



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Documenting Traditional Elder Knowledge to Indigenizing Prevention and Health Promotion

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OUR VISION:

Alaska Native people are the healthiest people in the world.

Traditional territories of Alaska Native Cultures

Inupiaq &
St. Lawrence Island Yupik



Yup'ik & Cup'ik



Athabaskan



Unangâ & Alutiiq (Sugpiaq)



Eyak,
Haida
Tsimshian
Tlingit



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Documenting Elder Knowledge

- Questions to you:
- Is your tribe documenting Elder knowledge?
- Is your family documenting your family's knowledge?



Today's Topic

- Indigenize and Decolonize
- Prevention
- Health Promotion
- Resiliency



Decolonize and Indigenize

life
language
culture
ceremony
governance
treaty
justice
equality
freedom



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Purpose of Talking Circles

- Benefits
- Cultural significance
- Embody values
- Worldview
- Agreements



Prevention

“Culture is prevention and tradition is healing.”

-June Ingram, Bristol Bay Elder



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Talking Circle

Please use 10 minutes to discuss Prevention



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Health Promotion

- Physical
- Emotional
- Spiritual
- Mental



Talking Circle

Please use 10 minutes to discuss Health Promotion



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Resiliency

- Revitalize
- Connect
- Empower
- Success



Talking Circle

Please use 10 minutes to discuss Resiliency



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Elder Knowledge Project

- Planning
- Developing
- Sharing

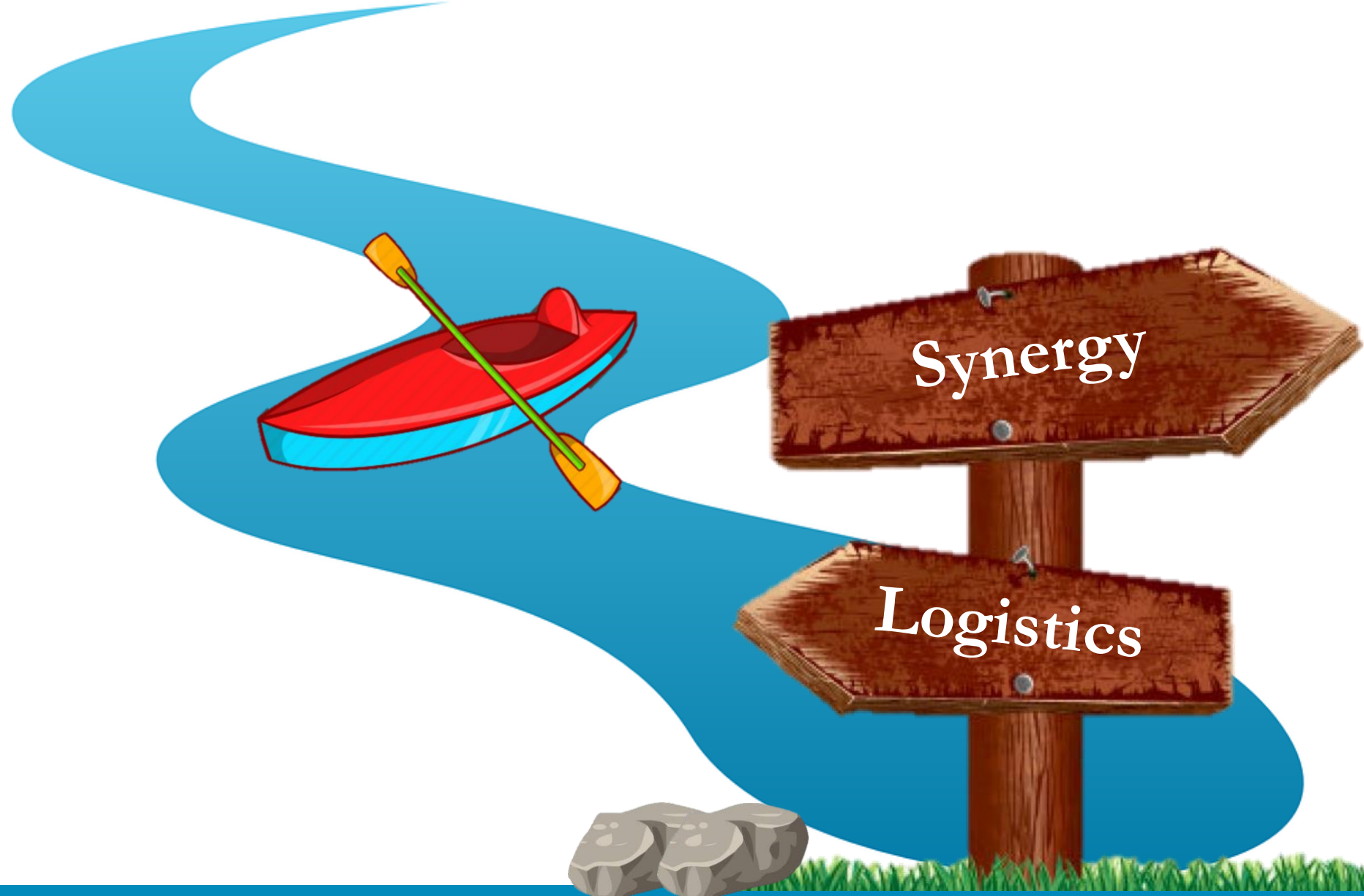




Planning



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Developing



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Sharing



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Elder Knowledge Project

- Alaska Native Values
 - Hard work
 - Cooperation
 - Respect & Dignity
 - Humility
 - Curiosity
 - Determination
 - Integrity



Storytelling

- Teach
- Pass down knowledge
- Realism
- Mindful of actions
- You are not alone



OUR VISION:

Alaska Native people are the healthiest people in the world.

Thank You!

Special Thank You to:

- Alaska Native Elder Health Advisory Committee Members
- ANTHC Distance Learning Network
- ANTHC Marketing
- Our Supervisors and Mentors
- Our Families



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Questions?



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