

Third Conference on Native American Nutrition
From Knowledge to Practice:
Using Both Indigenous Wisdom and Academic Research to Improve Native
American Nutrition
Updated 5/18/18

October 2

- 12:00-4:00 p.m. Optional pre-conference workshops (register for these separately)
- "Native Infusion: Reclaiming Ancestral Beverages," *Valerie Segrest, MS (Muckleshoot), Traditional Foods and Medicines Program Manager, Muckleshoot Indian Tribe, Auburn, WA*
 - "Dream of Wild Health – Youth Garden Tour," *Ernie Whiteman (Northern Arapaho), Cultural Director, and Heather Drake, Farm Manager, Dream of Wild Health staff, Hugo, MN*
 - "Preparing Healthy Traditional Food with the Sioux Chef," *Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN*
 - "Foraging for Native Edible Plants," *Hope Flanagan (Seneca), Wild Foods Educator, Dream of Wild Health, Minneapolis, MN*
 - "Indigenous Wellness: Ancestral Food-Ways, Indigenizing Fitness & Movement, and the Interconnectedness of Wellness, Culture, and Indigenous Language," *Anthony Thosh Collins (O'odham/Haudenosaunee/Osage), Wellness Trainer, Well for Culture, Phoenix, AZ*
- 5:00-8:00 p.m. Registration
- 5:00 p.m. "The (R)Evolution of Indigenous Food Systems of North America"
• *Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN*
- 6:00 p.m. Welcome gathering

October 3

- 7:00 a.m.-3 p.m. Registration
- 7:00-8:00 a.m. Breakfast
- 8:00 a.m. WELCOME AND OPENING CEREMONY**
- *Shakopee Mdewakanton Sioux Community*
 - *University of Minnesota*
 - *Drum group, color guard, and blessing*

SESSION 1: NUTRITION ACROSS THE LIFECYCLE

- 8:30 a.m. "Breastfeeding as Native American Food Sovereignty"
• *Camie Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton), Lactation Consultant, Seattle, WA*

- 9:15 a.m. Childhood nutrition
- TBD
- 10:00 a.m. Break
- 10:30 a.m. “Improving Health of Native American Elders Through Increasing Traditional Food Consumption”
- *Petra Harmon One Hawk, MPH (Standing Rock Dakota and Lakota), Title VI Director and Director of the Nutrition For the Elderly/Caregiver Support Program, Standing Rock Sioux Tribe, Fort Yates, ND*
- 11:15 a.m. Elder response
- *Beverly Stabber-Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Brookings, SD*
- 11:45 a.m. Lunch

SESSION 2: INTERGENERATIONAL LEARNING ABOUT FOOD AND NUTRITION

- 1:00 p.m. Nuvayestewa family
- *Evangeline Nuvayestewa (Hopi/Tewa), retired teacher; Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe; Valerie Nuvayestewa (Hopi/Tewa), Diabetes Prevention Educator, DHHS, The Hopi Tribe; and Erin Eustace (Hopi/Tewa/Zuni, age 20), Polacca, AZ*
- 2:00 p.m. Dream of Wild Health elder and youth leaders
- *Ernie Whiteman (Northern Arapahoe), Cultural Director, and youth leaders, Dream of Wild Health, Minneapolis, MN*
- 3:00 p.m. Youth panel
- 3:45 p.m. Break
- 4:15 p.m. Breakout groups I
- 5:15 p.m. Networking/break
- 6:15 p.m. Dinner
- Keynote: TBD

October 4

- 7:00 a.m.-3 pm Registration
- 7:00 a.m. Breakfast

SESSION 3: FOOD SYSTEMS, FOOD SOVEREIGNTY AND NUTRITION

- 8:00 a.m. “Food Diversity and Indigenous Food Systems to Combat Diet-Linked Chronic Diseases”
- *Kalidas Shetty, PhD, Associate Vice President for International Partnerships and Collaborations and Professor of Plant Sciences, North Dakota State University, Fargo, ND*

- 8:45 a.m. “New Hope for Old Crops: The Pawnee Seed Preservation Project”
- *Debra D. Echo-Hawk (Pawnee Nation of Oklahoma), Title VI Meals and Caregiver Services Coordinator, Pawnee, OK*
- 9:30 a.m. Break
- 10:00 a.m. “Maximizing Nutrition Content of the Three Sisters Crops”
- *Jane Mt. Pleasant, PhD (Tuscarora), Associate Professor, Department of Horticulture, Cornell University, Ithaca, NY*
- 10:45 a.m. “Promoting Health Through Food Systems and Food Sovereignty Initiatives”
- *Valarie Blue Bird Jernigan, DrPH, MPH (Choctaw Nation of Oklahoma), Associate Professor, Health Promotion Sciences, Sam K. Viersen Family Foundation Presidential Professor, College of Public Health, University of Oklahoma Health Sciences Center, Tulsa, OK*
- 11:30 a.m. Elder response
- *Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe*
- 12:00 p.m. Lunch
- 1:15 p.m. Breakout groups II
- 2:15 p.m. Break
- 2:45 p.m. “Farm Bill Update”
- *Zachary Ducheneaux (Cheyenne River Sioux), Intertribal Agriculture Council Technical Assistance Program, Eagle Butte, SD*
- 3:30 p.m. Powered by Pechakucha
- 5:00 p.m. Poster session/reception

October 5

7:00-11:00 a.m. Registration

7:00 a.m. Breakfast

SESSION 4: IMPORTANCE OF RECOVERY FROM HISTORICAL TRAUMA TO HEALTH AND NUTRITION

8:00 a.m. “Epigenetic Impact of Unresolved Trauma and Poor Nutrition”

- *Donald Warne, MD, MPH (Oglala Lakota), Professor and Chair, Department of Public Health, North Dakota State University, Fargo, ND*

8:45 a.m. “How Recovering from Historical Trauma can Improve Native Nutritional Health”

- *Karina Walters, PhD (Choctaw), William P. and Ruth Gerberding Endowed Professor and Associate Dean for Research, Co-Director, Indigenous Research Wellness Institute, University of Washington, Seattle, WA*

- 9:30 a.m. “Deconstructing Historical Trauma: Survival Stories”
- *Mary Annette Pember (Red Cliff Band of Ojibwe), award-winning journalist and former President of the Native American Journalists Association, Cincinnati, OH*
- 10:15 a.m. Closing elder panel
- *Beverly Stabber-Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Brookings, SD*
 - *Evangeline Nuvayestewa (Hopi/Tewa), retired teacher, Polacca, AZ*
 - *Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ*
 - *Ernie Whiteman (Northern Arapahoe), Cultural Director, and youth leaders, Dream of Wild Health, Minneapolis, MN*
- 11:30 a.m. Closing remarks/closing ceremony

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