

Emerging Opportunities for Registered Dietitian Nutritionists to Help Raise a Healthier Generation of Native American Youth



Sheila Fleischhacker, PhD, JD

NIDDK Office of Nutrition Research

Senior Public Health & Science Policy Advisor



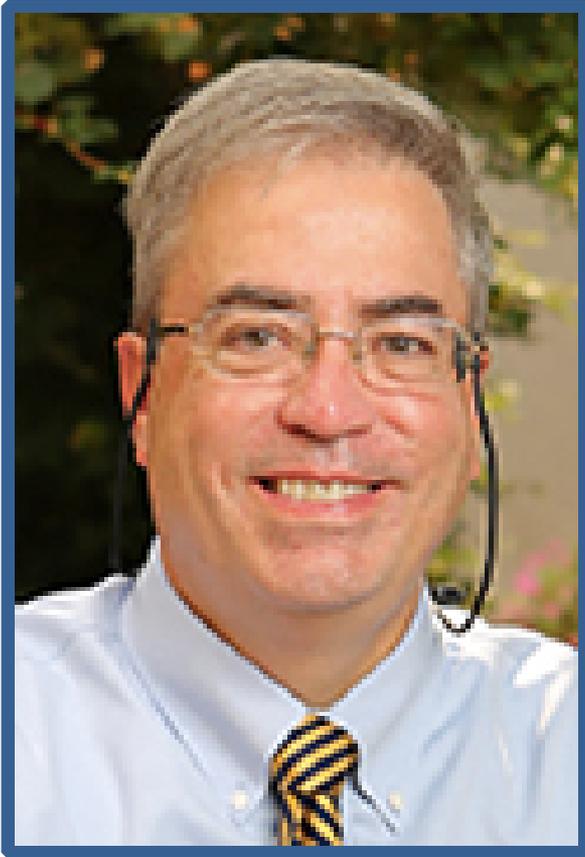


The NIH's Contributions to Advancing Health



- Identifies factors influencing health and health disparities in the US population
- Evaluates promising strategies for prevention and treatment in real-world settings and diverse populations
- Harnesses technology and tools to advance prevention and treatment
- Seeks expert input on research gaps
- Trains the next generation of scientists
- Fosters collaborations to maximize translation and dissemination

The NIDDK Office of Nutrition Research (ONR)



- Established on August 1, 2015
- Replaces the NIH Division of Nutrition Research Coordination (DNRC)
- Guided by assessment of DNRC
- Assist in leading a trans-NIH group that will strategically plan new initiatives for NIH nutrition research
- Close alignment with NIDDK
- Hired new ONR Director, Dr. Christopher Lynch





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National Institutes of Health (NIH)

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<http://lmic.ihs.gov/federalpartners/fedpartnersnih/>

Selected NIH Supported Research

- **Native youth**
 - Interventions
 - Nutrition-related chronic disease reduction research
- **Native adult nutrition-related chronic disease research**
- **Family & community obesity prevention projects**
- **Food environment studies with tribal communities**





THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

AMERICAN INDIAN Healthy Eating

About AIHE

AIHE Lessons Learned

Tools for Healthy Tribes

Healthy Native North Carolinians

NC Native Asset Coalition

AIHE Lessons Learned

AIHE Lessons Learned

Community Input

<http://americanindianhealthyeating.unc.edu/>



Inter-Disciplinary Obesity Center



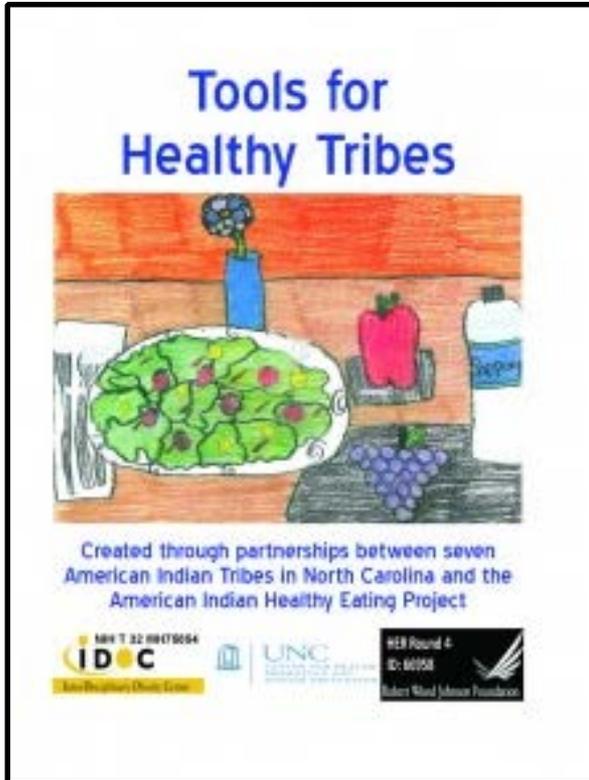
UNC
CENTER FOR HEALTH
PROMOTION AND
DISEASE PREVENTION

HER Round 4
ID: 66958



Robert Wood Johnson Foundation

Tools for Healthy Tribes



- Incorporates community insights
- Integrates Native traditions
- Describes community change
- Explains rationale and tips
- Provides local resources
- Connects with community and economic development

Fleischhacker, et al. *Am J Prev Med*. 2012;43(3Suppl2):S123-9
<http://americanindianhealthyeating.unc.edu>

Participants

Coharie Indian Tribe
Cumberland County Association
for Indian People
Guilford Native American
Association
Haliwa-Saponi Indian Tribe
Lumbee Tribe of
North Carolina
Meherrin Indian Nation
Occaneechi Band of
the Saponi Nation
Sappony
Triangle Native American
Society
Waccamaw Siouan Tribe

Grant Administrator

North Carolina
Commission of Indian Affairs

Capacity Building Team

American Indian Center &
Center for Health Promotion and
Disease Prevention,
both at the University of North
Carolina-Chapel Hill

Supported by

Kate B. Reynolds
Charitable Trust



- Provided direct support
- Fostered self-determined plans of action
- Increased civic engagement
- Offered tailored capacity building consultation and workshops
- Facilitated cross-community collaborations
- Enhanced statewide recognition



**Emerging Opportunities for
Registered Dietitian Nutritionists
to Help Raise a
Healthier Generation of
Native American Youth**



Commentary Purpose

Increase awareness of emerging opportunities for registered dietitian nutritionists (RDNs) to help raise a healthier generation of American Indian and Alaska Native children and adolescents (Native youth, for short). RDNs working for, with or near tribal communities or as educators, preceptors or mentors who develop the next generation of RDNs have tremendous potential to shape the public health landscape to advance Native health



Opportunities Highlighted



- **Integrating nutrition into comprehensive approaches**
- **Fostering emerging tribally-led healthy eating strategies**
 - **Improving access to locally grown, affordable foods and beverages**
 - **Strengthening tribal institutional and commercial food service nutrition standards**
 - **Breastfeeding promotion**
- **Building the evidence and capacity to advance Native health**
- **Engaging and empowering Native youth**

Concluding Points

- Chronic disease does not have to be the fate of this generation
- New opportunities exist for RDNs to help address nutrition-related health disparities among American Indian and Alaska Native individuals, families and communities
- Particularly promising are emerging opportunities for RDNs working for, with or near tribal communities to partner with tribal leaders including Native youth on catalyzing and sustaining tribally-led approaches to foster healthy eating among tribal communities



Physical Activity among Native Youth: A Systematic Review of the Methodology and Current Evidence of Interventions and Community-Wide Initiatives



Sheila Fleischhacker, PhD, JD; NIH

Erica Roberts, MHS; Maryland

Ricky Camplain, MSPH; UNC

Kelly Evenson, PhD; UNC

Joel Gittelsohn, PhD, MSc; Johns Hopkins



Mentored Research & Career Guidance

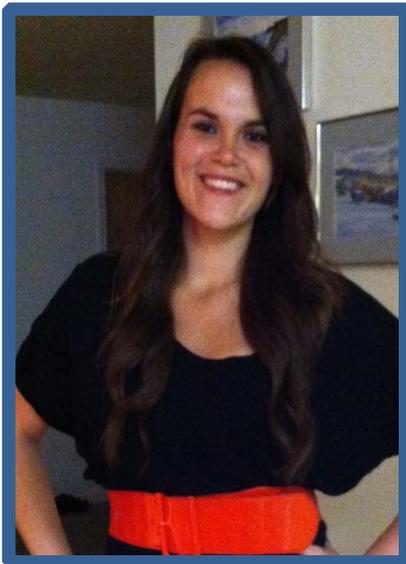


Dr. Erica Blue Roberts, MHS

Lumbee Tribe of North Carolina

While a PhD Candidate in Behavioral
and Community Health

University of Maryland



Ricky Camplain, MSPH

Comanche

PhD Student in Epidemiology

University of North Carolina



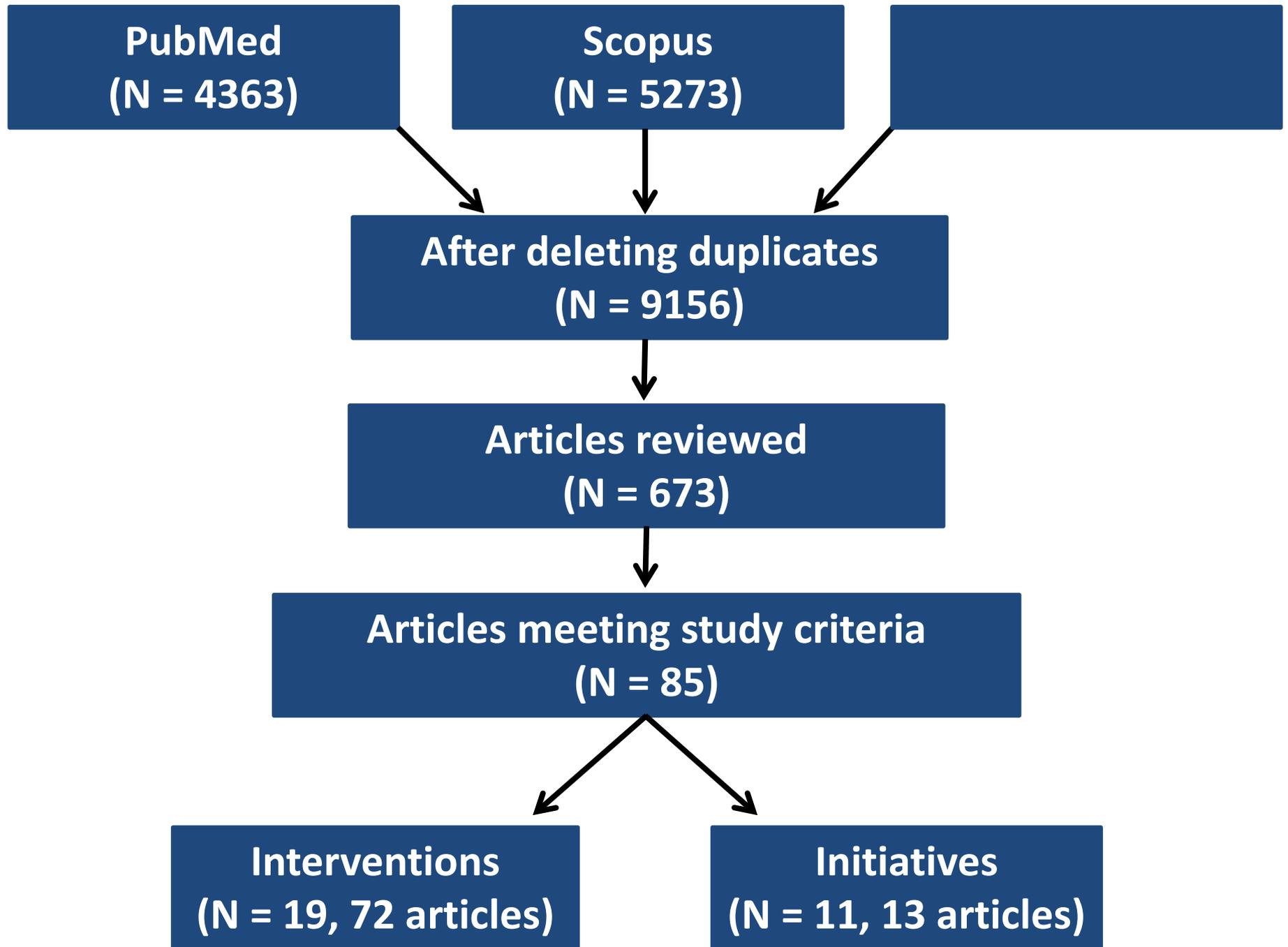
Systematic Review Goals

To address research gaps and help inform tribally-led community changes that promote physical activity, this review examined the methodology and current evidence of physical activity interventions and community-wide initiatives among American Indian and Alaska Native children and adolescents (Native youth)



Methods

- **Consulted with NIH librarian**
- **Conducted keyword guided search in PubMed (Medline), Web of Science, and Scopus**
- **Focused on peer-reviewed articles that reported on physical activity among Native youth, families and communities**
- **Conducted updated search on June 19, 2015**
- **Filtered search with inclusion/exclusion criteria**
- **Extracted standardized information from each included article**
- **Conducted inter-rater reliability**



Targeted Settings (N=19)

Targeted Settings	N (%)
Childcare-based	1 (5)
Family-based	6 (32)
School-based	8 (42)
Summer Day Camp	1 (5)
Supervised Classes	2 (11)
Workshop	1 (5)

Intervention Strategies (N=19)

Strategies	N (%)
Educational	19 (100)
Enhanced Opportunities to Be Active	12 (63)
Family or Household Component	12 (63)
Integrated Other Sectors	4 (21)
Media-based	4 (21)
Training-the-Trainer	16 (84)

Outcomes (N=19)

Outcomes	N (%)
Physical Activity Related Knowledge and Attitudes	4 (21)
Weight or Height-Related	8 (42)
Environmental, Policy, and Systems Approaches	5 (26)



Community-Wide Initiatives

Preliminary Results

- All noted use of a theoretical framework
- All but one used tribal participatory or partnership building approach
- All focused primarily on formative stages of partnership development
- 6 (54%) provided insights on promising areas such as improving environmental access to recreational areas and facilities and instituting school and worksite activity policies



Conclusions

- **Few noted positive changes in knowledge and attitude relating to physical activity**
- **None reported statistically significant improvements on weight-related outcomes**
- **Some interventions and community-wide initiatives discussed implementing environmental, policy, and system changes relating to promoting physical activity**
 - **But generally only shared anecdotal information**



Conclusions

- **Using community-based participatory research or tribally-driven research models**
 - **Could strengthen tribal-research partnerships; and**
 - **Improve the cultural and contextual sensitivity of the intervention or community-wide initiative**
- **More research is needed to better understand what to focus on to promote physical activity among Native youth**
- **Future research could also focus on the unique authority and opportunity of tribal leaders and other key stakeholders to use environmental, policy, and systems approaches to raise a healthier generation of American Indian and Alaska Native children**



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Native American Research Centers for Health (NARCH)

- **Partnership between IHS & National Institute of General Medical Sciences**
- **Supports American Indian/Alaska Native tribes or tribally-based organizations and institutions that conduct academic-level biomedical, behavioral and health services research**
- **Provides opportunities for conducting research, research training and faculty development**



Training Opportunities

- **NIDDK Office of Minority Research and Health Coordination Diversity Summer Research Training Program for Undergraduate Students**
- **NIDDK Undergraduate STEP-UP Program**
- **NIDDK High School STEP-UP Program**
- **NIGMS Native American Students NIH Week-Long Summer Visit**
- **NIMHD Translational Health Disparities Two-Week Intensive Course**
- **The Partnership for Native American Cancer Prevention**
- **NIH Institutional Review Board Internship Program**

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sheila.fleischhacker@nih.gov

312-502-1060

