



Third Annual Conference on

NATIVE AMERICAN NUTRITION

MYSTIC LAKE CENTER

Prior Lake, Minnesota

OCTOBER 2-5, 2018



Seeds of Native Health

A Campaign for Indigenous Nutrition







WELCOME

elcome to the Third Annual Conference on Native American Nutrition. On behalf of the conference's two organizing sponsors, the Shakopee Mdewakanton Sioux Community (SMSC) and the University of Minnesota, we are proud to have you here with us.

Indigenous dietary health is in a staggering crisis. Fortunately, people across the country – in both Native communities and academia – are doing incredible work to identify contributing factors and create solutions.

Since 2016, this conference series has served as a meeting place to share knowledge, learn from each other, and foster new relationships.

It has been heartening to see this annual conference grow in programming and attendance, and be a valuable resource to so many practitioners, researchers and leaders.

It is our hope that these next few days give you an opportunity to share your expertise, strengthen your knowledge, and inspire the work you do throughout the year. We believe that this conference is a testament to the good that can come from Natives and non-Natives working together around a common goal. Thank you for joining us and being a part of the solution.

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







TUESDAY, OCTOBER 2

10 a.m.-8:00 p.m. Registration

12:00-4:00 p.m. Optional pre-conference workshops

"Native Infusion: Reclaiming Ancestral Beverages"

Isanti Room 3

Valerie Segrest, BSN, MA (Muckleshoot), Executive Director, FEED Seven Generations, Enumclaw, WA

• "Dream of Wild Health – Youth Garden Tour"

Off-Site

Ernie Whiteman, (Northern Arapaho) Cultural Director, and Heather Drake, Farm Manager, Dream of Wild Health, Hugo, MN

"Preparing Healthy Traditional Food with the Sioux Chef"

Off-Site

Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN

"Foraging for Native Edible Plants"

Off-Site

Hope Flanagan (Seneca), Wild Foods Educator, Dream of Wild Health, Minneapolis, MN

 "Indigenous Wellness: Ancestral Food-Ways, Indigenizing Fitness & Movement, and the Interconnectedness of Wellness, Culture, and Indigenous Language"

Isanti Room 1

Anthony Thosh Collins (O'odham/Haudenosaunee/Osage), Wellness Trainer, Well for Culture, Phoenix, AZ

5:00 p.m. The (R)Evolution of Indigenous Food Systems of North America

Waconia Ballroom

· Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef

6:00-8:00 p.m. Welcome gathering (appetizers and cash bar)

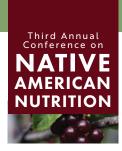
Waconia Ballroom

 Sean Sherman signing of his James Beard award winning cookbook "The Sioux Chef's Indigenous Kitchen"









AGENDA

WEDNESDAY, OCTOBER 3

7:00 a.m.-3:00 p.m. Registration

7:00 a.m. **BREAKFAST**

Minnetonka Ballroom

*Optional focus group for those working in tribal community programs and/or traditional foods programs (see details on page 58): pick up breakfast first (pre-registration not required)

8:00 a.m. **OPENING CEREMONY**

All plenary sessions will be held in the Minnetonka Ballroom

- Drum group: Iron Boy, Prior Lake, MN
- Honor Guard: Sisseton-Wahpeton Kit Fox Society, South Dakota
- Prayer: Leonard Wabasha (Lower Sioux Community), Shakopee Mdewakanton Sioux Community Cultural Director
 - Conference Emcees: Abigail Echo-Hawk (Pawnee/Athbascan), Director, Urban Indian Health Institute, Seattle, WA; and Linda Frizzell, PhD (Eastern Cherokee and Lakota), University of Minnesota School of Public Health, Minneapolis, MN
 - Jesse Chase, Chair, Seeds of Native Health, Shakopee Mdewakanton Sioux Community
 - Brian Buhr, PhD, Dean, College of Food, Agricultural and Natural Resource Sciences, University of Minnesota, Saint Paul, MN
 - Nikki Farago (Seneca), Assistant Commissioner of Children and Family Services, Minnesota Department of Human Services, St. Paul, MN

8:30 a.m. Community Poll: https://pigeonhole.at/NUTRITION2018

 Mindy S. Kurzer, PhD, Conference Chair, Professor, and Director, Healthy Foods, Healthy Lives Insitute, University of Minnesota, St. Paul, MN

SESSION 1: NUTRITION ACROSS THE LIFECYCLE

8:40 a.m. Reclaiming the Tradition of Breastfeeding: The Foundation of a Nation

 Camie Jae Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton), Clinical Social Worker and Lactation Consultant, Seattle, WA





9:25 a.m. It Takes a

It Takes a Village: Effective Approaches to Child Nutrition in Indian Country

Kelli Begay, MS MBA RDN (Kickapoo/Seminole/Mvskoke Creek), Nutrition Consultant,
 Division of Diabetes Treatment and Prevention, Indian Health Service, Rockville, MD

10:10 a.m. **BREAK**

10:30 a.m. Improving Health of Native American Elders Through Increasing Traditional

Food Consumption

 Petra Harmon One Hawk, MPH (Standing Rock Dakota and Lakota), Title VI Director and Director of the Nutrition For the Elderly/Caregiver Support Program, Standing Rock Sioux Tribe, Fort Yates, ND

11:15 a.m. Elder Response

 Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Brookings, SD

11:45 a.m. **LUNCH**

Minnetonka Ballroom

 Comments by Steven Bond-Hikatubbi (Chickasaw Nation), Intertribal Agriculture Council, Ada, OK

*Optional Robert Wood Johnson Foundation focus group – advance sign-up required. See details on page 58.

Anoka Room 1

SESSION 2: INTERGENERATIONAL LEARNING ABOUT FOOD AND NUTRITION

1:00 p.m. Nurturing For the Future – A Hopi Perspective

All plenary sessions will be held in the Minnetonka Ballroom

 Evangeline Nuvayestewa (Hopi/Tewa), retired teacher; Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe; Valerie Nuvayestewa (Hopi/ Tewa), Diabetes Prevention Educator, DHHS, the Hopi Tribe; and Erin Eustace (Hopi/ Tewa/Zuni), age 20, Polacca, AZ







AGENDA

2:00 p.m.

Dream of Wild Health Intergenerational Food Sovereignty Program

 Ernie Whiteman (Northern Arapahoe), Cultural Director, Dream of Wild Health, Hugo, MN; Missy Whiteman (Northern Araphahoe/Kickapoo), Independent Filmmaker; and Louis Whiteman (Northern Arapahoe), age 14, Pierce, MN

3:00 p.m. Youth Panel

- Moderators: Electa Hare-RedCorn, LCSW (Pawnee/Yankton), Healthy Policy Research Scholar, University of Arkansas, Fayetteville, AR; and Cindy Farlee (Cheyenne River Lakota), Native Youth Food Sovereignty Alliance, Lawrence, KS
- Emily Baldy (Yurok and Hupa), age 16, Hoopa CA
- Mariah Gladstone (Cherokee and Blackfeet), age 24, Kalispell, MT
- Autumn OnlyAChief (Pawnee), age 24, Los Angeles, CA
- Taj Sunio (Native Hawaiian), age 18, Lanai City, HI
- Kile White (Navajo), age 16, Albuquerque, NM

3:45 p.m. **BREAK**

4:15 p.m. BREAKOUT GROUPS I (See full descriptions on pages 38-43)

*presenter

American Indian Perspectives on Healing from Historical Trauma: An Indigenous Inquiry (Note: this breakout session will only be given during Breakout Group I) *Waconia Room 6*

Renee Beaulieu-Banks (Leech Lake Nation)*, Kim Sundeen*, and Kyra Christopherson*, St. Catherine University, St. Paul, MN

Leveraging Programs to Support Maternal and Child Health and Food Security Waconia Room 3

Kelli Begay, MS MBA RDN (Kickapoo/Seminole/Mvskoke Creek)*, Division of Diabetes Treatment and Prevention, Indian Health Service, Rockville, MD; and Patty Keane, MS, RDN*, University of New Mexico, Albuquerque, NM

Lessons from the Traditional Western Apache Diet Project

Isanti Room 3

Twila Cassadore (San Carlos Apache)* and Seth Pilsk*, San Carlos Apache Tribe, San Carlos, AZ; and Letitia McCune, PhD, BotanyDoc Consultant, Tucson, AZ





Alaska Traditional Foods Movement

Anoka Room 3

Melissa A Chlupach, MS, RD, LD*, Assistant Professor, University of Alaska, Anchorage, AK; and Amy Foote, CDM, CHESP, Alaska Native Tribal Health Consortium Area Executive Chef, Alaska Native Medical Center, Anchorage, AK

The "Food Wisdom" Repository: Information Resources for Native Nutritional Health Waconia Room 5

Michelle Johnson-Jennings, PhD (Choctaw Nation) and Derek Jennings, PhD (Anishinaabe, Quapaw), University of Saskatchewan, Saskatoon, SK; Julie Davis, PhD*, Dixie Dorman, MEd (Anishinaabe)*, Meg Little, EdD, RN*; and Koushik Paul, BA*, University of Minnesota, Saint Paul and Duluth, MN

Growing the Puna - Insights to Building an Indigenous Māori Nutrition and Physical Activity Workforce

Isanti Room 2

Erina Korohina (Ngāti Porou)*, Toi Tangata, Aotearoa, New Zealand; and Hannah Rapata (Ngāi Tahu)*, University of Auckland, Aotearoa, New Zealand

RETURN: Native American Women Reclaim Foodways for Health & Spirit - A Short Documentary Film

Waconia Room 2

Mary Paganelli*, Lead Associate Producer and Editorial Director of Native Foodways Magazine, Tucson, AZ; and Valerie Segrest (Muckleshoot)*, Nutrition Educator and Author, Auburn, WA

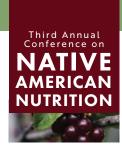
Agro Ecological Production in La Esperanza Parish, Pedro Moncayo County, Ecuador: An Alternative to Feed Our Communities

Anoka Room 2

Jose Suarez, MD, PhD* and Dolores Lopez, BA, MSc, PhD*, Fundación Cimas del Ecuador, Quito, Ecuador; Fernando Sarango, JD (Quechua)* and Cecilia Moreta (Quechua)*, Indigenous Pluriversity Amautay Wasy, Quito, Ecuador; and Hilario Morocho, MA (Quechua)*, Community Agroecologist Trainer, Quito, Ecuador







AGENDA

Nutrition Across the Lifecycle, an Applied Model of Nutrition Education at Taos Pueblo Waconia Room 4

Paula Szloboda, RN, MA, MBA, BC-NC*, Therapeutic Chef and Nutritionist, Division of Health and Community Services at Taos Pueblo, Taos, NM

Achieving Tribal Food Sovereignty – the Critical Role of the Special Diabetes Program for Indians

Waconia Room 1

Amber Torres (Walker River Paiute Tribe)*, Walker River Paiute Tribe, Schurz, NV; Stacy A. Bohlen (Sault Ste. Marie Tribe of Chippewa Indians)*, Shervin Aazami*, and Bobby Ahern (Confederated Tribes of Warm Springs)*, National Indian Health Board, Washington, DC

FDPIR: Changes that Have Paved the Way for More Nutritious "Commodity" Foods Anoka Room 1

Akua White, MS, RDN*, Nutritionist, USDA, FNS, Food Distribution Division, Alexandria, VA; Florence Calabaza (Santo Domingo Pueblo)*, Food Distribution Director, Five Sandoval Food Distribution Program, Inc., Bernalillo, NM; and Carmen Robertson, BS*, Nutritionist, Choctaw Nation of Oklahoma Food Distribution Program, Durant, OK

Community Champions for Safe, Sustainable, Traditional Food Systems *Isanti Room 1*

Kathleen Yung*, First Nations Health Authority, Vancouver, BC; and Casey Neathway*, First Nations Health Authority, Kamloops, BC

5:15 p.m. **NETWORKING/BREAK**





6:15 p.m. **DINNER**

Minnetonka Ballroom

- Prayer: Janice Bad Moccasin (Shakopee Mdewakanton Sioux Community)
- Comments by Steven Bond-Hikatubbi (Chickasaw Nation), Intertribal Agriculture Council, Ada, OK

Keynote: "Recovering Our Ancestors' Food"

- Introduction by Harriet Kuhnlein, PhD, Professor Emerita, McGill University, Montréal,
 Canada
- Mirna Cunningham (Miskita), MD, Chairperson of the Center for Autonomy and Development of Indigenous People (CADPI) and Vice President of the board of the Latin American and Caribbean Indigenous People Development Fund, and former chair of the UN Permanent Forum of Indigenous Issues, Nicaragua

THURSDAY, OCTOBER 4

7:00 a.m.-3:00 p.m. Registration

7:00 a.m. BREAKFAST

Minnetonka Ballroom

*Optional focus group for those working in tribal community programs and/or traditional foods programs (see details on page 58): pick up breakfast first (pre-registration not required)

SESSION 3: FOOD SYSTEMS, FOOD SOVEREIGNTY AND NUTRITION

8:00 a.m. Food Diversity and Indigenous Food Systems to Combat Diet-Linked Chronic Diseases

**All plenary sessions will be held in the Minnetonka Ballroom

 Kalidas Shetty, PhD, Associate Vice President for International Partnerships and Collaborations and Professor of Plant Sciences, North Dakota State University, Fargo, ND

8:45 a.m. New Hope for Old Crops: The Pawnee Seed Preservation Project

 Debra D. Echo-Hawk (Pawnee Nation of Oklahoma), Pawnee Keeper of the Seeds and Title VI Coordinator, Pawnee, OK

9:30 a.m. **BREAK**









AGENDA

10:00 a.m. But What Did They Really Eat? Food Yields from The Three Sisters

 Jane Mt. Pleasant, PhD (Tuscarora), Associate Professor, Department of Horticulture, Cornell University, Ithaca, NY

10:45 a.m. Promoting Health Through Food Systems and Food Sovereignty Initiatives

Valarie Blue Bird Jernigan, DrPH, MPH (Choctaw Nation of Oklahoma), Associate
Professor, Health Promotion Sciences, Sam K. Viersen Family Foundation Presidential
Professor, College of Public Health, University of Oklahoma Health Sciences Center,
Tulsa, OK

11:30 a.m. Elder Response

• Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe

12:00 p.m. **LUNCH**

Minnetonka Ballroom

Comments by Steven Bond-Hikatubbi (Chickasaw Nation), Intertribal Agriculture Council, Ada, OK

1:15 p.m. BREAKOUT GROUPS II (See full descriptions on pages 38-43)

*presenter

Leveraging Programs to Support Maternal and Child Health and Food Security

Waconia Room 3

Kelli Begay, MS MBA RDN (Kickapoo/Seminole/Mvskoke Creek)*, Division of Diabetes Treatment and Prevention, Indian Health Service, Rockville, MD; and Patty Keane, MS, RDN*, University of New Mexico, Albuquerque, NM

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Agro Ecological Production in La Esperanza Parish, Pedro Moncayo County, Ecuador: An Alternative to Feed Our Communities

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Community Champions for Safe, Sustainable, Traditional Food Systems Isanti Room 1

Kathleen Yung*, First Nations Health Authority, Vancouver, BC; and Casey Neathway*, First Nations Health Authority, Kamloops, BC

2:15 p.m. **BREAK**

2:45 p.m. Redefining Healthy Food, Reinventing Finance, and Returning to Self-Sufficiency

All plenary sessions will be held in the Minnetonka Ballroom

 Zachary Ducheneaux (Cheyenne River Sioux), Intertribal Agriculture Council Technical Assistance Program, Eagle Butte, SD





3:30 p.m.

POWERED BY PECHAKUCHA (See full descriptions on pages 44-50)

Moderated by Sarah Miracle, RDN, LD, MBA, FAND, SNAP-Ed Program Director, Oklahoma Tribal Engagement Partners (OKTEP), Stillwater, OK *presenter

Ocean to Table

Azure B Boure, BSNES (Suquamish)*, Suquamish Tribe Traditional Food and Medicine Program Coordinator, Suquamish, WA

Significance of Traditional Wild Plant Nutrition for Tohono O'odham Health

Martha Ames Burgess, MS*, Adjunct Professor, Tohono O'odham Community College, Sells, AZ; and Juanita Francisco Ahil (Tohono O'odham), Ali Chukson, AZ

The Indigenous Plate

Monica Cyr, MSc, BSc (Métis)*, U Manitoba; Nicole Lamy (Métis), Food Matters Manitoba; and Jeff LaPlante (Métis), National Aboriginal Diabetes Association, Winnipeg, Manitoba

Newman's Own Foundation Native American Nutrition Cohort: A Peer Learning Collaborative Approach to Strengthen Fresh Food Access and Nutrition Education in Indian Country

Crystal Echo Hawk (Pawnee)*, Echo Hawk Consulting, Tulsa, OK; and Faith Fennelly*, Newman's Own Foundation, Westport, CT

Revitalizing Traditional Foods as Nutritional Food Options

Rebecca Edler (Menominee)*, Dolly Potts (Prairie Band Potawatomi)*, and Adam Schulz (Stockbridge-Munsee Community Band of Mohican Indians)*, Sustainable Development Institute, College of Menominee Nation, Keshena, WI

Achieving Campus Wellness Through the Integration of Sustainable Agriculture and Nutrition Education at United Tribes Technical College

R. Fox (Arikara), B. McGinness, MEd*, A. Wadsworth (Spirit Lake Nation)*, and M. Yborra, RD*, United Tribes Technical College, Bismarck, ND

NW Tribal Food Sovereignty Coalition: Inter-tribal and









AGENDA

Intergenerational Collaboration

Nora Frank-Buckner, MPH (Nez Perce/Klamath)*, Ethan Newcomb (Siletz), Jenine Dankovchik, Tam Lutz, MPH, MHA (Lummi Nation)*, and Victoria Warren-Mears, PhD, RDN, FAND, NW Portland Area Indian Health Board, Portland, OR; and NW Tribal Food Sovereignty Coalition Members

The Role of Soil Nourishment in Nutritional Quality of Indigenous Foods

Scott Goode, BS*, Nourishing Systems, Central Point, OR, and Research Scientist, Desert Research Institute (DRI), Reno, NV; Beverly Ausmus Ramsey, PhD, Wa-Hi-La, LLC, Woodsboro, MD and DRI, Reno, NV; and Anna Eichner, BA, Tikkum Olam Research & Teaching Farm, Central Point, OR, and DRI, Reno, NV

Healthy Navajo Store Initiative

J. Hood, MSc (Navajo)*, D. Carroll, MPH (Navajo), C. George, MS (Navajo), and S. Shin, MD, Community Outreach and Patient Empowerment (COPE), Gallup, NM

Blackfeet Nation Community Food Security and Food Sovereignty Assessment

Betsy Loring*, Nonie Woolf (Yakama/Choctaw), and Kirsten Krane, FAST Blackfeet, Browning, MT; Sharon Silvas (Blackfeet) and Stefany Jones, Indian Health Services, Browning, MT; Scott Brant, FAST Blackfeet, Browning, MT; and Marissa McElrone, U Tennessee, Knoxville, TN

Don't Miss Out! CSBG Funds Are Available to Support Native Nutrition Programs

Nicole Oxendine, MFA (Lumbee)*, CSBG National Training & Technical Assistance Program, Lux Consulting Group, Silver Spring, MD

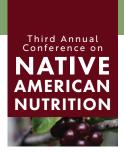
Converting Food Deserts into OAASIS: (Organic Adaptive Agricultural Systems Integrated for Sustainability)

Beverly Ausmus Ramsey, PhD*, Wa-Hi-La, LLC, Woodsboro, MD, and Research Professor (retired), Desert Research Institute, Reno, NV

Federation of Sovereign Indigenous Nations Food Policy Process and Recommendations

Dr. Priscilla Settee, PhD (Swampy Cree, Cumberland House First Nations)*, U Saskatchewan, Saskatoon, SK; and Terrina Bellegarde (Nakota-Cree, Carry the Kettle First Nation, Treaty Four Territory)*, Federation of Sovereign Indigenous Nations, Saskatoon, SK





5:00 p.m. POSTER SESSION/RECEPTION (appetizers and cash bar)

See full descriptions on pages 38-57

Minnetonka Ballroom

6:30 p.m. DINNER ON OWN

FRIDAY, OCTOBER 5

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

7:00 a.m. **BREAKFAST**

Minnetonka Ballroom

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

*During this session, attendees may take breaks in a quiet space

Anoka Room 1

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

All plenary sessions will be held in the Minnetonka Ballroom

 Donald Warne, MD, MPH (Oglala Lakota), Director, Indians into Medicine Program, Associate Dean, Diversity, Equity & Inclusion, and Professor, Family & Community Medicine, University of North Dakota, Grand Forks, ND

8:45 a.m. Addressing Historical Trauma to Improve Native Nutritional Health

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

9:30 a.m. **BREAK**

9:45 a.m. **Deconstructing Historical Trauma: Survival Stories**

 Mary Annette Pember (Red Cliff Band of Ojibwe), award-winning journalist and former president of the Native American Journalists Association, Cincinnati, OH









AGENDA

10:30 a.m. Medicine for the Spirit: Breathing, Shaking and Dancing

 Donna LaChapelle (Ojibwe/Dakota, enrolled member of White Earth Nation), Faculty Member, Center for Mind-Body Medicine, Washington, DC, and Elder in Residence, Native American Community Clinic, Minneapolis, MN

11:00 a.m. **Moving Forward: Reslience and Health**

• Abigail Echo-Hawk, , Director, Urban Indian Health Institute, Seattle, WA

11:15 a.m. **CLOSING ELDER PANEL**

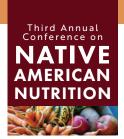
- Hope Flanagan (Seneca), Wild Foods Educator, Dream of Wild Health, Minneapolis, MN
- Evangeline Nuvayestewa (Hopi/Tewa), retired teacher, Polacca, AZ
- Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ
- Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Brookings, SD
- Ernie Whiteman (Northern Arapahoe), Cultural Director, Dream of Wild Health, Minneapolis, MN

12:15 p.m. CLOSING CEREMONY AND CONCLUDING COMMENTS

- Prayer: Janice Bad Moccasin (Shakopee Mdewakanton Sioux Community)
- Closing Remarks: Abigail Echo-Hawk and Linda Frizzell

12:30 p.m. LUNCH ON OWN

BIOGRAPHIES





KELLI BEGAY, MS MBA RDN
(Kickapoo/Seminole/Mvskoke Creek)
Nutrition Consultant, Division of Diabetes Treatment and Prevention, Indian Health Service,
Rockville, MD

Kelli Begay, an enrolled member of the Kickapoo Tribe of Oklahoma, is a registered dietitian nutritionist. In her role as the nutrition consultant for the Indian Health Service Division of Diabetes Treatment and Prevention, Mrs. Begay works with food and nutrition advocates throughout Indian Country on improving the nutrition status of American Indian and Alaska Native people. Kelli has a bachelor's degree and master's degree in nutrition, as well as a graduate degree in business.

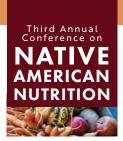


STEVEN BOND-HIKATUBBI
(Chickasaw Nation)
Intertribal Agriculture Council, Technical Assistance Specialist, Eastern Oklahoma Region, Ada, OK

As a boy, Steven Bond regularly visited his great-grandparents' 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 double majored in biology and environmental chemistry, was subtended with research in the field of biochemistry and entomology. His 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 USDA 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 similar scaled operation and modern techniques for vegetable cultivation.







BIOGRAPHIES



BRIAN BUHR

Dean, College of Food, Agricultural and Natural Resource Sciences, University of Minnesota,
Saint Paul, MN

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, and the CFANS Distinguished Faculty award.



JESSE CHASE (Shakopee Mdewakanton Sioux Community) Chair, Seeds of Native Health, Prior Lake, MN

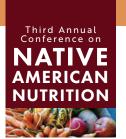
Shakopee Mdewakanton Sioux Community (SMSC) Member Jesse Chase is the chair of the tribe's Seeds of Native Health campaign. Seeds of Native Health is a \$10 million campaign that seeks to improve the nutritional health of Native Americans across the country. Jesse currently leads the SMSC's Communication/Member Government Interaction work group and serves on the tribe's enrollment, education and Wacipi committees. In his spare time, Jesse enjoys travelling and experiencing new cultures, practicing yoga, and rock climbing.



ANTHONY THOSH COLLINS
(O'odham/Haudenosaunee/Osage)
Wellness Trainer, Well for Culture, Phoenix, AZ

Thosh Collins was raised in Salt River, Arizona. He works as a wellness trainer and is a board member for the Native Wellness Institute. He is one of the co-founders of an Indigenous health initiative called Well For Culture. He draws strength and motivation from the spiritual cultural practices of our ancestral people, and recognizes the inherent physical durability embodied by them. Thosh uses this understanding as the basis in his work to help his community and other Native people to reclaim their health.

BIOGRAPHIES





MIRNA CUNNINGHAM, MD

(Miskita

Chairperson of the Center for Autonomy and Development of Indigenous People (CADPI) and Vice President of the board of the Latin American and Caribbean Indigenous People Development Fund, and former chair of the UN Permanent Forum of Indigenous Issues, Nicaragua

Mirna Cunningham Kain is a medical doctor and works as a public health practitioner with the Miskitu Indigenous population on the Atlantic coast of Nicaragua. She is committed to the development of Indigenous peoples and has pressed for their autonomy on the Caribbean coast of Nicaragua. Dr. Cunningham Kain is a human rights activist and served as the chair of the Permanent Forum on Indigenous Issues at the United Nations, working for over two decades to advance the rights of Indigenous women and knowledge on Indigenous peoples and the impacts of climate change. She serves as FAO Special Ambassador for the International Year of Family Farming, adviser to the President of the United Nations World Conference of Indigenous People, and on boards of the Global Fund for Women, Permanent United Nations Forum on Indigenous Issues, the Association for Women's Rights in Development, and The Hunger Project. She has been collaborating with the Pan American Health Organization/World Health Organization on issues related to the health of Indigenous peoples for the last 25 years. She currently serves as the president of the Fund for the Development of Indigenous People of Latin America and the Caribbean (FILAC) and chairperson of the Center for Autonomy and Development of Indigenous People (CADPI).

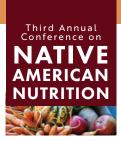


HEATHER DRAKE
Farm Manager, Dream of Wild Health, Hugo, MN

Heather Drake, farm manager at Dream of Wild Health, oversees all planning, planting, nurturing and harvesting of Indigenous and healthy foods grown in an organic environment. A graduate of the University of Minnesota's horticulture program, Heather also has significant cultural and sustainable agriculture experience from her formative years living in Africa. She brings technical knowledge and university training to the farm's aid, as well as a rich respect for culture and community.







BIOGRAPHIES



ZACHARY DUCHENEAUX
(Cheyenne River Sioux)
Intertribal Agriculture Council Technical Assistance Program, Eagle Butte, SD

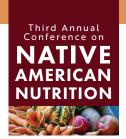
Zach Ducheneaux grew up ranching on the Cheyenne River Sioux Reservation. He and his family raise beef cattle and quarter horses. Throughout his ranching career, he was worked to improve opportunities for Indian producers at home and across the country. He has been fortunate to serve on many boards and committees including the Intertribal Agriculture Council, Northwest Area Foundation, and Akiptan CDFI Inc. He previously served as a Cheyenne River Sioux Tribal Council Representative. He feels the next step in rebuilding reservation food systems is to reinvent agriculture finance from the perspective of the producer instead of the bank or its shareholders.



ABIGAIL ECHO-HAWK
(Pawnee/Athbascan)
Director, Urban Indian Health Institute, Seattle, WA

Abigail Echo-Hawk, MA (Pawnee/Athabascan) 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 director of the Urban Indian Health Institute, a Tribal Epidemiology Center that serves urban Indian people nationwide. Her work incorporates these core principles and activities: engagement and participation of community partners; research and evaluation on health, healthcare, 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 accomplishment is her place within her extended family. She is a wife, mother, auntie, daughter, granddaughter, friend, and community member. Abigail strives to serve them with love and to be a small part of ensuring a great future for the next generations.

BIOGRAPHIES





DEBRA D. ECHO-HAWK

(Pawnee)

Pawnee Keeper of the Seeds and Title VI Coordinator, Pawnee Nation, Pawnee, OK

Debra Echo-Hawk (Pawnee) manages the Pawnee Nation Title VI Program to promote the delivery of supportive and nutritional services for Native American Elders. Designed to reduce hunger and food insecurity, the program prepares meals to homebound and two congregate sites. As Pawnee Keeper of the Seeds, Debra brings back ancestral seeds in a sovereign practice to feed its own people. Through partnerships with its homeland, local university and tribal college, the Pawnee Seed Preservation Project now has 18 gardens in Nebraska and seven gardens in Oklahoma and conducts research to sustain the seeds. Much of the crop's bounty is used for elder meals and for tribal ceremonial feasts. Volunteers have stepped forward in the projects related to food and culture, while increasing socialization of older individuals, promoting activities for grandchildren raising grandchildren, and building community pride.



ERIN EUSTACE (Hopi/Tewa/Zuni), age 20, Polacca, AZ

Erin Eustace is Hopi/Tewa from First Mesa Village. She is 20 years old, of the Corn Clan, and a recent high school graduate.

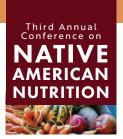


NIKKI FARAGO
(Seneca)
Assistant Commissioner of Children and Family Services, Minnesota Department of Human Services,
Saint Paul, MN

Nikki Farago is assistant commissioner of Children and Family Services for the Minnesota Department of Human Services. In her role, Farago offers oversight and direction to Children and Family Services administration, oversees child welfare and public assistance policy, and coordinates projects across Children and Family Services. She also supervises child well-being initiatives for counties, tribes and partner agencies, leads operational activities, and represents Children and Family Services for the department at large. Before becoming assistant commissioner, Farago served as Children and Family Services deputy assistant commissioner and as Legislation and External Affairs director. Her work focused on new legislation for Minnesotans with low incomes, and children and families at risk of poor outcomes. Farago earned a Bachelor of Science in psychology and Bachelor of Arts in political science from the University of Georgia, and a Juris Doctor from the University of Minnesota Law School. Farago sits on the Board of Directors of the Indian Child Welfare Act Law Center.







BIOGRAPHIES



CINDY FARLEE (Cheyenne River Lakota)

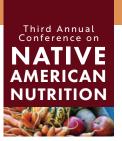
Born and raised on the Cheyenne River Indian Reservation, Cindy Farlee is a recent graduate of Haskell Indian Nations University (HINU) where she received her bachelor's degree in Indigenous and American Indian studies with an emphasis on sovereignty. At HINU she researched and presented about cultural knowledge and healing through language revitalization and food sovereignty, the impact of federal Indian law and policy, and tribal government structure and relationships. Currently, she is Co-Vice Chairwoman and Southern Plains Region representative on the newly seated Native Youth Food Sovereignty Alliance, the youth advisory board of the Intertribal Agriculture Council. Cindy has interned with the Indigenous Food & Agriculture Initiative assisting in the development of an Indian agriculture-driven curriculum and coordinating a national youth leadership event. Cindy also worked with the Indian Land Tenure Foundation as a research intern. Her passions have led her in various directions while allowing her to give back to her communities and Indian Country as a whole.



HOPE FLANAGAN
(Seneca)
Wild Foods Educator, Dream of Wild Health, Minneapolis, MN

I am Noodinesiikwe (Little Wind Woman) from the turtle clan. I come from the people of Tonawanda, Seneca Reservation. I began picking plants as a small girl with my mother and sister. I remember asking about okondamoo (yellow waterlily root) and bagwajiokaadaakoons (Queen Anne's lace) when I was two or three. I have many happy memories of picking when I was small. Later I started finding plants for those who were seeking help from them but were not able to fetch them on their own. I began learning from Majiikikwewis-iban when I was a young woman and began going to the University of Minnesota. I worked for different Native agencies, including the Division of Indian Work Youth Leadership Development Program, the Minneapolis American Indian Center, Anishinabe Academy, and Wicoie Nandagikendan Ojibwe immersion program. I began learning from Ogimaakwe-iban about plants and plant teachings when I taught in the immersion classroom. I currently work at Dream of Wild Health where I teach Native young people what I can about plants and their gifts. I have always heard that each plant has its own gift to the people – food, medicine or utility. They know their purpose, we are the ones who have to learn and listen.

BIOGRAPHIES





LINDA FRIZZELL, PHD
(Eastern Cherokee and Lakota)
University of Minnesota School of Public Health, Minneapolis, MN

Dr. Frizzell has extensive experience as a provider and administrator with Indian health systems. She holds a doctorate degree in physiology, education administration, and gerontology, and a post-doctorate in epidemiology. Her endeavors have included a broad range of professional preparations both in medicine and education, dedicated to improvement of quality of life across the life span. She has provided numerous testimonies in regard to health care policy, health issues, public health, cultural attunement, and tribal consultation. Her specialties include: health services administration, clinic management, rural & Indian health policy and legislation, public health, cultural mindfulness, health and education research, behavioral health, community assessment, evaluation, exercise physiology, health education, physical rehabilitative therapy, service learning administration, senior corps administration, and therapeutic recreation.

She has been honored to be a tribal technical advisor for health care and services policy for more than 20 years. She has extensive experience in working with countless tribes across the nation to enhance their infrastructures and assist in their quest for self-determination. She was appointed by the U.S. Secretary of Health and Human Services to the Advisory Committee on Minority Health, chosen to be in the first class of Rural Health Fellows, a program initiated by the Office of Rural Health Policy, and served as technical adviser and writer for the Indian Health Care Improvement Act (P.L. 94-437 as amended). She continues to serve on expert panels for numerous legislative proposals and policy administration.



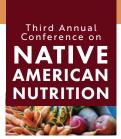
CAMIE JAE GOLDHAMMER, MSW, LICSW, IBCLC (Sisseton-Wahpeton)
Clinical Social Worker and Lactation Consultant, Seattle, WA

Camie Jae Goldhammer, MSW, LICSW, IBCLC, (Sisseton-Wahpeton) is a clinical social worker and lactation consultant. Camie received her master of social work from the University of Washington in 2006, specializing in maternal mood disorders and the effects of complex/intergenerational trauma on attachment, bonding, and the parenting practices of Native families.

Camie is the founder and chair of the Native American Breastfeeding Coalition of Washington. She is also a founding mother and president elect of the National Association of Professional and Peer Lactation Supporters of Color. In 2013 she became Washington state's first Native American IBCLC. Camie is a consultant with Center for Health Equity, Education and Research CHAMPS program. She is a member of the Center for Social Inclusion's First Food Racial Equity Cohort. Recently she worked as a campaign director with MomsRising working to bring paid family and medical leave to Washington state, which was signed into law in July 2017. She is now a member of the MomsRising breastfeeding team. In fall 2017 Camie launched the Indigenous Breastfeeding Counselor Certification (IBC) which is a 45-hour foundational lactation counselor program for those that identify as Native/Indigenous/First Nations. She is a national leader on topics of racial equity and first food justice.







BIOGRAPHIES



ELECTA HARE-REDCORN, LCSW
(Pawnee/Yankton)
Healthy Policy Research Scholar, University of Arkansas, Fayetteville, AR

Electa is a member of the Pawnee Nation of Oklahoma and a descendent of the Ihanktonwan Dakota tribal communities. From her ancestors, she has been gifted with an awareness of social justice issues. Electa's occupations as a public health community liaison and as a youth advisor have blessed her with a keen sense of humanitarian strength in adverse conditions. She has a heart to cultivate beautiful, strong leaders who are as eager to pull roots in the garden bed as they are to deliver a harvest of health policies. Her goal is to bring their collective knowledge forth as they embrace their history and heritage.



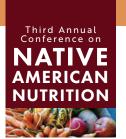
VALARIE BLUE BIRD JERNIGAN, DRPH, MPH

(Choctaw Nation of Oklahoma)

Associate Professor, Health Promotion Sciences, Sam K. Viersen Family Foundation Presidential Professor, College of Public Health, University of Oklahoma Health Sciences Center, Tulsa, OK

Valarie Blue Bird Jernigan is a community-based participatory researcher, trained in intervention science, with the goal of combining research with action for social change. Dr. Jernigan received her doctorate in public health from the University of California, Berkeley, and completed a postdoctoral fellowship in cardiovascular disease prevention at Stanford University, where she also completed a degree in documentary filmmaking. Valarie is the principal investigator of four National Institute of Health (NIH)-funded R01 studies aimed to improve Indigenous food environments. Two of these studies include "THRIVE," a randomized trial of healthy makeovers in tribally owned convenience stores and "FRESH," a food sovereignty and community gardening intervention currently being implemented with Osage Nation. Dr. Jernigan is a standing member of the Community Level Health Promotion Study Section for the NIH and a member of the College of Reviewers for the Canadian Institutes of Health Research. Dr. Jernigan is an associate professor of health promotion sciences, the George Kaiser Family Foundation chair of community medicine, and the assistant dean for research at the School of Community Medicine at the University of Oklahoma. She is a citizen of the Choctaw Nation of Oklahoma.

BIOGRAPHIES





DONNA LACHAPELLE

(Ojibwe/Dakota, enrolled member of White Earth Nation)
Faculty Member, Center for Mind-Body Medicine, Washington, DC, and Elder in Residence, Native
American Community Clinic, Minneapolis, MN

Donna LaChapelle is an Ojibwe-Dakota woman and an enrolled member of the White Earth Nation. Donna's passion is to teach and share all that she has learned from her elders through a cultural lens that encompasses history, ceremony, song and language. The elders gave Donna a foundation to build her life experience that is rich in spirit and the value of ancestral knowledge. Donna's education has been lifelong in the study of the healing arts and American Indian studies at the University of Minnesota. Donna is a faculty member for the Center for Mind-Body Medicine, Washington DC, and carries a Certificate in Aboriginal Focused Orientated Therapy. Donna currently works at the Minnesota Indian Women's Resource Center where she facilitates an aftercare group for American Indian women in recovery.



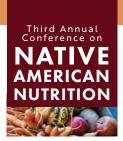
SARAH MIRACLE, RDN, LD, MBA, FAND Oklahoma Tribal Engagement Partners (OKTEP)

Sarah Miracle is the Supplemental Nutrition Assistance Program Education (SNAP-Ed) program director of the fourth and newest SNAP-Ed Implementing Agency in Oklahoma with our overall goal of partnering with tribal nations, organizations, and agencies to extend culturally relevant programming to youth and families. Sarah has more than 30 years of experience working in clinical nutrition, food service management, and community nutrition, providing education that is practical, relevant to meet the needs of those she serves.

During her 13-year tenure with the Chickasaw Nation, she and her team grew the small grant award to become largest funded tribal SNAP-Ed program in the United States. Sarah was honored as a 2016 Robert Wood Johnson Foundation – Community-Campus Partnerships for Health Community Key Leader in Health Equity. Sarah is on numerous local, state, regional, and national advisory boards regarding Nutrition, and Physical activity, Policy, Systems and Environmental Change (PSE).







BIOGRAPHIES



EVANGELINE NUVAYESTEWA (Hopi/Tewa)
Retired teacher, Polacca, AZ

Evangeline Nuvayestewa (Tewa Corn Clan) is a retired teacher of 46 years with bachelor's and master's degrees in education from Northern Arizona University. She is the matriarch of her family with six children, 21 grandchildren, and 16 great grandchildren. She is passionate about retaining Hopi and Tewa languages and enjoys sharing her life learning of cultural values and teaching. She loves visiting with other elders in the community on walks and actively supports ceremonial life.



LEON A. NUVAYESTEWA SR.
(Hopi)
Retired health director/administrator, Hopi Tribe, Polacca, AZ

Leon A. Nuvayestewa, Sr. (Hopi Young Corn Clan) served in the U. S. Naval Submarine Service from 1960 to 1967. He is a graduate of the U. S. Naval Submarine School and the U. S. Naval Nuclear Power School. He also has a bachelor's degree in health administration from Northern Arizona University. He is a retired health manager/director for the Hopi Tribe for 46 years and participated on state, national, and international health-related boards. He is actively involved in Hopi religious ceremonies and has a passion to educate children and youth in Hopi cultural history and values.



VALERIE NUVAYESTEWA
(Hopi/Tewa)
Diabetes Prevention Educator, Department of Health and Human Services, Hopi Tribe,
Polacca, AZ

Valerie Nuvayestewa is Hopi/Tewa, from the village of Tewa. Her clan is Corn. She currently works as a diabetes prevention educator for the Hopi Tribe's Department of Health and Human Services, Special Diabetes Program. She leads and implements diabetes prevention and educational functions/activities for the local schools and work to improve and strengthen services for community wellness programs and incorporates Hopi knowledge/nutrition with diabetes education. She is a graduate of the Hopi Foundations' Hopi Leadership Program (HLP), which was designed to grow strong, effective and culturally grounded professionals at Hopi by using a model based on Hopi culture and western education. She has certifications in diabetes education, native youth fitness, and health coaching. She serves on the community advisory board for the Natwani Coalition, a nonprofit group that supports agricultural sustainability in the Hopi community, and is a member of the Hopi Food Co-op, which supports local farmer's markets. She is a member of the Hopi/Tewa Women's Coalition and the Unite to End Violence-Native Women's Empowerment Group.

BIOGRAPHIES





PETRA HARMON ONE HAWK, MPH

(Standing Rock Dakota and Lakota)

Title VI Director and Director of the Nutrition for the Elderly/Caregiver Support Program, Standing Rock Sioux Tribe, Fort Yates, ND

Petra Harmon One Hawk, MPH, is currently the Title VI director for the Standing Rock Sioux Tribe's Nutrition for the Elderly/Caregiver Support Program. She is an enrolled member of Standing Rock. Petra has a background in medicine, health and education. She has her bachelor's degree in biology from the University of North Dakota. She completed three years of medical school at the University of South Dakota and has her master's of public health from North Dakota State University.

She is also an eminent scholar in Lakota language and culture through Sitting Bull College. She is certified as Lakota language/culture teacher through the state of North Dakota. She has served in the capacity of a teacher at various grades and has worked as a health/medical consultant for her tribe for a number of years. In addition to her role as director, she also serves as a cultural competency instructor for her tribe. Her passion is prevention by using food as medicine ("wóyute kiŋ phežúta"). She is also dedicated to education, cultural competency for all, traditional food conservation and working to improve food security on the reservation.



MARY ANNETTE PEMBER

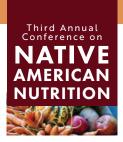
(Red Cliff Band of Ojibwe)

Journalist and former President of the Native American Journalists Association, Cincinnati, OH

Mary Annette Pember is an independent journalist focusing on Native American issues. In her writing and photography, she has covered subjects including the high rates of sexual assault among Native women, sex trafficking, health, impact of historical trauma on Native communities, environmental challenges on Native lands, federal policy issues, and cultural and spiritual topics. Pember is past president and executive director of the Native American Journalists Association, and has won several industry awards and fellowships from the International Center for Journalism, Women in Communications, the Associated Press, USC Annenberg, the Carter Center, the University of Maryland, and others. She is an enrolled member of the Red Cliff Band of Wisconsin Ojibwe.







BIOGRAPHIES



JANE MT. PLEASANT, PHD
(Tuscarora)
Associate Professor, Department of Horticulture, Cornell University, Ithaca, NY

Jane Mt. Pleasant, associate professor in the horticulture section of the School of Integrative Plant Science at Cornell University, studies Indigenous cropping systems and their productivity. Using her expertise in agricultural science, she examines agriculture from a multi-disciplinary perspective that includes history, archeology, paleobotany, and cultural/social anthropology. Most of her work is focused on Haudenosaunee agriculture in the 16th through 18th centuries, although more recently she has expanded her research to include pre-Columbian agriculture in eastern and central North America. She received her bachelor's and master's degrees from Cornell University and her PhD in soil science from North Carolina State University. Mt. Pleasant is of Tuscarora ancestry.



VALERIE SEGREST, BSN, MA (Muckleshoot) Executive Director, FEED Seven Generations, Enumclaw, WA

Valerie Segrest (Muckleshoot) 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 works as the director of curriculum and instruction. She co-authored several curricula and two books entitled Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture and Feeding Seven Generations: A Salish Cookbook. Valerie received a bachelor's degree in nutrition from Bastyr University in 2009 and a master's degree in environment and community from Antioch University. Valerie aims to inspire and enlighten others about the importance of a nutrient-dense diet through a culturally appropriate, common sense approach to eating.

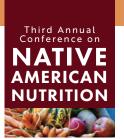


SEAN SHERMAN (Oglala Lakota) Founder, The Sioux Chef, Minneapolis, MN

Chef Sean Sherman, Oglala Lakota, born in Pine Ridge, South Dakota, has been cooking across the United States and Mexico for the past 30 years, and has become renowned nationally and internationally in the culinary movement of Indigenous foods. His main focus has been on the revitalization and evolution of Indigenous foods systems throughout North America. In 2014, he opened The Sioux Chef, a caterer and food educator in the Minneapolis/Saint Paul area. He and his business partner Dana Thompson also designed and opened the Tatanka Truck, which featured pre-contact foods of the Dakota and Minnesota territories. His first book, The Sioux Chef's Indigenous Kitchen, was awarded the James Beard medal for Best American Cookbook for 2018 and was chosen one of the top 10 cookbooks of 2017 by the Los Angeles Times, San Francisco Chronicle, and the Smithsonian Magazine. This past year, Chef Sean was selected as a Bush Fellow. The Sioux Chef team of 12 people continues its mission to help educate and make Indigenous foods more accessible to as many communities as possible through their nonprofit.

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KALIDAS SHETTY, PHD

Associate Vice President for International Partnerships and Collaborations and Professor of Plant Sciences, North Dakota State University, Fargo, ND

Dr. Kalidas Shetty is currently the founding director of the Global Institute of Food Security and International Agriculture and professor of plant science at North Dakota State University. From 1993-2012, he was a professor, associate professor, and assistant professor of food science and biotechnology in the Department of Food Science at the University of Massachusetts-Amherst. He received his bachelor's degree from the University of Agricultural Sciences in Bangalore; master's and Ph.D. in microbiology from the University of Idaho. He completed postdoctoral studies in plant biotechnology in Japan and Canada prior to joining the University of Massachusetts Amherst.

Dr. Shetty's research interests focus on critical role of cellular and metabolic basis of oxygen biology and microbiome interactions for advancing new innovations in food systems and health. He has developed an innovative "crops for health" research platform to counter diet-linked chronic diseases. He is applying these concepts to advance Indigenous food systems, health solutions, and resilience. He has published more than 200 manuscripts in peer-reviewed journals and more than 30 as invited reviews and in conference proceedings. He holds five United States patents. His current citations H-Index is 64 on Google Scholar. Dr. Shetty is the editor-in chief of the journal *Food Biotechnology* (published by Taylor and Francis). He is also on the editorial boards of five additional journals in the areas of food, science and technology.



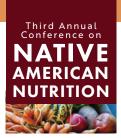
BEVERLY STABBER WARNE

RN, MSN (Oglala Lakota)
South Dakota State University College of Nursing, Brookings, SD

Beverly Stabber Warne was born and raised on the Pine Ridge Indian Reservation in South Dakota. Lakota is her first language. She is an enrolled member of the Oglala Lakota Tribe. After graduating from St. John's McNamara School of Nursing in Rapid City, South Dakota, Bev began her nursing career. She also received her baccalaureate and master's degrees in nursing at Arizona State University during the 1980s. Her work experiences include hospitals (public, private and military), home health, school health, out-patient care, international service (Bangkok, Thailand), public health nursing with the Indian Health Service, and nursing faculty. Bev served as director of the American Indian Students United for Nursing (ASUN) at Arizona State University, an Indian Health Service Scholarship Program which included academic, cultural and social support, including mentorship activities for American Indian pre-nursing and nursing students. Bev currently serves as coordinator – advisor/adjunct instructor with a project to increase numbers of Native American nurses in South Dakota, funded by a Bush Foundation grant at South Dakota University College of Nursing in Rapid City.







BIOGRAPHIES



KARINA WALTERS, PHD (Choctaw)

William P. and Ruth Gerberding Endowed Professor and Associate Dean for Research, Co-Director, Indigenous Research Wellness Institute, University of Washington, Seattle, WA

Karina L. Walters, an enrolled member of the Choctaw Nation of Oklahoma, is the associate dean for research, the Katherine Hall Chambers Scholar, and the director and principal investigator of the Indigenous Wellness Research Institute (IWRI) at the University of Washington. Dr. Walters has more than 20 years of experience in social epidemiological research on the historical, social, and cultural determinants of health among AIAN populations as well as chronic disease prevention research. Dr. Walters has presented at more than 320 national and international conferences; was an invited speaker for Wednesday Afternoon Lecture Series (WALS) at the National Institute of Health (NIH); and was a Fulbright scholar at the University of Auckland, New Zealand. Dr. Walters has served as principal investigator or co-investigator on more than 37 NIH grants; has mentored more than 90 scholars from historically underrepresented populations; and has participated in 14 national research training programs for underrepresented ethnic minority scholars. Dr. Walters received her bachelor's degree in sociology, her master's of social work (clinical), and her Ph.D. from the University of California, Los Angeles. Prior to her career in academia, Dr. Walters was a psychotherapist and served as commissioner for the Los Angeles County American Indian Commission.



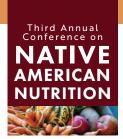
DONALD WARNE, MD, MPH

(Oglala Lakota)

Director, Indians into Medicine Program, Associate Dean, Diversity, Equity and Inclusion, and Professor, Family & Community Medicine, University of North Dakota, Grand Forks, ND

Donald Warne, MD, MPH is the associate dean of diversity, equity and inclusion, the Indians Into Medicine (INMED) program director, and professor of family and community medicine at the School of Medicine and Health Sciences at the University of North Dakota. He also serves as 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 medical degree from Stanford University School of Medicine and his master of public health from Harvard School of Public Health. His work experience includes several years as a primary care physician with the Gila River Health Care Corporation in Arizona; staff clinician with the National Institutes of Health; Indian Legal Program faculty with the Sandra Day O'Connor College of Law at Arizona State University; health policy research director for Inter Tribal Council of Arizona; executive director of the Great Plains Tribal Chairmen's Health Board; and chair of the Department of Public Health at North Dakota State University.

BIOGRAPHIES





LOUIS WHITEMAN-CRAM (Northern Arapahoe) Age 14

Louis Whiteman-Cram, a 14-year-old enrolled member of the Northern Arapaho tribe in Ethete Wyoming, is also Kickapoo and Scottish Highlander. Louis was born in Minneapolis, and currently resides in Pierz, Minnesota. Louis is the grandson of Ernest Whiteman and son of Missy Whiteman, and has been involved with Dream of Wild Health for more than seven years as a Garden Warrior. For the past three years, Louis has attended Gifted Education Resource Institute (GERI) summer camp at the Purdue University in Indiana. Louis is also interested in a career in film and is often in his mother's films and other local projects. He was most recently cast as lead role of Charlie in The Coyote Way: Going Back Home. Louis also enjoys sports, spending time with friends, and likes to make people laugh.



MISSY WHITEMAN (Northern Araphahoe)

Missy Whiteman (Northern Arapaho and Kickapoo) understands her work to be a voice for her ancestors to foster deeper understanding and to cultivate positive change. While based in part on traditional cultural ways and ideas, her work also addresses themes of loss in relation to larger cultural forces and the rebirth process of healing and redefinition of cultural identity. Many of Missy's short films incorporate Indigenous languages, teachings and values and have been screened for audiences at intertribal venues, local urban venues like the Walker Art Center, and national venues such as National Geographic All Roads Festival. She is a recipient of the Sundance Native Lab Fellowship and Jerome Fellowship for her short film project The Coyote Way: Going Back Home, to be released in 2018. Missy attended the Minnesota Center for Arts and the Minneapolis College for Art and Design for Filmmaking and Photography. In addition to being a filmmaker, Missy is also a film and media consultant with Independent Indigenous Film and Media.



ERNIE WHITEMAN
(Northern Arapaho)
Cultural Director, Dream of Wild Health, Hugo, MN

Ernie Whiteman, (Arapaho) has been the cultural director for Dream of Wild Health since 2007. Ernie is an elder, well-respected cultural teacher, and gifted artist. Ernie has a bachelor's degree from the University of Wisconsin Eau Claire, and earned his master's degree from the University of Minnesota. He taught at Fond du Lac College for 11 years, worked as the director for education for the Sac & Fox tribe, served on the Indian Affairs Commission in Oklahoma, and was the assistant director of economic development for the Shoshone Tribe. Ernie has an exceptional ability to build strong relationships with youth through humor, stories that instruct without shaming, and provides a much-needed role model for the young men.











The (R)Evolution of Indigenous Food Systems of North America

Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN

Sean Sherman, Oglala Lakota from the Pine Ridge reservation and founder of the company The Sioux Chef, is committed to revitalizing Native American cuisine. Through his research, he has uncovered and mapped out the foundations of the Indigenous food systems through an Indigenous perspective. Chef Sean has extensively studied the foundations of Indigenous food systems, including wild-harvested and cultivated crops. His first cookbook, The Sioux Chef's Indigenous Kitchen, was published by the University of Minnesota Press and awarded a James Beard Foundation award in April 2018. Chef Sean has become renowned nationally and internationally in the culinary movement of Indigenous foods, and with an ever-growing team of Indigenous-minded peers, is leading a movement to completely redefine North American cuisine through the understanding and utilization of indigenous food knowledge. This is an evolution of Native American Foods, taking important lessons of the past, applying them to the now — and impacting biodiversity, Native prosperity, and health into the future.

Reclaiming the Tradition of Breastfeeding: The Foundation of a Nation

Camie Jae Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton), Clinical Social Worker and Lactation Consultant, Seattle, WA

Less than 1 in 10 Native American babies meet the minimum recommendation of being exclusively breastfed for at least the first six months of their lives. This plenary will discuss breastfeeding as a traditional practice, breastfeeding as food sovereignty, the role of historical trauma, and why breastfeeding is essential to Indian Health – particularly in preventing chronic disease and sudden infant death.

It Takes a Village: Effective Approaches to Child Nutrition in Indian Country

Kelli Begay, MS MBA RDN (Kickapoo/Seminole/Mvskoke Creek), Nutrition Consultant, Division of Diabetes Treatment and Prevention, Indian Health Service, Rockville, MD

Our children are often called our culture keepers – the ones who will carry on our traditions and ultimately keep us, our ancestors' strength, and our culture alive. The role that family and community have in providing a solid foundation and healthy environment for today's children is especially vital for future generations. Accessing nutritious foods is a cornerstone to this effort. However, too often, social determinants of health prevent children from getting a healthy start. This presentation will focus on child nutrition, the issues surrounding good nutrition, as well as influential factors affecting our children's health. Innovative and evidence-based approaches to nutrition in Indian Country will be shared.





Improving Health of Native American Elders Through Increasing Traditional Food Consumption

Petra Harmon One Hawk, MPH (Standing Rock Dakota and Lakota), Title VI Director and Director of the Nutrition for the Elderly/Caregiver Support Program, Standing Rock Sioux Tribe, Fort Yates, ND

On many Native American reservations, there is a high rate of obesity and a high mortality rate from cardiovascular disease and diabetes mellitus Type II. Native American elders are an especially vulnerable population at increased risk of malnutrition, developing new health problems, and/or experiencing a worsening of current health status. These conditions and diseases can be prevented and possibly reversed through healthy eating and exercise. However, elders need access to healthy foods. This can be achieved by increasing the use of traditional foods into the menu, such as buffalo, squash, beans and chokecherries. Our first foods are highly nutritious. A pathway is needed to use traditional foods. The Nutrition for the Elderly program is developing this pathway by utilizing the tribal bison herd and developing a gardens assistance program. The gardens assistance program will provide seeds, soil and support for elders and community members who wish to garden. The program will also promote intergenerational activities around traditional foods. This also promotes socialization, which helps to decrease isolation, depression, and worsened health status. Most importantly, it creates the opportunity for the elders to pass on the collective traditional knowledge to the younger generations. The use of traditional foods is a holistic approach to improve the health of Native American elders on many levels.

Nurturing for the Future - A Hopi Perspective

Evangeline Nuvayestewa (Hopi/Tewa), retired teacher; Leon A. Nuvayestewa Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe; Valerie Nuvayestewa (Hopi/Tewa), Diabetes Prevention Educator, DHHS, the Hopi Tribe; and Erin Eustace (Hopi/Tewa/Zuni), age 20, Polacca, AZ

This session will demonstrate how cultural knowledge is passed from one generation to another within a matrilineal Hopi Family. Each family member will share experiences on how knowledge is received from their peers and family members and how they apply it in their daily lives. An introduction to Hopi and familial structure will precede the discussion.







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Recovering Our Ancestors' Food

Mirna Cunningham (Miskita), MD, Chairperson, Center for Autonomy and Development of Indigenous People (CADPI), Board Vice President, Latin American and Caribbean Indigenous People Development Fund; former chair, United Nations Permanent Forum of Indigenous Issues, Nicaragua

Traditional community practices for growing and harvesting food are successful when there is complementarity and reciprocity for balance in gender-based activities. Using examples from the matriarchal Miskitu communities of Nicaragua, family and community members learn to share responsibilities for food security and food sovereignty with women playing decisive roles in transmitting and preserving cultural patterns, including language. Indigenous knowledge can make essential contributions to issues related to food diversity loss, climate change, and collective land rights. Indigenous people must be aware that returning to their roots is essential for improving their nutrition and health. Culture is the pillar of development that has led to the creation of the United Nations Permanent Forum on Indigenous Issues and the United Nations Declaration on the Rights of Indigenous People. Structural changes are needed to build intercultural education and the global movement to promote and protect Indigenous peoples' rights and the rights of all humanity for life on the planet with a holistic worldview that accounts for all things – spirits, stars, nature and humans.

Food Diversity and Indigenous Food Systems to Combat Diet-Linked Chronic Diseases

Kalidas Shetty, PhD, Associate Vice President for International Partnerships and Collaborations and Professor of Plant Sciences, North Dakota State University, Fargo, ND

Major food security challenges in Indigenous communities are the rapidly growing burden of excess calories from hyper-processed and low micronutrient-based diets from a narrow choice of refined foods and loss of food diversity. This challenge is worsened from loss of traditional whole food diversity built across diverse Indigenous ecologies and is causing high rates of obesity and non-communicable chronic disease (NCD) such as type 2 diabetes and its complications towards heart disease. The current lack of food diversity as opposed to previous typical Indigenous diet – such as Three Sisters' food crops of corn, beans and squash – is leading to lower intake of whole grains, legumes, fruits and vegetables. This also reduces fiber to support beneficial microbiome and bioactive phytochemicals that can better modulate the key redox protective digestive and vascular pathways away from cellular breakdown towards NCD such as type 2 diabetes. Published results indicate that diversity of Indigenous food crops have bioactive nutritional factors beyond the macro and micronutrients that can counter breakdown towards NCD pathways such as type 2 diabetes and complications towards heart disease. Such Indigenous foods crops resilient to local ecologies must be reintroduced with rigorous nutritional rationale to bring and build back food systems to build community health resilience.

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New Hope for Old Crops: The Pawnee Seed Preservation Project

Debra D. Echo-Hawk (Pawnee Nation of Oklahoma), Pawnee Keeper of the Seeds and Title VI Coordinator, Pawnee, OK

Traditional foods are more than healthy foods; they are part of the history, land, culture, and spiritual practice of a people, as well as the economic fabric of a tribe. Traditional foods are part of the generational heritage passed on from elders. The Pawnee Seed Preservation Project is an encouraging story about how one tribe on the verge of losing all its heritage seeds was able to bring back a small handful of seeds and begin its journey toward once more feeding the people the food that sustained the Akitaru for hundreds of years. The Pawnee Council of Chief's New Hope for Old Crops has the Keeper of the Seeds and the Assistant working together with a trusted farm-raised "Little Sister" to maintain homeland ties in Nebraska with 18 gardens and farms. Gardeners in Oklahoma check out seeds from the seed bank with the intent to return seeds to replenish the supply. Interns monitor and gather data for documentation. Keeper of the Seeds Deb Echo-Hawk and Assistant Keeper Electa Hare-RedCorn will present the story of the Hukasa Seeds journey and encourage others to follow rematriation efforts and stay connected with Indigenous seed sovereignty work.

But What Did They Really Eat? Food Yields from The Three Sisters

Jane Mt. Pleasant, PhD (Tuscarora), Associate Professor, Department of Horticulture, Cornell University, Ithaca, NY

Intercropped corn, beans and squash, commonly called the Three Sisters, was a traditional cropping system used by the Haudenosaunee beginning in the 15th century and continuing into the early 19th century. While the agronomic characteristics of this system are well known, little attention has been paid to its food value. Could a diet depending largely on corn, beans and squash supply the nutritional essentials for a Haudenosaunee community? The session will examine the food profiles of these three crops, in terms of energy (calories), protein, and some vitamins and minerals. The quantity of crops harvested largely determines the capacity of this cropping system to meet food needs. But, surprisingly, it also depends on when two of the crops, corn and beans, are harvested. The session will also compare the nutritional value of the three crops grown as monocultures with their food values when they are intercropped. The results are complex, revealing, and have considerable relevance for Native communities today.







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Promoting Health Through Food Systems and Food Sovereignty Initiatives

Valarie Blue Bird Jernigan, DrPH, MPH (Choctaw Nation of Oklahoma), Associate Professor, Health Promotion Sciences, Sam K. Viersen Family Foundation Presidential Professor, College of Public Health, University of Oklahoma Health Sciences Center, Tulsa, OK

This presentation provides an overview of food systems and the relationship between food systems, food sovereignty, and health in Indigenous communities. The presenters will summarize two community-driven interventions – the THRIVE study and the FRESH study – which aimed to improve health by promoting food sovereignty in Native American Nations in Oklahoma. The THRIVE study implemented "healthy makeovers" in tribally owned convenience stores in the Choctaw and Chickasaw Nations of Oklahoma and resulted in increased purchasing of healthy foods among Native American shoppers. The FRESH study, currently underway, is implementing a farm-to-school intervention with the Osage Nation in Oklahoma and uses a community food sovereignty curriculum to foster greater community-level engagement in creating healthy food systems. Using these case study examples, the presenters identify characteristics of Indigenous food sovereignty and strategies for Indigenous communities to create more sustainable food systems for improved health.

Redefining Healthy Food, Reinventing Finance, and Returning to Self-Sufficiency

Zachary Ducheneaux (Cheyenne River Sioux), Intertribal Agriculture Council Technical Assistance Program, Eagle Butte, SD

Food that is only nutritious for the consumer isn't healthy unless the financial benefits are shared throughout the food value chain. CDFIs shouldn't try to be banks; they should be investment houses. In the context of the 2018 Farm Bill, the session will highlight innovation in Native agriculture.

Epigenetic Impact of Unresolved Trauma and Poor Nutrition

Donald Warne, MD, MPH (Oglala Lakota), Director, Indians into Medicine Program, Associate Dean, Diversity, Equity & Inclusion, and Professor, Family & Community Medicine, University of North Dakota, Grand Forks, ND

The main objectives of this session include increasing awareness of epigenetics and applying emerging science to the health impact of historical trauma, adverse childhood experiences (ACEs), and poor nutrition. We will also explore the impact of resilience and potential opportunities to reverse epigenetic changes through the mitigation of unresolved trauma and improvements in nutrition. Recent studies, including the South Dakota Health Survey, reveal significant disparities in ACEs among Native Americans and demonstrate the need to improve our understanding of the health impact of trauma and poor nutrition on Native American population health.

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Addressing Historical Trauma to Improve Native Nutritional Health

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

Native American community discourse suggests that historical trauma can become embodied in risk behaviors and that these factors may play a significant role in present-day health inequities. Historical trauma which consists of traumatic events targeting a community that cause catastrophic upheaval, have been posited by Native communities to have pernicious intergenerational effects through a myriad of mechanisms from biological to behavioral. Consistent with contemporary approaches of societal determinants of health, the impact of historical trauma calls upon researchers to explicitly, theoretically and empirically examine how these processes become embodied, and identify how these factors affect the magnitude and distribution of health disparities. Moreover, consistent with our tribal systems of knowledge, it is critical that we identify health promotion approaches rooted in the strengths of our tribal knowledges and vision of life, wellness and health held for us by our ancestors in designing health promotion interventions that are sustainable in Indigenous communities. This presentation provides an overview of innovations in social epidemiological approaches to community-based intervention approaches to addressing historical trauma and transcending the trauma. Specifically, after briefly describing innovations in incorporating theories of Indigenous peoples' health in designing and developing the historical trauma measure used in the Honor Project, the presenter will describe the Yappalli Choctaw Road to Health, a culturally focused, strengths-based outdoor experiential obesity-substance abuse risk prevention and health leadership program designed to develop 150 Choctaw women health leaders throughout Choctaw territory. Highlights include the theoretical innovation in creating a Choctaw-specific health promotion model for behavioral change grounded in ancient teachings and the vision that ancestors held in transcending historical trauma.

Deconstructing Historical Trauma: Survival Stories

Mary Annette Pember (Red Cliff Band of Ojibwe), award-winning journalist and former president of the Native American Journalists Association, Cincinnati, OH

As a means to heal myself I began writing about my family's experience with historical trauma. With the support of the Rosalyn Carter Fellowship in Mental Health Journalism and the USC Annenberg National Health Journalism fellowship, I researched and wrote about the deeper impact of trauma on our bodies, spirits and genes. After years of academic research, I return to story – the best means for me to describe all that's happened and all I've learned. This is the beginning of my family's memoir, the truth that I owe to my mother. Please be warned that this is a difficult story to hear and may trigger bad memories and feelings especially for Indian boarding school survivors and their families.







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1. American Indian Perspectives on Healing from Historical Trauma: An Indigenous Inquiry

Renee Beaulieu-Banks (Leech Lake Nation)*, Kim Sundeen*, and Kyra Christopherson*, St. Catherine University, Saint Paul, MN

This session will share the findings of an American Indian Talking Circle regarding the healing of historical trauma (HT) to inspire community action in the form of talking circles and to engage in community dialogue regarding healing HT holistically – for mind, body, spirit and emotional health. Based on Indigenous inquiry and using a talking circle method, this qualitative study describes 10 American Indian perspectives on healing HT. The talking circle process of storytelling illuminated elements of an interrelated path of healing. Themes that arose from collaborator's narratives are connection, traditional healing, and purpose. These results offer insight into the strengths of American Indian ancestry and culture and highlight them as important components to healing HT through community. This research highlights the importance of traditional ways, such as incorporating traditional foods and practices, and offers hope for collective healing. Attendees will take away the importance of connecting to their own story, seeking traditional healing ways, and following their purpose. This session is intended to bring the issue of HT into a safe space for courageous conversation. Attendees will be able to engage with the knowledge presented and participate in a grounding ceremony. Funding for this research was from St. Catherine University Holistic Health Studies Program.

2. Leveraging Programs to Support Maternal and Child Health and Food Security (no poster)

Kelli Begay, MS, MBA, RDN (Kickapoo, Seminole, Mvskoke)*, Indian Health Service, Rockville, MD; and Patty Keane, MS, RDN*, University of New Mexico, Albuquerque, NM

This breakout session will outline the current state of food insecurity among American Indian and Alaska Native (AI/AN) people, programs that influence food access in urban and rural Native communities, and their impact on maternal and child health (MCH). Culturally appropriate approaches and best practices to promote food security at the individual, family and community level will be shared, and approaches to incorporate access to nutritious foods in MCH programs will be reviewed. The importance of including Indigenous perspectives into evidence-based health promotion and chronic disease prevention initiatives will also be discussed. Early care and education settings are optimal venues for MCH promotion and provide unique opportunities for intergenerational learning. The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus, a nutrition and physical activity program implemented in tribal and non-tribal Head Start centers across New Mexico, is an example of SNAP-Ed funded programming that tribal communities can leverage to further their MCH and food security initiatives. The session will discuss the evolution of this research-to-practice program and how tribal partners have modified and expanded on the core evidence-based CHILE Plus curriculum to incorporate Indigenous knowledge, from food, nutrition and health to language preservation.

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3. Lessons from the Traditional Western Apache Diet Project

Twila Cassadore (San Carlos Apache)* and Seth Pilsk*, San Carlos Apache Tribe, San Carlos, AZ; and Letitia McCune, PhD, BotanyDoc Consultant, Tucson, AZ

The Traditional Western Apache Diet Project stems from a 28-year effort by San Carlos Apache tribal staff working directly with elders from the four Apache tribes in Arizona to document and study traditional Ndee/Nnee (Western Apache) knowledge of the natural world. This session will discuss project findings regarding pre-reservation Ndee nutrition, health care, and support systems. The session will focus on effective and culturally resonant strategies to bring these systems to bear on current epidemics of chronic disease, substance abuse, suicide/attempted suicide/cutting, sexual violence, generationally embedded childhood toxic stress, and ecosystem decline. Attendees will learn specific information about the content and nutritional values of the Nnee diet; the sources of the above-mentioned health epidemics and the mechanisms for their growth; and specific projects focused on utilizing tested, ancestral Ndee practices to address these issues. Tribal representatives might recognize approaches that could be effective in their own communities. This project was fully conceived, designed and implemented by the San Carlos Apache Tribe, and is currently funded by the tribe's Department of Forest Resources and the Centers for Disease Control and Prevention's Good Health and Wellness in Indian Country program.

4. Alaska Traditional Foods Movement

Melissa A Chlupach, MS, RD, LD*, Assistant Professor, University of Alaska, Anchorage, AK; and Amy Foote, CDM, CHESP*, Alaska Native Tribal Health Consortium Area Executive Chef, Alaska Native Medical Center, Anchorage, AK

The objectives of this presentation are to (1) educate attendees about traditional/Indigenous (T/I) food donation regulations in health care and long-term care facilities, senior meal programs, schools, and donation centers; (2) share how Alaskan institutions have incorporated T/I foods into their menus; and (3) teach attendees how they can implement a T/I foods program in their facilities. Organizations across Alaska have worked together on traditional foods initiatives and set best practices for donating, processing and serving traditional foods in public facilities and food donation centers. Utuqqanaat Inaat (A Place for Elders) Long-Term Care facility built a T/I foods processing center for their residents so they can process foods such as musk ox, seal and caribou. Residents now enjoy the foods they grew up eating. The Alaska Native Medical Center received donations of approximately 2,000 pounds of moose and 400 pounds of hooligan fish for its patient menu. Implementing these programs has enhanced the quality of life and health of Alaska Natives. Programs like this can be implemented nationwide by thinking outside of the box, setting best practices, procuring T/I foods, developing delicious menus, and serving these healthy, healing foods. Let's continue this journey improving the health of American Indians and Alaska Natives.







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5. The "Food Wisdom" Repository: Information Resources for Native Nutritional Health (no poster)

Michelle Johnson-Jennings, PhD (Choctaw Nation) and Derek Jennings, PhD (Anishinaabe, Quapaw), University of Saskatchewan, Saskatoon, SK; and Julie Davis, PhD*, Dixie Dorman, MEd (Anishinaabe)*, Meg Little, EdD, RN; and Koushik Paul, BA*, University of Minnesota, Minneapolis, MN

The Research for Indigenous Community Health (RICH) Center at the University of Minnesota is creating an online repository of information resources to support those working for health and well-being in Native communities through food and nutrition. Accessed via a public website, this searchable database includes a directory of experts, a bibliography of publications, and information on projects, programs, and other resources. Content draws from academic, applied, experiential, and Indigenous community knowledge. The repository will provide a central digital space for information that is currently dispersed or difficult to access, and facilitate the sharing of knowledge and experiences. This interactive session will provide an overview of the project and demonstrate a prototype of the repository website. Attendees will learn about how the resources provided by the repository might support their work. Then they will explore the prototype site and provide feedback, to guide further development of the repository's content, structure, and design. The project has been supported by the Shakopee Mdewakanton Sioux Community through its Seeds of Native Health initiative and the University of Minnesota's College of Pharmacy.

6. Growing the Puna – Insights to Building an Indigenous Māori Nutrition and Physical Activity Workforce

Erina Korohina (Ngāti Porou)*, Toi Tangata, Aotearoa, New Zealand; and Hannah Rapata (Ngāi Tahu)*, University of Auckland, Aotearoa, New Zealand

The importance of delivering services to communities using mātauranga Māori approaches to knowledge regeneration is a significant and enduring feature of the Aotearoa Indigenous response to addressing health inequalities for Māori. Toi Tangata is a leading national nutrition and physical activity workforce development agency which aims to inform, educate and advocate to agencies and organizations representing whanau (family) using quality and innovative information and relationships to improve whānau physical health and well-being. A program developed by Toi Tangata called Growing the Puna nurtures a space for developing and growing the Māori nutrition and physical activity workforce in Aotearoa, New Zealand. The term "Puna" translates to freshwater "springs" that provided sustenance to the iwi (tribe), hapu (sub tribe), and whanau. Through a mātauranga Maori lens, the researchers are identifying and activating formative learning pathways for those interested in nutrition and physical activity health workforce roles. The session will deliver a snapshot of the insights and experiences of student interns to date and amplify the learnings had alongside Growing the Puna students. This is a practical and applied workshop where Indigenous knowledge systems will be shared that can nurture and sustain Indigenous responses to Hauora (health and well-being).

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7. RETURN: Native American Women Reclaim Foodways for Health & Spirit - A Short Documentary Film

Mary Paganelli*, Lead Associate Producer and Editorial Director, Native Foodways Magazine, Portland, OR; and Valerie Segrest (Muckleshoot)*, Nutrition educator and author, Auburn, WA

The purpose of the breakout session is to screen RETURN and stimulate discussion around community-based initiatives to restore health, well-being, and cultural heritage. The film screening will be 29 minutes, followed by an interactive Q&A. RETURN features Roxanne Swentzell (Santa Clara Pueblo), championing the health benefits of the diet her people ate prior to the Spanish conquest; Kibbe Conti (Oglala Sioux), nutritionist, directly confronting the diabetes epidemic with tribe-specific guidelines for healthy eating; Jennifer Gauthier (Menominee), community development educator, focusing on gardening and reinstituting the Menominee language; Desiree Bergeron Jackson (Tlingit), nutritionist, looking to readily available traditional foods; Andrea John (Seneca Nation), exercise specialist, using her training to encourage more activity and a diet rich in fruits, grains and vegetables; and Valerie Segrest (Muckleshoot), nutritionist, reviving cultivation and berry-picking endeavors in the context of government policy. Attendees will learn how reclaiming ancestral practices in our contemporary world can change lives. As RETURN shows, Native American women from all over the country are influencing their communities to seek physical and spiritual health. The major supporter of RETURN is the Robert Wood Johnson Foundation President's Grant Fund of the Princeton Area Community Foundation. Support was also provided by Arizona Cactus Ranch.

8. Agro Ecological Production in La Esperanza Parish, Pedro Moncayo County, Ecuador: An Alternative to Feed Our Communities (no poster)

Jose Suarez, MD, PhD* and Dolores Lopez, BA, MSc, PhD (c), Fundación Cimas del Ecuador, Quito, Ecuador; Fernando Sarango, JD (Quechua)* and Cecilia Moreta (Quechua)*, Indigenous Pluriversity Amautay Wasy, Quito, Ecuador; and Hilario Morocho, MA (Quechua)*, Community Agroecologist Trainer, Quito, Ecuador

In the Andean region of Ecuador, like in the United States, Indigenous communities are located on lands with poor soil and have high rates of poverty and serious nutritional problems. They are searching for alternative development processes in order to improve their living conditions. The purpose of this session is to share Andean ancestral Indigenous world-views on health, nutritional conditions and agroecology, and the Intercultural Training Center on Agro Ecology (Centro Intercultural de Capacitación y Agroecology, CINCA). CINCA provides hands-on teachings on sustainable organic crops and recuperation of traditional seeds to provide healthier nutritional alternatives and environmentally friendly ancestral architectural constructions using local natural elements, in a demonstrative farm. The farm has successfully transformed poor soil by use of organic materials including natural nutrients and microbes (collected and incubated onsite), efficient irrigation, and low tillage contour plots. The farm sells excess produce at local markets in Quito to raise funds for operation, demonstrating that agroecology could provide enough income for Indigenous families. The goal of this presentation is to share information of an experience that could be replicated in other parts of the world.







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9. Nutrition Across the Lifecycle, an Applied Model of Nutrition Education at Taos Pueblo

Paula Szloboda, RN, MA, MBA, BC-NC*, Therapeutic Chef and Nutritionist, Division of Health and Community Services at Taos Pueblo, Taos, NM

This descriptive talk focuses on the experiential nutrition education program at Taos Pueblo that serves all people at Taos Pueblo, from expectant families to elders. Implementation of a farm-to-fork school nutrition program for all children attending tribal schools at Taos Pueblo is highlighted. Intergenerational cooking and gardening events are also emphasized. Participants will learn how to address nutrition education needs for all ages using an experiential model; how to adapt existing curricula to meet the needs of one's own community; how to develop a plan for implementing a hands-on nutrition education program; and simple ways to work with nutrition to improve health. Participants will receive recipes and resources to support their work in their communities.

10. Achieving Tribal Food Sovereignty – the Critical Role of the Special Diabetes Program for Indians

Amber Torres (Walker River Paiute Tribe)*, Walker River Paiute Tribe, Schurz, NV; Stacy A. Bohlen (Sault Ste. Marie Tribe of Chippewa Indians)*, Shervin Aazami*, and Bobby Ahern (Confederated Tribes of Warm Springs)*, National Indian Health Board, Washington, D.C.

At the 2002 Indigenous Peoples' Consultation on the Right to Food, food sovereignty was defined as "... the right of Peoples to define their own policies and strategies for the sustainable production, distribution and consumption of food, with respect for their own cultures. "Food sovereignty is at the core of tribal sovereignty. When tribes signed treaties with the federal government, they included explicit protections for traditional tribal food systems. For more than 20 years, tribes have been using the Special Diabetes Program for Indians (SDPI) to revitalize their traditional foods, expand culturally based public health programs, and improve the health status of their peoples. Through the lens of the Walker River Paiute Tribe SDPI program, this session will examine how SDPI can serve as a vehicle to achieve tribal food sovereignty. Participants will also learn more about SDPI's national impact on reducing rates of chronic disease in tribal communities. Finally, this session will discuss national advocacy efforts to advance tribal food sovereignty, and, in particular, discuss the significant impact of the 2018 Farm Bill on tribal food systems.

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11. FDPIR: Changes that Have Paved the Way for More Nutritious "Commodity" Foods

Akua White, MS, RDN*, Nutritionist, USDA, FNS, Food Distribution Division, Alexandria, VA; Florence Calabaza (Santo Domingo Pueblo)*, Food Distribution Director, Five Sandoval Food Distribution Program, Inc., Bernalillo, NM; and Carmen Robertson, BS*, Nutritionist, Choctaw Nation of Oklahoma Food Distribution Program, Durant, OK

Join us for a lively presentation on the improvements made to foods offered through the Food Distribution Program on Indian Reservations (FDPIR). A moderator will facilitate the presentations of two panel members working at local FDPIR sites as a director and a nutrition educator. FDPIR provides nutritious USDA foods (formerly known as "commodities") on a monthly basis to income-eligible Native American households living on or near Indian reservations. There are 276 tribes receiving FDPIR benefits through 102 Indian tribal organizations and three state agencies. Through interactive discussion, video, and photos, the presenters will provide an overview of FDPIR, describe the foods available to distribute, and share information on how they manage their programs and provide nutrition education. The poor images of "commodities" persist even as tribal organizations and USDA have worked to improve the quality and nutrition value over the years. A variety of foods are available including fresh fruits and vegetables, whole grains, low-sodium and low-fat products, and items with no added sugar. Traditional foods such as bison, wild rice, salmon, and blue cornmeal are now a part of the FDPIR food package. The Food and Nutrition Service (FNS), an agency of USDA, administers FDPIR at the federal level.

12. Community Champions for Safe, Sustainable, Traditional Food Systems

Kathleen Yung*, First Nations Health Authority, Vancouver, BC; and Casey Neathway*, First Nations Health Authority, Kamloops, BC

Canada's First Nations Health Authority (FNHA) collaborated with BC's First Nations to increase food security and food safety knowledge using a community champion model and a community-driven, nation-based approach. Each nation had at least one community champion (CC) who received train-the-trainer education on safe food preservation methods. The CCs then took this knowledge back to their home communities, along with FNHA-developed curriculum materials, and provided education and knowledge to nation members and residents. Through this program, nations increase food security through preservation of traditional and country foods, and environmental health and food safety considerations are met through interactive, community-based training and education. The CC model increases capacity within the nations, creating a nation-to-nation mentoring network across the entire province, and ensures knowledge is held by members. In this breakout session, the presenters will share lessons learned from their project and engage participants to share their experiences with community engagement for safe food preservation, including an exploration of various traditional food preservation techniques, to increase the knowledge base for all. Through an interactive dialogue, the presenters will provide context on their practices with participants and support brainstorming to identify opportunities for CC models in participants' home tribes and nations.







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13. Ocean to Table

Azure B Boure, BSNES (Suquamish)*, Suquamish Tribe Traditional Food and Medicine Program Coordinator, Suquamish, WA

Ocean to Table is a program at the Suquamish Tribal School Chief Kitsap Academy (CKA) designed to give students a hands-on learning experience incorporating both science and culture. This is accomplished by taking them on the journey that fish make from ocean to dinner table, with the finished product being traditional smoked salmon. The project was incorporated into the salmon unit in marine biology. With help from school staff, tribal members, and elders, students learn the process of catching, fileting, salt brining, proper hanging, and fire building in preparation for the smokehouse. While working with the fisherman and tribal elders, the students hear stories about tribal families who grew up smoking salmon and how it shaped their lives. The ability to catch and preserve their own food is a step towards food sovereignty, while simultaneously teaching important cultural practices. The Smoke Fish Not Drugs logo has been very well used throughout tribal programs as a reminder of cultural practices as well as a substance abuse prevention slogan. Tribal council and Cultural Co-op reviewed and approved the program, and the tribe continues to fund it annually.

14. Significance of Traditional Wild Plant Nutrition for Tohono O'odham Health

Martha Ames Burgess, MS*, Adjunct Professor, Tohono O'odham Community College, Sells, AZ; and Juanita Francisco Ahil (Tohono O'odham), Ali Chukson, AZ

This work is in honor of Tohono O'odham elder and co-author Juanita Ahil (deceased). Her intent, wish and challenge to Ms. Burgess was to carry on her traditional knowledge of desert plant foods. This presentation highlights some of her knowledge supplemented with nutritional lab analysis. For the Tohono O'odham, the Desert People of the U.S. Southwest Borderlands (known formerly as Ba'bawi O'odham, or Papago to Spanish invaders), wild desert plants provided highly nutritious food in their traditional diet. Nutritional analyses of desert staples such as saguaro fruit (bahidaj), agave (a'ut), wild greens (i:wagi), wild tepary (ba:wi), prickly pear cladophyll (nowi), prickly pear fruit (i:ibai), acorn (tu'a), mesquite (kui wihog), cholla cactus (chiolim), wild chile (a'a'ko'okol), chia seed (da:pk), other succulents, and legume trees show exceedingly high protein, blood-sugar balancing complex carbs and soluble fiber levels. Many of them have medicinal, ceremonial and sacred significance which cannot be separated from nutrition, hence the plant constituents, with harvest practices, provide for family, social and cultural health as well. The presenter's experience teaching at TOCC shows accelerating interest in rediscovering traditional plant knowledge for better health, culinary arts, athletic energy and endurance programs, infant and elder care, cultural identity, and especially in prevention and treatment of the diabetes epidemic perpetuated by corporate agriculture colonialism.

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15. The Indigenous Plate (no poster)

PECHAKUCHA

Monica Cyr, MSc, BSc (Métis)*, University of Manitoba, Winnipeg, Manitoba; Nicole Lamy (Métis), Northern Program Coordinator, Food Matters Manitoba, Winnipeg, Manitoba; and Jeff LaPlante (Métis), Executive Director, National Aboriginal Diabetes Association, Winnipeg, Manitoba

Outside the scope of nutrients are elements of food sovereignty, cultural exchange, and food work. Shifting the conversation to include cultural food knowledge is how The Indigenous Plate came to fruition. "Before you eat, think about what goes on your plate, in your cup, or in your bowl" is the messaging accompanied by My Plate, the leading current nutrient-based tool published by the USDA Center for Nutrition Policy and Promotion. My Plate illustrates the five food groups that are the building blocks for a healthy diet. However, there is more to the story of food. The Indigenous Plate promotes thoughtful dialogue that unpacks food from a perspective of holism and overall well-being through a color scheme. The intention of the plate is to provide new insights related to the discourse of food for Indigenous populations. The concept of the plate has been developed with guidance from community members, key stakeholders, and representatives of Canadian First Nations, Métis, and Inuit peoples. In addition, the design of the plate was developed by an Indigenous artist. Lastly, the plate is representative of "Indigenous people working for Indigenous people."

16. Newman's Own Foundation Native American Nutrition Cohort: A Peer Learning Collaborative Approach to Strengthen Fresh Food Access and Nutrition Education in Indian Country

Crystal Echo Hawk (Pawnee)*, Echo Hawk Consulting, Tulsa, OK; and Faith Fennelly*, Newman's Own Foundation , Westport, CT

Newman's Own Foundation (NOF) recently convened its first-ever Native American Nutrition Cohort to provide an opportunity for peer-to-peer learning over three years among organizations working on fresh food access and nutrition education issues faced by Native American populations. The cohort is made up of nine diverse organizations representing 12 different tribal communities. The group held its kick-off meeting in May 2018 and identified future peer-learning topics, which include themes centered on social justice, community engagement, and network building. The cohort will participate in a case study led by a researcher from the Upper Sioux Community that will examine how peer-driven design and engagement can help advance the work of these organizations in Indian Country. The design of the case study is based in the values of Indigenous evaluation. This is the second grantee-driven learning collaborative that NOF has initiated. The first was launched in 2014 and was comprised of six organizations working in fresh food access and nutrition education in underserved communities across the United States. In partnership with Tufts University, a case study was recently published on this cohort, which highlighted that trust and a grantee-driven approach is key to building a successful learning collaborative.







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17. Revitalizing Traditional Foods as Nutritional Food Options

Rebecca Edler (Menominee)*, Dolly Potts (Prairie Band Potawatomi)*, and Adam Schulz (Stockbridge-Munsee Community Band of Mohican Indians)*, Sustainable Development Institute, College of Menominee Nation, Keshena, WI

The main objectives of this project are to design and conduct agricultural research and promote traditional food as a healthy food option. This two-year research project contains both a western research style and traditional practices. The western part includes researching traditional soil amendments, and the traditional piece encompasses revitalizing Bear Island Flint corn and other traditional plants as healthy foods choices. The researchers started the growing season by hosting a traditional planting feast with a menu that includes soup, nanapun (Menominee bread), namaeqs (fish), manomaeh (wild rice), apaesoh (venison) with leeks, with a dessert of maple cake and wild berries. Using traditional methods, the researchers used Bear Island Flint corn that was grown in year one of the research project to introduce hominy making that was served at the feast. The researchers are reintroducing traditional food as a healthy eating option. To empower youth, they introduced them to traditional methods of food preparation. The youth are learning and sharing traditional practices with family and friends. This project is supported through a USDA-NIFA-Tribal College Research Grant Program.

18. Achieving Campus Wellness Through the Integration of Sustainable Agriculture and Nutrition Education at United Tribes Technical College

R. Fox (Arikara), B. McGinness, MEd*, A. Wadsworth (Spirit Lake Nation)*, and M. Yborra, RD*, United Tribes Technical College, Bismarck, ND

How do we make the healthy choice, the easy choice? Building upon 24 years of nutrition and agriculture education and outreach, Land Grant Extension at United Tribes Technical College (UTTC) in Bismarck, North Dakota, is engaged in the comprehensive integration of addressing issues of food sovereignty and nutrition education in the campus community. Their approach is to model specific positive solutions that can be modified and applied more broadly to help address community needs, locally in the Bismarck-Mandan community, in the five tribes of North Dakota that govern UTTC, and in tribal communities throughout North America. Food sovereignty and nutrition solutions underway at UTTC include the expansion and development of a campus-farm that feeds the campus community, education and training of its food service staff that includes hands-on food production and fresh produce utilization to effectively generate a culture of enthusiasm about campus food sovereignty, hosting "lunch-and-learn" workshops that train interested community members in the creative utilization of fresh farm produce, featuring and promoting nutritious whole foods "of-the-month" in our cafeteria to not only engage college students, but also 200 staff and faculty and 200 pre-school and elementary children in learning to expand their culinary horizons, and integrating food production into the greater Healthier Campus Initiative. The project is funded through NIFA.

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19. NW Tribal Food Sovereignty Coalition: Inter-tribal and Intergenerational Collaboration

Nora Frank-Buckner, MPH (Nez Perce/Klamath)*, Ethan Newcomb (Siletz), Jenine Dankovchik, Tam Lutz, MPH, MHA (Lummi Nation)*, and Victoria Warren-Mears, PhD, RDN, FAND, Northwest Portland Area Indian Health Board, Portland, OR; and NW Tribal Food Sovereignty Coalition Members

The First Annual Conference on Native American Nutrition (2016) inspired Northwest (NW) tribes to form the NW Food Sovereignty Coalition, an opportunity for tribes/tribal organizations to convene efforts that are driven by cultural revitalization, empowering communities, and the use of innovative strategies to improve health. This presentation will cover development, recruitment, and strategies to sustain an inter-tribal and intergenerational coalition. The coalition formed under the WEAVE-NW project. Many NW tribes focus on community gardens, traditional foods, and food policy. Regionally, community leaders, youth, elders, and tribal employees expressed the need for more partnerships and collaboration for tribal food sovereignty efforts. Two areas of focus are identified for the first year: (1) to develop a media campaign; and (2) to host a regional gathering to celebrate traditional foods, medicine and culture. Additionally, tribes support each other through sharing resources and knowledge. In this first year, members self-selected one of three workgroups: campaign, gathering, or leadership. The ongoing leadership workgroup is developing the strategic and sustainability plan. Financial support for this work was from the Center for Disease Control and Prevention's Good Health and Wellness in Indian Country.

20. The Role of Soil Nourishment in Nutritional Quality of Indigenous Foods

Scott Goode, BS*, Co-Owner, Nourishing Systems, Central Point, OR, and Research Scientist, Desert Research Institute, Reno, NV; Beverly Ausmus Ramsey, PhD, Wa-Hi-La, LLC, Woodsboro, MD and Research Professor (retired), Desert Research Institute, Reno, NV; and Anna Eichner, BA, Principal, Tikkum Olam Research & Teaching Farm, Central Point, OR, and Research Professional, Desert Research Institute, Reno, NV

A program in soil nourishment is demonstrating the importance and improvement in nutrition from Indigenous farming methods in both desert and Northwest ecotypes of the United States. The program produces food crops and teaches both young people and master gardeners methods for enriching soils without the need for pesticides and inorganic fertilizers. The Soil Nourishment Program is also teaming with the Native Waters on Arid Lands (NWAL), sponsored by the USDA, to provide (1) research results on soil biogeochemistry, crop nutritive values, and sustainable farming outcomes; (2) capacity building in tribal community and tribal colleges to implement these practices; and (3) education of urban and rural communities on the relationship between Indigenous agricultural practices and community food and nutrition improvement. The importance of the soil ecosystem including it fungal dominance, the importance of the Rhizosphere including mycorrhizal and nitrogen-fixing plant symbionts, and carbon/nutrient conservation will be discussed and illustrated from the practices in use in Oregon and Montana. The role of nourished soils in carbon sequestration, and on crop nutritive values will be presented. Research partially sponsored by USDA/NIFA.







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21. Healthy Navajo Store Initiative

J. Hood, MSc (Navajo)*, D. Carroll, MPH (Navajo), C. George, MS (Navajo), and S. Shin, MD, Community Outreach and Patient Empowerment (COPE), Gallup, NM

The Healthy Navajo Store Initiative (HNSI) aims to build capacity with local retailers to promote, supply and increase sales of healthy foods and beverages across the Navajo Nation. Beginning in 2015, HNSI has provided ongoing support to stores to incorporate more healthy foods, including traditional food and beverages in their stores. In 2016, COPE conducted a survey with 85 retailers to assess the availability of qualifying fruits and vegetables in their stores. Survey findings demonstrated a significantly higher number of healthy items located at stores accepting SNAP, WIC, and participating in the Fruits and Vegetables Prescription programs. Results showed approximately 25% of HNI stores qualifying a "good" or "excellent" in their HSI score. Other results indicated that 98% of stores had unhealthy items available in front of the stores. HNSI provided training to community members on ways to work with their local stores to create sustainable changes. The HNSI-store collaboration provided materials, training, and technical assistance for clerks on ways to promote more healthy foods to the public and community members. This project was approved by the Navajo Nation Human Research Rights Review Board. HNSI was also supported by the Racial and Ethnic Approaches to Community Health grant under the Centers for Disease Control and Prevention.

22. Blackfeet Nation Community Food Security and Food Sovereignty Assessment

Betsy Loring*, Nonie Woolf (Yakama/Choctaw), and Kirsten Krane, FAST Blackfeet, Browning, MT; Sharon Silvas (Blackfeet) and Stefany Jones, Indian Health Services, Browning, MT; Scott Brant, FAST Blackfeet, Browning, MT; and Marissa McElrone, University of Tennessee, Knoxville, TN

The goals of the Blackfeet 2016-2017 Community Food Security and Food Sovereignty Assessment (CFSA) were to identify areas of food insecurity and explore solutions, and to identify issues of food sovereignty and explore capacity expansion for sovereignty efforts on the Blackfeet Nation. The CFSA contained seven components assessing community sociodemographics, community food resources, household food security, food resource accessibility, food availability and affordability, community food production resources, and food sovereignty. Throughout the CFSA, gaps in community food security and food sovereignty were identified. The CFSA found evidence that more than half of the community on the Blackfeet Reservation is food insecure year-round. Additionally, residents have limited food resource availability, especially in the outlying areas of the reservation. Based on identified gaps, nine recommendations were established as opportunities to ensure a more food secure and food sovereign Blackfeet Nation. This project has catalyzed efforts to conduct in-depth food policy planning on behalf of the Blackfeet tribe's Agricultural Resource Management Program (ARMP) and specific planning initiatives by FAST Blackfeet to address food security through lenses of sovereignty and community development. Components with human subjects were reviewed and approved by University of Tennessee IRB and Blackfeet Nation IRB.

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23. Don't Miss Out! CSBG Funds Are Available to Support Native Nutrition Programs

Nicole Oxendine, MFA (Lumbee)*, Director, CSBG National Training & Technical Assistance Program, Lux Consulting Group, Silver Spring, MD (under contract with the U.S. Department of Health & Human Services, Administration for Children and Families, Office of Community Services, Washington, D.C.)

The Community Services Block Grant (CSBG) provides funding to Native American and Alaska Native Tribes and tribal organizations to address the causes and conditions of poverty in their communities. CSBG is a flexible, community-responsive block grant that can fund a range of services, including employment, education, housing, nutrition, emergency assistance, substance abuse, energy, and health care. Native food and nutrition projects are supported with CSBG funds by more than 45 tribal programs across the country. Projects include food banks, education on nutrition and Native foodways, community gardens, water systems, food production, healthy meal preparation, and meal delivery. This presentation will discuss how to access CSBG funds for Native health and nutrition projects and will highlight the work of several grantees who are using CSBG funding to support Native health and nutrition efforts in their communities. Presenters will also discuss how to access the free training and technical assistance available to all prospective grantees through the CSBG Tribal Training and Technical Assistance Program. Funding is provided directly to state and federally recognized tribes and tribal organizations through the U.S. Department of Health & Human Services, Administration for Children & Families, Office of Community Services (OCS).

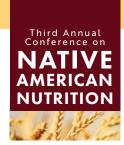
24. Converting Food Deserts into OAASIS: (Organic Adaptive Agricultural Systems Integrated for Sustainability)

Beverly Ausmus Ramsey, PhD*, Wa-Hi-La, LLC, Woodsboro, MD, and Research Professor (retired), Desert Research Institute, Reno, NV

For rural and intercity communities, food deserts have become a significant public health issue. OAASIS has the simple technology to create power and water efficient nutrient rich foods throughput the year. OAASIS is (1) community-based, focused; (2) designed for total system efficiency, minimal wastes; and (3) feeds the community first, external markets are important but secondary. OAASIS integrates across energy security, water security, and food security. OAASIS is an indoor agroecosystem plus the inputs (labor, containers, energy and water), and the outputs (food for the community including assisted care facilities, schools, hospitals, and potentially trade) required to achieve sustainability. OAASIS is targeted at continual production of microgreens, herbs, many vegetables, herbs and mushrooms. The four objectives are (1) optimize soil-based containerized agroecosystems on the area in accordance with community and the technical needs assessment; (2) train community members on container house establishment and operations; (3) evaluate the production benefits/challenges of container growth systems including operating costs, crop yield and nutritional value, and soil/media nutrient cycling; and (4) support the community in developing a sustainable agricultural/nutritional community food security plan using OAASIS. Research partially sponsored by USDA/NIFA AFRI Award No: 2015-69007-23190.







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25. Federation of Sovereign Indigenous Nations Food Policy Process and Recommendations

Dr. Priscilla Settee, PhD (Swampy Cree, Cumberland House First Nations)*, University of Saskatchewan, Saskatoon, SK; and Terrina Bellegarde (Nakota-Cree, Carry the Kettle First Nation, Treaty Four Territory)*, Federation of Sovereign Indigenous Nations, Saskatoon, SK

In spring 2018, Federation of Sovereign Indigenous Nations (FSIN) contracted with Dr. Priscilla Settee to draw together an Indigenous food sovereignty policy paper based on the knowledge gathered at several talking circles with various members of the Federation of Sovereign Indigenous Nations located throughout the province of Saskatchewan. This presentation will describe the outcomes of these food sovereignty talking circles and summarize the list of recommendations. Many of the outcomes focused on the state of traditional foods and what can be done to alleviate hunger and work with damaged environments. In addition, the presentation will include information on some of the broader Canadian Indigenous food sovereignty picture.

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26. Honoring the Grandmothers Through (Re)membering, (Re)learning, and (Re)vitalizing Métis Traditional Foods and Protocols

Monica Cyr, MSc, BSc (Métis)* and Joyce Slater, Associate Professor, RD, MSc, PhD, University of Manitoba, Winnipeg, MB

The objective of this qualitative grounded theory study was to explore Métis food practices in Manitoba, Canada. Twenty-one in-depth interviews were conducted with Métis residents of urban Winnipeg and surrounding rural communities. Approval for this research was obtained from Manitoba Métis Federation in addition to University of Manitoba Research Ethics Board. Results indicate that there is a strong sense of history, pride, identity and revitalization associated with the Métis community through cultural food activities; however, there is a gap in associated knowledge translation or "teachings." While some Métis families are rooted in their culture and practices related to Métis foods, others are not as connected to the recipes they grew up with. Yet, they expressed the desire to reestablish family recipes and food protocols if accessibility of traditional foods were possible. Findings indicate that Métis people would benefit from accessing their traditional foods. Results of this research will provide Métis people with opportunities for critical reflection on food and identity as Métis people; food origins; the role of food in our lives; and how ecological structures affect the production and consumption of food. In addition, this project will provide educators with an alternative discourse as it relates to food.

27. Two-Eyed Seeing – (Re)claiming Our Bodies

Monica Cyr, MSc, BSc (Métis)* and Natalie Riediger PhD, Assistant Professor, Department of Food and Human Nutritional Sciences, University of Manitoba, Winnipeg, MB; and Jeff LaPlante (Métis), Executive Director, National Aboriginal Diabetes Association, Winnipeg, MB

The researchers originally undertook a study to examine changes in disparities in obesity between off-reserve and settler populations in Canada in 2004 and 2015, using the Canadian Community Health Survey (CCHS) Nutrition Survey. The CCHS Nutrition Survey is the only national survey in Canada to collect dietary data and measured height/weights using a nationally representative sample. Though this study was undertaken to develop goals to close health gaps, as called for in the Truth & Reconciliation Commission, the researchers increasingly questioned the importance of reducing the prevalence of "obesity" as a health goal for Indigenous peoples. Importantly, we acknowledge that weight-centered approaches and stigmatizing terms such as obese evoke shame and have not advanced population health outcomes for Indigenous peoples; and therefore, a new approach is required. In combining Health at Every Size with Indigenous Philosophies, a new conceptual framework is being proposed, which speaks to elements of holistic well-being. This new framework will inform needed policies to end weight biases in primary health care practices and public health policies.







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28. Celebrating Culture Through Food, Water, and Life Cycles: How Wind River Community Leadership Blossoms in a Federally Funded Research Partnership

Clarisse Harris (Northern Paiute)* and Pat Harris (Northern Arapaho)*, Growing Resilience CAB Members, Ethete, WY; Darrah Perez (Eastern Shoshone/Blackfeet), CAB Member, Fort Washakie, WY; Rhonda Bowers (Northern Arapaho)*, CAB Member, University of Wyoming Extension on the Wind River Indian Reservation, Kinnear, WY; and Kathryn Lone Fight (Eastern Shoshone), Ina Weed (Eastern Shoshone)*, and Nelson P. White (Northern Arapaho), CAB Members, Fort Washakie, WY

The standing Community Advisory Board (CAB) of the NIH-funded Growing Resilience research project at Wind River Indian Reservation has not only embraced its liaison role between research participants, community members, and the research team, but continues to create a path toward developing a locally sustainable approach to food systems health for their community. They keep a careful eye toward ensuring that the community benefits of the Growing Resilience action research project don't go away when the project is over. Having taken over full facilitation of the CAB, they've broken ground on an educational community garden, are making plans for an annual community harvest dinner, and are developing fundraising events to cover expenses. The group draws on traditional acknowledgment of and respect for the natural cycles of life to suffuse their vision with a strong cultural base. The Growing Resilience research project and presentations on the research was fully approved by the Wind River Indian Reservation Tribal Councils and by the University of Wyoming IRB at the beginning of the project.

29. Developing a First Foods Curriculum as an Adaptation Action to Climate Change Impacts

Michal Heidt*, Swinomish Community Environmental Health Coordinator, La Conner, WA; Dean Dan*, Swinomish Community Environmental Health Intern, Swinomish Indian Tribal Community, La Conner, WA; and Dr. Jamie Donatuto, Swinomish Environmental Health Analyst, La Conner, WA

This poster will present the objectives, methods and outcomes in developing an environmental health curriculum based on first foods and technologies in the Swinomish Indian Tribal Community (Swinomish). The project hypothesized that teaching informal environmental health (EH) education by providing community members opportunities to engage with and learn about how to identify, harvest, preserve and craft Swinomish first foods and technologies would result in increased awareness of local EH and climate change issues, knowledge of cultural activities, understanding of the interconnectedness between human and ecological health, and attention focused on solving environmental climate change concerns by and for Indigenous communities. The project team spent three years developing and testing more than 26 activities, culminating in a curriculum that is being implemented today. Feedback evaluations from community participants in the curriculum's activities demonstrate increased awareness and understanding of Swinomish EH and climate change issues, increased knowledge about Swinomish first foods and technologies, and an overwhelmingly positive community response to the curricula. This project has been approved by the Swinomish appointed IRB – the Northwest Indian College. This project is funded in part by the National Science Foundation, the U.S. Environmental Protection Agency, and the National Indian Health Board.

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30. Indigenous Food Wisdom Repository: Digital Resources for Native Nutrition

Michelle Johnson-Jennings, PhD (Choctaw) and Derek Jennings, PhD (Anishinaabe, Quapaw), University of Saskatchewan, Saskatoon SK; Julie Davis, PhD*, Dixie Dorman, MEd (Anishinaabe)*, Meg Little, EdD, RN* and Koushik Paul, BA*, University of Minnesota, Minneapolis, MN

The University of Minnesota Research for Indigenous Community Health (RICH) Center has created an online repository to share culturally based Native nutrition resources and improve health equity. This searchable database includes a directory of experts, bibliography, and projects and programs-in-progress data. Repository development employed CBPR and user-centered design processes. Content can include traditional ecological knowledge, experiential Native knowledge, and academic resources. Site content will be publicly available with permissions or shared via use agreements that ensure data sovereignty. Needs assessments have guided repository development. Data analysis revealed that most potential users worked in Indigenous nutrition and health education, food systems or food sovereignty, and research fields. Potential users mainly served, in decreasing order, tribal governments; community-based projects or organizations; regional or national nonprofit organizations; and non-tribal colleges or universities. By far, websites were the preferred mode of accessing information; offline databases/files were least preferred. With better access, respondents would utilize more raw research data and information about projects-in-progress. Further, data showed that easier access to information about funding sources is critically important for sustaining and extending information access and use. The project is supported by a gift from the Shakopee Mdewakanton Sioux Community's Seeds of Native Health initiative and does not involve human subjects.

31. 5210 the Suquamish Way: Cultural Adaptation of an Evidence-Based Child Obesity Initiative

Fran Miller, MPH, RDN, CD*, Suquamish Tribe Community Nutritionist, Suquamish, WA

5210 the Suquamish Way is a health education program that has been adapted from an evidence-based child obesity reduction program to make it culturally relevant for our tribal community. The success of the original 5-2-1-0 Let's Go program in Maine prompted many municipalities to adapt the program for their local areas, including Kitsap County, Washington. With tribal council approval, the Suquamish Tribe's Community Health Program worked with Kitsap Public Health District leaders to develop and adapt the county's 5210 program. A tribal artist created a logo incorporating traditional foods, beverages and activities. The poster highlights the logo and some of these initiatives, including an early childhood activity binder that is being used at its early learning center and a healthy beverage poster campaign that was conducted in tribal convenience stores. Tribal council approved the healthy beverage campaign, which was modeled after an evidence-based study with urban African American youth that demonstrated positive results. Of students at the tribal school who saw the beverage posters, 42% made a healthier beverage purchase as a result. Due to early success of the program, the program plans to repeat the campaign both in the convenience stores and at the tribal school and administration offices.







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32. Reviving Traditional Native American Food with the Hunt. Fish. Gather. Program

Jo Malia Milner*, Kathryn M Buder Center for American Indian Studies, Washington University in St. Louis, St. Louis, MO

One way to prevent, manage and protect against health-related difficulties is to maintain a healthy diet. To accomplish this, people can turn to traditional Native American foods – minimally processed, locally produced, nutrient-dense, and low in trans-fat. This study examined health awareness outcomes of the Hunt. Fish. Gather. program, a Native American cuisine program seeking to increase awareness of traditional Native foods with a focus on mind, body, spirit and environment. By partnering with a chef from Indian Country, participants received both an educational talk and a cooking demonstration. The project is in its fifth year at Washington University in St. Louis; approval for research was received from the Washington University in St. Louis IRB. Results suggest that the program significantly increased participant awareness and knowledge of traditional Native foods. Literature suggests that increasing these may lead to better food habits and improved well-being.

33. A Comparative Lipidomic Analysis of Wild Rice versus White and Brown Rice

W Mosher (Cherokee)*, University of Minnesota, Saint Paul, MN; H Chen, Fujian University of Traditional Chinese Medicine, Fuzhou, China; and C Chen, University of Minnesota, Saint Paul, MN

As a staple food in the Native American diet, wild rice (Zizania spp.) is an edible grass native to the Great Lakes region. Wild rice contains about one percent lipids. Previous studies have determined its fatty acid composition, but the composition of its lipidome was not examined in detail. In this study, lipid fractions of six retail wild rice samples, three white rice samples (Oryza spp.), and three brown rice samples (Oryza spp.) underwent lipidomic analysis by liquid chromatography-mass spectrometry (LC-MS). The data showed clear separation of wild rice samples from white and brown rice samples, suggesting different lipid profiles of wild versus white and brown rice. Wild rice contains higher abundances of linolenic acid-containing triacylglycerol species, but less palmitic acid- and stearic acid-containing triacylglycerol species. In addition, wild rice differs from white and brown rice in phytosterols. Subtle differences between wild rice harvested in Minnesota versus wild rice harvested outside of Minnesota were also observed. All these observations affirm the benefits of incorporating wild rice into the modern Native American diet through its unique lipid content, which can be affected by environmental conditions and/or cultural factors. W. Mosher is supported by a University of Minnesota College of Food, Agriculture and Nutrition Sciences Diversity Graduate Fellowship.

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34. Wisahkotewinowak Gardens: Indigenous Land-Based Learning in Southwestern Ontario, Canada

Hannah Tait Neufeld, PhD*, University of Guelph, Guelph, ON; and Dave Skene, MA*, White Owl Ancestry Association, Kitchener, ON

The relationship that Indigenous peoples have with their unique local ecology encourages practices and traditions that perpetuate healthy communities. In Canada, First Nation populations are becoming more urban, with high numbers of youth and children. There is a need for food systems research that addresses the needs of these populations. Communities want to be involved in addressing urban economic challenges, and opportunities for learning and social interactions around food. A President's Advisory Committee at the University of Guelph is aimed at improving supports for Indigenous students and developing unique learning environments to Indigenize the Academy with a focus on land-based education in partnership with local Indigenous agencies. A campus Medicine Garden has been the site of elder-led workshops on gardening and medicinal plants. In collaboration with Indigenous faculty, students, and a growing urban network, gardens are being expanded to strengthen land-based relationships and local food sovereignty. Using food as a starting point for action, a community-based research program is underway to promote conversations and opportunities across geographic and social spaces to forge and rekindle relationships focused on traditional foodways.

35. Grounds for Growing Resilience: Health Status of 96 Families Striving to Improve Their Health with Home Food Gardening

Christine Porter, PhD*, Melvin Arthur, MS (Northern Arapaho)*, and Alyssa Wechsler, MPhil*, University of Wyoming, Laramie, WY; and Etheleen Potter (Northern Arapaho)*, Blue Mountain Associates, Fort Washakie, WY

As historical trauma survivors, the Northern Arapaho and Eastern Shoshone tribes that share the Wind River Indian Reservation (WRIR) in Wyoming endure health disparities compared to white Wyoming residents. The meager data that documents these inequities suggests that rates of obesity and type II diabetes are well above state-wide averages. However, WRIR families are eager to learn about, take control over, and improve their health. At WRIR, 96 families have seized the opportunity to do so through Growing Resilience, a randomized controlled trial assessing the health impacts of a family home gardening intervention aimed at improving health and nutrition in Indian Country. Participants' determination is evidenced by the project's high retention rate over two years (86%) and by the gardening stories shared through our sovereign storytelling approaches. This poster shares baseline health data of the 338 participants in these families, including levels of food security, cultural food access, body mass index (BMI), waist circumference, blood pressure, hemoglobin A1c, vitamin D, and serum beta carotene. The Arapaho and Shoshone Tribal Business Councils have approved conducting and sharing results from this research project. This project was also approved by University of Wyoming IRB and is supported by NIH/NHLBI/NIGMS R01 HL126666-01.







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36. A Working Partnership: Community Summer Camps that Promote Wellness on the Uintah and Ouray Reservation

S Prevedel, MEd*, Utah State University Extension, Vernal, UT; and C Manning, AS (Ute Indian Tribe)*, Ute Indian Tribe Painted Horse Diabetes Prevention Program, Ft. Duchesne, UT

A photo story of how the Painted Horse Diabetes Prevention Program and Utah State University Cooperative Extension Family Wellness Program came together, listened to the community representatives, and created bird-themed summer camps in reservation communities. The summer camp setting engages different ages to learn and play together. These camps encourage and model wellness through citizen science, art, physically fun activities, and communal meals. Partners co-plan, implement and evaluate these summer camps and other programs. The Free as a Bird Camp activity will be featured along with other projects and activities that the presenters have co-managed over the past six years. The presenters have been working across cultures through time to prevent and reduce the incidence of diabetes within the tribal community. This poster will include a timeline of programs and activities. Impacts and challenges of this partnership, such as institutional and cultural expectations, and procurement of resources will be discussed by each partner.

37. Thunder Valley Grocery Store and Food Hub Feasibility Study: A Food System based on Vision, Sovereignty, and Healthy Foods

E J Weston (Oglala Lakota Nation)*, Thunder Valley CDC, Porcupine, SD; and M Brydge*, Sweet Grass Consulting, LLC, Fort Collins, CO

Thunder Valley Community Development Corporation and Sweet Grass Consulting LLC teamed up to gather information from local farmers, ranchers, buffalo caretakers, restaurants, schools, head start programs, food leaders, and community members to plan for a local grocery store/farmers market and food hub. The community-level information was coupled with national, state, county and reservation-level data from the USDA and American Community Survey which was geospatially analyzed by Village Earth. We used several survey tools to gain information regarding how a food hub and farmers market-style grocery store will impact the Pine Ridge reservation. We also used the study to educate community members on what a food hub is; assess how a food hub can enhance sustainability of the local food system; formulate the impact of dollar circulation in the local economy; and connect multiple components of a food system – growers, suppliers, processors, distributors, sellers and consumers. The presenters will share some of the tools we utilized to collect information from community members and people beyond Oglala Lakota Country, discuss some of the lessons learned, and provide insights on the data and next steps to developing a tangible, locally supported grocery store and food hub.

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38. Creating a Blog for Native Nutrition: A Firsthand Account

Denee Bex, MPH, RD, LD (Navajo)*, Tsehootsooi Medical Center, Fort Defiance, AZ

Registered Dietitians (RDs) have become increasingly aware of the need for delivering nutrition messages through non-traditional avenues to encourage behavior change in their target population. There is also a need for diversity in the dietitian field to meet the needs of all levels of the public, including representation online. To fill the gap in the online community, a blog was developed to share nutrition information targeting the Native American community. This blog is a platform for relaying credible nutrition messages that are tailored specifically for the Native American community. It also provides practical, culturally relevant recipes that are easy to prepare with ingredients that are accessible to this population. Professional dietetic associations have realized the potential of these online tools and have encouraged dietitians to engage the public through online platforms. While the use of social media by RDs from all backgrounds is still in its infancy, this new platform to communicate nutrition messages to the public is bursting with potential, especially for the Native American community.

39. Inflammatory Effects of the Food Distribution Program on Indian Reservations (FDPIR; Commodities)

Melinda Smith, MS (Confederated Salish & Kootenai Tribes)*, Suzanne Held, PhD, Elizabeth Rink, PhD, Carmen Byker Shanks, PhD, RDN, and Mary Miles, PhD, Montana State University, Bozeman, MT

This study measured the effects of two Food Distribution Program on Indian Reservation (FDPIR) diets on inflammation, appetite, and energy intake. A within-subjects, randomized, crossover design was used to compare two dietary conditions: 1) FDPIR diet that met Dietary Guidelines for Americans (DGA); and 2) a typical FDPIR diet. Participants were men and women (n=13), 18-55 years of age, with a waist circumference of > 94 cm for men and > 80 cm for women. Pro-inflammatory biomarkers were collected at six separate time points over 24 hours to determine inflammatory response for each condition. Self-reported appetite questionnaires were used to gauge the effect of each condition on specific appetite sensations. Daily energy intake was calculated by weighing food in grams before and after each test day. There were no significant differences in inflammatory response and appetite sensations between the two dietary conditions. Findings indicated that participants ate 14% more (p<0.01) kilocalories on a typical FDPIR diet compared to FDPIR diet that met DGA. The researchers concluded that higher energy intakes during a typical FDPIR diet compared to a FDPIR diet that meets DGA may increase risk for obesity and nutrition-related diseases, including type 2 diabetes and other chronic inflammatory conditions. This project was approved by Montana State University Institutional Review Board (IRB) and is supported by NIGMS of NIH P20GM103474.

40. "Healing Garden" at our Tribal Health facility

Adrienne Berry, Community Garden Coordinator at Yellowhawk Tribal Health Center on the Confederated Tribes of the Umatilla Reservation, Umatilla Reservation, OR

We have 10 gardens bed built at our new state of the art facility. We have dedicated the ten garden beds to 5 health conditions. Each bed will have plants specific to a health condition.







OTHER INFO

Optional focus group: How Registered Dietitian Nutritionists can best support health promotion in Native communities

During breakfast on Wednesday, October 3, or Thursday, October 4

Location: Anoka Room 1

Conference attendees working in tribal community programs and/or traditional foods programs are invited to participate in a focus group to provide insights on how Registered Dietitian Nutritionists (RDNs) can best support health promotion work with American Indian and Alaska Native communities. While demonstration of cultural competency is an essential element in the RDNs' scope of practice, the profession as a whole lacks diversity and some RDNs may not always be adept at reflecting the Indigenous knowledge of the communities in which they work. The feedback from these focus groups, collected anonymously, will be used to improve training and professional development for RDNs to be better advocates and health care providers for Native populations.

To join this focus group, participants may get breakfast from the buffet and convene in Anoka Room 1 at 7:15 am. All are welcome to participate.

The focus groups will be facilitated by RDNs Patty Keane, Meg Bruening, and Jamie Stang.

Optional focus group: How culture and community influence health and well-being in rural Indian Country

During lunch on Wednesday, October 3

Location: Anoka Room 1

Conference participants who RSVPed prior to the conference are invited to joined this focus group. This discussion will include participants who are Native and work in an area that contributes to the health and well-being of rural Native communities. The results will inform a project that Echo Hawk Consulting is conducting in partnership with the Robert Wood Johnson Foundation. The purpose is to gain a better understanding of the views of Native people living in rural Indian Country regarding how culture and community influence health and well-being.

A \$100 honorarium will be provided. All information gathered will be used for internal purposes only; nothing will be shared publicly. A report based on these conversations will highlight the key findings without attributing specific comments to individuals.

NOTES











WHERETOEAT

DINING OPTIONS IN MYSTIC LAKE CASINO

www.mysticlake.com/bars-and-dining

1) THE PROMENADE RESTAURANTS (FOOD COURT)
Fusion Noodle Bar

Sunday - Thursday, 11 a.m. - Midnight

Friday, 11 a.m. – 3 a.m.

Gamblers Grille

Sunday-Saturday, open 24 hours (closed Monday

11 p.m. - Tuesday 7 a.m.)

Midnight Mystic Deli

Sunday - Thursday, 11 a.m. - Midnight

Friday, 11 a.m. - 3 a.m.

2) THE BUFFET (952-496-7243)

Homemade pizzas, fresh pasta, and sizzling stirfry, all made right before your eyes. It's a global feast with international delights and comforting All-American favorites.

Monday - Friday, 11:30 a.m. - 2:30 p.m.

\$15.92 Adults; \$7.95 Kids (5-12)

Monday - Tuesday & Thursday, 4:30 p.m. - 10 p.m.

\$18.95 Adults; \$10.95 Kids (5-12)

3) THE MEADOWS BAR AND GRILLE (952-233-2880)

A round on the greens calls for a round at The Meadows Bar and Grille. Have it all with drinks, food, and the game on the big screen. Score the best seat in the house on our patio overlooking our championship golf course.

Sunday – Thursday, 11 a.m. - 10 p.m.

Friday, 11 a.m. - 11 p.m.

4) MYSTIC STEAKHOUSE (952-496-7123)

Mystic Steakhouse is one of the premier steakhouses in the Twin Cities. From seafood to steaks, delectable desserts and an extensive wine list, Mystic Steakhouse offers a unique experience while serving the finest food, including USDA Prime Aged beef.

Sunday, Wednesday & Thursday, 5 p.m. - 10 pm

Most meals are provided at the conference, including Wednesday night dinner (see page 9). The restaurants named above are potential dining options for times outside of conference meals.

NEARBY RESTAURANTS

PERRON'S SUL LAGO

16154 Main Ave SE, Prior Lake, MN 55372-4800

952-440-1411

perrons-sul-lago.com

Italian, winebar, seafood

CHARLIE'S ON PRIOR

3950 Green Heights Trl SW, Prior Lake, MN 55372-2435

952-226-5253

charliesonprior.com

American, traditional, seafood

ARTISAN BISTRO AND BAR

16731 Hwy 13, Prior Lake, MN 55372 952-447-1188

artisancoffeebistro.com

Dinner, coffee and tea, bar

THE POINTE GRILL & BAR

16691 State Hwy 13, Prior Lake, MN 55372

952-855-9856

thepointegrillandbar.com

Burgers, burritos, pizza

BONFIRE WOOD FIRE COOKING

14120 Hwy 13, Savage, MN 55378

952-447-1122

bon firewood fire cooking.com

MCHUGH'S PUBLIC HOUSE

5715 Egan Dr., Savage, MN 55378

952-226-5800

Bar food, cocktails

DANGERFIELD'S RESTAURANT

1583 1st Ave. E., Shakopee, MN 55379

952-445-2245 · dangerfieldsrestaurant.com

American fine-dining, prime rib, burgers

O'BRIEN'S PUBLIC HOUSE

338 lst Ave. E., Shakopee, MN 55379

952-217-5490

obrienspublichousemn.com

Irish, bar food, cocktails

MAZOPIYA – NATURAL FOOD MARKET

2571 Credit Union Dr., Prior Lake, MN 55372

952-233-9140 · mazopiya.com

Natural, organic and local food and products, coffee/

juice/smoothie bar, and to-go meals.

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University of Minnesota School of Nursing

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PLANNING

PLANNING COMMITTEE

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University of North Dakota

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