## September 2016 Obesity Prevention Webinar Series

Indian Health Service  
Health Promotion/Disease Prevention

**Tuesday, September 20, 2016**

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### Indigenous Foods
By Freda Carpitcher, MPH

### Traditional Food Guide Activity for Alaska Native Youth
By Karen Morgan, MBA & Judith Muller

Link to the webinar: [http://ihs.adobeconnect.com/ihs-hpdp](http://ihs.adobeconnect.com/ihs-hpdp)

**Learning Objectives** – At the conclusion of this webinar session, the participants will be able to:

1. Identify if the participant lives in a food desert.
2. Gain knowledge of what they can do if they live in a food desert.
3. Be able to identify multiply possible solutions to food desert disparities.
4. Understand the development process for creating a youth nutrition resource that incorporates traditional Alaska Native lifestyles.
5. Identify the three formats used for communicating information on each activity book nutrition.
6. Describe methods used to evaluate the activity books use.

**TARGET AUDIENCE:**
Physicians, Nurses, Registered Dietitians, Health Promoters, Fitness Specialist, Environmental Health Professionals other members of the care team and other interested parties.
CONNECTION INFORMATION:

1. Go to: http://ihs.adobeconnect.com/ihs-hpdp
2. Select the “Enter as a Guest” option.
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4. Press the “Enter Room Button”

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Technical Assistance
ALB_AO.esupport@ihs.gov

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