



OKLAHOMA TRIBAL ENGAGEMENT PARTNERS

**Growing SNAP-Ed
Partnerships with
Tribal Nations:**

**Pathways to Health
Equity in Indian
Country**

Principles of Practice

- **Consult tribal leadership and people.**
- **Listen. Respect. Integrate Native knowledge.**
- **Honor tribal processes.**
- **Integrity. Generosity. Share “what works.”**
- **Respect power of words. Keep our word.**



Dawn Satterfield, PhD, RN & Lemyra DeBruyn, PhD
Native Diabetes Wellness Program, Centers for Disease Control and Prevention

OKTEP's Mission

To attain health equity in Indian Country through culturally relevant educational programming, research, policy, systems and environmental change efforts.

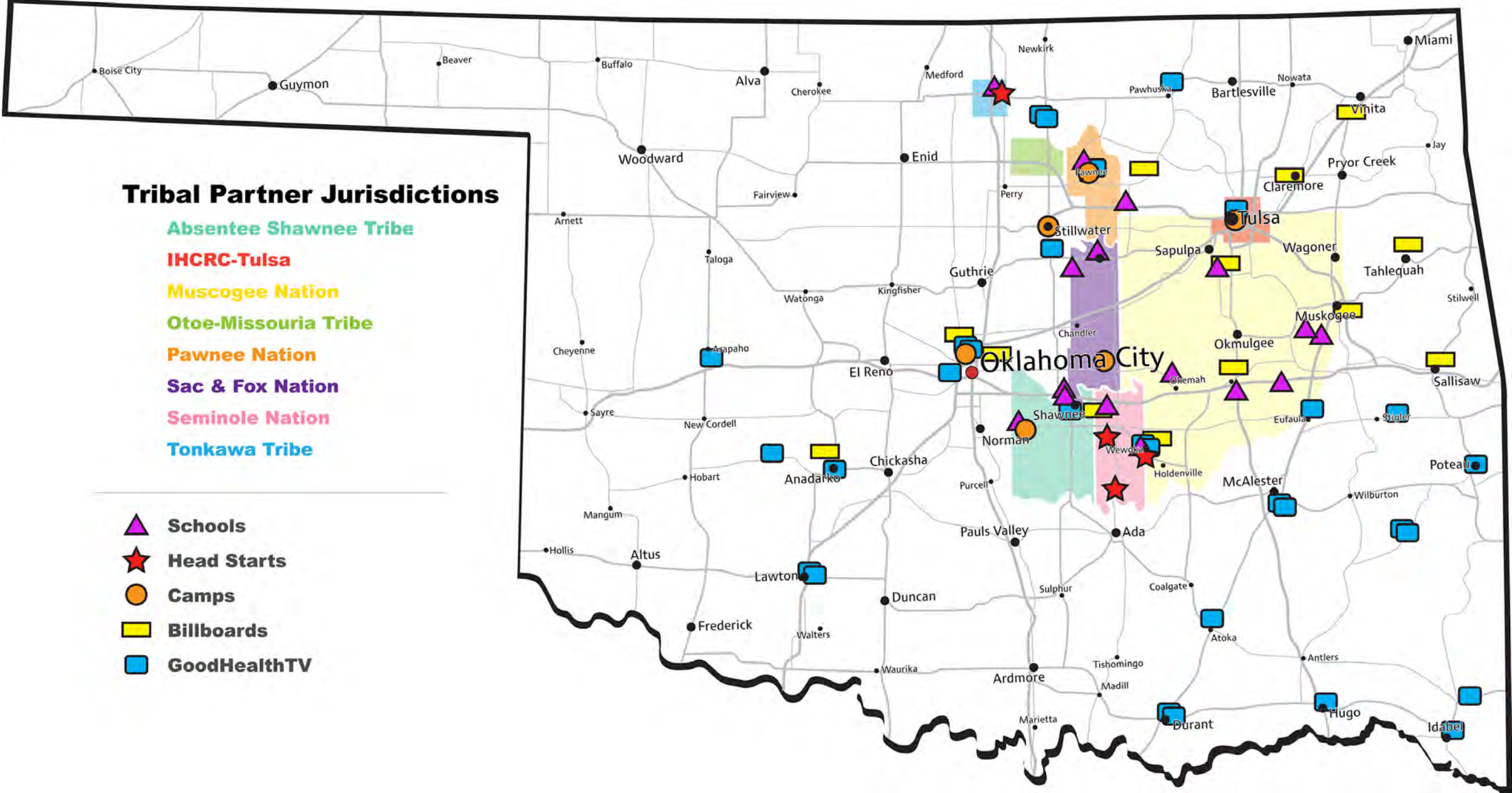
OKTEP Goals for Health Equity

- Conduct community-informed research: Native American nutrition and health
- Plan, coordinate and evaluate culturally relevant educational programming
- Hire, promote and support the training of Native American health professionals
- Foster innovative collaborations and partnerships
- Share promising practices



National Institute
on Minority Health
and Health Disparities

SNAP-Ed Partners





Indigenizing Nutrition Education: System Changes



Eagle Adventure Aims



Provide a vision of hope that type 2 diabetes can be prevented.

- Alter social desirability with respect to fruit, vegetable and physical activity behaviors
- Develop food, physical activity and body connections
- Encourage children to take a health leadership role in their family
 - Children as change agents

Address behaviors that also prevent obesity

Eagle Adventure Program Components



Individual level

- Eagle Play kick off
- Four in-class lessons
 - Cultural connections
 - Hands on activities
 - Try an ingredient
 - Physical Activity

School level

- Eagle Announcements
- Posters
- Banners
- Character visits

Interpersonal Level

- Eagle Moving Activities
- Eagle Recipes
- Parent Tip Sheets
- Nestwork
- Coloring Sheets

Cultural Relevance and Visibility

- **Story telling**
 - Facilitated reading
 - Animals that embody traditional knowledge
- **Language revitalization**
- **Traditional ways of being active**
 - Games, song and dance
 - Snake dance



Click to watch video.

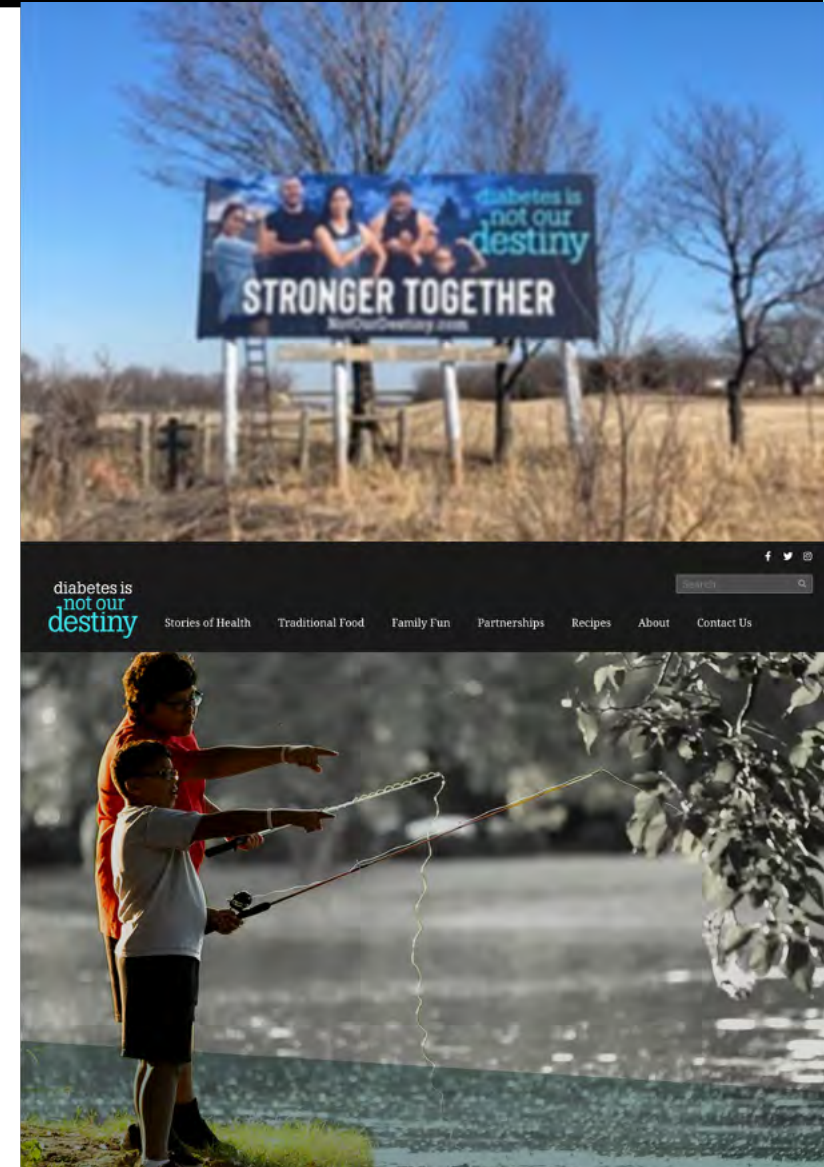


Strawberries

4, sliced

Diabetes is Not Our Destiny: Sister Program

- Intergenerational
- Campaign and website www.NotOurDestiny.com
 - PSAs (Radio and TV)
 - Social Media
 - Billboards
 - Posters
 - Newspaper ads
 - Direct mailers
 - GoodHealth TV
- Cooking Demonstrations




A portrait of Jeremy Fields, a man with short dark hair, wearing a dark t-shirt, standing in front of a blurred background.

FISHING
diabetes is
not our
destiny

Jeremy Fields
*Crow, Pawnee
and Chickasaw*

NotOurDestiny.com

A portrait of Rusty Lowrance, a young man wearing a traditional Native American headdress with red and black feathers and a yellow sash.

diabetes is
not our
destiny

"Dancing is a spiritual feeling. I dance for me. It makes me feel good & in turn I hope that rubs off on people around me."

Rusty Lowrance
*Ponca, Otoe-Missouria, Shawnee,
Seneca-Cayuga and Choctaw Nations.*

NotOurDestiny.com

A portrait of Deb Echo-Hawk, an older woman with long grey hair in a braid, smiling and holding several ears of corn. The background is a purple, textured wall.

diabetes is
not our
destiny

"Our community is growing more aware of the garden. And, what brings joy to my life was hearing a young boy say that when he grows up he's going to be a farmer - so he can grow this. And, that's what we need because we've skipped some generations of our farmers."

Deb Echo-Hawk
Pawnee

NotOurDestiny.com

Click to watch video.



Click to watch video.



Fish and Veggie Skewers

Recipe cost: \$9.00 or \$2.25 per serving
Makes 8 skewers, 2 per serving

You will need:

- 1 pound fish (catfish or salmon)
- 24 cherry tomatoes
- 1 bell pepper, cut into 24 pieces
- 1 tablespoon vegetable oil
- 1 lemon, cut into wedges
- 8 skewers
- To taste salt and pepper



What to do:

1. Clean fish and pat dry.
2. Coat all sides of fish with salt and pepper.
3. Cut fish into 24 pieces.
4. Slide a piece of fish onto skewer, then tomato, then bell pepper. Repeat 2 times on each skewer.
5. Heat oil in large skillet over medium-high heat.
6. Place skewers in pan and turn every 2 minutes until all sides have been cooked.
7. Squeeze a lemon wedge over the top for added flavor and serve warm.

Options:

Make with local fish or seafood, could be salmon, catfish, white fish, trout or shrimp.

Instead of tomatoes and bell pepper, try onions, squash or asparagus.

Fruit like pineapple chunks or peaches could be added.

Skewers can also be made in the oven or on the grill.

| Nutrition Facts | |
|--------------------------|----------------|
| Serving size | 2 skewers |
| Amount per serving | |
| Calories | 170 |
| | % Daily Value* |
| Total Fat 7g | 9% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 85mg | 22% |
| Sodium 55mg | 2% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 20g | |
| Vitamin D 14mcg | 70% |
| Calcium 31mg | 2% |
| Iron 1mg | 6% |
| Potassium 735mg | 15% |

*The % Daily Value is based on a diet of 2,000 calories a day. It is used for general nutrition advice.

diabetes is
not our
destiny
www.NotOurDestiny.com

Catfish

Rvro is the Seminole word for fish.



- When catching your own fish, a healthy fish should have firm flesh with no browning, a mild fresh smell, bright clear eyes, red or pink gills and tight scales.

Storage

- Fresh caught catfish should be chilled and stored in crushed ice for a fresh taste.



- Catfish, both fresh caught and fish you buy, should be stored in the fridge as soon as you get home and will keep for up to 3 days.
- Catfish may also be stored in the freezer to extend shelf life. After thawing frozen fish, do not refreeze.

- When buying fresh fish, the fish should be refrigerated or on ice, have a mild fresh smell, not fishy and the flesh should "spring back" when you touch it.
- When buying frozen fish, make sure the package is not torn or crushed and there are no ice crystals.
- "Fresh Frozen" means the fish was frozen while fresh.
- "Previously Frozen" means the fish was frozen while fresh and thawed for sale.
- Catfish is low in calories and high in protein, omega-3 fatty acids and vitamin B12 when made without added fat.

Preparation

- All fish should be cooked to 145 degrees Fahrenheit to kill harmful bacteria and parasites.
- Catfish is best when baked, grilled or broiled with the skin removed and fat trimmed.



diabetes is
not our
destiny

Find us on

[facebook.com/NotOurDestiny/](https://www.facebook.com/NotOurDestiny/)

www.NotOurDestiny.com

Material funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Adapted from <https://extension.umn.edu/preserving-and-preparing/safety-concerns-consuming-fish#make-sure-your-fish-is-fresh-529060>

Traditional Food:

Catfish

Rvro
is the Seminole word for fish.



There are many kinds of catfish found across Indian Country. Most rivers, lakes and reservoirs have a large number of catfish in them.

Many Tribes caught and ate catfish and still do today. The type of catfish and traditional stories related to catfish are specific to the Tribe or region.

Traditionally, catfish would be strung on a stick and roasted over a fire or put into soups. Often, fish soup and corn mush were fed to sick people because the meal was full of nutrients and easy to digest.

Catfish is rich in protein, nutrients and healthy fats when prepared with no added fats, like roasting or baking.

Native people harvested catfish in different ways. Noodling, grabbling or a spear, were often used to harvest catfish.

References: Park, S., Hongu, N., & Dally, J. W. (2016). Native American foods: History, culture, and influence on modern



Click to add text

Indigenizing Policy, Systems and Environmental Changes

Driven by Tribal Partners



Indigenizing Policy, Systems and Environmental Changes

Driven by Tribal Partners



Indigenizing Policy, Systems and Environmental Changes

1

Ho! We•nke wa•sek
Hello, my relatives.

Welcome! Join us on an adventure as you walk along the trail.

Start here, at **1**, and stop at every sign until you reach the end, **8**.



Do a few stretches to get your body ready to move!

Let's get started.
Stand tall as you read the following.

Tonkawa Elementary School is located on the ancestral homelands of the Kickapoo, Kiowa, Osage, Tonkawa and Wichita Peoples.

Native Americans have lived here for thousands of years. This is still Indigenous land. It will always be Indigenous land.


We respectfully acknowledge the Tonkawa Tribe who has continued to steward this land throughout the generations.




2

Let's read some pages from the Two-Bite Club book, learn some Tonkawa words and get our bodies moving!

Each color on the plate in the picture is a different food group.
My teacher told me that if we eat two bites from each food group we can be members of the Two Bite Club!" said Will.
"OK, but I might not like it!" Anna replied cautiously.
Mother said, "Anna, I know you can be a big girl and fry two little bites of each food, then you will be in the Two Bite Club!"



Now, jump in the air as high as you can two times, then run to the next post.



| Tribal Nation | Type of Agreement | Current Partnership Contact | Current OKTEP Staff |
|--|-----------------------------|--|-----------------------|
| Absentee Shawnee Tribe | MOU | Executive Director, Absentee Shawnee Tribal Health System and SDPI Coordinator/Diabetes & Wellness Director, Absentee Shawnee Tribal Health System | 1 Nutrition Educator |
| Indian Health Care Resource Center (IHCRC) | Contract for Services & MOU | Director, Development and Programming | 1 Nutrition Educator |
| Muscogee (Creek) Nation | MOU & Pledge | Secretary of Health, Muscogee Nation Division of Health and Diabetes Program Director | 2 Nutrition Educators |
| Otoe-Missouria Tribe | LOA | Chairman and Nutrition Coordinator | Intertribal Educator |
| Pawnee Nation | LOA | Diabetes Program Coordinator | Intertribal Educator |
| Sac and Fox Nation | LOA | Special Projects Manager | Intertribal Educator |
| Seminole Nation of Oklahoma | MOU | Principal Chief and Diabetes/CHR Director | 1 Nutrition Educator |
| Tonkawa Tribe | LOA | President | Intertribal Educator |

Tribal Partnership Possibilities

Types of Agreements:

- Memorandum of Understanding (MOU)
- Contract for Services
- Pledge
- Letter of Agreement (LOA)

FY 2022-2023 Partnership Opportunities

We have plans for 3 - 4 educators in coordination with additional partner Tribes.

Interested? Please contact:

Teresa Jackson

*Fort Mojave, Seminole, Muscogee (Creek),
Cherokee, Yuma*

teresajackson@oktep.com

*Tribal Partnership and Outcomes Partner
Oklahoma Tribal Engagement Partners*