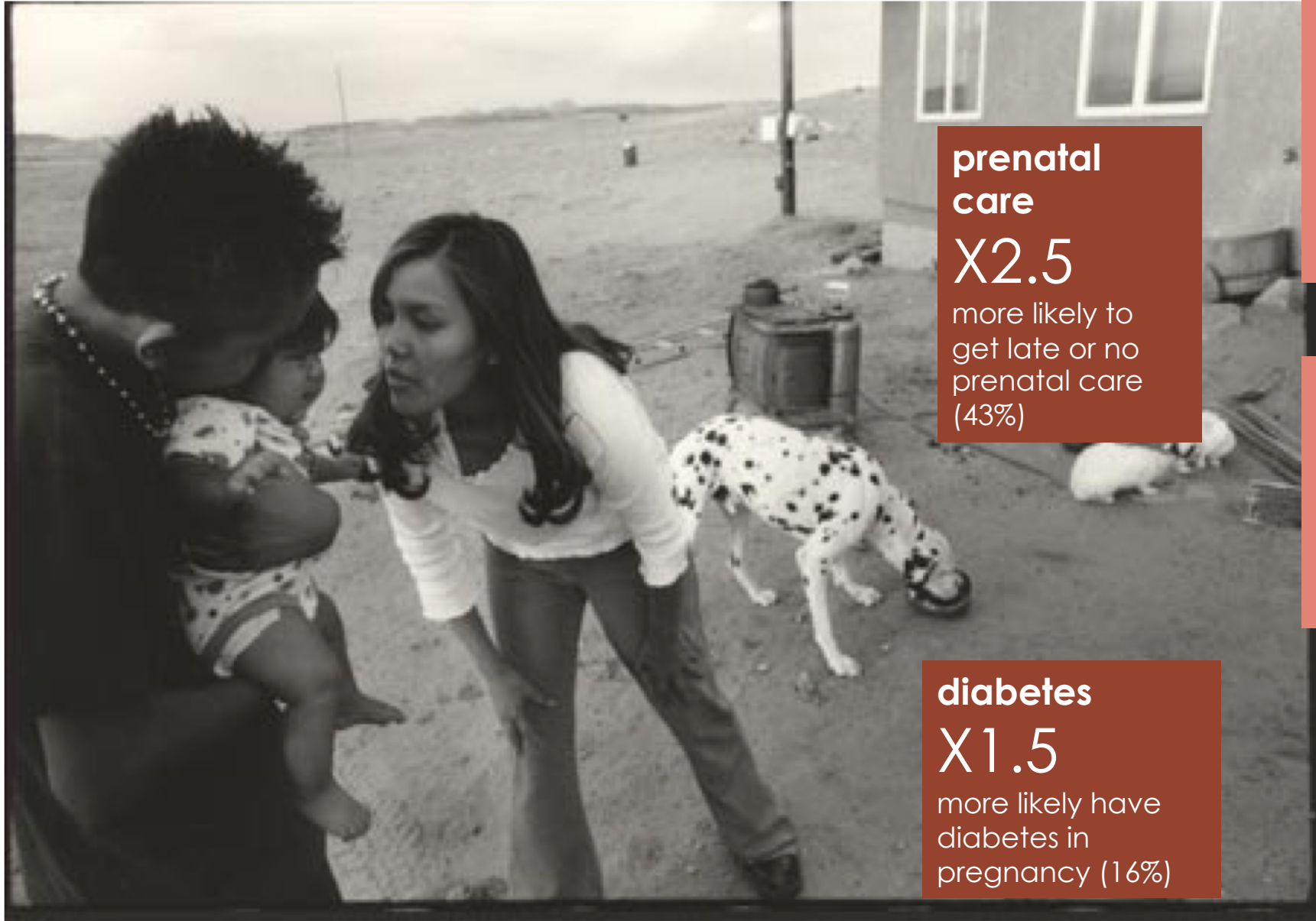
Food Security as a Social Determinant of Health



Food Security as a Social Determinant of Health



Maternal Health Disparities



prenatal care

X2.5

more likely to get late or no prenatal care (43%)

traumatic stress

X1.7

more likely to experience traumatic stress during pregnancy (34%)

food insecurity

X1.5

more likely face food insecurity during pregnancy (20%)

diabetes

X1.5

more likely have diabetes in pregnancy (16%)



FVRx: Cross-Sector Partnerships



Health care provider teams

“Prescription” (vouchers)
Monthly Health coaching

+

Participating retailers

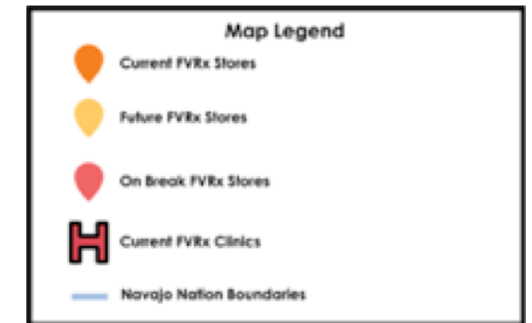
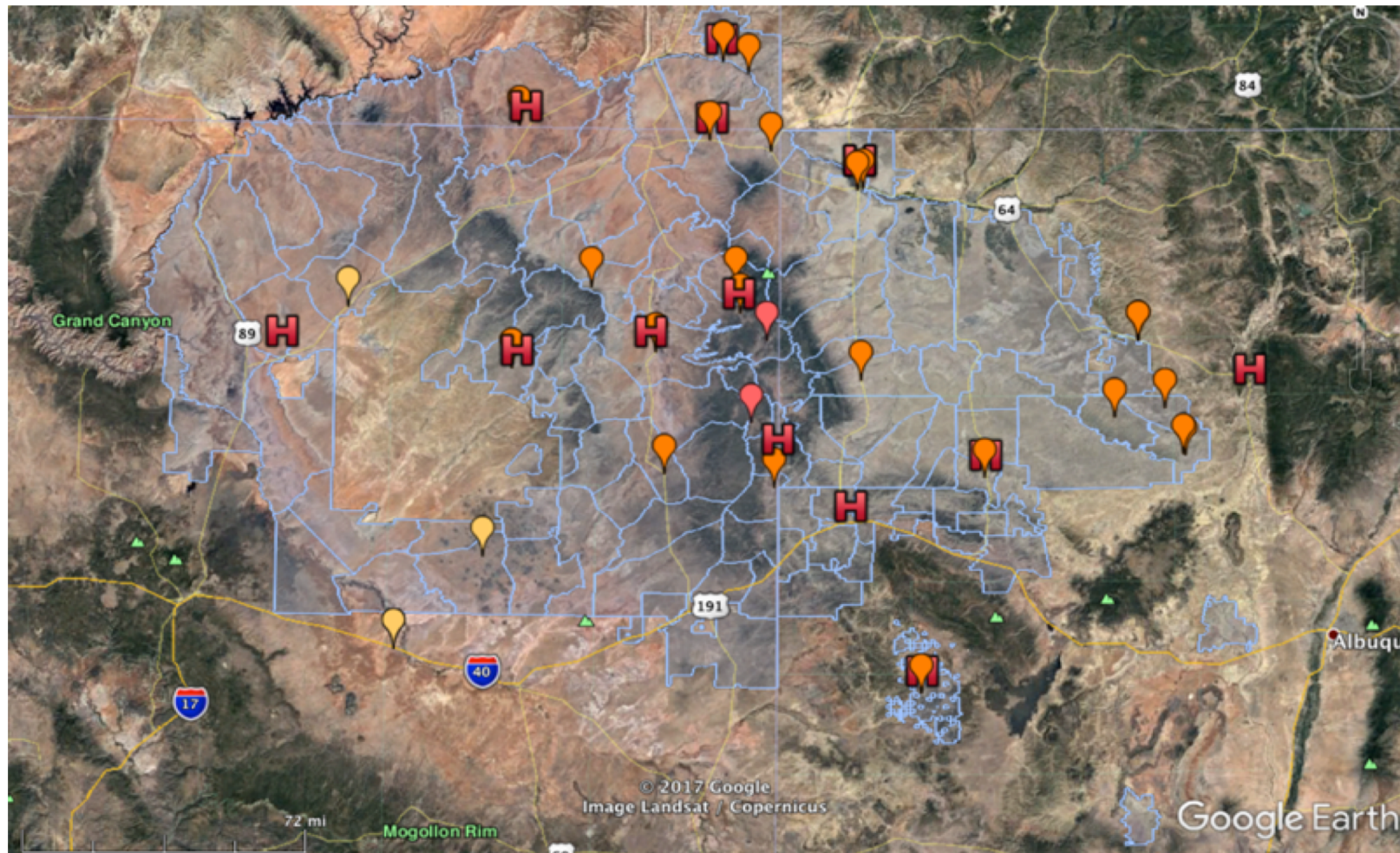
Located in the community
Minimum Stocking Requirement



How do FVRx Teams get started?



FVRx Partnership Sites



Pediatric FVRx Program Baseline Characteristics (N=212)



50% male

Average age: 4 years old

Median household size: 5

77% food insecure (USDA)

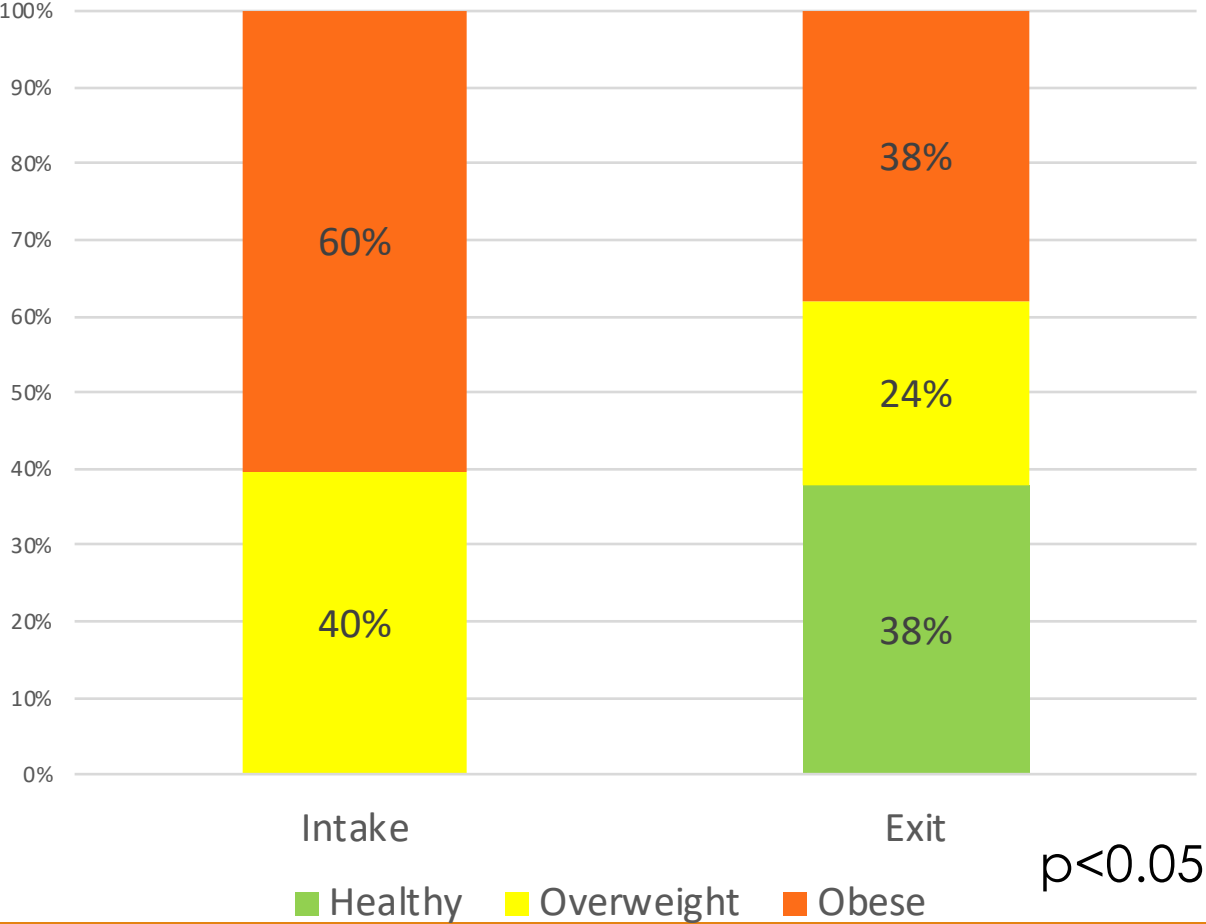
60% children overweight/obese

Food Assistance Programs

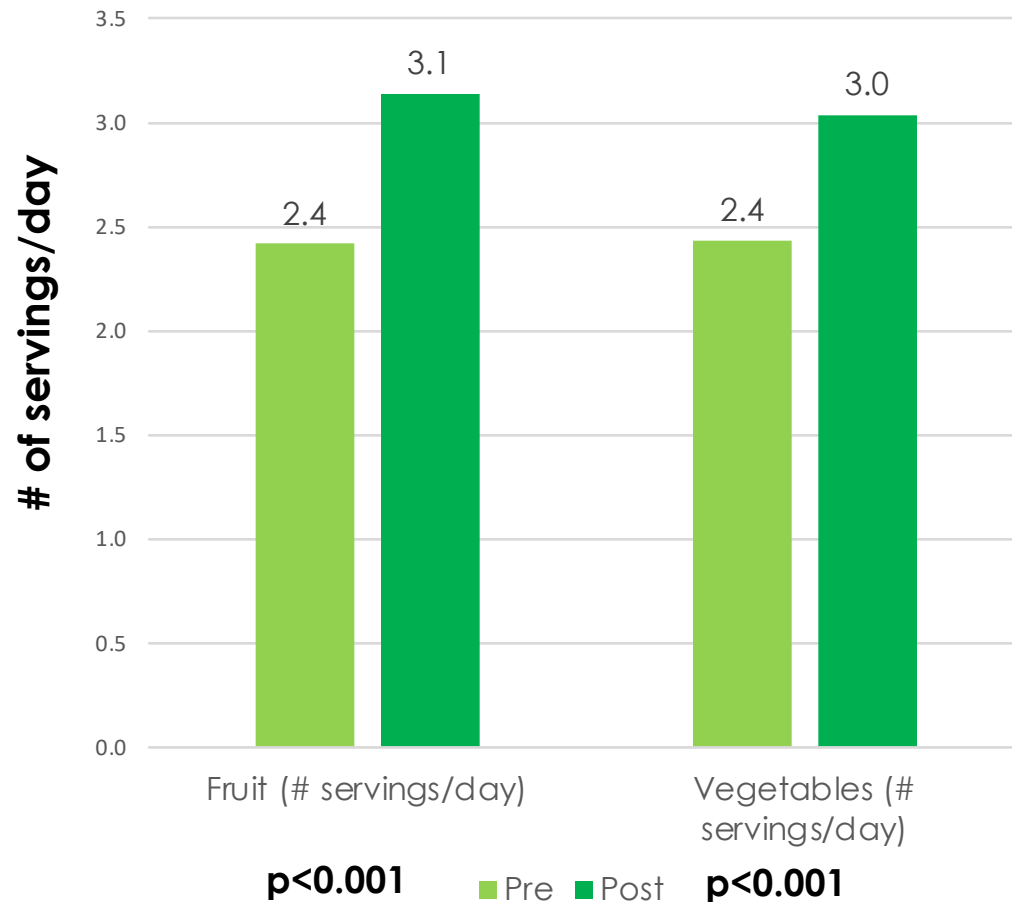
- SNAP: 68%
- WIC: 66%



Change in BMI category among children classified as overweight or obese at baseline (N=58)



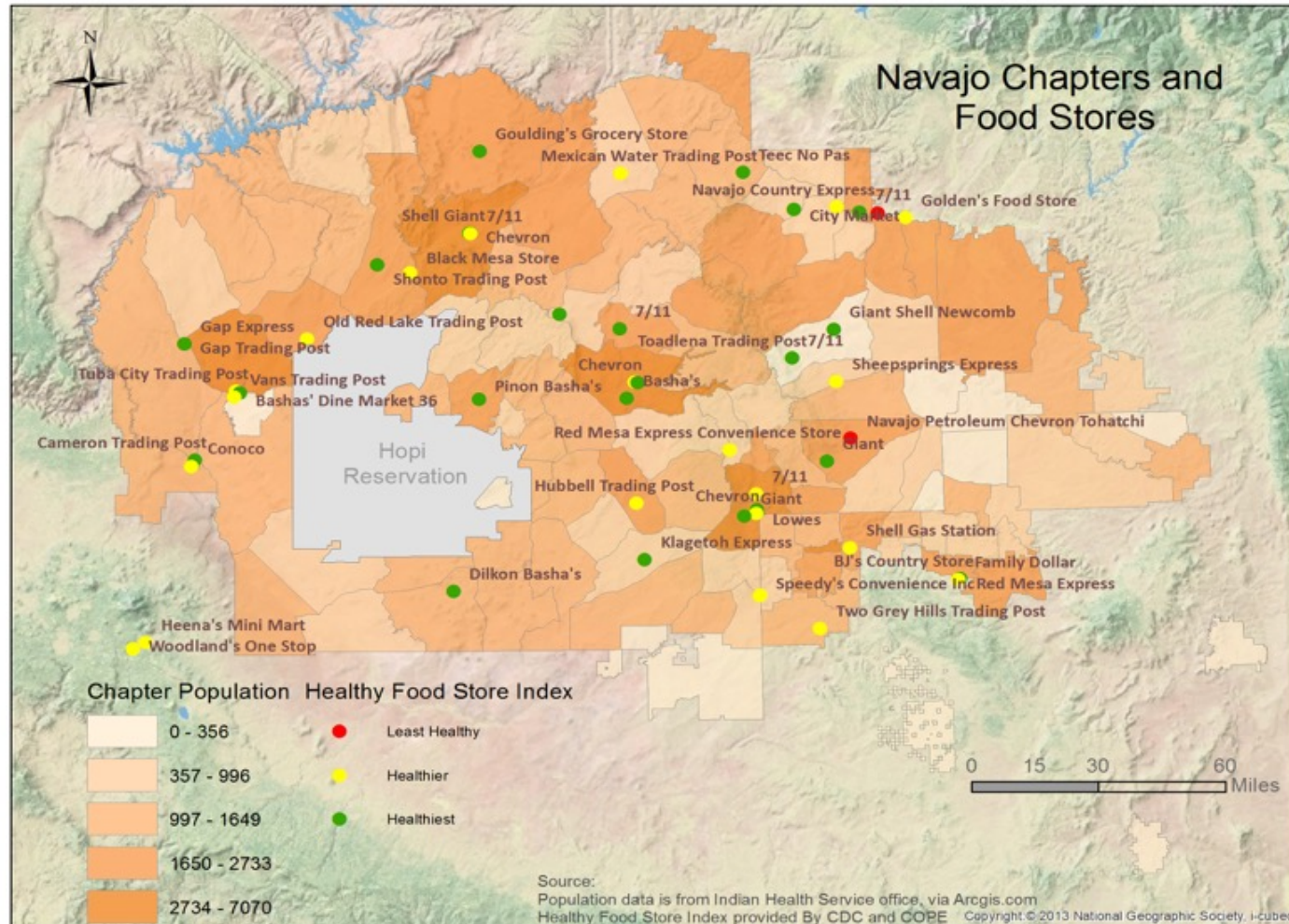
Maternal cohort Change in F&V Consumption (N=82)



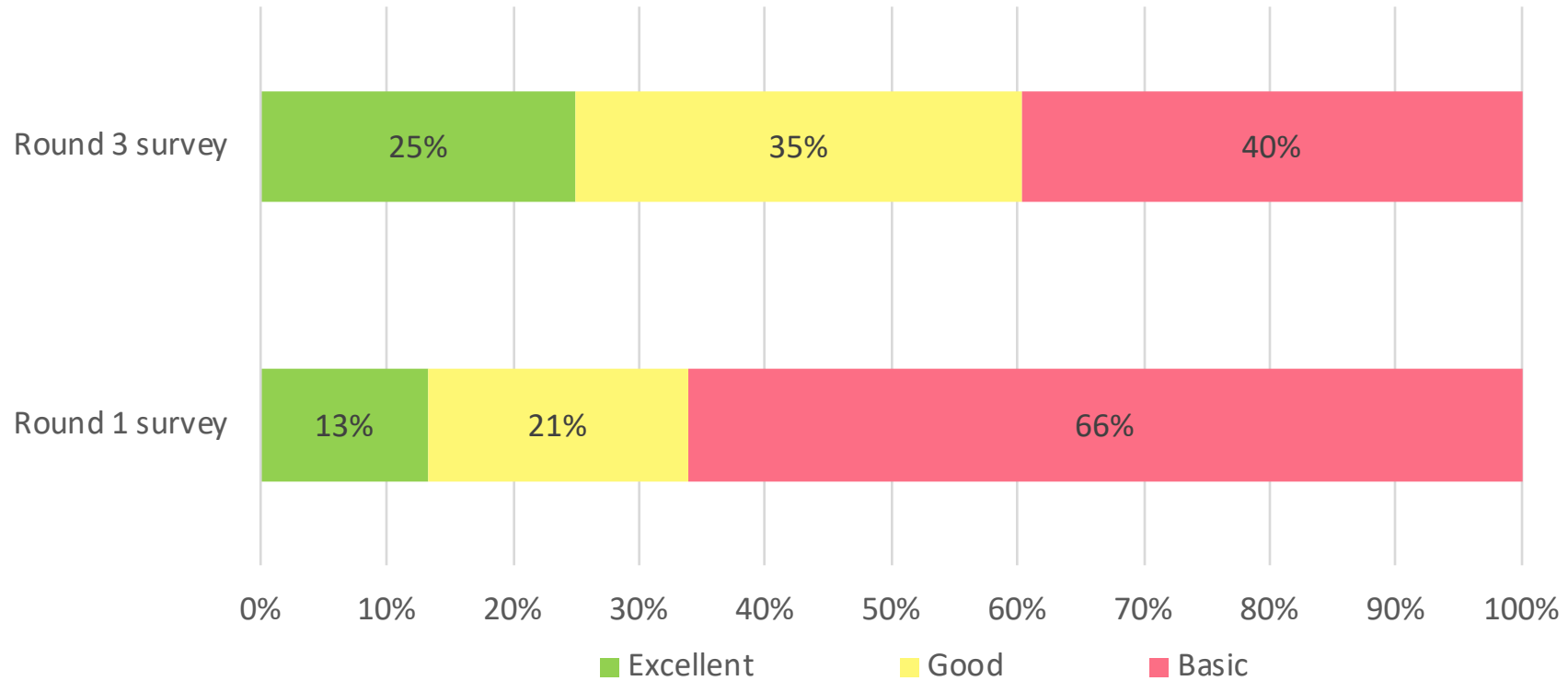
Healthy Navajo Stores Initiative



Empowering consumers: Navajo Healthy Store Index



Healthy Navajo Store Initiative: Changes in Healthy Store Index scores



*"When we put
veggies out, they
sell. I enjoy being
part of this process."*

- Store

Owner

*"FVRx vouchers
motivate our
patients to come
back for follow-up
testing and care
after ."*

- Dietitian

It's all about
Partnerships!



*"I never went into
the produce section
of the grocery store
before
(participating in
FVRx)." - Mother*

**childhood
obesity**

38%

return to healthy
weight after FVRx





Ahéhee' *To all of our partners!*

Navajo area providers, CHRs, Special Diabetes, stores, and many other partners in Navajo Nation

Participating families

CDC REACH

Arizona First Things First

Special Diabetes Program for Indians

Whit Family Foundation

Rx Foundation

Partners In Health

Brigham & Women's Hospital



Acknowledgements and Disclaimers

Funding was made possible (in part) by a cooperative agreement with the U.S. Centers for Disease Control and Prevention (#5NU58DP005872).

The opinions expressed in this presentation do not necessarily reflect the official views and policies of the Department of Health and Human Services, the Centers for Disease Control and Prevention, and the Indian Health Service, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Disclosures:

Dr. Shin serves as PI for this CDC grant, serves as the Executive Director for the 501(c)3 organization, COPE, and is an IHS employee at Gallup Indian Medical Center.

Karen Bachman-Carter serves as co-PI for this CDC Grant, and is an IHS employee of Northern Navajo Medical Center.





Wednesday, October 9, 3 pm ET

Pow Wow Sweat

Presenter:

LoVina Louie

Consultant

Coeur d'Alene Tribe – Marimn Health

Learning Objectives/Outcomes

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

1. Be better prepared to work with their community to define wellness in a culturally appropriate manner.

Details and registration here:

<http://keepitsacred.itcmi.org/2019/09/pow-wow-sweat-webinar/>

CEs will NOT be offered for this presentation.

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