What are the Social Determinants of Nutritional Health in the Context of Indian Country?

First Annual Conference on Native American Nutrition: September 26th, 2016

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Notah Begay III Foundation (NB3F)

NB3F was founded in 2005 by Notah Begay III (Navajo, San Felipe/Isleta Pueblos), a 4-time PGA TOUR winner and Golf Analyst for NBC Sports & The Golf Channel

**Mission:** To reduce Native American childhood obesity and type 2 diabetes

**Goal:** To partner with tribal communities to enhance their own efforts in combating type 2 diabetes and childhood obesity.

**Our Work:** NB3Fit

Native Strong: Healthy Kids, Healthy Futures
What does it mean to be HEALTHY and WELL in your traditional language?

Wicozani
"Whole health"

Wolakotiu

Mazani Kte
I'm going to be healthy

Bimadiziwin
(Anishinaabe)
Living a good/healthy Life
History and context are critical to understanding the current status of a people.

“Increasing evidence suggests that the social determinants of health model cannot fully explain the inequalities experienced by indigenous peoples, and determinants are more related to unique life experiences must be taken into account” – Brown, H.J. et al. 2012
OBJECTIVES:
• Examine the root causes of childhood obesity and type 2 diabetes among Native Americans
• Analyze the current infrastructure for collecting secondary data

Indigenous SDOH and Indicators
• Access to and utilization of traditional lands
• Historical Trauma
• Cultural Engagement – access to cultural activities
• Self Determination
Integrated Life Course and Social Determinants Model of Aboriginal Health
<table>
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<tr>
<th><strong>PROXIMAL INDICATORS</strong></th>
<th><strong>INTERMEDIATE INDICATORS</strong></th>
<th><strong>DISTAL INDICATORS</strong></th>
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<tr>
<td>Participation in physical activity</td>
<td>638 or Direct Service tribe</td>
<td>Historical trauma</td>
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<td>Childhood/youth overweight and obesity</td>
<td>Exposure to domestic violence</td>
<td>Racism and Social Exclusion</td>
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<td>Consumption of healthy foods</td>
<td>Unstable living conditions</td>
<td>Self-Determination/Life Control</td>
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<td>Tobacco/Alcohol/Drug use among teens</td>
<td>Access to cultural activities</td>
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<td>Breastfeeding rates</td>
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<td>Access to safe areas to play, exercise</td>
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<td>Housing conditions</td>
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<td>Access to early education</td>
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<td>Reading/Math proficiency</td>
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<td>Graduation Rates</td>
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<td>Access to healthy foods</td>
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<td>Child hunger rates</td>
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<td>Poverty/Socioeconomic status</td>
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<td>Family Income</td>
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<td>Parental employment</td>
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<td>Percentage of Children qualifying for free or reduced lunch</td>
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Factors Affecting Food Choice

SOCIAL
- Work Patterns
- Choice of Shops
- Likes & Dislikes

PHYSICAL
- Food Availability
- Money
- Time

CULTURAL
- Family Traditions
- Cooking Skills

PSYCHOLOGICAL
- Emotions
- Temptations
Thank you!

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