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

Jennifer K. Gauthier, MPA, Division of Extension: Menominee Nation/County
Alexandra Adams, MD, PhD, Montana State University
Introduction

Community Health Rankings

- Menominee County has ranked 72 of 72 counties

- Diabetes prevalence is 13% (9% WI)

- 30% of adults are physically inactive (21% WI)

- The prevalence of adult obesity is 45% (31% WI)

- 2% of the county population has access to exercise opportunities (86% WI)

- 11% of the population has limited access to healthy foods (5% WI)

- 35% of adults report for or poor health (15% WI)

- 16,300 years of potential life are lost before age 75 per 100,000 population (6,300 WI)

- In Menominee, 16,300 years of potential life are lost before age 75 per 100,000 population (6,300 WI)

- 2% of the county population has access to exercise opportunities (86% WI)

- 11% of the population has limited access to healthy foods (5% WI)

- 35% of adults report for or poor health (15% WI)

- In Menominee, 16,300 years of potential life are lost before age 75 per 100,000 population (6,300 WI)

- 2% of the county population has access to exercise opportunities (86% WI)

- 11% of the population has limited access to healthy foods (5% WI)

- 35% of adults report for or poor health (15% WI)

- In Menominee, 16,300 years of potential life are lost before age 75 per 100,000 population (6,300 WI)
Introduction

Omæqnomenewak
Basic
Public
Health
Approach
Wellness Initiative & Community Engagement

- Meaningful collaboration
- Integration of Menominee Language & Culture
Evolving Our Work Through Our Traditions

• Integration of Menominee Language & Culture
Menominee Trauma Model

**Historic Trauma**
- Loss of language & culture
- Loss of land & community
  - Termination
  - Boarding school
  - Genocide

**External & internal racism**
- Stereotypes

**Shame**

**Unhealthy Behaviors:**
- Substance use
- Addictions
- Abuse of self, family, community
- Lack of self-care
- Disconnect with environment

**Current Community Norms**
- Intergenerational risk/perpetuation
- Lateral violence
- Acceptance of dysfunction

**“Survival Mode”**
- Poverty
- Microaggressions

**Adverse Childhood Experiences**
- Pain
- Fear
- Anger

**Unhealthy Community**
Menominee Trauma Model

Historic Trauma
- Loss of language & culture
- Loss of land & community
  - Termination
  - Boarding school
  - Genocide

Shame
External & internal racism
Stereotypes

Adverse Childhood Experiences
- Pain
- Fear
- Anger

Current Community Norms
- Intergenerational risk/perpetuation
- Lateral violence
- Acceptance of dysfunction

“Survival Mode”
Poverty
Microaggressions

Unhealthy Behaviors:
- Substance use
- Addictions
- Abuse of self, family, community
- Lack of self-care
- Disconnect with environment

Unhealthy Community
Shared Indigenous Learning
Indigenous Knowledge Exchanges
Sharing Our Work
Confederated Salish and Kootenai Tribes
Flathead Indian Reservation
Menominee Wellness Model

Positive Parenting
Positive Childhood Experiences

Healing

- Embracing: Tradition, Language, Culture, & Spirituality
- Healing Historic Trauma
- Reclaiming Identity

Creating Community Traditions
- Combining New & Old
- Creating Meaning/Connection
- Building Community
- Trauma-Informed
- Healthier Relationships

Strengthening Nations

Wellness
Menominee Wellness Model

Positive Parenting
Positive Childhood Experiences

• Embracing: Tradition, Language, Culture, & Spirituality
• Healing Historic Trauma
• Reclaiming Identity

Healing

• Creating Community Traditions
• Combining New & Old
• Creating Meaning/Connection
• Building Community
• Trauma-Informed
• Healthier Relationships

Healing

Strengthening Nations

Wellness
Strengthening Our Connection
ENEQ! WAĒWAĒNEN!!