

Summer Miles, MET
 Puanani Burgess
 Mabel Ho'oiipo DeCambra, M.Ed.
 Rachelle Enos, MPH
 Cheryl Kintaro-Tagaloa, BS
 Sandra Morimoto-Ching, BA
 Joan Dodgson, PhD, MPH, RN

Leina'ala Bright, BA; Gwen Kalilihiwa
 Mary F. Oneha, APRN, Ph.D
 Carol H. Titcomb, MD, MPH
 Kehaulani Padilla, LSW



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Community Based Participatory Research



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Assess Community Understanding of 'Āi pono

Proper, wholesome, moral, righteous, correct
Sustenance, nourishment, food

- a) Healthy nutrition for mother and child,
- b) Family roles and responsibilities,
- c) How community supports or hinders



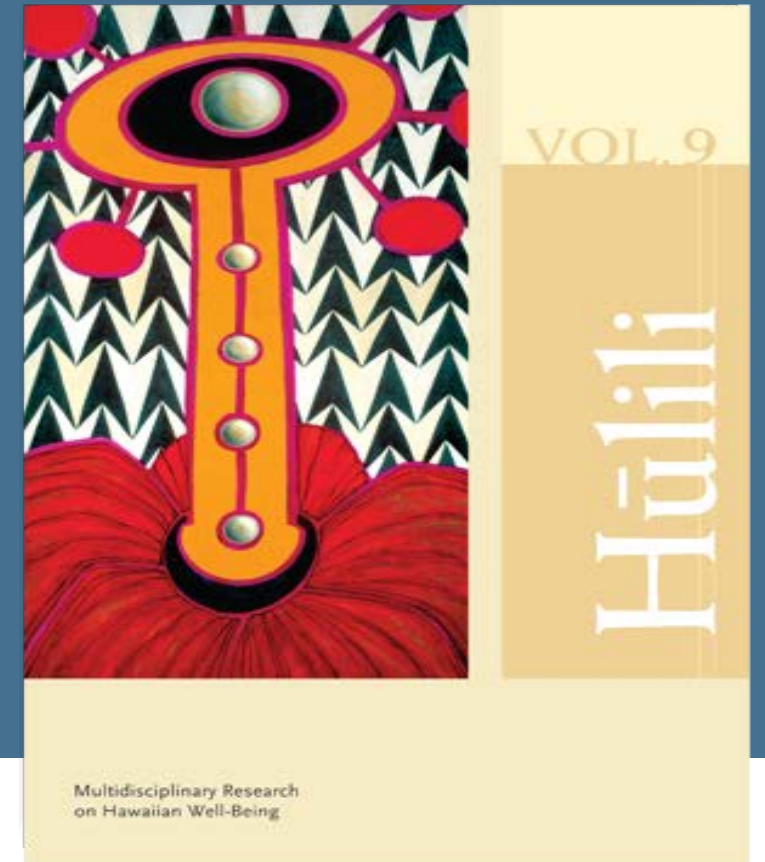
Building the Beloved Community

Puanani Burgess

- ❖ Small group circle
- ❖ Native Hawaiian protocol
- ❖ Indigenous story telling

Hūlili

Multidisciplinary Research on Hawaiian Well-Being



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1. We make the road by walking

- Joined hands as strangers in a circle
- Called upon akua, ancestors, descendants
- Shared the meaning of our Hawaiian names
- Sat in communion over healthy foods
- Explored our first formative experiences over meals
- Shared our deepest fears and aspirations
- Renewed connections to community

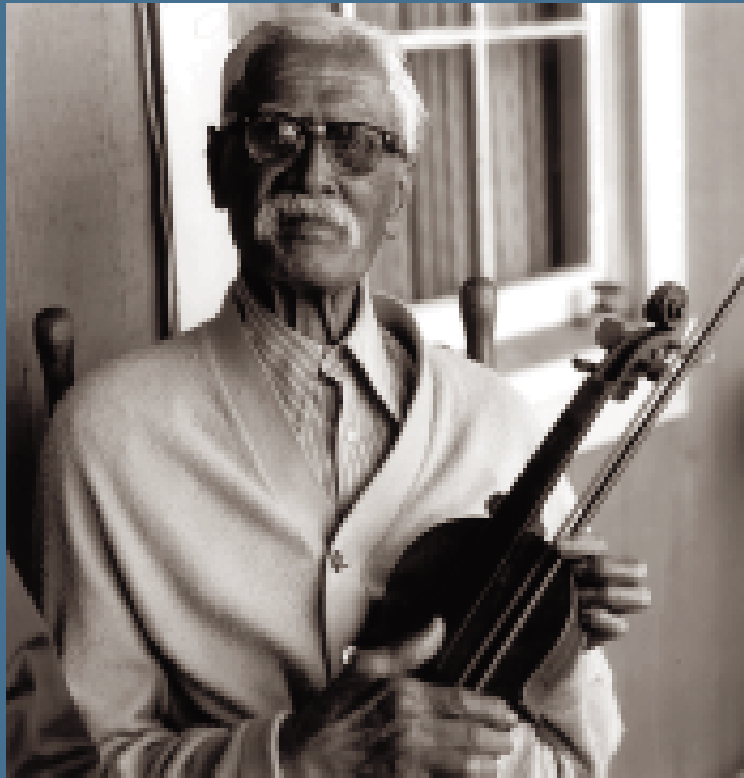


2. *If we kāhea (call) will they come?*

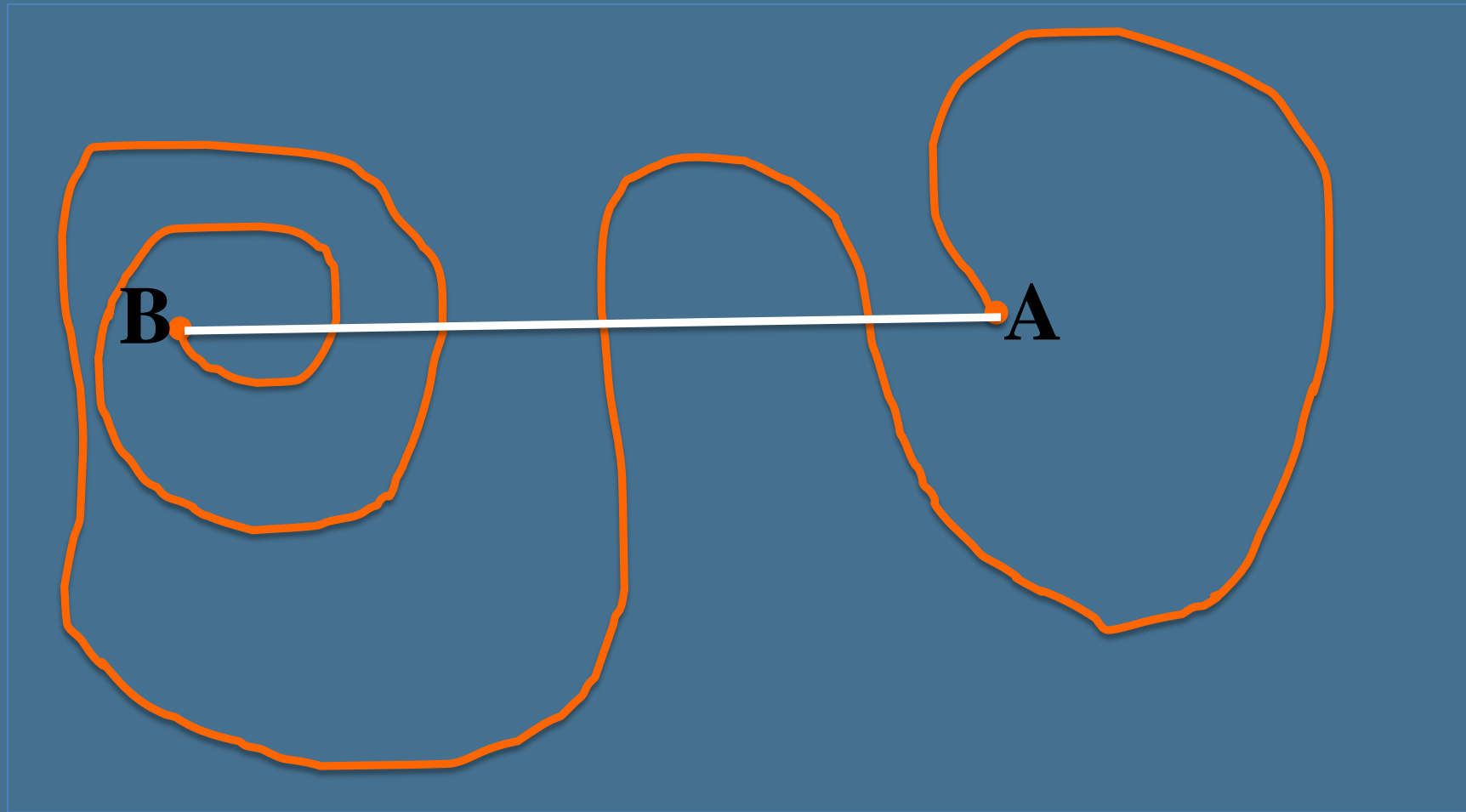
- ❖ Identify as Native Hawaiian
- ❖ Two different generations in the same family
- ❖ Ages 21 (born 1993) to 85 (born 1929)
- ❖ Four group sessions in both communities
- ❖ 40 individuals



**3. It takes time
to get to the absolute truth ('oiā 'i'o)**



How do you get from point A to point B?



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4. *Food has tremendous power to build community*

- relational
- sensational
- evocative



Welina! Hele mai 'āi.
Welcome! Come eat.



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5. *Each generation has a food legacy*



Solomon Enos

*“We had a good diet,
very nourishing.
Poi was the staple.
Dried ‘ōpelu (fish)
was a treat!”*

Pat Namaka Bacon



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ERA I: 1930 – 1950

Scarcity



“We stretched food as baked beans and hot dog, spam with cabbage”

Supplemented with what was caught or gathered

No waste, eat all your food



ERA II: 1960 – 1980

Statehood

Political Resistance / Cultural Renaissance



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ERA III:

1990 – 2010

Self sufficiency
Traditional foods

“We grow our own veggies,
fish and use herbal medicine.”



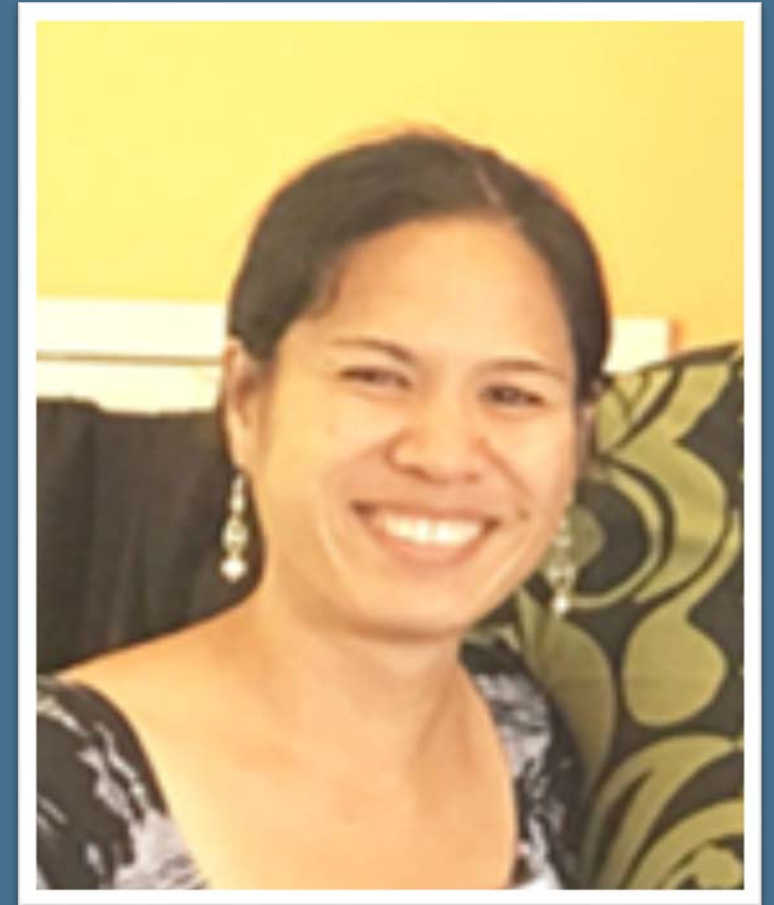
“Organic, unprocessed, vegan,
Farm to table, local grown,
Fruit and vegetable servings”



6. We have the power to feed ourselves

Community Mapping of existing food systems:

- the ocean and uplands,
- our backyards and neighbor's yards,
- farmer's markets,
- grocery stores



Summer Miles

“Aha” moments

“We would draw a map and a woman could see the accessibility of improving her own health, the health of her family.

They set goals in their lives and it was really valuable.”



Systems Level Changes are needed:

*“No matter how much we talk about . . .
“It’s societal,” we don’t do anything
at that level, we just keep zeroing in on
individuals . . . to make healthier choices.”*

Rachelle Enos



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Puanani Burgess

Why did I say 'Yes'?



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**“I saw something sacred and deep
about Hawaiian women in my community . . .**



They opened their lives to us . . .
I was privileged to hear their
experiences, their struggles,
and to see the resilience of
these women . . .
The community became more
visible because of it.”

Mabel Ho'oipo DeCambra



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Wai‘anae



Mahalo nui loa
Philàunгыayapi
Miigwech
Thank you

Waimānalo



National Institutes of
Minority Health and Health Disparities
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We make the road by walking

“Those of us who begin to walk

One step after another,

Make a pathway.

Whether we intended to be on that pathway or not,

When we have a certain intention and we walk,

We make a pathway for other people to follow.

We have been making different pathways.

And so the people who follow us,

They will have the markers we leave.”

Puanani Burgess

September 18-20, 2017 • Mystic Lake Casino Hotel



Second Annual Conference on
Native American Nutrition



Seeds of Native Health
A Campaign for Indigenous Nutrition

