



# Improving Health of Native American Elders through Increasing Traditional Food Consumption

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# Health Disparities

- Overweight/Obesity
- Diabetes Mellitus Type II
- Cancer
- Cardiovascular Disease and Events: MI (Heart Attacks), Strokes, PAD, PVD
- Standing Rock: High smoking rates

Obesity and Overweight			
Population	Obese	Obese & Overweight Combined	Source
ND White M/F 18 yrs and older	30.7		BRFSS 2014
Sioux County, ND No age group	33.7 - 43.0		ND Compass *SRCEDS Report
Corson County, SD Includes American Indian Population	42.0 - 45.5		CDC *SRCEDS Report
ND/SD American Indian M Ages 40-74	36	41 (overweight only)	Strong Heart 1984-1999
ND/SD American Indian F Ages 40-74	47	35 (overweight only)	Strong Heart 1984-1999

\*Standing Rock Comprehensive Economic Development Strategy Report 2013-2017

# Cardiovascular Disease Risk Factors in Middle Age **INCREASED** DEMENTIA RISK Later In Life.

## DEMENTIA WAS:



**41%** higher in smokers



**39%** higher in people with high blood pressure



**77%** higher in people with diabetes

Source: American Stroke Association's International Stroke Conference 2017, Abstract 98, Rebecca F. Gottesman

# Limited services and access to services

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Prevention is key

Improve access to healthy foods



# Diabetes Mellitus Type II can be prevented and controlled through diet and exercise

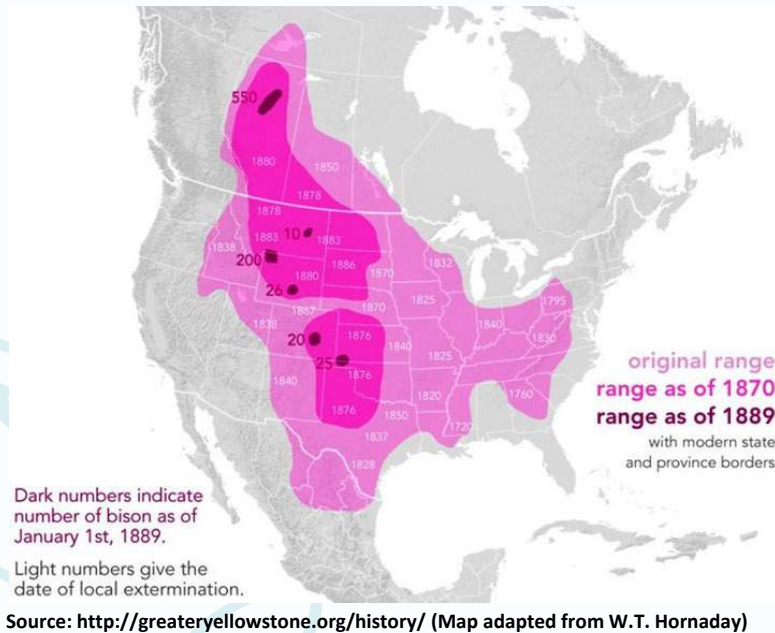
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## – Diet Barriers

- Reservations as food deserts
- Limited access to healthy foods
- Transportation
- Cooking declines
- High salt, high fat, high sugar diet

## – Exercise Barriers

- Limited green spaces
- Transportation
- Housing in shortage
- Responsibilities: i.e. caring for grandchildren



Source: [https://en.wikipedia.org/wiki/American\\_Indian\\_boarding\\_schools](https://en.wikipedia.org/wiki/American_Indian_boarding_schools)

## Historical events shaped current food policies, systems, and environment on the reservation:

- Forced relocation through extermination of bison
- Boarding schools
- Building of dams on Missouri River



Source: <https://www.greatbendpost.com/2011/10/18/4568/>

# Title VI

## Older Indians Act

<https://olderindians.acl.gov/>

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Older Americans Act  
Title III: Federal, State  
Title VI: Tribal



# Title VI –Nutrition for the Elderly/Caregiver Support Program

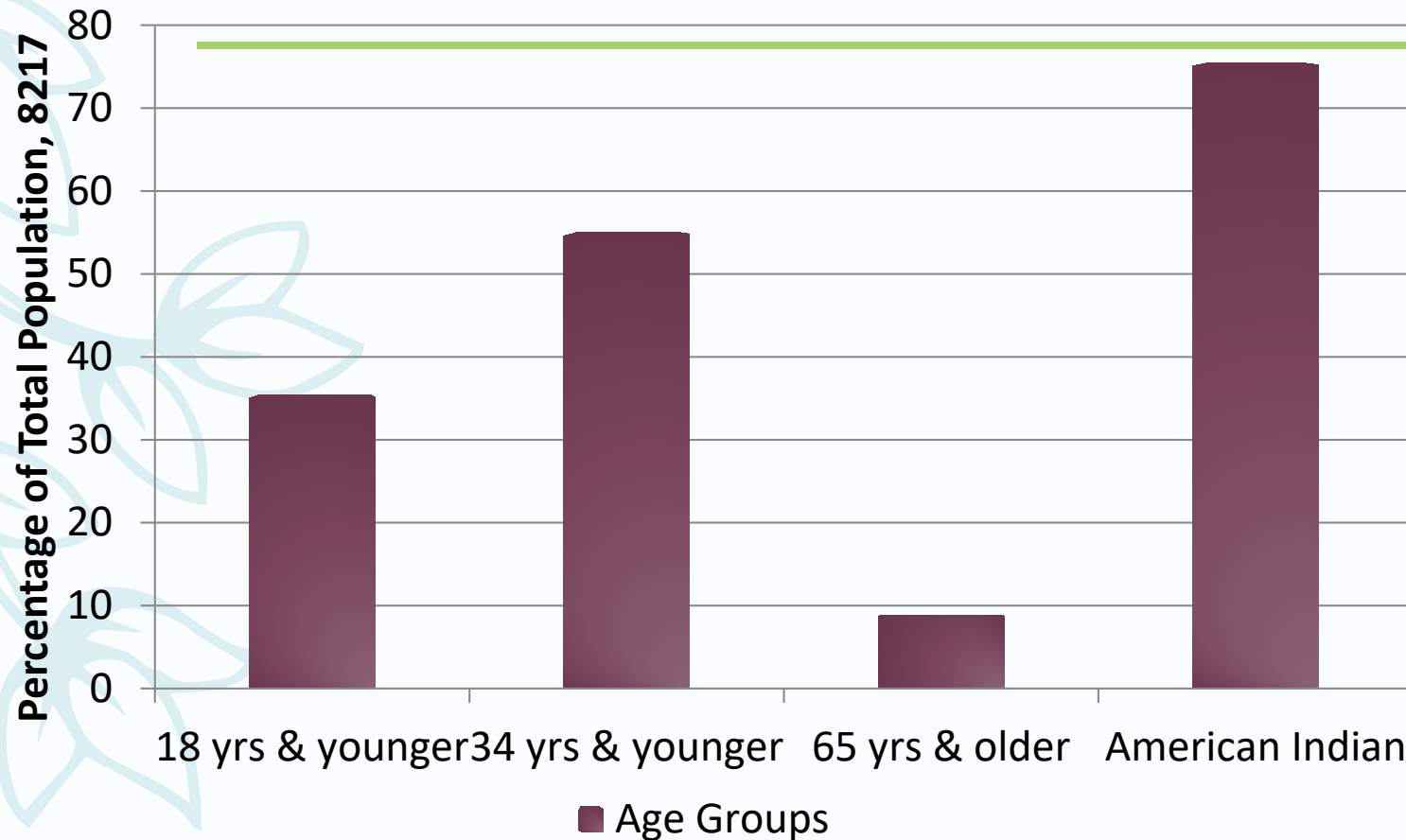
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- Supportive Services
  - Home and Community Based Services
  - Nutrition Services
    - Congregate Meals
    - Home-delivered meals
    - Promotion of Socialization
- Caregiver Support Program
  - Caregivers taking care of an elder
  - Elders providing care for disabled family member
  - Elders providing care for grandchildren

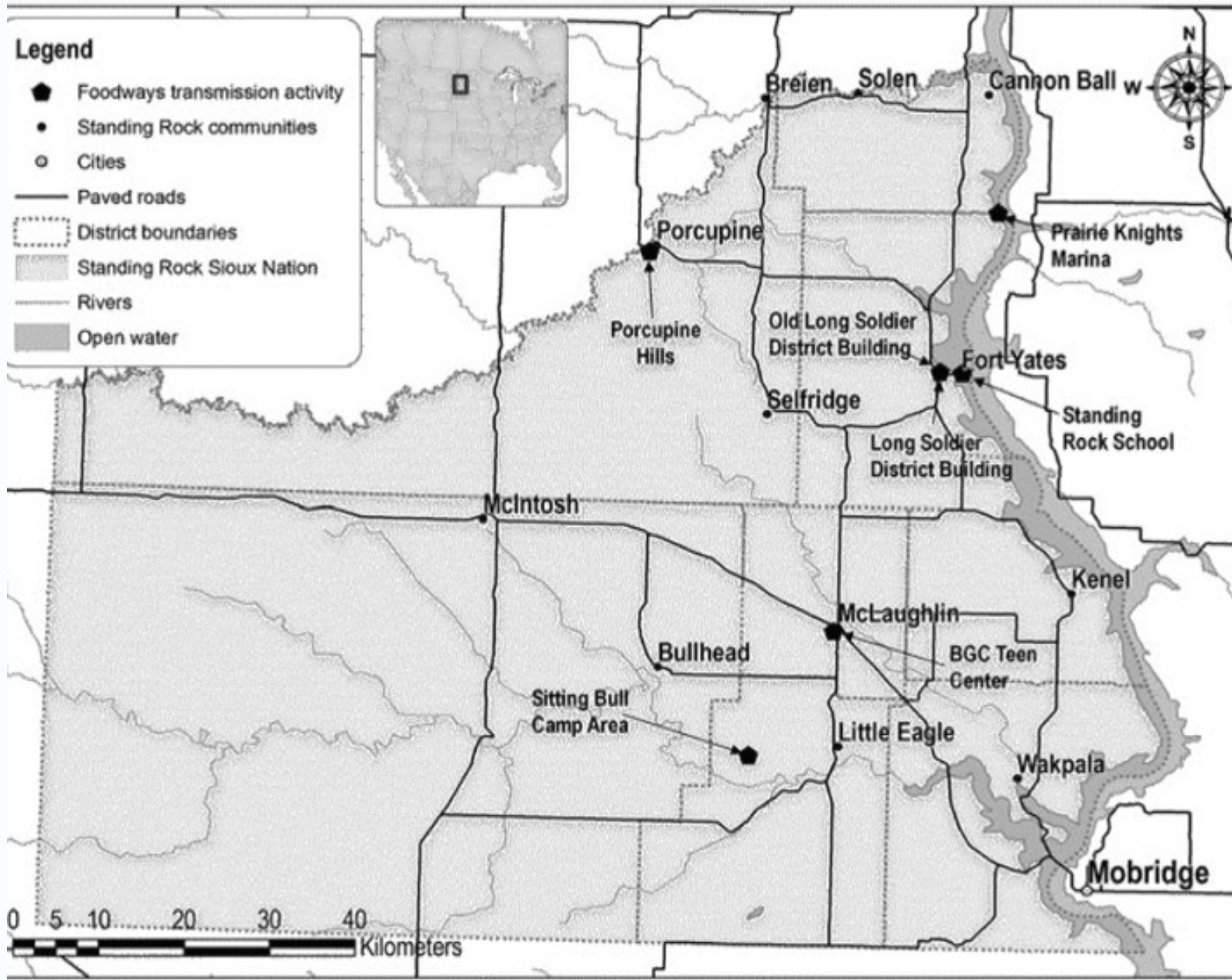


# Targeted Population

## Standing Rock Indian Reservation



Source: 2010 U.S. Census



# Standing Rock Indian Reservation

Nutrition Services:

80% is home-delivered meals

Delivery is volunteer

500 meals per day

# Title VI Programs promote the use of Traditional Native Foods in the menu

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Use funds for subsistence hunting:

- Bullets
- Mileage
- Processing of meat

Senior Farmers Market Nutrition Program

Lean meats: buffalo, deer,

Garden fresh vegetables: corn, squash, beans, tomatoes

Fruits: chokecherries, wild plums

Harvested foods: tinpsila, mushrooms, cheyaka (mint tea)

Studies have shown that  
CVD can be reversed using  
diet.

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This is specifically for vegan diets.

No face and no mother.

What do you call an Indian Vegetarian?



# Wóyute kin phežúta- Food as Medicine

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## Squash & Beans

- Foods high in magnesium and potassium
- Regulate blood pressure and blood glucose levels
- Help with Na<sup>+</sup>/K<sup>+</sup> pumps and Ca<sup>++</sup> channels at the cellular level

## Chokecherries

- Hydrocyanic acid
- Blood cleanser: often used in ceremony
- "Anti-oxidant properties (polyphenols), prevent oxidation and aggregation of LDL and the subsequent development of atherosclerotic lesions. Prevents the development of cardiovascular dz. "



# Traditional Foods Initiative

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- Protection of remaining traditional food sites.
- Increase conservation efforts
- Reestablish traditional food pathways
- Donation of buffalo from the tribal bison herd
- Gardens Assistance Program
  - Part-time Coordinator
- Planting of traditional fruit trees in shelter belts
  - NRCS, Land Management



# Key Components of this Initiative

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- Using the program to provide the necessary nutrition
- Promote intergenerational activities for the transfer of knowledge from the elders to the younger generation
- Promote socialization which decreases isolation, depression, and worsening of current health conditions
- The use of traditional foods is a holistic approach to improve the health of Native American elders on many levels



**“We can only begin to  
address the health  
disparities when we begin  
to address health equity”**



Philamayaye ksto.  
Thank you

