

# GOOD HEALTH & WELLNESS IN INDIAN COUNTRY NEWSLETTER



Winter 2017

## COMMUNITY ACTION SPOTLIGHT

### FAST BLACKFEET

This season, the community 'spotlight' falls on the success of a dedicated coalition of food sovereignty advocates known as FAST Blackfeet. FAST, the Food Access and Sustainability Team, exists with the purpose of *"supporting community strengths, culture, and wellness by developing local, sustainable systems that provide healthy food access and education at every age, for all who need it."*

Since its inception in September 2015, the nearly 70 members of FAST Blackfeet have utilized a \$10,000 grant from First Nations Development Institute (FNDI) to demystify food insecurity across their communities. In November 2017, the team published their second Community Food Security and Food Sovereignty Assessment (CFSA), supplementing a previously conducted summer assessment, with data collected during winter months on the reservation. This tribe-specific report provides a holistic snapshot of the local food system, identifying which links in the network pose the greatest threat to nutritious eating. In addition to health data, the CFSA provides readers with a directory of food-related resources, a Food Access Map and prioritized recommendations for change. A series of infographics have also been developed to effectively communicate data findings to community members. The coalition's commitment to food sovereignty continues through actions to implement the CFSA findings. Even beyond their own land and neighbors, FAST Blackfeet has provided information about the CFSA through a webinar



(Clockwise from the front) Lyle MacDonald (Heart Butte Seniors Program); Sharon Silvas (I.H.S. Health Educator); Nonie Woolf (Note-taker); Scott Brant (Blackfeet Nourish Program); Kirsten Krane (Breastfeeding Initiatives and Opioid Task Force); Dawn Delanie-Falcon (BCC Extension); Graham Schrieber (AmeriCorps FoodCorps); and Theresa Pepion (SNAP Education Program)

developed by FNDI on Community Assessments, and another webinar about Food Sovereignty sponsored by GHWIC. FAST Blackfeet is willing to share their experiences with other organizations who may be developing CFSA's of their own. GHWIC is enthusiastic to see how the work of FAST Blackfeet will continue to ripple positive change across tribal food systems.

Please email [katie.keith@rmtlc.org](mailto:katie.keith@rmtlc.org) for more information on FAST Blackfeet or food sovereignty resources.



# ▶ GOOD HEALTH & WELLNESS ◀

## URBAN INDIAN RESOURCE FAIR

GHWIC participated in the Urban Indian Resource Fair held at the Billings Public Library on November 28th, 2017 by holding a kids craft table. The event was organized by Anna Schmitt in collaboration with Planned Parenthood of Montana to inform community members of the resources available to them, as well as to determine eligibility for various insurance options. Insurance navigators were present at the event to sign up eligible participants. The GHWIC table offered kids and adults alike an opportunity to play with different vegetables as stamps in paint, opening up a discussion around healthy eating and nutrition.



Katie Keith (Food Sovereignty Coordinator)



(Left to right) Katie Keith (Food Sovereignty Coordinator) and Arlana Farwell (Tobacco Coordinator)

## GREETINGS FROM THE NEWEST MEMBER OF THE GHWIC TEAM!

RMTLC recently received their second Public Health Associate from CDC's Public Health Associate Program (PHAP). Katie Keith joined the team in October 2017 as the Food Sovereignty Coordinator for the remainder of the GHWIC grant. Originally from Atlanta, Georgia, Katie completed her Bachelor of Science in Public Health from Furman University in South Carolina. She credits her interest in the field to several professors who challenged her to seek upstream solutions to health disparities. Under these mentors, she contributed to research investigating the social determinants of chronic and infectious diseases in local, tribal and international communities. After graduating in spring 2016, Katie applied her passion for public health to serve under the AmeriCorps program City Year. In an under-resourced neighborhood south of Dallas, Texas, Katie dedicated over 1,750 hours to improving literacy among elementary students and to planning Community Health Fairs. Grateful for the opportunity to learn about cultures different than her own, it is with great enthusiasm that Katie joins the GHWIC team to support local and traditional food networks across the Rocky Mountain region.

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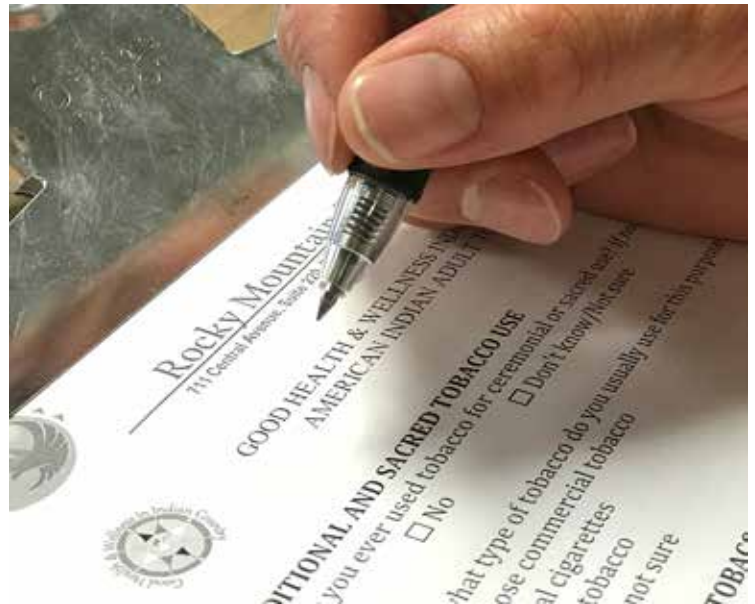
# TOBACCO

## American Indian Adult Tobacco Survey

The GHWIC tobacco program developed an adult tobacco survey with the help of the State of Montana American Indian Tobacco Prevention Specialists (TPS). The GHWIC team and the TPS took the survey to each reservation where community members completed the survey. The survey asked the participants about his/her traditional and commercial tobacco use, attitudes and beliefs about commercial tobacco, second hand smoke exposure, smoke free policies and enforcement, quit efforts, and knowledge of cessation resources in the community. We would like to use the survey results to strengthen the tobacco prevention efforts on all Montana and Wyoming reservations. All surveys are complete, with the exception of the Little Shell Tribe of Chippewa Indians, which will be undertaken on December 16, 2017. Data entry is now in progress and reports should be ready to share with the Tribes by February 2018.



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line  
**1 (855) 372-0037**  
MTAmericanIndianQuitLine.com



## Tobacco Treatment Specialist Training

Both Arlana Farwell and Charleena Penama have taken the Tobacco Treatment Specialist Training (TTS). Arlana completed her TTS training from the Rocky Mountain Tobacco Treatment Specialist Program through the University of Colorado Anschutz Medical Campus School of Medicine. She will be pursuing national certification next year. Charleena Penama received her TTS training from the Nicotine Dependence Center Tobacco Treatment Specialist program at the Mayo Clinic in Scottsdale, AZ.



# UPCOMING EVENTS

## SPRING WORKSHOP 2018

The time is approaching for the yearly spring GHWIC conference to be held in Billings, MT. The conference will cover social media utilization, tobacco prevention and cessation, and policy enhancement. Keep an eye out for future communications regarding event specifics. If you have any questions, or would like to be involved please contact Sonya Bigleggins at [sonya.bigleggins@rmtlc.org](mailto:sonya.bigleggins@rmtlc.org).

## TOBACCO WEBINARS 2018

GHWIC's Arlana Farwell is planning a series of tobacco related webinars. Topics will range from education campaigns, to publication reviews, and tobacco policy formulation. If you are interested in being involved in these webinars, please contact Arlana Farwell at [arlana.farwell@rmtlc.org](mailto:arlana.farwell@rmtlc.org).

## SPRING ROUND ROBIN 2018

We can come to you! Interested in breastfeeding, policy training, or other chronic disease related topics? Let us know and we can arrange a visit and/or training this coming spring. Find our contact information on the back page of this newsletter.



## GHWIC ANNUAL HEALTH CONFERENCE

This year's conference will be held in Billings, *Summer 2018*. GHWIC will consider input from tribal partners. If you want to be involved in planning, contact [sonya.bigleggins@rmtlc.org](mailto:sonya.bigleggins@rmtlc.org).

Tentative conference topics:

- ◆ Health Literacy
- ◆ Policy Development & Enhancement
- ◆ Tobacco Prevention & Cessation
- ◆ Community Assessment
- ◆ Breastfeeding

# HEALTHY TIDBITS

## STAYING ACTIVE IN WINTER

While it may seem more difficult, there are plenty of ways to stay active during the cold winter months. Some examples include:

- ♦ Snow sprints: head to an open snow-covered field in warm clothes and shoes and run around. Have fun with your active time and play with all that snow, building a snowman, having a snowball fight, or even making snow angels!
- ♦ Interested in indoor traditional activities? Contact your local native games representative and get involved!
- ♦ Contact: DeeAnna Brady-Leader  
International Traditional Games Society  
P.O. Box 408, East Glacier, MT (406) 226-9141



[www.traditionalnativegames.org](http://www.traditionalnativegames.org)

## PHYSICAL ACTIVITY TIP

### Traditional Game:

#### Kickball Racing (Crow)

Rules: Can be played inside or outside. Start by setting a distance for the race, marking the finish line with a stick or chunk of wood. At the call to start the players kick their individual kickballs towards the finish line, using only their feet. All kickballs should be the same size.

## HEALTHY CHOICES

### Arthritis Relief Tea:

- ♦ 2 parts alfalfa leaf
- ♦ 2 parts nettle leaf
- ♦ 2 parts oat seed or oat straw
- ♦ 1 part dandelion root

Steep a minimum of 5 minutes to 20 minutes depending on how strong you like your tea.



## WANT SOMETHING HEALTHY ON THE GO?

Try S'mores Luna Bars or other great flavors. When choosing an energy bar be sure to choose a brand with low sugar and high protein, some brands can be deceptively unhealthy!

## STAYING HAPPY IN WINTER

With the shorter daylight hours, many people find it harder to stay happy and positive in the wintertime. However, some small changes can make a big difference. For example, try:

- ♦ **Stay Active.** Chemicals that are released when you're physically active are proven to lighten your mood.
- ♦ **Get Outside.** Even if just for a short while each day. Sunlight helps produce chemicals that make you happy while simultaneously suppressing others that make you drowsy.
- ♦ **Be Social.** Group activities and human interaction are not only a natural human behavior and important aspect of native culture, they help improve your mood.

# ▶ TRADITIONAL RECIPES ◀

## **Venison (Deer) Stew**

*Makes 10 servings*

3-4 lbs venison, cut into 1-2 inch squares  
2 quarts water  
2 yellow onions, diced  
2 tsp salt  
Pepper to taste  
2 cups rice (white or wild)  
4 carrots, sliced  
1 stalk celery, sliced  
4 potatoes, diced

1. Brown venison in skillet.
2. Pour off excess fat, then combine venison, water and onions into a large pot. Cover and simmer for 3 hours.
3. Add salt, pepper and rice. Cook on low heat for additional 30 minutes.
4. Add vegetables and cook to taste.

Native Cookbook. (1998). Berkeley: Center for American Indian Research and Education, p.18.  
If you would like a copy of the Native Cookbook, or other healthy and Traditional resources for adults and children, please contact Katie Keith at [katie.keith@rmtlc.org](mailto:katie.keith@rmtlc.org).



## **SWEET SQUASH MUFFINS**

*Makes 18 muffins - Preheat oven to 375°F.*

8 cups (about 2 lbs) yellow squash, sliced  
1-1/2 cups water  
1/2 cups skim milk  
1/3 cup butter, melted  
2 eggs, slightly beaten  
3 cups all-purpose flour  
1/2 cup sugar  
1 tsp salt  
2 tsp baking powder  
3/4 tsp salt  
Vegetable cooking spray

1. Combine squash and water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender. Drain well. Mash squash, drain through a strainer. Discard liquid.
2. Combine squash, milk, butter and eggs; stir well and set aside.
3. Combine flour and next four ingredients. Make a well in the center of the mixture. Add squash mixture to dry ingredients, stirring just until dry ingredients are moistened. Divide batter evenly among muffin pans coated with vegetable cooking spray.
4. Bake 375°F for 20 minutes.
5. Remove from pan. Let cool on rack.

# CONTACTS



## GHWIC PROJECT CONTACTS:

Project Director:	Pharah Morgan	<a href="mailto:pharah.morgan@rmtlc.org">pharah.morgan@rmtlc.org</a>
Program Coordinator:	Sonya Big Leggings	<a href="mailto:sonya.bigleggings@rmtlc.org">sonya.bigleggings@rmtlc.org</a>
Tobacco Coordinator:	Arlana Farwell	<a href="mailto:arlana.farwell@rmtlc.org">arlana.farwell@rmtlc.org</a>
Evaluation Specialist:	Anna Schmitt	<a href="mailto:anna.schmitt@rmtlc.org">anna.schmitt@rmtlc.org</a>
Food Sovereignty Coordinator:	Katie Keith	<a href="mailto:katie.keith@rmtlc.org">katie.keith@rmtlc.org</a>



(Left to Right) Katie Keith, Anna Schmitt, Arlana Farwell, Pharah D. Morgan, Sonya Big Leggings



## ROCKY MOUNTAIN TRIBAL LEADERS COUNCIL

711 Central Avenue, Suite 220, Billings, MT 59102  
Phone: 406-252-2550 Fax: 406-254-6355

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