Sault Tribe’s Strategies for Raising Healthy Anishinaabeg Youth

NIHB TRIBAL PUBLIC HEALTH SUMMIT, ANCHORAGE, AK
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Session Description

Results from the Sault Tribe’s community assessment identified several issues affecting the health of tribal youth. Assessment results revealed that youth faced challenges in their physical, mental, spiritual, and social wellbeing. Over the next few years, Sault Tribe engaged the community in planning a holistic set of strategies aimed at strengthening and empowering youth. Presenters will highlight key findings of the Tribe’s assessment, and show how specific strategies are being tailored to address risks and build upon assets of their youth. Examples of innovative programs, such as Farm-to-Tribal Preschool, Boat-to-School, and Anishinaabemowin Yoga programs, that weave cultural practices, traditional food, and language into recommended strategies will be shared. Presenters will also discuss gaps in their current strategies and plans to fill those gaps in the coming years by building these approaches into their policies and plans and maximizing future program development opportunities.
In this session, participants will:

- Name specific risks and assets of tribal youth and ways those can be assessed
- Understand how community-wide strategic plans can be designed to address risks and assets of tribal youth
- Discuss ways to collaborate with agencies and groups, to incorporate cultural practices and language into tribal community health programs
This is Our Story
Assessment

- CDC CHANGE Tools
- EHR and Vital Records
- Sault Tribe Health Survey
- Spirit of Community Health (PHSSR Grant) interviews & focus groups
What Did We Learn?

- Our policies and environments did not support good health (esp. worksites, schools, community organizations)
- Community Health services were mostly supported by grants with limits and restrictions
- Staff & resource shortages in our region were major drivers of collaboration and our Tribal Health Division became a leading change agent in local communities

- Smoking rates were highest among our young adult age group (18-35)
- Almost 1 in 4 tribal members were exposed to secondhand smoke in their home
- Nearly 9 in 10 children did not eat enough daily servings of fruit and vegetables
- Only 1 in 4 children were active at least 20 minutes per day
Community Action Plans

**Partnerships to Improve Community Health (PICH) Project**
- Broad community-wide approach
- Partner with coalitions, schools, local communities with mini grants
- Emphasis on strengthening policies and improving environments
- Collect population-level data and assessment of actual use

**Good Health & Wellness in Indian Country**
- Culturally based approach
- Partner with other tribal programs
- Healthy, traditional activities
- Emphasis on doing things ‘in a good way’
- Collect stories and community member feedback

2014
Youth Strengths & Needs Survey

- Need for population health data on Sault Tribe youth
- Understand the areas of strength for tribal youth
- Watch trends & spikes in health risk behaviors and compare them to other youth
- Plan and evaluate tribal programs
- Fill the gap in data for 12-18 year olds

Age of Sault Tribe members with health data available

Data source: 2012 Adult Health Survey
Online Survey

Tobacco & Substance Use
Questions about tobacco, alcohol, and other drug use.

Health Behaviors
Questions about nutrition, physical activity, sexual health, bullying, mental health & suicide.

Strengths and Assets
Questions about involvement in the community, role models, and responsible choices.

Youth Tobacco Survey  Youth Risk Behavior Survey  Youth Asset Survey
### Survey Process

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mailed pre-notice letter to 1,792 parents</td>
<td>October 2016</td>
</tr>
<tr>
<td>Mailed pre-notice postcard to 1,792 youth</td>
<td>October 2016</td>
</tr>
<tr>
<td>Mailed invite letter to 1,792 youth</td>
<td>November 2016</td>
</tr>
<tr>
<td>Mailed reminder postcard to remaining youth</td>
<td>Nov - Dec 2016</td>
</tr>
<tr>
<td>Collected online responses via Qualtrics</td>
<td>Nov 2016 - Jan 2017</td>
</tr>
<tr>
<td>Distributed $10 e-gift card</td>
<td>As youth completed</td>
</tr>
</tbody>
</table>
Please share your story!

What creative strategies have you tried to gather data about youth?
## Emotional Support

<table>
<thead>
<tr>
<th>Description</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel encouraged by adults often</td>
<td>agree or strongly agree</td>
</tr>
<tr>
<td>Most adults in their life are good role models</td>
<td>agree or strongly agree</td>
</tr>
<tr>
<td>Knows at least one adult they can talk to about problems</td>
<td>agree or strongly agree</td>
</tr>
<tr>
<td>Talks to parents about problems</td>
<td>usually or almost always</td>
</tr>
<tr>
<td>Talks to elder or grandparent about problems</td>
<td>usually or almost always</td>
</tr>
</tbody>
</table>

* Percentages are unweighted
Mental Health

XX% of youth identify with signs of depression

X% of youth are on medication or getting treatment for mental health problems

XX% seriously considered suicide in the last year
Beliefs About Harms of Tobacco Products

**XX%** of youth believe **all tobacco products are dangerous**

**XX%** of youth believe **electronic vapor products are dangerous**
Access to Tobacco & Alcohol

XX% of youth said it would be easy for them to get commercial tobacco products.

X% of youth said they were given alcohol by someone in the past 30 days.
Secondhand Smoke Exposure

XX% of youth said smoking is not allowed in their home

XX% of youth said they were exposed to secondhand smoke in public in the last week
Smoking

- XX% of youth have ever tried smoking a cigarette
- XX% of youth who ever smoked, tried smoking cigarettes before the age of 13
- X% of youth are current smokers

*unweighted
Other Tobacco Products

XX% of youth have ever tried **electronic vapor products**

X% of youth currently use **electronic vapor products**
Substances Ever Tried

- Alcohol: XX%
- Marijuana: XX%
- Prescription drugs: X%
Alcohol Use

XX% of youth have drank alcohol at least once

X% of youth tried drinking alcohol before the age of 13

XX% of youth drank alcohol in the last month

X% of youth reported binge drinking in the last month
Eating Fruit & Vegetables

<table>
<thead>
<tr>
<th></th>
<th>DID NOT EAT in the past week</th>
<th>ATE AT LEAST 1 SERVING in the past week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Physical Activity

- Physically active at least one day
  - In the past week
    - 2015 HS YRBS
      - ST youth

- Physically active at least 5 days
  - In the past week
    - 2015 HS YRBS
      - ST youth

- Physically active all 7 days
  - In the past week
    - 2015 HS YRBS
      - ST Youth
Sexual Activity

Of the youth who are sexually active, **XX%** have ever been forced to have sexual intercourse.
Sexual Health

XX% of sexually active youth used condoms the last time they had sex.

Methods to prevent pregnancy the last time they had sex
*unweighted

- Condoms
- Birth control pills
- Withdrawal
Bullying

Bullied on school property

Electronically bullied

2015 HS YRBS

ST youth
Peer Influence

- Most of my friends stay out of trouble
- Most of my friends choose healthy behaviors or...
- Most of my friends do well in school
- Most of my friends are responsible
- Most of my friends follow the rules their parents...

* youth who said the statement was ‘usually’ or ‘almost always’ true
Extra-Curricular Activities

XX% of youth are very involved on a school sports team

XX% of youth are very involved on an out-of-school sports team

XX% of youth are very involved in clubs or groups

* Percentages are unweighted
Community Support

**XX%** of youth are proud to be part of their community

**XX%** of youth said they work to make the community a better place

**XX%** of youth volunteer on a regular basis

*Percentages are unweighted*
Community Involvement

XX% of youth 
participate and are involved in church or religious activities

XX% of youth 
participate and are involved with tribal ceremonies, pow-wows, culture camps, or cultural events
Traditional Tobacco Use

XX% of youth know nothing about traditional tobacco use

XX% of youth have been taught how to use traditional tobacco

XX% of youth currently use tobacco for ceremonial and traditional purposes
Sault Tribe Youth Asset Areas
Strengths and Assets

• The top three assets most youth had were
  🎓 Future Aspirations
  ⛔ Peer Role Models
  🗣 Family Communication

• The top three assets most youth did not have were
  ⬆️ Non-Parental Adult Role Models
  🕒 Use of Time for religious/spiritual activities
  ✔️ Responsible Choices
Youth Assets

The majority of youth said they have positive peer influences.

The majority of youth cared about their education and future.

Almost all youth cared about doing well in school and getting a higher education.

Almost all youth had an adult they can talk to about their problems.

Half of youth participated in cultural events.

Rates of drug abuse was relatively low among youth.

Youth have a low rate of exposure to secondhand smoke at home.
Youth Risks

- 1 in 4 youth experienced bullying at school
- Half of youth said it’s easy for them to get tobacco and alcohol
- Youths were not getting enough physical activity on a daily basis
- Only 7 in 10 youth were using condoms during sexual activity

- Most youth knew nothing about traditional tobacco use
- Youth don’t believe that electronic vapor products are as dangerous to one’s health as cigarettes
- 1 in 5 youth felt depressed and 1 in 10 youth have had suicidal thoughts

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Please share your story!

What risks and assets are priorities for youth in your communities?
Voices of Our Youth

148 “Good”

47 Long, Weird, Boring

283

Family life
Mental health
Future plans
Abuse
Bullying
Activity
Less repetitive!
Tobacco
Skip patterns
Gratitude
Just did it
Attitudes!

More topics!
“I think that it's good that y'all are showing interest in us teens and wanting to know what it's like and how easy it is to get things.”

“I thought it was nice, but I think there should be a question on if you know how to get involved at powwows and ceremonies, because I would like to but I don't know how.”

“It was a little weird to talk about this kind of stuff. It just isn't the usual thing that you talk about. I couldn't even pronounce half of the drugs that you listed.”
What Did We Learn?

- Youth appreciate **having a voice** and a role in improving their community.
- Youth want & need **positive, active opportunities** to get involved in community and cultural activities.
- More positive **adult role models**, especially between elders and youth, would increase youth assets.
- Youth have **unmet needs** related to mental health, alcohol use, peer relationships, and sexual health that need more focused efforts.
- Youth would benefit from greater knowledge & support to make **healthy, responsible choices**.
What Will We Do?

- **Share our data** and stories with community leaders (and youth leaders!) to encourage collaboration and change throughout the Tribe.
- **Build youth leaders** to promote policies in settings that impact youth in their daily lives (schools, housing, parks).
- Design more **creative, youth-centered strategies**.
- **Promote healthy indigenous ways** with Anishinaabe teachings and language.
- Use media and digital storytelling to help youth **tell our story**.
- Keep collecting **data to tailor our approach** and watch what changes occur over time.
Share our Data: Farm-to-Tribal Preschool

Partner with Tribal Early Childhood program to get more fresh produce into daily meals and resources and training for hands-on nutrition education

Provide more parent nutrition education and healthy meals during family involvement events

Create take-home activities that teach gardening and cooking skills with healthy foods

Green Vegetables

Oct '15  Apr '16  Oct '16
Build Youth Leaders: Youth Task Force
Promote Healthy, Indigenous Ways
JKL Bahweting Boat-to-School

- Partner with Tribal Food Sovereignty Collaborative, MSU-Extension, Fisheries Program
- Classroom cooking with nutrition education
- Fisheries fieldtrip: community-based science education activities
- Fisheries career panel
- JKL Cafeteria menu features local whitefish
Anishinaabemowin Yoga

- Partner with Ojibwe language instructor, early childhood programs
- Create Yoga program using Ojibwe language (e.g. Yoga poses use clan names)
- Train tribal early childhood staff to lead yoga instruction
- Staff lead yoga with Anishinaabe teachings regularly in early childhood and youth programs
Tell Our Story: Digital Stories & Media
Marquette Alternative High School Disc Course & Art Mural
The Canning and Preserving Workshops were held between July and August 2016. Workshops were organized through funds from the tribal health and wellness program and led by Rose Henry, a volunteer with the Huron County Health Department. Participants learned how to can traditional foods including fish, berries, and beans. Each workshop ended with a survey to gather feedback on the workshops and preserve-making process. Participants learned the health benefits of eating foods made from traditional foods.

Survey Results: 100% of workshop participants would recommend the workshop to family and friends.
Please share your story!

How have you collaborated with other agencies to incorporate cultural practices and language into creative tribal community health programs?
Questions?

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