



Promoting Health Equity in Tribal Communities: Tools of Implementation



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Objectives

- Participants will be able to identify PSE strategies through an Indigenous lens and understand how to apply them to improve community health outcomes.
- Participants will be able to utilize culturally tailored resources to implement policy change in AI/AN communities.

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:

Eliminate cancer burdens on American Indian and Alaska Native people through education and improved access to prevention, early detection, treatment and survivor support.

Our Approach



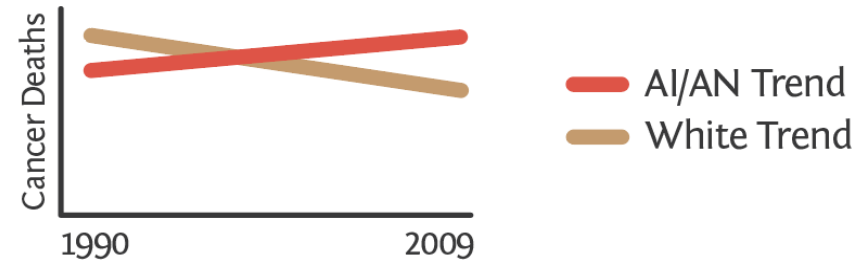
We believe...

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

American Indian Cancer Data



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





Cancer is the...

#1 Cause of Death for Women

- ♥ #2 Heart Disease
- ⚠ #3 Unintentional Injury

#2 Cause of Death for Men

- ♥ #1 Heart Disease
- ⚠ #3 Unintentional Injury

The most commonly diagnosed cancers are...



Lung cancer is the leading cause of cancer death for men and women.

Other leading causes of cancer death are...



Prostate



Colorectal

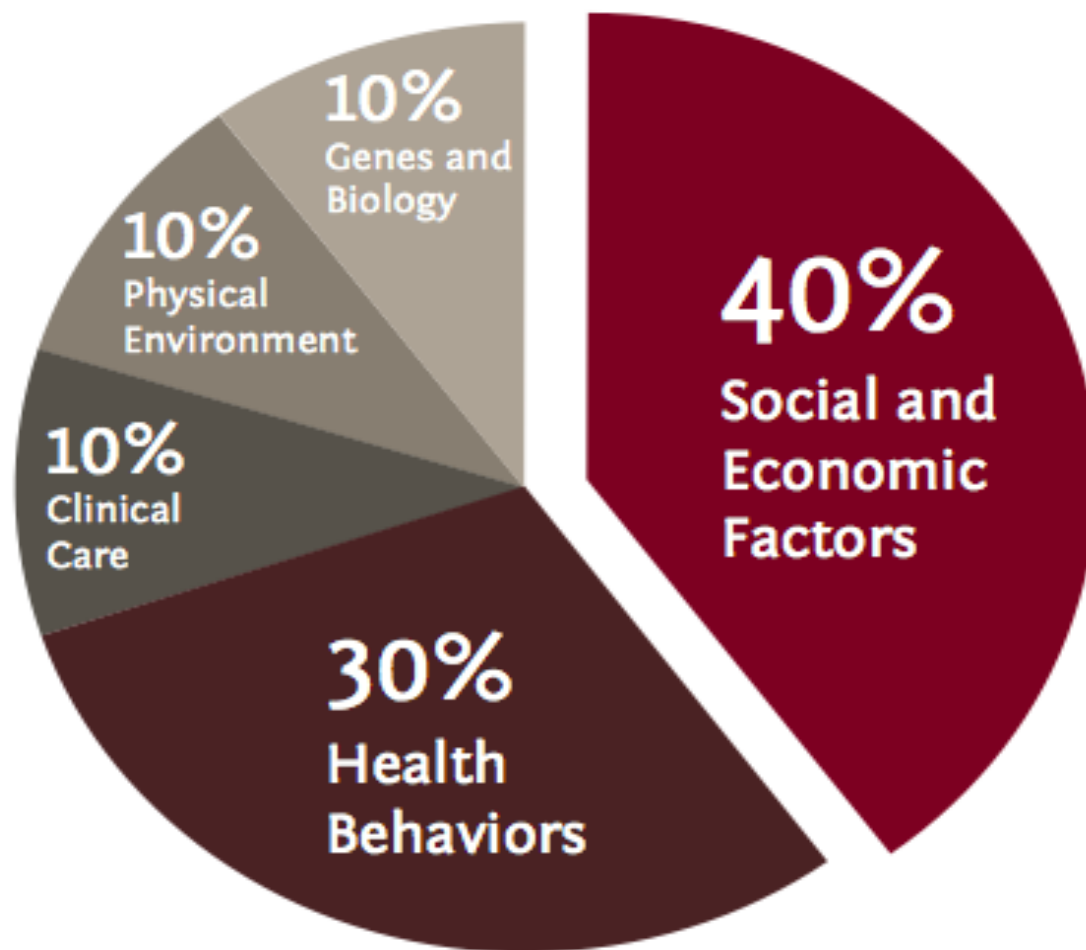


Breast

Our reality is determined by history...

“Health inequities are directly linked to determined and deliberate efforts of American federal, state, and local governments to uproot American Indians from their lands, eradicate their languages and destroy their ways of life.”

What impacts our health?



Social Determinants of Health

The 40%



Why Cancer Rates Are Higher Among American Indians



- Tobacco abuse (smoking and chewing)
- Cigarette smoke exposure
- Alcohol & drug abuse
- Diets high in animal fats and lower in fiber, lack of fresh fruit and vegetables
- Lack of regular physical activity
- Obesity & Diabetes
- Family genes that may increase risk

We must keep unhealthy behaviors in the context of...

- **Trauma:** Both historical and current
- **Stressors:** racism, poverty, cultural separation, other systemic inequities
- **Historical genocide and ethnic cleansing:** the extermination and repression of AI/AN people and culture
- **Living with the oppressor:** unlike other marginalized communities AI/AN's still remain on this land base and are regulated/influenced in many ways by the federal government (for the past 500 years)

Other ways to explain what we mean when we say **Equity**



Health Inequity is a health disparity based on inequitable, socially determined circumstances.

Upstream Approach



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

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

Process for Policy Implementation

1. Gathering Buy-In and Input from Stakeholders:

- a. Leadership/Decision Makers (tribal, county, city)
- b. Non-Leadership Decision Makers (vendors, suppliers, retail owners)
- c. Community Champions
- d. Employees
- e. Community Members
- f. Youth
- g. Health and Wellness Committee/Coalitions
- h. Legal and Human Resources Departments
- i. Expert Partners



Continued...

2. Research:

- a. provides info that generates a picture of your community's current reality
- b. helps determine the best starting point
- c. provides justification for policy change and identifies best practices

3. **Policy Creation:** many, many drafts, but do not get discouraged

Continued...

4. Policy Presentation and Approval from Leadership

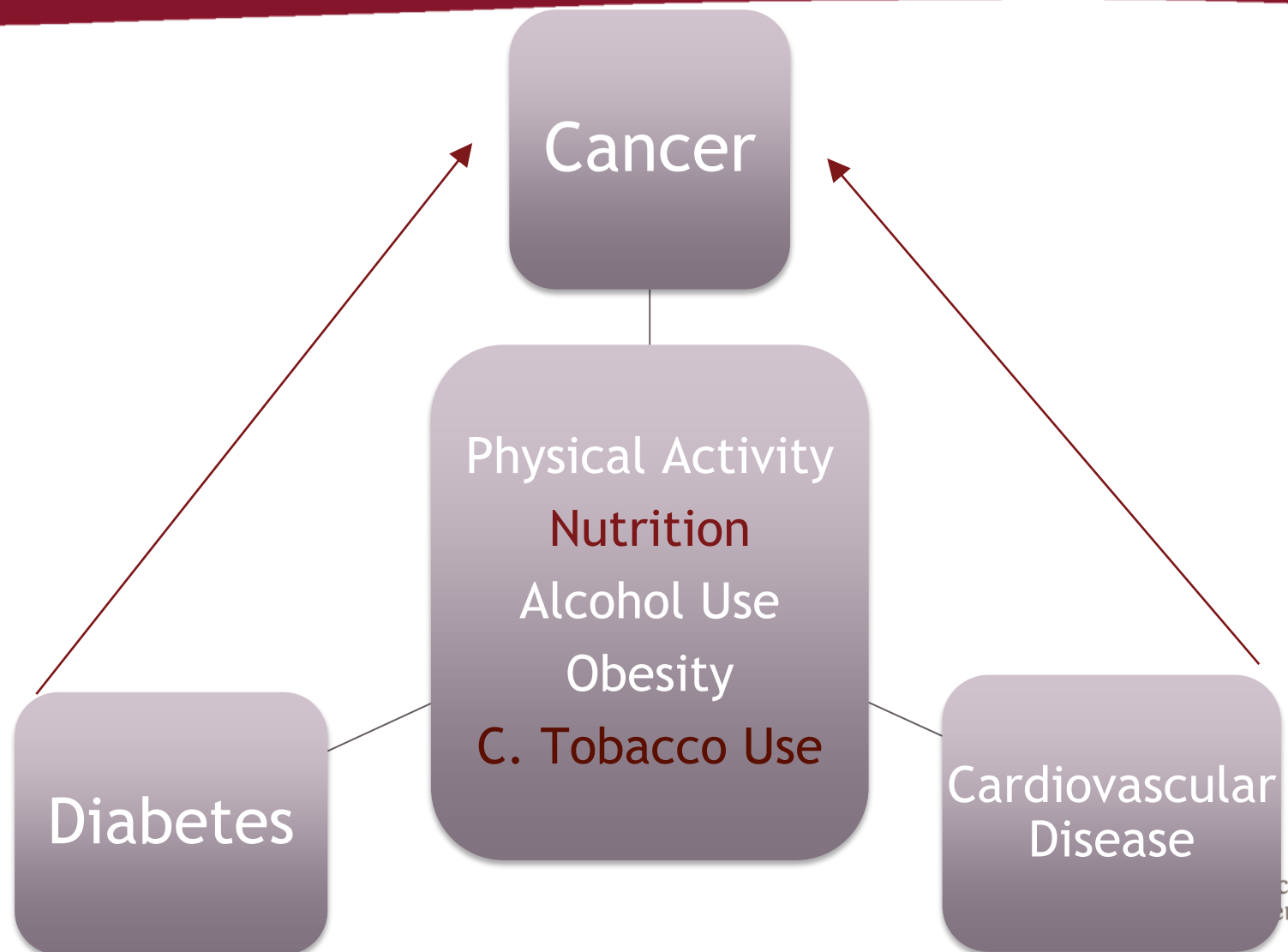
5. Policy Actualizing: plan clear long term goals, objectives and a timeline

- a. look for funding, if needed
- b. determine the best way to inform stakeholders (e.g. newsletters, emails, presentations, website, social media)



Why focus on healthy Native food and commercial tobacco?

Health Behaviors & Chronic Disease



Health in All Policies (HiAP): An Approach to Decision Making

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





American Indian
Cancer Foundation®

Culturally Tailored Resources for Chronic Disease Prevention

Indigenous Foods **for Cancer Prevention** *Media Package*



August 2016



Media Packages

Newsletter/Paper:

Start off this *ziigwan* (spring) by incorporating cancer-fighting antioxidants into your diet. Antioxidants decrease your risk of cancer by protecting cells in your body from harmful chemicals. The human body has the ability to make some antioxidants on its own, but it also relies on outside sources from your diet called dietary antioxidants. Dietary antioxidants can be found in grapes, berries (especially strawberries and raspberries), kiwi, oranges, green leafy vegetables, squash, nuts, beans, and many other colorful fruits and vegetables. Making it a habit to incorporate antioxidants into your diet is one easy way you can take control in leading a healthy lifestyle.

FB Post:

Antioxidants decrease your risk of cancer by protecting cells in your body from harmful chemicals. Antioxidants can be found in grapes, berries (especially strawberries and raspberries), kiwi, oranges, green leafy vegetables, squash, nuts, beans, and many other colorful fruits and vegetables. [#FoodIsMedicine](#) [#IndigenousFoods](#)

Twitter Post:

Incorporate antioxidant rich berries and green leafy vegetables into your daily diet to fight harmful cancer causing chemicals in your body [#FoodIsMedicine](#) [#IndigenousFoods](#)

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*



Healthy Native Foods Toolkit

Healthy Meals Menu Suggestions

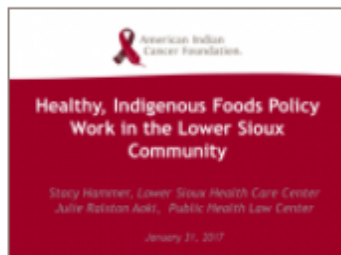
LUNCH AND DINNER:

SALADS AND SIDES:

- Wild Rice Salad or Mixed green salads with low fat dressings and vinaigrette's such as olive oil/canola oil and vinegar, served on the side
- Dinner salads which include protein foods such as beans, shelled edamame, skinless chicken breast and nuts
- Fruit salads made with fresh, cut up fruit
- Three bean salads
- Pasta salads prepared with low fat or vinaigrette dressings with added vegetables
- Greek style salads made with mixed greens, cucumbers, tomatoes, kalamata olives, feta cheese and olive oil vinaigrette

[Home »](#)[AICAF Resources »](#)[Webinars](#)

Webinars



Healthy, Indigenous Foods Policy Work in the Lower Sioux Indian Community Webinar

This webinar presented by Stacy Hammer, RD and Julie Ralston Aoki, JD, focuses on the Lower Sioux Indian Community's Honoring Little Crow Healthy Indigenous Food Initiative. Presenters describe how the Lower Sioux Indian Community's Health and Human Services Advisory Committee is partnering with the American Indian Cancer Foundation and the Public Health Law Center to develop, draft and implement a strategic plan for developing a set of Tribal policies to support healthy, Indigenous foods across the Community. Presenters also share about how community support for the policy change is being developed, and how this policy effort is changing the conversation about health and food across the Community.

[View Webinar](#)

Eating Well Together

for the American Indian Cancer Survivor and Family

► Why is it important for a cancer survivor to eat healthy foods?

Nutrition has an effect on cancer treatment, remission and the body's ability to heal.

HEALTHY EATING TIPS FOR SURVIVORS

- Drink plenty of water to stay hydrated.
- Snack every few hours to give your body energy to heal.
- Eat Indigenous proteins (fish, beans, wild game) to improve strength and mood.
- Eat fruits and vegetables at each meal to fuel your body with vitamins, minerals and fiber medicines.
- Consume healthy fats (salmon, nuts, olive oil) to help your body process nutrients and support brain health.
- Choose foods with whole grains (corn, wild rice, oats) for healthy digestion.
- Avoid highly processed meats (bacon, hot dogs, lunch meats) which may contain chemicals that increase the risk of some cancers.

HEALTHY COOKING METHODS

- Boil, sauté, steam or poach food to keep in nutrients.
- Avoid cooking that chars or blackens meat, because this produces cancer causing substances.
- Grill healthy foods by avoiding the use of lighter fluid or self-starting charcoal, which may leave toxic residue on food.
- Avoid deep frying foods, as it removes many of the nutrients and increases the risk of some cancers.

HEALTHY FOOD PREPARATION

- Wash your hands with soap and water when preparing meals.
- Keep raw meat, poultry, seafood and eggs separate from cooked foods.
- Clean all utensils, cutting boards and countertops before and after each use.
- Never leave food that spoils easily out of the refrigerator longer than one hour.

Talk to your health care provider to find out which diet is right for you.

What can we do?

► We can support healthy eating for our cancer survivor.

ELDERS



- Share traditions and stories about healthy food, harvesting and a good way of life.
- Teach your family words for foods in your Indigenous language.
- Connect your survivor to healing ways so that they feel strong.

TEENAGERS



- Be a role model for younger siblings and help care for your survivor.
- Choose healthy options over soda and candy.
- Go grocery shopping with an adult, so you can pick out healthy options that you like.

ADULTS



- Think of your survivor and your family's health when grocery shopping.
- Set household rules for family meals that include healthy options and limit unhealthy options.
- Bring healthy snacks and beverages to family outings.

CHILDREN



- Ask elders to share stories about foods, medicines and traditions.
- Share your favorite healthy snacks with your survivor.
- Think of how the food you eat makes you feel, and stay away from those that make you feel tired or hyper.

HEALTHY EATING AS A FAMILY

- Organize healthy family meals where everyone takes turns deciding what to eat, helps prepare and cleans up.
- Grow and harvest healthy Indigenous foods to experience how our ancestors lived.
- Set weekly goals to make small healthy changes to your family's diet.
- Try new foods and recipes, you never know what your family may like.
- Learn about food labels, look for foods and beverages with "no added sugars" and a shorter list of ingredients.
- Support breastfeeding mothers, nursing helps prevent cancer for mom and baby.
- Spend time together and remember to laugh.

- **Cancer Survivor:** any person who has been diagnosed with cancer, from the time of diagnosis, through treatment and remission until their journey into the spirit world.
- **Indigenous foods:** foods native to a local area.
- **Unhealthy options:** sugary drinks and processed foods high in sugar, sodium and fat.
- **Healthy options:** water, fruits, vegetables, whole grains, lean proteins and unprocessed foods.

Mother's Milk

►► *medicine for cancer prevention*



Cancer is the leading cause of death for American Indian and Alaska Native women in the U.S.

Breastfeeding can reduce the risk of cancer and cancer risk factors:

MOM

- breast cancer
- ovarian cancer
- heart disease
- high cholesterol
- hypertension
- type II diabetes

BABY

- obesity
- type I diabetes
- type II diabetes
- leukemia and other childhood cancers



Feeding baby only breast milk for the first 4-6 months, with continued breastfeeding along with solid foods up to 2 years of life is recommended by the American Academy of Pediatrics.



Mother's milk contains cells, hormones, antibodies and cancer-fighting cells that protect babies from illness by improving their immune response.

IT MAY BE POSSIBLE TO BREASTFEED AS A CANCER SURVIVOR, TALK TO YOUR HEALTHCARE PROVIDER ABOUT YOUR OPTIONS.



Partner and family support:

- **LET HER KNOW** you support her choice to breastfeed
- **BE PROACTIVE** and ask about her needs
- **TAKE CARE OF** other baby needs: change diapers, prepare feeding space, hold baby when not nursing, etc.
- **MAKE SURE** mom is getting plenty of fluids, food and rest
- **CHEER** her on, it's not always easy
- **TAKE THE LEAD** in daily chores
- **SHOP AND COOK** for the family
- **CARE FOR** older children

Where to turn for help:

- Your healthcare provider
- Local WIC program or call the national number at 703-305-2746
- National Breastfeeding Helpline 800-994-9662
- International Lactation Consultant Association – www.ilca.org
- La Leche League and their local support group – www.llli.org

PLAN AHEAD, TALK WITH YOUR FAMILY AND PROVIDER ABOUT BREASTFEEDING SO YOU ARE READY WHEN BABY ARRIVES!



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 AmericanIndianCancer.org

AICAF Wellness Policy

AICAF supports healthy eating at the workplace and at AICAF sponsored community events.

- Choose Indigenous and local foods when available
- AICAF requires suppliers to provide nutritional options (e.g. fruits, veggies, whole grain products, low-fat dairy, lean meats, etc.)
- Follow recommended portion sizes
- Avoid providing sugar-sweetened beverages at community events
- Deny employee reimbursement for sugar-sweetened beverages

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.

**ANYONE AND EVERYONE CAN BE A LEADER AND PLAY A PART IN IMPLEMENTING THESE FIVE SOLUTIONS.
WHAT CAN YOU DO TO HELP SOLVE OUR OBESITY PROBLEM?**

SACRED TRADITIONAL TOBACCO FOR HEALTHY NATIVE COMMUNITIES

A BALANCED COMMUNITY FOR HEALTH

- ▶ Tribal leadership support & engagement
- ▶ Cultural connectedness & healing
- ▶ Community engagement
- ▶ Youth leadership & youth-led advocacy





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



Enact tribal tobacco policies that
will improve community health.

Prioritize and support positive
community health initiatives.

TRIBAL COUNCIL AND GOVERNMENT CENTER



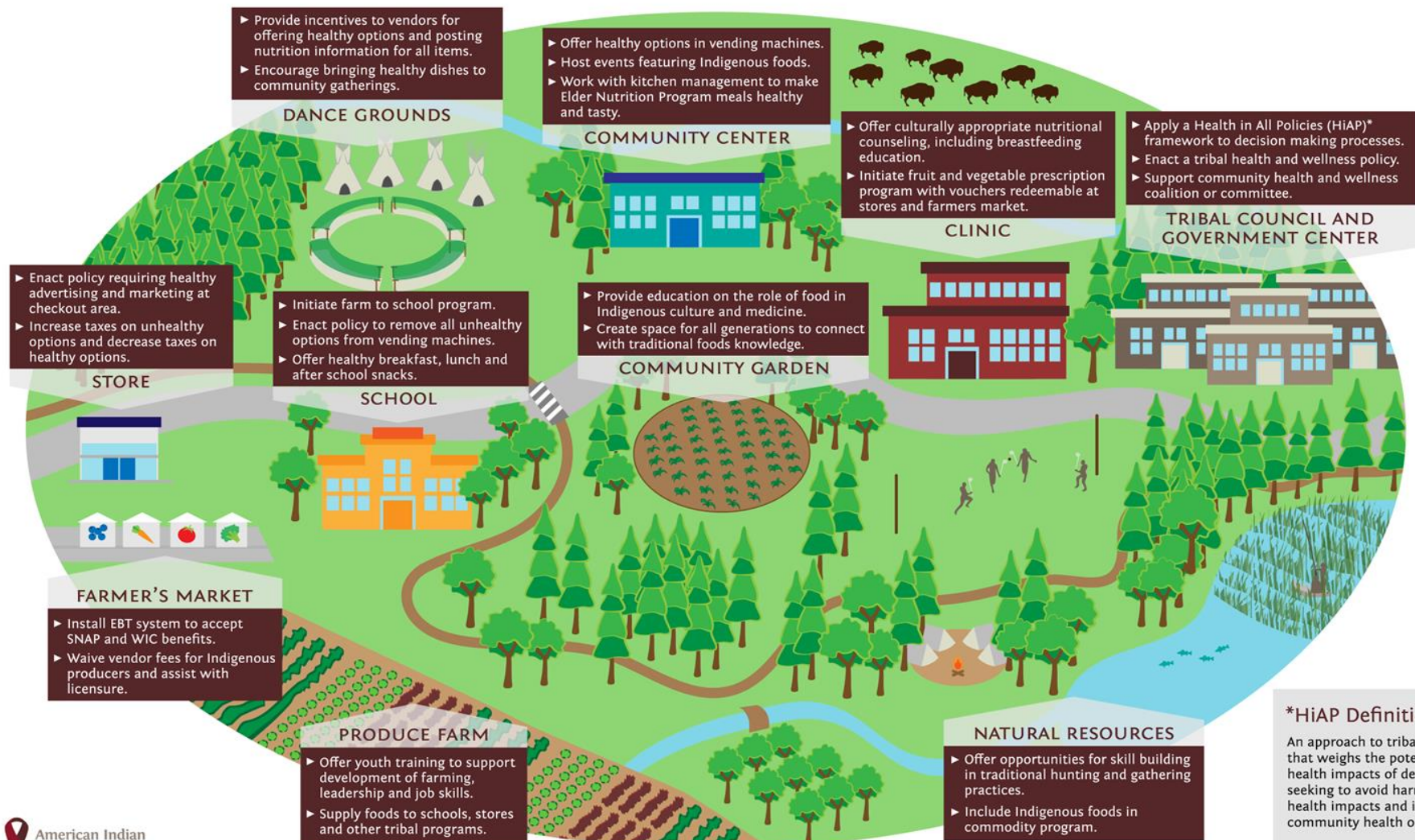
HEALTHY EATING FOR STRONG NATIVE COMMUNITIES

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.

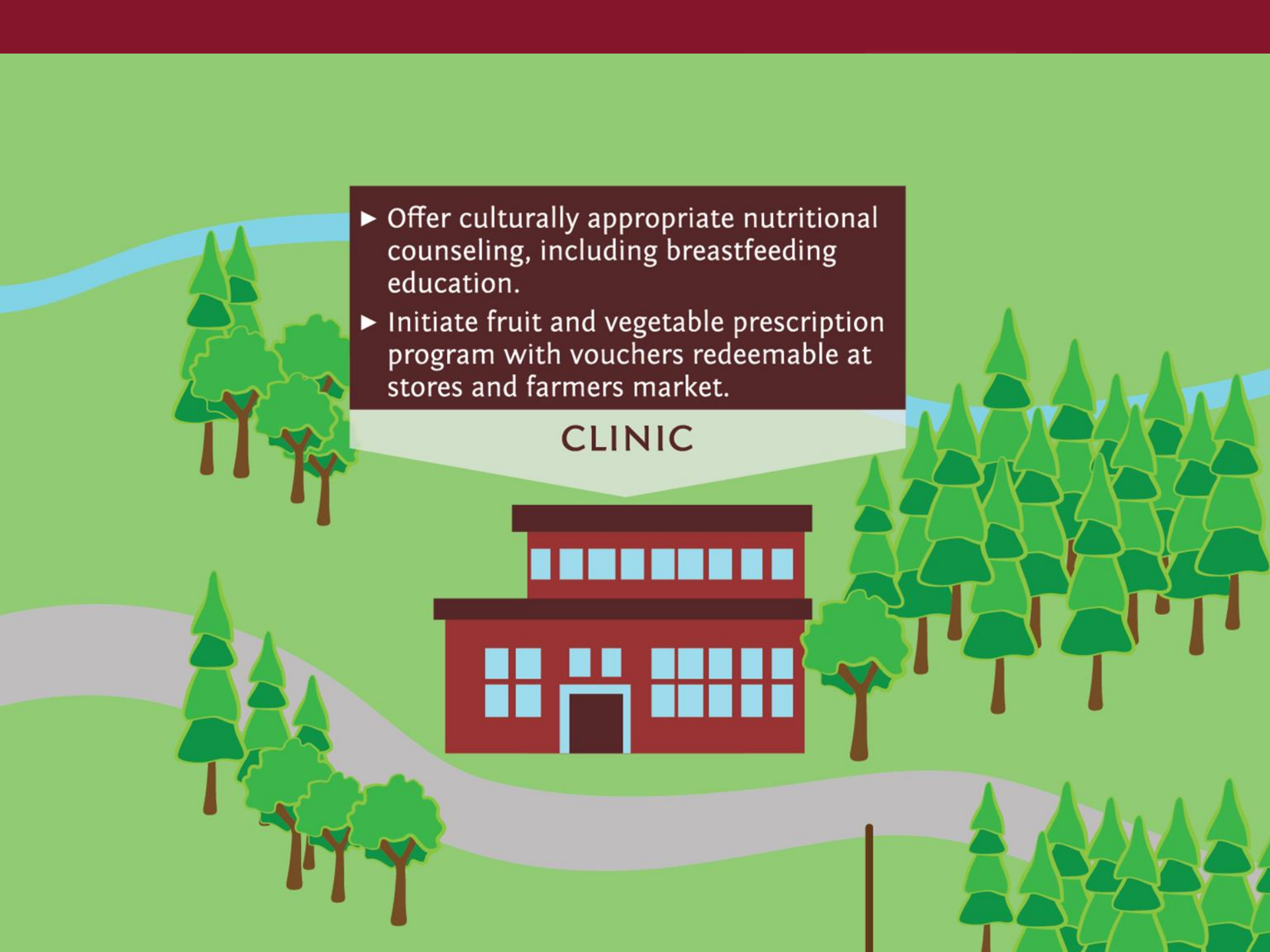


*HiAP Definition

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

- 
- The background of the slide is a stylized illustration. At the top, there is a dense forest of green, triangular trees. Below the trees, a grey path leads from the bottom center towards a small, two-story building. The building has a dark blue roof, a white upper floor, and a light blue lower floor with two dark blue rectangular windows. The word 'STORE' is written in a bold, dark blue, sans-serif font above the building. To the left of the store, there are rolling green hills and a brown path. A dark red banner is at the very top of the slide.
- ▶ Enact policy requiring healthy advertising and marketing at checkout area.
 - ▶ Increase taxes on unhealthy options and decrease taxes on healthy options.

STORE


- 
- The illustration depicts a rural landscape with rolling green hills. A light blue river flows from the top left towards the right. A grey path winds through the landscape, leading towards a two-story red building with a dark brown roof and multiple windows, identified as the clinic. The area is populated with various types of trees, including tall, thin evergreens and shorter, bushier deciduous trees. A dark brown rectangular box containing text is positioned above the clinic building.
- ▶ Offer culturally appropriate nutritional counseling, including breastfeeding education.
 - ▶ Initiate fruit and vegetable prescription program with vouchers redeemable at stores and farmers market.

CLINIC



FARMER'S MARKET

- ▶ Install EBT system to accept SNAP and WIC benefits.
- ▶ Waive vendor fees for Indigenous producers and assist with licensure.

- 
- ▶ Apply a Health in All Policies (HiAP)* framework to decision making processes.
 - ▶ Enact a tribal health and wellness policy.
 - ▶ Support community health and wellness coalition or committee.

TRIBAL COUNCIL AND GOVERNMENT CENTER

- ▶ Provide incentives to vendors for offering healthy options and posting nutrition information for all items.
- ▶ Encourage bringing healthy dishes to community gatherings.

DANCE GROUNDS



What's next?

Opportunities of Partnership with Tribal Communities: Technical Assistance & Support

- **Policy, System and Environmental Change (PSE) Assistance**
 - PSE change presentation/training
 - Facilitated community conversations to identify PSE change strategies & solutions
 - Community visioning
 - Community health and wellness prioritizing
 - Action planning
 - Calendar creation
- **Tribal Policy Development and Implementation Assistance**
 - Policy drafting workshop/policy template creation
 - Policy development and review
 - Connecting to legal aid for policy, ordinance and resolution drafting
 - Presenting to Tribal Council
- **Presentations, education and resources on cancer prevention**
- **Ongoing and available support in coalition building (assistance, resources and trainings)**
- **Community engagement strategy development**
 - Event planning for creating community buy-in
- **Making the case for change (providing fact-based data and information on health, prevention and wellness)**
- **Grant writing support to assist with sustainability of initiatives**



Questions?



Physical Activity Break

A woman with long dark hair, wearing a dark long-sleeved shirt and a grey skirt, is performing a lunge on a grassy field. She is facing right, with her left leg forward and bent, and her right leg back and bent. Her hands are near her chest. In the background, there is a chain-link fence, some trees, and a large yellow building under a clear sky.

LANGUAGE:
OJIBWE

MOVEMENT:
NIIGAAANIGAADENI
(Lunge)

Policy Worksheet Activity



*Together, we can
make a difference in
Indian Country.*





American Indian
Cancer Foundation®

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Pilamaya ye!
Thank you!