WICOZANI
Implementing Nutrition Education programming within the Lower Sioux Indian Community
Presenter : Stacy Hammer, RDN, LD
TOPICS OF DISCUSSION

• History of the Lower Sioux Indian Community and Healthcare administration
  • Lower Sioux SDPI programming: Nutrition Education as Best Practice
• Elders and youth connection through Diabetes Bingo/Healthy living Bingo
• Administration on aging Title VI program (Elder Nutrition Program)
• Healthy native foods project: Lower Sioux Health and Human Services Advisory Committee & Tribal leadership engagement
  • Policy, Systems and Environmental Change model
• What’s Next: Plans to work with drug & alcohol recovery program
  • Integrating elder nutrition meals into outpatient recovery plan
Mni Sota (Minnesota), the place where the water reflects the sky, is the place of Dakota origin. The Dakota have thrived in this area since time immemorial. Prior to 1862, the Minnesota Dakota, also known by the French term, “Sioux” consisted of 4 bands known as the Mdewakanton and Wahpekute (together comprising the “lower bands”), and the Sisseton and Wahpeton (Known as the “upper bands” or Dakota Sioux,) all of whom lived along the Minnesota River.

In August of 1862, young traditionalists in these 4 bands waged war against the U.S. following 2 years of unfulfilled treaty obligations, including failure to make payment on lands, provide health care and food.

After defeating the bands, the U.S. punished the Dakota by nullifying its treaties with them, voiding annuities that had been granted as part of the terms of the treaties, and the subsequent removal of all Dakota people from the state of Minnesota.

Many families returned to their homeland in spite of this government imposed exile. Because some had been loyal to the U.S. during the war, those loyalists were permitted to stay on the MN lands for the Dakota under the treaties.
WHERE WE ARE TODAY

• The reservation is approximately 2,000 acres situated in southwest Minnesota. There are currently 1,100 enrolled community members of the Lower Sioux, with approximately 50% under the age of 18.

• The Lower Sioux Indian Community is a federally recognized Indian tribe located in south central Minnesota in Redwood County, approximately two miles south of Morton, within five miles of Redwood Falls (pop. 5,135.) The Community Center is located on the southern bluffs of the Minnesota River valley.

• The total tribal population resides throughout a 10-mile service area and beyond.

• Lower Sioux Indian Community (LSIC) is governed by a five member tribal council.
5 CHANGES IN HEALTH CARE ADMINISTRATION

Health Department 2005-2013
Located inside the Recreation Center
First Registered Dietitian employed at LSIC - May 2013!

Health Department 2014 – 2015
Located in building with 5 offices
Benefits coordinator, Contract health, RDN, CHN, Director

Lower Sioux Health Care Center 2016
First Clinic Opened March, 2016!
Dental, Medical, Pharmacy, Retail Optical, RDN, Community Health
LOWER SIOUX DIABETES PROGRAM
DIETITIAN DUTIES

• Diabetes education for management and prevention, MNT & Community health
• Grant writing and reporting
• Elder Nutrition programming, menu development and nutrition analysis
• Website administrator
• Community Action Grant project manager (NB3)
• Cultivating Healthy Communities “Wicozani” project Director (Aetna Foundation)
• Lower Sioux Health and Human Services Facilitator & Organizer
ACTIVITIES/SERVICES WITHIN THE LOWER SIOUX DIABETES PROGRAM

• Monthly Diabetes and Healthy Living Bingo:
  • Both bingo curricula developed by the White Earth Diabetes Project
  • Includes a healthy meal with recipe, nutrition education and healthy eating promoting incentives (kitchen tools) as prizes for diabetes bingo

• Grocery store tours
  • Grocery store tours teach participants how to read food labels and make healthier choices at the grocery store
  • Can be scheduled as an individualized tour or as a group

• Collaborating with Minnesota Department of Health’s SHIP and Tobacco Prevention programs in a series of races, such as the Powwow 5k, Diabetes Awareness trail run
  • Incorporating nutrition education into a 5k training program that leads participants up to event

• Annual Diabetes Awareness Dinner held every November
  • Includes healthy community dinner and speaker
LOWER SIOUX ELDER NUTRITION PROGRAM

Mission: To provide an opportunity for Tribal elders to access healthy meals, nutrition screening and education, and provide a social outlet for elders to meet with their friends, learn, and remain engaged within their community.

• Program began in July, 2014
• Major change from the norm: Daily meal tickets for casino food outlets to ENP Program
• Congregate site located at Jackpot Junction Casino
• Meals are prepared and served by staff at Casino
• Recipes provided and nutrition analysis conducted by RDN/Title VI Director
• Home delivered meals are also offered
• Incorporating DASH diet patterns, Dietary Guidelines and MyPlate method into menus, along with traditional Dakota foods and recipes
BENEFITS & CHALLENGES OF INTEGRATING HEALTHY NATIVE PLATE INTO LOWER SIOUX ENP

Benefits

• Better understanding of what a healthy plate looks like and how to adopt healthy eating practices at home
• Weight loss
  • Expressed by Elder’s struggling with being overweight and experienced weight loss after 1 month of participation
• Feeling after eating meal, “I feel full, but not too full.”
  • Taken from a response to survey

Challenges

• Time Consuming initially
  • Development of menus
  • Locating recipes
  • Trial and error in acceptability of new recipes
• Acceptance of change
  • Lower sodium meals
  • Smaller portions than typical meal
  • Congregate dining... Still a challenge
FORMATION OF LOWER SIOUX HEALTH AND HUMAN SERVICES ADVISORY COMMITTEE (LSHHSAC)

• The 8 member Advisory Committee was nominated by Lower Sioux Community member votes at the Community Sioux Chef dinner, held in January, 2015 and approved by Tribal Council.

• The first meeting was held on March 26, 2015.

• The Lower Sioux Indian Community; in partnership with the American Indian Cancer Foundation (AICAF), has put together a community Health and Human Services Advisory Committee. The advisory committee has been started to serve the areas of Health and Social Services.

• The long term goal of the committee is to increase community engagement to establish a sustainable Lower Sioux Indian Community food system that improves access to healthy food, connects the community to indigenous foods, and creates healthier families.
THE LSHHSAC ROLES AND RESPONSIBILITIES

• Providing input towards programming, grant funding use, and community needs by staff in each of these areas.

• Attending one meeting per month, which are co-facilitated with the American Indian Cancer Foundation. AICAF has also been providing education for the advisory committee on health and wellness topics of their interest.

• Providing input on the programming and needs of AICAF. Collaboration between AICAF and committee members will assist in meeting cancer prevention and educational needs within Indian Country.
HONORING LITTLE CROW WITH HEALTHY AND INDIGENOUS FOODS INITIATIVE
RESOLUTION NO. 16-116

• Adoption of Resolution on September 20, 2016!!
• Calls for policy to support availability of healthy and indigenous foods in vending machines at Rec center and Government Center
  - 75% healthy/indigenous
  - Use pricing and placement to promote healthy items
  - Calorie information to be provided
• Calls for policy to encourage Wacipi vendors to provide healthy and indigenous foods (50% discount on fee)
• Calls on committee to develop strategic plan and recommendations for other food outlets
A. Guidelines for food and beverages provided at LSIC meetings, forums, and other events occurring on LSIC property

B. Guidelines for the employee dining program

C. Increase availability and purchase of health promoting foods and beverages in stores and other community food outlets

D. Identify and address any challenges
• Review of Resolution and talking circle
• Tasked to develop recommendations and actions for strategic plan components
• Responses generated from one question:
  - What do committee members and the Health and Human Services Department need to do to accomplish establishing and implementing A through D?
• Presenting final report to committee for review and approval of document
• Present to Tribal Council on March 27, 2017
THE POWER OF COLLABORATION AND PARTNERSHIPS

• Working together and communicating with departments within your organization/community

• This policy work could not have been made possible without the support of the partnerships and collaboration with many groups such as:
  • American Indian Cancer Foundation
  • Notah Begay III Foundation
  • Minnesota Public Health Law Center
  • MDH- Tobacco Prevention and SHIP
  • IHS- Special Diabetes Program for Indians (SDPI)
  • Blue Cross Blue Shield
ENGAGING AND GARNERING TRIBAL LEADERSHIP SUPPORT

• Connect and talk with leadership throughout this process.

• Bring the voices of your community to them through survey results, focus groups, etc.

• Engage leadership by conducting a Tribal Leadership Visioning project.
  • Identified how each of our tribal leaders view the health of our community, what priorities they are focusing on and goals they have set for supporting the health of the people for generations to come.
  • Facilitated by AICAF.
WHAT’S NEXT: INTEGRATING NUTRITION EDUCATION INTO RECOVERY PROGRAM

- Participants of outpatient drug and alcohol program have expressed interest in nutrition education as part of their recovery.
  - Opportunity to screen for possible malnutrition diagnosis with follow up MNT.
  - Weight gain has been expressed as another side effect during recovery.
- Behavioral Health services department has invited RDN to present nutrition education information during weekly group sessions.
- Participants have requested to be allowed to participate in the Elder Nutrition Program meal service during outpatient recovery.
  - How can we support that model and integrate it into recovery?
PIDAMAYAYE!
Thank you!

Website: http://lowersiouxhhs.org/
Email: stacy.hammer@lowersiouxhealth.com