




## WEAVE-NW Traditional Foods, Gardens, and Partnerships



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GOOD HEALTH & WELLNESS IN INDIAN  
COUNTRY INITIATIVE

## Huckleberry Medicine






## What is our focus?

**Long-term Objective:**  
To decrease cardiovascular disease, obesity, and type 2 diabetes

**Upstream Approach:**  
Culturally adapted prevention activities related to policy, systems, and built environment




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## Technical Support

- Data analysis
- Survey design
- Strategic planning
- Health system change
- Enhancing collaborations
- Evaluations & Assessments
- Cultural adaptation of resources
- Policy development, including youth
- Tobacco prevention & intervention activities



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## Webinars, Trainings, Workshops



**Motivational Interview Training**  
With Cheryl Tonerah  
August 1st - 2nd  
The Point Casino and Hotel  
7889 NE Salish Ln  
Kingston, WA

**2018 Tribal Endocrinology teleECHO Clinic**  
What is Project ECHO?  
Enhance the Community Endocrinology Clinicians. The goal of this program is to enhance the capacity of primary care providers to safely and effectively treat diabetes, prediabetes, and hypothyroidism. Program offers, through the use of video conferencing, education, and research, current clinical edge of providers and health care professionals and addresses best practice of care for all patients.



Thursday, September 27th, 2018  
Kiana Laidig  
Snohomish, Washington

2018 NW Tribal Food Sovereignty  
Culinary Collaborative  
A collection of traditional foods, medicine and culture

Click Here To Register

Attend will be rewarded - including food, transportation, and flight

Please arrive/leave by September 2nd (June 2nd and 3rd)


Cherokee Center Board  
1400 NW Commercial Way  
Snohomish, WA 98290  
Click Here To Book Cabaret  
Phone: (360) 344-1444

For Questions, Please Contact:  
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## Examples of Projects

- Community Health Assessments
- Health Systems
- Food Systems
- Youth-focused
- Commercial Tobacco Prevention

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## Community Health Assessments

- Done differently in each community
- Used to identify priority areas
- Used to create community health action plans

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## Health Systems

- Million Hearts
- Multi-departmental approach
- Policy and protocol development



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## Youth-Focused

- Youth Risk Behavior Surveillance System (YRBSS)
- Youth Leadership Committees and Youth Councils
- Community Action Planning



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## Food Systems

- Policy change
- Committees
- Community gardens
- Community involvement



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## Examples of Garden Projects



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## Examples of Garden Projects Continued



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## Examples of Traditional Food Projects

- **Teaching Toolkit & Curriculum**
  - Teaches youth about local traditional foods, when and how to gather, how to use, and about seasonality
  - Traditional Tea as a Healthy Beverage Campaign
- **Traditional Food Workshops**
  - Youth and adults
  - Gathering, storytelling, cooking, sharing a meal
- **Policy**
  - Tribal youth events must provide one traditional food as an option
- **NW Tribal Food Sovereignty Coalition**

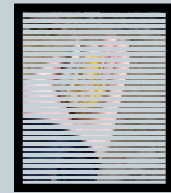
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## NW Tribal Food Sovereignty Coalition

- Approx. 63% of NW Tribes
- 17 external partners
- 3 working groups: Leadership, Gathering, Campaign



## Upcoming Event

- 2018 NW Tribal Food Sovereignty Gathering
- September 27<sup>th</sup>, 2018
- Kiana Lodge, Suquamish, WA



## Examples of Partnerships, Youth Involvement, and Policy

- **Community Supported Agriculture (CSA)**
  - Partnerships with multiple tribal departments
  - Partnerships with local farms
- **Youth Food Planning Council**
  - Weekly meetings, workshops, roundtable discussions regarding food access, present to Tribal Council, speak at events, etc.
- **Food Policy Committees**
  - Work collaboratively to write food policies/protocols
  - Worksite Wellness policies to support working in the garden
- **Food purchasing and handling protocols**

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## Northwest Portland Area Indian Health Board

Indian Leadership for Indian Health



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## WEAVE-NW Team

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