



Collaborating To Close Gaps in Tribal Food Access

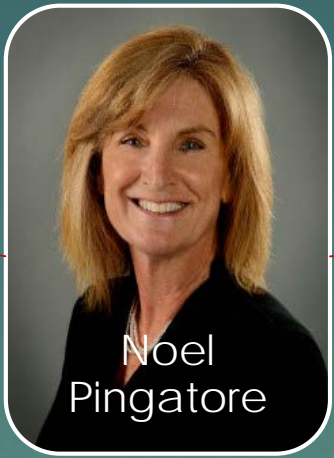
MICHELLE SCHULTE

INTER-TRIBAL COUNCIL OF MICHIGAN

mschulte@itcmi.org



Cathy Edgerly



Noel Pingatore



Josh Hudson



Raeanne Madison



Chris Sams



Josh Mayo



Mike Willette

Health Education and Chronic Disease Department



KEEP IT SACRED

NATIONAL NATIVE NETWORK

Inter-Tribal Council of Michigan, Inc.

Media Outreach National Native Network

keepitsacred.org

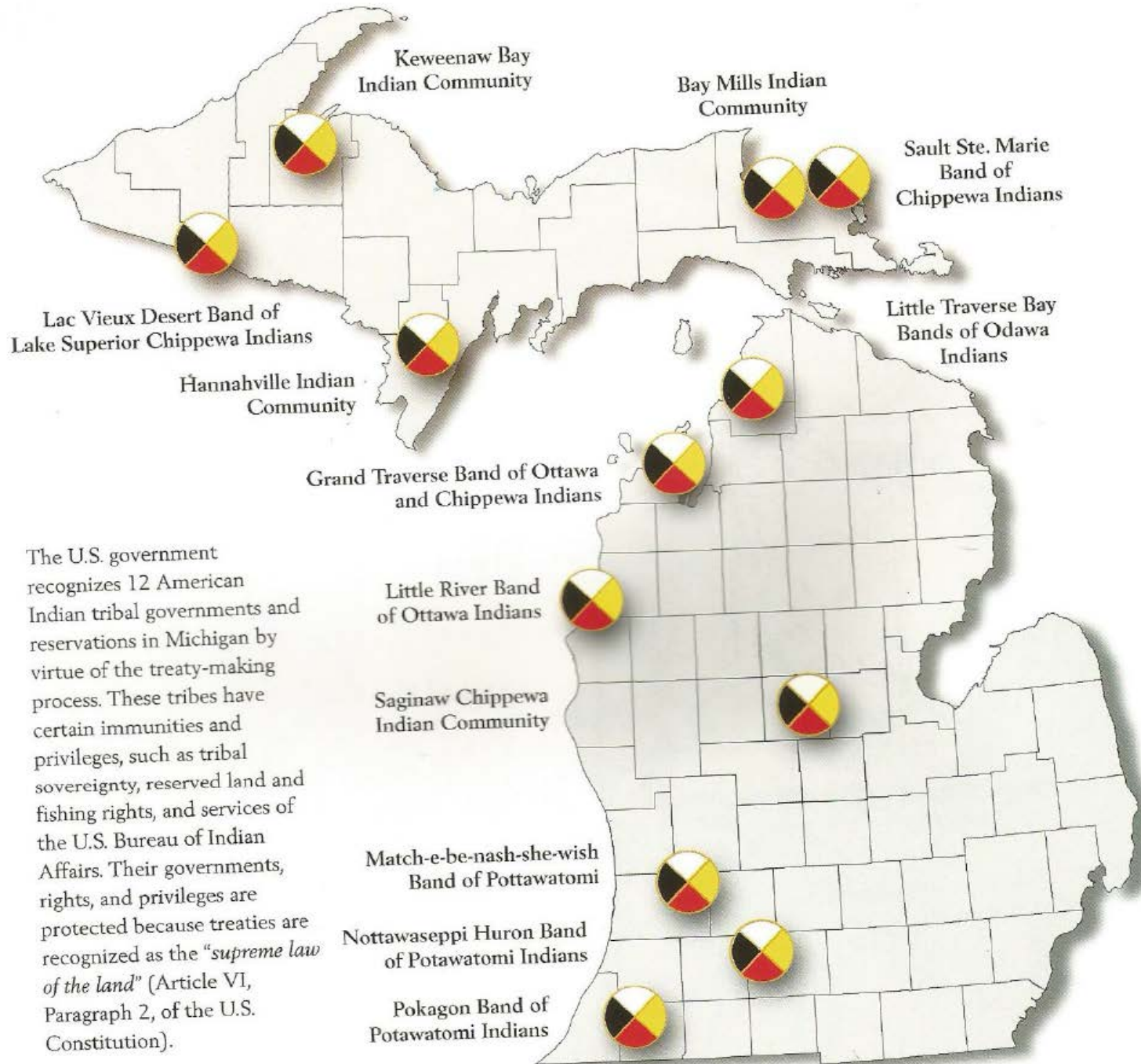


Communication and Information Links

- ✓ Webinars: CEUs offered in partnership with IHS, archives available
- ✓ Monthly Newsletters
- ✓ Current events
- ✓ Follow us on Facebook, Twitter, Instagram, & LinkedIn
- ✓ Other Resources
(cancer, tobacco, traditional foods, assessments, etc)



Please send resources, articles, information requests, and communication ideas to:
Josh Hudson, NNN Program Manager; jhudson@itcmi.org. ph: 906-632-6896



The U.S. government recognizes 12 American Indian tribal governments and reservations in Michigan by virtue of the treaty-making process. These tribes have certain immunities and privileges, such as tribal sovereignty, reserved land and fishing rights, and services of the U.S. Bureau of Indian Affairs. Their governments, rights, and privileges are protected because treaties are recognized as the "supreme law of the land" (Article VI, Paragraph 2, of the U.S. Constitution).

Michigan Tribal Food Access Collaborative

Joint Effort with Michigan Health Endowment Fund, 6 Tribes (LTBB, NHBP, Pokagon, BMIC, Hannahville, KBIC), Michigan Public Health Institute, Michigan State University Extension, and ITCMI to work toward reducing obesity and other related health risks in children 2-11 years old and their families. The effort includes:

- 1) Formalizing a statewide tribal food access community of learning with a minimum of six tribal health systems,
- 2) Increasing the number of children ages 2-11 that are screened for BMI for age by 20% among the 6 participating tribal health systems documented by EHR,
- 3) Conducting local community food resource assessments in at least 6 tribal communities,
- 4) Increasing the proportion of local community food resource access points and supports by 20% within tribal target communities, and
- 5) Increasing the number of educational resources relative to development stage dietary guideline resources to include Native American Culture and traditional foods.

For more information, please contact Project Coordinators, Michelle Schulte (mschulte@itcmi.org ph.231-866-0805) or Josh Mayo (jmayo@itcmi.org 906-632-6896)

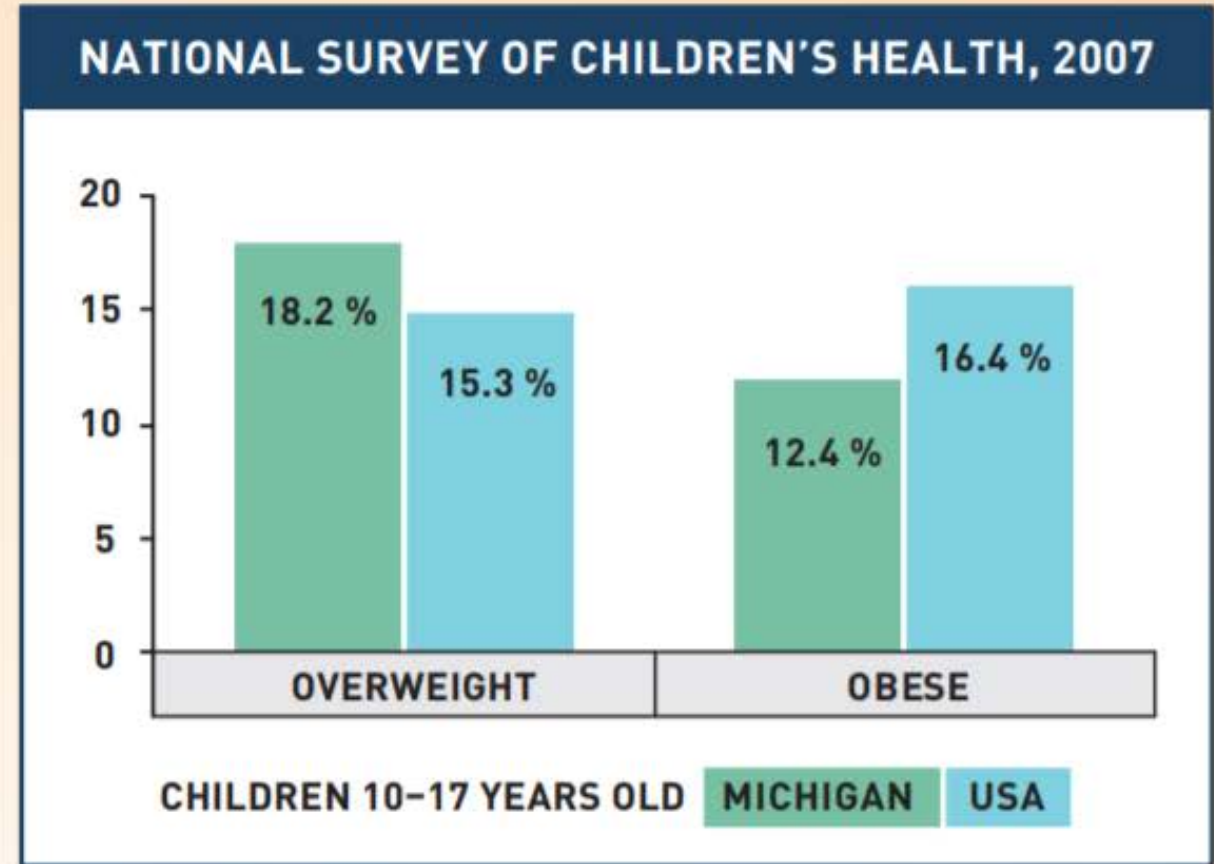
Pediatric Overweight/Obesity Screening Protocols

Two complementary approaches have been put forth to address obesity problem: a universal approach and a targeted approach. The universal approach focuses on better nutrition and more physical activity and the targeted approach requires measuring children's body mass index (BMI).

- The **US Preventive Services Task Force** recommends that clinicians screen for obesity in children and adolescents 6 years and older and offer or refer them to comprehensive, intensive behavioral interventions to promote improvements in weight status.
- The **American Academy of Pediatrics** and **Center for Disease Control** recommend that BMI screenings are done on children ages 2-19 years.

THE STATE OF THE STATE: CHILDHOOD OBESITY IN MICHIGAN

- Nearly 1 in 3 children in Michigan, ages 10-17, are overweight or obese. This would fill Ford Field to full capacity almost 7 times.⁵
- Obesity in children ages 6-11 years has increased almost 5 fold in the last 30 years.¹⁷
- Estimated medical costs of obesity in 2008 in Michigan were \$3.1 billion and will continue to rise if action is not taken.¹⁹
- Average annual total health expenses for a child treated for obesity under Medicaid is \$6,730. Average annual health cost for all children on Medicaid is \$2,446.²⁰
- Some experts warn that this is the first generation that will have a shorter life expectancy than their parents.⁶





WHAT IS BEING DONE: NUTRITION STANDARDS IN SCHOOLS

Nutrition Standards improve the nutritional quality of food and beverages. The Michigan Nutrition Standards address food and beverages offered and sold on the school campus including cafeterias as well as vending machines, concession stands, à la carte snack lines, school parties, school stores, and during after-school events.

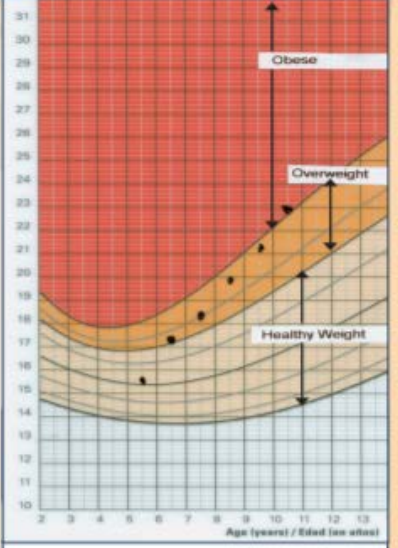


KIDS OF ALL SHAPES & SIZES ARE UNDERNOURISHED¹⁵

- KIDS ARE CONSUMING TOO MUCH:**
- Sugar Sweetened Beverages
 - Cookies, Cakes, Doughnuts
 - Pizza
 - Whole Milk
 - French Fries
 - Chips
 - Fried and Fatty Meats
- KIDS ARE NOT CONSUMING ENOUGH NUTRIENT RICH FOODS:**
- Fruits
 - Vegetables
 - Whole Grains
 - Low Fat Dairy

- FACTS:**
- Michigan schools reach over 1.5 million children a day, over 180 days a year.²³
 - Over 196 million school breakfasts and lunches were served to Michigan students last year.²⁴
 - 50% of daily energy intake is consumed at school.²⁵
 - The Michigan Nutrition Standards emphasize colorful fruits and vegetables, whole grains, low fat dairy, beans, nuts and lean proteins.
 - Research has shown that healthier students are more ready to learn and have improved classroom behavior.²⁶

BMI BOYS: 2-20 YEARS GROWTH CHART



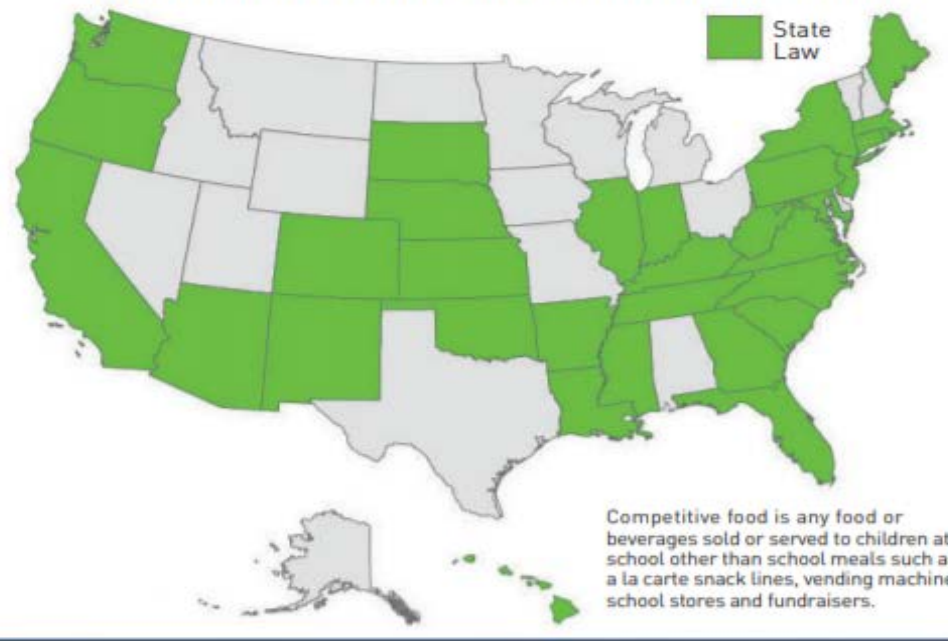
CHILD + 100 CALORIES X 180 DAYS X 6 YEARS = A HEALTHY CHILD BECOMES OBESE

Childhood obesity can happen gradually and innocently

RETURN ON INVESTMENT²⁷

- FIT & HEALTHY STUDENTS IN SCHOOLS BECOME ADULTS WITH:**
- Greater productivity
 - Lower health care costs
 - Less absenteeism

States with laws on competitive food* in schools



KIDS OF ALL SHAPES & SIZES ARE UNDERNOURISHED¹⁶

- KIDS ARE CONSUMING TOO MUCH:**
- Sugar Sweetened Beverages
 - Cookies, Cakes, Doughnuts
 - Pizza
 - Whole Milk
 - French Fries
 - Chips
 - Fried and Fatty Meats

- KIDS ARE NOT CONSUMING ENOUGH NUTRIENT RICH FOODS:**
- Fruits
 - Vegetables
 - Whole Grains
 - Low Fat Dairy

Integrated Health Model

- ▶ **Data** – Sharing data from Clinic EHR's with Community/ Public Health to assist in designing needed public health prevention programs (improved nutrition, physical activity programs, promote commercial smoke free policies, worksite wellness policies, etc.) Clinics using data to monitor health of their user population, patient registries, quality improvement processes, increase screening rates. Bi-Directional: Clinic utilizes Community Health Data to inform priorities, protocols and processes.
- ▶ **Health Messaging** – Aligning Health Messages in the community to address priority health issues identified in the EHR When Community Health is aware of patients needs, they can respond with a community wide education campaign
- ▶ **Policy and Environmental Change** - If you pass an alcohol outlet on your way to school, you're more likely to experiment with alcohol as a teen . Public Health can create a policy to not allow alcohol sales within x miles radius of schools – but policy work needs stores and data from Clinic Providers to help substantiate the need for the policy

Integrated Health Care Model

- ▶ Shift from acute disease to chronic diseases as major causes of death (Cancer, Heart Disease and Diabetes)
- ▶ Neither Public Health nor Medicine alone can defeat these challenges
- ▶ Causes of disease have shifted from biological and physical to social and environmental origins of disease, further complicated by lifestyle habits
- ▶ Lobbying interest to keep in mind Who benefits when we eat high calorie foods or smoke commercial tobacco products.
- ▶ Primary Care and Public Health need to work in concert to address these challenges.

Practical Playbook

<https://www.practicalplaybook.org/resources/value-primary-care-and-public-health-together>

Project Activities:

- Regular coordinator/partner contact/meetings to share information, resources. Increase network and partners.
- Implement Community Food Access Assessment (2 parts: Food Resources & Eco Maps)
- Identify and implement tools/resources/education used to screen and standardize or improve care and referrals for children, 2-11, found to be overweight or obese
 - Develop protocols and/or recommendations as needed
- Provide related training/TA upon request. This may involve topics such as BMI screening tools, HER system documentation, developmental nutrition guidelines/resources, referral resources (chronic weight related disease, diet, food, exercise, education, etc)



2017

- Native Infusion: Rethink Your Drink/Feeding 7 Generations (Valerie Segrest & Elise Krohn)

(see slides #)

- Digital Story: A Legacy, Rewritten by Shiloh Maples (Cultural Food v. Traditional Food) To view, go to: <https://youtu.be/6sl5VPkTXNE>

Levels of Collaboration

Networking: Aware of organization; loosely defined roles; little communication; all decisions are made independently




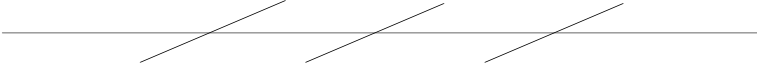


Cooperation: Provide information to each other; somewhat defined roles; formal communication; all decisions are made independently

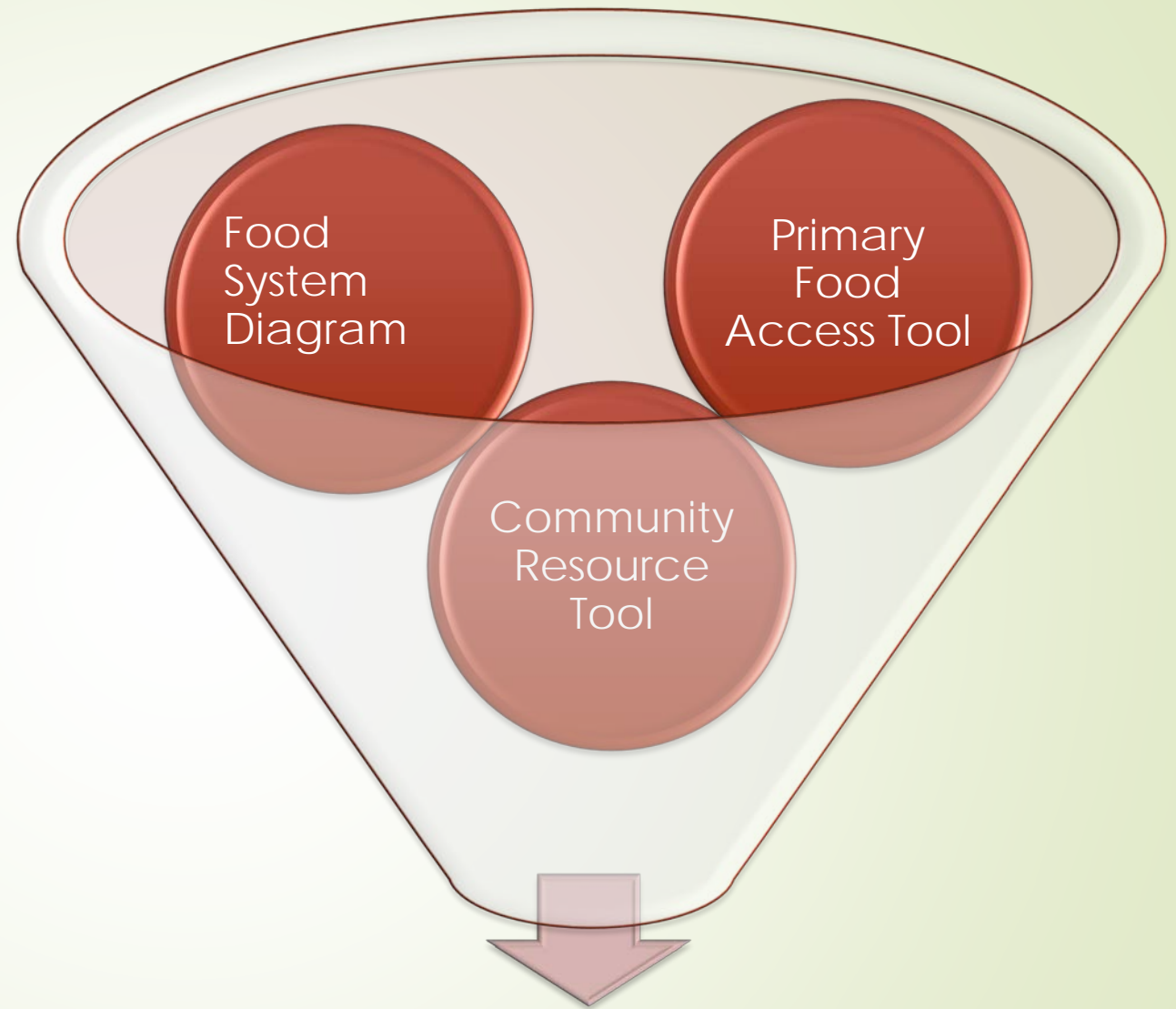
Coordination: Share information and resources; defined roles; frequent communication; some shared decision making

Coalition: Share ideas; share resources; frequent and prioritized communication; all members have a vote in decision making

Collaboration: Members belong to one system; frequent communication is characterized by mutual trust; consensus is reached on all decisions



Eco-map Legend	
Strength of relationship	Lines connecting the center circle and partners
Weak	
Average	
Strong	
Conflicting relationship	
Communication	Arrows at the end of connecting lines that show direction of communication. Communication also includes sharing of resources (time, money, space, and information).
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>One way</p>  </div> <div style="text-align: center;"> <p>Reciprocal</p>  </div> </div>
Level of Collaboration	
Networking	1
Cooperation	2
Coordination	3
Coalition	4
Collaboration	5
Working Relationship	
Eating	E
Growing	G
Teaching	T
Distributing	D
Retailing	R

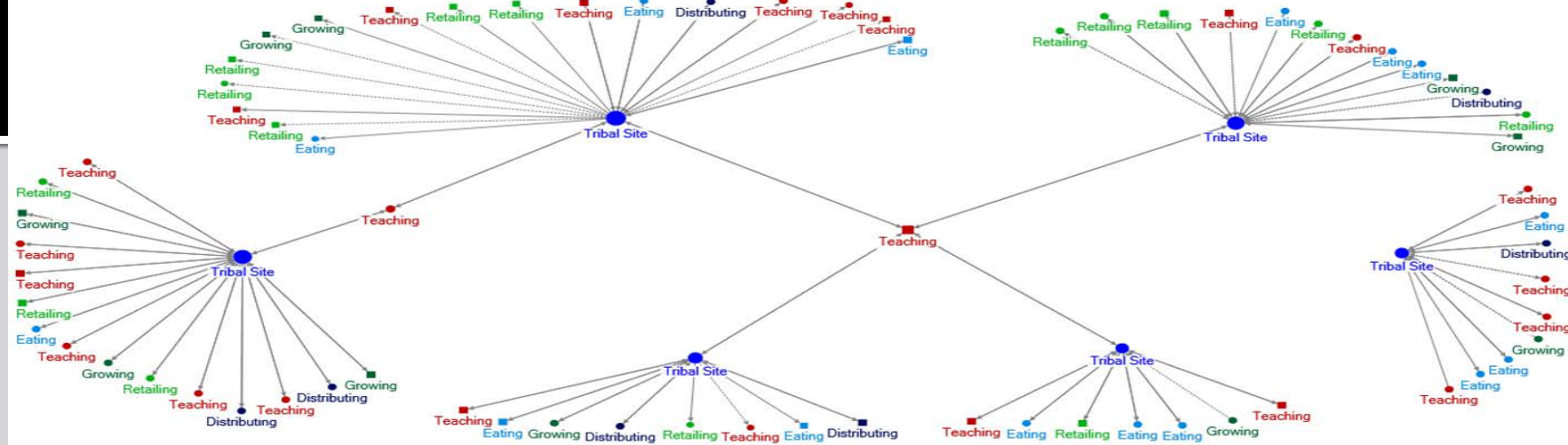


**Community
Assessment Profiles**

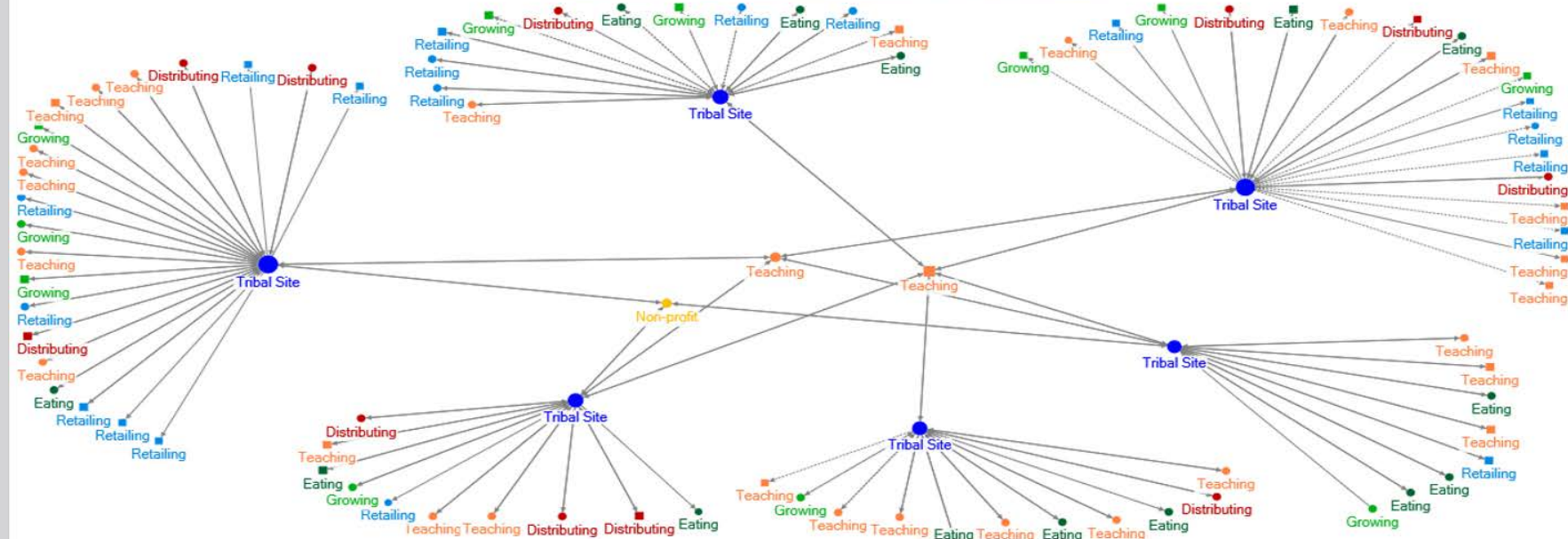
ECO Maps

- Partnerships increased by 26%
- Collaborations and the strength of partner relationships also increased
- 227 agencies, groups, and people by the end of year one.
 - 74 at the kick-off meeting

Baseline Food System



Follow-Up Food System Graph



Community Food Resource Assessment

What we learned:

Primary Food Access Points

- Vendor at farmer's markets
- Large chain grocery stores
- Small chain grocery stores
- Convenience stores
- Distribution centers
- Food pantries

We identified which local stores were selling local foods

Project staff learned more about what was available in their community

Some managers claimed they don't sell local foods due to policies or restrictions

Which managers were interested in: raising awareness, more education, & resources for using local or healthy foods

What we learned from community staff about Nutrition & Pediatric Obesity Education:

ask for help with Medicare prescription costs. Complete your application for help today. www.socialsecurity.gov



PHARMACY

NHBP Health and Human Services is providing Prescription Drug Program offered by the State of Michigan. Pharmacies will dispense medication for the NHBP program. Pharmacies will be selected to dispense the medication and pay the pharmacy dispensing fee.

There are three Family Pharmacy and OHP Fresh Market pharmacy locations that have been selected to dispense the medication.

- 6400 138th Ave., **Hudsonville, MI**
- 6317 Kalamazoo St., **Kantrowood, MI**
- 523 Romance Road, **Portage, MI**
- 45 Columbia Ave., **Battle Creek, MI**
- 410 North Marshall Rd., **Cadillac, MI**

NHBP patients **DO NOT** have to use these pharmacies. NHBP strongly encourages patients to use any of the participating pharmacies of the NHBP Program.

Maata Inobmasiddid is a clinic

- Development
- Nutrition
- Healthy Communication
- Family Planning
- Early Childhood Health

Child Growth

Child Growth is the latest set of norms in the continuous process of the and normal understanding of the importance of early well-being throughout the life cycle. It is the most up-to-date on the right but, sign, or size.

Southern NHBP Health Department
Belle Isle, 624, MI
Covering: Calumet, Kalamazoo, Branch Counties
268.228.4422

Northern NHBP Health Department
Dow Center - Royal, 624, MI
Covering: East, Shiawassee, Allegan, Barry Counties
616.248.6119



DOUGLASS DISORTIUM (DHEP, 600 LAKE, POKAGON)

WOMEN AND TEACHERS FOR WOMEN (WATW) ARE INVITED TO BE AVAILABLE!

Friday, August 12
10:00 a.m. to 6:00 p.m.

However, in those who don't recover, strong negative emotions and vivid images lead to escape & avoidance.

Western & Tangle Dance Class

The Cultural Values Program (CVP) would like to invite you to attend a dance class on Western & Tangle Dance. The class will be held on 10 p.m. on Wednesdays, and the date will be listed in 10 p.m.

301 State Street, Grand Rapids, MI
May 17, 24, 31, June 7, 14

Cost: \$10.00
Contact: Shelley Gibson at shelley.gibson@nhbp.org or call 269.729.4422 on a Tuesday, May 17.

All children under the age of 12 must be accompanied by a parent or guardian.

Join NHBP for an eight week walking challenge between Tribes. Participants compete for the highest average steps.

Registration Dates: May 8 to 12
Challenge Dates: May 15 to July 7

Make time to use stairs

It's a simple choice that can make a big difference in your health. Stairs are a great way to get more physical activity into your day. It's a simple choice that can make a big difference in your health.



TRADITIONAL NHBP TRADITIONS

Appointments will be 30 minutes. Please be advised of the following:

- Bring enough natural tobacco for a Pipe Bowl Roll. If you are unable to do so, natural tobacco will be provided for you to offer to donors.
- Appropriate requests for the Healer should include requests for names, colors, Clans, smoking for illness, dreams, and other information.
- Donors return from alcohol and/or drugs for one year prior to your session. (This does not apply to prescribed medicine.)
- Donors are open to all who are eligible for care at the Grand Rapids and Northern Michigan Health Department.

Join us!

Senior Fitness & Fun

Wednesdays, 11 a.m. to Noon

Pine Creek Community Center

Exercises Anyone Can Do!

Stretching, Flexibility, Balance, Strength Building

Stay independent for a lifetime! Reduce illness while improving your health. Health Screenings: Blood Pressure, Blood Sugar, Pulse Ox, Medication Management

No registration required. For more information please contact Health Educator Shelby Gibson at 269.729.4422 or shelby.gibson@nhbp.org.

Make time to use stairs

It's a simple choice that can make a big difference in your health. Stairs are a great way to get more physical activity into your day. It's a simple choice that can make a big difference in your health.

For more information contact Health Educator Shelby Gibson at 269.729.4422 or email shelby.gibson@nhbp.org

Schedule your Health Assessment today!

Pine Creek | 269.729.4422
Grand Rapids | 616.248.0159

MIQ ZHYE
For All

KIDS YOGA

Healthy Start Playdate

Connect Healthy Start and children with children and/or right place who practice yoga on the ground to bring everyone try the mental, bodies and skills that are appropriate for playing, stretching, and more.

Location:

1000 1st St. SE
1000 1st St. SE
1000 1st St. SE
1000 1st St. SE

For more information contact Health Educator Shelby Gibson at 269.729.4422 or email shelby.gibson@nhbp.org

NOTTAWASEPPH HURON BAND OF THE POTAWATOMI

ShiShiBe

IT'S BACK!

Please join us for a family friendly event starting in April and running through November. ShiShiBe is our version of Potawatomi Language month at the southern and northern office locations from 5 to 7 p.m.

See you all at ShiShiBe! Please be on the lookout for ShiShiBe dates in the Turtle Press.

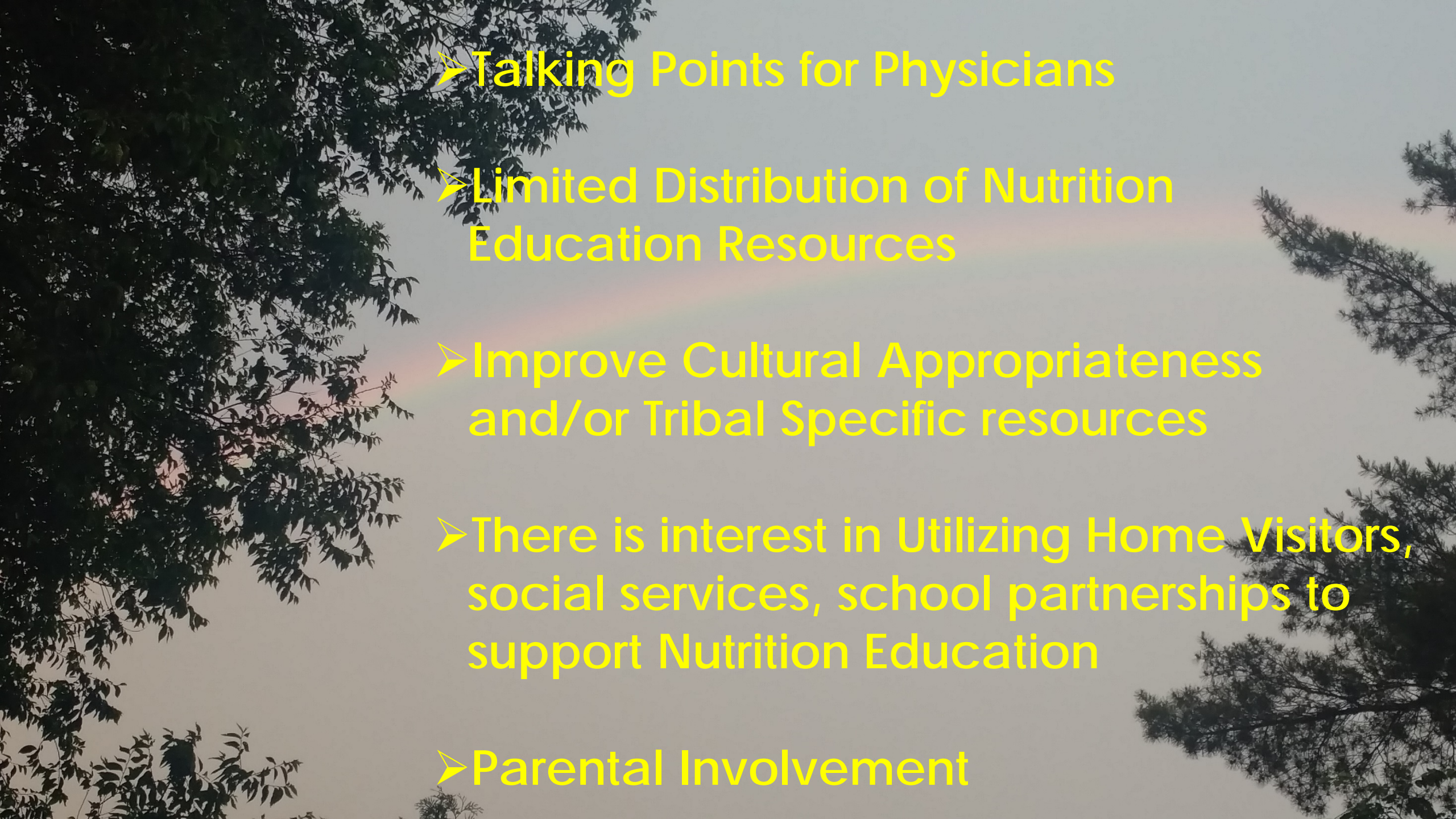
Location and Dates:

Pine Creek Indian Reservation Community Center

April 11	September 5
May 9	October 10
June 6	November 7
August 8	

Grand Rapids Office | 1311 State Street

April 13	August 10
May 11	September 7
June 9	October 12
July 13	November 9

- 
- Talking Points for Physicians
 - Limited Distribution of Nutrition Education Resources
 - Improve Cultural Appropriateness and/or Tribal Specific resources
 - There is interest in Utilizing Home Visitors, social services, school partnerships to support Nutrition Education
 - Parental Involvement



Our Current Strategies

- 🍏 Nutrition Rx (veggie boxes or vouchers)
- 🍏 Cooking Classes & Cooking Kitchens (youth and families)
- 🍏 Community Gardens/Farms & Farmers Markets
- 🍏 School partnerships (collaborate on healthier menus/ 10c/meal-farm to table)
- 🍏 Fitness leave
- 🍏 Incentives-giveaways at events (cooking related items/healthy food options at events/vouchers w/ exceptions)
- 🍏 Samples and easy recipes
- 🍏 Wider distribution of Nutrition Ed resources
- 🍏 Traditional food recipe sharing
- 🍏 MDE Summer Food Programs
- 🍏 Increasing integration of resources and services provided to families across departments and organizations
- 🍏 Medical & Community Health Protocols or Policy

Importance of Nutrition Education Resources for Families



- ▶ Once a child has been diagnosed as overweight or obese, it's important for the child and their family to be provided with resources on:
 - ▶ How to incorporate more healthy options into their meals
 - ▶ Where to find those healthy options in your community
 - ▶ How to have conversations to drive positive change in health behaviors

Nutrition Education Resources

Which ones are you using?

Anishinaabe Creator

Hunter-Gatherer Traditional Foods Pyramid

Eating the foods the Creator gave us will honor Him and give us good health.

Wild salmon, cod and other ocean or river fish. Organic beef. Free-range turkey, chicken and "cage-free" eggs.

Wild rice • Wild rice • Indian biscuits (bar-nook)
 • Wild berries, ie. huckleberries, blueberries, raspberries, strawberries, choke cherries • Wild crab apples
 • Wild mushrooms • Jerusalem artichoke
 • Wild roots (Bitter root, camas, cattail, etc.)

Traditional Meats, Fish, Birds, Eggs
 • Buffalo, deer, elk, rabbit, squirrel, beaver, bear • Origin meats and lard
 • Fish • Duck, geese, pheasant, grouse, quail • Eggs

Traditional Grains, Nuts & Beans
 • Wild rice • Indian biscuits (bar-nook)
 • Dried corn (hominy) and popcorn • Wild oats
 • Acorns, hazelnuts, or pine nuts • Adzuki beans (not red beans)

Traditional Vegetables
 • Squash, summer & winter
 • Stems, sprouts • New shoots
 • Wild Rhubarb • Spring Greens (Dandelion, etc.)
 • Wild mushrooms • Jerusalem artichoke
 • Wild roots (Bitter root, camas, cattail, etc.)

Traditional Fruits & Berries
 • Wild berries, ie. huckleberries, blueberries, raspberries, strawberries, choke cherries • Wild crab apples

Healthy Modern Additions:
 Extra Virgin Olive Oil, Butter, Coconut oil, Stevia
 Citrus, Bananas & all other fresh fruit
 Spinach, Swiss chard, and other lettuce greens, misc. fresh herbs (dill, mint, basil, oregano, ginger, etc.), onion, peppers, carrots, parsnips, potatoes, yams, string beans, cauliflower, broccoli, etc.
 Canned peas, no sugar added squash and zucchini
 Dried cranberries and lemon-lime flavored sweetener with gelatin
 Low-fat, natural, lactose-free or soy milk
 Printed Place Mats
 Large, 18-cm, printed place mats will be available by fall 2012 at www.powerplate.org for \$1.99. There is no charge for place mats at any time.

Healthy Modern Additions:
 • Canned fish with the bones • Vegetables and greens
 • Bone soup or broth • Fish head soup
 • Processed homogenized dairy products have been found to increase risk of Type 2 diabetes, while only raw milk from healthy cows is a healthy and beneficial addition to a traditional diet. Cultured dairy (yogurt, kefir, buttermilk, etc.) from raw milk is a question for those who are otherwise lactose intolerant.

A NOTE ON DAIRY: Dairy, while included in "American" food pyramids, is not a traditional food for Anishinaabe Hunter-gatherers. Traditional Calcium and Mineral Sources included:
 • Breast milk for babies and children under two years • Fish head soup • Canned fish with the bones • Vegetables and greens
 • Processed homogenized dairy products have been found to increase risk of Type 2 diabetes, while only raw milk from healthy cows is a healthy and beneficial addition to a traditional diet. Cultured dairy (yogurt, kefir, buttermilk, etc.) from raw milk is a question for those who are otherwise lactose intolerant.

MY NATIVE AMERICAN POWER PLATE

Powerful plant food for a long and healthy life

A return to food from Mother Earth

When you eat Power Plate food, go for color and variety. Eat enough to be comfortably full, 3-4 times a day.

ENJOY:

- FRUIT:** Mother Earth can't pack full of energy, vitamins, and fiber. Enjoy fresh, frozen, canned in water, or dried.
- VEGETABLES:** Mother Earth's vitamins and minerals! Enjoy fresh, frozen, canned, roasted, baked, dried, or canned.
- BEANS:** Packed with protein, no cholesterol!
- CORN, POTATOES, AND WHOLE GRAINS:** (not processed). These fill us up without filling us out!
- NUTS or SEEDS:** About a handful a day
- WATER**
- PHYSICAL ACTIVITY**
- ADEQUATE REST**

AVOID:

- ANIMAL PRODUCTS** – not needed for health at any age
- HIGHLY PROCESSED FOOD** – products with white flour, added sugar, or added fat like fast food or fried
- CIGARETTE SMOKING**

Powerful for:

- Weight Control & Diabetes & Heart Disease
- Cancer Prevention & Survival

Here's how nutritionists of one tribe created a Power Plate.

BEFORE **NOW**

"I lost 284 pounds, I reversed my diabetes, and now I am without medications. It's the power of Divi (Navajo) plant-based food!"
 Life-Size – Nancy Hayes

INCLUDES VITAMIN B12 for healthy blood and nerves.

MY NATIVE PLATE

An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

Remember these 3 steps:

- Use a 9-inch plate or bowl size of a larger plate.
- Divide into quarters.
- Small food no higher than 1-1/2 inch tall.

Pictured Here:

- Canned peas, no sugar added squash and zucchini
- Steamed white and brown rice
- Low-fat, natural, lactose-free or soy milk
- Printed Place Mats

Remember:

- Use a 9-inch plate or bowl size of a larger plate.
- Divide into quarters.
- Small food no higher than 1-1/2 inch tall.

9" diameter

Eat According to the Seasons & the Land

Colder Weather

Increases the need for heavier foods such as meat (venison, buffalo), it's naturally occurring fat (like lard) and starches found in potatoes, winter squash and wild rice (and other foods which can be stored over the winter months). This might also include dried jerky (pemmican), dried berries, corn (hominy), canned goods, etc.

Spring Time

is a time of renewal. Fish, eggs, fresh shoots (such as horsetail and cattail sprouts) and tender greens (such as lamb's quarters which is also known as wild spinach, dandelion, plantain, periwinkle, mint, wintergreen, nettles, wood ferns, and creeping snowberry leaves) help us to cleanse our systems from the heavy winter foods.

Fall or Autumn

is a time to enjoy the harvest and to prepare for the winter months. Cooler weather brings hunting season, some which is dried or smoked to save for winter. Squash, tubers (like potatoes, yams and carrots), corn, apples and other fall harvested fruits and vegetables and nuts (acorns, etc.) are collected and many are stored for winter use.

Summer Time

we tend to be more active and need more high energy foods like berries, nettles and fish. An abundance of fresh greens and vegetables from gardens are available now to be enjoyed, some are canned for winter use. Summer is not a good time to hunt game because of ticks, bacteria and it's too warm to hang the animal. In late summer wild rice is harvested and prepared for winter use.

FOCUS ON LOCAL

Eating the foods that are grown in the soil and climate that you live in is very important. These STAPLE foods provide the specific nutrients your body needs. The Creator has given us everything we need literally within walking distance from where you live (wild rice, fish, deer, corn, various greens, and the other traditional foods mentioned above.) How else could people have survived without modern transportation? ... and they did so for thousands of years.

While citrus and other tropical fruits may be a healthy treat for us, their nutrition is better geared for those who live in the regions they are grown in. If the Creator would have thought we needed bananas or pineapple or coconut he would have had them grow here, but they cannot. This does not mean we cannot ever enjoy them, they simply should not be the STAPLES of our diet.

2006. Created for the DEFEAT DIABETES PROGRAM • Anishinaabe Center, Denmark Lakes, MN • www.anishinaabe.org • 218-946-9463

MY NATIVE AMERICAN POWER PLATE MEALS

Nourishing and filling foods: high in fiber, low in fat!

BREAKFAST

- Oatmeal with Cinnamon, Wild Strawberry, and Raisins.
- Tea
- Blue Corn Ahiwi with Soy Milk

SNACKS

- Fruits
- Raisins, Nuts, or Seeds
- Cut-up Vegetables
- Air-popped Corn

LUNCH

- White Millet Bread with Lettuce and Tomatoes
- Blue Corn Protein Hash
- White Beans with Lentils and Avocado or Veggie Tostitos
- Leaf Tea

DINNER

- Mides
- Corn Tortillas
- Cabbage
- Beans with Squash Soup

Try the Native American Power Plate and discover a healthier way to feel vibrant, energized and more available on ThePowerPlate.org / NativeAmericanResources.com

Physicians Committee for Responsible Medicine

More My Native Plates for Your Family

YOUTH PLATE

Youth Plate Meal Tips:

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the rice.

Pictured Here:

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt

BREAKFAST

Breakfast Tips:

- Whip a little oil on frying pan before scrambling eggs
- Flip the rice
- Add a glass of low-fat, natural, lactose-free or soy milk.

Pictured Here:

- Multigrain bread
- Scrambled egg
- Small coffee

LUNCH

Lunch Tips:

- Use hotdog and mustard on the hamburgers.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to melt culture and vitamins.

Pictured Here:

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unseasoned beef hot dog

DINNER

Dinner Tips:

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, oil, and use one pat.

Pictured Here:

- About 1/2 cup of vegetables
- Small piece baked whole-wheat wheat fry bread
- Water

For more ideas, go to www.powerplate.org and also on Facebook, Twitter, and YouTube. For more information, go to www.powerplate.org

More Nutrition Education

TOOLKIT
WORKPLACE | COMMUNITY GATHERINGS | YOUTH


Healthy NATIVE FOODS

for American Indian Communities

The HEALTHY NATIVE FOODS TOOLKIT for American Indian communities has been developed to serve as a reference tool to aid in healthy meal planning. The toolkit is designed to provide tips, guidelines and meal planning strategies for staff meetings and community gatherings for both adults and children. A large part of our culture involves the love of gathering with our friends and relatives around a meal. The destruction of once healthy Native food pathways has led the health of our people to many negative health implications such as, diabetes, heart disease and cancer. The toolkit may serve as not only a guide to provide healthier menu options, but also as a way to reintroduce these healthier foods back into the daily diets of our American Indian relatives and friends.

The overall goal in designing this guide is to support cancer prevention within our communities. Our hope is the Healthy Native Foods toolkit for American Indian communities will become a valuable resource for you and your organization in contributing to making community and workplace gatherings more healthful.

*Stacy Hammer, RDN, LD, Special Diabetes Program for Indians (SDPI) Coordinator
Enrolled tribal member of the Lower Sioux Indian Community, Morton, MN*



Native Infusion: Rethink Your Drink

A Guide to Ancestral Beverages

WATER IS LIFE 	FOOD IS OUR MEDICINE 	TASTE THE SEASON 
PROTECT WHAT YOU LOVE 	BUILD STRENGTH 	BE RESILIENT 

Authors: Valerie Segrest & Elise Krohn

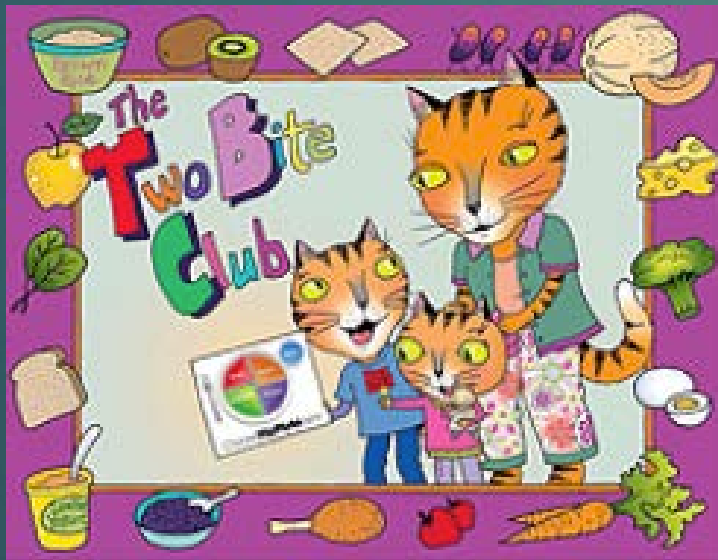
Funding support provided by First Nations Development Institute and the Muckleshoot Tribe's Traditional Foods Program



FYI---Resources

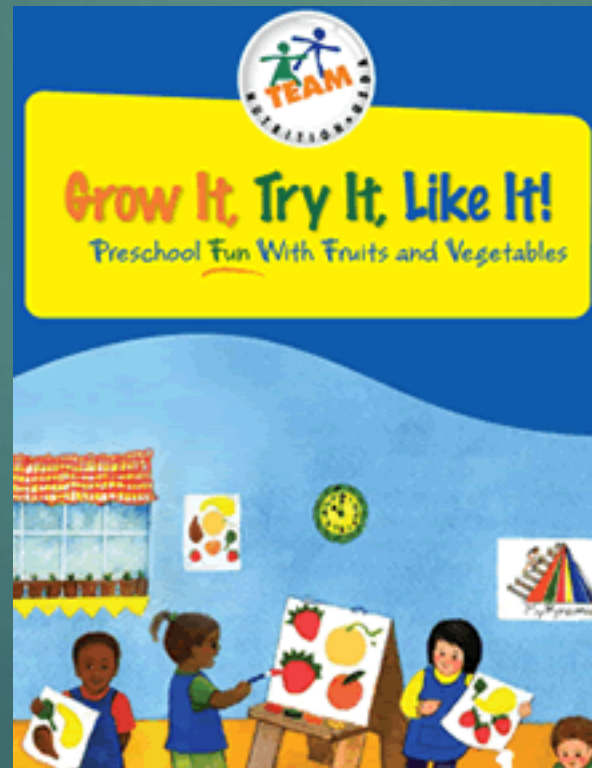
USDA The Two Bite Club

This educational storybook was developed to introduce MyPlate to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters from the story.



USDA Grow It, Try It, Like It!

This is a garden themed nutrition program developed for preschool aged children. The program introduces new fruits and vegetables and encourages children to explore how these products taste, smell and feel.



Rural Health Information Hub: Rural Food Access Toolkit

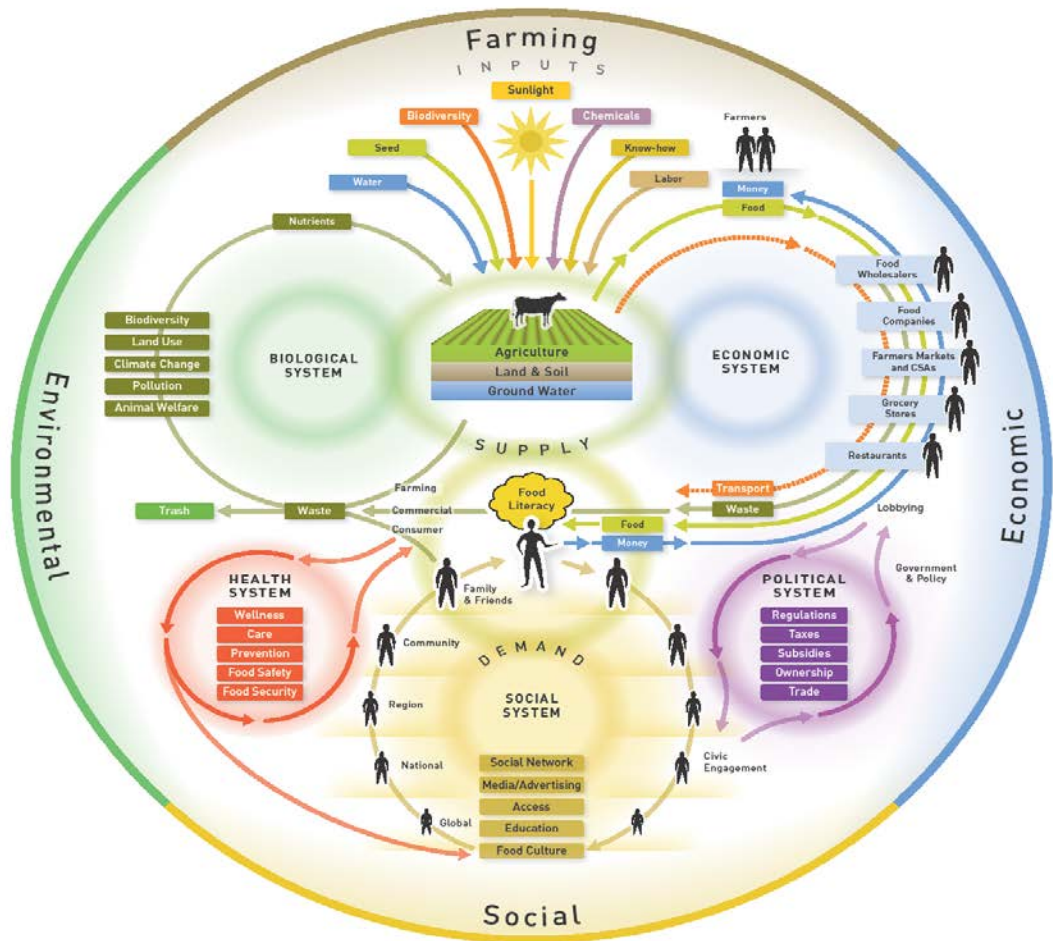
This site offers research links to best practices and helpful toolkits for program or community improvements in different areas of health, some of the links include tribal sites. The one tool that caught my attention first was a rural food access toolkit that has some goodies in it by following this link:

https://www.ruralhealthinfo.org/community-health/food-access?utm_source=racupdate&utm_medium=email&utm_campaign=update021418



Nourish Food System Map

What's Your Relationship to Food? Look Closer.



<https://foodcommunitybenefit.noharm.org/delivering-community-benefit-healthy-food-playbook>

DELIVERING COMMUNITY BENEFIT:
Healthy food playbook

HOME

Delivering community benefit: Healthy food playbook

Learn and accelerate best practices to promote healthy food access and healthier food systems

Program: Food banks and pantries



Program: Fruit and vegetable incentives



Program: Farmers markets, mobile markets, and CSAs



Food insecurity screening



Identifying community partners



Program: Community gardens and farms



Program: School lunch and breakfast



Program: Summer and after-school meals



Funding healthy food access interventions



Hospital leadership as healthy food advocates



Program: Farm to school



Program: Healthy corner stores



Hospital community benefit roles



Connecting food-insecure individuals to resources



Hospitals and food policy councils



DELIVERING COMMUNITY BENEFIT:
Healthy food playbook

<https://foodcommunitybenefit.noharm.org/resources/implementation-strategy>

Traditional Foods vs. Cultural Foods

Shiloh Maples, American Indian Health & Family Services of Southeast Michigan



Traditional Foods

Story Sharing

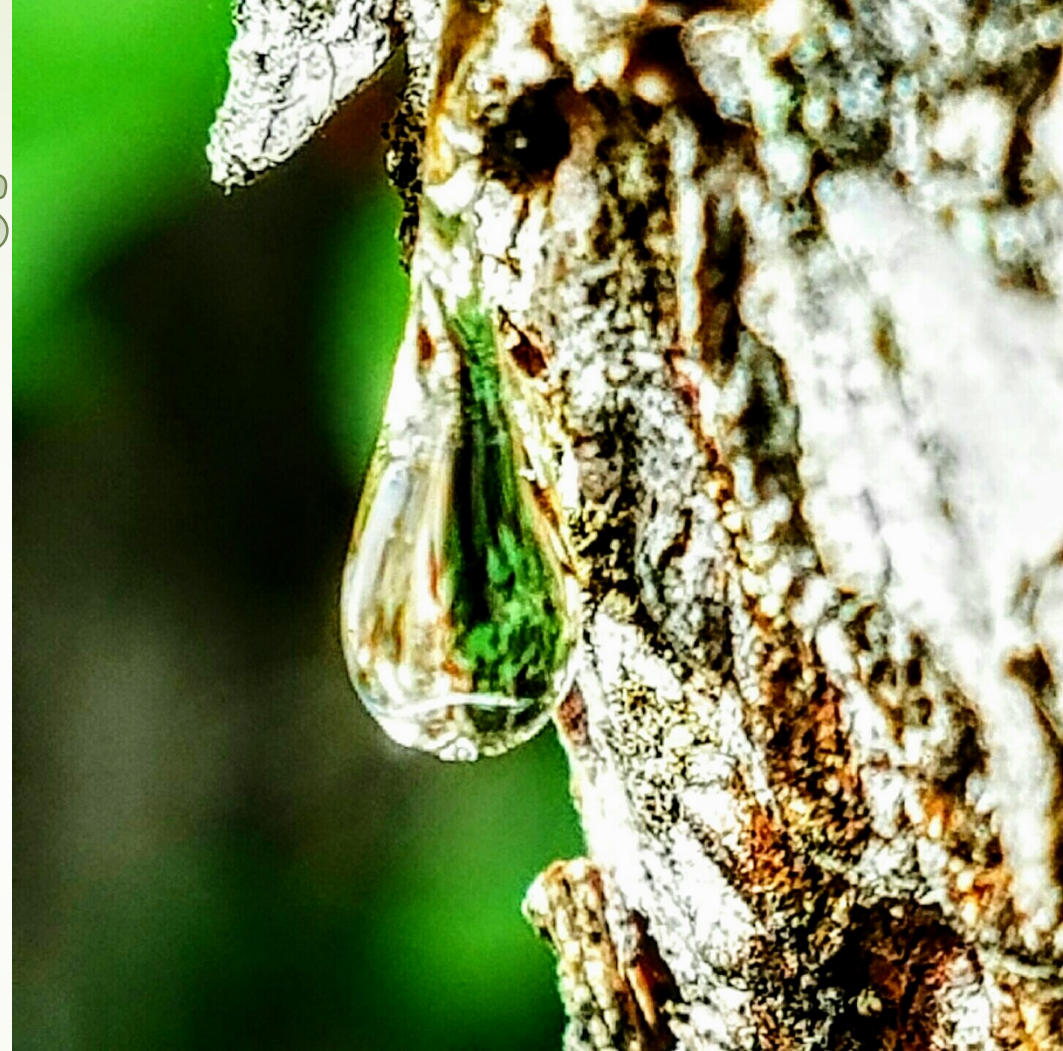
Please tell us about a special food to your community.

What Tribe are you from or did you learn about this food from?

What is the special food?

How is it still accessed today?

What is the story of this food?





WABANO CENTRE FOR ABORIGINAL HEALTH
299 MONTREAL ROAD
OTTAWA, ONTARIO
K1L 6B8
www.Wabano.com

Written and illustrated by Leah Dorion



Inter-Tribal Council of Michigan, Inc.

A Consortium of Michigan's Federally Recognized Tribes

www.itcmi.org

Ph.906-632-6896

HOME

ABOUT US

MEMBER TRIBES

DEPARTMENTS

NEWSROOM

CONTACT US



Coming together was the beginning

References & Resources

- Desjardins & Schwartz.(2007). **Collaborating to Combat Childhood Obesity**, HEALTH AFFAIRS 26, no.2. Project HOPE-The People to People Health Foundation. Downloaded from HealthAffairs.org on May 16, 2018; <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.26.2.567>
- Kelly, Rachel. (June 22, 2017). **Food Access Opportunities within MI Food Retail Industry**, Michigan State University Center for Regional Food Systems Michigan Good Food Charter. Downloaded May 16, 2018; <https://www.canr.msu.edu/news/food-access-opportunities-within-mi-food-retail-industry>
- National Indian Health Board (May 2010). Position Paper: Childhood Obesity Prevention Initiative. Downloaded May 16, 2018; <https://www.nihb.org/docs/05272010/NIHB%20Public%20Health%20Obesity%20Position%20Paper.pdf>
- The State of the State: Childhood Obesity In Michigan. Downloaded May 16, 2018; https://www.michigan.gov/documents/mdch/8- The State of the State 368749_7.pdf
- Wichern, Hannah (2018). **A Cultural Assessment of Educational Nutrition Resources in Michigan American Indian Communities**. Grand Valley State University.