

WEAVE-NW Traditional Foods, Gardens, and Partnerships

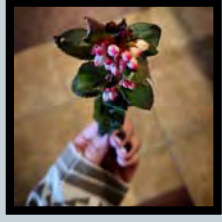


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GOOD HEALTH & WELLNESS IN INDIAN
COUNTRY INITIATIVE




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



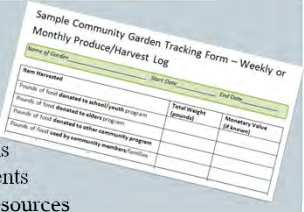
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Technical Support

- 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 Tomerlak
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 Healthworker's role. The goal of this program is to increase the capacity of primary care providers to safely and effectively treat diabetes, chronic, and complex conditions. Project ECHO, through the use of video conferencing, education, and research, promotes the role of primary and health care professionals and addresses the health care needs for all patients.



Thursday, September 27th, 2018
Kiana Lodge
Spokane, Washington

2018 NW Tribal Food Sovereignty Conference
Co-facilitated by Northwest Area Indian Health Board and others

Click Here to Register

Conference members, traditional food champions, tribal staff and community are all welcome to attend and take action to improve food systems in their community.

Travel will be reimbursed - including hotel, transportation, and flight.

Please contact your contact by September 1st (June 2 contact for others)

Cherokee Center Board
14157 NW Commercial Way
Bend, Oregon 97705
Click Here to Book Chiller

For Questions, Please Contact:
Sue Ann Bunker
904-675-1119 Public Conference
904-675-1119
904-675-1119

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**

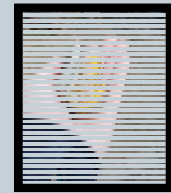
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NW Tribal Food Sovereignty Coalition

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



Upcoming Event

- **2018 NW Tribal Food Sovereignty Gathering**
- **September 27th, 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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Indian Leadership for Indian Health



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