

First Annual Conference on Native American Nutrition



September 26-27, 2016

Mystic Lake Casino Hotel
Prior Lake, Minnesota



Seeds *of* Native Health
A Campaign for Indigenous Nutrition



HEALTHY FOODS,
HEALTHY LIVES INSTITUTE
UNIVERSITY OF MINNESOTA

WELCOME

On behalf of the Shakopee Mdewakanton Sioux Community (SMSC) and the University of Minnesota, we welcome you to this first-ever scientific conference devoted solely to Native American nutrition.

This gathering is an initiative of the SMSC's Seeds of Native Health campaign, and one of three campaign projects funded by the tribe in its close partnership with the University.

The nutritional health and food access crises in large swaths of Indian Country have long demanded the widest possible collaboration among Native and non-Native leaders, activists, frontline practitioners, scientists, and others. This conference was conceived from the start to create an opportunity for such collaboration and to bridge the gulf, which too often has existed between Indigenous and academic knowledge.

We hope that the ideas you share and learn during this conference – and the personal and professional relationships which you start or strengthen here – will not only inspire you in your own work but also make a lasting contribution to solving these crises afflicting Native communities.

We are excited to have your participation in this milestone event in the movement to restore Native Americans' health, foodways, and power of self-determination.

Sincerely,



Charles R. Vig
Chairman
Shakopee Mdewakanton Sioux Community



Eric W. Kaler
President
University of Minnesota



Seeds of Native Health
A Campaign for Indigenous Nutrition



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AGENDA

#nutrition16

From Knowledge to Practice

Using Both Indigenous Wisdom and Academic Research to Improve Native American Nutrition

SEPTEMBER 25

Welcome gathering (7:00-9:00 p.m.)

5:30-7:30 **Registration** *(Convention space entrance)*

7:00-9:00 **Light appetizers and cash bar** *(Grand Ballroom)*

SEPTEMBER 26

Breakfast (8:00-8:50 a.m.)

7:00-3:00 **Registration** *(Convention space entrance)*

8:00-8:20 **Opening ceremony** *(Grand Ballroom)*

- Emceed by Lori Watso (Shakopee Mdewakanton Sioux Community) Chair, Seeds of Native Health
- Colors presented by Sisseton-Wahpeton Kit Fox Society
- Blessing by Leonard Wabasha (Lower Sioux Community) Shakopee Mdewakanton Sioux Community Cultural Director

8:30-8:50 **Welcome remarks**

- Secretary/Treasurer Freedom Brewer, Shakopee Mdewakanton Sioux Community
- President Eric Kaler, PhD, University of Minnesota

Framing the conference: Context, purpose and outcomes *(Grand Ballroom)*

8:50-9:05 **"Feeding ourselves: Historical and contemporary challenges to healthy nutrition in Indian Country"**

- Crystal Echo Hawk (Pawnee Nation of Oklahoma), President and CEO, Echo Hawk Consulting
- Janie Hipp, JD, LLM (Chickasaw Nation), Director, Indigenous Food and Agriculture Initiative and Law Professor, University of Arkansas
- Moderated by Brenda Child, PhD, Professor and Chair, Department of American Studies, University of Minnesota

9:05-10:15 **GOALS OF THE CONFERENCE**

"Highlighting innovative work in Indian Country"

- Gary Ferguson, ND (Unangan/Aleut), Community Health Services Senior Director, Alaska Native Tribal Health Consortium



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"Developing partnerships"

- Abigail Echo-Hawk, MA (Pawnee/Athbascan), Co-Director, Partnerships for Native Health, Washington State University

"Translating research into policy and practice"

- Tiffany Beckman, MD, MPH (Leech Lake Band of Ojibwe), Assistant Professor, University of Minnesota Medical School

"Building momentum to improve Native American nutrition"

- Janie Hipp, JD, LLM (Chickasaw Nation), Director, Indigenous Food and Agriculture Initiative, and Law Professor, University of Arkansas

10:15-10:30 Break

Improving Native nutritional health through evidence-based research and practice-based knowledge

10:30-11:00 "Building trust and maintaining relationships between researchers and Native American communities" (Grand Ballroom)

- Abigail Echo-Hawk, MA (Pawnee/Athbascan), Co-Director, Partnerships for Native Health, Washington State University
- Kenneth Smoker Jr., MBA (Assiniboine and Sioux Tribes of the Fort Peck Reservation, Montana), Director, Fort Peck Tribes Health Promotion/Disease Prevention Program
- Introduced by Diane Wilson (Dakota Kiciya), Executive Director, Dream of Wild Health

11:00-11:15 INTRODUCTION TO BREAKOUT SESSIONS

- Mindy S. Kurzer, PhD, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, and Chair of the Conference Organizing Committee

Track A: Healthy eating/nutrition education

- Moderated by Sheila Fleischhacker, Senior Public Health and Science Policy Advisor, Office of Nutrition Research, National Institute of Diabetes and Digestive and Kidney Diseases

Track B: Improving Native food systems

- Moderated by Stephen Bond-Hikatubbi (Chickasaw Nation), Technical Assistance Specialist, Eastern Oklahoma Region, Intertribal Agriculture Council

Track C: Social determinants of Native nutritional health

- Moderated by Donald Warne, MD, MPH (Oglala Lakota) Associate Professor and Chair, Department of Public Health, North Dakota State University

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11:15-12:00 SIMULTANEOUS BREAKOUT SESSIONS 1

Track A: Healthy eating/nutrition education *(Little Crow 1 & 2)*

"Eagle Adventure Diabetes Prevention Program"

- Jill Fox, MPH (Chickasaw), Get Fresh! Eagle Adventure Coordinator, Chickasaw Nation Nutrition Services
- Sarah Miracle, MBA, RD, LD, Get Fresh! SNAP-ED Program Manager, Chickasaw Nation Nutrition Services

Track B: Improving Native food systems *(Wabasha 1 & 2)*

"Store Outside Your Door: Indigenous food and health for Alaska Native people"

- Gary Ferguson, ND (Unangan/Aleut), Community Health Services Senior Director, Alaska Native Tribal Health Consortium

Track C: Social determinants of Native nutritional health *(Shakopee)*

"What are social determinants of nutritional health in the context of Indian Country?"

- Olivia Roanhorse, MPH, Director, Native Strong: Healthy Kids, Healthy Futures, the Notah Begay III Foundation
- Donald Warne, MD, MPH (Oglala Lakota) Associate Professor and Chair, Department of Public Health, North Dakota State University

Lunch (12:00-1:00 p.m.) *(Grand Ballroom)*

Keynote plenary

- Faith Spotted Eagle (Yankton Sioux), Braveheart Society, Ihanktonwan Dakota Territory South Dakota
- Introduced by Tiffany Beckman, MD, MPH (Leech Lake Band of Ojibwe), Assistant Professor, University of Minnesota Medical School

1:00-1:50 SIMULTANEOUS BREAKOUT SESSIONS 2

Track A: Healthy eating/nutrition education *(Little Crow 1 & 2)*

"Healthy children, strong families: Family-based healthy lifestyle promotion in Indian Country"

- Alexandra Adams, MD, PhD, Professor and Director, Center for American Indian and Rural Health, Montana State University
- Scott Krueger RD, CD, CDE, Nutritional Services Director, Menominee Indian Tribe of Wisconsin



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Track B: Improving Native food systems *(Wabasha 1 & 2)*

"A fresh look at what (you think) you know about the Food Distribution Program on Indian Reservations (FDPIR) package"

- Holly Hunts, PhD, Associate Professor, Montana State University

Track C: Social determinants of Native nutritional health *(Shakopee)*

"Stress among Oklahoma Choctaws caring for dependents with Type 1 and Type 2 diabetes"

- J. Neil Henderson, PhD (Choctaw Nation of Oklahoma), Professor and Leader, Medical Discovery Team on Health Equity: Rural Health Access and American Indian Health, University of Minnesota Medical School, Duluth
- Introduced by Tiffany Beckman, MD, MPH (Leech Lake Band of Ojibwe), Assistant Professor, University of Minnesota Medical School

1:50-2:00

Break

2:00-2:50

SIMULTANEOUS BREAKOUT SESSIONS 3

Track A: Healthy eating/nutrition education *(Little Crow 1 & 2)*

"Building healthy community relationships through food security and food sovereignty"

- Treena Delormier, PhD (Mohawk), Assistant Professor, University of Hawaii
- Aianóhon Kaylia Marquis, BA (Mohawk), Food Security Coordinator, Ieiénthos Akotiòhkwa Planting Group, Kahnawà:ke

Track B: Improving Native food systems *(Wabasha 1 & 2)*

"Improving the food environment in Native communities"

- Joel Gittelsohn, PhD, Professor, Johns Hopkins University
- Marla Pardilla, MPH, MSW, Research Coordinator, S.W. Field Research Office, Johns Hopkins University

Track C: Social determinants of Native nutritional health *(Shakopee)*

"The ancestral human microbiome: From traditional production and consumption to the impact of modern practices on nutritional health among Amazonian peoples"

- Hortensia Caballero Arias, PhD, Centro de Antropología del Instituto Venezolano de Investigaciones Científicas (IVIC), Caracas, Venezuela
- Maria Gloria Dominguez-Bello, PhD, Associate Professor, New York University School of Medicine

2:50-3:15

Break

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Model programs in Indian Country *(Grand Ballroom)*

- Moderated by Gary Ferguson, ND (Unangan/Aleut), Community Health Services Senior Director, Alaska Native Tribal Health Consortium

3:15-3:40

"Nisqually Community Garden: Approaches to health through relationships with food, the Earth, and each other"

- Janell Blacketer (Nisqually Indian Tribe), Field Technician
- Grace Ann Byrd (Nisqually Indian Tribe), Field Technician
- Caitlin Krenn, Supervisor, Community Garden Program

3:40-4:05

"Good Heart Grocery and Eat Right Deli community assessment and strategic plan"

- Tiffany Beckman, MD, MPH (Leech Lake Band of Ojibwe), Assistant Professor, University of Minnesota Medical School
- Faith Spotted Eagle (Yankton Sioux), Braveheart Society, Ihanktonwan Dakota Territory, South Dakota

4:05-4:30

"Food is Our Medicine: Advancing Native health and culture"

- Ken Parker, CNLP (Seneca Nation), Project Manager, Seneca Nation of Indians and Seneca Diabetes Foundation

4:30-4:55

"Oneida Community Integrated Food System"

- Joanie Buckley (Oneida Nation of Wisconsin), Internal Services Division Director, Oneida Community Integrated Food System

4:55-5:00

Closing

- Mindy S. Kurzer, PhD, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, and Chair of the Conference Organizing Committee

5:00-6:00

Break

Reception (6:00-9:30 p.m.)

6:00-7:00

Cocktail hour and poster session *(Dakota Ballroom)*

7:00-9:30

Dinner and traditional dancing *(Grand Ballroom)*

- Emceed by Lori Watso (Shakopee Mdewakanton Sioux Community), Chair, Seeds of Native Health
- Blessing by Andy Vig (Shakopee Mdewakanton Sioux Community)

Keynote: "Feeding the spirit"

- Valerie Segrest, MS (Muckleshoot), Traditional Foods and Medicines Program Manager, Muckleshoot Indian Tribe
- Introduced by Kris Rhods, MPH (Anishinaabe, Bad River Band of Lake Superior Chippewa and Fond du Lac Reservation), Executive Director, American Indian Cancer Foundation



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SEPTEMBER 27

Breakfast (7:30 a.m.- 8:30 a.m.) *(Buffet outside Grand Ballroom)*

8:30-8:45 **Recap of Day 1 and introduction to breakout sessions** *(Grand Ballroom)*

- Mindy S. Kurzer, PhD, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, and Chair of the Conference Organizing Committee

Moving forward together to improve Native American nutrition

8:45-10:45 **SIMULTANEOUS BREAKOUT SESSIONS**

Track A: Healthy eating/nutrition education *(Little Crow 1 & 2)*

Track B: Improving Native food systems *(Wabasha 1 & 2)*

Track C: Social determinants of Native nutritional health *(Shakopee)*

- Mapping exercise: What innovative/successful work is being done and by whom?
- Where are the knowledge gaps?
- What resources are needed?
- What is the role of land-grant institutions?

10:45-11:00 **Break**

11:00-11:45 **Report back to whole group** *(Dakota Ballroom)*

Lunch (11:45-12:45 p.m.) *(Grand Ballroom)*

“Indigenous peoples’ food systems: Global awareness and action”

- Harriet Kuhnlein, PhD, Professor Emerita, McGill University, and Founding Director, Centre for Indigenous Peoples’ Nutrition and Environment
- Introduced by Treena Delormier, PhD (Mohawk), Assistant Professor, University of Hawaii

12:45-1:45 **“Navigating grant opportunities to improve Native American nutrition”**

- David Epsey, Grantee Coordinator, Centers for Disease Control and Prevention
- Sheila Fleischhacker, Senior Public Health and Science Policy Advisor, Office of Nutrition Research, National Institutes of Health
- Justin Kii Huenemann (Navajo Nation), President and CEO, Notah Begay III Foundation
- Livia Marqués, President, Food Driven Strategies, LLC
- Moderated by Crystal Echo Hawk (Pawnee Nation of Oklahoma), President and CEO, Echo Hawk Consulting

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1:45-2:45

Next generation: Native American youth presentations

- Moderated by Amber Cardinal, MPH (Mandan, Hidatsa & Arikara Nation and Keweenaw Bay Band of Ojibwa), Project Coordinator, American Indian Cancer Foundation

“Changing Native American nutrition”

- Rachael Cornelius, BS (Oneida Nation of Wisconsin)

“Using a health impact assessment to engage tribal leaders and inform the development of a healthy food retail intervention: The THRIVE study”

- Jordan Hearod, MPH (Choctaw), Doctoral Student in Health Promotion, University of Oklahoma Health Sciences Center

“Health and wellness programming in urban Native American communities: Perspectives of Native Americans with diabetes”

- Jason Champagne, BS (Red Lake Band of Chippewa), MPH Student in Public Health Nutrition, University of Minnesota and Community Wellness Chef, Shakopee Mdewakanton Sioux Community

“Next steps: How to use food medicine for diabetes”

- Brandon K. One Feather, BS, ASBMB (Oglala Lakota)

2:45-3:15

“Building momentum to improve Native American nutrition”

Panel discussion

- Tiffany Beckman, MD, MPH (Leech Lake Band of Ojibwe), Assistant Professor, University of Minnesota Medical School
- Abigail Echo-Hawk, MA (Kitkehahki Band of Pawnee Nation/Upper Athabascan People of Mentasta Village, Alaska), Co-Director, Partnerships for Native Health, Washington State University
- Crystal Echo Hawk (Pawnee Nation of Oklahoma), President and CEO, Echo Hawk Consulting
- Gary Ferguson, ND (Unangan/Aleut), Community Health Services Senior Director, Alaska Native Tribal Health Consortium
- Janie Hipp, JD, LLM (Chickasaw Nation), Director, Indigenous Food and Agriculture Initiative and Law Professor, University of Arkansas
- Lori Watso (Shakopee Mdewakanton Sioux Community), Chair, Seeds of Native Health
- Moderated by Brenda Child, PhD, Professor and Chair, Department of American Studies, University of Minnesota

Closing

3:15-3:30

Closing remarks

- Brian Buhr, Dean, College of Food, Agriculture and Natural Resource Sciences, University of Minnesota
- Lori Watso (Shakopee Mdewakanton Sioux Community), Chair, Seeds of Native Health



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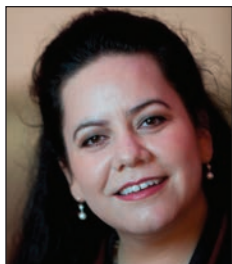


Alexandra Adams, MD, PhD

Professor and Director, Center for American Indian and Rural Health Equity,
Montana State University
akadams@montana.edu

Alexandra Adams MD, PhD is director of the Center for American Indian and Rural Health Equity (CAIRHE), an NIH COBRE Center at Montana State University dedicated to working in partnership with underserved communities to improve health. In July 2016, she relocated to Bozeman, Montana, from Madison, Wisconsin, where she had worked as a professor of family medicine and community health since 1999 at the University of Wisconsin School of Medicine and Public Health. At the University of Wisconsin, Dr. Adams was the director of the Collaborative Center for Health Equity, and assistant director for community engagement, University of Wisconsin Institute for Clinical and Translational Research from 2008–2016, and Director, University of Wisconsin Cancer Center's Cancer Health Disparities Initiative from 2009–2016.

Dr. Adams has more than 17 years of community-based participatory research experience with American Indian communities nationally, and has received more than \$20 million in community-partnered research funding from the National Institute of Health. Her research focuses on participatory research partnerships with underserved communities, and family and community change for early prevention of chronic disease. Her current research is in partnership with five American Indian communities nationally on the Healthy Children, Strong Families project. This National Heart, Lung and Blood Institute-funded R01 is a randomized trial of a healthy lifestyle intervention for American Indian families with children ages 2-5.



Tiffany Beckman, MD, MPH (Leech Lake Band of Ojibwe)

Assistant Professor, University of Minnesota Medical School Duluth
beckm004@umn.edu

As an enrolled member of the Leech Lake Band of Ojibwe, wolf clan, and an adopted member of the Mille Lacs Band of Ojibwe, Ihanktonwan and Bdewakantongwan Dakota, Dr. Tiffany Beckman is the first American Indian adult endocrinologist in the nation. She is an assistant professor of medicine in the Division of Diabetes, Endocrinology, and Metabolism, is a nutrition graduate faculty member at the University of Minnesota, and is board certified in endocrinology and general internal medicine.

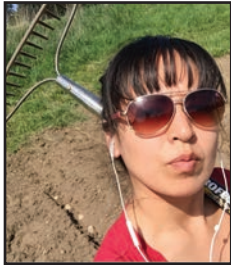
She is also a research associate at the Department of Veterans Affairs Medical Center in Minneapolis. Dr. Beckman received her MD and MPH degrees from the University of Minnesota. She completed her residency in internal medicine at Hennepin County Medical Center. She also completed an Indian Health Policy fellowship at the Center for American Indian and Minority Health and medical sub-specialty fellowship in Diabetes, Endocrinology and Metabolism at the University of Minnesota.

She is a philanthropist and graduate of the Native Americans in Philanthropy Circles of Leadership program and serves on the Seventh Generation Endowment Committee for Tiwahe Foundation. She has served as an internal medicine primary Care physician at the Indian Health Board Clinic of Minneapolis for four years and is now in her third term as a member of the board of directors. She is an oversight committee member of the National Institutes of Health National Institute of Diabetes and Digestive and Kidney Diseases Network of Minority Research Investigators. She received the Leech Lake Band of Ojibwe Commitment to the Community award. She also serves as a volunteer consultant working with all 11 tribes in Minnesota and others across the nation and continues to make more relatives along the way.

BIOGRAPHIES

SPEAKER

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Janell Blacketer (Nisqually Indian Tribe)

Field Technician

jroc747@yahoo.com

Janell Blacketer (Nisqually Indian Tribe) has worked at the Nisqually Community Garden since 2013. She is a certified Washington State University Master Gardener and leads frequent classes on herbal medicine and body care with elders, youth, and the community at large. She is inspired by the endless possibilities of plants to heal and feed us.



Steven Bond-Hikatubbi, MS (Chickasaw Nation)

Technical Assistance Specialist, Eastern Oklahoma Region, Intertribal Agriculture Council

steven@indianaglink.com

As a boy Steven Bond regularly visited his great-grandparent's subsistence farm in Wister, Oklahoma, developing a passion for all things agriculture which manifested into a drive to better understand the science behind nature. His undergraduate work at Southwestern Oklahoma State University, where he received a double major in biology and environmental chemistry, was subtended with research in the field of biochemistry and entomology. Graduate studies at Oklahoma State University began in the

botany department but were redirected towards biosystems agricultural engineering yielding a MS in the field of environmental science with a specialty in watershed resource management. In 2008 Steven began working for the Chickasaw Nation, where he is an enrolled member and active in community and cultural activities. There, he formed the Ecological Resources and Sustainability Program and was charged with overseeing the development of the 109-acre campus of the Chickasaw Cultural Center into an outdoor classroom, including traditional gardening, programmatic activities, and traditionally important plantings throughout the campus. In 2011 Steven took the Western Region position with Intertribal Agriculture Council (IAC), providing technical assistance to all the tribes in Utah and Arizona and serving as a liaison to the U.S. Department of Agriculture Office of Tribal Relations. In spring 2013, Steven moved back to his micro-farm in Stratford, Oklahoma, working the Eastern Oklahoma Region and Western Region in tandem for a year while the right candidate was selected for Western Region. Currently he continues his work with IAC in the Eastern Oklahoma Region and is working on an expansive book detailing traditionally important plants of the Chickasaw and other Southeastern tribes. He also tends his micro-farm as a developing nonprofit operation which serves as an example for hundreds of folks that are interested in a similarly scaled operation and modern techniques for vegetable cultivation.



Freedom Brewer

Secretary/Treasurer, Shakopee Mdewakanton Sioux Community

freedom.brewer@shakopeedakota.org

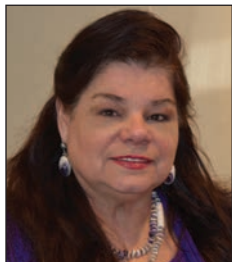
Freedom Brewer is serving her first term as the Secretary/Treasurer of the Shakopee Mdewakanton Sioux Community (SMSC), a federally recognized, sovereign Indian tribe located southwest of Minneapolis/St. Paul.

Most recently she served as chairwoman of the SMSC Gaming Enterprise Board of Directors, which she became a member of in 2002. The Gaming Board governs Gaming Enterprise operations for the SMSC, which include Mystic Lake Casino Hotel and Little Six Casino. Brewer also is a board member for the SMSC's Hotel Development LLC, which owns the JW Marriott hotel at Mall of America.

As a mother to five sons, Brewer has taken an active role on the SMSC's education committee and work group, helping guide the present and future of students' learning in the Community. She began working for the tribe as a receptionist at age 16, and has worked as an employee or volunteer for the tribe ever since.



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Joanie Buckley (Oneida Nation of Wisconsin)
Internal Services Division Director, Oneida Community Integrated Food System
jbuckley@oneidanation.org

Joanie Buckley is a division director for services with the Oneida Nation, a Native American Tribe located in Green Bay, Wisconsin. She leads the Management Information System, Tourism/Events/Multimedia, Employee Advocacy, the tribal newspaper, Print and Mail Center, the Organic Farm and Cannery, and OCIFS departments. Through her work with the Integrated Food System, she has championed several agricultural initiatives including a Community Food Center concept, the

Youth Entrepreneur in Agriculture, a farm-to-school initiative for an aquaponics project, and the Value-Added Project for white heirloom corn.

Joanie brings strong business planning background to assess market conditions across a wide range of landscapes. Prior to her work with the Oneida Nation, she worked with the Ute Mountain Ute Tribe in Southwest Colorado, providing leadership to their enterprises including their agricultural practice, construction, pottery, and hotel/gaming. She has worked in various industries including architecture, banking, manufacturing and aviation – both in the United States and in Latin America.



Brian Buhr, PhD
Dean, College of Food, Agriculture and Natural Resource Sciences, University of Minnesota
bbuhr@umn.edu

Brian Buhr is dean and director of the College of Food, Agricultural and Natural Resource Sciences (CFANS) and the Minnesota Agricultural Experiment Station. He is also a professor of applied economics. Dr. Buhr served as interim dean and director from August 2013 until June 2014. Prior to his interim dean appointment, Buhr led the Division of Applied Economics and Agricultural Education at the University of Minnesota.

He held the E. Fred Koller Chair in Agribusiness and Information Systems from 2004 – 2010. Dr. Buhr has received the Outstanding Policy Contribution Award from the American Agricultural Economics Association, the University of Minnesota College of Food, Agricultural and Natural Resource Sciences' Distinguished Teaching Award as well as the CFANS Distinguished Faculty award.



Grace Ann Byrd (Nisqually Indian Tribe)
Field Technician
graceannbyrd45@gmail.com

Grace Ann Byrd (Nisqually Indian Tribe) is a mom and a young grandma: a kiyah-in-training. She was born and raised in Nisqually and has been working for the tribe since her first job as a summer youth gardener at age 14. She has also served the tribal community at the Nisqually Health Department, Library, and Elders' program. She is a Washington State University Master Gardener, and her passion is native plants.

BIOGRAPHIES

SPEAKER

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Amber Cardinal, MPH

(Mandan, Hidatsa & Arikara Nation and Keweenaw Bay Band of Ojibwa)

Project Coordinator, American Indian Cancer Foundation

acardinal@aicaf.org

Amber Cardinal is an enrolled member of the Mandan, Hidatsa and Arikara Nation of North Dakota. She is also Keweenaw Bay Band of Ojibwa. She holds a master of public health in management of infectious disease and is currently seeking an additional certificate in American Indian public health from North Dakota State University. As a project coordinator with the American Indian Cancer

Foundation, Amber works across multiple projects and initiatives, including the Healthy Native Foods Initiative and the Fond du Lac Comprehensive Cancer Control Program. In leading these projects, she focuses on designing and evaluating cancer prevention strategies to inform, support and strengthen sustainable systems in American Indian communities. She also develops culturally appropriate resources and programs to promote healthy norms and ultimately improve health. It is Amber's passion to work with and for the American Indian community to raise awareness about the existing health inequities, their causes, and methods for improving the state of health.



Hortensia Caballero-Arias, PhD

Centro de Antropología del Instituto Venezolano de Investigaciones Científicas (IVIC)

Caracas, Venezuela

hcaballe@gmail.com

Dr. Caballero-Arias is an Anthropologist (1987); Magister Scientiarum in Venezuelan History (1996); PhD in anthropology from the University of Arizona (2003). Her main research areas are political and historical anthropology, postdevelopment studies, multiculturalism, intangible cultural heritage, local food systems, and indigenous peoples of the Amazon Basin, Venezuela. She is the head of the

anthropology of development laboratory and associate researcher at the Center of Anthropology at the Venezuelan Institute for Scientific Research (IVIC). Her most recent books are *Los Yanomami* (2012) and *Desencuentros y Encuentros en el Alto Orinoco. Incursiones en territorio Yanomami, Siglos XVIII-XIX* (2014). She has been working among the Yanomami indigenous peoples of the Venezuelan Amazon for more than 20 years focusing on cultural and political transformations, politics of identity, and intercultural processes.



Jason Champagne, BS (Red Lake Band of Chippewa)

MPH Student in Public Health Nutrition, University of Minnesota and Community Wellness

Chef, Shakopee Mdewakanton Sioux Community

champ123@umn.edu

Jason Champagne is a member of the Red Lake Band of Ojibwe and a wellness chef for the Shakopee Mdewakanton Sioux Community (SMSC) in Prior Lake, Minnesota. Previously he worked as a chef at Walt Disney World. He has a BA in culinary arts from Le Cordon Bleu and a BS in community nutrition/Indian studies from the University of North Dakota. Jason is currently studying for a

master's degree in public health nutrition from the University of Minnesota School of Public Health.

His passion is assisting Native Americans with learning how to cook and use food as a way to become healthy. He developed Zaniyan, the SMSC's culinary teaching program, which provides classes that incorporate both healthy Native American culturally relevant foods, as well as health foods of current marketing trends into dishes. He believes that it is essential for Native American youth to gain this type of training so they can cook meals for themselves and their families at home.



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Rachael Cornelius, BS (Oneida Nation of Wisconsin)
rachael.cornelius@gmail.com

Rachael Cornelius grew up in Orlando, Florida, as the youngest of four children. She is a member of the Oneida Tribe of Indians of Wisconsin. Rachael volunteered at the Winnie and Arnold Palmer Hospitals for Women and Children throughout high school, which contributed to her interest in medicine. She pursued this interest in college by studying molecular and cellular biology and global health at Harvard University. She also performed long-term medical research aimed at understanding *L. monocytogenes* virulence and spread. On campus, she served the local community as an emergency medical technician. Beyond her interest in medicine, Rachael served the community by mentoring and tutoring local indigenous youth. She joined Native American groups and helped organize activities and events, such as the 10th Annual Ivy Native Conference. Rachael is currently applying to medical school and hopes to help patients in the future as a primary care physician.



Treena Delormier, PhD (Mohawk)
Assistant Professor, University of Hawaii
treenad@hawaii.edu

Treena Delormier is an assistant professor at the Department of Public Health Sciences at the University of Hawaii at Mānoa. She teaches and advises student in the first-of-its-kind Native Hawaiian and Indigenous Health Master of Public Health specialization. Her research with Indigenous communities is community-based, uses participatory approaches, and values Indigenous knowledge frameworks. Dr. Delormier's research interests include food, nutrition and health, social perspectives of food, indigenous research methodologies, qualitative methodologies, public health and health promotion, food security, traditional food systems, diabetes and obesity prevention, and aboriginal conceptions of health. Dr. Delormier has done research with Indigenous communities in Canada and Hawaii. Dr. Delormier holds bachelor and master degrees in nutrition from McGill University and a PhD in public health, with a specialization in health promotion, from University of Montréal, Canada.



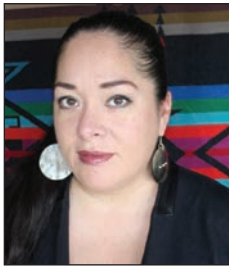
Maria Gloria Dominguez-Bello, PhD
Associate Professor, New York University School of Medicine
maria.dominguez-bello@nyumc.org

Maria Gloria Dominguez-Bello is a biologist (bachelors degree in ecology, masters degree in animal nutrition, and a PhD in microbiology), has approximately 100 publications, is a member of the American Academy of microbiology, an Infectious Diseases Society of America fellow, and has been member of seven journal editorial boards (currently of *Bio* and *Nature Scientific Reports*). She currently works on the ancestral and the early microbiome, impacts and restoration.

BIOGRAPHIES

SPEAKER

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Abigail Echo-Hawk, MA (Pawnee/Athbascan)

Co-Director, Partnerships for Native Health, Washington State University

abigail.echo-hawk@wsu.edu

Abigail Echo-Hawk, MA is an enrolled member of the Pawnee Nation of Oklahoma. She is also a member of the Upper Athabascan People of Mentasta Village, Alaska. She was born in the heart of Alaska where she was raised in the traditional values of giving, respect for all, and love. Ms. Echo-Hawk currently serves as the co-director and tribal liaison for Partnerships for Native Health at Washington State University. Her work incorporates these core principles and activities

of engagement and participation of community partners; research on health, health care, and other community priorities; education, training, and capacity-building for Native people, including researchers, students and communities; infrastructure development; technical assistance; and sharing results in a way that recognizes and respects the unique cultural contexts of American Indian and Alaska Native people. Additionally, in this role she works with American Indian and Alaska Native tribes and organizations to identify health research priorities and with health researchers to ensure research is done in a manner that respects tribal sovereignty and is culturally appropriate.

Her greatest joy is her place within her extended family. Abigail strives to serve them with love and to be a small part of ensuring a great future for the next generations.



Crystal Echo Hawk (Pawnee Nation of Oklahoma)

President and CEO, Echo Hawk Consulting

crystal@echohawkconsulting.com

Crystal Echo Hawk, a member of the Pawnee Nation of Oklahoma, is president and CEO of Echo Hawk Consulting. For more than 18 years, Crystal has served as a passionate advocate for the health, well-being and rights of American Indian tribes and Native American children and families. Crystal and her firm Echo Hawk Consulting provide expert consulting services in philanthropic giving, policy, executive leadership, fundraising, program design, partnership development, and communications.

Clients include American Indian tribes, grantmakers, businesses, nonprofit organizations, and philanthropic individuals focused on supporting culturally appropriate and community-driven social change, strategic partnerships, and increased investment in Native American communities.

Prior to leading Echo Hawk Consulting, Crystal served as the executive director for the Notah Begay III (NB3) Foundation from 2009-2014, a national nonprofit organization established by four-time PGA Tour winner and NBC Sports/Golf Channel TV analyst Notah Begay III. During her tenure, Crystal helped grow the NB3 Foundation from a small grassroots organization to an organization that has reinvested more than \$9.7 million to fight the health epidemic facing Native children through strategic grantmaking, health and wellness programming, technical assistance, research, and advocacy. This work has benefited more than 50 Native American communities and tribes and 24,000 Native children and families in 13 states.



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David Epsey, MD

Grantee Coordinator, Centers for Disease Control
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Dr. David Epsey, MD graduated from medical school at Wake Forest University and completed training in internal medicine at the University of New Mexico in 1989. He worked with Doctors without Borders and with the Indian Health Service (IHS) in Gallup, New Mexico before joining the Centers for Disease Control and Prevention (CDC) in 1993 as an epidemic intelligence service officer. From 1995-2000 he was assigned to the New Mexico Department of Health to support chronic disease prevention and control programs. Since July 2000 he has collaborated with the IHS and American Indian and Alaska Native (AI/AN) health programs on cancer surveillance, cancer control programs, and AI/AN mortality communities. Dr. Epsey has also worked to improve mortality data for AI/AN. From February through July 2014, Dr. Epsey was acting director for CDC's Division of Cancer Prevention and Control. Since August 2014 he has been playing a lead coordinating role and working closely with grantees of CDC's Good Health and Wellness in Indian Country grant program.



Gary Ferguson, ND (Unangan/Aleut)

Community Health Services Senior Director, Alaska Native Tribal Health Consortium
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Dr. Gary Ferguson is Aleut/Unangan, originally from the Shumagin Islands Community of Sand Point in the Aleutian Region of Alaska. He serves the Alaska Native Tribal Health Consortium (ANTHC) as the senior director of community health services. He completed his doctorate in naturopathic medicine at the National College of Natural Medicine in 2001 and has been working in the Alaska Tribal Health System for the past 15 years. He serves as a board director for The Aleut Corporation, The Aleut Foundation, the Alaska Food Policy Governing Council, and the American Indian Cancer Foundation. He also serves on the Alaska Lung Association Leadership Council and the American Diabetes Association American Indian/Alaska Native Advocacy Committee. He is co-producer of the Store Outside Your Door Initiative.



Sheila Fleischhacker, PhD, JD

Senior Public Health and Science Policy Advisor, Office of Nutrition Research,
National Institute of Diabetes and Digestive and Kidney Diseases
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Sheila Fleischhacker, PhD, JD is a senior public health and science policy advisor at the National Institute of Diabetes and Digestive and Kidney Diseases Office of Nutrition Research. She specializes in identifying public health nutrition research opportunities and gaps with an emphasis on the role of environmental and policy strategies for promoting healthy eating and reducing health disparities. She serves as a liaison to a variety of organizations including the Centers for Disease Control and Prevention's Nutrition and Obesity Policy Research and Evaluation Network, the National Collaborative on Childhood Obesity Research, Let's Move! in Indian Country, and Healthy People 2020. Prior to joining the National Institutes of Health, Dr. Fleischhacker was an adjunct assistant professor of nutrition at the University of North Carolina at Chapel Hill and a principal investigator for the American Indian Healthy Eating Project, funded in part by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation, and its subsequent capacity building project known as Healthy Native North Carolinians, funded in part by the Kate B. Reynolds Charitable Trusts.

BIOGRAPHIES

SPEAKER

#nutrition16

Jill Fox, MPH (Chickasaw)

Get Fresh! Eagle Adventure Coordinator, Chickasaw Nation Nutrition Services

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Jill Fox received her MS in public health from Tulane University and currently works for the Chickasaw Nation Nutrition Services Get Fresh! Program as the Eagle Adventure Program Coordinator. She helped write the curriculum for both the in-school and after-school programs. Her research interests include food security and type 2 diabetes prevention in youth. She is also involved in the THRIVE research intervention in tribally owned convenience stores in Oklahoma.



Joel Gittelsohn, PhD

Professor, Johns Hopkins University

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Dr. Joel Gittelsohn is a professor in the Center for Human Nutrition and the Global Obesity Prevention Center, Department of International Health, Johns Hopkins Bloomberg School of Public Health. Dr. Gittelsohn is a public health nutritionist, who for 26 years has focused on developing, implementing and evaluating community-based programs for the primary prevention of chronic disease in disadvantaged ethnic minority populations. With 224 publications in peer-reviewed journals,

Dr. Gittelsohn has led multiple food source-centered intervention trials aimed at improving the food environment and providing skills and nutrition education needed to support healthy food choices in the Marshall Islands, in American Indian communities, in Baltimore City, and for Native Hawaiian communities. Dr. Gittelsohn developed a multi-institutional program for diabetes prevention in 7 First Nations in schools and food stores, which was extended to five American Indian communities (OPREVENT) and included worksites. He is currently implementing a multi-level program for child obesity prevention in Baltimore City, working with policymakers, recreation centers, corner stores, carryouts, and families. These programs have shown success in increasing knowledge, healthy food purchasing and consumption of healthy promoted foods at the consumer level, in reducing obesity, and in improving stocking and sales at the retail level.



Jordan Hearod, MPH (Choctaw)

Doctoral Student in Health Promotion, University of Oklahoma Health Sciences Center

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Jordan Hearod is a doctoral candidate in the College of Public Health at the University of Oklahoma Health Sciences Center and a member of the Choctaw Nation of Oklahoma. In his current position as a grants administrator, Jordan manages four R01 grants, all of which aim to improve the health of Oklahoma tribal nations. As an emerging investigator, Jordan describes himself as a qualitative research scientist who employs a community-based participatory research orientation when working with tribal nations to identify and address the causes of health disparities in tribal communities using

evidence-based practices and indigenous ways of knowing.



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J. Neil Henderson, PhD (Choctaw Nation of Oklahoma)

Professor and Leader, Medical Discovery Team on Health Equity: Rural Health Access and American Indian Health, University of Minnesota Medical School, Duluth
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J. Neil Henderson, PhD, is currently the Director of the Medical Discovery Team on Health Equity at the University of Minnesota Medical School, Duluth campus, focused on dementia and diabetes among rural and American Indian populations. He is concurrently the director of the American Indian Diabetes Prevention Center funded by the National Institute of Minority Health and Health

Disparities at the University of Oklahoma Health Sciences Center. He is a biocultural medical anthropologist and a voting member of the Choctaw Nation of Oklahoma.



Janie Hipp, JD, LLM (Chickasaw Nation),
Director, Indigenous Food and Agriculture Initiative,
and Law Professor, University of Arkansas
jhipp@uark.edu

Janie Simms Hipp, JD, LLM (Chickasaw) is the founding director of the Indigenous Food and Agriculture Initiative at the University of Arkansas School of Law. She is an enrolled member of the Chickasaw Nation. Prior to launching the Initiative, she served in the Obama Administration as the senior advisor for tribal relations to U.S. Department of Agriculture Secretary Tom Vilsack. Prior to

her appointment within the Office of the Secretary, she served in the USDA's National Institute of Food and Agriculture as the national program leader for Farm Financial Management, Risk Management Education, Trade Adjustment Assistance, and the Beginning Farmer and Rancher Development Program. She also served at the USDA Risk Management Agency as the risk management education director. Prior to her work at the national level, she had a long career spanning three decades in the field of agriculture and food law. She has been a licensed attorney in Oklahoma for more than 30 years and specializes in food and agriculture law and Indian law.



Justin Kii Huenemann (Navajo Nation)
President and CEO, Notah Begay III Foundation
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Justin Kii Huenemann, a citizen of the Navajo Nation, has dedicated his life to improving the quality of life and wellbeing of Native peoples.

Today, Huenemann is the President and CEO of the Notah Begay III Foundation (NB3F), a national nonprofit dedicated to reducing Native American childhood obesity and type 2 diabetes. Prior to joining the NB3 Foundation, Huenemann served as senior program officer at the Northwest Area

Foundation. With a mission to reduce poverty and build sustainable prosperity, Huenemann supported champions of change who were building assets, wealth and opportunity in rural, urban and Native American communities across eight states and 75 tribal nations. He also served as the founding president of the Native American Community Development Institute (NACDI), an award-winning community development organization located in Minneapolis, Minnesota. Here he led community development projects, including establishing the American Indian Cultural Corridor.

BIOGRAPHIES

SPEAKER

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Holly Hunts, PhD

Associate Professor, Montana State University
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Holly Hunts is an associate professor of consumer economics at Montana State University (MSU) in Bozeman, Montana. Her research is transdisciplinary and focuses on the connection between agriculture, food, nutrition and health. Current projects include analyzing the nutritional aspects of the food package for the Food Distribution Program on Indian Reservations (FDPPIR); promoting innovative strategies to support the food sovereignty movement, especially through changes in FDPPIR;

helping develop and market highly nutritious crops; creating an accurate and culturally relevant nutrition monitoring mobile app; enhancing K-12 school performance on reservations by improving child nutrition; and providing rich research experiences at MSU for tribal college students interested in careers in agriculture, food, nutrition and/or health. As a consumer economist, Holly's passion is ensure that consumers have all of the information they need to make good choices for themselves and their families.



Eric Kaler, PhD

President, University of Minnesota

Since taking office as University of Minnesota president in 2011, Eric Kaler has focused on core priorities: academic excellence, access for qualified students, stewardship of tuition and public dollars, diversity and a welcoming and respectful campus climate, a world-class research enterprise that aligns with the needs of the state of Minnesota and its industries, and a deep commitment to public engagement and outreach, locally and globally. His personal commitment to excellence was rewarded in April 2014 when he was named to the American Academy of Arts and Sciences, one of the nation's most prestigious honorary societies.

In 2014 and 2015, Kaler and the University's Twin Cities campus community engaged in a highly inclusive strategic planning process that calls for a rejection of complacency, a deep culture change, and curriculum and research approaches to the state's, nation's, and world's "grand challenges." Among the grand challenges were food issues and hunger.

Kaler is a member of the Guthrie Theater Board, co-chair of Generation Next — a coalition of organizations committed to closing Minnesota's education achievement and opportunities gaps — and chair of the NCAA Division I Board of Directors, among other leadership positions. He received his PhD in chemical engineering from the University in 1982.



Caitlin Krenn

Supervisor, Community Garden Program
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Caitlin Krenn has been working for the Nisqually Community Garden since 2009. She has been honored to learn and grow alongside her amazing co-workers and colleagues at the Nisqually Tribe. She was born and raised in Southeastern Wisconsin. Her first experience gardening was in her grandmother's rose and vegetable garden, and she worked at small-scale organic farms in Washington and Wisconsin before coming to work for the Nisqually Indian Tribe. Caitlin believes that restoring relationships with the food we eat is fundamental to our collective liberation.



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Scott Krueger RD, CD, CDE

Nutritional Services Director, Menominee Indian Tribe of Wisconsin

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Scott Krueger has been employee by the Menominee Tribal Clinic for more than 20 years and is currently the Nutritional Services Director. As a CDE for more than 15 years, Scott has provided diabetes prevention and management services to the Menominee community. Since 2004 he has coordinated the Diabetes Prevention Program. He is currently locally advising an obesity prevention pilot project with the University of Wisconsin Madison School of Medicine and Public Health. Scott

served on the Wisconsin Diabetes Advisory Group, Wisconsin Academy of Nutrition and Dietetics Board of Directors, and is currently the chairperson for the Wisconsin Dietitians Affiliated Credentialing Board.



Harriet Kuhnlein, PhD

Professor Emerita, McGill University, and Founding Director, Centre for Indigenous Peoples' Nutrition and Environment

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Harriet Kuhnlein is a nutritionist and founding director of the Centre for Indigenous Peoples' Nutrition and Environment (CINE) and professor emerita at McGill University in Montreal. Dr. Kuhnlein received her PhD from the University of California, Berkeley, and holds an honorary doctor of laws degree from The University of Western Ontario. She was assistant and associate

professor at the University of British Columbia before joining McGill University as director of the School of Dietetics and Human Nutrition. She was professor of human nutrition, professor of medicine, and associate member of the McGill School of the Environment before retiring in 2009.

She is a recipient of the Earle W. Crampton Award for Distinguished Service in Nutrition and a winner of the Jack Hildes Medal for Circumpolar Health. She is a fellow of the American Society of Nutrition, a fellow of the International Union of Nutritional Sciences, and honorary member of the Canadian Nutrition Society. Dr. Kuhnlein's research with Indigenous Peoples spans more than 35 years, and has included participatory research with many cultures of Indigenous Peoples in Canada and several other parts of the world. She recently completed research with 12 cultures of Indigenous Peoples in different ecosystems, which resulted in publications released from the United Nations Food and Agriculture Organization that provide evidence that biodiversity inherent in traditional food resources of Indigenous Peoples fosters food security and good health, and should be environmentally protected. Dr. Kuhnlein co-chairs the Task Force on Traditional, Indigenous and Cultural Food and Nutrition of the International Union of Nutritional Sciences and recently served as chair of the Expert Panel on the State of Knowledge of Food Security in Northern Canada for the Council of Canadian Academies.

BIOGRAPHIES

SPEAKER

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Mindy S. Kurzer, PhD

Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, and Chair of the Conference Organizing Committee
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Mindy S. Kurzer is a professor of nutrition and director of the Healthy Foods, Healthy Lives Institute at the University of Minnesota. She has been at the University of Minnesota since 1989, where she has taught nutrition courses to more than 4,000 students and performs research on the health effects of dietary compounds, such as soy and green tea, in addition to weight loss and physical activity.

Dr. Kurzer received a PhD in nutrition from the University of California, Berkeley, in 1984. She was then awarded a NATO Postdoctoral Fellowship, for which she performed research at the National Nutrition Institute in Rome, Italy, and Odense University in Denmark. This was followed by a Postdoctoral Fellowship in reproductive endocrinology at the University of California, San Francisco. Dr. Kurzer has been a visiting scientist at the University of Helsinki, Finland, and at the International Agency for Cancer Research in Lyon, France.

As director of the Healthy Foods, Healthy Lives Institute, Dr. Kurzer is responsible for overseeing the awarding of about \$400,000 per year in grant funds for projects exploring issues related to food and health, particularly the integration of agriculture and human health. She also chairs an annual symposium on this topic and oversees numerous networking, research, educational and community engagement events.



Livia Marqués

President, Food Driven Strategies, LLC
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Livia Marqués is the president of Food Driven Strategies LLC whose mission is to seed change in communities disparately impacted by socio-economic, ethnic and racial factors. In this capacity she works with nonprofits; for-profits; philanthropic organizations and donors; local, state and federal agencies and units of government; and tribal governments in developing strategies with food as the driving force for improved health, economic development, social justice, poverty reduction,

collaborative governance, artistic expression, preservation of cultural and traditional knowledge, intergenerational connections, social innovation, and a healthier environment.

Marqués has more than 20 years of experience working directly in the food and agriculture sector, philanthropy, and the federal government where she served in multiple positions at the U.S. Department of Agriculture, including founding director of the People's Garden Initiative, an international effort to promote community based agriculture, and creator of 'Share Your Harvest', a national effort that in one year resulted in the donation of 1.2 million pounds of fresh produce to families. Prior to creating Food Driven Strategies, she served as a national program officer for the W.K. Kellogg Foundation where she developed the Transnational Food Sovereignty investment strategy and managed a \$30 million portfolio.



Aianóhon Kaylia Marquis, BA (Mohawk)

Food Security Coordinator, Ieiénthos Akotióhkwa Planting Group, Kahnawà:ke
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Kaylia Marquis is a community-based research assistant and food security projects coordinator with the Kahnawake Schools Diabetes Prevention Project. She is also a project coordinator for the grassroots Wahón:nise tho Niihtón:ne group, which focuses on early child care in her community. She holds a bachelor degree in psychology with a minor in theatre, as well as a DEC in Interior Design, and has completed courses in project management, community design/build, sustainable community planning, and NABCEP-certified training to design and install solar PV arrays.



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Sarah Miracle, MBA, RD, LD

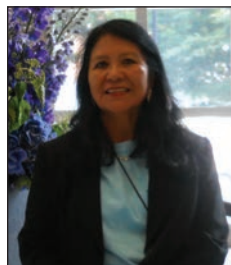
Get Fresh! SNAP-ED Program Manager, Chickasaw Nation Nutrition Services
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Sarah Miracle is the manager for the Chickasaw Nation Get Fresh! SNAP-ED program. The Get Fresh! nutrition education program utilizes multiple education avenues to reach individuals living at poverty and positively influence health through innovative teaching strategies. Sarah is past president and delegate for the Oklahoma Academy of Nutrition and Dietetics. Sarah has been an invited speaker for numerous state meetings in Oklahoma including those for school nurses, family consumer science educators, and school physical education teachers. She has more than 20 years of experience working in community nutrition education and still loves it.



Brandon K. One Feather, BS, ASBMB (Oglala Lakota)
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Brandon One Feather is an American Society of Biochemistry and Molecular Biology-certified biochemist currently working as a research assistant at the University of Minnesota Department of Medicine Division of Endocrinology, Diabetes and Metabolism. Brandon will be pursuing a combined degree in health care administration and medicine in hope to further work in the molecular aspects of endocrinology.



Marla Pardilla, MPH, MSW

Research Coordinator, S.W. Field Research Office, Johns Hopkins University
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Marla has more than 25 years of experience in working with Native American populations in the United States, as a social worker, health planner, program evaluator and researcher. For the past 15 years, she has been working with Johns Hopkins University, Bloomberg School of Public Health, under the Department of International Health, working as co-principal investigator with Dr. Joel Gittelsohn on obesity and diabetes prevention studies in Native American communities in the southwest. The study is an innovative multi-level, multi-institutional approach from an environmental perspective. For this study, Marla coordinates all the field activities in New Mexico. She has also worked with the University of New Mexico and the State of New Mexico on mental health and substance abuse prevention projects coordinating field studies. In her spare time, she enjoys working with the North American Indian Women's Association on cultural preservation agenda. She resides in Rio Rancho, New Mexico with her family. Marla is a founding member of the Native Research Network, Inc., which is an organization of Native American professional researchers who help Native American research students to further their research goals.

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SPEAKER

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Ken Parker, CNLP (Seneca Nation)

Project Manager, Seneca Nation of Indians and Seneca Diabetes Foundation
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Ken Parker is an indigenous horticulturalist and member of the Seneca Nation of Indians. A New York State Certified Nursery Landscape Professional (CNLP), he is committed to improving Native health and preserving Native culture through traditional Native plant usage.

Ken's vast knowledge of indigenous plants has led to the development of horticultural programs for the Mohawks of St. Regis, New York; the Shinnecock of Long Island, New York; the Seminoles of Florida; the Pueblos of New Mexico; the Intertribal Native Nursery Council; Six Nations of the Grand River Reserve in Ontario, Canada; and the U.S. Forestry Department. He was the founder and co-owner for more than 17 years of Sweet Grass Gardens in Ontario, Canada, North America's first Native owned and operated indigenous plant nursery.

Ken is currently native plant consultant and project director of the Food Is Our Medicine Project, a collaboration of the Seneca Nation of Indians and the Seneca Diabetes Foundation. His vision is to have all Native communities experience the gift of health by growing their own gardens, participating in ongoing community horticultural events, learning sacred traditions from the Elders, and fostering the nutritional education of the children for seven generations.



Kris Rhodes, MPH (Anishinaabe, Bad River Band of Lake Superior Chippewa and Fond du Lac Reservation)

Executive Director, American Indian Cancer Foundation

Kris Rhodes (enrolled Bad River Band of Lake Superior Chippewa) earned a master of public health degree in public health administration and policy and a bachelor of science degree in community health education from the University of Minnesota. For more than two decades, her professional work has focused on improving the health of American Indian communities with a community-led focus. She has developed tribal and urban health programs, which are resources with a strong focus

on evaluation and research in order to develop an evidence base for what works in Native communities. She is the executive director of the American Indian Cancer Foundation, a national organization dedicated to eliminating cancer burdens for American Indians. In this role, she has helped the organization develop the necessary capacity to address a broad spectrum of cancer issues among tribal communities.



Olivia Roanhorse, MPH

Director, Native Strong: Healthy Kids, Healthy Futures, the Notah Begay III Foundation
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Olivia is Diné (Navajo) and from Window Rock, Arizona. She has more than 15 years of experience in the public health field. She is currently the director of Native Strong: Healthy Kids, Healthy Futures at the Notah Begay III (NB3) Foundation. Native Strong is a national program focused on reversing childhood obesity and diabetes trends through four key functions: collaboration, strategic grant making, knowledge building, and capacity building. Before returning home to the southwest

in summer 2012, Olivia held several health program and policy positions in Chicago, Illinois, for the Ounce of Prevention Fund, Robert Wood Johnson Foundation National Project: Finding Answers Program: Disparities Research for Change, and Community Health.

Olivia received her masters in public health in health policy and administration from the University of Illinois in Chicago and her undergraduate degree in environmental science from Colorado College.



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Valerie Segrest, MS (Muckleshoot)
Traditional Foods and Medicines Program Manager, Muckleshoot Indian Tribe
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Valerie Segrest is a native nutrition educator who specializes in local and traditional foods. As an enrolled member of the Muckleshoot Indian Tribe, she serves her community as the coordinator of the Muckleshoot Food Sovereignty Project and also works as the Traditional Foods and Medicines Program Manager. In 2010, she co-authored the book *Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture*. She is a Kellogg Fellow at the Institute of Agriculture and Trade Policy.



Kenneth Smoker Jr., MBA (Assiniboine and Sioux Tribes of the Fort Peck Reservation, Montana)
Director, Fort Peck Tribes Health Promotion/Disease Prevention Program
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Kenneth Smoker, Jr MBA, is the director of the Fort Peck Tribes Health Promotion Disease Prevention (HP/DP) Program, a tribally operated, locally controlled initiative whose mission is to restore the traditional values of the Assiniboine and Sioux Tribes and help our communities return to a healthier lifestyle. Kenny served on the Fort Peck Tribal Council for 10 years and as the IHS Service Unit

Director in Fort Peck for 13 years before starting the HP/DP program 13 years ago. Currently, the HP/DP program operates four school-based health centers which offer mental health, primary care and dental services to all students in Fort Peck regardless of race, insurance status, or ability to pay. The program also operates a contingency management program and Promoting First Relationships in partnership with the University of Washington and Washington State University; a Medicaid chronic disease management and personal care assistant program; and an elder care program; and sponsors a variety of programming for youth including education on traditional nutrition and physical activity.



Faith Spotted Eagle, MA (Yankton Sioux)
Braveheart Society, Ihanktonwan Dakota Territory South Dakota

Faith Spotted Eagle is a grandmother who lives on Ihanktonwan Dakota Territory (Yankton Sioux) in Southeastern South Dakota. She has a master's degree in counseling, and has been a school principal, manager of Human Services Programs, and a PTSD Therapist for the Veteran's Administration. She is a fluent speaker of the Dakota Language and a member of the Ihanktonwan, although she descends from the Sicangu, Hunpapi, Hunkpapa and Mdewakantonwan. She is a founding grandmother of the Brave Heart Society, supervised by a group of community grandmothers called the Unci Circle, which

is dedicated to environmental justice and restoring endangered and lost cultural practices to heal the wounds endured by the Lakota, Nakota and Dakota peoples. Faith has been involved in grassroots work for decades and the Brave Heart Society has been instrumental in many areas, including battling for environmental justice within Native communities, healing survivors of sexual violence and utilizing traditional spiritual ceremonies of the Oceti Sakowin to fight historical trauma.

BIOGRAPHIES

SPEAKER

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Donald Warne, MD, MPH (Oglala Lakota)

Associate Professor and Chair, Department of Public Health North Dakota State University
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Donald Warne, MD, MPH is professor and chair of the Department of Public Health in the College of Health Professions at North Dakota State University, and he is the senior policy advisor to the Great Plains Tribal Chairmen's Health Board. Dr. Warne is a member of the Oglala Lakota tribe from Pine Ridge, South Dakota, and comes from a long line of traditional healers and medicine men. He received his MD from Stanford University School of Medicine and his MPH from

Harvard School of Public Health.

His professional activities include service on the American Cancer Society national board of directors; U.S. Department of Health and Human Services' Rural Health and Human Services advisory committee; and Centers for Disease Control and Prevention's Breast Cancer in Young Women advisory committee; as well as membership in the Minority Affairs Section and Association of American Indian Physicians Representative to the American Medical Association and Indian Health Service's National Institutional Review Board.



Lori Watso (Shakopee Mdewakanton Sioux Community)

Chair, Seeds of Native Health
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Lori Watso is the chair of Seeds of Native Health, the Shakopee Mdewakanton Sioux Community's national philanthropic campaign to improve Native nutrition. She has been a driving force behind the SMSC's healthy food initiatives, from the development of the tribe's working farm to a Community-supported agriculture program to Mazopiya, the SMSC's natural foods market.

Watso recently retired as Secretary/Treasurer of the SMSC, a federally recognized, sovereign Indian tribe located southwest of Minneapolis/St. Paul. She has also served on the SMSC Gaming Commission, which oversees licensing for and regulation of the tribe's gaming operations, and on the tribe's education and enrollment committees.

Watso is on the Minneapolis Institute of Arts board of trustees. She previously chaired the Indigenous Peoples Task Force board of directors and served on the Minnesota Indian Women's Resource Center board of directors.

A passionate health and nutrition advocate, Watso has a nursing degree from St. Catherine University, studied public health administration at the University of Minnesota, and is a Certified Natural Chef by Bauman College.



First Annual Conference on Native American Nutrition

Moderators

Brenda Child, PhD (Red Lake)

Professor and Chair, Department of American Studies, University of Minnesota
child011@umn.edu

Brenda J. Child is a professor and chair of the Department of American Studies and former Chair of American Indian Studies at the University of Minnesota. She received her PhD in history at the University of Iowa. Her first book, *Boarding School Seasons: American Indian Families, 1900-1940* (University of Nebraska, 1998), won the North American Indian Prose Award. Child's newest books are *Holding Our World Together: Ojibwe Women and the Survival of Community* (Penguin, 2012) and *Indian Subjects: Hemispheric Perspectives on the History of Indigenous Education* (with Brian Klopotek, SAR Press, 2014). A recent book, *My Grandfather's Knocking Sticks: Ojibwe Family Life and Labor on the Reservation* (Minnesota Historical Society Press, 2014) combines a family memoir of her grandparents' working lives, with a broader history of others of their generation. It won the National American Indian Book Award from Arizona State University, the Best Book in Midwestern History from the Midwestern History Association, and an Award of Merit from the American Association of State and Local History.

Child is a trustee of the National Museum of the American Indian-Smithsonian. She serves on the Repatriation Committee, the Executive Committee, and chairs the Scholarship and Collections Committee. She is also a trustee of the Minnesota Historical Society. She was an original consultant to the exhibit, "Remembering Our Indian School Days" at the Heard Museum in Phoenix, Arizona, and co-author of the book that accompanied it, *Away From Home* (Heard, 2000). The exhibit is credited with increasing attendance at the Heard Museum, especially Indian visitors, and she is now part of a team reinterpreting the exhibit. At the University of Minnesota, she was a recipient of the President's Award for Outstanding Community Service and is co-founder of a major digital humanities project, the Ojibwe People's Dictionary, which launched as a website in 2012. She is president-elect of the Native American and Indigenous Studies Association. Child was born on the Red Lake Ojibwe Reservation in northern Minnesota where she is a citizen and member of a committee writing a new constitution for the nation of 14,800. She resides with her family in Saint Paul and Bemidji, Minnesota.

Terry Janis, JD, MEd (Oglala Lakota)

Senior Fellow, Sabo Center
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Terry Janis, JD, MEd joined the Sabo Center as a senior fellow in 2016 where his research focuses on improving educational achievement, organizational capacity, and Indigenous governance. Previous to this, Mr. Janis served as president at White Earth Tribal and Community College from April 2014 to April 2016. Prior to that, beginning in April 2013, he served as manager of the White Earth Nation Constitution Reform process, where he led a community-wide education and information campaign on the tribe's then, Proposed Constitution. Prior to that, beginning in 2005, he worked with the Indian Land Tenure Foundation as a program officer, where he managed the grant making and program activities.

Over the years, Janis has worked extensively on Native American and international Indigenous education and human rights issues. Working through organizations such as the Northwest Area Foundation, the University of Arizona, the Indian Law Resource Center, and Northern Arizona University, Janis has consistently combined education and law to work with Indian leaders and students to advocate for Indigenous rights.

Janis holds a bachelor's degree from Macalester College, a master's in education from Harvard University, and a law degree from the University of Arizona.

BIOGRAPHIES

FACILITATOR

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Julie Nielsen, PhD (White Earth)

Innovation Group Director, NorthPoint Health & Wellness Center

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Julie Nielsen, PhD has spent the past seven years at NorthPoint Health and Wellness Center directing the Innovation Group. The Innovation Group is focused on applied research, program evaluation, and change management to foster learning and improvement to achieving the highest degree of health and health equity. Prior to joining NorthPoint, Julie was an independent applied research and evaluation consultant. A large part of her consulting work has been with public, nonprofit organizations led by and serving urban American Indians. Her primary focus in evaluation has been to apply it as a tool for achieving racial/ethnic and Indigenous justice through self-determined and transformative change. She works with organizations serving marginalized communities to help them to achieve their missions and to serve their communities with strategies that make sense and are valued in the context of their cultures, and that hold promise for achieving transformative results. This process involves looking deeply at the cultural contexts and histories, as well as exploring and exposing policies and practices that function to produce and reproduce disparities at a structural and policy level. Data that is systematically collected to answer community- or organization-defined evaluation and research questions are analyzed within this larger context so that organizations can speak to the potential origins of disparities while working across institutions and structures to find solutions.

Wren Walker Robbins, PhD (Mohawk)

Founding Director, Changing Communities (2C) Consulting

wren@stemconsult.org

Wren Walker Robbins, PhD is a two-spirit woman of Mohawk descent. She is founding director of Changing Communities [2C] Consulting. She works regionally and nationally with STEM-oriented educational and business organizations to create outreach programs in underserved and underrepresented communities. She provides a variety workshops and symposiums in tribal communities, most recently facilitating a series of community engagement workshops for the Women's Elder Nibi/Mni Council. She is president of the North Star American Indians in Science & Engineering Society Alliance & Professional Chapter, an organization that works across the upper Midwest region to increase representation of Native Americans in STEM education and business.

Wren holds a PhD in cell biology from the University of New Mexico and has spent most of her career as a college faculty member working with students from underrepresented communities in New Mexico, New York, and North Dakota. Most recently, Wren helped establish the Native Ways of Knowing Secondary Science Program at Turtle Mountain Tribal Community College. Wren's work inspires her to revitalize science as it operates within diverse classrooms and in a world just beginning to recognize its many cultural traditions.



First Annual Conference on Native American Nutrition

Co-Facilitators

Margaret Adamek, PhD
CEO, Terra Soma, LLC
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Margaret (Maggi) Adamek, PhD, is the CEO of Terra Soma, LLC, a strategic services consulting firm that works at the intersection of food, health, and agriculture. Terra Soma helps people and partnerships make big change for the public good. Maggi has worked in Indian Country for 25 years, supporting Native-led campaigns and initiatives that advance the sovereignty of Native nations and the renewal of tribal cultural traditions. Terra Soma currently provides planning and development services for the Niibi Center, a new indigenous research and cultural institute focused on water and wild rice. She has a doctorate from the University of Minnesota, focused on how communities learn and make change, and a bachelors degree in African American studies and French from Carleton College.

Colin Cureton, MS, MPP
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Colin Cureton, MS, MPP has spent a decade working to grow the good food movement through diverse roles including community organizer, garden and nutrition educator, food justice advocate, analyst, researcher, and consultant. Colin most recently worked as the food systems director of a 10-year Collective Impact initiative in San Diego County to reduce and prevent childhood obesity. Prior to that, Colin had the honor of working with and learning from many community-based and culturally rooted food systems and community health organizations in the Upper Midwest including the Cultural Wellness Center, Little Earth of United Tribes, Youth Farm, Appetite for Change, Mainstreet Project, Honor the Earth, and the Growing Food and Justice for All Initiative. Colin holds a masters in food and energy policy and a masters of applied economics from the University of Minnesota, Twin Cities.

Denise Lindquist (White Earth)
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Rapporteurs

Simone Senogles (Red Lake)
Food Sovereignty Program Coordinator, Indigenous Environmental Network
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Simone Senogles, food sovereignty program coordinator at the Indigenous Environmental Network, is dedicated to bringing people together across boundaries by building strong connections around food, health and well-being. Her work is based upon the understanding that food systems are one of the many interconnected spheres of Indigenous life that have been disrupted by genocide, colonization, capitalism, historical trauma, and racism, and that the revitalization of traditional food systems go hand-in-hand with health and vitality in all aspects of life.

BIOGRAPHIES

FACILITATOR

#nutrition16

Randel Hanson

Co-director, Program in Environment and Sustainability, University of Minnesota, Duluth
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Randel (Randy) Hanson co-directs the Program in Environment and Sustainability at the University of Minnesota, Duluth, where he also directs the Sustainable Agriculture Project (SAP) Farm and Land Lab. He has worked extensively with tribal communities on nuclear waste challenges, publishing both academically and in the Native press on these issues. Over the past four years, he has collaborated with the Intertribal Agriculture Council at the SAP Farm and Land Lab to grow and adapt flint corn varieties for western Lake Superior climes and showcasing institutional models for advancing community based food systems.

Lorna Lague, BS, MA (White Earth)

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Lorna LaGue is an enrolled member of White Earth where she was born and raised. Over the years she has worked in various capacities for the White Earth Nation, including human resources, government administration, gaming, and Indian Health Service. She was most recently employed as the Constitutional Reform Project Director for White Earth and is a Bush Foundation Native Nation Rebuilder. She has a bachelors degree in business and a masters degree in public administration. Lorna is the mother of two children and enjoys spending her time beading, gardening and learning from her grandchildren.

Coordinator

Andrea Oseland, BS (Fond du Lac)

Diversity and Inclusion Community Outreach Planner, COCO and Code2040
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Andrea Oseland is a decendent of the Fond du Lac Ojibwe Tribe. Her grandmother was born and raised on the Fond du Lac reservation. Her mother is a tribal member and educator who teaches Ojibwe language. Andrea recently completed her undergraduate degree in marketing and currently works as the diversity and inclusion community outreach planner for COCO and Code2040.



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The ancestral human microbiome: From traditional production and consumption to the impact of modern practices in nutritional health among Amazonian peoples

Hortensia Caballero Arias, PhD, Centro de Antropología del Instituto Venezolano de Investigaciones Científicas (IVIC), Caracas, Venezuela

Maria Gloria Dominguez-Bello, PhD, Associate Professor, New York University School of Medicine

The microbial component in our bodies is called the microbiome. The early microbiome, important for immune, metabolic, endocrine and neural development. It is first acquired from the mother, and assembles during the first three years of life. In the gut, the community structure is highly affected by diet. Early assembly is impacted by C-section, formula and antibiotics. Early antibiotics and C-section birthing have been epidemiologically associated with increased risk of obesity and immune diseases, maladies that are rocketing in industrialized societies, in the last half-century.

Traditional cultures harbor a more diverse microbiome than in peoples living in industrialized societies. By integrating biological and anthropological perspectives, this presentation compares Amazonian indigenous people's ways of life in relation to their microbiome, diet, and their foodways. The challenge is the future use of sustainable diets and lifestyles that do not increase the risk of inflammatory and metabolic diseases.

Building healthy community relationships through food security and food sovereignty

Treena Delormier, PhD (Mohawk), Assistant Professor, University of Hawaii

Aianóhon Kaylia Marquis, BA, (Mohawk), Food Security Coordinator, Ieiénthos Akotióhkwa Planting Group, Kahnawà:ke

Ieiénthos Akotióhkwa's goal is enhancing food security and building food sovereignty in the Kanienkaháka (Mohawk) community of Kahnawake. Ieiénthos Akotióhkwa (literally translates to Planting Group) is a grassroots network of programs and individuals centered at the Kahnawake Schools Diabetes Prevention Project (KSDPP). KSDPP is academic-community partnership initiated in 1994 to prevent type 2 diabetes through schools-based healthy lifestyles interventions. KSDPP continues today motivated by Kanien'keháka responsibility of caring for the future seven generations through actions and decisions made today. Ieiénthos Akotióhkwa's approach considers our community's unique history and culture and its relation to the food we eat, our health and well-being, and strengths of our family and community relationships. Food sovereignty, where we have control over our food systems is a key belief underlying our work. Reclaiming our food systems in turn supports community well-being and future generations. Our accomplishments include food security research, gardening projects and workshops, seed library, cooking and food preservation classes, food mapping of local free edibles, and neighborhood caretaking of edible landscapes, among others. Notably our group has been forming new connections and collaborations between individuals, groups, and organizations. Funding was provided by the Health Canada, Aboriginal Diabetes Initiative, Food Security Component.

Building trust and maintaining relationships between researchers and Native American communities

Abigail Echo-Hawk, MA (Pawnee/Athbascan), Co-Director, Partnerships for Native Health, Washington State University

Kenneth Smoker Jr., MBA (Assiniboine and Sioux Tribes of the Fort Peck Reservation, Montana), Director, Fort Peck Tribes Health Promotion/Disease Prevention Program

“When you meet somebody, they can say anything they want to you. But until they prove it, you are not likely to trust at a basic level. ... Trust happens over time.” These wise words from a tribal leader emphasize the greatest barrier and the greatest facilitator of successful research partnerships, trust. Mistrust of researchers among community members has been identified as a persistent, if not the greatest, challenge to participatory forms of research. As such, collaborative efforts to understand together what trust entails and how to build and maintain it are paramount to the success of any tribal and academic partnership. “How can you take action on human lives without knowing something about the real people — the people going to work or not going to work, or who are sick and can’t get care, or children growing up in abusive households, or whatever it is? ... You have to come back and talk to us.” This presentation will discuss the lessons learned over the course of a 10-year research partnership between the Fort Peck Tribes Health Promotion and Disease Prevention program and Partnerships for Native Health at Washington State University-Spokane. This partnership is based on respect for tribal sovereignty, hearing community priorities, promoting transparency, and taking action together. Adhering to these principles have facilitated a reciprocal partnership focused on the same goal — to improve the health and well-being of the people.

Changing Native American nutrition

Rachael Cornelius, BS (Oneida Nation of Wisconsin)

This presentation addresses nutritional health issues in Native American communities, specifically metabolic disorders such as diabetes and obesity. To understand the prevalence of these disorders, the presentation reflects on the drastic change in the Native American diet due to colonization and the resulting starvation, taking a closer look at how the nutrient content changed pre- and post-colonization. Additionally, various studies are addressed that delve into how starvation can affect future generations and predispose them to many disorders, specifically metabolic disorders. Also addressed is the potential for health and nutritional assessment as a means of diminishing metabolic disorders.



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Eagle Adventure Diabetes Prevention Program

Jill Fox, MPH (Chickasaw), Get Fresh! Eagle Adventure Coordinator, Chickasaw Nation Nutrition Services

Sarah Miracle, MBA, RD, LD, Get Fresh! SNAP-ED Program Manager, Chickasaw Nation Nutrition Services

The Eagle Adventure program was developed through collaboration between the Chickasaw Nation Nutrition Services SNAP-Ed Program and Oklahoma State University, Department of Nutritional Sciences, Solution-based Health Innovations and Nutrition Excellence (SHINE) partnership in Indian Country. The systematic program was designed for youth and their families in Grades 1-3 after formative research indicated type 2 diabetes as a concern among parents and Elders. Recognizing multiple levels of influence are necessary to impart behavioral change, the socioecological model was used as the foundation for program development. Eagle Adventure includes culturally relevant in-class education (individual), take home family-based health homework (interpersonal), school announcements (organizational), news and radio (community) to infuse consistent messages at multiple levels of influence. An after-school component supplements the coordinated approach to allow for increased exposure to healthful messages and moving activities. Additionally, a complementary social marketing campaign, “Diabetes is not our Destiny,” was designed to reach multiple generations with consistent messages conveying type 2 diabetes is preventable through healthy lifestyle behaviors. Approaches are “living” in that evaluation informs best practices, program changes, and expansion. Programming adapts based on evaluation results and “builds out” to address policy, systems, and environmental change efforts. Evaluation and program development were funded in part by SNAP-Ed and Notah Begay III Foundation.

Feeding the spirit: Promoting a culture of health

Valerie Segrest, MS (Muckleshoot), Traditional Foods and Medicines Program Manager, Muckleshoot Indian Tribe

Food is a gift. For Native people, our health or illness reflects the relationship with the world in which we inhabit. In our pursuits to change the landscape of food and health in Indian Country, we must continue to be vigilant guardians and work to change structures, institutions and ideologies that keep us mixed up in a toxic culture. We can do this through revitalizing our connection to our traditional lands, foods, medicines and one another. Health is not just an individual outcome, it is derived from the social fabric designed by our culture and is held together by our community ties. Our Elders always remind us that the “culture is the medicine” and that we must “feed our Indian.” In this way, our foods are much more than commodities; they represent the bonds strengthened across generations, where people’s primary responsibilities are to be active citizens of a broader community of living beings. This is truly the medicine we need now more than ever and the only way we will ever truly nourish our souls and feed our spirits.

Food Is Our Medicine: Advancing Native health and culture

Ken Parker, CNLP (Seneca Nation), Project Manager, Seneca Nation of Indians and Seneca Diabetes Foundation

Objective: To restore the health and well-being of the Seneca Nation by restoring culturally significant Native plant usage.

Methods: Numerous programs to address food sovereignty, tradition, and health by connecting to the entire community.

- Planting to Plate: children growing vegetables.
- 5K Run/Walk: held twice yearly.
- Seneca Nation Farmers Market: largest of 21 markets in New York's Southern Tier.
- White Corn Project: traditional agriculture.
- Agri-literacy event as part of National Farmers Market Week: Seneca students ages 7-16 participated in reading of Who Grew My Soup?
- Elders' Sharing Circle: 29 meetings about traditional plant knowledge.
- Documentary film series: food-related topics.
- Indigenous Food Challenge: teams prepare healthy dishes from Native ingredients.
- Native Planting Policy ensuring that landscaping in Seneca public spaces exclusively utilizes indigenous species; first such policy in Indian Country.
- Named as a Best Practice Model by United South and Eastern Tribes, Inc.

Results:

- 35 gardens planted.
- 70 runners/walkers in each 5K.
- 10+ acres white corn planted; husking bee, two food demonstrations, corn processing workshop.
- 200 students at Who Grew My Soup? plus teachers, parents, volunteers.
- Average 36 attendees for 11 monthly meetings of Elders' Sharing Circle.

Conclusions/Impact: Food Is Our Medicine has increased awareness among Seneca members of importance of good nutrition for health; also increased number of Seneca members growing food crops.

Financial Support: Seneca Nation of Indians, Seneca Diabetes Foundation

A fresh look at what (you think) you know about the Food Distribution Program on Indian Reservations (FDPIR) Package

Holly Hunts, PhD, Associate Professor, Montana State University

Original laboratory and statistical analyses will be presented on the Food Distribution Program on Indian Reservations (FDPIR) package. Included in the presentation will be the nutritional recommendations from the academic literature from the U.S. Department of Agriculture, Food and Drug Administration and World Health Organization. There is an urgent need to improve food package quality, accuracy of consumer information, and policies.



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Health and wellness programming in urban Native American communities: Perspectives of Native Americans with diabetes

Jason Champagne, BS (Red Lake Band of Chippewa), Public Health Nutrition MPH student, University of Minnesota, and Community Wellness Chef, Shakopee Mdewakanton Sioux Community

The objective of this study was to collect viewpoints directly from a small sample of an urban American Indian population who reside within the greater Twin Cities (Minneapolis/St. Paul) metropolitan area. A survey questionnaire was completed by 65 participants to collect data which focused on health concerns and challenges faced by urban American Indians, awareness of health care services available in the community, and food concerns. Key findings from this study identified diabetes as the most prominent health concern. Participants were aware of local programming that provides assistance with health concerns they face. They had a great interest in participating in programs that would provide a primary focus on nutrition education, physical activity, and assistance with basic cooking skills. In addition, a majority of the sample reported interest in participating in programs that focused on maintaining a healthy weight, and diabetes prevention strategies. The importance of educational programs being instructed by other American Indians was highly stressed by participants. Results of this survey suggest that American Indians have a strong interest in improving their health, particularly in the areas of weight management and diabetes prevention. Respondents expressed interest in gaining more skills related to becoming physically active and eating a more healthful diet, including further development of cooking skills. Bringing attention to the health concerns this community faces, and continuing to further educate the community, are all key aspects in the improvement of urban AI communities.

Improving the food environment in Native communities

Joel Gittelsohn, PhD, Professor, Johns Hopkins University

In Native communities, low access to affordable healthy foods increases the risk for obesity and other diet-related chronic diseases. We have been working for more than 15 years to develop, implement and evaluate different strategies for improving the food environment in these communities. Using a combination of formative research and community engagement practices, we have developed multiple programs working with food stores, schools, worksites and community media. This presentation will review the approaches and key findings of four community-based trials: Apache Healthy Stores, Zhiwaapenewin Akino'maagewin, Navajo Healthy Stores, and OPREVENT. These programs have shown success in increasing stocking and sales of healthier foods, improving consumer purchase and consumption of these foods, and in some cases, reducing obesity levels.

Indigenous peoples' food systems: Global awareness and action

Harriet V. Kuhnlein, PhD, Professor Emerita, McGill University, and Founding Director, Centre for Indigenous Peoples' Nutrition and Environment

Indigenous peoples in their cultural homelands of rural areas of most countries experience challenges in using their traditional food systems to ensure food security and health. This is despite the treasures of food biodiversity in their local ecosystems that have strength and promise to support many aspects of well-being. Research conducted with many partners and indigenous cultures by the Centre for Indigenous Peoples' Nutrition and Environment (CINE) has given important global insights to the striking similarities in circumstances faced by Indigenous peoples that have no boundaries. Colonization, assimilation, decreasing access to their food, economic marginalization, and changes in health manifested in both undernutrition and overnutrition and chronic diseases are universal. The good news is that international imperatives to human rights for self-determination have resonated through many development agencies with attention to Indigenous peoples and their inherent wisdom for cultural ways of knowing and doing that demonstrates the all-encompassing connectedness of the land and food to their physical and mental health and spirituality. The United Nations agencies with mandates in health, food security, food sovereignty and cultural pluralism have stimulated active research and development programs at national and international levels to benefit the health and well-being of Indigenous Peoples.

Financial support for CINE has been provided by many sources of the years. In particular I thank McGill University, the Canadian Institutes of Health Research, and the Food and Agriculture Organization of the United Nations.



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Next steps: How to use food medicine for diabetes

Brandon K. One Feather, BS, ASBMB (Oglala Lakota)

Type 2 Diabetes is a leading health disparity among American Indian/Alaska Native (AI/AN) communities (Services, 2014). Type 2 Diabetes is a disease characterized by increased hepatic glucose production (Ferrannini E, 1989), decreased insulin sensitivity (Way KL, 2016) and abnormal β cell function (Ward WK, 1986). The pathogenicity of these conditions creates an imbalance in the regulation of glucose metabolism (Efendic S, 1984) resulting in hyperglycemia (B. Seely, 1993).

A diet high in protein and low in carbohydrates has shown to improve plasma glucose levels and ultimately lower glycated hemoglobin (HbA1c) levels in participants with Type 2 Diabetes (Mary C. Gannon, 2004). A diet high in protein has demonstrated to increase levels of Insulin-like Growth Factor-I, an anabolic hormone known to increase target cell insulin sensitivity (Mary Carol Gannon, 2011). Because up to 80% of free glucose is taken up and used by target cells as a primary energy source (Firth R, 1987), an improvement in target cell insulin sensitivity can be a mechanism to improve the diabetic management of Type 2 Diabetes (Mary C. Gannon, 2004).

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Nisqually Community Garden: Approaches to health through relationships with food, the Earth, and each other

Janell Blacketer (Nisqually Indian Tribe), Field Technician, Nisqually Community Garden

Grace Ann Byrd (Nisqually Indian Tribe), Field Technician, Nisqually Community Garden

Caitlin Krenn, Program Supervisor, Nisqually Community Garden

The Nisqually Community Garden works to strengthen tribal sovereignty and support community, family, and individual health. We build a strong foundation for the future through active relationship with the foods and medicines that sustain us.

The program was founded in 2009 to serve as an essential element of the tribe's work towards food sovereignty: the ability of our people to produce our own safe, nutritious, culturally sustaining foods. We grow five acres of vegetables, berries, traditional plants, and fruit trees. We also offer classes, host youth field trips, provide job training, preserve foods and medicines, and host annual celebrations. We cultivate strong relationships with the tribe's Head Start, Elders, Youth, and Daycare programs, and conduct ongoing educational activities at these sites. We also serve as a resource for other Tribes working to start their own garden programs.

Since our program's inception, we have grown and distributed more than 35,000 pounds of produce to the Nisqually community. In 2015 alone, we delivered more than 7,000 pounds of fresh vegetables and fruits. Hundreds of community members have attended our food, garden and medicine-making classes, and hundreds of youth have visited the garden for hands-on field trips.

Through these activities, we seek to build and strengthen a multitude of relationships that support overall health and well-being.

Oneida Community Integrated Food System

Joanie Buckley (Oneida Nation of Wisconsin), Internal Services Division Director, Oneida Community Integrated Food System

Today's agricultural economy has transitioned from silos of production and processing to systems that validate point of origin of foods that connect the farm to the plate. Various programs and initiatives have surfaced connecting farmers and consumers - farm-to-school, farm-to-plate, farmers markets, community supported agriculture (CSA), etc. Likewise, people have demanded a stronger connection to local foods, and programs have emerged to support this, including agricultural tourism through apple and berry farms and large community events surrounding healthy local food products.

The Oneida Community Integrated Food System (OCIFS) started in 1994 as a local effort to create a community food system that included traditional products (white corn, strawberries) and encouraged long range solutions to nutrition issues on the Oneida Reservation. Today it promotes various activities such as the Husking Bee (traditional white corn harvesting); the Apple Fest (an annual family pick-your-own apples event); farmer's market; farm-to-school activities; diabetes wellness; seed and plant distribution; and other educational programs.

This track will present the Strategic Plan for the Oneida Community Integrated Food System that continues to build a healthy community. It will show the five strategies and the future initiatives to continue to engage the community and build a mindset for healthy foods.



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Store Outside Your Door: Indigenous Food and Health for Alaska Native People

Gary Ferguson, ND (Unangan/Aleut), Community Health Services Senior Director, Alaska Native Tribal Health Consortium

The Alaska Native Tribal Health Consortium (ANTHC) Store Outside Your Door (SOYD) Initiative focuses on the promotion of traditional and local foods by expanding on the concepts of hunting, fishing, gathering, and growing in Alaska. Our rural communities are often considered “food deserts,” if just comparing what is available in the local store. The SOYD program has been working, over the past nine years to educate and empower communities in the knowledge of how to live vibrantly off the bounty of the land around them. We highlight successful hunter, fisher, gatherers and help share elder wisdom that has helped our First People survive for thousands of years, in the oftentimes harsh landscape that many of our communities are located. Through workshops, written materials, social media, and webisodes, we are working with Alaska Native families so children can grow up with healthy, local foods. This addresses food security, its connections to chronic disease and also helps link traditional foods with reinforcing the wisdom in our many cultures and languages – thereby also promoting resilience. The SOYD initiative started with the U.S. Department of Agriculture National Institute of Food and Agriculture funded research project, “Helping Ourselves To Health,” where communities engaged through focus groups addressing food/nutrition security asked for more modern recipes utilizing traditional foods along with media that they could view on the TV and Internet. Our current focus is on developing maternal child health resources reinforcing traditional foods as first foods.

Stress among Oklahoma Choctaws caring for dependents with type 1 and type 2 diabetes

J. Neil Henderson, PhD (Choctaw Nation of Oklahoma), Professor and Leader, Medical Discovery Team on Health Equity: Rural Health Access and American Indian Health, University of Minnesota Medical School, Duluth

Parental distress resulting from the care of children with type 1 and type 2 diabetes is ubiquitous. This session reports the results of a 3.5-year study in which Oklahoma Choctaw parents report their experience in coping over the course of 3.5 years of their children’s growth and change. Findings include examples of stresses of the discovery event, near death of their child, guilt, and difficulty of parents managing their own nutritional intake and becoming non-models for their children. Family coping will be illustrated with two short digital stories of American Indian families experiencing diabetes.

Using a health impact assessment to engage tribal leaders and inform the development of a healthy food retail intervention: The THRIVE study

Jordan Hearod, MPH (Choctaw), Doctoral Student in Health Promotion, University of Oklahoma
Health Sciences Center

Obesity is a critical public health and economic issue facing American Indian tribes. In Oklahoma, where 42% of American Indians are obese, most tribal members report living more than 10 miles from a grocery store and shop for food, weekly or more often, at large tribally owned convenience stores that serve high-calorie, high-fat, hot foods (e.g., hot dogs, fried chicken) and packaged foods (e.g., chips, cookies, soda), with few or no fruits or vegetables. Tribal nations are uniquely suited to intervene broadly at policy and environmental levels to address obesity; however such interventions are rare, and tribal policymaking processes are poorly understood. The THRIVE study is an NHBLI-funded randomized controlled trial of two obesity policy strategies shown to influence consumer behavior – menu labeling and reduced pricing for healthy foods, currently planned for implementation in the 20 tribally owned and operated convenience stores throughout the Chickasaw Nation and Choctaw Nation of Oklahoma. In this presentation we will discuss the use of a health impact assessment as part of the THRIVE study to 1) engage tribal decision makers; 2) assess costs and potential health impact of the interventions; and 3) provide recommendations for policy formulation in the subsequent scale-up and adoption of the menu labeling and reduced pricing strategies as tribal policy. Study processes and findings will inform tribes in integrating more solid health impact data as a foundation for evidence-based policy formulation and the scaling-up of successful policy and environmental interventions to eliminate AI obesity disparities.

What are social determinants of nutritional health in the context of Indian Country?

Olivia Roanhorse, MPH, Director, Native Strong: Healthy Kids, Healthy Futures, The Notah Begay III Foundation
Donald Warne, MD, MPH (Oglala Lakota) Associate Professor and Chair, Department of Public Health,
North Dakota State University

The objective of this session is to discuss several common social variables in tribal communities that determine access to nutritious foods and healthy lifestyles. We will provide a didactic discussion with appropriate data and images to describe the issues based on our experiences in the Southwest and the Northern Plains.

Significant social determinants that affect access to healthy lifestyles in tribal communities includes high rates of poverty, federally managed food programs; underfunded systems of education, health, and medicine; and changes in social and cultural norms regarding food and physical activity. We will also discuss promising programs and steps that the Notah Begay III Foundation and the North Dakota State University Department of Public Health are taking to improve public health outcomes regionally and nationally.



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Poster 1: Obesogenic behaviors, self-efficacy, and depressive symptoms in American Indian children

Michelle Dennison, MS, Oklahoma City Indian Clinic, Oklahoma City, OK; Susan B. Sisson, PhD, and Lancer Stephens, PhD, University of Oklahoma Health Science Center, Oklahoma City, OK; Amanda S. Morris, PhD, College of Human Sciences, Oklahoma State University, Tulsa, OK; RD Dickens, Southern Plains Tribal Health Board, Oklahoma City, OK

Objective: To determine the relationship between depressive symptoms and obesogenic behaviors, and whether self-efficacy mediates that relationship, in 7- to 13-year-old American Indian children.

Methods: This study was a cross-sectional design. Depressive symptoms were determined using the Child Depression Inventory. Sugar-sweetened beverage consumption and fruit/vegetable intake were assessed with the Bevq-15 survey and Youth Behavior Risk Surveillance Survey, respectively. Meal intake, physical activity, screen time, and behavioral self-efficacy variables were assessed with the Project Eat surveys.

Results: Mean participant age was 10.5 ± 1.6 years ($n=121$); 60% were female, and 64% were overweight/obese. Higher depressive symptoms were associated with higher diet soda intake ($B=0.044 \pm 0.017$, $p=0.012$), higher weekday “other” electronic use ($B=0.030 \pm 0.014$, $p=0.034$), higher weekend television ($B=0.036 \pm 0.015$, $p=0.014$), computer ($B=0.037 \pm 0.015$, $p=0.019$), sedentary video games ($B=0.032 \pm 0.015$, $p=0.033$), “other” electronic use ($B=0.029 \pm 0.014$, $p=0.043$), and lower meal frequency ($B=-0.020 \pm 0.005$, $p<0.001$). Depressive symptoms were not associated with fruit/vegetable intake or physical activity. Self-efficacy did not mediate these relationships.

Conclusion: Pediatric obesity programs should consider the associations of depressive symptoms and obesogenic behaviors for effective treatment planning. Self-efficacy may be less important for pediatric obesity treatment in this population.

Poster 2: Hopi Traditional Knowledge to Counter Diabetes

Valerie Nuvayestewa, Diabetes Educator, Special Diabetes Program, The Hopi Tribe, Kykotsmovi AZ

Our program uses traditional food knowledge as an educational tool to reduce diabetes on the Hopi Reservation. In 2013, 45.7% of Hopi Tribe inpatient hospitalization included a diabetes diagnosis. Research revealed that the traditional Hopi diet is nutritionally superior to foods purchased in stores. These foods are high in fat, sugar and salt with little nutritional value and have resulted in increasingly chronic health conditions of the Hopi people. This presentation highlights the importance of cultural/spiritual knowledge associated with Hopi foods, social information concerning how Hopi view their foods; and the health and nutritional importance of these foods. The Hopi Special Diabetes Program draws upon Hopi knowledge, and in partnership with the University of Arizona Cooperative Extension (UACE) and the Hopi Office of Community Health Services, has presented 30 workshops over the last eight years, reaching 1,070 people. A Healthy Hopi Recipes and Native Edible Plants cookbook, published in 2008, came out of a research project titled, “Understanding traditional foods security of Hopi single female headed households,” headed by UACE and Hopi Pu’tavi Project. Evaluations administered after the workshops indicated an increase of interest and awareness in using Hopi foods within the diet. Projects, such as the Hopi Food Co-op, centered on Hopi foods, are active in the community.

Funding and in-kind support is received from U.S. Department of Agriculture, Economic Research Service, UACE and Hopi Tribe’s Department of Health and Human Services.

Poster 3: Continuing to soar: Eagle Adventure after-school program

Autumn Only A Chief, Janice Hermann, Teresa Jackson, Stephany Parker, and Rachel Sharber, Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK; Jill Fox, Sarah Miracle, Get Fresh! SNAP-Ed Program, Chickasaw Nation Nutrition Services, Ada, OK

The Eagle Adventure program was developed after formative research with families eligible to receive Chickasaw Nation SNAP-Ed program services indicated type 2 diabetes was their primary health concern. Participants shared that education for preventing type 2 diabetes should start at an early age and be fun and entertaining. Initial Eagle Adventure programming was in-school. Recently the program was expanded to after-school. The Eagle Adventure after-school program focuses on physical activity and increased fruit and vegetable consumption.

The program has been piloted at three sites. Approximately 100 students attended the program consisting of three-six months of bi-weekly lessons. Pre/post-surveys included questions on fruit and vegetable preferences at home and the grocery store, fruit and vegetable intake and physical activity. Pre/post-surveys were matched for data entry. Data were analyzed using McNemar non-parametric test.

Matched surveys totaled 34. Significant improvements in student responses were observed for eating meals with family at home and having fruit when eating out. Improvement trends were observed for asking parents or grandparents to buy fruits and vegetables and being active after dinner. Continuation of the pilot after-school program is worthwhile based on significant results observed with a small sample size.

Research funded in part by SNAP-Ed and the Notah Begay III Foundation.

Poster 4: Effects of a culturally relevant educational intervention on healthy food choices among American Indian college students

Jill F. Keith, University of Wyoming, Laramie, WY; Sherri Stastny and Ardith Brunt, North Dakota State University, Fargo, ND; Wanda Agnew and Jana Millner United Tribes Technical College, Bismarck, ND

The study objective was to explore the effects of a culturally relevant life skills curriculum delivered in a family-meal style environment emphasizing healthy food choices among tribal college students.

A non-experimental cohort design using mixed methods was utilized for the study. Participants were purposively sampled, newly enrolled, academically under-prepared tribal college students. Participant demographics included various tribal affiliations, ages, and number of dependents. Research instruments included pre- and post-questionnaires and pre- and post-telephone interviews. General self-efficacy did not increase significantly, nutrition knowledge increased but not significantly, and nutrition attitudes and beliefs were not different between pre- and post-intervention. Dietary analysis reflected improved intake; however, none of the participants met dietary recommendations for any food group. Eating behaviors such as eating in front of the TV decreased. Qualitative analysis revealed a variety of themes and subthemes related to food and healthy choices building an understanding of barriers and strategies for making healthy food choices that can assist in education and programming efforts aimed at improving dietary intake. This educational approach can help American Indian/Alaska Native students feel more capable of success and impact the quality of their diet. Financial support for the study was provided by U.S. Department of Agriculture National Institute of Food and Agriculture grant funding.



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Poster 5: Increasing awareness and knowledge of Native foods and approaches to wellness on a university campus

Chefs Patrick McElroy and David Rushing, Café Bon Appétit. Washington University in St. Louis, St. Louis, MO; Molly Tovar, Buder Center for American Indian Studies, Washington University in St. Louis, St. Louis, MO

Objective: To increase awareness surrounding traditional Native foods and Native approaches and to offer dishes at campus dining services.

The Hunt, Fish, Gather project was a collaboration between the Buder Center for American Indian Studies, American Indian Community members, and Washington University in St. Louis' dining service, Café Bon Appétit. For three years, the Buder Center and Café Bon Appétit sponsored three events: a presentation and cooking demonstration by a Native chef and dinner for members of the community featuring a menu of Native dishes. Survey results on the impact of the events on their understanding of Native foods, historical Native diets, and health and wellness indicated that the events were effective in increasing awareness and knowledge and suggesting that the community would like greater exposure to Native foods. The impact of the program resulted in Native dishes which are now offered at Café Bon Appétit eateries across campus. The project was funded by Café Bon Appétit and the Buder Center.

Poster 6: Household food insecurity and dietary patterns in rural and urban American Indian families with young children

Emily Tomayko, Oregon State University, Corvallis, OR; Kathryn Mosso and Lakeesha Carmichael, University of Wisconsin, Madison, WI; Amy Yaroach, Gretchen Swanson Center for Nutrition, Omaha, NE; Alexandra Adams, Montana State University, Bozeman, MT

Objectives: We sought to characterize food insecurity (FI) in rural and urban American Indian households and its association with dietary intake in both adults and children.

Methods: Survey data was collected from 438 adult-child (2-5 years) dyads in five communities to assess FI, diet and demographic factors. Prevalence of FI was determined, and child and adult diets were compared among food secure and insecure participants using rank sum tests. Factors associated with FI were examined using logistic regression.

Results: A high prevalence of FI was determined (61% overall; 80% urban, 45% rural, $p < 0.05$). FI adults had lower intake of vegetables ($p = 0.031$) and higher intakes of fruit juice ($p = 0.001$), other sugar-sweetened beverages ($p = 0.015$), and fried potatoes ($P < 0.001$) than food secure adults. FI children had higher intakes of fried potatoes ($p = 0.033$), soda ($p = 0.010$), and sports drinks ($p = 0.049$) than food secure children. Factors associated with FI included ethnicity (higher for American Indian), lower educational level, single adult households, WIC participation, and urban settings.

Conclusions: The prevalence of FI in rural and urban American Indian households is extremely high and may significantly influence healthy dietary intake for families.

Funding: This project was funded by the National Institutes of Health, National Heart, Lung, and Blood Institute [grant number 1R01HL114912]. Additional funding came from a National Institutes of Health T32 training grant to the University of Wisconsin, Department of Nutritional Sciences [5T32DK007665] and the Shapiro Summer Research Program through the University of Wisconsin School of Medicine and Public Health.

Poster 7: Arctic Food Security and Nutrition Network (AFSNN)

Kathleen Wayne, MS RD LD, Family Nutrition Programs, Alaska Department of Health and Social Services, Juneau, AK

Objective: Improve food security and nutrition outcomes of Alaska Native/First Nation People in Alaska, Yukon, and Northern Canada

Methodology: Member survey to identify areas of alignment and goals. Literature review to identify potential members and areas for policy and systems change.

Summary: Northern Canadian Aboriginal People have similar health disparities and incidences of food insecurity as do Alaska Native People. In October 2015, the Alaska Department of Health and Social Services (AKDHSS) reached out to Alaskan and Canadian food security and nutrition experts to establish a network of government, non-government, tribal, and academic stakeholders to listen, share, and learn about successful projects that strengthen traditional Arctic food systems and improve food security and nutrition outcomes. The AFSNN was formed and members identified three goals: 1) reduce food insecurity in Alaska, Yukon, and Northern Canada; 2) make policy makers aware of what we are doing and how they can help; and 3) establish cross-border relationships on food security and nutrition. Members from the Arctic Institute for Community Based Research and Food Secure Canada were guest speakers at the Alaska Food Policy Council Conference, and similarly, a member from the AKDHSS presented at the Yukon Food Security Round Table in Whitehorse. Currently, AFSNN is working to identify and address policy barriers to traditional food sharing networks across Alaska and the Yukon Territory.

Poster 8: Urban food environment interventions and Indigenous food sovereignty: Reflections from a program of public health nutrition research in Saskatchewan

Rachel Engler-Stringer, PhD, University of Saskatchewan and Saskatchewan Population Health and Evaluation Research Unit, Saskatoon, SK

This presentation will focus on reflections from research conducted on food environments and food environment interventions in Saskatoon, Saskatchewan, while also drawing on the broader Indigenous food environments literature in Canada. It will draw on two studies in particular, one that characterized the food environment in Saskatoon for families with children (conducted 2010-2013), and the second examining the early health impacts of the opening of a full-service grocery store in a former inner city food desert (conducted 2013-2015). These two studies used primarily quantitative methods. Finally, it will draw on a third ongoing critical ethnographic study of food practices in Saskatoon's inner city. The purpose of the presentation is to critically reflect on food environments research as it relates to urban Indigenous communities and consider how food environments in neighborhoods with large Indigenous populations can be modified to support Indigenous food sovereignty.

All three studies were funded by the Canadian Institutes for Health Research, with additional support from the Saskatchewan Health Research Foundation and the Urban Aboriginal Knowledge Network (which is funded by the Social Sciences and Humanities Research Council of Canada).



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Poster 9: Yeego Gardening: A community garden intervention to promote healthy eating on the Navajo Nation

Desiree Deschenie and Kevin Lombard, PhD, New Mexico State University Agricultural Science Center, Farmington, NM; India J. Ornelas, PhD, MPH, and Shirley A. A. Beresford, ScD, University of Washington, Seattle, WA; Sonia Bishop and Fred Hutchinson Cancer Research Center, Seattle, WA

Previous research has shown high rates of obesity and diabetes on the Navajo Nation, in part due to low levels of fruit and vegetable consumption. Several factors contribute to this including lack of access to fresh fruits and vegetables, the high cost of fruits and vegetables, barriers to growing fruit and vegetables, and the loss of traditional growing skills. Our study sought to address these factors by developing a community garden intervention to increase gardening, resulting in increased access to low-cost fruit and vegetables, and ultimately increased consumption. We drew on theory and input from community members to design a culturally relevant intervention (Yeego Gardening) that consisted of three components: a community garden, monthly workshops on gardening and healthy eating, and community outreach. Gardens were constructed and maintained in collaboration with community-based organizations in two Navajo communities. Monthly workshops were held throughout the growing season which incorporate aspects of Navajo culture and opportunities to build confidence and skills in gardening and healthy eating behaviors. In addition, program staff attended community events to promote gardening and healthy eating. We are currently evaluating the intervention using a quasi-experimental study design. If effective, community gardens may be a way to increase fruit and vegetable availability and intake in Navajo communities.

Poster 10: Sisseton-Wahpeton Oyate Fresh Food Project

Erica Fischer, Sisseton Wahpeton Oyate – Browns Valley, MN; Ella Robertson, Sisseton Wahpeton Oyate – Peever, SD; Vivienne Tateyuskaskan, Sisseton Wahpeton Oyate – Waubay, SD; Jennifer Williams, Sisseton Wahpeton Oyate – Rosholt, SD

The Sisseton-Wahpeton Oyate Fresh Food Project is a two part effort: to provide food and to generate revenue. It is funded entirely by the Sisseton Wahpeton Oyate.

We started with a community garden which allowed us to provide local, fresh, healthy and chemical-free produce to our Oyate. Now, in our second year we have added vegetation and traditional cultivation methods. Resourcefully, we utilize tribal equipment, manpower and our local inmates. By utilizing the knowledge of elderly mentors, we are educating our tribal youth and volunteers.

The Fresh Food Project will be self-sustaining; therefore, the second focus is to generate revenue. On the reservation, our tribe owns six eating establishments which are our potential clientele. We are currently selling our produce to the Tribal Headquarters' cafeteria and as the project progresses, we will be able to expand to the other five entities and upcoming tribal grocery store. Additionally, we are conducting research for the retail of our produce and that of our tribal members in markets outside of the reservation.

The Sisseton-Wahpeton Oyate will achieve food security and food sovereignty through this project. We will help our people build revenue in the field of agriculture, while also learning about our traditional food growing, gathering, and preserving practices.

Poster 11: Garden Boxes: A community project on the Uintah and Ouray reservation

Suzanne Prevedel, Utah State University Extension, Duchesne, Uintah, and Daggett Counties, Duchesne, UT; Cassandra Manning, Ute Indian Tribe Painted Horse Diabetes Prevention Program, Ft. Duchesne, UT; Boyd Kitchen, Utah State University Extension, Uintah County, Vernal, UT; Troy Cooper, Utah State University Extension, Duchesne County, Duchesne, UT

The objective of the Painted Horse Garden Box project is to get more gardens with fresh vegetables for consumption in the homes of community members served by the Painted Horse Diabetes Prevention Program.

In a cooperative planning meeting, the idea of the Garden Box Project germinated in spring 2015. In June 2015, two demonstration boxes were placed and planted at the Painted Horse Diabetes Prevention Center in Ft. Duchesne, Utah. Funding was secured through the Painted Horse Diabetes Prevention Program HHS/IHS grant for a 2016 Garden Box Project. In May and June 2016, using Utah State University Extension, Painted Horse and community volunteer labor, 13 raised bed gardens were placed at homes in four reservation communities. Three gardening classes and food demonstrations were presented to community gardeners by Utah State University Extension as part of the project. Project impacts include more access to fresh seasonal vegetables, raised awareness of the benefits of gardening, and increased knowledge of vegetable and herb gardening.

Painted Horse Diabetes Prevention Program provided leadership, garden box materials, and labor. Utah State University Duchesne and County Extensions provided leadership, supplies and labor.

Poster 12: Gardening in Wind River Reservation for growing resilience and food dignity

Dr. Virginia Sutter and James Sutter, Blue Mountain Associates, La Grande, OR; Etheleen Potter, Wind River Development Fund, Fort Washakie, WY; Christine Porter, Melvin Arthur, and Alyssa Wechsler, University of Wyoming, Laramie, WY; Naomi Bell Harris and David Meyers, Eastern Shoshone Tribal Health, Fort Washakie, WY

Growing Resilience is a randomized controlled trial (RCT) to assess the health impacts of home food gardens with 100 Eastern Shoshone and Northern Arapaho families of Wind River Indian Reservation (WRIR) from 2016-2020. It builds on a food system collaboration called Food Dignity and on pilot work to co-design the RCT. Families receive a garden right away or after a two-year delay while participating in four data collection sessions that include biometrics, bloodwork, and survey measures of health. Body mass index (BMI) is the primary outcome. Blue Mountain Associates' Food Dignity work found extensive interest in starting home gardens, leading us to design the Growing Resilience pilot together. That pilot suggested that gardeners had better BMI and mental health outcomes than controls (non-gardeners). Positive health outcomes of this trial would suggest that supporting interested families in gardening is an ethical and effective way to enable families to take control of their health. Either way, lessons from the participatory design and implementation of an RCT in a tribal-university collaboration will emerge. We will host a national workshop in WRIR in 2020 to share and to learn with other sovereign nations.

Food Dignity is supported by Agriculture and Food Research Initiative Competitive Grant no. 2011-68004-30074 from the USDA National Institute of Food and Agriculture. The Growing Resilience pilot was supported by grants from NCRR (5P20RR016474-12) and NIGMS 8 P20 GM103432-12) of the National Institutes of Health. Growing Resilience is supported by NHLBI with NIGMS at the National Institutes of Health with grant no. R01 HL126666-01.



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Poster 13: Growing Resilience and Health with Home Gardens in the Wind River Reservation

Dr. Virginia Sutter, James Sutter, and Etheleen Potter, Blue Mountain Associates, La Grande, OR; Christine Porter, Melvin Arthur, and Alyssa Wechsler, University of Wyoming, Laramie, WY

Blue Mountain Associates (BMA) is an organization working with the families to design, locate, build and support home gardens in the Growing Resilience project. This project aims to assess the health impacts of home food gardens by recruiting 100 Eastern Shoshone and Northern Arapaho families of the Wind River Indian Reservation in a delayed-intervention randomized controlled trial from 2016-2020. Families randomly assigned to intervention receive a full gardening support package from BMA after attending an initial event to collect baseline health data. The support package includes consultation on size/what kind of garden (e.g., in-ground, raised bed, container), assistance in garden installation, purchase of materials (e.g., tools, starts, and seeds), ongoing mentorship, and gardening workshops. In the first year of the project, eight of the 10 families requested raised-bed gardens and two requested in-ground gardens. The average cost of the year-one gardening support package was \$507 per family (plus BMA staff time). Gardening participants planted numerous varieties of seeds with the help of master gardeners. The initial observations of the gardening intervention show that the implementation of the intervention was largely successful, and we are tracking ways to make improvements. In addition to the potential impacts on health of individuals, the gardening intervention is helping build community capacity to pursue a healthy and culturally appropriate food system.

The Growing Resilience pilot was supported by grants from NCRR (5P20RR016474-12) and NIGMS (8 P20 GM103432-12) of the National Institutes of Health. Growing Resilience is supported by NHLBI with NIGMS at the National Institutes of Health with grant no. R01 HL126666-01.

Poster 14: Food as medicine: Bear root, traditional knowledge systems and plant management

Natasha Myhal, University of Kansas, Lawrence, KS

Oshá (*Ligusticum porteri*), also known as bear root, is found growing at high-elevation sites in the southwestern United States and northwestern Mexico. It is a medicinal plant whose roots are being sold by herbal product companies to treat influenza, bronchitis, coughs, colds, and sore throat. Historically, tribes including the Chiricahua, Mescalero, and White Mountain bands of the Apache, Navajo, Zuni and other Pueblos, Southern Ute, Lakota, and the Tarahumara in Mexico used oshá to treat ailments listed above and others that we will highlight in our poster. We will present the details of the tribal ethnobotany of oshá, including uses for food, medicine, and other cultural uses such as songs for pre-harvest. Our collaborative work, including fieldwork in New Mexico and Colorado is focused on sustainability of harvest of oshá. Our fieldwork also includes interviews with tribal Elders and Forest Service officials that points to longstanding practices of traditional uses of bear root as well as new possibilities for collaborative relationships with landowners and tribal healers. We will use ethnobotanical information to demonstrate that these efforts can be aided by incorporating Native American traditional knowledge.

The funding for this project comes from the Lynn Reyer Award in Tribal Community Development from the Society for the Preservation of American Indian Culture.

Poster 15: Native foods: Wild harvest series

Suzanne Prevedel, MEd, Utah State University Extension, Duchesne, Uintah, and Daggett Counties, Family & Consumer Science Faculty, Utah State University, Duchesne, Utah; and Cassandra Manning, Painted Horse Diabetes Prevention Program Director, Ute Indian Tribe, Ft. Duchesne, UT

The objective of the Native Foods Wild Harvesting Series is to increase access to and knowledge of native berries, small fruits and other wild foods in our high desert basin. Through the process of plant identification, community harvesting, processing and preservation, we strengthen the community, learn new skills, hear family stories, and gain appreciation for the natural bounty of the area. We engage in vigorous physical activity while harvesting and processing traditional foods. The series is in the fifth year and includes food preservation demonstrations and recipes. There are many species of wild edibles including buffaloberries, chokecherries, native plums, and asparagus. The wild game meat processing has included deer, elk, and bison.

Impacts are increased knowledge of native foods, increased safe home food processing skills, and increased opportunity for cultural history with community physical activity.

Ute Indian Tribe Painted Horse Diabetes Prevention Program provided transportation, demonstration kitchen, canning supplies, and labor. Utah State University Duchesne and Uintah County Extension Family Wellness Program provided leadership, labor and supplies.

Poster 16: Ethnobotany of Ku-nu-che: Cherokee hickory nut soup

Gayle Fritz, PhD, Washington University in St. Louis, St. Louis, MO; Virginia Drywater-Whitekiller, EdD, MSW, Northeastern State University, Tahlequah, OK

Objective: To provide knowledge on the long-term persistence of an ancient Native American plant food, including nutritional information and implications for the interpretation of plant remains from archaeological middens.

Methods: Interviews with six ku-nu-che makers and a quantitative survey of tribal members to ascertain what this traditional food means to Cherokee people today.

Results: Archeological implications: (1) To reduce the bulk/weight of carrying whole nuts long distances, the ku-nu-che balls were made closer to the source of the tree producers; (2) Modern ku-nu-che making involves two stages, first cracking and then pounding; and (3) hickory nutshells make good fuel and some burn it in their wood stoves, even today.

Sociological implications of data as viewed through Bourdieu's lens of food as cultural capital. (1) The continuance of tribal traditional food preparation and consumption took on a different world view not based upon Eurocentric class and economic systems; and (2) Indigenous foods was seen as valuable in acquiring and displaying knowledge and maintaining traditional pathways, connected to tribal identity.

Conclusion: Ku-nu-che is served less frequently than in the past, but all signs point to its survival as younger Cherokees demonstrate the motivation to carry on the tradition.



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Poster 17: Microbiological, nutrient composition and anti-nutritional contents of fermented maize flour fortified with bambara groundnut (*Vigna subterranean* L)

Mbata, T.I and Okonkwo E.I, Department of Microbiology, Federal Polytechnic, Nekede, Owerri, Nigeria, and Science Laboratory Technology, Akana Ibiam Federal Polytechnic, Unwana, Afikpo

The nutrient composition, anti-nutritional factors and microflora in spontaneously fermenting maize flour fortified with bambara groundnut were examined over a period of 72 hours. Titratable acidity as well as pH changes was obtained at 12-hour interval during fermentation by adventitious microorganisms present in the fortified product. Results obtained showed that microflora gradually changed from gram negative enteric bacteria, molds, lactic acid bacteria and yeast to be dominated by gram positive lactic acid bacteria (LAB) and yeasts. All undesirable microorganisms such as coliforms and molds which were present at the start of fermentation were totally eliminated by 24 hours of fermentation. Yeasts and LAB numbers in the fortified varied between 4.44 and 7.36 log cfu-1. LAB number increased from 5.40 to 7.36 log cfu-1 during fermentation. Yeasts increased from 4.44 to 5.60 log cfu-1. The product pH decreased with concomitant increase in moisture, fat, ash, fibre and titratable acidity with increasing Bambara groundnut addition. Bambara groundnut addition caused only minimal changes in the proximate composition with the exception of protein content, which increased remarkably from 18.40 to 21.68% with 30% Bambara groundnut addition. Boiling, sprouting and fermentation significantly decreased the tannins and trypsin inhibitors levels. Boiling Bambara groundnut for 20 minutes before incorporation into the maize flour imparted a desirable flavour. Organoleptic evaluation revealed that the foods were well accepted. Based on the findings the application of Bambara groundnut fortification to traditional foods can promote the nutritional quality of African maize-based traditional foods with acceptable rheological and cooking qualities.

Poster 18: Youth give new meaning to traditional food: A pilot study in an indigenous Mexican community

Laura Ordaz-de la O and María Ángeles Villanueva-Borbolla, National Institute of Public Health, Mexico; Teresa Ochoa-Rivera and Monserrat Figueroa-Reye, Universidad Iberoamericana, Mexico

The traditional Mesoamerican diet has been recognized as healthy and balanced.^{1,2} In Xoxocotla, an indigenous Mexican community of Nahua heritage, the adoption of a non-Mesoamerican diet, especially including industrialized foods, continues to increase. Over the last decades, this shift has contributed to an increase in chronic diseases in Xoxocotla. In order to slow this shift and revitalize traditional food, a local community working group and National Institute of Public Health researchers developed a workshop to promote traditional food among youth. This study piloted and evaluated the workshop.

The workshop's methodology was based on principles from popular education, participatory action research and emancipatory health promotion. It acknowledges eating as a cultural phenomenon that is directly related to identity, socio-political and economic environments, and the community's health.^{3,4} The workshop consisted of five three-hour sessions. A group of 14 young females (16 to 21 years old) participated, most of which had children. We observed an increase in participants' knowledge, interest in learning about food and recipes from their Elders, and appreciation towards traditional food. This study highlights the importance of promoting active participation and considering culture in order to generate successful initiatives for reintegration of traditional foods in Mexico.

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Poster 19: Board and stone: A cultural curriculum for Native Hawaiian families

Carol Hi ilani Titcomb, Waimanalo Health Center Waimanalo, HI; Tammie Noelani Perreira, Maile Pediatric Clinic, Waimanalo, HI; Amy Kalai Brinker and Earl Kawa a, Kamehameha Schools, Honolulu, HI

Nutritional interventions for Native Hawaiians have not reduced the incidence and impact of obesity-related chronic illnesses, because they fail to address the toll of historical trauma. We hypothesize that as cultural loss is a social determinant of health, cultural revitalization is a means to eliminate health disparities.

The Board and Stone (B&S) program, supported by the Office of Hawaiian Affairs and the American Academy of Pediatrics, is a cultural curriculum offered in two Native Hawaiians communities from 2012-2016. Participants were taught to make traditional implements for the preparation of poi, the nutrient-dense indigenous weaning food for infants and preferred dietary staple across the lifespan, with which Native Hawaiians have a genealogical relationship in creation mythology. Cultural protocols, Native language, traditional tools and teaching methods were employed, aiming not merely to displace obesigenic foods nor to restore healthy dietary practices, but to create a safe environment wherein participants may develop the competence and confidence to become agents of change in their families and communities. Participants took part in indigenous story-telling methodology to describe their experiences. We report on qualitative analysis of the transcripts, which revealed three themes: cultural connection, family strengthening, and community engagement.

Poster 20: Reclaiming emic food security practices on the Pine Ridge Indian Reservation

Beth Grund, DNP, Augsburg College, Minneapolis, MN

Objectives of this doctor of nursing practice project were to affirm emic, or Lakota, ways of providing food security, to draw attention to Indigenous solutions to being hungry and poor, and to raise awareness among nurses that the existence of low food security is a health inequality. Guided by the transcultural nursing theory of Madeline Leininger, this qualitative project centered on relationships and examined Pine Ridge food security from a Lakota perspective. Exploration of the Lakota viewpoint resulted in an unexpected realization that mainstream efforts to alleviate hunger perpetuate colonialism by reinforcing the hegemony of the etic, or outside culture. The legacy of imperialism and its relationship to contemporary health challenges on the Pine Ridge Reservation are discussed. Differences between emic and etic conceptual frameworks surrounding food and nutrition are compared and contrasted. Lakota values and practices that promote food security are explored. A model envisions how nursing actions could facilitate bridging the cultural gap and result in greater food security for the Lakota people. Advocating for emic solutions that address food security not only helps nurses to provide care that is more culturally congruent but increases the possibility for ending hunger now. This project was funded entirely by the author.

Poster 21: Barriers to participation: Examining nutrition science through cross-cultural engagement

Craig Hassel, PhD, University of Minnesota, St. Paul, MN

Despite keen interest and strong commitment among Indigenous communities to address food sovereignty and diet-related health inequities, very few Indigenous scholars choose nutrition sciences and/or dietetics professions. Why? This presentation explores this dynamic by examining implicit cultural tenets (habits of mind) permeating these disciplines that may act as structural barriers discouraging indigenous scholar participation. These findings are generated through a practice of cross-cultural engagement where the interface of biomedical and Indigenous understandings of food and health relationships is extensively navigated. Culturally different knowledge systems offer different standpoints or worldview locations from which to critically examine the practice of nutrition science. Implicit cognitive attachments to materialist strategies and methods that de-contextualize phenomena work to constrain the kinds of hypotheses and theories that may be entertained in nutrition science research as accepted within its disciplinary parameters. Implicit cultural values and funding streams privilege human control over nature and techno-scientific innovation. While these professional habits of mind may greatly facilitate shared understandings and knowledge advancement within the discipline, they also create “blind spots” where food and health relationships emphasizing harmony and/or participation with nature and context-sensitive methods of inquiry go under-investigated, under-developed and overlooked. The presentation will offer several examples and case studies from Minnesota. It attempts to demonstrate how substantive cross-cultural engagement extends skeptical inquiry into otherwise implicit habits of mind that are seldom given over to critical consideration. This developmental practice holds potential deepen and broaden disciplinary inquiry in more inclusive and pluralistic ways.

Poster 22: Landscapes of conflict

Lea Foushee, BS, North American Water Office, Lake Elmo, MN; Craig Hassel, PhD, University of Minnesota, St. Paul, MN

Landscapes of conflict is a photographic montage gallery depicting pre-contact, colonization, present and future viewpoints. Its purpose is to evoke visceral awareness and connection. Both brutal and beautiful, it challenges us to awaken our full humanity and to rise up and learn what this difficult history might teach us as we move toward the possibilities of a more promising future. It invites us to reflect upon the legacy of colonization still echoing through our educational, food and health institutions and to bring the best of ourselves to the work of transforming reality.



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Poster 23: Ode'imín Giizis: Gardening as an Indigenous Childhood Health Intervention

Koushik Paul, University of Minnesota Duluth; Michelle Johnson Jennings, PhD, and Derek Jennings, PhD, University of Minnesota: Research for Indigenous Community Health (RICH) Center; Daryl Olson, American Indian Community Housing Organization; Michelle LeBeau, PhD, University of Chicago; and Elizabeth LaPensée, PhD, Michigan State University

While rates of obesity among other racial and ethnic groups are decreasing, American Indian, or Indigenous, children suffer from disparately high and rising rates of obesity. The Research for Indigenous Community Health (RICH) Center and the American Indian Housing Community Organization (AIHCO) seek to reduce obesity among urban Indigenous population in a Northern Midwestern community. This community-based participatory research study examines the feasibility of gardening as an intervention among a school-age Indigenous population. The project, Ode'imín Giizis, utilizes tribal ecological knowledge coupled with seven Ojibwe grandfather teachings to design a culturally specific gardening intervention. After the first year, the authors found that the program was feasible and filled a critical need among Indigenous youth and their families. This intervention increased healthy food awareness and perceptions, cultural resources, and ancestral food knowledge skills through activities, mentorship and multigenerational engagement. This study augments the literature on the feasibility of utilizing tribal ecological knowledge and the environment in designing effective health interventions that are culturally responsive. The funding for this work was supported by both RICH and AIHCO.

Poster 24: Building a Knowledge Repository for Indigenous Nutritional Health

Michelle Johnson-Jennings, PhD, Derek Jennings, PhD, and Julie Davis, PhD, University of Minnesota: Research for Indigenous Community Health (RICH) Center

Project Objective: This project will create an open-access, multimedia, online repository of multimodal knowledge and expertise on Indigenous food and nutrition, as a resource for those working to foster health and well-being in Native American communities.

Projected Outcomes: The repository will include academic, applied, and ancestral knowledge and incorporate expertise from scholars, health practitioners, educators, project managers, policymakers, and community knowledge keepers. It will be structured as a content management system (CMS), accessed via a public online interface, designed to provide maximum accessibility and usability for those working to foster nutritional health in and with Native communities.

The knowledge repository will draw from a database/databases built from the following resources:

- Bibliography of published scholarship and grey literature
- Multimedia documentation of applied knowledge and community-based “wise practices”
- Directory of experts, to include academic, applied, and community expertise

Funding Support: The project's first two years are funded by the Shakopee Mdewakanton Sioux Community (SMSC) through its Seeds of Native Health campaign, with additional support from the College of Pharmacy at the University of Minnesota.

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