

**Nutrition Education
at It's Best:
Partnerships Leading to
Improve Wellness in Native
American Communities**

Presenters

- Wanda Agnew, LRD – UTTC Land Grant Programs Director – wagnew@uttc.edu
- Kim Hinnenkamp, LRD – UTTC Extension Nutrition Educator – khinnenkamp@uttc.edu
- Mary Greene Trottier – FDPIR Director, Spirit Lake Tribe – sltfdp@gondtc.com
- Beatrice Whiting – FDPIR Director, Crow Creek Sioux Tribe – ccstfdp@midstatesd.net
- Joe Bluehorse – FDPIR Director, Oglala Sioux Tribe – commware@gwtc.net
- Kenny Chapman – FDPIR Director, Santee Sioux Tribe – ifdpjs@gpcom.net
- Charles “Red” Gates – FDPIR Director, Standing Rock Sioux Tribe – crgates@westriv.com

Why Tribal Colleges

- In 1961, reports revealed only 66 Native American graduates with 4 year degrees.
- During the 1970's, there was a great resurgence for the need for self governance and self determination including education at all levels.
- In 1990, only 65% of Native people over age 25 earned high school diplomas.

Why cont.

- High school rates even lower in some reservation communities – example: 1990 41% of enrolled members of Navajo Nation were high school graduates.
- Geographic isolation inhibits student access to mainstream education systems.
- In 1995, less than 1% of students enrolled in post- secondary education schools in the US were of Native American descent.

Tribal College Facts

- Most are less than 30 years old.
- All provide relatively small faculty to student ratios.
- All are predominantly Native American students to support culture.
- Most are located in remote areas where the students live.
- Most are chartered by one or more Tribes but maintain distance from tribal government.

More Tribal College Facts

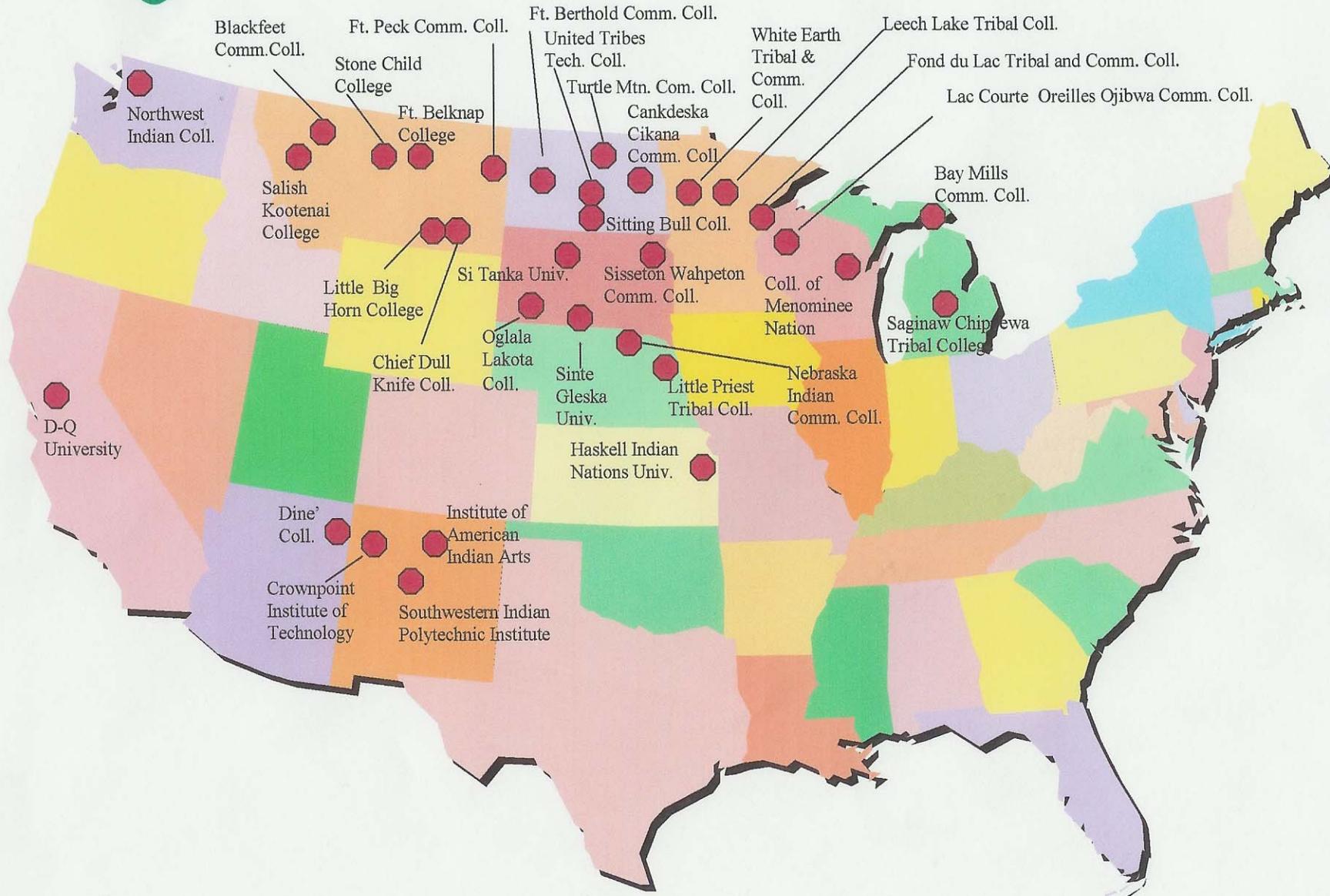
- All have open-admissions policies even though maintaining high “Indian Count” is vital for funding survival.
- All began as two-year institutions.
- Most are accredited.
- Most offer on-line classes.
- Most are investigating or offering 1 or more 4-year programs.

Land Grant Status

- 1994 – for the same USDA mission
- 55 1862s
- 17 1890 Colleges and Universities



1994 Land Grant Colleges and Universities



Tribal Land Grant

- To support educational programs in the food and agricultural sciences as designated by legislation for the following areas:
 - Curriculum Development
 - Faculty Development
 - Instructional Delivery
 - Student Experiential Learning
 - Equipment and Instrumentation for Teaching
 - Student Recruitment and Retention

UTTC Land Grant Programs

- Endowment
- Equity
- Extension
- Special Emphasis
- Integrated Food Safety Projects
- Research – partnerships and specific to Tribal Colleges
- Innovations and Enhancement Grants

Equity – Nutrition and Foodservice Degree Program

- 2-year AAS Degree focusing on either nutrition/wellness or foodservice management
- Approved by the Certified Dietary Managers Association
- On-line classes available
- Diabetes and Mother Earth class
- Experiential Practicum Opportunities

Research – Traditional Plants

- Plants will be gathered this spring through fall.
- They will then be sent to a USDA lab in Beltsville, Maryland to be nutritionally analyzed including phytochemicals.
- Each Tribe will receive nutrition information for the plants gathered in their area.
- The nutrition information will then be published and included in USDA's commonly used foods database.

Cattail Shoots

The cattail is one of the most important and common wild foods, with a variety of uses at different times of the year. Whatever you call it, a stand of cattails is as close as you'll get to finding a wild supermarket.



Wild Rose Hips

Wild Rose Petals

Rose hips have been an important food for all Native tribes where any kind of roses can be found. They are extremely high in vitamin C, much more so than oranges, for example. Dried, they keep well, and will always be available in winter.



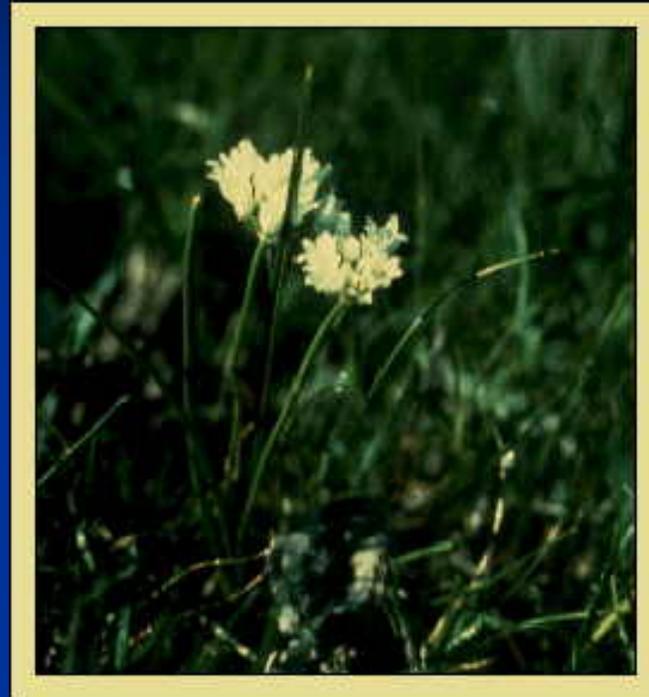
Buffalo Berries

An ornamental plant that can be considered to be a large shrub or small tree. It tolerates poor sites and is extremely hardy. The silvery foliage of this thorny shrub is a desirable ornamental trait. The scarlet fruits have silver scales on them and are used in jellies, jams, dried or eaten raw. The berries are sweeter after exposure to frost.



White Wild Onion

The bulbs of white wild onion taste like a combination of onion and garlic. Many people find them delicious, but they are a little dry and rather difficult to dig.



Prairie Turnip

Prairie turnips are also known as ground potatoes. They were an important food source for tribes who lived on the Great Plains. Lakota's dig *tinpsila* in June when it blossoms.



Integrated Food Safety Grant

- Food Safety Institutes – ServSafe Certification Exam
- Educational Materials
 - Home Food Temperature Chart
 - 17 Steps to Safe Food at Feeds, Powwows, Memorials, and Fairs
- “Together, Sharing Food Safely” Video
 - Topics
 - Handwashing
 - Cross-contamination
 - Sanitation
 - Cooking and Chilling
 - Storage
 - CD
 - Training Guide

Extension

- Building partnerships to extend education into the communities based on needs
 - Curriculum Development
 - WIC
 - EFNEP
 - Wellness Efforts/Diabetes Prevention Education
 - Food Distribution Programs on Indian Reservations

Curriculum Development

- Buffalo and Native American Wellness
- Gifts from the Earth: Fruits and Vegetables
- The Lean Machine: The Four Directions to Eating Lean and Being Lean
- Childhood Obesity Handouts
 - Nurturing Our Families with Food
 - Pop
 - Mealtimes
 - Snacks
 - Infant Feeding

Curriculums



WIC

- Provide nutrition education and food package services to campus families
- Regional WIC Office contract to provide culturally relevant training to Indian Tribal Organizations in the Mountain Plains region
 - Basic WIC Nutrition Assistant Training
 - Advanced Nutrition Institutes

EFNEP

- Partnership with North Dakota State University to house and supervise a local nutrition education assistant on the UTTC campus
- National 35th Anniversary EFNEP Partnerships video
 - UTTC campus was the featured Native American community.

Wellness Efforts/Diabetes Education

- Strong in Body and Spirit curriculum
- Dining with Diabetes curriculum
- ND Healthy Weight Council
- UTTC Wellness Circle
- ND 5 + 5 Community Recognition

How UTTC Land Grant Programs became a partner with FDPIR

- Met Red Gates in January 2003 after our educational resource guide, “Buffalo and Native American Wellness” was published.
- Met with the MPRNAC at UTTC in July 2003 to discuss future partnerships.
- Decided to write a USDA grant for a partnership project with the MPRNAC on nutrition education during the fall 2003.
- Hosted the 2004 Regional FDPIR Conference at UTTC in August.
- Started the grant project on the nutrition education videos and cookbook in September 2004.

Mountain Plains Region Nutrition Advisory Committee



Mountain Plains Region Nutrition Advisory Committee

- “The purpose of the Mountain Plains Region Nutrition Advisory Committee is to work effectively and cooperatively with Food and Nutrition Service, Indian Health Service, Diabetic Prevention Programs and the Food Distribution Program on Indian Reservations (FDPIR) to form a culturally sensitive nutrition education plan that will impact FDPIR clients and that is viable and sustainable. The committee is responsible for nutrition education in Indian Country.”

MPRNAC

Timeline of Accomplishments

■ 1998

- MPRNAC is formed at the Regional FDPIR meeting in response to the fact that previous nutrition education efforts had limited success.

MPRNAC

Timeline of Accomplishments

■ 1999

- The first project undertaken by the committee was the development of a series of videotapes – 6 of them focusing on different commodity items (such as frozen ground beef, fresh produce, pasta, etc) giving food safety, storage and cooking tips. The 7th videotape talks about food safety and also demonstrates how to do a cooking demonstration. These videos were developed in partnership with the Salish Kootenai College Media department on the Flathead Indian Reservation. The videos were distributed to the FDPIR warehouses in the region to show to participants in the waiting areas at the warehouses.

MPRNAC

Timeline of Accomplishments

■ 1999

- MPRNAC received the Pyramid of Excellence Award for innovative approaches in bringing nutrition education to participants.
- The next project was the development of an annual calendar that focuses on either a particular commodity, health or nutrition issue each month and gives information, tips and/or recipes. These are distributed to FDPIR participants in the Mountain Plains Region.

MPRNAC

Timeline of Accomplishments

■ 2000

- A series of 3 “Healthy Food and Healthy Living- Guidelines for Life” pamphlets were developed. To date, there are 3 pamphlets – “Basic Guidelines for Diabetics”, “Commodity Sodium Information” and “Nutrition Labeling Facts”. Other pamphlets will be developed based on participant interest/need.
- Newsletters, “Mountain Plains Nutrition Notes” were initiated. These newsletters were distributed to participants when they received their food and contained nutrition and health tips, recipes and also some regional news.
- Grocery bags with the Fight BAC logo and information were printed and distributed to the regional warehouses to use when distributing commodities

MPRNAC

Timeline of Accomplishments

■ 2000

- FNS, MPRNAC (representing the FDPIR programs in the Mountain Plains Region) and the Aberdeen Area Indian Health Service entered into a partnership, the Aberdeen Area Interagency Nutrition Advisory Team. The goals of this partnership were to:
 - develop a sample meal plan using commodities
 - develop brochures focusing on the use of commodities
 - have IHS input on the commodity food package review
 - develop a referral system between IHS and FDPIR
 - help their mutual clients to make choices for a healthier lifestyle.
- This partnership is not currently active; however, it opened the door for further work with the Indian Health Service.

MPRNAC

Timeline of Accomplishments

■ 2001

- Developed a website www.mprnac.org that contains nutrition information devoted specifically to FDPIR participants such as recipes and health and nutrition issues that concern and interest them. The website also contains links to other useful sites such as the Fight BAC website, Nutrition.gov and the Dole 5 a Day website, etc.
- Coordinated with the IHS Nutrition and Dietetics Training Center in Santa Fe to provide training to the FDPIR program directors in the Mountain Plains Region. In addition to classroom type training, there also was a hands on component with the directors doing cooking demonstrations under the guidance of the IHS trainers.

MPRNAC

Timeline of Accomplishments

■ 2002

- Kicked off a “10K/5 A DAY” promotion to encourage fitness through using pedometers to measure steps taken (aiming for 10,000 steps a day) and also to promote eating 5 fruits and vegetables a day for better health.

MPRNAC

Timeline of Accomplishments

■ 2003

- Conducted a bison recipe sampling at the Rosebud Founder's Day Pow Wow and provided nutrition information on bison as well as providing educational information on portion sizes.
- Was invited to present at the first FNS National Nutrition Conference – “Nutrition Connections – People, Programs and Science”

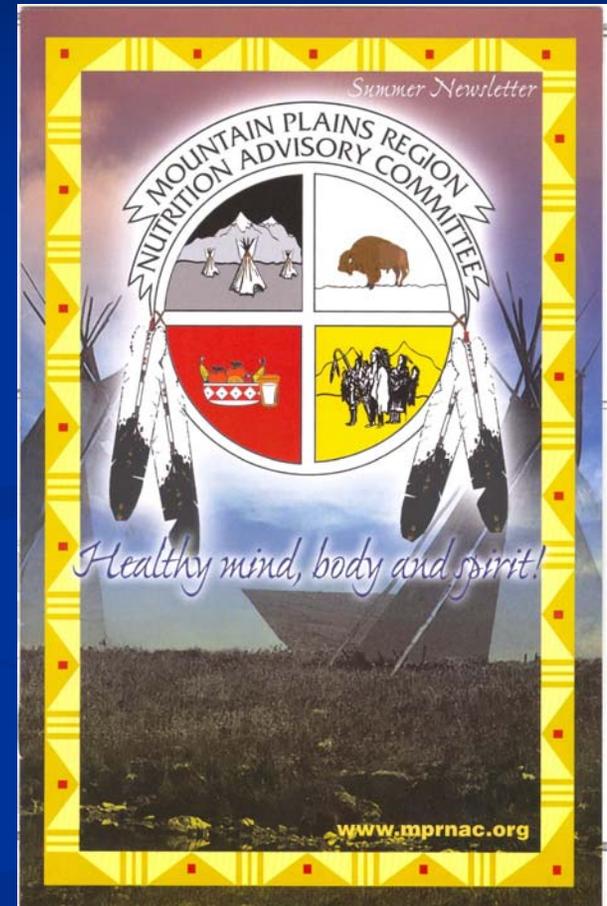
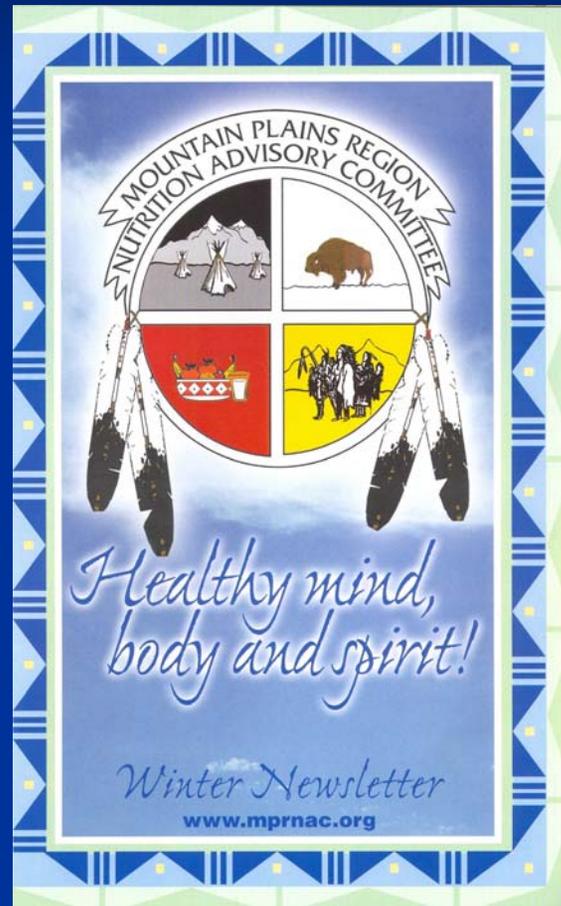
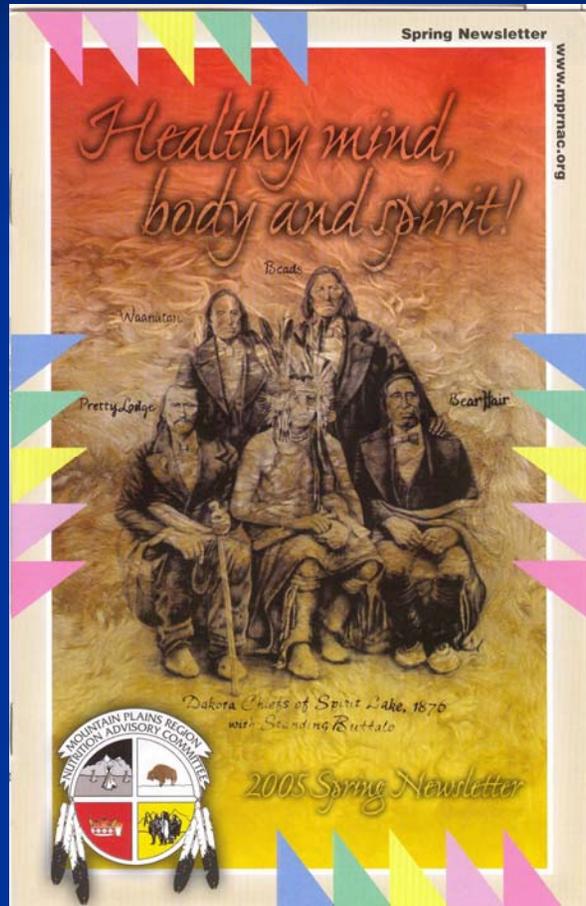
MPRNAC

Timeline of Accomplishments

■ 2004

- Developed posters showing the improvement in the food available to program participants
- Newly designed newsletters containing healthy lifestyle tips were distributed.

MPRNAC Newsletters



MPRNAC

Timeline of Accomplishments

■ 2004

- Initiated a partnership with United Tribes Technical College (UTTC) in applying for a grant that will enable the committee to work with the college to produce updated nutrition DVD's and be a part of developing a cookbook. In addition, UTTC provided nutrition training to the FDPIR Program Directors during the 2004 Regional FDPIR meeting.

Nutrition Education DVD

- 6 nutrition education sections lasting about 3 minutes
 - The Power of Healthy Choices
 - Gifts from the Earth
 - The Food Label
 - The Heartbeat to Health
 - The Challenge of Diabetes
 - Living in Balance



Cookbook

- “The Family Rezipte Book”
- Three Sections
 - Traditional Foods
 - Commodity Favorites
 - Recipes for Healthful Living



Cookbook – Section One

- Traditional Recipes – 37 recipes
 - Duck and Wild Rice Soup
 - Boiled Cattail Shoots
 - Mint and Raspberry Tea
 - Prairie Turnips
 - Indian Pemmican
 - Chokecherries
 - Dried Corn Soup
 - Wild Spinach



Cookbook – Section Two

- Commodity Favorites – 51 recipes
 - Pumpkin Cookies
 - Potato Soup
 - Bread Pudding
 - Noodle Hot Dish
 - Beef Burritos
 - Cabbage Casserole
 - Fruit Cocktail Bars



Cookbook – Section Three

- Recipes for Healthful Living – 17 recipes
 - Juneberry and Strawberry Woshapi
 - Baked Squash with Sunflower Seeds
 - Spiced Beets
 - Moose, Elk, or Deer Pot Roast
 - Healthy Pheasant-Wild Rice Casserole
 - Homemade Seasonings and Spices
 - Three Sisters Enchiladas



Questions?