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
Adapting Programs to Native Audiences

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

PreventT2 Module 1: Introduction to the Program

Traditional Foods by Region

MAVEN COLLECTIVE
Adapting 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

GRANTEES

Rocky Boy Health Center

Navajo Health Foundation

Muscogee (Creek) Nation

Pascua Yaqui Tribe

Laguna Healthcare Corporation

MAVEN COLLECTIVE
Mvto / Kepechihi / Thank you
Kelli@MavenCollectiveConsulting.com
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
Acknowledgements

Opioid Technical Advisory Group (2023)

OTAG
Christine Arredondo
Medical Director of Specialty Behavioral Health,
El Rio Community Health Center

Sean Beau
Former Co-Director, National American Indian and Alaska
Native Addiction Technology Transfer Center (AI/AN ATTC)

David Begay
Traditional Healer / Associate Professor, Pharmacy Native
Environmental Health Equity, University of New Mexico

Nathan Billie
Director of Behavioral Health Programs,
National Indian Health Board

Dynea Bingham
Tribal Epidemiology Centers Public Health Infrastructure,
Project Manager, Rocky Mountain Tribal Leaders Council

OTAG
Dennis Donovan
Professor Emeritus, Department of Psychiatry and
Behavioral Sciences, University of Washington

Kevin English
Director, Albuquerque Area Southwest Tribal
Epidemiology Center (A/ASTEC)

Dawn Lee
Consultant, Dawn Lee Consulting, Inc.

Sandra L. Monper
Associate Professor, Social Work, University of Michigan

Matthew Towen
Assistant Professor, Social Work, Portland State University

Anne Helene Skinstad
Clinical Professor, Dept. of Community & Behavioral
Health, Univ. of Iowa; Co-Director, AI/AN ATTC

CDC
Jason Hymer
Stacey Anne Wiltocks
Jose Horlaga-Rios

NNPHI
Leah Ettrman
Chris Tollear

NIH
Kathy Etz, NIDA

We celebrate the contributions of the late Adrian
Dominguez, Director of Informatics and Epidemiology,
Urban Indian Health Institute
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
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 designs are conducted from an Indigenous-centered and driven approach.
Interested? Stay in Touch!

Seven Directions
Tee Benally (she/her)
tbenally@uw.edu

Interest Form