



October 20, 2011

Native Youth Track Report

The National Indian Health Board (NIHB) 28th Annual Consumer Conference (ACC) offered a two and a half day Native Youth Track (NYT) to involve Native youth in the national discussion on American Indian and Alaska Native youth health and wellness. Developed through partnership with the Center of Native American Youth (CNAY) and Healthy Native Community Partnerships (HNCP), the NYT will follow the overall NIHB ACC theme; Health, Hope, and Heroes: Using the Foundations of Tribal Values and Knowledge to Advance Native Health. The NYT will focus on two areas integral to restoring balance in their lives; physical and emotional health. These traditional concepts and teachings of physical and emotional balance are cultural foundations of AI/AN health. Our teachings share the interconnectedness of physical, emotional, spiritual and intellectual well-being with in our community and how it impacts our health. Our NYT focuses on physical and emotional health issues; such as obesity and suicide. These discussions will support youth in understanding what it means to have a healthy balanced life, opportunities youth can restore hope in their communities and families, and encourage Native youth to become the heroes and leaders today and tomorrow.

Here is a copy of the **2011 Native Youth Track Report**, [click here](#)

In support of this report, the youth created a “Sharing our Voice” video. [Click here](#) to watch.

To all the youth interested in coming next year, Callen Chythlook-Sifsof, U.S. National Team Snowboarder, shared a video with you. [Click here](#) to watch.

For more information on next year’s Native Youth Track at the 29th Annual Consumer Conference in Denver, CO please contact Blake Harper, Public Health Project Coordinator at bharper@nihb.org, or 202-507-4081.