

# National Indian Health Board Health Policy Fellowship



## **Carmelita Shouldis**

Sicangu Lakota of the Rosebud Sioux Tribe  
2018-19 National Indian Health Board  
Health Policy Fellow

**Hometown:** White River, South Dakota

**Education:** current undergraduate student in Health Science with a minor in Public Health (graduating December 2018)

**A friend of mine also did the fellowship [last year] and told me about it since I am interested in Indian health policy.** I figured the Fellowship would bridge my way into learning how I can improve Native health issues through policy and public health. I also hope to learn how the governmental system works, so that I can help work toward achieving health equity for Native Americans.

I want to be a resource about treaty rights for Native youth who may not know how history still impacts the health of Native people today.

**An obstacle I have faced is speaking up when I feel like I need to say something.** I have left conversations very glad that I spoke up. If I would not have had the courage to speak up, I would have went home with it stuck in my mind, feeling suppressed. I am learning to have a strong courageous voice in a good way for my people.

**My short term goals:** Finishing my undergraduate education, beginning my masters within a year, and remembering to stay healthy mentally, spiritually, and physically along the way.

**Advice for those who may be interested in working to improve the health of their people:** The advice I would give is to learn the history of the population you wish to improve the health

of and never stop networking. I would also suggest to trust your intuition and always investigate if something does not seem right.