




Food is Medicine in Tribal Settings - Research Implications

**Panelists: Kelli Wilson Begay, MS, MBA, RDN &
Tee Benally, MPH**

**Moderated by: Cassandra Nguyen, PhD
January 26, 2024**



Introductions



FOOD IS MEDICINE MIDWEST CONVENING

**TRIBAL PERSPECTIVES AND CONSIDERATIONS
REGARDING FOOD IS MEDICINE
IMPLEMENTATION AND EVALUATION**

Kelli Wilson Begay

MS, MBA, RDN

Kickapoo Tribe of Oklahoma | Seminole | Muscogee Creek

January 26, 2024

574

**Federally Recognized
Tribal Nations in 37 States**

Health Systems Serving Native People



IHS

**Indian Health Service
Federal Health System**



TRIBAL

**Tribally Operated
Health Care Services**



URBAN

**Urban Indian
Health Program**

Adaptating Programs to Native Audiences




What Can I Eat?
Healthy choices for people with
Type 2 Diabetes



PREVENT2
A WEEK PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Module 1: Introduction to the Program
Participant Guide




What Can I Eat?
Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

FACILITATOR GUIDE

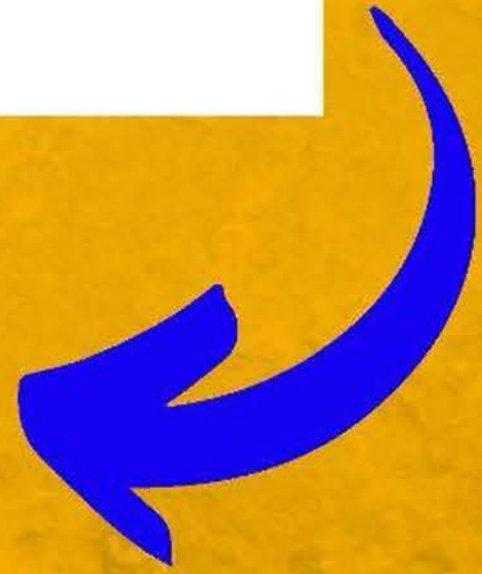
Class 1: Introduction to Class Goals and the Diabetes Diet

Class 2: Sweet Foods: Java & Cookies

Class 3: Planning Healthy Habits: Goals

Class 4: Fat, Salt, and Healthy Eating: Meat From Meats

Class 5: Activity, Exercise, and Calorie Count



Traditional Foods by Region

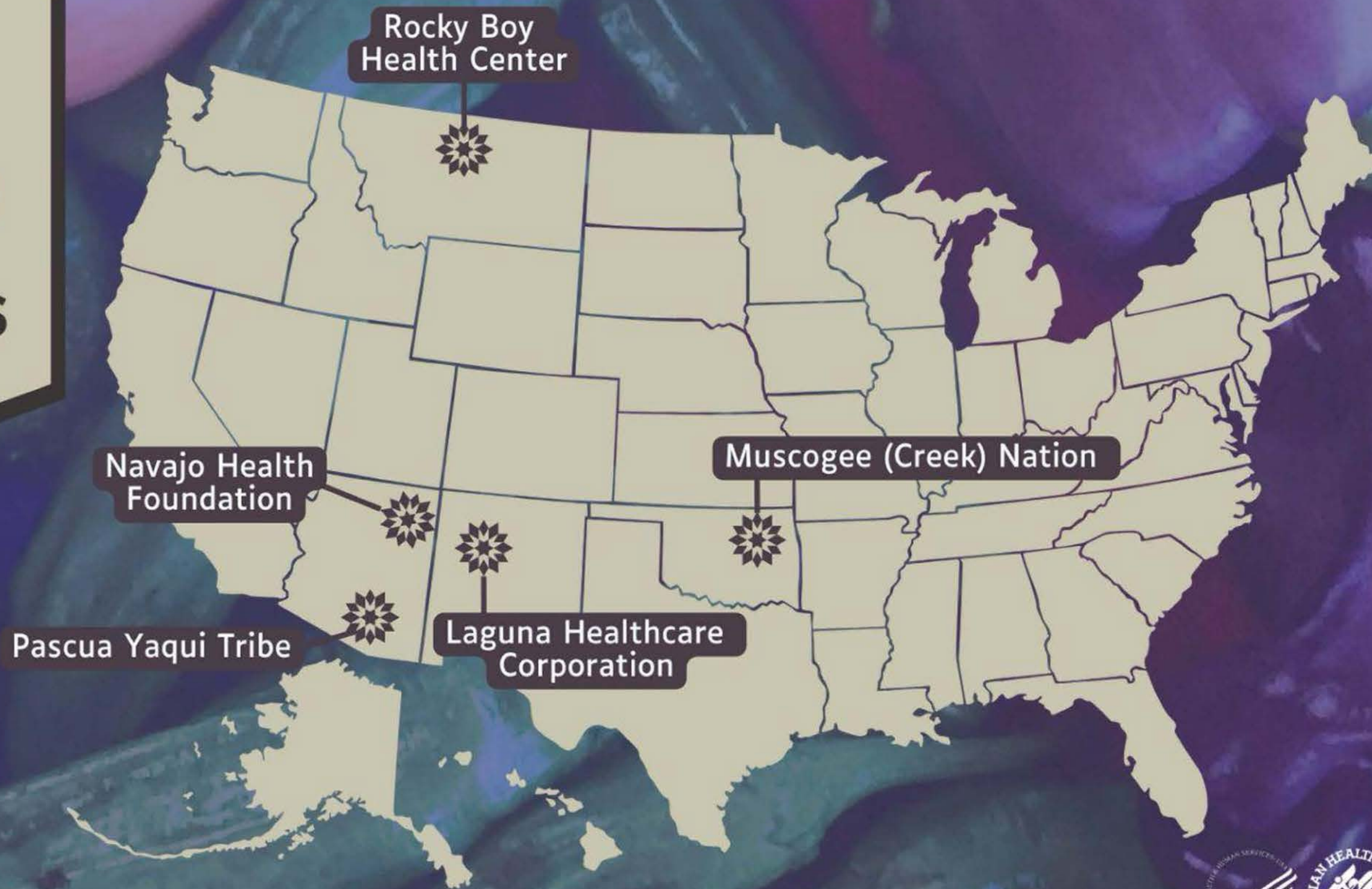
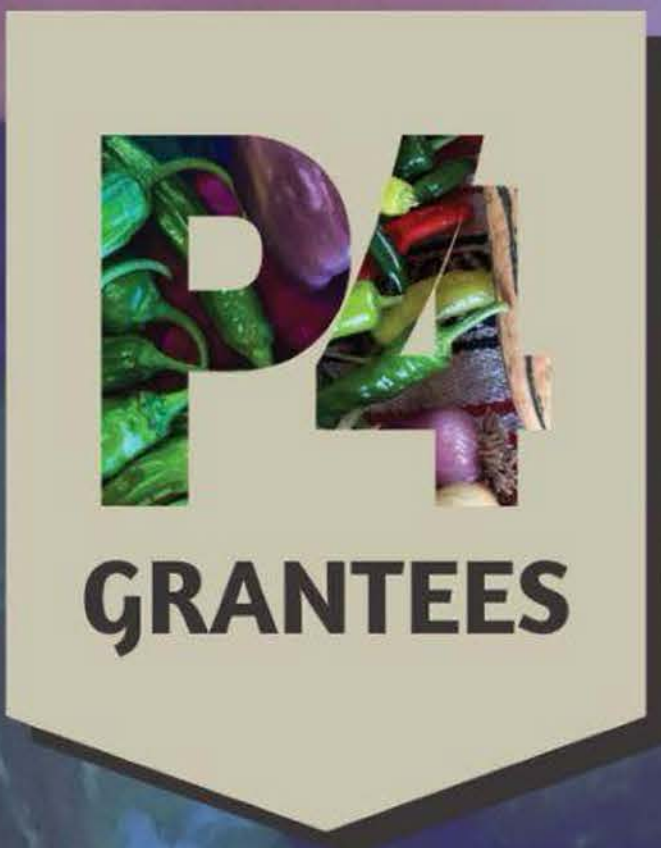
Region	Traditional Foods
Alaska	Salmon, Seal, Sea Lion, Pacific Cod, Wild Duck, Halibut, Blueberries, Mossberries, Caribou, Seal Oil, Whale
California	Acorns, Mushrooms, Seaweed, Seeds, Berries, Nuts, Roots, Beans, Melons, Corn, Squirrel, Quail, Mice, Rabbit, Deer, Elk, Antelope, Bear, Mountain Sheep, Crickets, Grasshoppers
Northwest	Salmon, Nettle, Camas, Skunk Cabbage, Bear Berries, Black Currant, Berry Varieties, Elk
Southeast	Alligator, Turtle, Corn/Hominy, Wild Turkey, Rabbit, Deer, Hearts of Palm, Catfish
Northeast	Blueberries, Corn/Hominy, Apples, Arikara Squash, Beans, Oyster, Clam, Deer
Southwest	Cholla buds, Prickly Pear Fruit, Mesquite Pods, Bean varieties, White Sonora Wheat Berries, Corn, Corn Meal, Honey, Blue Corn, White Corn, Red Corn, Red Chile, Green Chile, Pine Nuts, Sheep/Mutton, Squash varieties, Deer, Elk, Pack Rat
Northern Plains	Maple Syrup/Sugar/Cream, Wild Rice, Bison, Walleye, Percy, Crappie, Whitefish, Honey, Chokacherry, Corn/Hominy, Lima Beans, Pumpkin, Squash
Southern Plains	Deer, Catfish, Squirrel, Corn/Hominy, Squash, Wild Onions, Grape Dumplings, Squirrel, Beans, Blackberries

Adaptating Nutrition Programs to Native Audiences

- **Vast differences between regions, tribes, and urban vs. rural**
- **Traditional foods should be included in nutrition education for Native people**
- **Include foods commonly sourced like foods from the Food Distribution Program on Indian Reservations**
- **Food is important for social gatherings and celebrations**
- **Community-based education approach works best**



Implementing Produce Prescription Programs in Tribal Settings





Mvto / Kepechihi / Thank you
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SEVEN DIRECTIONS
A CENTER FOR INDIGENOUS PUBLIC HEALTH

Indigenous Evaluation Approach

An Actionable Guide for Organizations Serving American Indian / Alaska Native Communities through Opioid Prevention Programming

Panelist: Tee Benally (Diné & White Mountain Apache), MPH

Seven Directions - Indigenous Public Health Institute



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Acknowledgements



Opioid Technical Advisory Group (2023)

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DEDICATION

Finally, we dedicate this Toolkit to Indigenous ancestors and Indigenous communities whose knowledge and traditions have supported the health and well-being of Indigenous peoples since time immemorial. We hope this Toolkit will uphold these strengths and promote the imperative need for Indigenous evaluation approaches in health promotion and prevention programming.



Why an Indigenous Evaluation Approach?

- Indigenous communities are disproportionately affected by historical trauma, continued structural inequities including harmful SDOH, and negative public health outcomes
- *Response: culturally grounded programming requires culturally grounded evaluation approaches* that support ancestral and cultural wisdom



What is Indigenous Evaluation?

The long-relied upon **Indigenous knowledge ways and systems that guide assessment or evaluation** of tribally and community driven efforts continuously to ensure they are relevant, useful, culturally congruent and moving towards reaching community and leadership agreed upon aspirations for healing, health and wellbeing.



Western & Indigenous Evaluation

Both: Systematic gathering of information about community services, needs, outcomes

Western:

- Emphasis on “Objective” knowledge types, rigid/restricted definition of “data”, and evaluator role (often outsider)
- Outside questions addressed; emphasis on “external validity”
- Can include community participation in but rarely ownership of evaluation process, data

Indigenous:

- Emphasis on “Holistic” knowledge types, broad definition of “data”, and community/people involved
- Community-defined questions addressed; emphasis on local relevance
- Deep community involvement and ownership, capacity building, data decolonization and stewardship (i.e., sovereignty and governance)

Examples of Indigenous Evaluation

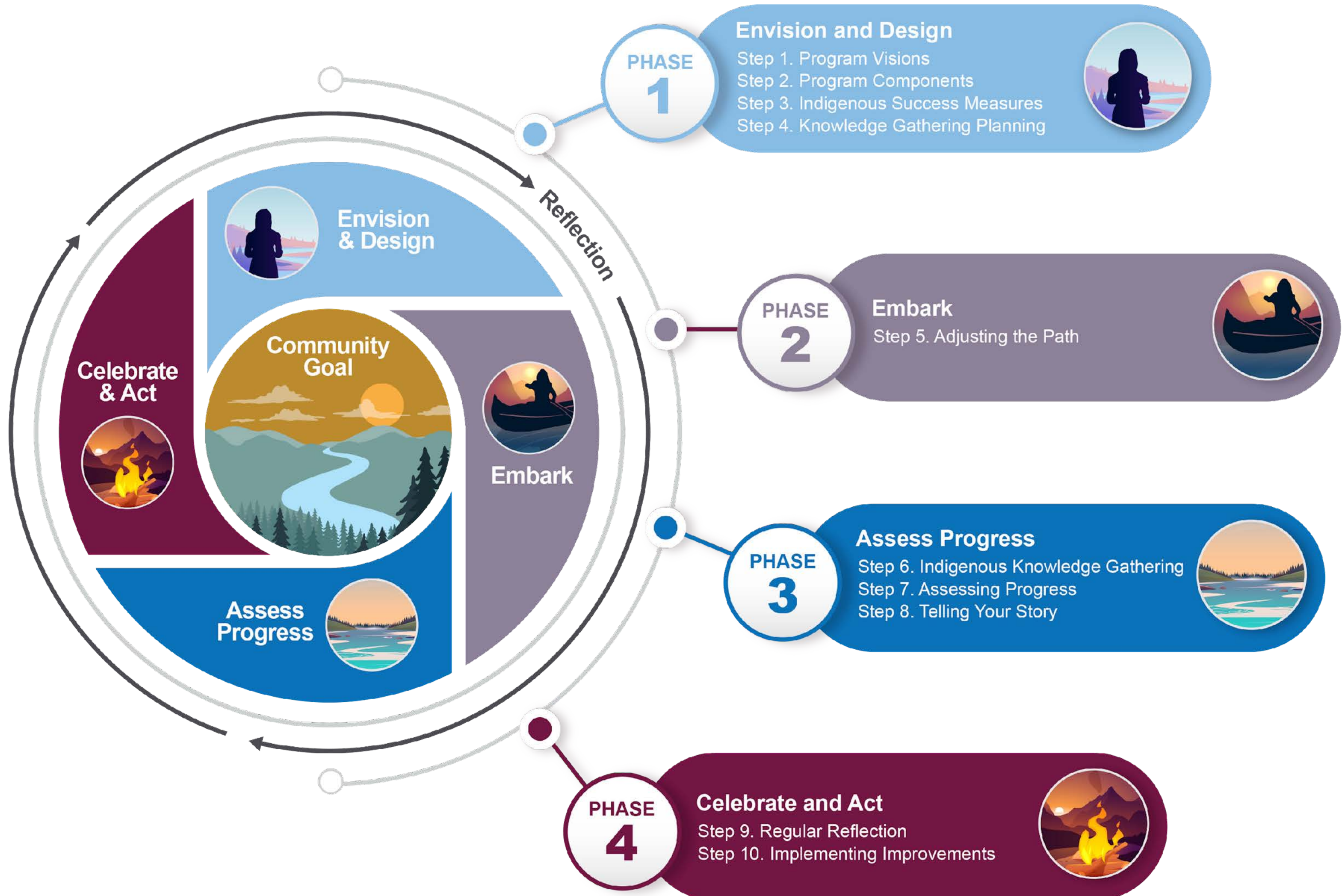
Using culturally based storytelling and biometric data to describe a prevention program's journey and purpose

Harvesting Indigenous foods at environmentally sustainable times based on knowledge passed down to reduce diabetes risk

When opening a healing center, planning for what it should look, smell, taste and feel like

Having public health flyers available in English and a community's Indigenous language

Utilizing a community advisory board for iterative feedback and providing them with monetary compensation and culturally respectful gifts



PHASE 1

Envision and Design
Step 1. Program Visions
Step 2. Program Components
Step 3. Indigenous Success Measures
Step 4. Knowledge Gathering Planning



PHASE 2

Embark
Step 5. Adjusting the Path



PHASE 3

Assess Progress
Step 6. Indigenous Knowledge Gathering
Step 7. Assessing Progress
Step 8. Telling Your Story



PHASE 4

Celebrate and Act
Step 9. Regular Reflection
Step 10. Implementing Improvements



Seven Directions, with the support of the CDC & NNPHI, has produced a Toolkit that provides:

- **Step-by-step guidance,**
- **Worksheets, and**
- **Concrete examples**

to support communities looking to ensure their program evaluation design are conducted from an Indigenous-centered and driven approach.

INDIGENOUS EVALUATION TOOLKIT:

An Actionable Guide for Organizations Serving
American Indian/Alaska Native Communities
through Opioid Prevention Programming

FEBRUARY 2023



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UNIVERSITY of WASHINGTON



Interested? Stay in Touch!

Seven Directions

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Interest Form

