

# Drafting Tribal Laws and Policies to Promote Public Health

—  
Stacy Hammer, RDN, LD

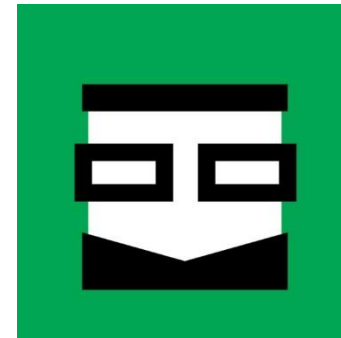
Julie Ralston Aoki, JD

Melanie Plucinski, MPH



# Who's In the room?

- Health/public health official
- Tribal Leader
- Policymaker
- Advocate
- SDPI program
- Working with traditional tobacco/commercial tobacco
- Other?



# Stacy Hammer, RDN, LD



Registered Dietitian,  
Diabetes Coordinator/Title  
VI Director at  
Lower Sioux Health Care  
Center  
Morton, MN  
Mdewakanton Dakota

# Lower Sioux Indian Community

- Federally-recognized Indian tribe located in south central Minnesota, in Redwood County
- The Community Center is located on the southern bluffs of the Minnesota River Valley
- Lower Sioux Health Care Center opened in March, 2016
- Approximately 145 families live on 1,743 acres of tribal land. A total tribal population of 982 resides throughout a 10-mile service area and beyond.
- Governed by a 5 member Tribal Council



# Lower Sioux History & Vision

- Members of the Lower Sioux Indian Community are part of the Mdewakanton Band of Dakota. The Dakota, which translates closely to “friend” or “ally” in our language, referred to our traditional Minnesota River Valley homeland as Cansa’yapi (where they marked the trees red)
- The **Vision** of the Lower Sioux Indian Community is a healthy, safe, and happy community - grounded and guided by Dakota culture, traditions, and language - where every person contributes to a diversified social and economic life. The people grow, adapt, and innovate together, through opportunities that span the generations and seek continuous success.



# Public Health Law Center



# Public Health Law Center



Help kids like Drue and Mio have healthier lives.

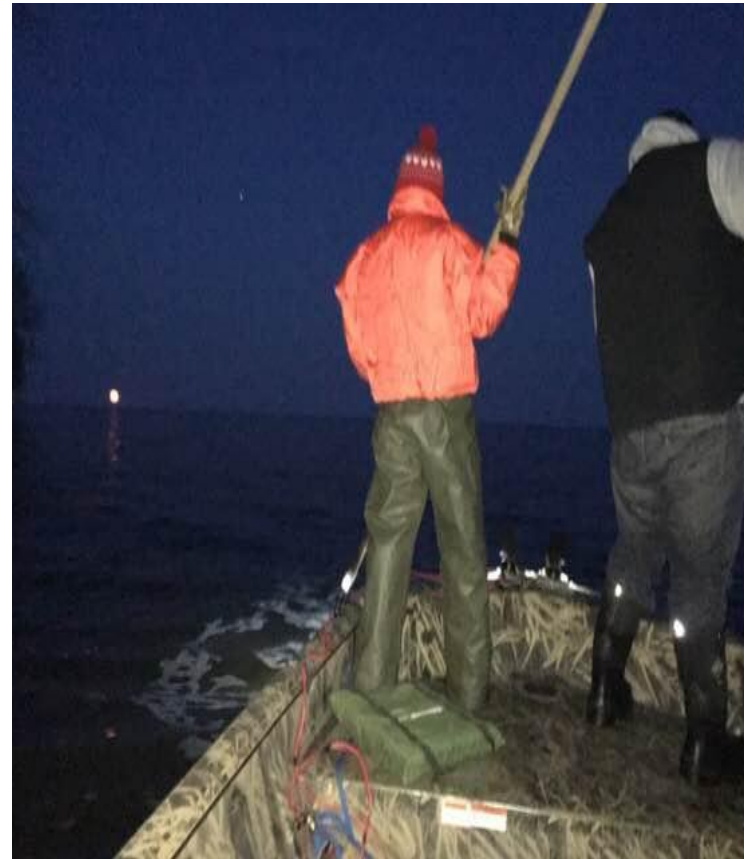


# Melanie L. Plucinski, MPH

Prevention & Policy Manager at the  
American Indian Cancer Foundation

Enrolled member of the Bad River Band of  
Lake Superior Chippewa

MPH, University of Minnesota, Policy and  
Administration with Health Disparities  
Research Concentration



# The AICAF Story



American Indian Cancer Foundation (AICAF) is a national non-profit established to address tremendous cancer inequities faced by American Indian and Alaska Natives.

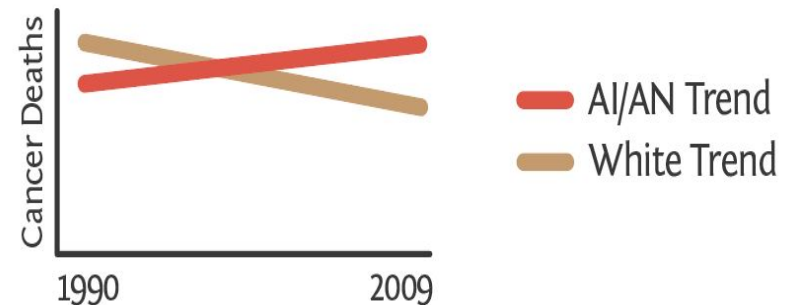
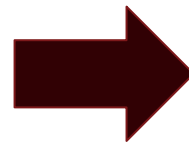
## **Mission:**

To eliminate cancer burdens on American Indian families through education and improved access to prevention, early detection, treatment and survivor support.

# American Indian Cancer Data

American Indians face alarming inequities in cancer incidence and mortality related to nutrition and other factors.

Cancer death rates for AI/AN increased over a 20 year span, while decreasing for Whites over the same time frame.



Other populations have celebrated decreasing cancer mortality rates in the past 20 years, but American Indian cancer mortality rates are still on the rise.

# Our Vision



Our vision is a world where cancer is no longer a leading cause of death for American Indian and Alaska Natives.

Through hard work, culturally appropriate community-based programs, and policy change that affords Native people access to the best prevention and treatment strategies, we see a day where American Indian communities are free from the burdens of cancer.

# Our Approach



## ***We believe...***

Native communities have the wisdom to find the solutions to cancer inequities, but are often seeking the organizational capacity, expert input and resources to do so.

# Learning Objectives

1. Outline ideas for engaging Tribal leaders and community members in the policy development process
2. Describe how SDPI work can be leveraged to build capacity and support for broader policy and systems change
3. Describe key principles for writing effective public health laws and policies



# The Power of Collaboration and Partnerships

- Working together and communicating with departments within your organization/community
- This policy work could not have been done without the support of the partnerships and collaboration with many groups such as:
  - American Indian Cancer Foundation
  - Notah Begay III Foundation
  - Public Health Law Center
  - MDH- Tobacco Prevention and SHIP
  - IHS- Special Diabetes Program for Indians (SDPI)
  - Blue Cross Blue Shield Center for Prevention

# What does success look like?

- Lower rates of cancer and chronic disease
- PSE Change!
- Sustainability - funding for tribal communities to make change
- Normalizing healthy lifestyles
- Communities have healthy food access
- People are practicing Indigenous food traditions
- Shared understanding that culture is prevention
- Tribal collaboration within and across tribes to promote prevention
- Tribal community tobacco policies protect community members



# Policy, System & Environmental (PSE) Change



# Public Health through an Indigenous Lens

## Policy Change

- ❖ Public Health Definition: Changes in rules that encourage or discourage a certain behavior
  
- ❖ Indigenous Lens: guiding principles for ways of living
  - respect for elders
  - never take more than you need
  - showing appreciation and respect for all living things

# Continued...

## System Change

- ❖ Public Health Definition: Changes of how things are done at an organization or setting
- ❖ Indigenous Lens: building blocks of a community that allow it to function as a whole
  - family, clan, band
  - food & medicine systems
  - tribal government systems

rethink  
YOUR DRINK

The logo consists of the word 'rethink' in a bold, sans-serif font. The 're' is green, and 'think' is blue. Below it, the words 'YOUR' and 'DRINK' are in a smaller, blue, sans-serif font. A blue water drop icon is positioned between 'YOUR' and 'DRINK', with its top part overlapping the 'i' in 'think'.

# Continued...

## Environmental Change

- ❖ Public Health Definition: Changes in the places you live, work, play, shop and go to school
- ❖ Indigenous Lens: the natural and built world around us and how we interact with it
  - planting gardens, fertilizing the land, harvesting food
  - seasonal practices
  - infrastructure- sidewalks, playgrounds



# 5 SOLUTIONS FOR CHANGING OUR COMMUNITIES

INTEGRATE PHYSICAL ACTIVITY EVERY DAY IN EVERY WAY.

STRENGTHEN SCHOOLS AS THE HEART OF HEALTH.

MARKET WHAT MATTERS FOR A HEALTHY LIFE.

EAT WELL!

ON THEIR OWN, ANY ONE OF THESE FIVE SOLUTIONS MIGHT HELP SPEED UP PROGRESS IN PREVENTING OBESITY, BUT TOGETHER, THEIR EFFECT WOULD BE REINFORCED, AMPLIFIED, AND MAXIMIZED.

ACTIVATE EMPLOYERS AND HEALTH CARE PROFESSIONALS.

MAKE HEALTHY FOODS AVAILABLE EVERYWHERE.

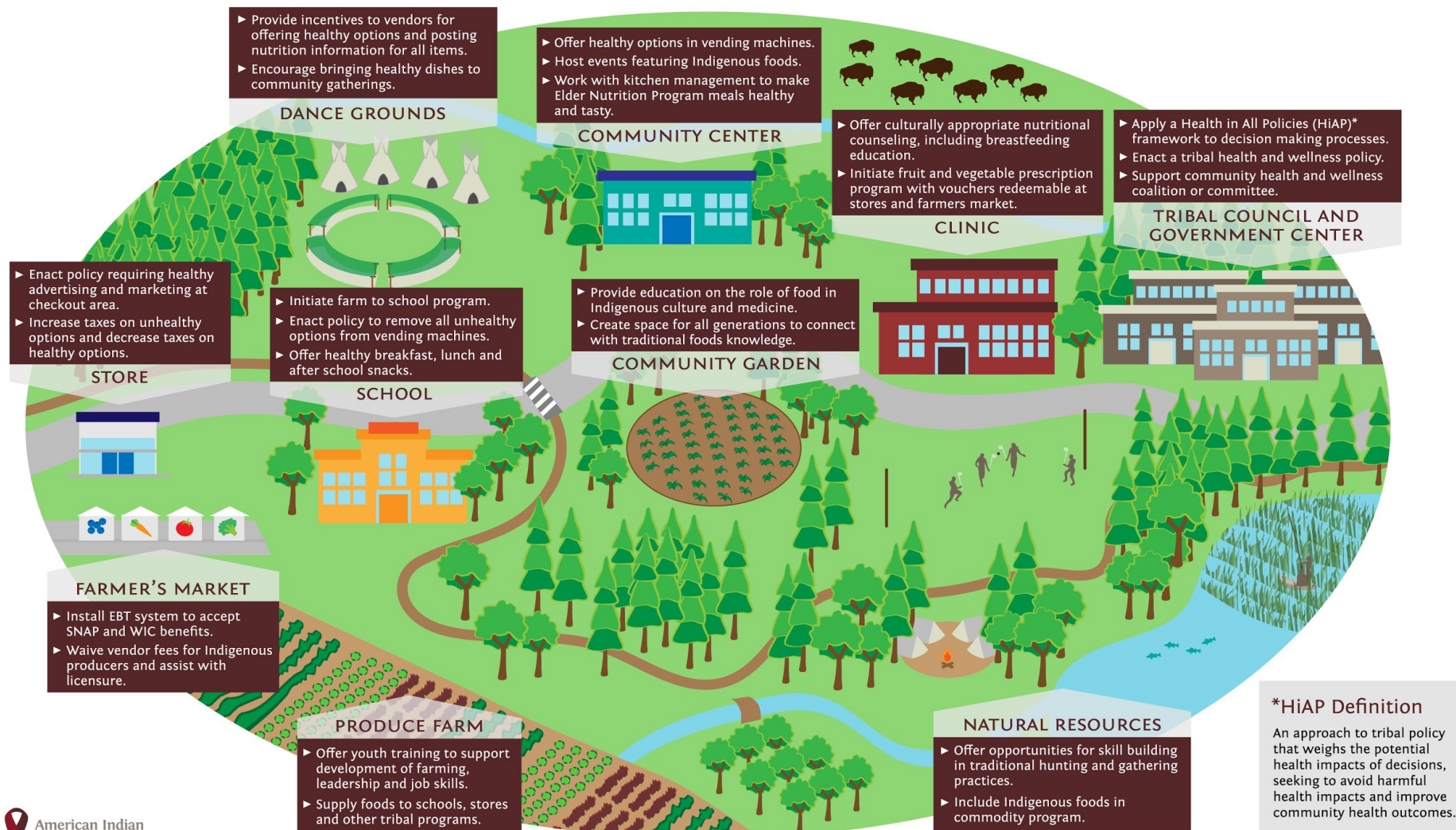
# HEALTHY EATING FOR STRONG NATIVE COMMUNITIES

## PROMOTING INDIGENOUS HEALTH

▶ Indigenous Foods: foods native to local area.

▶ Healthy Options: water, fruits, vegetables, whole grains, lean proteins, unprocessed foods.

▶ Unhealthy Options: sugary drinks and processed foods high in sugar, sodium and saturated fat.



### \*HiAP Definition

An approach to tribal policy that weighs the potential health impacts of decisions, seeking to avoid harmful health impacts and improve community health outcomes.

# SACRED TRADITIONAL TOBACCO FOR HEALTHY NATIVE COMMUNITIES

## A BALANCED COMMUNITY FOR HEALTH

- ▶ Tribal leadership support & engagement
- ▶ Cultural connectedness & healing
- ▶ Community engagement
- ▶ Practicing tradition with youth

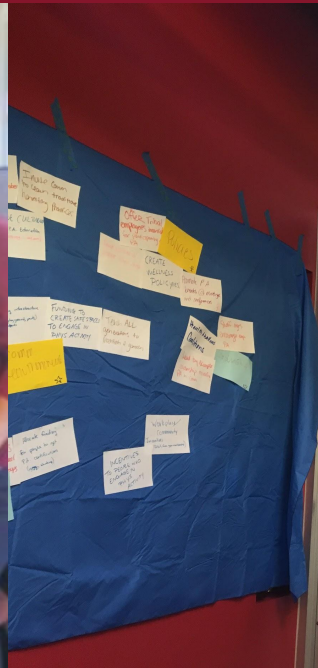


# Translating Applications and Impact of PSE

<b>PSE Strategy</b>	<b>Description</b>	<b>Impact</b>
<b>Policy</b>	Limit distribution of sugar sweetened beverages at tribally sponsored community events and gatherings	Decreases in excess morbidity and mortality related to obesity and diet related illness among American Indians.
<b>System</b>	Implement preventative screening measures (e.g. refer patients to a nutritionist) in clinic and hospital settings for people who are prediabetic, overweight or at risk for other chronic diseases	Decreases in excess morbidity and mortality related to obesity and diet related illness among American Indians.
<b>Environmental</b>	Provide opportunities to access safe and free water in public areas and at community events/convenings	Decreases in excess morbidity and mortality related to obesity and diet related illness among American Indians.

Program	Policy and Systems
Diabetes prevention educational sessions	Nutrition and traditional food standards are included in Tribal vending or catering contracts
Featured recipes in Tribal newsletters	Council resolution establishes a Food Sovereignty Council that is charged with doing a food sovereignty assessment
Walk or Bike to School/ Work Day	Tribe builds a bike path; physical activity breaks are built into Tribal employees' work day
Tribe's Health Center offers commercial tobacco cessation support for patients who ask for it	Tribe's Health Center includes a question about interest in commercial tobacco cessation support in intake process
Tribe's Clinic has a table at the Powwow with educational materials about quitting smoking	Tribe adopts a commercial smoke-free policy for Powwow grounds

# Coalition Building and Community Engagement



# Visioning: What does health look like for us?

**VICTORY** 2019

NO more malnourishment

Diabetes ↓  
 Healthier choices  
 Healthier bodies  
 Centers

Self-sufficient in food  
 Employees  
 Farmers market  
 Comm. involvement  
 People work & feel healthy  
 100% no POP!

People want to work together to keep things going (good).  
 50% Reduction in smoking rates  
 More informed choices on healthy choices  
 More positive outlook around healthy lifestyle  
 People know what's going on in the community.  
 Soda sales ↓  
 Lower Sax  
 Healthy media campaign. Comm. makes labels wording  
 People aren't thinking malnourishment

Accountability  
 Healthy foods are the norm.  
 All food at meetings & events are healthy  
 Healthier elders  
 People are up to date on screening & prevention.  
 More families are gardening!

Fruit trees  
 People live longer & healthier  
 Availability of organic & incl. foods



It's 2019, what does the community look and feel like after implementing this ordinance?

## Our Vision 2019

<h3>Chronic Disease Prevention</h3> <ul style="list-style-type: none"> <li>People are up to date on screening and prevention</li> <li>Lower diabetes</li> <li>50% reduction in smoking rates</li> </ul>	<h3>Healthy People</h3> <ul style="list-style-type: none"> <li>People look and feel healthy and fit</li> <li>People living longer and healthier</li> <li>Happy and healthy employees at Jackpot</li> <li>Healthier elders</li> <li>People aren't hungry/malnourished</li> <li>More positive outlook on healthy lifestyles</li> </ul>
<h3>Community</h3> <ul style="list-style-type: none"> <li>Community more informed on health choices</li> <li>People want to work together to keep things going good</li> <li>Increased community involvement</li> <li>More families are gardening</li> <li>Self-sufficient in food</li> <li>Healthy foods center</li> <li>People know what's going on in the community</li> <li>Accountability</li> <li>LS healthy media campaign- community makes labels wording</li> </ul>	<h3>Food</h3> <ul style="list-style-type: none"> <li>Healthy foods are the norm</li> <li>Farmers market</li> <li>100% no pop</li> <li>Soda sales decrease</li> <li>Fruit trees</li> <li>Increase availability of organic and Indigenous foods</li> <li>Increase knowledge on hunting wild game</li> <li>Healthier choice labels</li> <li>Serve traditional foods at gatherings</li> <li>All food at meetings and events are healthy</li> </ul>

**HONORING LITTLE CROW HEALTHY FOODS INITIATIVE**





# LSIC Health and Human Services Advisory Committee



# Formation of Lower Sioux Health and Human Services Advisory Committee (LSHHSAC)

- The Lower Sioux Indian Community; in partnership with the American Indian Cancer Foundation (AICAF), put together a community Health and Human Services Advisory Committee to serve the areas of Health and Social Services.
- The 8 member Advisory Committee were nominated by Lower Sioux Community member votes at the Community Sioux Chef dinner, held in January, 2015 and approved by Tribal Council.
- The first meeting was held on March 26, 2015
  - 17 Committee Meetings Held to Date
- The long term goal of the committee is to increase community engagement to establish a sustainable Lower Sioux Indian Community food system that improves access to healthy food, connects the community to indigenous foods, and creates healthier families.



# Roles and responsibilities of the LSHHSAC

- Providing input towards programming, grant funding use, and community needs by staff in each of these areas.
- Attending one meeting per month, which are co-facilitated with the American Indian Cancer Foundation. AICAF has also been providing education for the advisory committee on health and wellness topics of their interest.
- Providing input on the programming and needs of AICAF. Collaboration between AICAF and committee members have assisted in meeting cancer prevention and educational needs within Indian Country.

## Action Planning/ Implementation Plan :

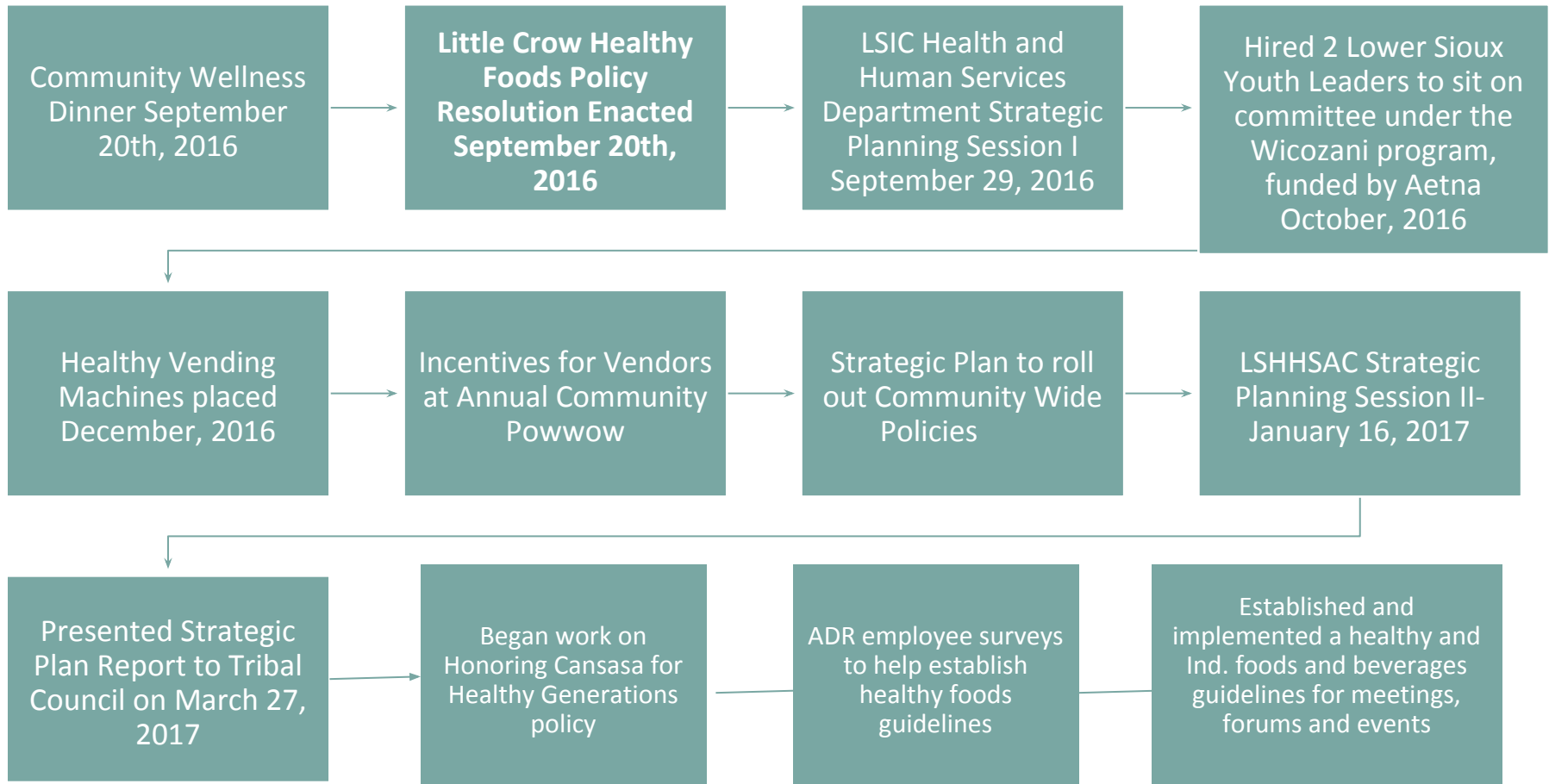
<b>**see heading definitions below**</b>																	<b>GOAL</b>	
Objective/ Focus Area	Action Steps/Tasks	Who will do this?	Quarter 1			Quarter 2			Quarter 3			Quarter 4			Notes/ Additional Resources	\$		
			Jan	Feb	Mar	April	May	Jun	July	Aug	Sept	Oct	Nov	Dec				
(A)	Example: Develop set of nutritional guidelines to be applied to all meeting and event planning																	
(B)	Example: Engage decision makers in training on guidelines to apply to food purchasing and menu creation																	
(C)	Example: Conduct an assessment of food for purchase in retail stores, sales, promotions, marketing																	



# LSHHSAC: Building a strong foundation

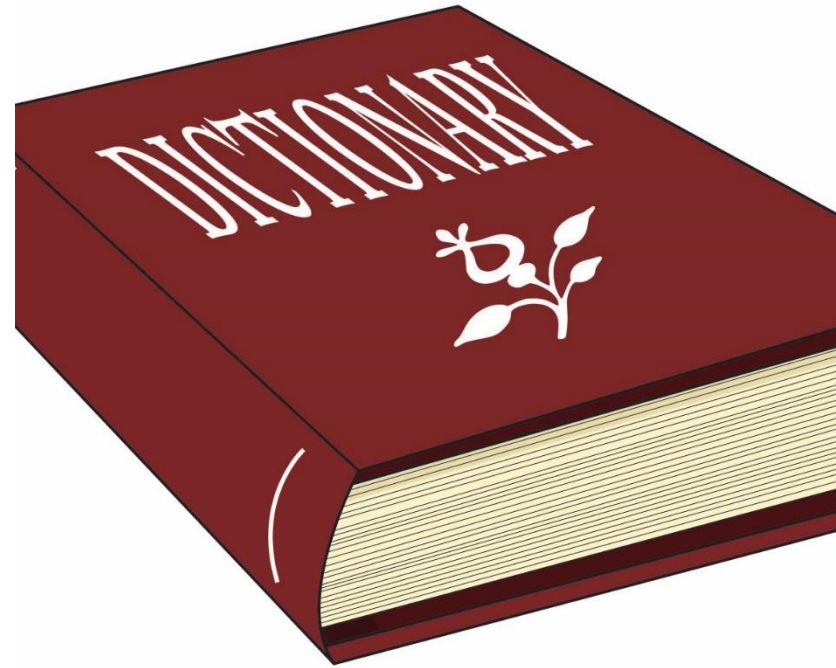
- Committee Chair and Committee Roles Identified October 21st, 2015
- Healthy Foods Prioritizing Activity (PSE Strategies)- August 25th, 2015
- Funding Secured for Communities Eliminating Tobacco Inequities (BCBS)
- Funding for NB3- Community Action Grant
- Kickoff Event -March 2016
- NHNA Article- August 2016
- Funding for Aetna- Wicozani, Cultivating Healthy Behaviors -August 2016

# List of Accomplishments



# Tribal law

- Executive orders
- Resolutions
- Ordinances
- Codes or code sections
- Regulations
- Constitutions
- Case law
- Treaties
- Customary law



# Adoption of Resolution September 20, 2016



## Lower Sioux Indian Community

P.O. Box 308 • 39527 Reservation Highway 1  
Morton, MN 56270  
*Cansayapi Otunwe*

### LOWER SIOUX INDIAN COMMUNITY RESOLUTION NO. 16-116

#### APPROVING AND SUPPORTING THE LOWER SIOUX INDIAN COMMUNITY'S HONORING LITTLE CROW WITH HEALTHY AND INDIGENOUS FOODS INITIATIVE

WHEREAS, The Lower Sioux Indian Community is a duly organized and federally recognized Indian Tribe under 25 U.S.C. § 476, and is governed by the terms of a Constitution and Bylaws originally adopted by the Community Members on May 16, 1936, and approved by the Secretary of the Interior on April 23, 1936; and,

WHEREAS, pursuant to said Constitution and Bylaws, the Community Council is the governing body of the Lower Sioux Indian Community; and

WHEREAS, the Community Council has the authority, as enumerated in ARTICLE V – POWERS (a) to negotiate with the Federal, State, and local Governments on behalf of the Community...; (c) to approve or veto any sale, disposition, lease, or encumbrance of Community lands, interests in lands, or other Community assets...; (e) to make assignments of community land to members of the Community...; (f) to manage all economic affairs and enterprises of the Community...; (g) to appropriate for public purposes of the Lower Sioux Indian Community available funds within the exclusive control of the Community...; (i) to safeguard and promote the peace, safety, morals, and general welfare of the Community by regulating the conduct of trade and the use and disposition of property upon the reservation...; (j) to establish ordinances...providing for the maintenance of law and order upon the Reservation...; (m) to encourage and foster the arts, crafts, traditions, and culture of the Community...; (o) to protect and preserve the property...of the Community...; and

WHEREAS, disproportionately higher health disparities have been identified in American Indian/Alaska Native populations compared to all non-Indian populations,

1 HONORING LITTLE CROW WITH HEALTHY AND INDIGENOUS FOODS INITIATIVE

# Honoring Little Crow with Healthy and Indigenous Foods Initiative Resolution No. 16-116

- Calls for **policy to support availability of healthy and indigenous foods in vending machines** at rec center and Government Center
  - 75% healthy/indigenous
  - Use pricing and placement to promote healthy items
  - Calorie information to be provided
- Calls for **policy to encourage Wacipi vendors to provide healthy and indigenous foods (50% discount on fee)**
- Calls on committee to **develop strategic plan** and recommendations for other food outlets



# Lower Sioux Health and Human Services Advisory Committee

*Honoring Little Crow with Healthy and Indigenous Foods Initiative*



**Strategic Plan  
2017**



## Background

The Lower Sioux Health and Human Services Advisory Committee (LSHHSAC) is comprised of eight community members and two youth ambassadors. Meetings are organized and supported by four Health and Human Services staff members and the American Indian Cancer Foundation (AICAF). The committee was formed in early 2015 and held its first meeting in March of 2015. Since then, 17 committee meetings have taken place, along with two strategic planning sessions. This report covers content from Strategic Planning Session II that took place on January 16th, 2017.

The long-term goal of the LSHHSAC committee is to increase community engagement to establish a sustainable Lower Sioux Indian Community food system that improves access to healthy food, connects the community to indigenous foods, and creates healthier families.

On September 20th, 2016 the Lower Sioux Tribal Council signed the **Honoring Little Crow with Healthy and Indigenous Foods Initiative Resolution No. 16-116**, which includes the following:

- Calls for policy to support availability of healthy and indigenous foods in vending machines at rec center and Government Center
  - 75% healthy/indigenous
  - Use pricing and placement to promote healthy items
  - Calorie information to be provided
- Calls for policy to encourage Wacipi vendors to provide healthy and indigenous foods (50% discount on fee)
- Calls on committee to develop strategic plan for focus areas A through D outlined in the resolution and recommendations for other food outlets

On January 16th, 2017, nine out of the ten LSHHSAC members met to develop recommendations to inform action steps for achieving the four strategic plan focus areas (see below). These recommendations and plan will be presented to the Lower Sioux Tribal Council to be carried out over the next two years.

The committee was tasked to develop recommendations and specific actions to address the following focus areas:

- A. Establish and implement healthy and indigenous foods and beverage guidelines for LSIC meetings, forums and events
- B. Establish and implement guidelines for selections offered by the ADR (Community's Associate Dining Room)
- C. Establish and implement guidelines for food and beverages for purchase in community retail environments
- D. Identify and address any challenges

At the strategic planning session, participants were asked the following question, "**What do committee members and the Health and Human Services Department need to do to establish and implement focus areas A through D?**" Responses were used to inform the Lower Sioux Foods Policy Strategic Implementation Plan: January, 2017-January, 2018, outlined on page 6-9 of this report.

# Vending Machine Makeover: Fall/Winter 2016

- Followed the USDA's, Smart Snacks, "All foods sold in schools" standards
  - For further information:  
<https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>
- Multiple conversations and meetings with Bernick's Representative
  - Very Knowledgeable about Smart Snack guidelines, vendor for many schools in area
  - Very accommodating, and positive about what percentage of snacks and beverages should follow these guidelines
  - Working with Tanka Bar company to begin placing their products in Bernicks vending machines
  - Soda Pop in Recreation center is only available in 12oz bottles

# Before & After Beverages

Previous beverage vending Machine

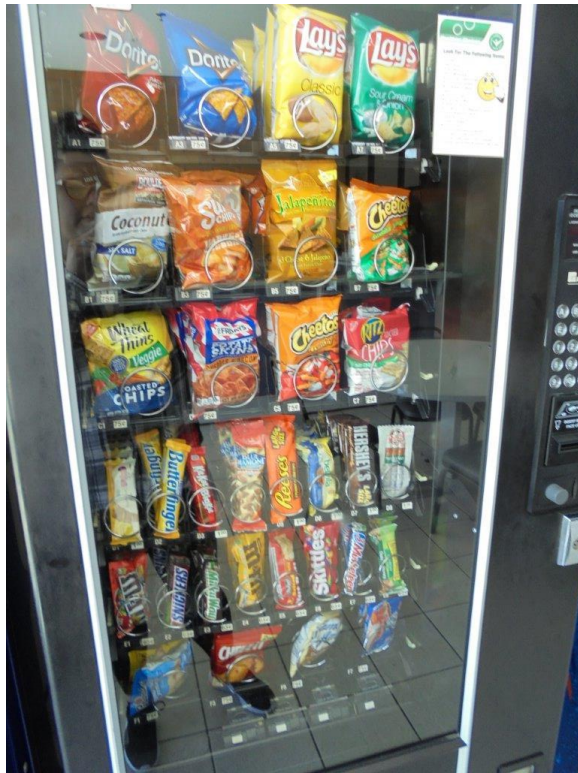


Current beverage vending machine



# Before & After Snacks

## Previous Snack Vending machine



## Current Snack vending machine



# Strategic Plan Components

A) Guidelines for food and beverages provided at LSIC meetings, forums, and other events occurring on LSIC property



B) Guidelines for the employee dining program

C) Increase availability and purchase of health promoting foods and beverages in stores and other community food outlets

D) Anything else

# Where we are at today

Focus Area A:

Food Policy: Final stages

Focus Area B:

Employee Dining Feedback


Focus Area C:

Food retail environment



# Engaging and garnering Tribal Leadership support

- Connect and talk with leadership throughout this process.
- Bring the voices of your community to them through survey results, focus groups, etc.
- Engage leadership by conducting a Tribal Leadership Visioning project
  - identified how each of our tribal leaders view the health of our community, what priorities they are focusing on and goals they have set for supporting the health of the people for generations to come.
  - Facilitated by AICAF

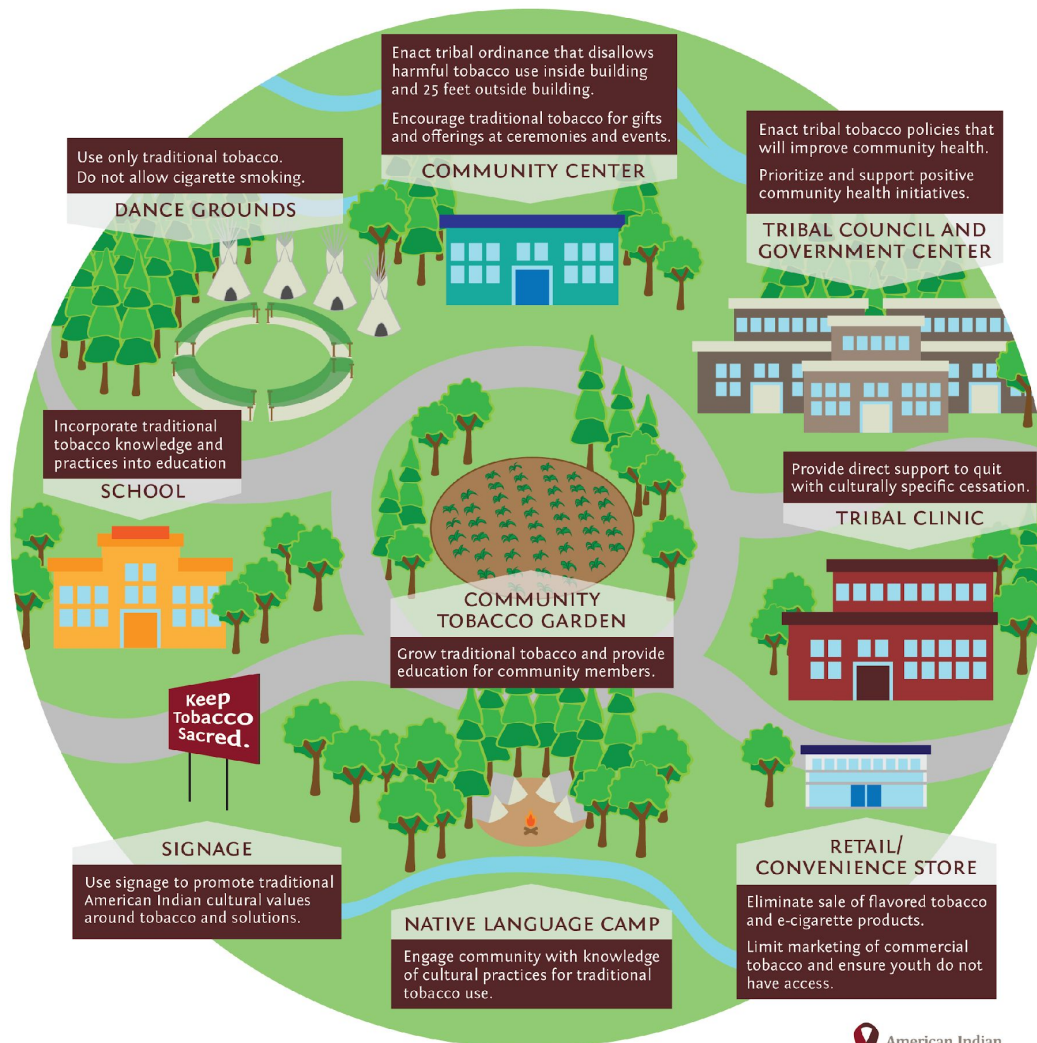
A photograph of a bison in a field of tall grass and wildflowers. The bison is the central focus, shown from the side and slightly from behind. It has a thick, brown coat and a dark, shaggy mane around its head. The background is a soft-focus landscape of green and yellow grasses. A semi-transparent dark rectangle is overlaid on the lower half of the image, containing white text.

The biggest thing is listening, we as leaders need to know what members want, so that we can go forward in that direction and guide our work to fulfill the needs of the community.

# SACRED TRADITIONAL TOBACCO FOR HEALTHY NATIVE COMMUNITIES

## A BALANCED COMMUNITY FOR HEALTH

- ▶ Tribal leadership support & engagement
- ▶ Cultural connectedness & healing
- ▶ Community engagement
- ▶ Practicing tradition with youth



A stylized illustration of a landscape. In the center, there is a two-story building with a dark blue roof, light blue windows, and a dark blue entrance. The building is set against a background of rolling green hills and a light blue river. There are several green trees with brown trunks scattered around the building. The overall style is flat and modern.

## RETAIL/ CONVENIENCE STORE

Eliminate sale of flavored tobacco and e-cigarette products.

Limit marketing of commercial tobacco and ensure youth do not have access.

Use only traditional tobacco.  
Do not allow cigarette smoking.

## DANCE GROUNDS



# Reclaiming Sacred Tobacco Documentary

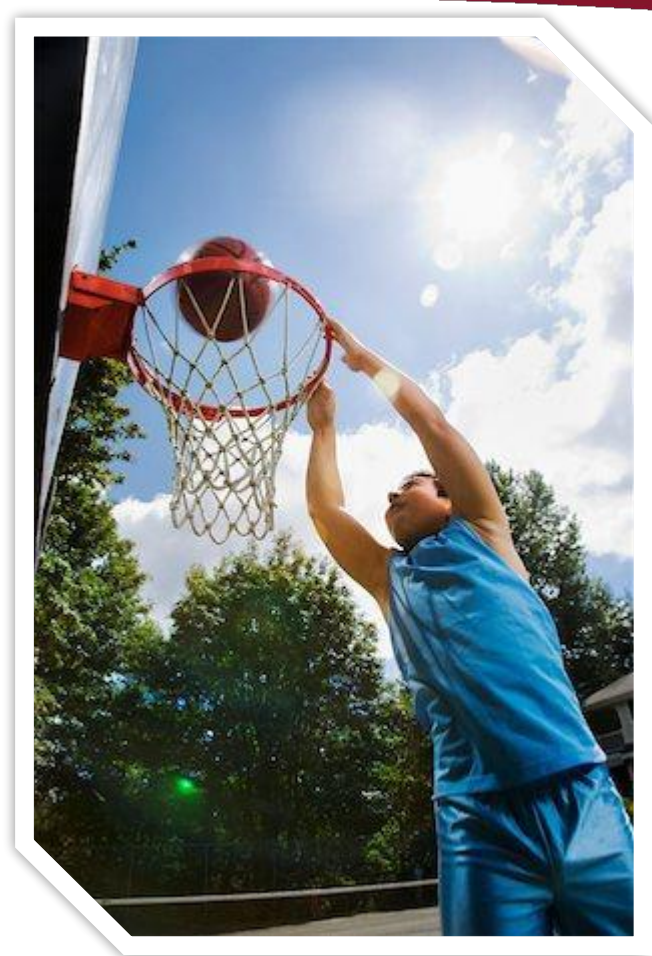


# Honoring Cansasa LSIC Tobacco Policy

- All **harmful non-ceremonial use**, including e-cig use is prohibited within and outside the health care center
- Prohibited within all outdoor recreational community spaces (playground, basketball court, etc).
- Prohibited at community-sponsored events
- Prohibited within 50 feet of government center
- Prohibited within 50 feet of any future development of non-commercial property
- Traditional medicines are always allowed, promoted and supported anywhere in the community
- A sustainability plan will be developed to ensure traditional medicines are available to community members

# What is an effective law or policy?

- Easy to understand and follow
- Accomplishes goals
- Reflects community values and buy-in



# Laying the groundwork

- Identify stakeholders (decision makers, implementers, influencers, community members)
- Create your “think tank”
- Gather information--learn about the process, collect examples of standards, policies
- Build and strengthen relationships
- Promote collaborative dynamic
- Goal: recommendations that are ambitious but feasible

# Elements of a Policy

- Findings
- Purpose
- Definitions
- Restrictions / Requirements
- Exemptions? (use with caution)
- Implementation
- Enforcement (if applicable)
- Severability



# Key principles of policy drafting

- Be clear and specific
- Be concise
- Be consistent
- Be practical
- Be collaborative
- Tailor language

The image shows the cover of a report titled "Drafting Tribal Public Health Laws and Policies" with the subtitle "to Reduce and Prevent Chronic Disease". The cover features a header with the "Public Health Law Center" logo and a collage of photos showing diverse people. Below the title is a photograph of a woman and three children at a table. A text box on the right explains that laws and policies can support Tribal Nations' efforts to reduce chronic disease. At the bottom, contact information for the Public Health Law Center is provided.

Public Health Law Center  
at WILLIAM MARSHALL COLLEGE OF LAW

TRIBAL PUBLIC HEALTH LAW

## Drafting Tribal Public Health Laws and Policies

*to Reduce and Prevent Chronic Disease*

Laws and policies can support the efforts of Tribal Nations to reduce and prevent chronic disease within their communities. American Indian Tribes are sovereign nations with unique political and legal status, which makes them distinct from other cultural and racial groups in the U.S. They have their own legal systems, which vary across Tribal Nations. Depending on the Tribe, a Tribe's laws and policies might be found in written documents such as a Constitution, Tribal code, and Tribal court case law. A Tribe's laws might also be found in unwritten forms, such as customary laws and traditions. Some Tribes include both written and unwritten laws in their legal systems.

**What is policy?**

At the most basic level, a policy is a plan or course of action designed to influence and determine decisions. Policies can be written or unwritten. They often take the form of laws, regulations, resolutions, executive orders, and other types of legal policies. They can also be organizational policies, such as wellness or dress code policies.

Public Health Law Center 875 Summit Avenue St. Paul, Minnesota 55105 [www.publichealthlawcenter.org](http://www.publichealthlawcenter.org) 651.290.7506

[www.publichealthlawcenter.org](http://www.publichealthlawcenter.org)

# Hypothetical Policy -- Definitions

When purchasing food and beverages for Tribally sponsored events, only foods that are healthy and Indigenous may be purchased with Tribal government funds. Local foods should be given preference.

- *What phrases need defining or explaining?*
- *How could you define them?*

# Example— “Indigenous Foods”

“Indigenous Foods” means foods and beverages from pre-colonization times that are or have been part of the traditional or Indigenous diet and food ways of the LSIC people.

# Policy development practice--Findings

“Good data leads to  
good sovereignty.”

*Jennifer Lee Schultz and Stephanie Carroll  
Rainie, The Native Nations Institute for  
Leadership, Management and Policy*

# Example: Using Data in the Findings

Healthy Diné  
Nation Law 2014  
Findings

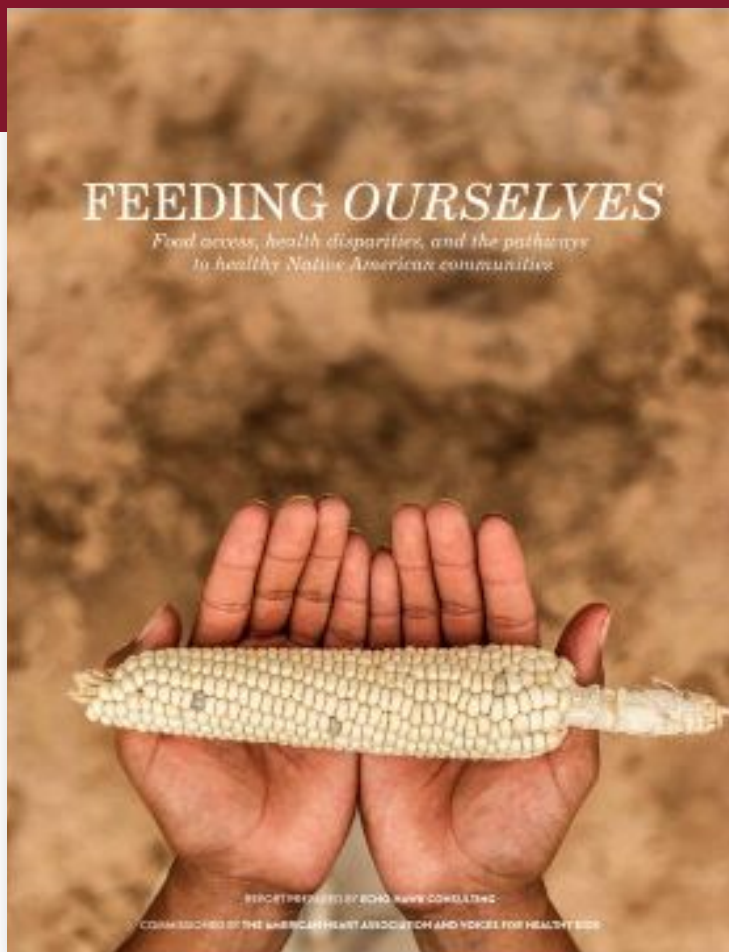
- L. According to the *Tsehootsooi Medical Center Community Health Needs Assessment*, 86.74% of respondents recommended facilities needed in their community: walking trails, 42.54%; recreational, 60.87%; playground, 46.87%; and other, 8.47%. Health programs were recommended by 88.77% of the respondents with the following: CPR classes, 33.89%; cultural classes/resources, 34.35%; fitness instruction, 52.95%; health education/programs, 50.09%; nutrition classes, 52.12%; parenting groups, 37.66%; and other, 8.66%. Clichee, Dominic, M. (2013). *Tsehootsooi Medical Center community health needs assessment*. <http://www.fdihb.org/files/downloads/TMC%20CHAH%20v3.2%20without%20implementation%20plans.pdf>
- M. According to the *Chinle Health Council Community Health Assessment*, community respondents identified diabetes, obesity, and unhealthy foods as the top three important health issues in their communities, with diabetes as the number one health issue in the Chinle communities. Respondents identified "Wellness/Health education (Nutrition), Community events, Wellness Center" as the "most important factors for a healthy community." Respondents rated the health of their community with the following "Nutrition/bad food, Exercise, Unidentified illness/sickness/disease." Lynch, Patrick D. & Clichee, Dominic M. (2012). *Chinle Health Council community health assessment*. Unpublished, Chinle Health Council.

# Possible data sources

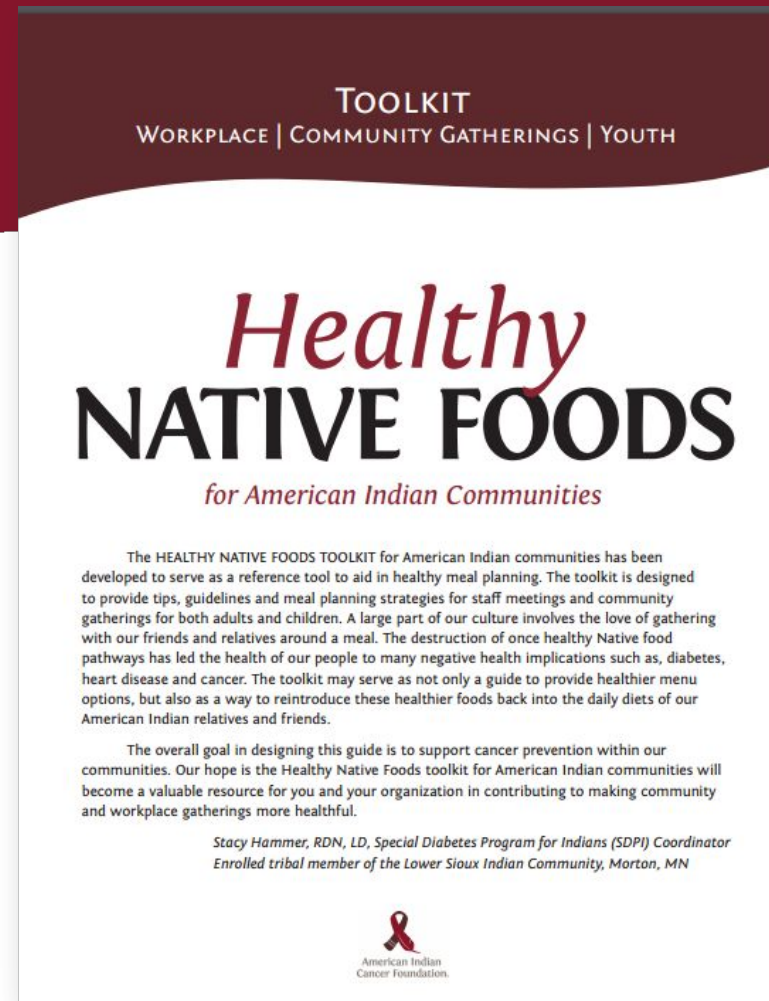


- Tribe's Health Department
- Community Health Assessments
- Tribal epi centers
- IHS
- State health department
- Behavioral Risk Factor Surveillance System
- Youth Behavioral Risk Factor Surveillance System
- Other ideas?

# Resources



[http://www.heart.org/HEARTORG/Advocate/VoicesforHealthyKids/Feeding-Our-selves\\_UCM\\_475570\\_Article.jsp](http://www.heart.org/HEARTORG/Advocate/VoicesforHealthyKids/Feeding-Our-selves_UCM_475570_Article.jsp)

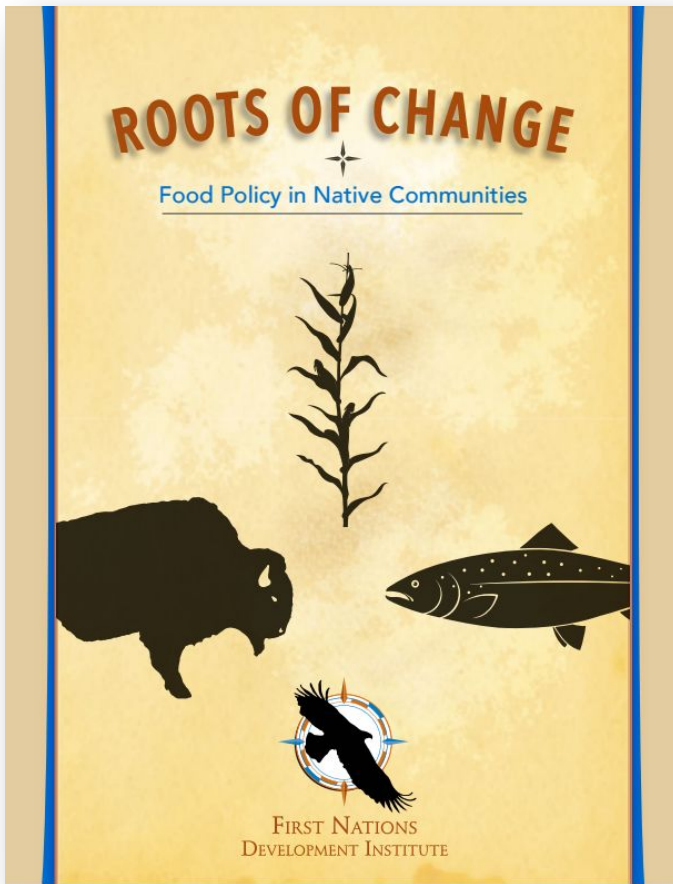


[http://www.americanindiancancer.org/wp-content/uploads/2014/01/Toolkit\\_NEW\\_03\\_2014-2.pdf](http://www.americanindiancancer.org/wp-content/uploads/2014/01/Toolkit_NEW_03_2014-2.pdf)



# Additional Resources

- 2016 First Nations Development Institute Report
- Helpful framework for thinking through policy considerations
- <http://www.firstnations.org/knowledge-center/foods-health>



# Healthy Community Food Systems

HEALTHY COMMUNITY FOOD SYSTEMS

ABOUT US GETTING SERIOUS NOW HEALTHY FOODSHEDS FARM TO SCHOOL PUBLICATIONS NEWS & EVENTS BLOG


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## Four Corners Foodsheds

HCFS's work in the Four Corners region (Colorado, Utah, Arizona, and New Mexico) includes projects and information specific to the region, including Native American communities.

- Native American Topics
- Four Corners Farm to School
- Native American Gardens
- Native American Food Safety Resources
- Navajo Churro Lamb & Wool Marketing
- Map, Monitor, & Adapt Your Local Foodshed – especially suited to the Four Corners Region.

For more information on the history of regional projects, view our partner group: the Southwest Marketing Network.



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<http://healthycommunityfoodsystems.org/four-corners/>

HEALTHY COMMUNITY FOOD SYSTEMS

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## Native American Gardens

Examples of gardens in Native communities are featured here since they are important to our work on Native Community Farm to School with the National Farm to School Network and since they tend to have many of the best features of our Wild School Gardens concept.

GARDEN EXAMPLES:

- TOCA - Tohono O'odham Traditional Foods and Gardens
- Family Gardens Contributing to Ramah Navajo School
- Sustainable Molokai
- Tuba City Feast for the Future
- White Mountain Apache Feast for the Future
- Colusa Indian Community
- Northwest Indian College Garden Sites
- Meskwaki Nation
- South Dakota Area Native Gardens
- FNDI Profiles of Native Gardens and Farms



<http://healthycommunityfoodsystems.org/four-corners/native-gardens/>

# Additional Resources

- First Nations Development Institute,  
[www.firstnations.org](http://www.firstnations.org)
- Indigenous Food and Agriculture Initiative at the University of Arkansas School of Law,  
<http://law.uark.edu/ifai/>
- Cherokee Nation's Healthy Tribal Nations Toolkit:  
<http://www.healthytribalnations.com>
- NCAI Tribal Public Health Laws database
- National Native Network:  
<http://keepitsacred.itcmi.org/>

# Questions?

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