

Sault Tribe's Strategies for Raising Healthy Anishinaabeg Youth



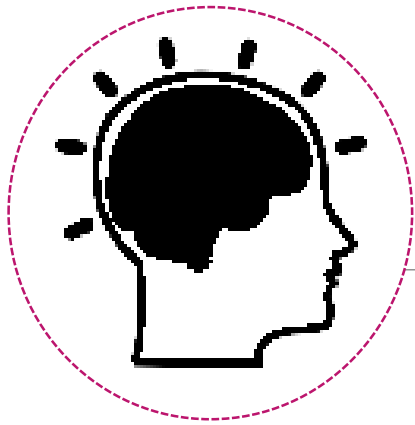
NIHB TRIBAL PUBLIC HEALTH SUMMIT, ANCHORAGE, AK

JUNE 7, 2017

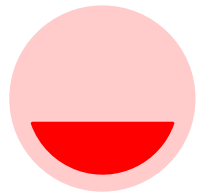
Shannon Laing, Michigan Public Health Institute
Lisa Myers, Sault Tribe Community Health

Session Description

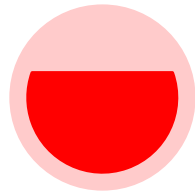
Results from the Sault Tribe's community assessment identified several issues affecting the health of tribal youth. Assessment results revealed that youth faced challenges in their physical, mental, spiritual, and social wellbeing. Over the next few years, Sault Tribe engaged the community in planning 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.



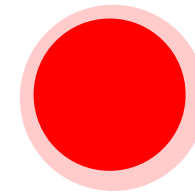
In this session, participants will:



Name specific risks and assets of tribal youth and ways those can be assessed

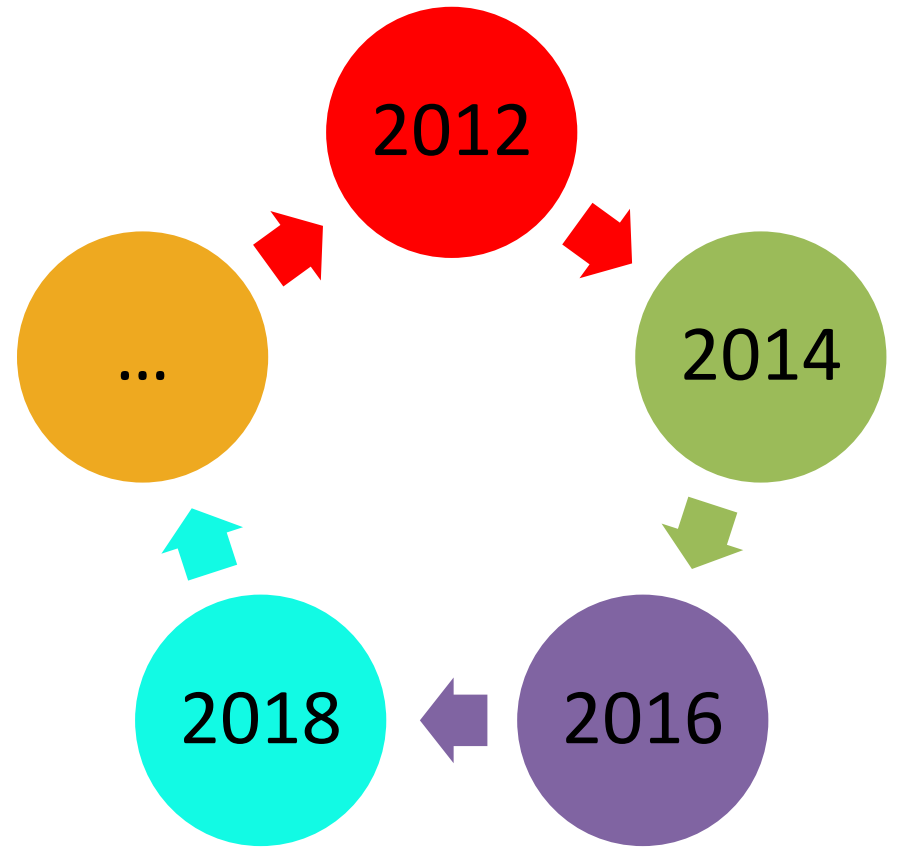
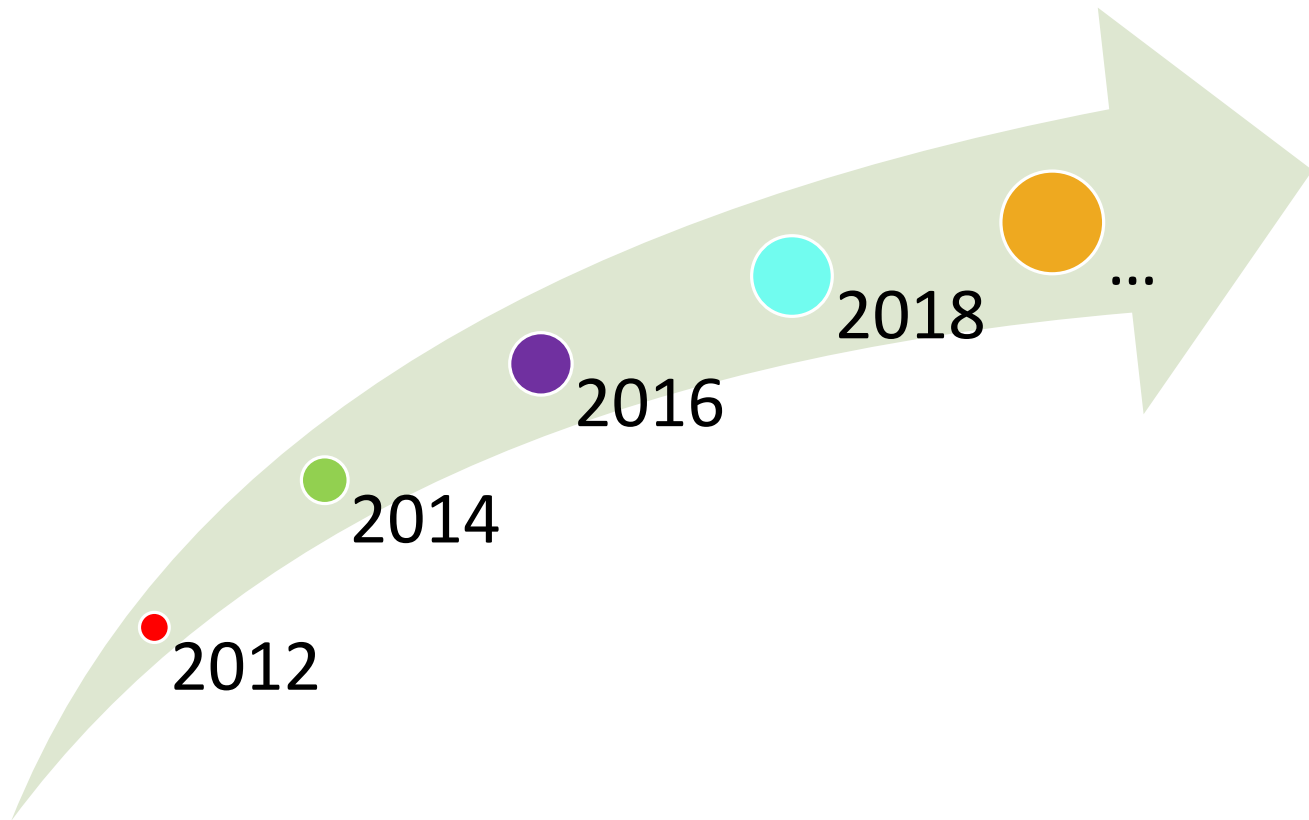


Understand how community-wide strategic plans can be designed to address risks and assets of tribal youth

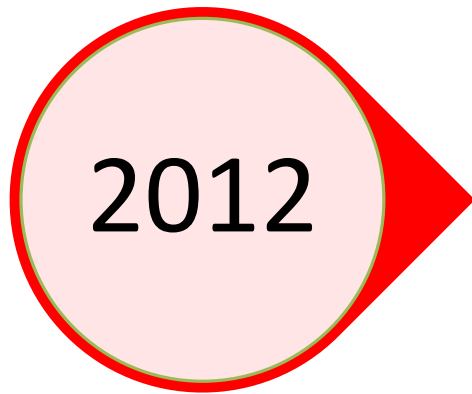


Discuss ways to collaborate with agencies and groups, to incorporate cultural practices and language into tribal community health programs

This is Our Story

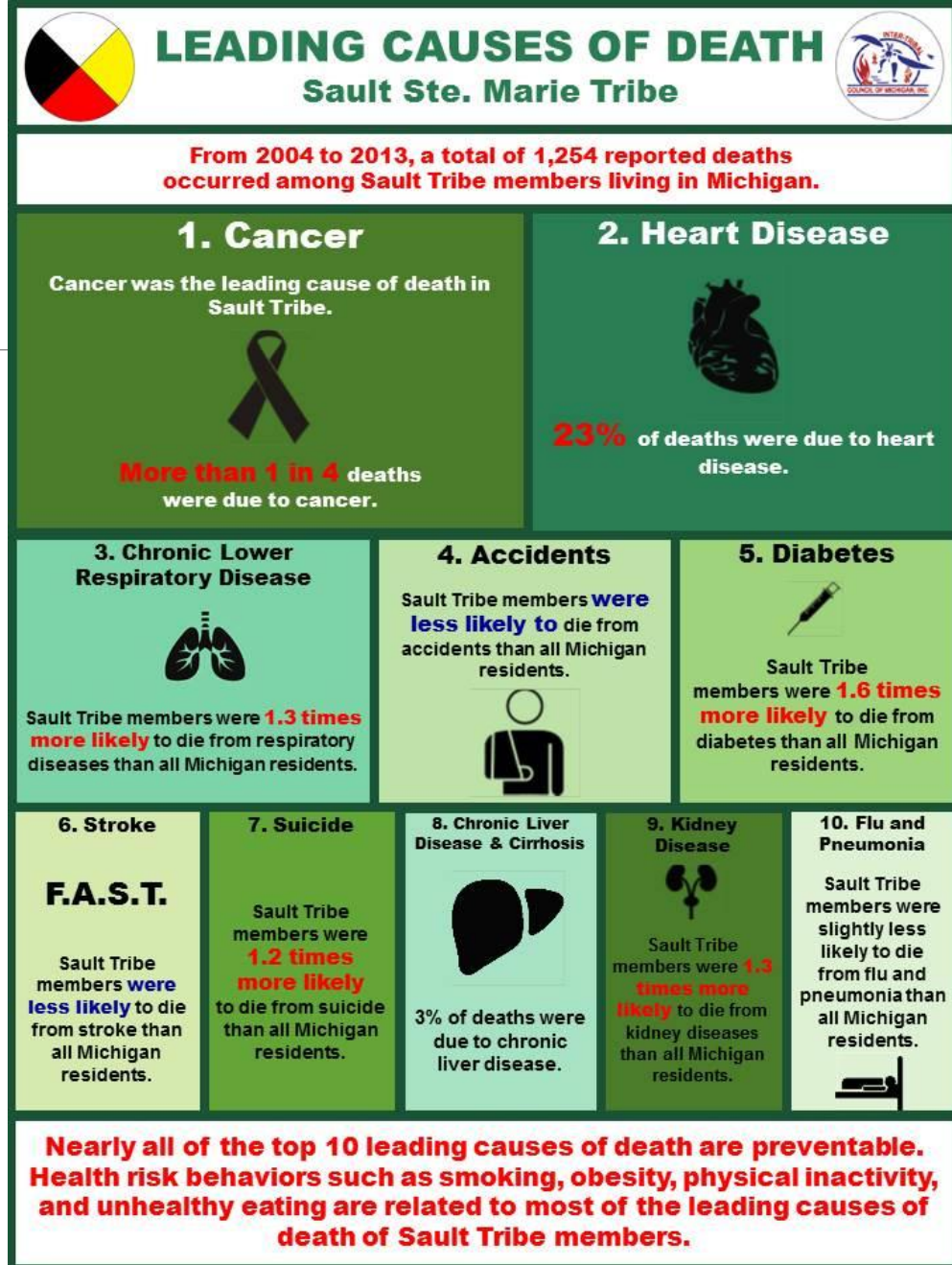




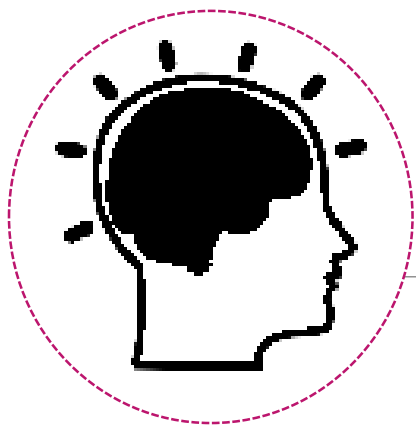


Assessment

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



What Did We Learn?



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

- 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

2014

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

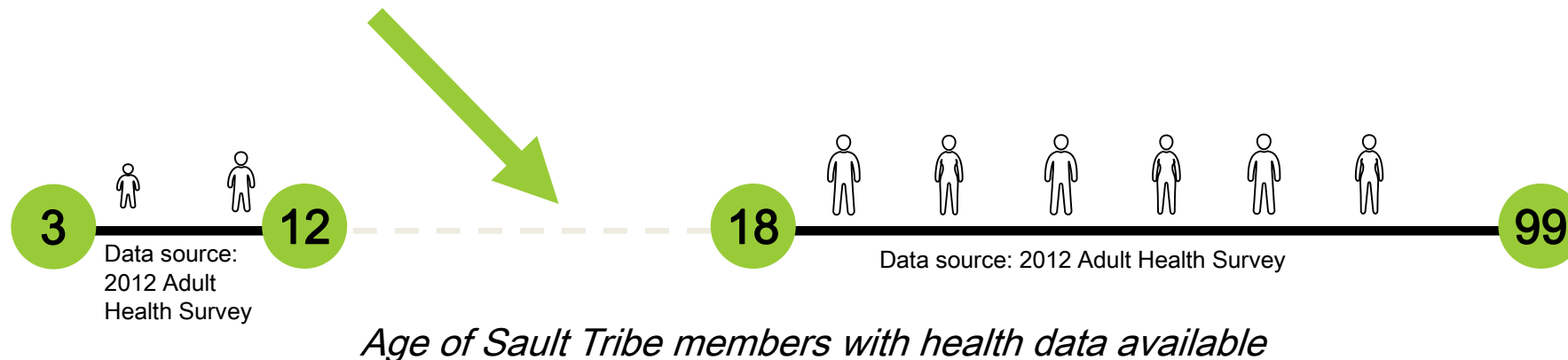
Good Health & Wellness in Indian Country

- ❖ 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



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**



Online Survey



Tobacco & Substance Use

Questions about tobacco, alcohol, and other drug use.

Youth Tobacco Survey



Health Behaviors

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

Youth Risk Behavior Survey



Strengths and Assets

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

Youth Asset Survey

Survey Process



Mailed pre-notice letter to **1,792** parents

October 2016



Mailed pre-notice postcard to **1,792** youth

October 2016



Mailed invite letter to **1,792** youth

November 2016



Mailed reminder postcard to remaining youth

Nov - Dec 2016



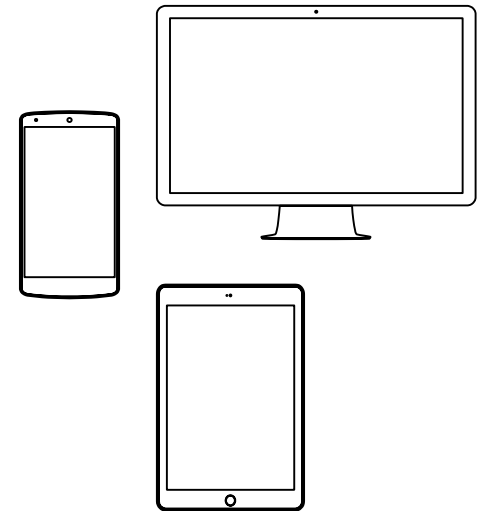
Collected online responses via Qualtrics

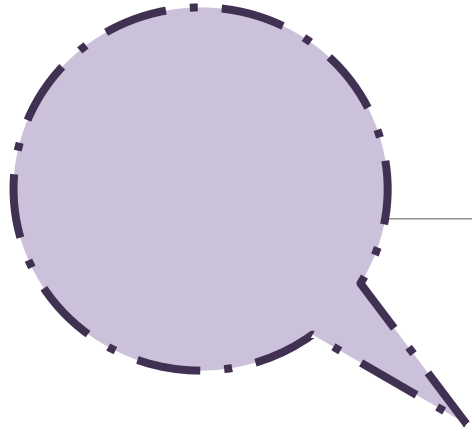
Nov 2016 - Jan 2017



Distributed \$10 e-gift card

As youth completed





Please share your story!

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

Survey Participants

375
youth

Race

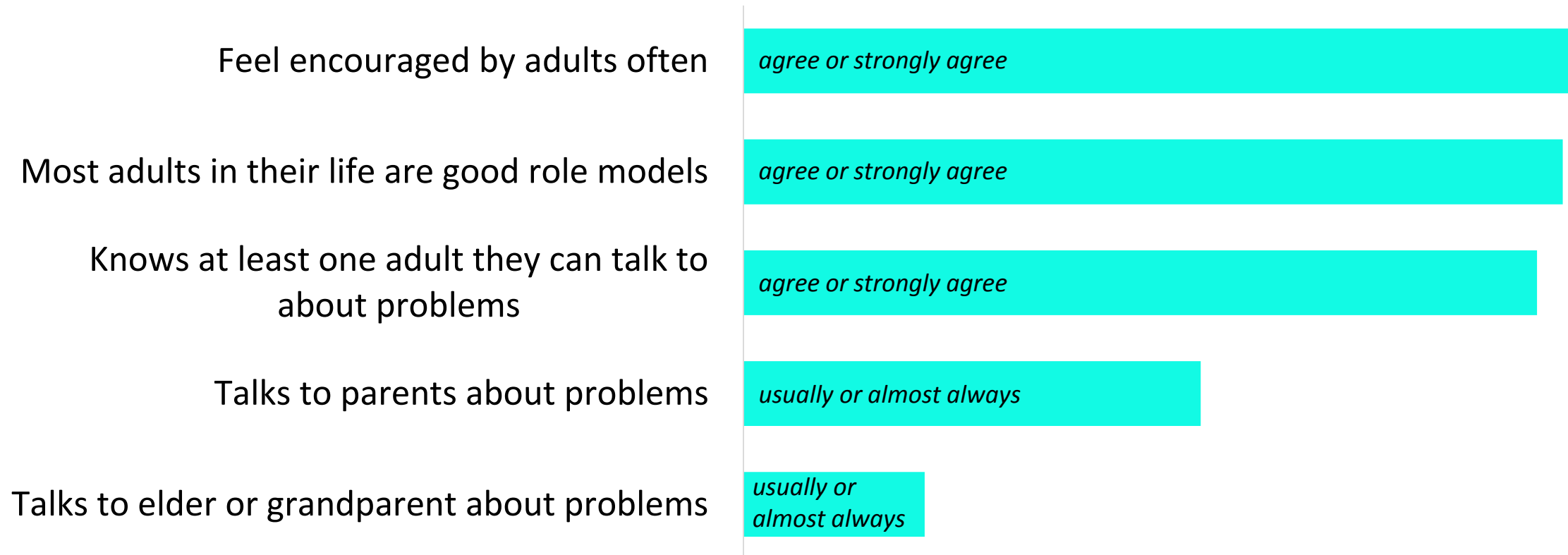
Age

Sexual Orientation

Sex



Emotional Support





Mental Health

XX%

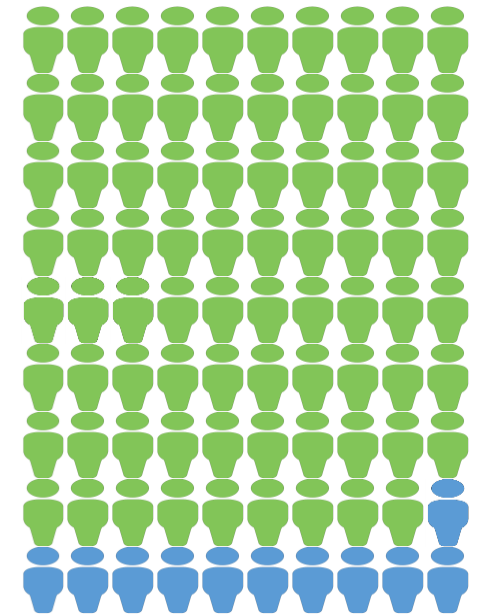
of youth identify with signs of depression

X%

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

XX%

seriously considered suicide in the last year



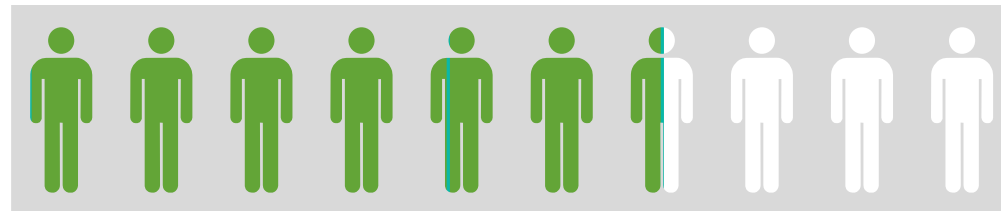


Beliefs About Harms of Tobacco Products

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



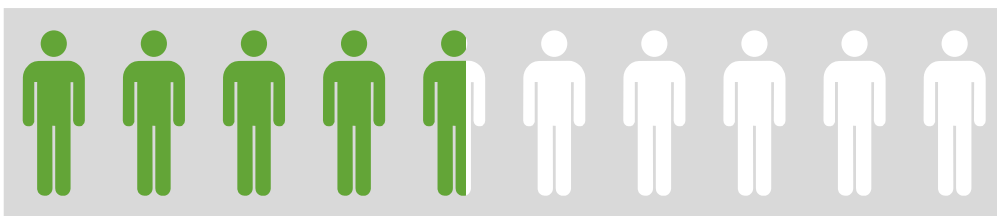
XX% of youth believe **electronic vapor products are dangerous**





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

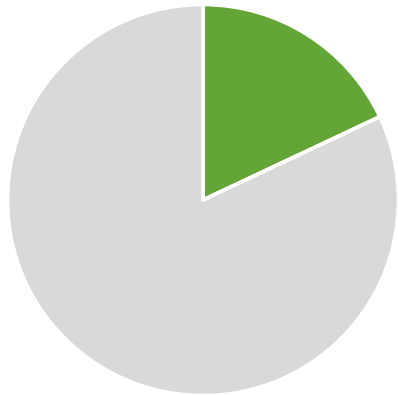


XX%
of youth said they
were exposed to
secondhand smoke
in public in the last
week



Smoking

XX%



of youth have **ever**
tried smoking a
cigarette

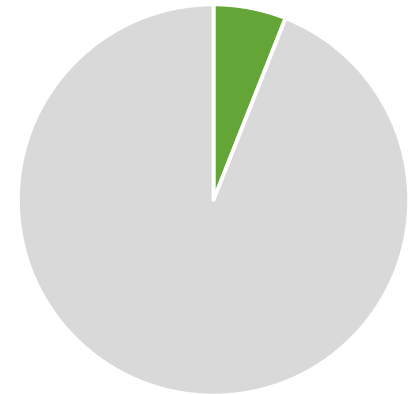


XX%



of youth who ever
smoked, tried
smoking cigarettes
before the age of 13

X%

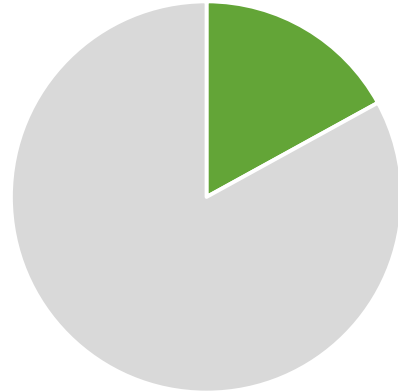


of youth are
current smokers
*unweighted



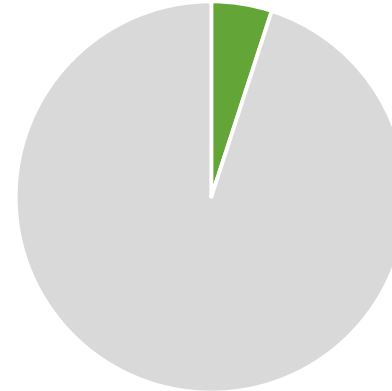
Other Tobacco Products

XX%



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

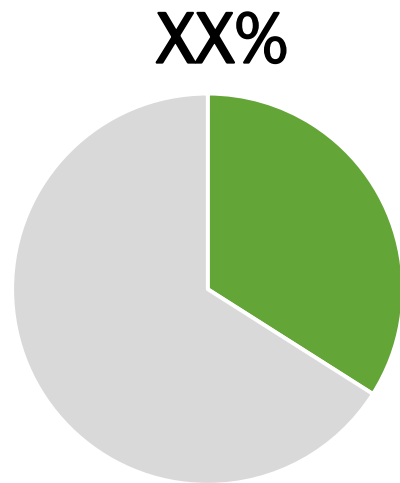
X%



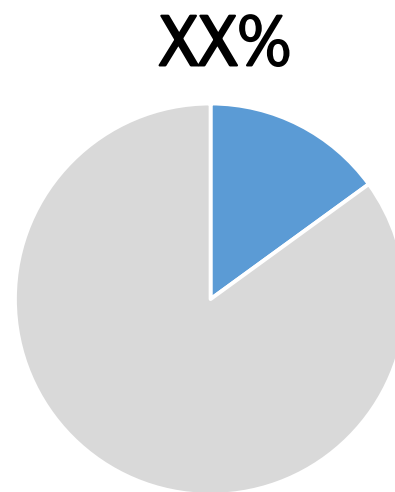
of youth
currently use
electronic vapor
products



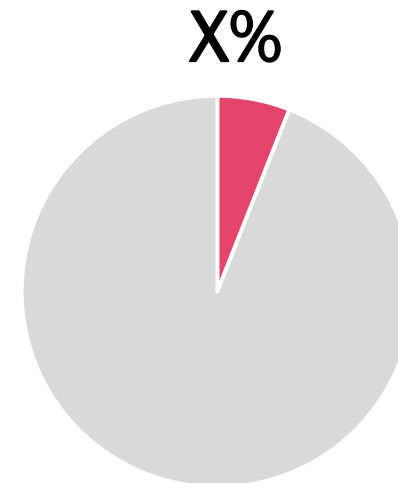
Substances Ever Tried



Alcohol



Marijuana



Prescription drugs



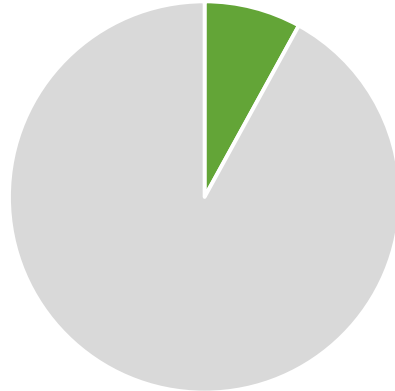
Alcohol Use

XX%



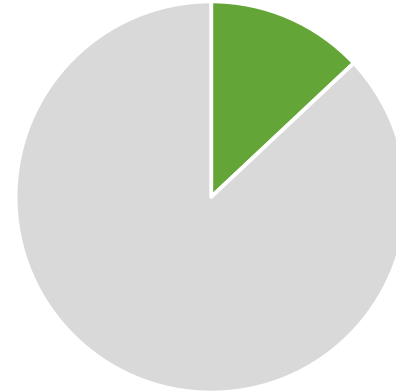
of youth have
drunk alcohol
at least once

X%



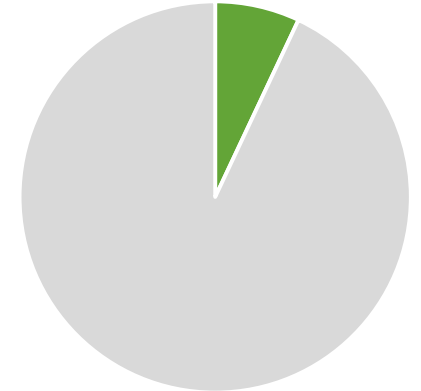
of youth tried
drinking alcohol
before the age of 13

XX%



of youth drank
alcohol in the
last month

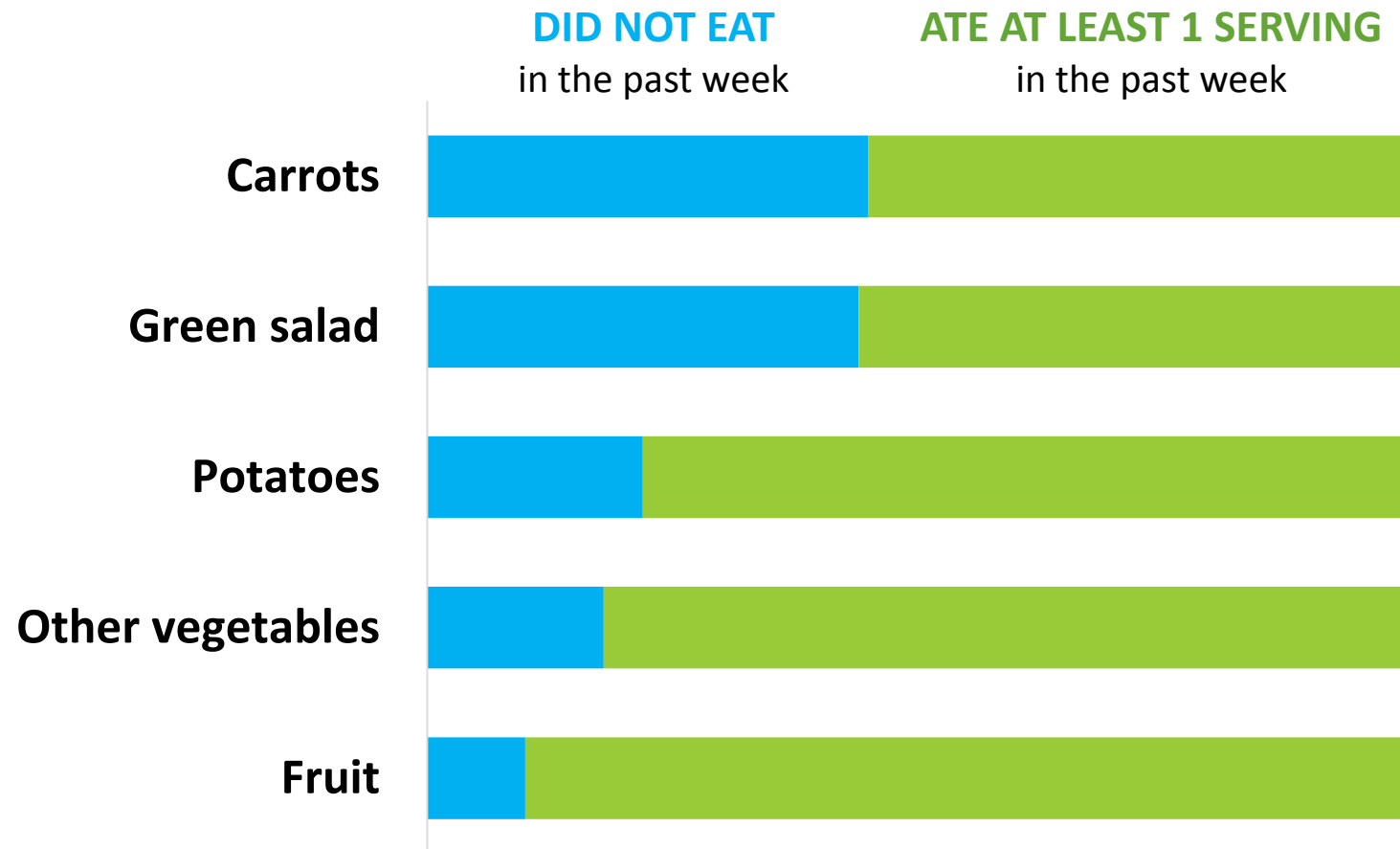
X%



of youth reported
binge drinking in
the last month



Eating Fruit & Vegetables





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

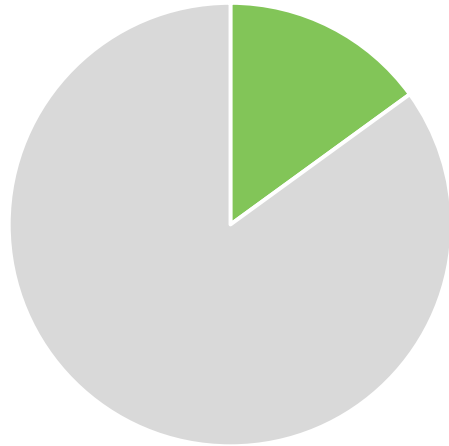
ST Youth





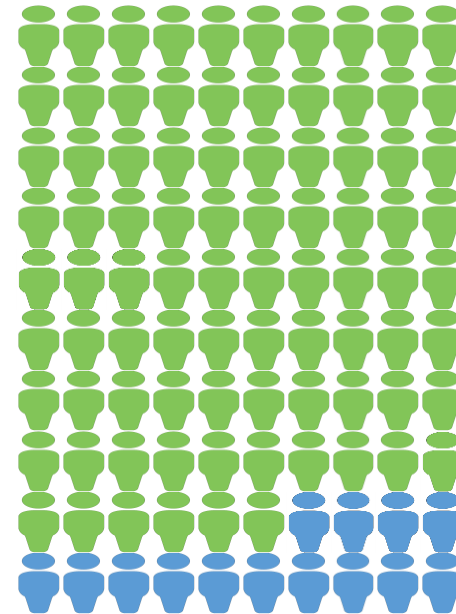
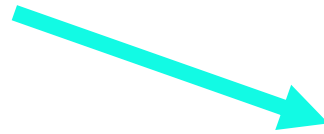
Sexual Activity

XX%



of youth have
had sexual
intercourse

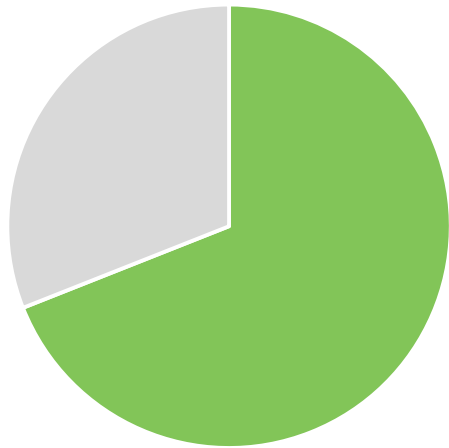
Of the youth who are sexually
active, XX% have ever been
forced to have sexual intercourse





Sexual Health

XX%

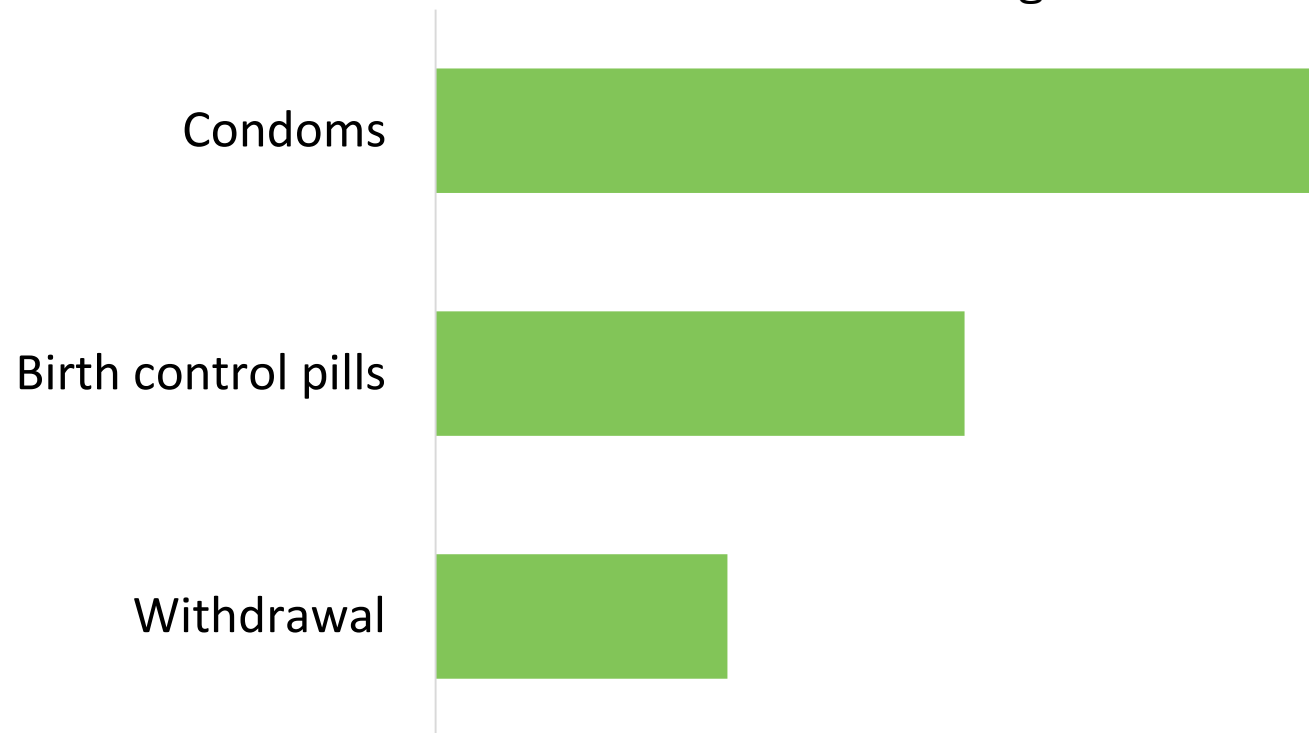


of sexually active youth
used condoms the last
time they had sex

Methods to prevent pregnancy

the last time they had sex

*unweighted





Bullying



Bullied on school property

2015 HS YRBS

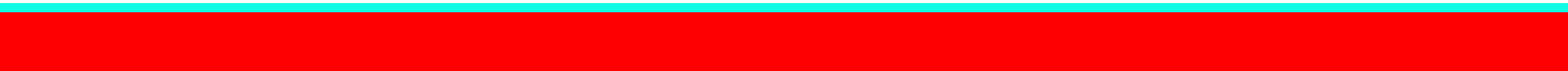
ST youth



Electronically bullied

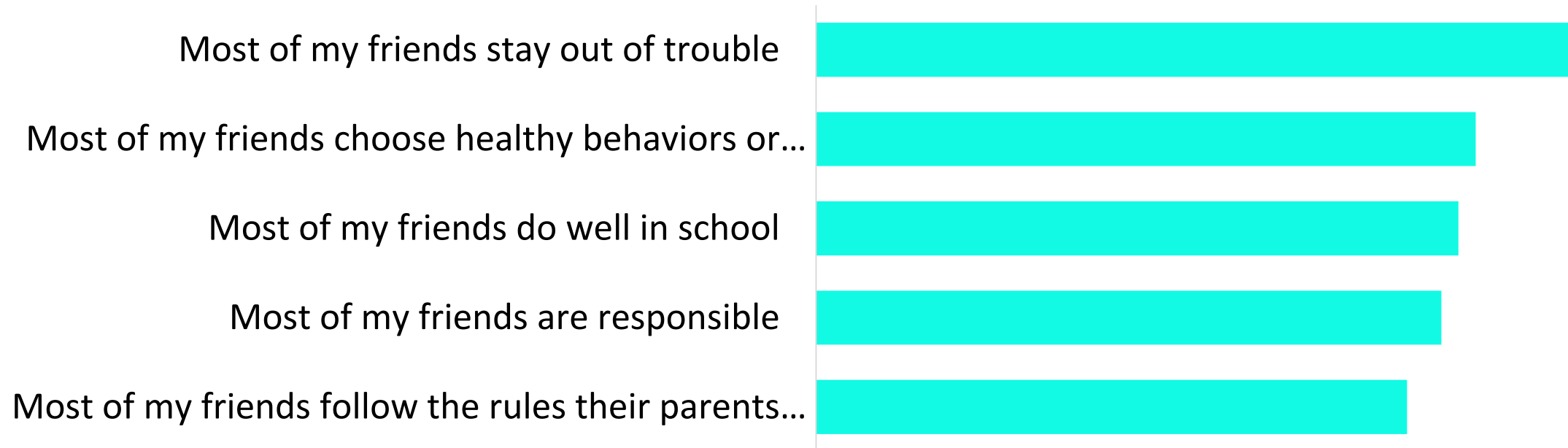
2015 HS YRBS

ST youth





Peer Influence

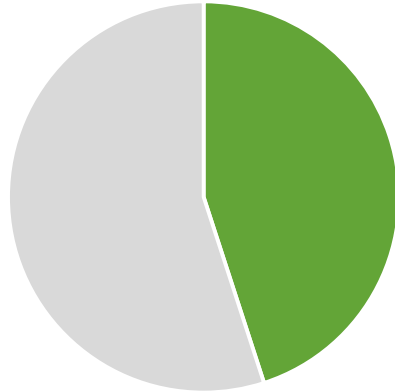


***youth who said the statement was 'usually' or 'almost always' true*



Extra-Curricular Activities

XX%



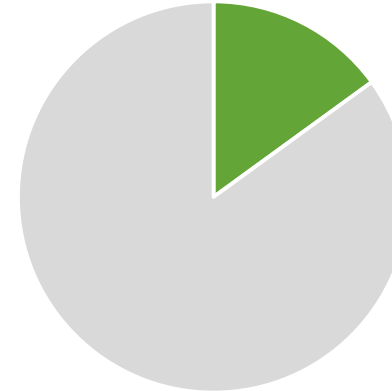
of youth are
very involved on
a school sports
team

XX%



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

XX%



of youth are
very involved in
clubs or groups

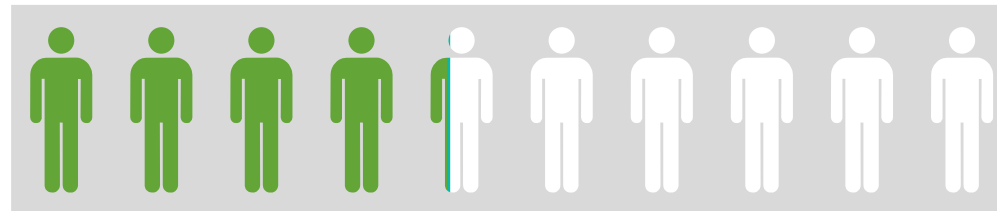


Community Support

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





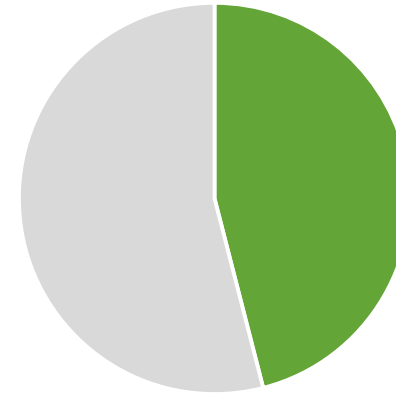
Community Involvement

XX%



of youth
participate and are
involved in church or
religious activities

XX%

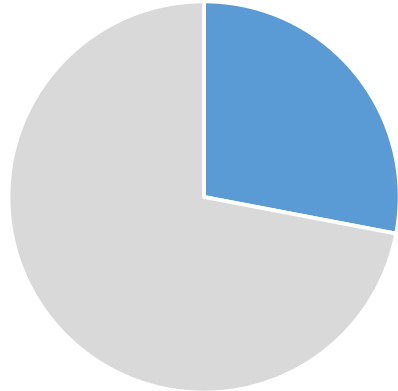


of youth
participate and are
involved with tribal
ceremonies, pow-wows,
culture camps, or
cultural events



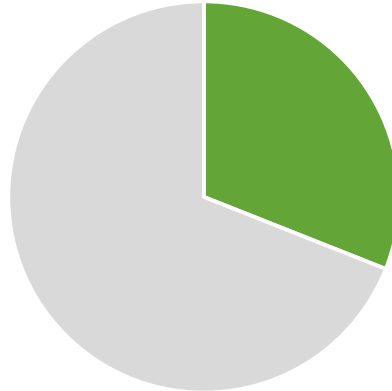
Traditional Tobacco Use

XX%



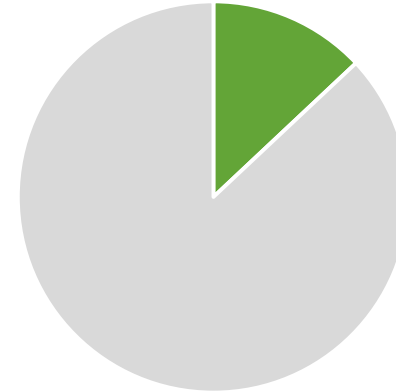
of youth
know nothing
about traditional
tobacco use

XX%



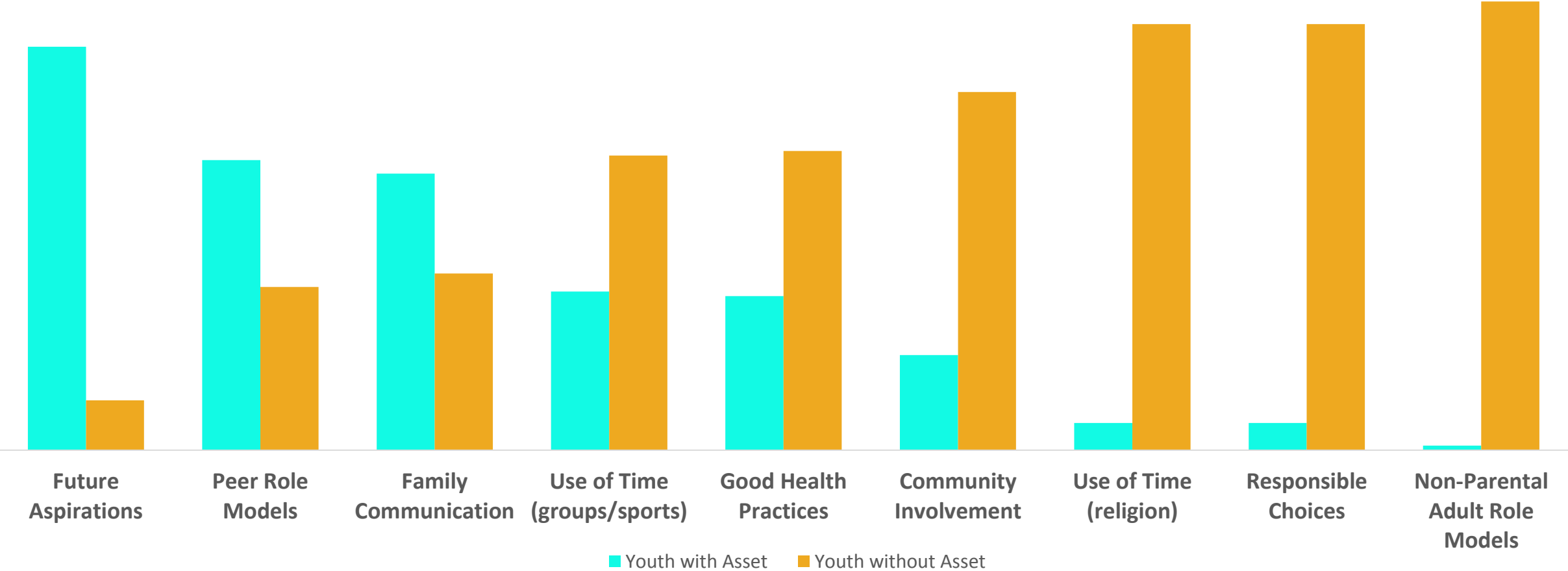
of youth
have been taught
how to use traditional
tobacco

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

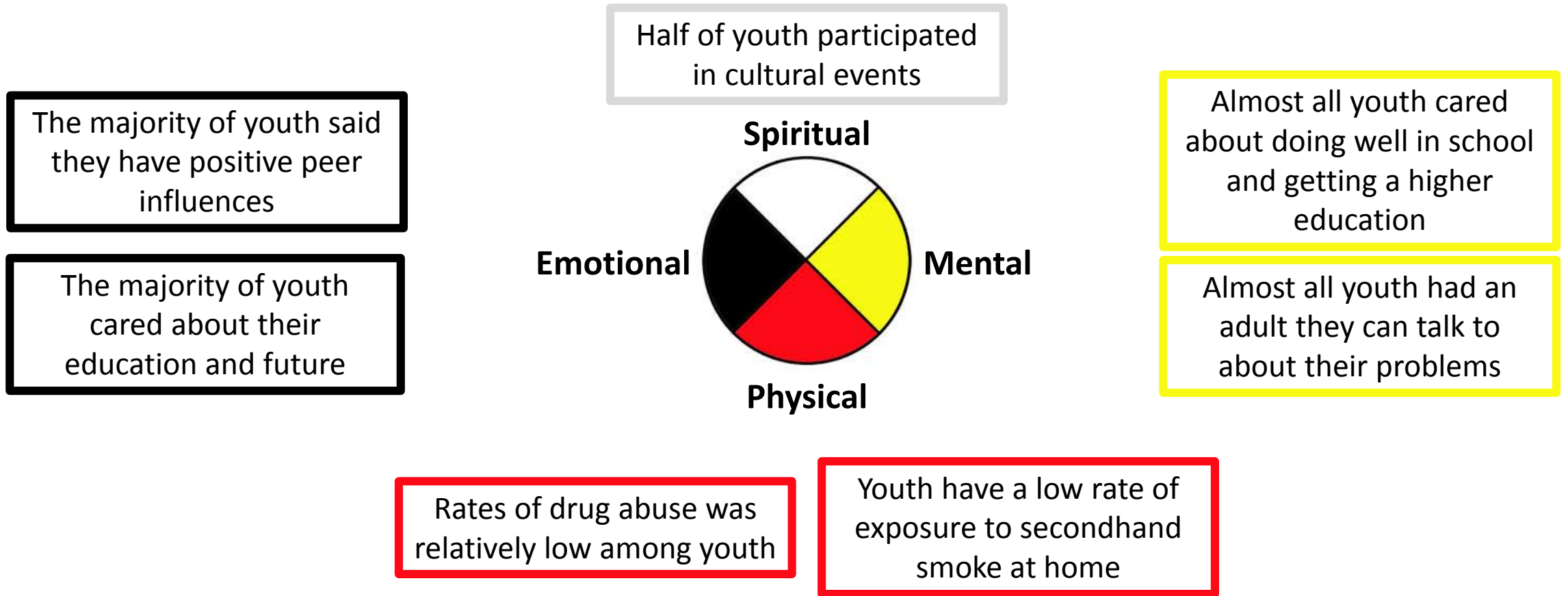


Use of Time for religious/spiritual activities



Responsible Choices

Youth Assets

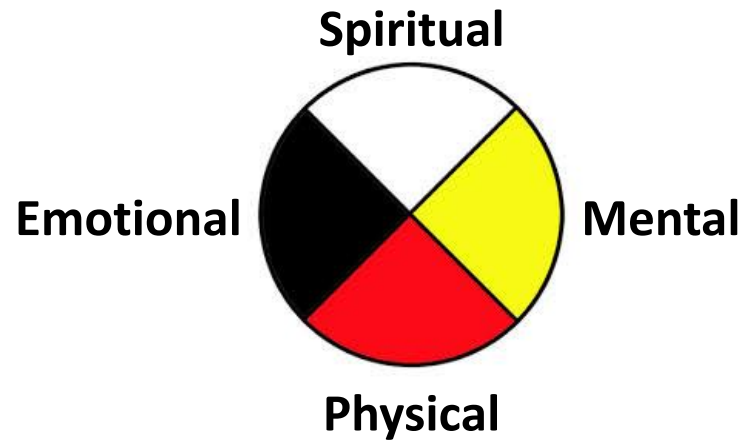


Youth Risks

Most youth knew nothing about traditional tobacco use

1 in 4 youth experienced bullying at school

Half of youth said it's easy for them to get tobacco and alcohol

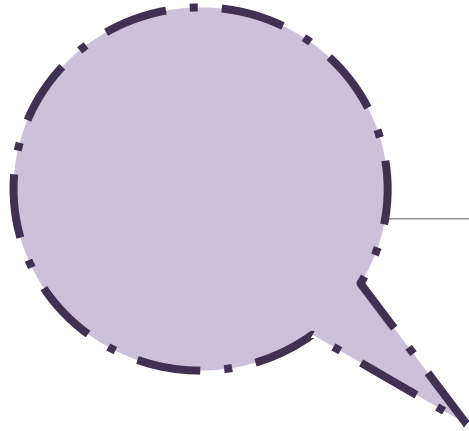


Youth don't believe that electronic vapor products are as dangerous to one's health as cigarettes

1 in 5 youth felt depressed and 1 in 10 youth have had suicidal thoughts

Youth were not getting enough physical activity on a daily basis

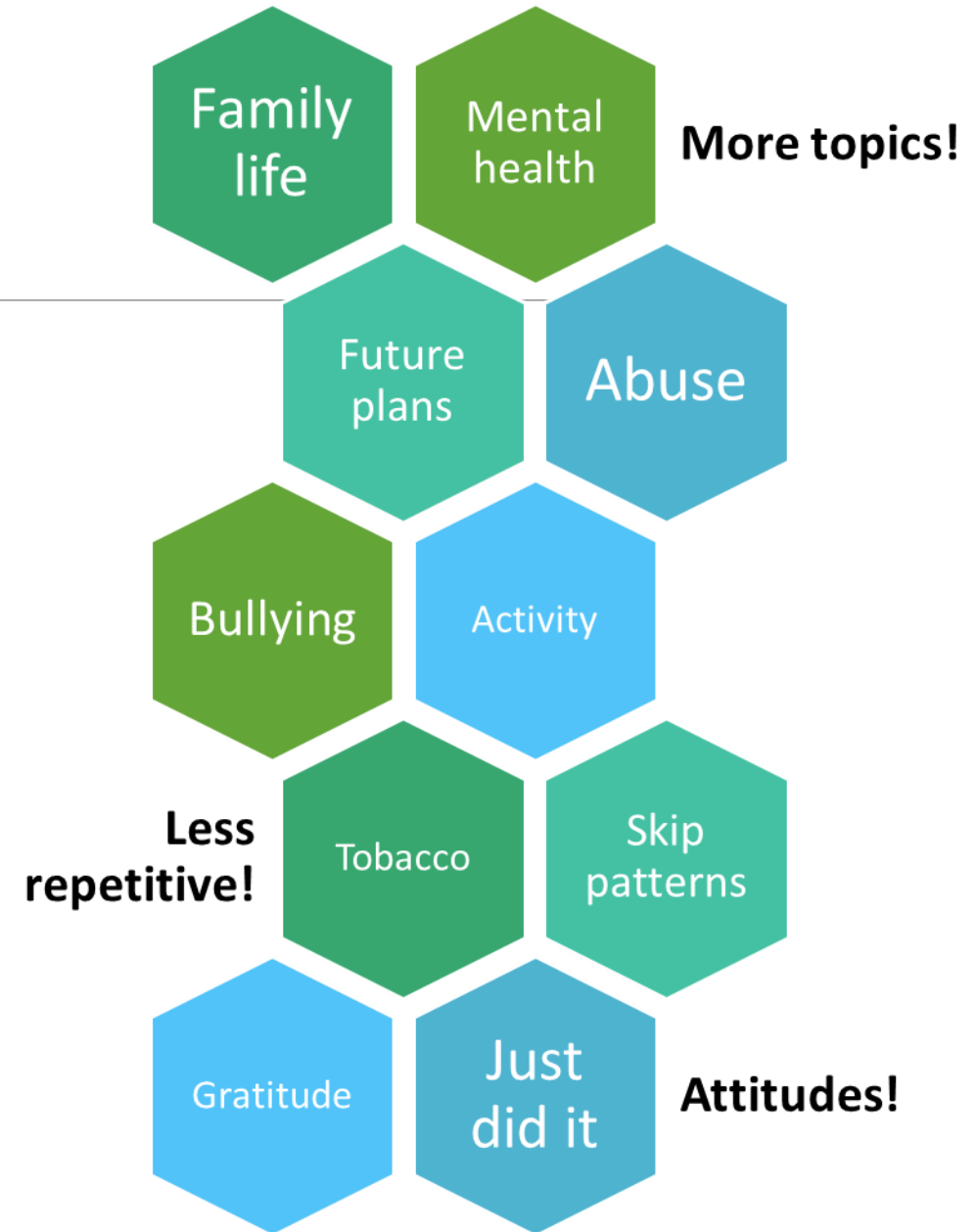
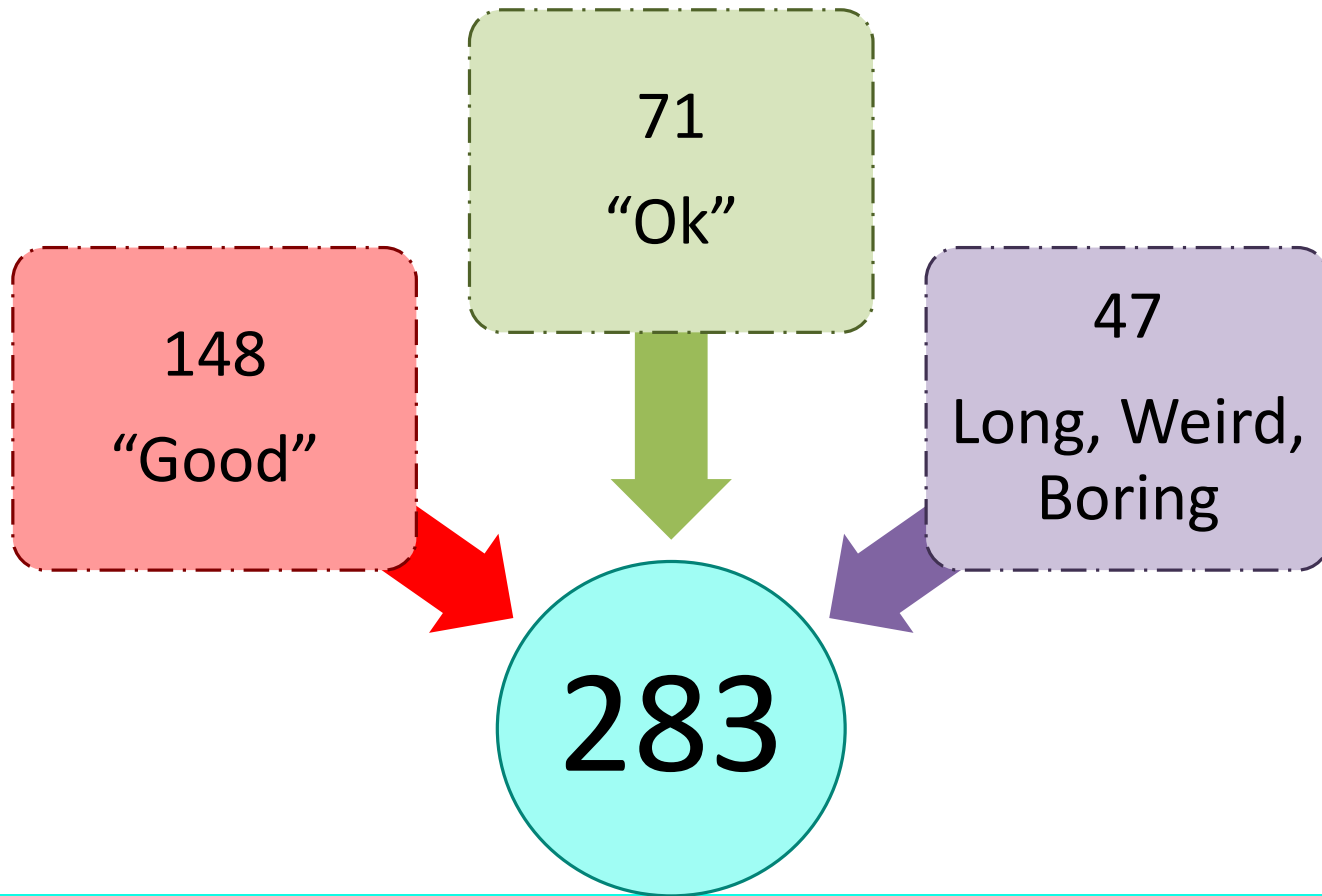
Only 7 in 10 youth were using condoms during sexual activity



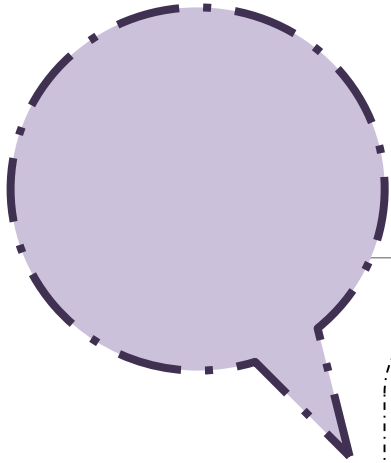
Please share your story!

What risks and assets are
priorities for youth in your
communities?

Voices of Our Youth



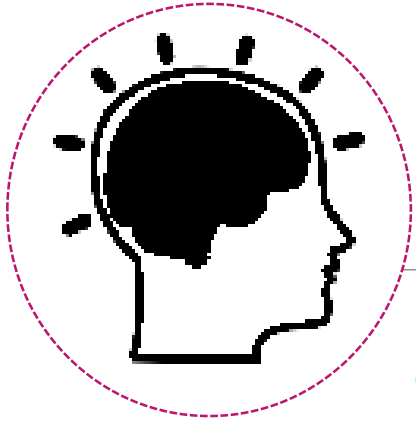
Voices of Our Youth



"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?

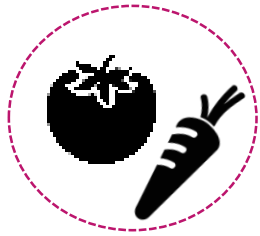
- Youth appreciate **having a voice** and a role in improving their community
- Youth want & need **positive, active opportunities** to get involved in community and cultural activities
- More positive **adult role models**, especially between elders and youth, would increase youth assets
- Youth have **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



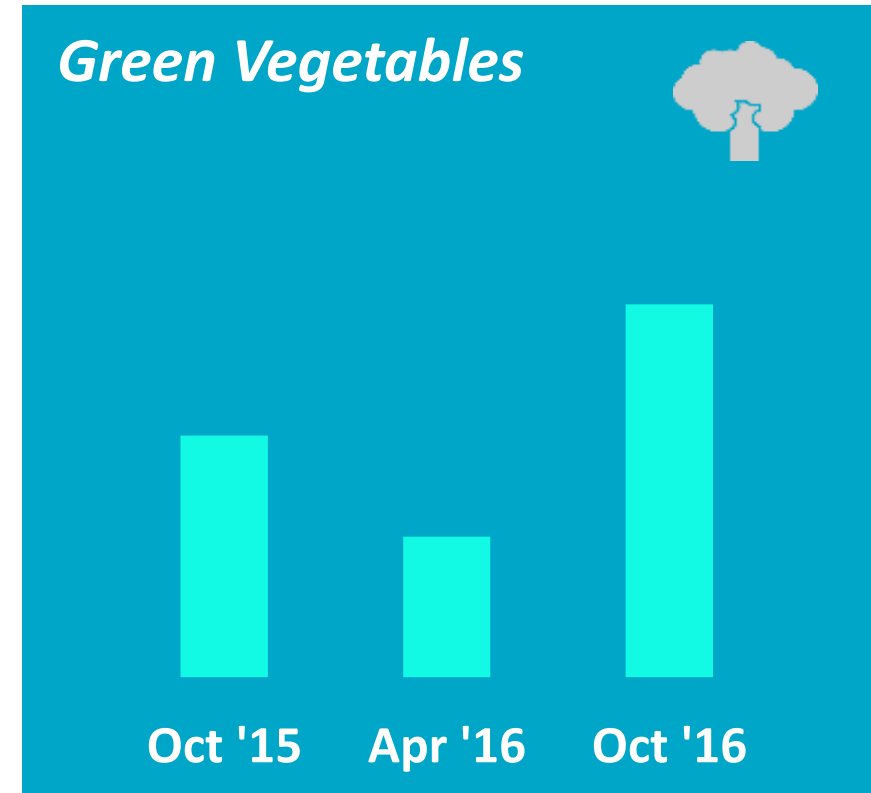
Partner with Tribal Early Childhood program to get more fresh produce into daily meals and resources and training for hands-on nutrition education



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



Build Youth Leaders: Youth Task Force

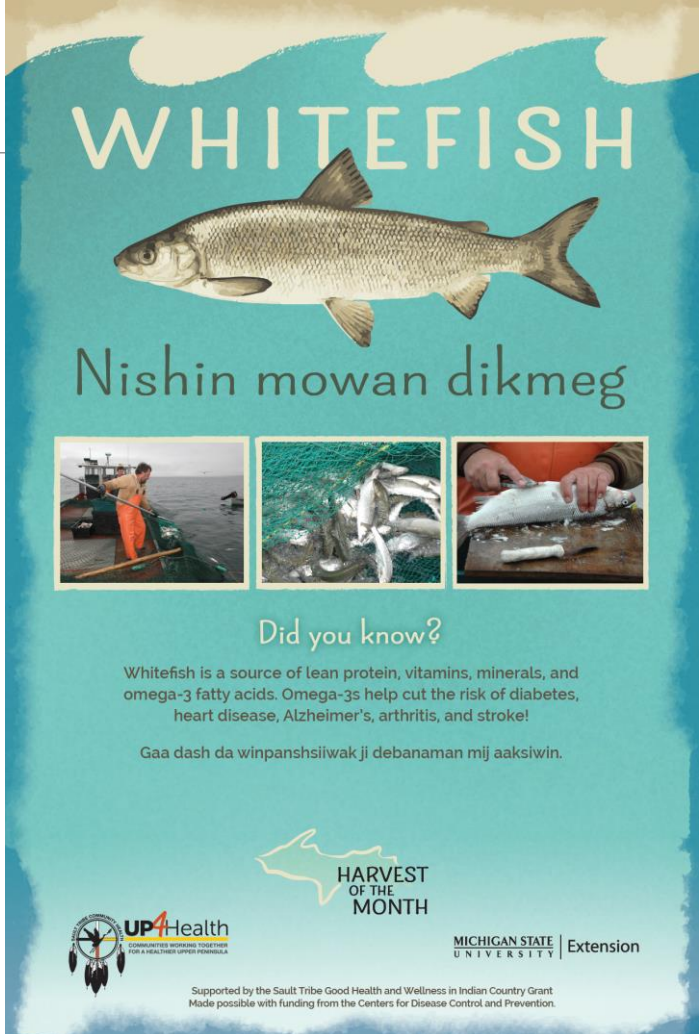


Promote Healthy, Indigenous Ways



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



WHITEFISH

Nishin mowan dikmeg

Did you know?
Whitefish is a source of lean protein, vitamins, minerals, and omega-3 fatty acids. Omega-3s help cut the risk of diabetes, heart disease, Alzheimer's, arthritis, and stroke!
Gaa dash da winpanshiwak ji debanaman mij aaksiwin.

UP4Health
COMUNITIES WORKING TOGETHER
FOR A HEALTHIER UPPER PENINSULA

HARVEST OF THE MONTH

MICHIGAN STATE UNIVERSITY | Extension

Supported by the Sault Tribe Good Health and Wellness in Indian Country Grant
Made possible with funding from the Centers for Disease Control and Prevention.

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

The screenshot shows the UP4Health website homepage. At the top, there is a navigation bar with the UP4Health logo, links for Home, Calendar, About Us, and Staff, a Facebook icon, and a search bar. Below the navigation bar is a large banner image of people running in a field. To the left of the banner is the UP4Health logo, which includes a circular emblem with a bird and the text "SAULT TRIBE COMMUNITY HEALTH" and "UP4Health COMMUNITIES WORKING TOGETHER FOR A HEALTHIER UPPER PENINSULA". To the right of the banner are three vertical menu items: "Calendar & Events" with a calendar icon showing the number 25, "Local Coalitions" with a map of Michigan and a circular emblem, and "Healthy Eating" with an image of a bowl of fruit.

UP4Health Home Calendar About Us Staff

UP4Health
COMMUNITIES WORKING TOGETHER
FOR A HEALTHIER UPPER PENINSULA

Calendar & Events
25

Local Coalitions

Healthy Eating

UP4Health Challenge Kickoff

New UP4Health Video

[Up4Health YouTube](#)



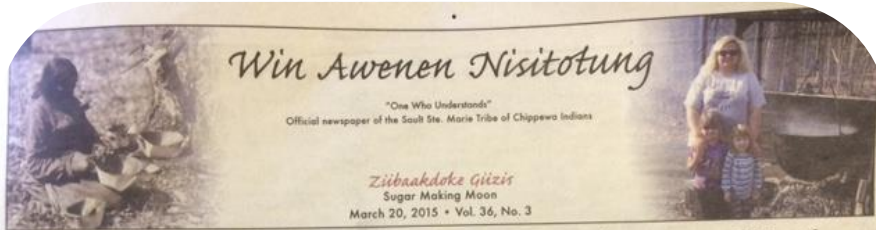
Tribal YEA Fitness



Marquette Alternative High School Disc Course & Art Mural

2018

Where Will We Go From Here?



Tribe blazes trail for public health accreditation

By BRENDIA AUSTIN
Sault Tribe Community Health was chosen recently by the National Indian Health Board (NIHB) for an award of \$10,500 to work on projects leading to public health accreditation. Five tribes were picked for this award. This is the first year for the Tribal Accreditation Support Initiative (ASI), a pilot project to support tribes in their efforts to achieve public health accreditation through the Public Health Accreditation Board, the only voluntary national accreditation program for public health departments.

This funding will allow Community Health the opportunity to critically assess their department's effectiveness, improve processes and identify and prioritize community needs. Their goal, according to Health Division Manager Bonnie Cuffa, is to develop a strategic plan that will



Above (L-R) are Shannon Lang of the Michigan Public Health Institute, Health Services Director Bonnie Cuffa, NIHB Acting Director of Public Health Programs and Policy Robert Foley, Sault Tribe Health and Wellness Manager Lisa Myers, Health Education Supervisor Colleen Commons and Unit I Rep. Cathy Abramson.

to move forward with our public health accreditation. We are already accredited in Behavioral Health and all of our medical services, so this would be our first accreditation in public health. Colleen Commons said, "Our work plan is to pull our data together into one report which we can use to develop a strategic plan. We do not know what the identified need is relative to the resources that assist in the

old, but it is just now gaining ground in Indian Country and this is the first such effort specific to Indian Country, so the Sault Tribe is really kind of blazing the way," Foley said.

"Accreditation in general is about aligning programs and service delivery in the public health sector with a set of national standards and measures," he said. "If you can meet the standards, that is saying you are doing a good job in your public health service delivery. The tribe will now be examining some of their practices, systems, processes, and procedures and try to align them with national standards of measures. The end result will be not just a stamp of accreditation, but it will be the ability for the tribe to step forward and say that we are operating at the same level and providing the same level of quality and efficient service as any of the state and local departments."



Canning and Preserving Workshop Survey Results

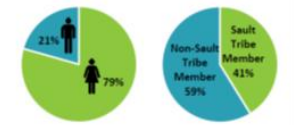
July-August 2016



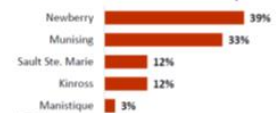
The Workshop

The Canning and Preserving Workshops were held between July and August 2016. Workshops were organized through funds from the Good Health and Wellness in Indian Country Grant and offered in locations across the Sault Tribe seven-county service area. Participants were asked to fill out a survey at the end of the workshop. The results represent the 34 participants who filled out the survey.

Workshop Participants



Where Did You Attend the Workshop?



Where Did You Hear about the Workshop?



Survey Results

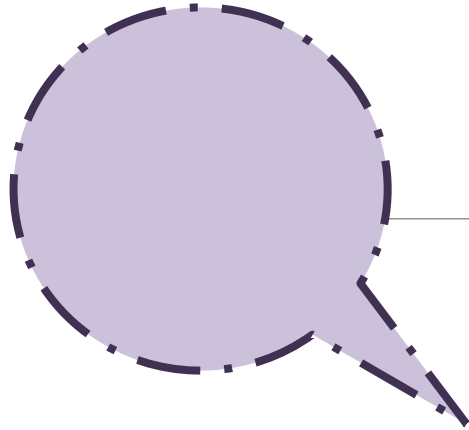
Participants learned how to can traditional foods including fish, berries, and beans. Each canning session taught participants safe techniques and skills of canning and preserving. Participants learned the health benefits of eating fresh, local traditional foods.

- 83% of participants were very satisfied with this workshop
- 100% of participants found the workshop useful and would attend another workshop
- 100% of participants would recommend this workshop to family or friends

"I learned how to make salsa, and how to easily peel tomatoes. I also learned about the need to freeze venison for 30 days before drying to prevent parasites."

47 participants July-August

For more information about upcoming workshops, please contact:
Sault Tribe Community Health
(906)632-5200



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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