



Fourth Annual Conference on

NATIVE AMERICAN NUTRITION

MYSTIC LAKE CASINO HOTEL
Prior Lake, Minnesota

SEPTEMBER 15-18, 2019



SHAKOPEE MDEWAKANTON
SIOUX COMMUNITY

Seeds of Native Health
A Campaign for Indigenous Nutrition



HEALTHY FOODS,
HEALTHY LIVES INSTITUTE
UNIVERSITY OF MINNESOTA



WELCOME

On behalf of the Shakopee Mdewakanton Sioux Community (SMSC) and the University of Minnesota, welcome to the Fourth Annual Conference on Native American Nutrition. Thank you for joining us for this conference series, which is uniquely focused on the nutrition of Indigenous peoples.

As you likely know, the dietary health crisis is widespread across Indian Country. Thankfully, so are the talented individuals working to address it. Every day tribal leaders, researchers, activists and practitioners are conducting studies and building programs to restore food sovereignty and improve Native American nutrition.

This conference gathers important expert voices each year to share their knowledge, learn from one another and build relationships. Our goal with this event is to help shine a light on the innovative work being done – and that it informs and inspires the work of others.

We are happy that this year's conference is being held in conjunction with the Native American Journalists Association's annual National Native Media Conference. Over the next few days, you'll have the opportunity to attend some of their conference programming and meet with Native American journalists over shared meals and receptions. We encourage you to get to know these media professionals and acquaint them with your own areas of research and community change.

We hope that the next few days of this conference provide you with new insights and relationships to help aid your important work. It is an honor to host you all as we work toward a common goal: improving the health of Native American communities.

Sincerely,



Chairman Charles R. Vig
Shakopee Mdewakanton Sioux Community



President Joan T. A. Gabel
University of Minnesota



Seeds of Native Health
A Campaign for Indigenous Nutrition



AGENDA

SUNDAY, SEPTEMBER 15

7 a.m.-8 p.m. **Registration**

Optional pre-conference workshops (register for these separately)

9 a.m.-Noon **Foraging for Native Edible Plants: River Walk**

Offsite (meet at the registration desk)

Hope Flanagan (Seneca), Community Outreach and Cultural Teacher, Dream of Wild Health, Minneapolis, MN

Indigenous Movement Experiential Workshop

Anoka 1/2

Anthony Thosh Collins (O'odham/ Haudenosaunee/Osage) and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Wellness Trainers, Well for Culture, Phoenix, AZ

10 a.m.-Noon **Preparing Healthy Traditional Food with Sean Sherman of The Sioux Chef**

Offsite (meet at the registration desk)

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

1-4 p.m. **Native Gardens and Culture: High Tunnels at Wozupi Tribal Gardens and Guided Tour of Hočokata Ti**

Offsite (meet at the registration desk)

Shakopee Mdewakanton Sioux Community, Prior Lake, MN

Foraging for Native Edible Plants: Marsh Walk

Offsite (meet at the registration desk)

Linda Black Elk (Catawba Nation), Ethnobotanist, Mille Lacs Band of Ojibwe, Onamia, MN

1-5 p.m. **The Seven Circles of Wellness — A New Model for Holistic Wellness, Ancestral Health and Living a Balanced Life**

Anoka 1/2

Anthony Thosh Collins (O'odham/ Haudenosaunee/Osage) and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Wellness Trainers, Well for Culture, Phoenix, AZ

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>



AGENDA

- 2-4 p.m. **Preparing Healthy Traditional Food with Sean Sherman of The Sioux Chef**
Offsite (meet at the registration desk)
Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN
- 5-5:30 p.m. **Screening of the award-winning film “Return; Native American Women Reclaim Foodways for Health and Spirit”**
Waconia 1-6
Hosted by Valerie Segrest, MS (Muckleshoot), Native Foods Nutrition Educator, Enumclaw, WA (featured in the film)
RETURN features charismatic Roxanne Swentzell from Santa Clara Pueblo in New Mexico. Her efforts to reclaim ancient foodways are echoed across the continent by Tlingit, Muckleshoot, Oglala Sioux, Menominee and Seneca women. At its heart this film is about empowering people to overcome their current circumstances through eating as their ancestors did—nutritiously and locally. RETURN offers an approach to confronting the diabetes epidemic now rampant in Native American communities.
- 6-7 p.m. **Opening Keynote: Our Changing Homelands, Our Changing Lives**
Waconia 1-6
Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada
- 7-8 p.m. **Welcome Gathering** (appetizers and cash bar)
Waconia 1-6

MONDAY, SEPTEMBER 16

7 a.m.-3 p.m. **Registration**

7-8 a.m. **Breakfast**
Foyer

WELLNESS ROOM

September 16 & 17 (7 a.m.-3 p.m.), September 18 (7 a.m.-noon)
Winona Room, 2nd Floor at the top of the escalators

The American Indian Cancer Foundation (AICAF) Wellness Lounge offers a tranquil place for grounding, meditation, relaxation and reflection. Expect stress-reduction activities such as mellow music, aromatherapy, a smudge bowl, Indigenous medicines and water for hydration. A lactation space with a privacy screen, comfortable chair and refrigerator will be available. Smudging will only be allowed during the lunch hour on September 16 & 17 and 7-8 a.m. on September 18.

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>

AGENDA

- 8 a.m. **WELCOME AND OPENING CEREMONY**
All plenary sessions will be held in the Minnetonka Ballroom
- Drum group: Wahpekute
 - Color guard: Sisseton-Wahpeton Kit Fox Society
 - Abigail Echo-Hawk, MA (Pawnee), Director, Urban Indian Health Institute, Seattle, WA, Emcee
 - Charles R. Vig, Chairman, Shakopee Mdewakanton Sioux Community, Prior Lake, MN
 - Joan T.A. Gabel, President, University of Minnesota, Minneapolis, MN
 - Nikki Farago (Seneca), Assistant Commissioner of Children and Family Services, Minnesota Department of Human Services, Saint Paul, MN
- 8:30 a.m. **Community Poll**
Mindy S. Kurzer, PhD, Conference Chair, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
- 8:50 a.m. **Let's Keep Moving During the Conference!**
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

SESSION 1: EFFECTIVE TRIBAL NUTRITION POLICIES

Moderated by Colby D. Duren, JD, Director, Indigenous Food & Agriculture Initiative, Fayetteville, AR

- 9 a.m. **Model Food and Agriculture Codes**
Colby D Duren JD, Director, and Erin Parker, JD, LLM, Research Director and Staff Attorney, Indigenous Food and Agriculture Initiative, Fayetteville, AR
- 9:20 a.m. **How Tribes Can Use the American Indian Agriculture Resource Management Act of 1993 to Promote Health and Nutrition**
Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT
- 9:35 a.m. **Hearth Act and Tribal Zoning as Tools for Agriculture**
Gary Besaw (Menominee), Director, Department of Agriculture, and Food Systems, Menominee Indian Tribe, Keshena, WI
- 9:50 a.m. **Break**

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AGENDA

10:15 a.m. **Columbia River Treaty Tribes Food Safety Modernization Act (FSMA) Recommendations and Model Tribal Fish Processing Codes**
Buck Jones (Cayuse), Columbia River Inter-Tribal Fish Commission, Portland, OR

10:30 a.m. **Honoring Little Crow with Healthy and Indigenous Foods**
Stacy Hammer, RDN, LD (Lower Sioux), Director of Community Health, Lower Sioux Health Care Center, Morton, MN

10:45 a.m. **Healthy Diné Nation: Empowering our Communities**
Denisa Livingston, MPH (Diné), Community Health Advocate, Diné Community Advocacy Alliance, Fruitland, NM

11 a.m. **Tribal Nutrition Policies Panel/Q&A**

11:45 a.m. **Healing With Traditional Foods and Medicine**
Leon Nuvayestewa, Sr (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ

Noon **Lunch**
Minnetonka
Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council

Breakouts

**Presenter*

1:15 p.m. **Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness**
Waconia 6
A Adams, MD, PhD, and E Webber, MPH, Montana State University, Bozeman, MT; E Tomayko, PhD, RD, Oregon State University; J Gauthier, MPA (Menominee)*, University of Wisconsin Extension, Menominee Nation, WI, and D Rides at the Door (Blackfeet)*, Consultant, Browning, MT.*

Returning Buffalo to Native Lands, Lives and Economies

Anoka 1/2

R Ditmer, PhD (Sault Tribe of Chippewa Indians), Executive Director, Tanka Fund*

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>

AGENDA

Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources

Owatonna 3

M Flautt, MS, LJ Owens, MS, CHES*, Institute of Child Nutrition, University of Mississippi, University, MS; E James, MS, RD*, US Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and K Lewis, PhD, RDN*, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS*

Connecting Kids, Culture and Community through Traditional Local Foods

Waconia 5

D Foye, Nay Ah Shing Schools, Onamia, MN; V Goodthunder* and S Mathiowetz*, Çaŋsáyapi Waŋkaŋyeža Owayawa Oti-Lower Sioux Indian Community, Morton, MN; C Chase*, Leech Lake Area SNAP-Ed, Cass Lake, MN; K Costello and E McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN*

Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities

Anoka 3

C Nemec, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa), Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI*

Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities

Waconia 4

A Paisano (San Carlos Apache, Laguna Pueblo), National Farm to School Network, Santa Fe, NM; and M Martinez (Apache/Choctaw)*, Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwolle, LA*

2:15 p.m.

Break

Foyer in front of Minnetonka and in Isanti

SESSION 2: YOUTH VOICES

All plenary sessions will be held in the Minnetonka Ballroom

Moderated by Cindy Farlee (Itázipčho Lakǰóta), Native American Agriculture Fund, Associate Program Officer and Youth/Beginning Farmer and Rancher Liaison, Fayetteville, AR; and Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, University of Minnesota Healthy Foods, Healthy Lives Institute, Saint Paul, MN

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AGENDA

- 2:45 p.m. **Warm Springs Food Sovereignty Assessment**
Ellise David (Confederated Tribes of Warm Springs), Warm Springs, OR
- 3:05 p.m. **Using Digital Media to Fight for Food Sovereignty**
Mariah Gladstone (Blackfeet), Syracuse, NY
- 3:25 p.m. **Research at the Intersection Between Science and Culture: A Life-Long Study of Buffalo**
Elsie DuBray (Cheyenne River Sioux Tribe/Mandan, Hidatsa, and Arikara Nation), Blackfoot, SD
- 3:45 p.m. **Youth Panel**
- 4:45 p.m. **Elder Response**
Leon Nuvayestewa, Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ
- 5:15 p.m. **Break**
- 5:30-6:30 p.m. **Exploring Native American Led Water Collaboration and Coordination Initiatives
(Sponsored by NAJA, optional)**
Waconia 1/3
Moderated by Tanya Trujillo, Lower Basin Program Director, Colorado River Sustainability Campaign, and leadership team, Colorado River Basin Water and Tribes Initiative)
Michael Conner (Taos Pueblo), former Commissioner of the US Bureau of Reclamation (2009-2014) and Deputy Secretary of the US Department of the Interior (2014-2017)
- 6:30 p.m. **Evening Dinner and Keynote**
Minnetonka
Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council
Remarks by Minnesota Lt. Governor Peggy Flanagan
Film: "Turtle Island Tales: Igmu's Tipi Dream"
Turtle Island Tales is an online platform of family wellness materials and short films that aims to promote physical, mental, emotional and spiritual wellness for American Indian families with young children. Based on the Seven Grandfather Teachings of love, respect, bravery, wisdom, generosity, humility and truth, each film will feature a regional traditional activity and associated animals and foods. Igmu's Tipi Dream is the first film. www.turtleislandtales.org
- Keynote: Indigenous Food Lab, an Indigenous (R)Evolution**
Sean Sherman (Oglala Lakota), The Sioux Chef/North American Traditional Indigenous Food Systems (NATIFS), Minneapolis, MN

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AGENDA

TUESDAY, SEPTEMBER 17

6-7 a.m. **Morning Movement**

Chaska (2nd floor)

Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

Beginner-level class that blends traditional Hatha Yoga Flow with the neuromuscular re-education principals of Somatics

7 a.m.-3 p.m. **Registration**

7 a.m.-8 a.m. **Breakfast**

Foyer

SESSION 3: STRATEGIES FOR IMPROVING NUTRITION OF URBAN NATIVE AMERICAN POPULATIONS

All plenary sessions will be held in the Minnetonka Ballroom

Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8 a.m. **Overview of Urban Indian Communities**

Abigail Echo-Hawk, MA (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8:15 a.m. **Access to Traditional Foods Within Urban Settings**

Valerie Segrest, MS (Muckleshoot), Native Foods Nutrition Educator, Enumclaw, WA

8:45 a.m. **Healing Unrecognized Trauma in Urban Communities Through Indigenous Foods**

Dana Thompson (Wahpeton-Sisseton and Mdewakanton Dakota), Co-owner and Chief Operating Officer, The Sioux Chef, Minneapolis, MN

9:15 a.m. **Berries Between Buildings: Urban Indians, Foodways and Re-Membering Cultural Traditions**

Itai Jeffries, PhD (Yèsah), Traditional Health Program Director, Seattle Indian Health Board, Seattle, WA

9:45 a.m. **Break**

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AGENDA

- 10:15 a.m. **Elder Response**
Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Rapid City, SD
- 10:45 a.m. **Moderated Panel Discussion/Q&A**
- 11:15 a.m. **Reversing the Trends: My Journey Through Chronic Pain**
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, University of Minnesota Healthy Foods, Healthy Lives Institute, Saint Paul, MN
- 11:30 a.m. **Lunch**
Minnetonka
Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council

Breakouts

*Presenter

- 1 p.m. **Returning Buffalo to Native Lands, Lives and Economies**
Anoka 3
R Ditmer, PhD (Sault Tribe of Chippewa Indians), Executive Director, Tanka Fund*
- Stories of Native Hawaiian Infant Feeding Practices as Told by Kūpuna**
Waconia 6
MK Fialkowski (Native Hawaiian), T Fonseca-Smith (Native Hawaiian), J Ng-Osorio (Native Hawaiian) and P Pinto (Native Hawaiian), University of Hawai'i at Mānoa, Honolulu, HI*
- Connecting Kids, Culture and Community through Traditional Local Foods**
Waconia 5
D Foye, Nay Ah Shing Schools, Onamia, MN; V Goodthunder* and S Mathiowetz*, Čaŋsayapi Wakaŋyeža Owayawa Oti-Lower Sioux Indian Community, Morton, MN; C Chase*, Leech Lake Area SNAP-Ed, Cass Lake, MN; K Costello and E McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN*
- Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training**
Anoka 1/2
CJ Goldhammer (Sisseton-Wahpeton), MSW, LICSW, International Board of Lactation Consultant Examiners (IBCLC) and K Moore-Salas (Diné), IBCLC*

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AGENDA

Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities

Waconia 4

A Paisano (San Carlos Apache, Laguna Pueblo), National Farm to School Network, Santa Fe, NM; and M Martinez (Apache/Choctaw)*, Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwolle, LA*

Dive into the FDPIR Food Package: What's New and Improved!

Owatonna 3

J Walker, MPH, RDN, Nutritionist and B Lopez*, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians)*, Food Distribution Program, Choctaw, MS*

2 p.m.

Break

Foyer in front of Minnetonka and in Isanti

Breakouts

*Presenter

2:15 p.m.

Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness

Waconia 5

A Adams, MD, PhD, and E Webber, MPH, Montana State University, Bozeman, MT; E Tomayko, PhD, RD, Oregon State University; J Gauthier, MPA (Menominee)*, University of Wisconsin Extension, Menominee Nation, WI, and D Rides at the Door (Blackfeet)*, Consultant, Browning, MT.*

Stories of Native Hawaiian Infant Feeding Practices as Told by Kūpuna

Waconia 6

MK Fialkowski (Native Hawaiian), T Fonseca-Smith (Native Hawaiian), J Ng-Osorio (Native Hawaiian), and P Pinto (Native Hawaiian), University of Hawai'i at Mānoa, Honolulu, HI*

Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources

Owatonna 3

M Flautt, MS, LJ Owens, MS, CHES*, Institute of Child Nutrition, University of Mississippi, University, MS; E James, MS, RD*, US Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and K Lewis, PhD, RDN*, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS*

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AGENDA

Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training

Anoka 1/2

CJ Goldhammer (Sisseton-Wahpeton), MSW, LICSW, International Board of Lactation Consultant Examiners (IBCLC) and K Moore-Salas (Diné), IBCLC*

Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities

Anoka 3

C Nemec, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa), Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI*

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Waconia 4

J Walker, MPH, RDN, Nutritionist and B Lopez*, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians)*, Food Distribution Program, Choctaw, MS*

3:15 p.m.

Break

POWERED BY PECHAKUCHA

Minnetonka Ballroom

Moderated by Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT

**Presenter*

3:30 p.m.

PATHS, Pathways to Agriculture and Native Foods Tribal Health Sovereignty

H Hunts, PhD and D Antelope, AA (Amskapi Pikuni and Eastern Shoshone), Montana State University (MSU), Bozeman, MT; C Baker, BS, Biotech Investments Inc. Bozeman, MT; T Bird Rattler, BS (Amskapi Pikuni), Blackfeet Agricultural Resource Management Plan, Browning, MT; E Dratz, PhD* and F Dunkel, PhD*, MSU; N Goldtooth (Navajo)*, Dine College, Tsale, AZ; J Hipp, JD (Chickasaw), Native American Agriculture Fund, Fayetteville, AR; W Old Elk, AA (Apsaalooke and Amskapi Pikuni), Hopa Mountain, Bozeman, MT; H Reed, AA (Apsaalooke), Little Big Horn College, Crow Agency, MT; D Sands, PhD, T Stewart, AA (Apsaalooke and Cree), and C Yupe (Shoshone Bannock)*, MSU; and A Zycherman, PhD, National Institute for Food and Agriculture*

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AGENDA

Cultivation Terracing, Indigenous Ecological Knowledge and Sustainable Diets in a Rural Indigenous Community of Ecuador

C-A Gallegos, PhD(c) (Andean), Washington University in St. Louis and The Calihata Initiative; A Carrasco, Atty, MA (Andean & Basque), M Pintag, Engr (Kichwa-Pukara) and A Riofrío, PhD(c), The Calihata Initiative; and LL Iannotti, PhD, Washington University in St. Louis, MO*

Development of the Menominee Trauma Model: From Obesity Prevention to Healing with Indigenous Knowledge

J Gauthier, MPA (Menominee Nation), Extension, University of Wisconsin-Madison, Keshena, WI; and A Adams, MD, PhD*, Montana State University, Bozeman, MT; and the Menominee Community Engagement Workgroup, WI*

Engaging Indigenous Youth in Assessing Their Local Food Environments: A Methodology

B Jock (Mohawk), Johns Hopkins University, Baltimore, MD; F Mobetty and G Mercille, Université de Montréal, Montréal, Canada; T Delormier (Mohawk)*, McGill University, Montréal, Canada; I Sebai, Université de Montréal, Montréal, Canada; M Riva, McGill University, Montréal, Canada; and M Batal, Université de Montréal, Montréal, Canada*

Preventing Childhood Obesity through WATCH

D Medicinebird (Cheyenne and Arapaho Tribes of Oklahoma) and Francesca Toledo-Alexander (Seminole and Muscogee – Creek)*, Southern Plains Tribal Health Board, Oklahoma City, OK*

Exploring Food Mino-Pimatisiwin (Good Life) Through the Lens of Indigenous Agriculture and Law: Respecting How Indigenous Control of Food Production is Building Food Sovereignty Models Across Turtle Island

SR Penner (Settler), PhD Student in The University of Guelph's School of Environmental Design and Rural Development (2020), Guelph, Ontario, Canada*

Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban American Indian and Alaska Native Communities

S Stotz, PhD, MS, RD, CDE, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; H Pontius, RD, CDN*, Saint Regis Mohawk Tribe-Diabetes Center for Excellence, Akwesasne, NY; A Brega, PhD, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; K Gonzales, PhD, (Oklahoma Cherokee), Portland State University School of Public Health, Portland, OR; and K Moore, MD, FAAP, (Creek)*, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; For the ADA WCIE AI/AN Study Group*

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AGENDA

Wisahkotewinowak: Indigenous Land-based Learning Across Urban Environments in Southwestern Ontario, Canada

H Tait Neufeld, PhD, The University of Guelph, Guelph, Ontario, Canada; D Skene, MA (Métis)*, White Owl Ancestry Association, Kitchener, Ontario, Canada; and K Anderson, PhD (Métis)*, The University of Guelph, Guelph, Ontario, Canada*

Developing the Four Corners Potato for Market

C Wilson, MS (Navajo), B Pavlik, PhD, and L Louderback, PhD, University of Utah, Salt Lake City, UT*

First Food Policy and Law Scan – A Comprehensive Review of Tribal Breastfeeding Laws and Policies Within the Bemidji Indian Health Service Area

B Yawakie, BS, BA (Pueblo of Zuni, Turtle Mountain Band of Chippewa, Fort Peck Sioux and Assiniboine) and J Ralston Aoki, JD, Public Health Law Center, St Paul, MN; and M Porter, MPH, Great Lakes Inter-Tribal Epidemiology Center, Lac du Flambeau, WI*

5 p.m. **Poster Session Reception** (appetizers and cash bar)
Waconia 1/2

6:30 p.m. **Dinner on Own**

OPTIONAL PROGRAMMING

6:30-8 p.m. **Screening of “Growing Native”** (One 1-hour part will be screened. Sponsored by NAJA.)
Owatonna 1/2

Growing Native is a four-part television series focusing on reclaiming traditional knowledge and food ways to address critical issues of health and wellness, the environment, and human rights. Growing Native will focus on tribes, stories and events from four geographic regions, including Alaska, Oklahoma and Northwest and Great Lakes regions. Across the country, Native people are regaining health and strength through the recovery and revitalization of traditional knowledge systems of land, language, traditional arts and health. All registered conference attendees from NAJA and CNAN are welcome to attend this event.

7-8 p.m. **SomaYoga for the Office**
Chaska (2nd floor)

Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

A chair-based yoga class that teaches practical relaxation techniques. No special props or equipment necessary!

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AGENDA

WEDNESDAY, SEPTEMBER 18

6-7 a. m. **SomaYoga for the Office**
Chaska (2nd floor)
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
A chair-based yoga class that teaches practical relaxation techniques. No special props or equipment necessary!

7-11 a.m. **Registration**

7-8 a.m. **Breakfast**
Foyer

SESSION 4: BEST PRACTICES IN COLLABORATIONS BETWEEN NATIVE COMMUNITIES AND ACADEMIC RESEARCHERS

All plenary sessions will be held in the Minnetonka Ballroom

Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8 a.m. **Increasing Youth Engagement in Participatory Research**
Christine Martin (Crow), Little Big Horn College, Crow Agency, MT
Vanessa Simonds, ScD (Crow), Associate Professor, Montana State University, Bozeman, MT

8:25 a.m. **Reclaiming Sovereignty in the Growing Resilience Action-Research Collaboration**
Christine M Porter, PhD, Associate Professor and Wyoming Excellence Chair in Community and Public Health, Laramie, WY
Growing Resilience Community Advisory Board (CAB) members: Rhonda Bowers (Northern Arapaho), CAB Chair and University of Wyoming Extension on the Wind River Reservation (WRR); Clarisse Harris (Northern Paiute); Pat Harris (Northern Arapaho); and Ina Weed (Eastern Shoshone)

8:50 a.m. **Indigenous Ways of Knowing and Doing in Academic-Community Partnerships: The Story of the Centre for Indigenous Peoples' Nutrition and Environment (CINE)**
Treena Wasonti:io Delormier, PhD (Kanienke'há:ka - Mohawk), Associate Professor and Associate Director, CINE, McGill University, Montréal, Canada
Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada
Harriet Kuhnlein, PhD, Professor Emerita, McGill University and Founding Director, CINE, Montréal, Canada

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AGENDA

- 9:15 a.m. **Panel/Q&A**
- 10 a.m. **Sassafras, My Teacher: Personal story of Healing Through Re-Connecting with Traditional Foods**
Itai Jeffries, PhD (Yèsah), Traditional Health Program Director, Seattle Indian Health Board, Seattle, WA
- 10:15 a.m. **Closing Elder Panel**
Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA
- *Lenora Cook (Swinomish), La Conner, WA*
 - *Hope Flanagan (Seneca), Wild Foods Educator, Dream of Wild Health, Minneapolis, MN*
 - *Linda Frizzell, PhD (Eastern Cherokee and Lakota), University of Minnesota School of Public Health, Minneapolis, MN*
 - *Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada*
 - *Leon A. Nuvayestewa Sr (Hopi), retired Health Director/Administrator, Hopi Tribe, Polacca, AZ*
 - *Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Rapid City, SD*
 - *Ernie Whiteman (Northern Arapahoe), Cultural Director, Dream of Wild Health, Minneapolis, MN*
- 11:30 a.m. **Closing Remarks**
Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA
Mindy S Kurzer, PhD, Conference Chair, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
- 11:45 a.m. **Closing Ceremony**
- Noon **Lunch on Own**
- Optional Post-Conference Workshop** (register for this separately)
- 2 p.m. **A Live Chef Demo Provided by Yazzie The Chef**
Offsite (meet at the registration desk)
Chef Brian Yazzie aka Yazzie The Chef (Diné), Owner of Intertribal Foodways, Saint Paul, MN

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>

BIOGRAPHIES



GARY BESAW (MENOMINEE)

Director, Department of Agriculture, and Food Systems, Menominee Indian Tribe
Keshena, WI

Gary Besaw, an enrolled Menominee, is the director of the Menominee Tribal Department of Agriculture and Food Systems (DAFS). He has served on the Menominee Tribal Legislature for 14 years, twice holding positions as Tribal Chairman, Vice Chairman and Secretary. Gary previously worked at the College of Menominee Nation as vice president of student services and on a Menominee language curriculum initiative. He has also worked in K-12 Native American education as a superintendent, administrator, curriculum coordinator and art instructor. He holds a master's degree in education administration from the University of Wisconsin Madison and a bachelor's degree in art education from University of Wisconsin Stout.



LOREN BIRDRASSLER (BLACKFEET)

Agriculture Resource Management Planning Team, Blackfeet Nation
Browning, MT

Loren BirdRattler serves as the project manager for the Blackfeet Nation's Agriculture Resource Management Plan (ARMP), which will create policy in agriculture, land, conservation, holistic management practices, water resource management, and agriculture and livestock regulation for the Blackfeet Tribe and the United States governments. The plan includes implementation of a food sovereignty strategic plan that will make correlations to sustainable economics through production of healthy foods that will be reintroduced to the local food delivery systems.

BirdRattler has more than 20 years of public and private sector experience in organizational development, strategic planning, policy development, project management and civic engagement. He is a former national field director for the National Congress of American Indians' Native Vote Initiative and a public program specialist for the Smithsonian Institution's National Museum of the American Indian and was a program manager for the U.S. Department of Defense's Native American Lands Environmental Mitigation Program. BirdRattler served as the inaugural executive director for two nonprofits, Western Native Voice and Montana Native Vote.



BIOGRAPHIES

**LINDA BLACK ELK (CATAWBA NATION)**

Ethnobotanist, Mille Lacs Band of Ojibwe
Onamia, MN

Linda Black Elk is an ethnobotanist specializing in teaching about culturally important plants and their uses as food, medicine and materials. Linda works to build curriculum and ways of thinking that will promote and protect food sovereignty, traditional plant knowledge and environmental quality as an extension of the fight against hydraulic fracturing and the fossil fuels industry. She has written for numerous publications and is the author of "Watoto Unyutapi," a field guide to edible wild plants of the Dakota people. Linda is the mother to three Lakota boys and serves the people of the Mille Lacs Band of Ojibwe within the Department of Natural Resources

**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.

**TREENA WASONTI:IO DELORMIER (MOHAWK)**

Associate Professor and Associate Director, Centre for Indigenous Peoples Nutrition and Environment, McGill University
Montréal, Canada

Treena Delormier is Kanien'kehá:ka (Mohawk). She is as an associate professor in the School of Human Nutrition and associate director of the Centre for Indigenous Peoples Nutrition and Environment. In her home community of Kahnawake, near Montreal, Quebec, she is the scientific director of the Kahnawake Schools Diabetes Prevention Project, a 25-year community-university partnership and health promotion program. Dr. Delormier received her doctorate in public health (health promotion) from Université de Montréal. She is a dietitian and member of the Ordre Professionnel des Diététistes du Québec (OPDQ). Dr. Delormier's research interests include food and nutrition, food sovereignty, food security, health promotion, social perspectives of food choice, Indigenous research methodologies, qualitative methodologies, Indigenous Peoples' food systems, and the prevention of diabetes and obesity prevention through community mobilization strategies.

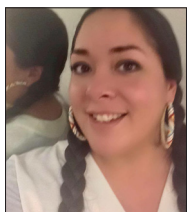
BIOGRAPHIES



COLBY D DUREN, JD

Director, Indigenous Food and Agriculture Initiative
Fayetteville, AR

Colby Duren is the director of the Indigenous Food and Agriculture Initiative (IFAI) at the University of Arkansas – Office of Economic Development. He served as policy director and staff attorney for IFAI since 2017. Colby has more than 11 years of experience in federal Indian law and policy, with a specific focus on food, agriculture, nutrition, natural resources and economic development, including work on three Farm Bills. Prior to joining IFAI, he was staff attorney and legislative counsel for the National Congress of American Indians, a legal assistant for the Native American Rights Fund, and a paralegal and legislative Assistant at OFW Law. Colby earned his law degree from the American University Washington College of Law, his bachelor of arts from Vassar College, and is currently a student in the University of Arkansas School of Law Agricultural and Food Law LL.M. program.



ABIGAIL ECHO-HAWK (PAWNEE/ATHBASCAN)

Director, Urban Indian Health Institute
Seattle, WA

Abigail Echo-Hawk, MA (Pawnee/Athabaskan) was born in the heart of Alaska where she was raised in the traditional values of giving, respect for all and love. Abigail currently serves as the director of the Urban Indian Health Institute, a tribal epidemiology center that serves urban Indian people nationwide. Her work incorporates the core principles and activities of 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



NIKKI FARAGO (SENECA)

Assistant Commissioner of Children and Family Services, Minnesota Department of Human Services
Saint Paul, MN

Nikki Farago is the 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, Nikki 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. Previously, as deputy solicitor general for the Mille Lacs Band of Ojibwe, she litigated criminal and civil cases in tribal court, represented Mille Lacs Band in Indian Child Welfare Act child protection cases in state court and served as general counsel. In the past, Farago has worked for Mid-Minnesota Legal Services and Hennepin County District Court.

Nikki 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.



CINDY FARLEE (ITÁZIPČHO LAKHÓTA)

Associate Program Officer and Youth/BFR Liaison, Native American Agriculture Fund
Fayetteville, AR

Cindy Farlee was born and raised on a cattle ranch on the Cheyenne River Indian Reservation in north central South Dakota and is a citizen of the Cheyenne River Sioux Tribe. She is a first-generation college graduate who obtained her bachelor's degree in Indigenous and American Indian studies with an emphasis in sovereignty from Haskell Indian Nations University (HINU). During her time at HINU, she researched and presented on topics that highlighted her passions including cultural knowledge and healing through language revitalization and food sovereignty, the impact of federal Indian law and policy, and tribal government structure and relationships.

Cindy served on the inaugural board of directors for the Native Youth Food Sovereignty Alliance and the youth advisory board of the Intertribal Agriculture Council. She also interned for the Indigenous Food and Agriculture Initiative, assisting in the development of an Indian agriculture-driven curriculum and coordination of a national youth leadership event and served as a research intern for the Indian Land Tenure Foundation. In 2019 she joined the Native American Agriculture Fund as an associate program officer and youth/BFR liaison.

BIOGRAPHIES



HOPE FLANAGAN (SENECA)

Community Outreach and Cultural Teacher, Dream of Wild Health
MN

Hope Flanagan is Noodinesiikwe (Little Wind Woman) from the turtle clan. She comes from the people of Tonawanda, Seneca Reservation. Hope began picking plants as a small girl with her mother and sister. She remembers asking about okondamoo (yellow waterlily root) and bagwaji-okaadaakoons (Queen Anne's lace) when she was two or three. She has many happy memories of picking when she was small. Later she started finding plants for those who were seeking help from them but were not able to fetch them on their own. She began learning from Majiikikwewis-iban when she was a young woman and attended the University of Minnesota. She 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. She began learning from Ogimaakwe-iban about plants and plant teachings when she taught in an immersion classroom. She continues to learn from Ogimaagwinebiik and others who pass on these teachings. Hope currently works at Dream of Wild Health where she teaches Native young people about plants and their gifts. She has a teacher certification from the University of Minnesota in social studies and American Indian eminence credentials. She has always heard that each plant has its own gift to the people – food, medicine or utility. They know their purpose; people have to learn and listen.



MEGAN FORCIA

Native American Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota
Saint Paul, MN

Megan Forcia is a young Ojibwe woman passionate about improving individual, community and environmental health through the revitalization of Indigenous food systems. As an undergraduate, she majored in American Indian studies with an emphasis on environmental sustainability. Today, Megan serves as the Native American program coordinator for the University of Minnesota's Healthy Foods, Healthy Lives Institute, where she helps to coordinate the first and only national conference on Native American nutrition. Megan also serves as the Midwest regional representative and board secretary for the Native Youth Food Sovereignty Alliance, a national youth-led movement of the Intertribal Agriculture Council, with the mission of educating and empowering Indigenous youth to be agricultural innovators for generations to come. In addition to her work with Native food systems, Megan is currently training to become a certified yoga instructor and licensed massage therapist in an effort to empower community members with the recognition that community healing starts with holistic health and wellness at the individual level.



BIOGRAPHIES



LINDA FRIZZELL, MS, PHD (EASTERN CHEROKEE AND LAKOTA)

Assistant Professor, University of Minnesota School of Public Health
Minneapolis, MN

Linda 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 the 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 and 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.



JOAN TA GABEL

President, University of Minnesota
Minneapolis, MN

Joan T.A. Gabel will be inaugurated as the 17th president of the University of Minnesota on September 20, 2019. She leads the University's mission by honoring its legacy as a place of discovery and opportunity, while emphasizing solutions inspired by Minnesotans that serve our state and change the world. Previously, she served as executive vice president and provost at the University of South Carolina, where she revitalized scholarly enterprise and launched dynamic programs, increasing enrollment and alternative revenue streams. She expanded the university's global footprint and impact; championed experiential learning, entrepreneurialism and service learning; and worked to incentivize and support faculty. She also expanded campus diversity and inclusion efforts, which included the recruitment and support of underrepresented students, faculty and staff, as well as the creation of inclusive programs and forums to measurably improve the campus climate.

Joan's early academic interests included legal and ethical issues in business. In recent years, she has turned her focus to the public higher education mission, ethical governance and women's leadership. Gabel has been recognized with numerous research, service, and teaching awards, including a Fulbright Scholarship.

BIOGRAPHIES



GROWING RESILIENCE COMMUNITY ADVISORY BOARD

Pat Harris (Northern Arapaho), Rhonda Bowers (Northern Arapaho), Clarisse Harris (Northern Paiute) and Ina Weed (Eastern Shoshone)

The Growing Resilience Community Advisory Board (CAB) oversees the research by University of Wyoming and the gardening program of Blue Mountain Associates (a tribal community organization) to ensure the project best serves the wellbeing of the community. CAB members have served on previous action-research project steering committees and on other boards, managed the Wind River Tribal Farmers Market, participated in the Growing Resilience project as gardeners, and served as leaders in other community-based health and development organizations in Wind River Reservation. Members agreed to serve on CAB to make a difference; not for just the five years of the research project itself, but in service to a vision of long-term sustainable food security for the community. This program can reach large goals—using the Growing Resilience research project and the CAB, as an open door that can lead to more open doors of continued self-empowerment and sovereignty, all the research project participants, and the entire community.



STACY HAMMER RDN, LD (BDEWAKANTUNWAN DAKOTA)

Director of Community Health and Registered Dietitian, Lower Sioux Indian Community
Morton, MN

Stacy Hammer is Bdewakantunwan (Spirit Lake Dwellers) Dakota and comes from Cansayapi (Where They Paint the Trees Red), otherwise known as Lower Sioux. She is the director of community health and a registered dietitian for the Lower Sioux Indian Community (LSIC). Stacy earned a bachelor's degree in nutrition and dietetics from Minnesota State University, Mankato, and completed her graduate dietetic internship program from the University of Delaware. As the tribe's Title VI director, she is responsible for administering the nutrition requirements and menu planning for the Elder Nutrition Program. Her collaborative work with the American Indian Cancer Foundation (AICAF) has focused on efforts to normalize healthy eating within American Indian Communities in Minnesota, along with the development of the Healthy Native Foods Toolkit and the Ordering Nutritious & Indigenous Foods Guidelines and Checklist. Further collaboration with AICAF and the Lower Sioux Health and Human Services Advisory Committee has involved working towards positive policy, systems and environmental changes within the LSIC through healthy and Indigenous food policy development and implementation. Stacy enjoys working both individually and as a team with clients of all ages and educating on a variety of nutrition-related conditions, such as diabetes prevention and management.



BIOGRAPHIES

**ITAI JEFFRIES, PHD (YÈSAH)**

Traditional Health Program Director, Urban Indian Health Clinic
Seattle, WA

Itai Jeffries, PhD (Oninewa Itai, Stands Strong) comes from the Yèsaḥ people of rural Orange and Alamance counties of North Carolina, known formally as the Occaneechi Band of the Saponi Nation, the smallest tribal community in the state and a state-recognized nation. As the first in their family to go to college, they attained their bachelor's degree in sociology at Guilford College in Greensboro, North Carolina, and went on to earn their master's degree and PhD in sociology at Georgia State University in Atlanta. Their doctoral research explored the complicated ways American Indians and Alaska Natives from across Turtle Island experience race, racism and Indigeneity. Their work found resistance, resiliency and remembering in the lives of participants to be as enlightening as their experiences with systemic racism and attacks on Indigenous rights. In their work and personal philosophy, connection to tradition, spirit, traditional foods and plant medicines, stories, and community are critical sites for resistance whether or not state entities are confronted. The traditional practices that have supported Indigenous wellness for millennia (wisdom, science and brilliance) are inherent rights of Indigenous communities. Although intentionally targeted through state violence, these practices are remembered when Indigenous people unite despite colonialist systems designed to prevent that act.

Itai has taught at colleges and universities, and provides community education and training across a variety of settings and topics. They currently serve as the traditional health program director at the Seattle Indian Health Board. In that role they oversee traditional Indian medicine service delivery, the elders program and the youth services program. Itai has also done work to bring issues affecting Two Spirit and Native LGBTQ+ people to the forefront.

**BUCK JONES (CAYUSE)**

Salmon Marketing Specialist, Columbia River Inter-Tribal Fish Commission
Portland, OR

Buck Jones is an enrolled Cayuse member, one of the bands of the Confederated Tribes of The Umatilla Indian Reservation. He studied at the College of Southern Idaho and Scottsdale Community College, focusing on Native American treaty law and policy.

A multi-decade Columbia River treaty fisherman, Buck has done various duties including harvesting, processing and marketing of tribally caught salmon. Since 2004, Buck has worked for the Columbia River Inter-Tribal Fish Commission, currently as a salmon marketing specialist. He also teaches classes on cold water and boat safety. Buck is co-chair of the Affiliated Tribes of Northwest Indians' food sovereignty subcommittee.

BIOGRAPHIES



NORMA KASSI (VUNTUT GWICH'IN FIRST NATION)

Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network
Whitehorse, Yukon, Canada

Norma was raised and educated in Old Crow, the most northerly community in the Yukon. She is a citizen of the Vuntut Gwich'in First Nation (People of the Lakes) and a member of the Wolf Clan. It was in Old Crow flats where Norma gained her depth of traditional, scientific and ecological knowledge. Her grandfather, mother and the land were the bearers of this invaluable, ancient knowledge, which was passed on to Norma at a very young age.

Encouraged by her Elders, Norma entered politics shortly after leaving school. In 1985, Norma was elected into Yukon's Legislative Assembly as Member for Vuntut Gwich'in First Nation, a position she held until 1992. During this time, Norma was selected by the elders of the Gwich'in Nation to act as a spokesperson on behalf of the Gwich'in people for the preservation of the Porcupine Caribou Herd. This caribou herd is the lifeblood of Norma's people, including those living across northern Alaska and the Northwest Territories, and they are now at serious risk due to the recent opening of Arctic National Wildlife Refuge for oil and gas development.

While Norma's work is global, she has never lost focus on her community and other Yukon First Nations communities. In 2007, she co-founded the Arctic Institute of Community-Based Research (AICBR). The goal of AICBR is to promote community-based northern led research aimed at improving the lives of Indigenous and non-Indigenous peoples of the north and promoting the health of their environments. AICBR has been instrumental in facilitating opportunities for Yukon First Nations communities and others to learn about and develop capacity for taking actions on diabetes prevention, injury prevention and food security.



HARRIET KUHNLEIN, PHD

Emerita professor, McGill University
Montreal, QC

Harriet V. Kuhnlein is an emerita professor at McGill University. She holds a PhD from the University of California, Berkeley, and an honorary doctor of laws degree from the University of Western Ontario. Dr. Kuhnlein has held professorial appointments at the University of British Columbia, the University of Hawaii at Manoa and McGill. She taught and conducted research at McGill's School of Human Nutrition in the faculty of Agricultural and Environmental Sciences, the faculty of Medicine and the McGill School of the Environment. Dr. Kuhnlein is the founding director of the Centre for Indigenous Peoples' Nutrition and Environment (CINE), an internationally recognized center for research and education related to Indigenous Peoples' food systems. Having engaged with communities of Indigenous Peoples in many parts of the world for more than 40 years, she is recognized for her unique pioneering expertise that has led to the identification, characterization and preservation of traditional food systems of Indigenous Peoples throughout the world, and the growing recognition that these ecosystems are important for health and well-being. Notably, Dr. Kuhnlein has inspired a new generation of nutrition scientists who are champions of participatory research and Indigenous Peoples' nutrition and food security. Dr. Kuhnlein is a fellow of the American Society of Nutrition and an honorary member of the Canadian Nutrition Society; she is a fellow of the International Union of Nutritional Sciences (IUNS) and serves as a member of the IUNS Task Force on Traditional and Indigenous Food Systems and Nutrition.



BIOGRAPHIES



MINDY S KURZER, PHD

Director, Healthy Foods, Healthy Lives Institute, University of Minnesota
Saint Paul, MN

Mindy S. Kurzer is a professor of nutrition and the director of the Healthy Foods, Healthy Lives Institute at the University of Minnesota. She has been at the University of Minnesota since 1989, where she has taught nutrition courses to more than 4,000 students and performs research on the health effects of dietary compounds, such as soy and green tea, in addition to weight loss and physical activity. Dr. Kurzer received a PhD in nutrition from the University of California-Berkeley in 1984. She was then awarded a NATO Postdoctoral Fellowship, for which she performed research at the National Nutrition Institute in Rome, Italy, and Odense University in Denmark. This was followed by a postdoctoral fellowship in reproductive endocrinology at the University of California, San Francisco. Dr. Kurzer has been a visiting scientist at the University of Helsinki, Finland, and at the International Agency for Cancer Research in Lyon, France.

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



DENISA LIVINGSTON, MPH (DINÉ, NEW MEXICO)

Community Health Advocate, Diné Community Advocacy Alliance
Fruitland, NM

Denisa Livingston, MPH, (Diné, New Mexico) is a food justice organizer and the Slow Food International Indigenous Councilor of the Global North. Her mission is to improve and empower the lives of others. She is committed to addressing the diabetes epidemic, the dominant culture of unhealthy foods and the lack of healthy food access on the Navajo Nation as well as nationally and internationally. Denisa has been a legislative speaker and community health advocate for the Diné Community Advocacy Alliance (DCAA). DCAA has been globally recognized for the successful passage of several laws, the first of its kind addressing food apartheid – Elimination of Tax on Healthy Foods with an Emphasis on Indigenous foods, the Healthy Diné Nation Act of 2014 or Unhealthy Foods Tax, and a tax revenue allocation for Community Wellness Projects for all 110 Navajo Chapters. She is the co-chair of the advisory board of the Slow Food Indigenous Peoples international network, a steering committee member of the Slow Food Turtle Island Association; a member of the National Young Farmers Coalition and a national Sugar Action Group; served as advisory member of Reclaiming Native Truth: A Project to Dispel America's Myths and Misconceptions; and an Ashoka Fellow. She is one of the contributors to the newly published anthology, "Food Sovereignty in the United States: Restoring Cultural Knowledge, Protecting Environments, and Regaining Health."

BIOGRAPHIES



CHELSEY LUGER (TURTLE MOUNTAIN BAND OF CHIPPEWA AND STANDING ROCK SIOUX TRIBE)

Wellness Trainer, Well for Culture
Phoenix, AZ

Chelsey Luger is a writer and journalist from the Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe. She is an alumna of Dartmouth College and Columbia University Graduate School. Chelsey is the content editor of Well for Culture.

CHRISTINE N MARTIN (CROW)

Environmental Health Project Program Coordinator, Little Big Horn College, Crow Agency
Lodge Grass, MT

Christine N Martin is an enrolled member of the Crow Tribe and lives in Lodge Grass, Montana. She is a member of the Crow Environmental Health Steering Committee, a group of community members actively involved in researching the ground and surface water in and around the Crow Indian reservation to help tribal community members better understand the water around them and what is going on with it and how to keep it safe. She is currently the program coordinator of the environmental health project at Little Big Horn College where she coordinates activities for the Guardians of Living Water afterschool program and schedules monthly advisory board meetings. Prior to this position, she received her master's degree in community health from Montana State University-Bozeman. She also has a background in working in her tribal community, where she has been involved in community outreach, research and education.



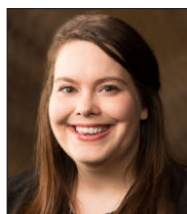
LEON A NUAYESTEWA SR (HOPI)

Retired Health Director/Administrator, Hopi Tribe
Polacca, AZ

Leon A Nuayestewa, 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. After 46 years, he retired as health manager/director for the Hopi Tribe. He has 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.



BIOGRAPHIES



ERIN SHIRL PARKER, LLM

Research Director, Indigenous Food and Agriculture Initiative
Fayetteville, AR

Erin Parker serves as the research director of the Indigenous Food and Agriculture Initiative at the University of Arkansas, where she supports the initiative through program development, research and writing, and analysis of legislative and regulatory issues affecting tribal governments, businesses and individual producers.

Before beginning her work with the Initiative, she worked as a staff attorney and research coordinator for the Cobell Commission, a national working group convened by the Secretary of the Interior to repair the federal government's Indian land trust management system. Erin holds both her J.D. and her LL.M. in Agricultural & Food Law from the University of Arkansas, where she is also currently a Ph.D. candidate in the public policy program.



CHRISTINE M PORTER, PHD

Associate Professor and Wyoming Excellence Chair in Community and
Public Health, University of Wyoming
Laramie, WY

Christine is an associate professor and Wyoming Excellence Chair of Community & Public Health at the University of Wyoming in the Division of Kinesiology & Health. Her PhD is in community nutrition from Cornell University. She does participatory action research in public health nutrition and community food systems to end health disparities, redress U.S. historical atrocities that include slavery and genocide, and increase food sovereignty. In particular, she aims to secure funding for food justice activists and communities and to learn with and from them, as with the Food Dignity and Growing Resilience projects, funded by a total of \$8 million from USDA and NIH.



VALERIE SEGREST, BSN, MA, MS (MUCKLESHOOT)

Native Foods Nutrition Educator

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.

BIOGRAPHIES



SEAN SHERMAN (OGLALA LAKOTA)

Founder, The Sioux Chef
Minneapolis, MN

Chef Sean Sherman, Oglala Lakota, born in Pine Ridge, SD, has been cooking across the U.S. 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. Chef Sean has studied on his own extensively to determine the foundations of these food systems to gain a full understanding of bringing back a sense of Native American cuisine to today's world. In 2014, he opened his business The Sioux Chef as 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.

In October 2017, Sean was able to perform the first decolonized dinner at the James Beard House in Manhattan. 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 LA Times, San Francisco Chronicle and the Smithsonian Magazine. This year, Chef Sean was selected as a Bush Fellow, as well as received the 2019 Leadership Award by the James Beard Foundation. The Sioux Chef team of 12 people continues with their mission to help educate and make Indigenous foods more accessible to as many communities as possible through the recently founded nonprofit North American Traditional Indigenous Food Systems (NATIFS).



VANESSA SIMONDS, SCD (CROW)

Associate Professor, Montana State University
Bozeman, MT

Vanessa Simonds, an enrolled member of the Crow Tribe and descendant of the Blackfeet Nation, is an associate professor in community health at Montana State University. She earned her graduate degrees in epidemiology and public health from the T.H. Chan Harvard School of Public Health. While her training in community-based participatory research (CBPR) with Native communities lays the foundation for her approach to research, the other thread of her research expertise is health literacy. Dr. Simonds uses CBPR to design, develop and implement strength-based, community-centered outreach strategies in partnership with Native American communities. Dr. Simonds has been working on CBPR projects with the Crow tribe for more than 15 years and for the past five years she has led a collaboration with Crow tribal partners to design and pilot a child as agent of change intervention with youth and their families. She serves on several national boards and committees, including the coordinating committee for the Spirit of 1848 American Public Health Association caucus, the National Academies of Sciences, Engineering, and Medicine's Roundtable on Health Literacy, and currently serves as the co-chair Elect for the Native Research Network.



BIOGRAPHIES



BEVERLY STABBER WARNE RN, MSN (OGLALA LAKOTA)

South Dakota State University College of Nursing
Rapid City, 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.



DANA THOMPSON (WAHPETON-SISSETON AND MDEWAKANTON DAKOTA)

Co-owner and Chief Operating Officer, The Sioux Chef
Minneapolis, MN

Dana Thompson is a lineal descendant of the Wahpeton-Sisseton and Mdewakanton Dakota tribes and lifetime Minnesota native. As co-owner and Chief Operating Office (COO) of The Sioux Chef, and executive director of their jointly founded nonprofit, NATIFS, Dana has extensive experience managing strategy for how the goals of this organization will be realized. As COO and co-owner of the company The Sioux Chef, Dana Thompson has been working within the food sovereignty movement for more than five years. Within that time, she has traveled extensively throughout tribal communities engaging in critical ways to improve food access. Before this, Dana worked as an industry professional in Minneapolis. She worked under the merchandising and marketing pyramids at Target Corporation until leaving to work in organic and natural food branding, as well as national environmental music initiatives. Dana was also a working musician during this time, within the jazz and Americana genres as a vocalist, multi-instrumentalist, producer, a booking agent and talent manager.

BIOGRAPHIES



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 his 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.



CHARLES R VIG (SHAKOPEE MDEWAKANTON SIOUX COMMUNITY)

Chairman, Shakopee Mdewakanton Sioux Community
Prior Lake, MN

Charles R Vig is Chairman of the Shakopee Mdewakanton Sioux Community (SMSC), a federally recognized, sovereign Indian tribe located southwest of Minneapolis/Saint Paul. As Chairman, he presides over the SMSC Business Council, which guides the tribal government's day-to-day operations.

Before becoming Chairman in 2012, Vig served as the SMSC's Vice-Chairman. He also served for 14 years on the SMSC Gaming Enterprise Board of Directors, which oversees Mystic Lake Casino Hotel and Little Six Casino. He was chairman of the board when he was elected to the Business Council. Earlier in his career, he was a journeyman bricklayer before working his way up from project manager to vice president of facilities at Mystic Lake Casino Hotel.

Today, Chairman Vig serves as chairman of the Minnesota Indian Gaming Association; a member of the board of directors for Greater MSP and Koda Energy; and the SMSC's representative to the National Congress of American Indians and the National Indian Gaming Association. He is among Global Gaming Business Magazine's "25 People to Watch in 2017" and was one of Indian Country Today's "50 Faces of Indian Country" in 2015.



BIOGRAPHIES



ERNIE WHITEMAN (NORTHERN ARAPAHOE)

Cultural Director, Dream of Wild Health
Minneapolis, 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 of 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 young men.



BRIAN YAZZIE (DINÉ)

Yazzie The Chef, Owner, Intertribal Foodways
Saint Paul, MN

Brian Yazzie (Yazzie the Chef) is from Dennehotso, Arizona, and based out of Saint Paul, MN. Yazzie has an Associate degree in Applied Science (AAS) in culinary arts from Saint Paul College 2016. He is a summer resident chef at Dream of Wild Health, a team member at Indigenous Food Lab based out of Minneapolis, MN, and a team member at I-Collective, a collective of cooks, chefs, seed keepers, farmers, foragers and scholars, focused on bringing awareness to the cultural appropriations of Indigenous foods of the Americas. He is the owner of Intertribal Foodways, a culinary mission specifically working with and for the betterment of tribal communities, wellness and health through Indigenous foods. He travels internationally and is available for catering, private dinners, pop-up dinners, chef demos & cooking classes, collaborations, and presentations on Indigenous food sovereignty.



LEA ZEISE (ONEIDA NATION)

Technical Assistance Specialist, Intertribal Agriculture Council

Lea Zeise of the Oneida Nation of Indians of Wisconsin has had an interest in Indigenous agriculture and foodways since childhood. Her first job was at Tsyunhehkwá (Oneida for "She sustains life") Farm, a community-oriented organic farm on the Oneida reservation. There she learned the fundamentals of gardening and caring for chickens and grass-fed livestock. In 2011 she graduated from University of Wisconsin-Madison with a B.S. in mechanical engineering. Lea returned to work in agriculture in 2013 at the Intertribal Agriculture Council. She has served as the technical assistance specialist for the Eastern region since 2015, where she supports new and expanding tribal agriculture operations, cooperative development, seed banks and rematriation, youth engagement, and a nationwide initiative for Native corn growers called Braiding the Sacred.

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PLENARY

Our Changing Homelands, Our Changing Lives

Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada

Vuntut Gwich'in Elders of Old Crow in Yukon, Canada, have been warning the community for some time that hard times are coming and that it is time to plan for long-term changes to ensure food security. Our people, the Indigenous people, have survived on the land since time immemorial. It is only in recent times that our traditional way of life and traditional food is undergoing dramatic changes. As a response to these profound transformations, some of Yukon First Nations communities have conducted research over three years to address climate change and food security issues. This work involved developing a food security adaptation strategy. In doing so, Yukon First Nations bring traditional values and ancient wisdom of being with the land and the youth. These projects are guided by the principles of community-based research and involve extensive youth engagement and capacity building. Key outcomes include recommendations for creating a long-term food storage facility, exploring the feasibility of animal farming, developing land-based skills, increasing opportunities for gardening, promoting traditional value systems of sharing and building health literacy. As a result, communities have moved ahead in the areas of farming and community gardening, and the youth are leading many efforts. Some communities are also conducting Indigenous-led research to revitalize the ancient laws of conservation of species, land and waters. Globally, what is happening to the planet with climate change is impacting Indigenous communities in the north at accelerated rates. Indigenous communities will continue to be resilient in their adaptation and rely on their holistic way of thriving with the land.

Promoting Health Through Tribal Governance: Model Tribal Food & Agriculture Codes

Colby Duren, JD, Indigenous Food and Agriculture Initiative, University of Arkansas, Fayetteville, AR
Erin Shirl Parker, JD, LLM, Indigenous Food and Agriculture Initiative, University of Arkansas, Fayetteville, AR

The Model Tribal Food and Agriculture Code, a resource for tribal governments developed by the Indigenous Food and Agriculture Initiative at the University of Arkansas, was created to provide tribal governments with a practical foundational document to use in developing their own food and agricultural laws and policies. In 19 chapters representing a full agricultural title, the project offers a series of model food and agricultural laws available as a free resource for tribal nations. The project supports tribal government capacity to improve health, strengthen economies, sustain food systems and achieve long-term food security. The project would not have been possible without support from the Shakopee Mdewakanton Sioux Community, W.K. Kellogg Foundation, MAZON: A Jewish Response to Hunger, Agua Fund, Inc., NoVo Foundation and Farm Credit.



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How Tribes can use the American Indian Agriculture Resource Management Act of 1993 to Promote Health and Nutrition

Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT

After a century of struggle against land dispossession, misguided federal agriculture and land policies (and their ecological, social and health implications), the Blackfeet Nation is engaging global best practices in agriculture and natural resource management, climate adaptation, water governance and applied research as the tribe creates its own agriculture and natural resource management plans, policy and codes, consistent with their core cultural values.

This is no trivial task as many Blackfeet people suffer from severe health disparities and persistent poverty while climate change marches on, and autocratic governance continues to usurp public and private lands. The Blackfeet Nation comprises the largest intact ecosystem in the lower 48. It encompasses 1.5 million acres and provides drinking water for millions of people. Presently, the primary industry is agriculture with reservation lands supporting 575,256 acres of crops harvested for grain and forage production, of which 1,014,000 acres are grazing lands. In achieving food sovereignty and narrowing health disparities through sustainable healthier food production, the Blackfeet find themselves in exciting yet challenging times. To avail of the immense natural bounty of the region, the tribe initiated its agriculture resource management plan, a stakeholder engaged process whereby the tribe and partners from diverse federal and state agencies, universities and nonprofit organizations completed three years of focused planning on sustainable agriculture, food sovereignty, natural climate solutions and narrowing of health disparities.

The HEARTH Act and Tribal Zoning as Tools for Agriculture

Gary Besaw (Menominee), Director, Department of Agriculture, and Food Systems, Menominee Indian Tribe, Keshena, WI

This presentation speaks about the long process the Menominee Indian Tribe of Wisconsin has been on regarding their submission and request for tribal leasing regulations review and approval of the HEARTH Act: Residential, Business and Agricultural Leasing Regulations. Timelines, lessons learned and next steps will be discussed, as well as correlations to tribal zoning ordinance development and amendment. A lens of improving tribal food system sovereignty and economic systems will be used during the presentation.

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Columbia River Treaty Tribes Food Safety Modernization Act (FSMA) Recommendations and Model Tribal Fish Processing Codes

Buck Jones (Cayuse), Salmon Marketing Specialist, Columbia River Inter-Tribal Fish Commission, Portland, Oregon; Tom Zeilman, Attorney, Law Offices of Thomas Zeilman, Yakima, Washington; Dr. Barbara Rasco, BSE, PhD, JD, Director of School of Food Science WSU, Pullman, Washington

The Columbia River Inter-Tribal Fish Commission (CRITFC) developed Food Safety Modernization Act (FSMA) recommendations and Model Tribal Fish Processing Codes for the four CRITFC Treaty Tribes. The FSMA and processing codes were developed by Yakama Nation legal counsel, food safety consultants and CRITFC staff. These recommendations were presented before the Nez Perce Tribal Executive Committee and Confederated Tribes of the Umatilla Indian Reservation (CTUIR) Board of Trustees in August 2018. As of now, there has not been any confirmation these were adopted into tribal law. A CTUIR Wholesale fish buyer who subcontracts with a large seafood company has implemented a unique marking system for traceability of fish. This system identifies each individual fisher with his or her own code that specifies the time the fish was received and then a tag that follows fish through the processing and market system. This marking system not only is a form of FSMA, but it also allows the fish to have a unique story about the fisher and where fish was caught for marketability. Funding provided by First Nations Development Grant through the Seeds of Native Health campaign and by USDA Rural Business Development Grant.

Honoring Little Crow with Healthy and Indigenous Foods

Stacy Hammer, RDN, LD (Lower Sioux), Director of Community Health, Lower Sioux Indian Community, Morton, MN

Recognizing the interest in improving our community's health, the Lower Sioux Indian Community Tribal Council adopted the Honoring Little Crow with Healthy and Indigenous Foods Initiative in 2016. This resolution calls for policy to support the availability of healthy and Indigenous foods throughout the community. To guide this work, the Lower Sioux Health and Human Services Advisory Committee members (LSHHSAC) and support staff completed a strategic action plan in winter 2017. The plan calls for improving access to healthy foods and beverages across the tribe, such as offering a 50% discount to Powwow vendors at its annual Wacipi if they provide only healthy foods and non-sugar sweetened beverages at their booth. The tribe's vending machines now include 75% healthier foods and beverages. Most recently, the LSHHSAC, along with community health staff, the American Indian Cancer Foundation and the Public Health Law Center, have developed a healthy food policy document for placement into the LSIC employee handbook. The policy provides guidance for what types of foods and beverages are allowed for community sponsored events and staff meetings.



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Healthy Diné Nation: Empowering our Communities

Denisa Livingston, MPH (Diné), Fruitland, New Mexico

The Diné Community Advocacy Alliance (DCAA) have led legislative efforts that have been historical and unique. One that is known widely is the one-of-a-kind law: the Healthy Diné Nation Act of 2014, an unhealthy foods tax, that funds community wellness projects across the Navajo Nation. All 110 Navajo Chapters of Arizona, New Mexico and Utah have access to the revenue to create Diné community-based and community-directed health and wellness projects to address improvements to the physical and social environment of the communities. At the end of 2018, the Act raised more than \$5.8 million and funded more than 1,000 community wellness projects. The act continues to provide support to increase health and wellness, increase awareness of unhealthy foods and the growing culture of food swamps, and is a tool to address the lack of access to healthy food. A sister law, the Elimination of Sales Tax on Healthy Food, encourages healthful food purchases and consumption, and support for Indigenous food traditions and healthful traditional food revitalization. Additional policies were created to further strengthen and improve the framework and outcomes of the laws. The Healthy Diné Nation laws and policies have been initiated and pursued by grassroots Diné (Navajo) community members who continue to create change by integrating organic public health, traditional fundamental laws and community advocacy and mobilization to further address health epidemics, economic development and food apartheid.

Youth Voices

Moderated by Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, University of Minnesota Healthy Foods, Healthy Lives Institute, Saint Paul, MN; and Cindy Farlee (Itázipcho Lak'hóta), Native American Agriculture Fund, Associate Program Officer and Youth/Beginning Farmer and Rancher Liaison, Fayetteville, AR

The future of Indian Country is bright. "Youth Voices" provides an opportunity to hear from Indian Country's next generation of food, agriculture, nutrition and health leaders. Ranging in age from high school through college and into the early stages of their careers, these young leaders are not only critically engaged with the challenges facing their communities, but are driving the conversation around pathways to a healthier future. This session will serve as a powerful platform for them to share their passion, stories, challenges and successes. Three presentations followed by a moderated panel discussion gives the audience an opportunity to better understand how they can engage with, support and build upon a growing network of upcoming Native health professionals.

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Indigenous Food Lab, an Indigenous (R)Evolution

Sean Sherman (Oglala Lakota), The Sioux Chef/North American Traditional Indigenous Food Systems (NATIFS), Minneapolis, MN

NATIFS is a Native-led and Indigenous-focused nonprofit organization working to reconnect Native Americans with traditional food systems to improve health, promote economic development, establish food sovereignty and preserve tribal history and culture across artificial colonial boundaries. Food access and justice are inextricably intertwined. NATIFS works to unite Native people around their common food heritage and its ability to bridge the tradition of the past with the promise of shared futures. The vision of the Indigenous Food Lab is food business development and economic empowerment that provides Native people across North America with access to healthy Indigenous food, preserves Native food traditions, addresses the health crisis on Native lands caused by subsidized commodity agriculture, generates wealth for Native communities, and connects and unites geographically dispersed Native communities. This mission is also intended to offer a healing mechanism for many mental health issues, as this is closely linked to hunger, ancestral trauma, food deserts and the lack of access to healthcare. The model will build demand for and normalize Indigenous food, providing the catalyst for a new food system based around permaculture and hyperlocal ingredients (an edible landscape). By replicating this model in different ecological, economic and social conditions, NATIFS, through the Indigenous Food Lab, will provide Native communities with a framework for addressing some of the most intractable impacts of multigenerational colonialism through Native culture and traditions.

Access to Traditional Foods Within Urban Settings

Valerie Segrest, MS (Muckleshoot), Nutrition Educator, Auburn, WA

A loss of land, treaty rights, knowledge, environmental toxins and capitalistic value systems have inhibited access to traditional foods for both urban and reservation based Native Americans. Nutrition related epidemics like diabetes, heart disease and many forms of cancer are now some of the top causes of mortality in Indian Country. Such diseases did not exist here pre-contact and did not start showing up until the early 1900s. The answer is returning to a traditional food diet, but how can that be properly addressed when some live so far away from their traditional and accustomed food sheds? The solution to gaining access and being able to heal through traditional foods is in the collective action emerging from urban Native communities. This session will highlight efforts and impacts of increasing access to traditional foods in urban Indian communities.



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Healing Unrecognized Trauma in Urban Communities Through Indigenous Foods

Dana Thompson (Wahpeton-Sisseton and Mdewakanton Dakota), Co-owner and Chief Operating Officer, The Sioux Chef, Minneapolis, MN

This session will reflect upon the place of Indigenous food access in healing ancestral trauma. There has been extensive research around the relationship between healthy food and mental health stability. Evidence shows that interactions between humans and plants have physically and mentally beneficial effects. Access to permaculture and forests, in particular, releases serotonin and oxytocin, which are not only both calming and therapeutic, but are also physically healing. The interaction between people and nature has proven health benefits, including boosting mood and immune system function; reducing blood pressure, heart rate, stress, anxiety and confusion; improving sleep and creativity; and fighting depression. Researchers have seen benefits when people simply touch plants on as little as a monthly basis. To cultivate a healthy relationship with nature is healing, and with our work, we focus directly on connecting Native farmers and producers with urban Natives. Through community dinners, urban neighborhoods have worked to include community gardens into their lives. When these populations interact with rural groups by sourcing food, they feel more connected and empowered. Additionally, elders have connected with teenagers through decolonized community meals, and when elders eat this ancestral food, memories come pouring out of them. The teens are tasked with capturing this information and both parties heal.

Berries Between Buildings: Urban Indians, Foodways, and Re-Membering Cultural Traditions

Itai Jeffries, PhD (Yèsah), Seattle Indian Health Board, Seattle, WA

Access to first foods and medicines is the inherent right of Native Peoples and is required for holistic wellness, a right assulted in all contexts since settler colonialism began. In this talk, Itai examines community efforts to remember the original role of first foods and medicines in practices and systems of wellness in metropolitan Seattle. While a majority of Indigenous Americans live in urban settings, available information rarely sheds light on urban Indigenous efforts to remember first foods and medicines. The Seattle Indian Health Board and several other urban Indian organizations across Turtle Island have been working to create access to knowledge and practices of traditional foodways, nutrition and sacred plant medicine. The city is a powerful site of resistance to colonialism where Indigenous community knowledge is lifted to the level of esteem that only Western practices have conventionally been afforded. While sovereignty has often been a concept reserved for nations, first foods and medicines are empowering Indigenous persons and families to realize a sovereign Indigenous. While deeply affected by environmental degradation, overpopulation, institutional racism and more, urban Indians are learning to remember their kinship with the plants nurtured by our ancestors, and working to protect and be inspired by the resiliency berries between buildings.

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Increasing Youth Engagement in Participatory Research: Strategies to Promote Safe-Drinking Water Consumption

Vanessa Simonds, ScD (Crow), Associate Professor, Montana State University, Bozeman, MT, and Christine Martin (Crow), Little Big Horn College, Crow Agency, MT

Established in 2014, the Guardians of the Living Water (GLW) program grew out of a long-standing research partnership studying water quality on the Crow reservation. Research revealed parents' concern about the safety of drinking water and its impact on water consumption. The aim of the GLW collaboration is to increase environmental health literacy related to understanding water quality and protecting water resources on the Apsáalooke reservation. Project partners worked together to develop, implement and evaluate an environmental health literacy program for youth and their families living on or near the Crow reservation. The purpose of this presentation is to discuss the process used to establish and maintain the research partnership. The presenters will explain how they used the health literacy framework, which complemented their CBPR approach, to develop an increasingly sophisticated educational and skill building curriculum that promotes youth as co-researchers. The presenters will highlight challenges they faced and strategies they used to balance expectations, build relationships and provide service to the community.

Reclaiming Sovereignty in the Growing Resilience Action-Research Collaboration

Christine M. Porter, PhD, Associate Professor and Wyoming Excellence Chair in Community & Public Health, Alyssa Wechsler, Research Scientist, Melvin Arthur (Northern Arapaho), Research Scientist, and Rachael Budowle, Assistant Professor in Environment and Natural Resources, University of Wyoming, Laramie and Lander, Wyoming; Rhonda Bowers (Northern Arapaho), CAB chair and University of Wyoming Extension on the Wind River Reservation (WRR), Kathryn Lone Fight (Eastern Shoshone), Clarisse Harris (Northern Paiute), Pat Harris (Northern Arapaho), Ina Weed (Eastern Shoshone), and Nelson Pat White (Northern Arapaho), Kinnear, Ft. Washakie, and Ethete in WRR, Wyoming

For the Native community leaders who call the Wind River Reservation (WRR) home, battles for sovereignty and respect are not just part of a long-ago history. They are challenged every day, including sometimes by academics and fellow community partners in the Growing Resilience project. Growing Resilience is a randomized controlled trial (RCT) on the health impacts of home gardens with 96 Eastern Shoshone and Northern Arapaho families in WRR. This presentation shares stories of their successes and struggles and the lessons they are learning, from the perspectives of members of the Community Advisory Board (CAB) that oversees the research and the gardening and of the project's academic principal investigator. This includes reflections on the CAB's fight and leadership to expand its role; ethical challenges of an RCT design and confidentiality rules; and larger struggles and strategies for equity in the face of academic supremacy, racism and historical trauma.



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PLENARY

Indigenous Ways of Knowing and Doing in Academic-Community Partnerships: The Story of the Centre for Indigenous Peoples' Nutrition and Environment (CINE)

Treena Wasontio Delormier, PhD (Kanienké'há:ka - Mohawk), Associate Professor and Associate Director, CINE, McGill University, Montréal, Canada

Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada

Harriet Kuhnlein, PhD, Professor Emerita, McGill University and Founding Director, CINE, Montréal, Canada

The Centre for Indigenous Peoples' Nutrition and Environment (CINE) was created in 1992 in response to the need expressed by Canadian Indigenous Peoples for participatory research and education about the integrity of their traditional food and food traditions affecting health and lifestyles from environmental deterioration. Indigenous leaders from the Inuit Tapirisat Kanatami, Yukon First Nations, Dene Nation, Metis Nation, the Mohawk Council of Kahnawake and the Assembly of First Nations identified McGill University researchers and successfully lobbied for government funding for CINE. A Governing Board was formed to implement multidisciplinary community-based research and education activities with an international outlook. The Mohawk Council of Kahnawake is the host community for CINE. The Board approved a set of guiding principles for Indigenous ways of knowing and doing for community process and activities. CINE operates at arm's length from government and continues to work closely with Indigenous communities. Funding and support: McGill University, Indigenous and Northern Affairs Canada, Canadian Institutes of Health Research, International Development Research Centre (Canada), McConnell Family Foundation and others.

BREAKOUT

1. Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness

Alexandra Adams, MD, PhD and Eliza Webber, MPH, Montana State University, Bozeman, MT; and Emily Tomayko, PhD, RD, Oregon State University

Healthy Children, Strong Families (HCSF) was a research-based healthy lifestyle promotion intervention for families with preschool age children tested in five American Indian communities nationally. HCSF was designed to fill a critical gap in wellness promotion for American Indian families with young children and to engage families in their homes. The mailed intervention toolkit targeted diet, physical activity, screen time, stress and sleep. Results showed significant improvement in adult and child health behaviors, and the intervention was well-received by families/communities. Given our positive results and successful parent engagement, we are currently working to disseminate the HCSF intervention nationally through the creation of a new online platform, Turtle Island Tales. Turtle Island Tales targets the same lifestyle factors as HCSF and will include a series of short films, recipes, games, inspirational stories and parenting support for American Indian families with young children. The children's film series is based on the seven grandfather teachings, incorporating Indigenous stories, foods and traditional activities. This workshop offers tools and research-based strategies to promote wellness in American Indian communities, including interactive demonstrations, sample materials and opportunities for open discussion and feedback to enhance program dissemination. Attendees will learn best practices for early childhood wellness promotion in American Indian communities; explore fun, innovative wellness promoting materials; and strategize sustainable methods for disseminating such materials.

ABSTRACTS

BREAKOUT

2. Returning Buffalo to Native Lands, Lives and Economies

Renae Ditmer, PhD (Sault Tribe of Chippewa Indians), Executive Director, Tanka Fund

Tanka Fund is the nonprofit arm of Native American Natural Foods, inventor of the Tanka brand of healthy buffalo snacks. It is a national campaign to return buffalo to the land, diets and economies of Native peoples using a reservation-based, regenerative agriculture model. The dire impact of the 19th century buffalo massacre led directly to the demise of the physical, economic, social and cultural well-being of Buffalo Nations. The fund is developing innovative, groundbreaking strategies to restore a 21st century buffalo economy that renews health, local food systems and meaningful livelihoods to Native communities. While more than 50 tribes have buffalo herds and numerous Native family-run buffalo ranches dot the plains, the vast majority of these operate without the necessary infrastructure or access capital needed to underwrite herd sustainability or growth. To address these challenges, the Tanka Fund seeks to direct resources to Native buffalo projects through re-granting and by establishing the Tanka Resilient Buffalo Coop (TRAC) – a buffalo caretakers' cooperative – to provide member-owners technical assistance, training and resources required to build herds. This break-out session will explore how buffalo restoration is the nexus of restoring nutrient-dense diets, traditional food systems, the prairie ecosystem and tribal community economies through regenerative buffalo ranching. We will engage attendees in robust conversation about the systemic changes needed to implement regenerative agriculture strategies and provide scientific documentation to inspire the buffalo's return as we partake of wasna, the ancient food which is the basis for the Tanka brand.

3. Stories of Native Hawaiian Infant Feeding Practices as Told by Kūpuna

MK Fialkowski (Native Hawaiian), T Fonseca-Smith (Native Hawaiian), J Ng-Osorio (Native Hawaiian), and P Pinto (Native Hawaiian), University of Hawai'i at Mānoa, Honolulu, HI

The objective of this project was to identify Native Hawaiian first food feeding practices through in-depth interviews with kūpuna (elders) from across the state of Hawai'i. The chain-referral-sampling method was used to identify kūpuna knowledgeable in Native Hawaiian infant feeding practices from across the four counties in Hawai'i. Interview question topics included infant health and feeding philosophies, associated cultural practices, perceived health benefits, definition of infant well-being, types of foods, methods of preparation, approaches to carry knowledge across the generation and opportunities to increase consumption. Interviews were recorded and then transcribed. NVivo12 was used to code the text using prior and emergent themes by two coders. A third coder was used to resolve any disputes. University IRB approval was received prior to data collection. To date, 14 kupuna (72% female) residing in two out of the four counties have been interviewed. Recruiting for additional interviews is ongoing. Preliminary coding has found that the generation of the kūpuna, as well as the context of where they grew up, who they lived with and how they grew up influenced their infant feeding habits. Results suggest that intergenerational knowledge on Native Hawaiian traditional infant feeding practices is an important aspect to consider when designing infant feeding programs for Native Hawaiians.



ABSTRACTS

BREAKOUT

4. Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources

Maci Flautt, MS, L Janae Owens, MS, CHES, Institute of Child Nutrition, University of Mississippi, University, MS; Ebony James, MS, RD, U.S. Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and Kristi Lewis, PhD, RDN, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS

Child Nutrition Programs, which include the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the Child and Adult Care Food Program, are instrumental in the overall development, health and wellness of the nation's children. The school and child care environments that offer these programs set the foundation, in conjunction with families, for children by instilling healthy eating habits. The Institute of Child Nutrition (ICN) along with the U.S. Department of Agriculture (USDA) provide free, research-based trainings and educational resources to meet the professional development needs of all child nutrition (CN) professionals, to ensure they are well-equipped with knowledge and skills to manage and operate these programs successfully by providing high-quality, safe and nutritious meals. The purpose of this session is to acclimate attendees with resources and services provided by ICN and USDA. Attendees will participate in an interactive approach to identify free, research-based training opportunities and educational resources provided by ICN and USDA to meet professional development needs. Attendees will also participate in small group discussions to establish a collaborative approach of effective marketing and communication strategies to ensure all CN professionals have access to free, research-based trainings and educational resources. ICN is funded by USDA through grants and cooperative agreements.

5. Connecting Kids, Culture and Community through Traditional Local Foods

Deb Foye, Nay Ah Shing Schools, Onamia, MN; Vanessa Goodthunder and Stephanie Mathiowetz, Čaŋsáyapi Wąkanyeža Owayawa Oti-Lower Sioux Indian Community, Morton, MN; Claire Chase, Leech Lake Area SNAP-Ed, Cass Lake, MN; Katie Costello and Erin McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN

Farm to School and Early Care activities celebrate and honor Indigenous knowledge and strengthen children's cultural, social and spiritual connections that create a sense of belonging and reclamation of tribal sovereignty. Learn from practitioners in Dakota and Ojibwe nations across Minnesota as they share how Farm to School/Early Care initiatives are helping reclaim Indigenous wisdom and foodways. Farm to School/Early Care activities align with the principles of food sovereignty by fostering children's connection to their own local food system. These initiatives are flexible and can include activities such as incorporating culturally relevant local foods into children's meals, engaging kids in hands-on educational activities related to traditional foods (such as gardening) and supporting community partnerships that preserve traditional knowledge and reinforce cultural values. To begin the workshop, attendees will participate in a highly visual and interactive "gallery walk" activity which will set the stage for a dynamic panel presentation and group discussion to follow. Workshop participants will learn what opportunities exist to leverage Farm to School and Early Care activities in Native communities, and how partners across Minnesota have addressed challenges in establishing new Farm to School/Early Care initiatives. This work is supported by the Center for Prevention at Blue Cross and Blue Shield of Minnesota, and by the Minnesota Department of Agriculture.

ABSTRACTS

BREAKOUT

6. Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training

Camie Jae Goldhammer (Sisseton-Wahpeton), MSW, LICSW, International Board of Lactation Consultant Examiners (IBCLC) and Kimberly Moore-Salas (Diné), IBCLC

Breastfeeding is not just a feeding choice, but a cultural practice that is traditionally passed down from generation to generation. Due to 500 years of colonialism, many Native communities have lost the tradition of breastfeeding resulting in only 9% of Native babies being exclusively breastfed for the recommended six months. Camie and Kim will introduce you to the Indigenous Breastfeeding Counselor training, a breastfeeding peer counselor training for self-identified Indigenous people centered in Native communities. Together with a panel of Indigenous Breastfeeding Counselors, they will have an interactive dialogue on the importance of a woman-led, Indigenous centered movement, what makes the IBC training special and why breastfeeding must be the foundation of any food sovereignty movement. To date, the IBC training has certified 108 Indigenous Breastfeeding Counselors from 14 tribal communities, nine U.S. states and three countries with trainings scheduled for Oneida (July 2019), Standing Rock (August 2019), Seattle (September 2019) and Hawaii (October 2019). All are welcome to this breakout.

7. Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities

Cheri Nemec, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa), Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI

Breastfeeding is the single most effective preventative health choice a mother can make to impact a child's health. The longer a child is breastfed, the greater positive impact on the child's health. Great Lakes Inter-Tribal Council, Inc.'s Breastfeeding: The Traditional Way (BTW) was established in 2016 to improve duration rates of breastfeeding for infants in 11 tribes in Wisconsin. The program used provider education, community education, community support groups, culturally relevant promotional and educational materials, and policy, system and environment work to reach the goal of increasing duration rates. BTW worked with breastfeeding champions at each tribal site to create a survey to investigate breastfeeding in Wisconsin tribal communities. The survey, offered to women who breastfed in the past five years, collected information about sources of breastfeeding support, reasons for the discontinuation of breastfeeding and the use of traditional medicines to support breastfeeding. The program included an advisory council that has been established as the Native Breastfeeding Coalition of Wisconsin. Interventions were aimed at all age groups and included the creation of two children's books about breastfeeding, materials featuring American Indian families and lesson plans for classes for fathers and grandparents. This presentation will provide information on the interventions and materials developed during the three-year program duration. Attendees will be able to identify best practices for breastfeeding promotion in tribal communities.



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BREAKOUT

8. Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities

Alena Paisano (San Carlos Apache, Laguna Pueblo), National Farm to School Network, Santa Fe, NM; and Mackenize Martinez (Apache/Choctaw), Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwolle, LA.

Farm to school is a unique strategy for building food sovereignty in Native Communities. By engaging in experiential, place-based educational activities that embrace traditional cultures, youth are leading healing efforts and inspiring change in their home, school and community environments. Farm to School embraces Indigenous knowledge and values in harmony with traditional lifeways, and has proven positive results on health, education and hunger. This workshop will share best practices from National Farm to School Network's partnerships to support farm to school in Native communities, and strategies for leveraging these efforts to advance food sovereignty. Participants will engage in group analysis of federal food policy history and the impacts on agriculture, child nutrition and community health in Native communities today, explore best practices from on-the-ground practitioners and engage in group dialogue to inspire new innovations for developing Indigenous-centered farm-to-school programs in their communities. The learning outcomes of this session will be to 1) develop opportunities for youth leadership in community health, education and agriculture; 2) understand cultural approaches to hands-on education about local and traditional foods; 3) revitalize Indigenous knowledge and food production methods through youth and community engagement; and 4) support Indigenous economies by exploring school cafeterias as potential markets for local producers.

9. Dive into the FDIPIR Food Package: What's New and Improved!

J Walker, MPH, RDN, Nutritionist and B Lopez, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians), Food Distribution Program, Choctaw, MS

The Food Distribution Program on Indian Reservations (FDPIR) food package continues to undergo enhancements to improve the nutritional quality and appeal of foods offered, and increase the overall acceptance among FDPIR recipients. Through FDPIR, the U.S. Department of Agriculture provides nutritious foods on a monthly basis to income-eligible Native American households living on or near Indian reservations. Join us for an interactive discussion to learn more about today's FDPIR and the latest food package changes. This presentation will highlight traditional foods and recent flexibilities and foods added to improve the nutritional quality and appeal of the program. USDA presenters will provide an overview of FDPIR basics, highlight the latest FDPIR policy updates and discuss the foods available. An FDPIR nutritionist will use photos and videos to showcase the impact the changes have had on FDPIR program staff and recipients and how recent nutritional enhancements have positively influenced nutrition education. Today, 276 tribes receive FDPIR benefits through 102 Indian Tribal Organizations and three state agencies. The Food and Nutrition Service (FNS), an agency of USDA, administers FDPIR at the federal level, provides administrative grants to tribes to operate the program and is responsible for all USDA Foods purchases in the FDPIR food package.

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10. Cultivation terracing, indigenous ecological knowledge and sustainable diets in a rural Indigenous community of Ecuador

Carlos-Andres Gallegos, PhD(c) (Andean), Washington University in St Louis and The Calihata Initiative; Amaya Carrasco, Atty, MA (Andean & Basque), Mabel Pintag, Engr (Kichwa-Pukara) and Antonio Riofrío, PhD(c), The Calihata Initiative; and Lora L. Iannotti, PhD, Washington University in St Louis, St Louis, MO

This study characterized the psychosocial and agroecological dimensions of an Indigenous-based food system. Researchers conducted a participatory mixed-methods design. Focus groups (n=39) and key informant interviews (n=7) were triangulated with participant observations, local records and descriptive statistics from a survey to female household heads (n=57). Additionally, researchers conducted rural appraisal activities for agronomic calendars and yields, and four community-based system dynamics sessions to elucidate causal-loop diagrams. Finally, 10 sites, purposively selected, were prospected with local informants to obtain a diversity index, and a subset of five sites for soil health analysis. A psychosocial dimension was centered in Indigenous identity, customary institutions and agrarian knowledge. Identity was grounded in Mother Earth (Pachamama) and traditional foods. Customary institutions reinforce trust and reciprocity, mobilize labor-intensive tasks, and food production and processing. Traditional knowledge includes agrarian calendars, pest control, seed selection and soil restoration measures. An agroecological dimension is characterized by a pre-Hispanic system of terraces, trenches and contention walls, as well as ecological richness. Combined analysis of both dimensions shows that the community represents a remarkable biocultural space, which seems to promote sustainable crop yields through the generations. Research on biocultural systems represents an opportunity to elucidate ideas for present and future sustainability and food security challenges.

11. Development of the Menominee Trauma Model: From Obesity Prevention to Healing with Indigenous Knowledge

Jennifer Gauthier, MPA (Menominee Nation), Extension, University of Wisconsin-Madison, Keshena, WI; and Alexandra Adams, MD, PhD, Montana State University, Bozeman, MT; and the Menominee Community Engagement Workgroup, WI

In 2012, the Menominee Community Engagement Workgroup (CEW) met to create a new vision of health in its community. Initially the group focused on childhood obesity prevention, primarily increasing physical activity and healthier nutrition. This work consisted of successes such as planting a school apple orchard and a discussion of adverse childhood experiences (ACEs), historic and current trauma. A major group accomplishment was creation of the Menominee Trauma Model, a mental model illustrating the correlation between historic trauma, ACEs and current reality. The community chose to view the model from an asset-based perspective and focus on solutions and action. The model was created during CEW meetings in 2013-14 and was revised in 2019 after five additional years of CEW work. CEW also helped drive comprehensive community trainings in ACEs, Trauma Informed Care and a comprehensive approach to wellness. Important lessons from this work include: (1) broad sector community engagement is important; (2) locally developed mental models can help inform the community; (3) leadership and wellness promotion must include an understanding of current reality and trauma; and (4) the promotion of culture, language and traditional foods can move the community towards a positive future story. The CEW work has had positive policy and system changes for wellness in the community and has won national awards. It has brought a new sense of hope and pride in traditional Menominee ways.



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12. PATHS, Pathways to Agriculture and Native Foods Tribal Health Sovereignty

Holly Hunts, PhD and Danielle Antelope, AA (Amskapi Pikuni and Eastern Shoshone), Montana State University (MSU), Bozeman, MT; Claire Baker, BS, BiotechInvestments Inc. Bozeman, MT; Thedra Bird Rattler, BS (Amskapi Pikuni), Blackfeet Agricultural Resource Management Plan, Browning, MT; Edward Dratz, PhD and Florence Dunkel, PhD, MSU; Natasha Goldtooth (Navajo), Dine College, Tsaile, AZ; Janie Hipp, JD (Chickasaw), Native American Agriculture Fund, Fayetteville, AR; Winter Old Elk, AA (Apsaalooke and Amskapi Pikuni), Hopa Mountain, Bozeman, MT; Holly Reed, AA (Apsaalooke), Little Big Horn College, Crow Agency, MT; David Sands, PhD, Tillie Stewart, AA (Apsaalooke and Cree), and Carmen Yupe (Shoshone Bannock)*, MSU; and Ariela Zycherman, PhD, National Institute for Food and Agriculture

PATHS, Pathways to Agriculture and Native Foods Tribal Health Sovereignty, is a 14-month internship program that supports tribal college students interested in food, nutrition, agriculture, health and/or consumer issues – especially as they pertain to tribal sovereignty. Students were recruited from across the country in two cohorts, to participate in this three-stage internship. The first stage is a six-week summer on-campus residency where students are exposed to a wide variety of lab and field experiences including field trips to local reservations to see successful food sovereignty projects in action. The second phase occurred across an academic year where students earned monthly stipends while formulating their own research project with the support of faculty. The third phase included a second summer session where students worked with faculty to implement their research projects. The culminating experience for students is presenting their research findings to policy makers in Washington, D.C. This project was funded by the U.S. Department of Agriculture, National Institute for Food and Agriculture. Institutional Review Board clearance varied by participant project. Approving IRB's include: Blackfeet IRB, Little Big Horn College IRB, Navajo IRB, Shoshone Bannock IRB and Montana State University.

13. Engaging Indigenous Youth in Assessing Their Local Food Environments:

A Methodology

B Jock (Mohawk), Johns Hopkins University, Baltimore, MD; F Mobetty and G Mercille, Université de Montréal, Montréal, CA; T Delormier (Mohawk), McGill University, Montréal, Canada; I Sebai, Université de Montréal, Montréal, Canada; Mylene Riva, McGill University, Montréal, Canada; and M Batal, Université de Montréal, Montréal, Canada

This presentation discusses the methodology designed to assess local food environments using approaches that engage youth and respect Indigenous knowledge. In close partnership with the Assembly of First Nations (Resolution #103/2016, Special Chiefs Assembly, Dec 2016), this research is part of the Food, Environment, Health and Nutrition of First Nations Children and Youth (FEHNCY) study, which will assess the relationship between nutrition and built social and natural environments on the health of First Nations children and youth living on-reserve. Researchers designed a multi-level, mixed methods approach that recognizes Indigenous and marketed food systems that comprise the diets of participating communities, including standardized food environment measures comparable across 60 First Nations communities, as well as participatory and Indigenous methodologies that reflect community perspectives on food environments. At the community level, observed measures of food environments, interviews and storytelling with knowledge holders will reveal food access and availability from different sources. Quantitative household-level measures will assess food environment access and utilization. Food environment measures will complement individual nutritional assessment of children in the communities. Qualitative art-based methods capture food practices of youth and will provide deeper insights on the meanings underlying food use patterns. Community engagement includes communities and researcher co-learning, having communities share assets and actions on health during the training of community research assistants.

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14. Preventing Childhood Obesity through WATCH

Denny Medicinebird (Cheyenne and Arapaho Tribes of Oklahoma) and Francesca Toledo-Alexander (Seminole and Muscogee – Creek), Southern Plains Tribal Health Board, Oklahoma City, OK

The Wellness Around Traditional Community Health (WATCH) program was developed through a collaboration of the Southern Plains Tribal Health Board's Oklahoma Tribal Epidemiology Center with the University of Oklahoma Health Sciences Center: Department of Nutritional Sciences and tribal communities across Oklahoma. The focus is on early primary prevention of obesity in American Indian (AI) children ages 2 to 5 years. This program is a first of its kind because it focuses on the child's interaction with their parent, preschool teacher and health care provider. The overarching goal is to improve community health and increase the child's quality of life through a modification of healthy lifestyle behaviors that provide nutritional and physical activity education, with limits on screen time. WATCH integrates The OrganWise Guys evidence-based curriculum to engage young children in these healthy behaviors while including community engagement activities that features the option for gardens at the child learning center.

15. Exploring Food Mino-Pimatisiwin (Good Life) Through the Lens of Indigenous Agriculture and Law: Respecting How Indigenous Control of Food Production is Building Food Sovereignty Models Across Turtle Island

Stephen R. Penner (Settler), PhD Student in The University of Guelph's School of Environmental Design and Rural Development (2020), Guelph, Ontario, Canada

The role of agriculture and Indigenous law may facilitate an understanding of the Mino-Pimatisiwin (good life) of food. Exploring the fundamental way Indigenous food systems are imagined, explored and realized in agriculture and law may serve as a pillar on which Indigenous food sovereignty or Food Mino-Pimatisiwin may be realized across Turtle Island. The current food market ecosystem is increasingly pulling Indigenous communities from their well-developed food pathways. This Western food production and distribution model reinforces some of the worst of aspects of colonialism- reinforcing adverse health outcomes and replicating institutional racism. Within Indigenous communities, gardens, farms and local harvesting have re-emerged and are reawakening the kin and legal relationships, along with re-establishing a path to address the complex harm that is experienced through colonial food systems. Indigenous agriculture is forging a way forward for communities to assert autonomy and sovereignty, reconnecting them to a deeply rooted philosophical ways of knowing. The paper and presentation will examine the existing literature and look to case studies to create a community-based definition of what Indigenous food sovereignty supported by Indigenous law looks like. Is Indigenous agriculture an expression of Mino-Pimatisiwin (the good life) that is missing in food sovereignty discourse? What role does Indigenous law play in supporting Indigenous agriculture? The answers may help build new models of and for food sovereignty across Turtle Island.



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16. Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban American Indian and Alaska Native Communities

Sarah Stotz, PhD, MS, RD, CDE, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; Heather Pontius, RD, CDN, Saint Regis Mohawk Tribe-Diabetes Center for Excellence, Akwesasne, NY; Angela Brega, PhD, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; Kelly Gonzales, PhD, (Oklahoma Cherokee), Portland State University School of Public Health, Portland, OR; and Kelly Moore, MD, FAAP, (Creek), University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; For the ADA WCIE AI/AN Study Group

The purpose of this presentation is to share our process of adapting an existing diabetes nutrition education program for AI/AN adults with type 2 diabetes (T2D). The existing program was developed by the American Diabetes Association (ADA) as the organization's first effort in creating a comprehensive nutrition-specific diabetes education program for adults with T2D. The ADA and the Shakopee Mdewakanton Sioux Community have provided funding to adapt this five-session, classroom-based curriculum for the unique needs of AI/AN adults with T2D. The researchers aim to adapt the program to address contextual and social barriers to healthy food intake among AI/AN populations: cultural responsiveness for AI/AN families, high rates of food insecurity, disproportionate rates of T2D and associated complications, diversity among AI/AN communities, lack of registered dietitians available and trained to provide culturally responsive programming to AI/AN populations, and challenges with attending a multi-session classroom-based education program. Presenters will share their adaptation recommendations for ADA that are based on robust qualitative findings. The researchers conducted focus groups with AI/AN adults who have T2D and their family members and interviewed key experts in AI/AN nutrition, diabetes education, and health program administration. Community-based informants including tribal elders and health care providers were also interviewed. The researchers received IHS National Institutional Review Board and Colorado Multiple Institutional Review Board approvals for this project.

17. Wisahkotewinowak: Indigenous Land-based Learning Across Urban Environments in Southwestern Ontario, Canada

Hannah Tait Neufeld, PhD, The University of Guelph, Guelph, Ontario, Canada; Dave Skene, MA (Métis), White Owl Ancestry Association, Kitchener, Ontario, Canada; and Kim Anderson, PhD (Métis), The University of Guelph, Guelph, Ontario, Canada

The relationship that Indigenous Peoples have with their unique local ecology encourages practices and traditions that perpetuate healthy communities. In Canada, Indigenous communities are becoming more urban, and there is a need to engage in these changing local food environments. Working with First Nation and Métis partners, the collective has been engaging students and the wider urban Indigenous community in hands-on teachings at the Indigenous food and medicine gardens established across the wider Grand River Territory, the University of Guelph campus, on the ancestral lands of the Attawandaron people and the Treaty Lands and Territory of the Mississaugas of the Credit. The gardens are known collectively as Wisahkotewinowak, which means "green shoots that grow after a fire." The aim is to strengthen local food sovereignty, promote conversations to forge and rekindle relationships focused on traditional foodways. 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. Gardens are currently being expanded to sites at the University of Waterloo to strengthen land-based practices and local food sovereignty. This project was approved by the University of Guelph REB and is supported by the Canadian Institutes of Health Research (CIHR).

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18. Developing the Four Corners Potato for Market

Cynthia Wilson, MS (Navajo), Bruce Pavlik, PhD, and Lisbeth Louderback, PhD, University of Utah, Salt Lake City, UT

Tubers of the Four Corners Potato (*Solanum jamesii*) have been a dietary staple among Native Americans, and this realization is shaking up Western scientific understanding of Indigenous land stewardship practices on public lands. The researchers propose agronomic and marketing research to bring the potato to market as a specialty crop benefiting (1) Native Americans of the four corners region who can resume cultivation and take advantage of this business opportunity, and (2) stewards in San Juan County that manage habitat for conserving known populations as genetic sources, or that have businesses (e.g., restaurants) that can take advantage of an ancient, local and delicious food. Achieving marketable status requires: (1) determining which genetic source population(s) are most nutritious and contain the lowest levels of glycoalkaloids (e.g. solanine), thus maximizing product value while minimizing the potential for product bitterness; (2) developing cultivation techniques for mass production that are practical and cost-effective; (3) transferring the primary cultivar tubers and the cultivation techniques to Native American partners; and (4) working with government, landowners and local businesses, especially retail outlets and restaurants, in San Juan and Garfield Counties to develop retail, conservation and tourist programs that highlight the unique story and opportunity presented by this 10,900 year-old food. This project was reviewed and approved by University of Utah IRB.

19. First Food Policy and Law Scan – A Comprehensive Review of Tribal Breastfeeding Laws and Policies Within the Bemidji Indian Health Service Area

Benjamin Yawakie, BS, BA, BA (Pueblo of Zuni, Turtle Mountain Band of Chippewa, Fort Peck Sioux and Assiniboiné) and Julie Ralston Aoki, JD, Public Health Law Center, Saint Paul, MN; and Meghan Porter, MPH, Great Lakes Inter-Tribal Epidemiology Center, Lac du Flambeau, WI

This project sought a comprehensive understanding of tribal breastfeeding laws and policies in the 34 tribes and urban AI/NA communities in the Indian Health Service's Bemidji Service Area. The project focused on six settings: tribal governments, health clinics, casinos, early care and education programs, Bureau of Indian Education schools, and tribal colleges. We contacted tribal governments and representatives from each setting to request participation. All policy discussions will be reviewed and approved by tribal community representatives by September 15. Responses were received from nearly every tribe and across all settings. Nine tribes shared policies adopted through legislative processes, with most being resolutions protecting breastfeeding community-wide. The researchers noted several types of policy provisions, including: declarations of support; creating infant-at-work programs; time and compensation guidelines for breaks; provision of lactation facilities; and labeling of expressed milk. Policy components that were less prevalent included antidiscrimination protections and guidelines for milk storage and use.



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20. Improving School Performance and Attention through Nutritional Supplementation

Edward Dratz, PhD, Montana State University (MSU) Bozeman, MT; Eric Birdinground (Apsaalooke), Crow Tribal Legislative Branch, Crow Agency, MT; Maggie Carlson, Wyola School District, Wyola MT; Wade Hill, PhD, DNP, PMHNP-BC, Holly Hunts, PhD, and Max Koch, MSU; Linda Pease, MS (Apsaalooke), Pryor School District, Pryor, MT; and Tana Stewart, BS (Apsaalooke), Crow Agency, MT

Children (ages 4–14) attending school on the Crow Reservation in Montana volunteered to participate in a three-month pilot study where they received daily nutritional supplements (Omega-3 fatty acids DHA/EPA and a multivitamin/multimineral – designed to emulate the nutrient dense Apsaalooke traditional diet). Dependent variables included nationally normed reading achievement scores and an age normed attention test. Teachers and administrators provided qualitative data on student behavior and disposition. Each child served as their own control having taken the same reading achievement tests for months in advance of the study and during the study. Results from this pilot study showed substantial increases in reading scores over the treatment period, statistically significant improvements in attentiveness and demonstrable improvements in behavior and disposition. Researchers conclude that improved nutrition does seem to improve reading scores, attentiveness and positive outcomes for students warranting a new study, over a longer period, that includes a placebo cross-over design. This project was funded by the Office of Research and Economic Development at Montana State University. Approving IRB's include Crow Tribal Legislative Council, Little Big Horn College and Montana State University.

21. Climate Change, Food Sovereignty and Ancestral Farming Techniques in Andes

Amaya Carrasco Torrontegui, Atty, MA (Andean & Basque), University of Vermont, Burlington, VT; and Latin American Faculty of Social Sciences (FLACSO), Quito, Ecuador

Climate is changing globally, and Indigenous people are considered among the most vulnerable populations. However, the contribution of Indigenous societies to address climate change is poorly recognized – particularly, the capacity of Indigenous technologies to uphold cultural food systems, despite being systematically confronted to the overlapping effects of colonization, poverty and severe climatic events. This research looked at ancestral farming techniques of Indigenous populations in Peru, Ecuador and Bolivia, in respect to climate change adaptation and mitigation, and food sovereignty. A literature review was conducted of archeological research, field experiments and projects that have rehabilitated ancestral farming techniques, combined with semi-structured observations using a permaculture-based site analysis in three communities in the Ecuadorian Highlands. Results from this research showed that throughout the Andean mountain range there is an increased usage of ancestral farming technologies. Indigenous-based grassroot organizations, nonprofits and governments are among those currently revitalizing techniques derived from the eco-centric ancient wisdom of Andean civilizations. Evidence suggests that these technologies are effective mechanisms for mitigation and adaptation to climate change, while also effective to protect traditional diets. The most important lesson of this research is that Indigenous people have the capacity to shift the international perception from being among the most vulnerable to agents of change, capable of contributing to the climate change challenge.

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22. It's All About the Food

Cindy Farlee, BA (Itázipcho Lak'hóta), and Karli Moore, MS (Lumbee)*, Native American Agriculture Fund, Fayetteville, AR

Native American Agriculture Fund (NAAF) is focused on healthy lands, healthy people and healthy economies. The link between all of these is healthy food. This poster will demonstrate the ways health-focused initiatives can incorporate Native farmers and ranchers into their strategies for success. NAAF will also share more about its mission, eligible grant recipients and priority funding areas. Participants will walk away with a greater understanding of the way Native agriculture can contribute to better Native nutrition.

23. A Proposed Approach to Investigating the Supports and Barriers to Breastfeeding of Young Mothers in Hawai'i

Tyra Fonseca-Smith, BS, MS Student (Native Hawaiian), Marie Fialkowski, PhD, MS, RDN, LD (Native Hawaiian), Rachel Novotny, PhD, RDN, LD, and Mapuana Antonio, DrPH (Native Hawaiian), University of Hawai'i at Mānoa, College of Tropical Agriculture and Human Resources, Honolulu, Hawai'i

The objective is to identify the supports and barriers that mothers in Hawai'i, ages 18-25, experience relating to feeding intentions for their newborns. This research is proposing to utilize mixed methodology, including qualitative and quantitative approaches, to investigate this topic. Approximately 10-15 first time mothers, ages 18-25, will be recruited for this study. University student-parent organizations will be the focus of recruitment efforts. Once consent is obtained, quantitative survey data will be collected to provide descriptions of the sample. In-depth interviews will then be conducted to gain insight about the mother's feeding intentions using the theoretical framework, The Sense of Community Theory, utilizing membership, influence, integration/fulfillment of needs and shared emotional connection to identify a sense of community. A phenomenological approach to identify the common themes related to newborn feeding will be used. Findings may inform opportunities to improve the likelihood to breastfeed in young mothers, which can improve health outcomes. Improving the relationship between young mothers and the community may be an important opportunity for breastfeeding support and education programs to explore.



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24. Gathering volunteers in the Swinomish 13 Moons Garden

Myk Heidt, Jamie Donatuto, PhD, Larry Campbell (Swinomish), Samantha Martinez (VISTA Food Sovereignty Fellow), A'yo Hoferer (Walker River Paiute, Northwest Indian College intern) and Anna Cook (Swinomish), Swinomish Indian Tribal Community, La Conner, WA.

This poster will highlight work developing and maintaining the Swinomish Indian Tribal Community's 13 Moons garden. In partnership with Northwest Indian College (NWIC) and Skagit River Systems Cooperative, the researchers have developed a community garden by and for the Swinomish Indian Tribal Community. The garden features Coast Salish edible and medicinal plants as well as an orchard, berries, composting, an outdoor geology classroom, greenhouse, raised Elder's boxes and a native plant wheel. The researchers will talk about their trials and successes in building and maintaining the garden, with a focus on attracting and keep folks working in the garden. They have garnered innovative community involvement by partnering with the Swinomish Education Department to offer volunteer hours for student scholarships; providing NWIC and Swinomish internship opportunities; hosting a VISTA Food Sovereignty Fellow; and working with Swinomish Housing to set up a "water worker" plan for community members to garden in exchange for paying off water bills. The project provides an example of how to gather community support to build and maintain a garden on the Reservation.

25. The Macronutrient Landscape of Traditional Indigenous, Land-based Diets

Richard G. Melvin, PhD, Glenn E. Simmons, PhD, Benjamin Clarke, PhD (Grand Portage Band of Lake Superior Chippewa), and Emily Onello, MD, University of Minnesota Medical School, Duluth, MN; Seth Moore, PhD (Grand Portage Band of Lake Superior Chippewa), Biology and the Environment, Grand Portage, MN; and Kristen Jacklin, PhD, Wayne Warry, PhD, and J. Neil Henderson, PhD (Oklahoma Choctaw), Memory Keepers Medical Discovery Team, Duluth, MN

The objective of our research is to quantify the macronutrient (protein, carbohydrate and fat) landscape of documented traditional Indigenous, land-based (TLB) diets. Consumption of a Westernized (W) diet is linked to non-communicable diseases and it is often stated that Indigenous people may attain greatest health and cultural benefit by consuming traditionally harvested and prepared foods. However, return to TLB diets is not practical, creating a "dietary dilemma". Understanding how TLB and W diets differ and overlap may guide solving this dilemma. We will explore this hypothesis by compiling lists of traditionally used food items from the ethnographic literature. Macronutrient content will be determined from food databases, and diet landscapes will be constructed using response surface analysis. Here we present hypothetical landscapes for a TLB and a typical W diet. TLB diets are predicted to represent a balanced diet compared to W diets. Future work will be focused on Indigenous diets of the upper Midwest and Great Lakes regions with emphasis on contemporarily available foods and non-communicable disease.

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26. Stable prevalence of obesity among Ngāti Whātua four-year-old children in 2010-16

Hannah Rapata, Bsc (Ngāi Tahu)^{1,2}; Wayne S Cutfield, MBChB, FRACP^{1,2}; Barry J Milne, PhD^{1,3}; Nichola Shackleton, PhD^{1,3}; Cathrine Waetford, MSc (Ngāti Wai)¹; Rose Richards, PhD^{1,4}; Rachael W Taylor, PhD^{1,5}; José G B Derraik, PhD^{1,2}; Justine Camp, PhD (Ngāi Tahu). ^{1,6} 1 A Better Start – National Science Challenge, New Zealand; 2 Liggins Institute, University of Auckland, New Zealand; 3 Centre of Methods and Policy Application in the Social Sciences (COMPASS), University of Auckland, New Zealand; 4 Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand; 5 Department of Medicine, Dunedin School of Medicine, University of Otago, New Zealand; 6 Department of Women's and Children's Health, Dunedin School of Medicine, University of Otago, New Zealand

There are marked inequities in obesity prevalence among New Zealand children. Thus, the researchers aimed to examine obesity prevalence among four-year-old children of Ngāti Whātua descent. Participants were Ngāti Whātua children (n=2,031) enrolled in the NZ B4 School Check, between 2010–2016. Differences according to sociodemographic factors were also examined. There was no evidence that obesity prevalence among Ngāti Whātua children changed throughout the study period. This study was the first to investigate the prevalence of childhood obesity within a specific iwi in New Zealand. The findings contrast to nationwide data for Māori, indicating that rates of childhood obesity likely vary among iwi in New Zealand. This study was approved by the University of Otago Human Ethics Committee (ref D16/088) and by iwi leaders. A Better Start National Science Challenge, supported by the Ministry of Business, Innovation and Employment.

27. Stopping Gestational Diabetes in Daughters and Mothers: Nutrition as a Key Component to Diabetes Prevention

Sarah Stotz, PhD, MS, RD, CDE and Kelly Moore, MD, FAAP (Creek), University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; Martha A Terry, PhD, University of Pittsburgh, Nursing and Graduate School of Public Health, Department of Health Promotion and Development, Pittsburgh, PA; Gale Marshall, (Oklahoma Choctaw), Two Feathers Media, LLC, Canton, NC; Kelly Gonzales (Oklahoma Cherokee) PhD, Portland State University, Portland, OR; and Denise Charron-Prochownik, PhD, RN, CPN, FAAN, University of Pittsburgh, Nursing and Graduate School of Public Health, Department of Health Promotion and Development, Pittsburgh, PA; For the Stopping GDM Study Team

The purpose of this presentation is to share the researchers' process of developing the nutrition education component of a culturally tailored, gestational diabetes (GDM) risk reduction program for AI/AN girls and their mothers. This program, entitled Stopping Gestational Diabetes in Daughters and Mothers (SGDM), is based on an existing preconception counseling program for non-AI/AN girls with diabetes and is designed to reduce GDM risk among adolescent and young adult AI/AN women. AI/AN women have a higher risk for GDM and subsequent diagnosis of type 2 diabetes than non-AI/AN white females. Nutrition education is a cornerstone to healthful weight management and can help reduce weight prior to pregnancy and between pregnancies and thus decrease risk for GDM. Our needs assessment included: AI/AN women with a history of GDM (n=5), AI/AN girls at risk for GDM (n=14) and their mothers (n=11), health care providers and health administrators who care for AI/AN girls (n=16), AI/AN elected leaders and Indian health system administrators (n=12). All interviews were transcribed and analyzed using qualitative content analysis methods. Participants indicated their understanding of nutrition for GDM management or prevention is limited – and focused on what they would not be allowed to eat. Participants shared sugar sweetened beverages, processed foods, and “cravings” make it challenging to eat healthfully. Further, they shared using nutrition education or healthful eating as a tool for GDM risk reduction was not discussed in their health care appointments or with other AI/AN women. Approval was received from the National IHS IRB and Colorado Multiple IRB. Funding Source: NIH-National Institute of Nursing Research 1R01NR014831-01A1



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28. Indigenous Food Sovereignty as a Health Promotion Tool to Reclaim our Health

Taylor Wilson, MDP (Fisher River Cree Nation), The University of Winnipeg, Winnipeg, Manitoba; and Tabitha Robin (Swampy Cree), PhD Candidate, The University of Manitoba, Winnipeg, Manitoba

In 2019, the Government of Canada revised the Canadian Food Guide (CFG), a tool designed to combat health issues, with the promise of releasing a new and improved culturally relevant Indigenous Food Guide (IFG). Despite this, the Canadian government's efforts to increase health promotion to address Indigenous health issues, including the 2007 IFG have not been effective (Mundel, 2010). The purpose of this research is to establish the scholarly potential of an IFG as an Indigenous health intervention in an era of cultural resurgence where conventional western food security and health promotion policies in First Nations are being reassessed. Recognizing the value of Indigenous food sovereignty (IFS) in creating food guides that reflect Indigenous realities and hopes for the future of health and foods within their communities creates opportunity to address community health in a wholistic way. The process also encourages community development, connections with cultural food systems and protection for local ecosystems. Providing a culturally relevant IFG that considers location, circumstance and the diversity of Indigenous cultures can play a key role in Indigenous health promotion and well-being.

29. Navigating being Māori and having Down Syndrome in Tāmaki Makaurau; a Whānau experience.

Summer Wright (Ngāti Maniapoto), The University of Auckland and Toi Tangata, Auckland, New Zealand

The aim of this project was to determine what nutrition-related supports and services are available to rangatahi Māori with down syndrome and their Whānau in Auckland. Interviews with key informants in the health and disability agencies and with Whānau members revealed that there are no specific nutrition-services available to this group. This is surprising, given the nutritional challenges experienced by Whānau with down syndrome and the obligation to uplift Māori in Aotearoa. There is a lack of disability-trained nurses in New Zealand, and there are no official accreditation systems for providing disability training to nurses. Whānau say that disability-trained health professionals would be indispensable in their journeys raising a child with down syndrome. Parent support networks by Māori for Māori would also be beneficial for Whānau, but no such groups exist. Current support networks can further alienate Māori members because of the prevailing attitudes held by wider society that conflict with Māori worldviews. There also appear to be major gaps in the provision of nutritional supports that are specific to Māori and disability in general. Future projects could determine what sort of supports are needed and how they can be effectively implemented for rangatahi Māori with down syndrome and their Whānau.



WHERE TO EAT

DINING OPTIONS IN MYSTIC LAKE CASINO HOTEL

www.mysticlake.com/bars-and-dining

1) MINNEHAHA CAFÉ (952-496-7126)

From hearty homestyle breakfasts to late night snacks, this classic all-American restaurant has it all. Open 24 hours except for Monday 10 p.m.-Tuesday 7 a.m.

2) THE PROMENADE RESTAURANTS (FOOD COURT)

Fusion Noodle Bar

Sunday-Thursday, 11 a.m.-Midnight, Friday, 11 a.m.-3 a.m.

Gamblers Grille

Sunday & Tuesday-Thursday, 11 a.m.-Midnight

Friday & Saturday: 11 a.m. - 3 a.m.

Monday 11 a.m. - Tuesday 7 a.m.

Mystic Deli

Sunday-Thursday, 11 a.m.-Midnight

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

3) THE BUFFET (952-496-7243)

Journey around the world as our chefs put on a culinary performance—creating fresh pasta, sizzling stir fry and more right before your eyes. And you'll always find comforting all-American favorites.

4) 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. Open daily, 11 a.m.-10 p.m.

5) 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

Friday and Saturday, 5 p.m. - 11 p.m.

6) SWEET TEMPTATIONS

Conveniently located by the hotel lobby, Sweet Temptations serves authentic Italian gelato along with a full menu featuring homemade pastries, cupcakes, French macarons, cookies and more!

Sunday-Thursday, 11 a.m. - 10 p.m.

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

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

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 Highway 13, Savage, MN 55378

952-447-1122

bonfirewoodfirecooking.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 1st 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.

Most meals are provided at the conference, including Monday night dinner (see page 8). The restaurants named above are potential dining options for times outside of conference meals.

PLANNING

PLANNING COMMITTEE

- **Alexandra Adams**, MD, PhD, Director Center for American Indian and Rural Health Equity, Montana State University
- **Allison Barlow**, PhD, MPH, Director John Hopkins Center for American Indian Health
- **Kelli Begay**, MS, MBA, RDN (Kickapoo/Seminole/ Mvskoke) Creek Nutrition Consultant Division of Diabetes Treatment and Prevention Office of Clinical Preventive Services Indian Health Service
- **Loren BirdRattler** (Blackfeet), Project Manager Agriculture Resource Management Planning Team, Blackfeet Nation
- **Abigail Echo-Hawk**, MA (Pawnee/Athbascan), Director, Urban Indian Health Institute
- **Juanita Espinosa** (Spirit Lake Nation), Community Program Specialist Department of Medicine University of Minnesota
- **Cindy Farlee** (Itázip'cho Lakhóta), Associate Program Officer and Youth/BFR Liaison Native American Agriculture Fund
- **Linda Frizzell**, MS, PhD (Eastern Cherokee and Lakota) Assistant Professor, University of Minnesota School of Public Health Technical Consultant, Great Lakes Tribal EpiCenter Global Health Faculty Associate
- **Camie Goldhammer**, MSW, LICSW, IBCLC (SissetonWahpeton) Clinical Social Worker Director of Lactation Services Rainier Valley Community Clinic
- **Stacy Hammer**, RDN, LD (Bdewakantunwan Dakota) Director of Community Health Lower Sioux Health Care Center
- **Holly Hunts**, PhD, Associate Professor Montana State University
- **Valarie Blue Bird Jernigan**, DrPH, MPH (Choctaw) Associate Professor, Health Promotion Sciences University of Oklahoma
- **Harriet Kuhnlein**, PhD, Professor Emerita, McGill University Founding Director Centre for Indigenous Peoples' Nutrition and Environment
- **Mindy S. Kurzer**, PhD (Chair), Professor of Nutrition Director Healthy Foods, Healthy Lives Institute University of Minnesota
- **Kelly Moore**, MD (Muscogee Creek), Associate Professor, Centers for American Indian and Alaska Native Health Colorado School of Public Health University of Colorado Anschutz Medical Campus
- **Valerie Nuvayestewa** (Hopi/Tewa), Elder Coordinator Village of Tewa Administration
- **Stephany Parker**, Co-Founder Oklahoma Tribal Engagement Partners, LLC
- **Bryan Pollard** (Cherokee), Director of Programs and Strategic Partnerships, Native American Journalists Association
- **Will Seeley**, Food Policy Planner, Agricultural Resource Management Planning Team Blackfeet Nation
- **Kalidas Shetty**, PhD, Founding Director of Global Institute of Food Security & International Agriculture (GIFSIA) Professor of Plant Science & Associate Vice President for International Partnerships & Collaborations North Dakota State University
- **Donald Warne**, MD, MPH (Oglala Lakota), Director, Indians into Medicine Program; Associate Dean, Diversity, Equity & Inclusion; Professor, Family & Community Medicine University of North Dakota
- **Colin Welker**, Prevention and Policy Coordinator American Indian Cancer Foundation

GOFF PUBLIC, REPRESENTING THE SHAKOPEE MDEWAKANTON SIOUX COMMUNITY

- **Chris Georgacas**, President and CEO, Goff Public
- **Grace Rose**, Senior Account Executive, Goff Public
- **Sara Swenson**, Director, Goff Public

UNIVERSITY OF MINNESOTA HEALTHY FOODS, HEALTHY LIVES INSTITUTE

- **Megan Forcia** (Bad River Band of Ojibwe), Native Program Coordinator, Healthy Foods, Healthy Lives Institute University of Minnesota
- **Jared Walhowe**, Assistant Director, Healthy Foods, Healthy Lives Institute University of Minnesota

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Minnesota Vikings

Montana State University Center for American Indian and Rural Health Equity

University of Minnesota College of Pharmacy

University of Minnesota Extension

University of Minnesota Office for Equity and Diversity

University of Minnesota Office for the Provost

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MAP



Top left and bottom right photos are courtesy of Leech Lake Band of Ojibwe and Fond du Lac Band of Lake Superior Chippewa.



The Minnesota Department of Human Services is proud to partner with the Tribal Nations in Minnesota to promote the health and wellness of their members by increasing:

- Food sovereignty
- Food access
- Support for indigenous food

Visit mn.gov/dhs/oeo-partners for more information.



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