Organizational Chart

Northwest Portland Area Indian Health Board
*Executive Committee Members*

NPAIHB
Joe Finkbonner,
Executive Director

Northwest Tribal Epidemiology Center
*Victoria Warren-Mears*
Director

WTDP & NTCCP
*Kerri Lopez,*
Director

Northwest Diabetes Project

NTCCP & WHPP

National Diabetes Project
Oregon Tribes

- Confederated Tribes of Siletz Indians
- Confederated Tribes of Warm Springs
- Confederated Tribes of Coos, Lower Umqua, Suislaw Indians
- Confederated Tribes of Grand Ronde
- Confederated Tribes of Umatilla
- Klamath Tribe
- Cow Creek Band of Umpqua
- Coquille Tribe
- Burns Paiute Tribe
Oregon Tribes
NPAIHB Overview

- Formed in 1972 to promote Self-Determination in order to improve quality of health care
- Represent 43 Federally-recognized Tribes in states of Idaho, Oregon, Washington
- NPAIHB works in four priority areas:
  1. Legislative & Policy Analysis
  2. HP/DP Projects
  3. Technical Assistance & Training
  4. Data Surveillance & Research (EpiCenter)
Historical Events Oregon Tribes

- Fur trappers, mountain men
  - Resource Exploitation
- Oregon Trail
- Rogue Indian wars
- Termination of tribes
- Exclusion laws
- Tribes reinstated in 1980’s
Current Issues

- Sovereignty
  - Treaty Rights
- Health Reform
  - IHS budget
    - Funding 2019
  - Cutting CHR Health Education
  - Community health aides expansion
  - CMS reimbursement
- Health Disparities
  - Still gaps
Tribal Demographics

- 5.2 million American Indians and Alaska Natives (AI/AN) in United States (1.7%)
- In Northwest 344,606 AI/AN represent 2.8% of the population
- Between 2000 and 2010:
  - AI/AN youth population under age 24 increased by 50%!
  - 2.1 million AI/AN youth (40% of population)
- Lower socio-economic status
  - Nation’s poverty rate = 14.3%
  - 11.6% among NHW
  - 27% among AI/AN
  - Educational attainment is much less
    - College Graduation: AI/AN 13% vs NHW 28%
- What does this mean?
Food Inequity

- 76.8% low income individuals in tribal areas
- Compared 36.4% 1 mile from store
- AI/AN twice as likely for food insecurity:
  - Obesity
  - Type 2 diabetes
- Urban AI/AN at higher risk
Inequity in tribal communities

• Lack of access to fresh fruit and vegetable
• Expense of healthy foods
• Loss of traditional lifestyle
  ▪ Hunting, gathering, active lifestyle
• Food deserts tend to be where reservation lands are
• AND: transportation, poor housing, low wage work, stress
Strategies that have been successful

- Healthy heart curriculum
- Home Nursing
- Clinic referral
  - WIC / SNAP ED
- Food pantries
- Community gardens
- Prescription for exercise and healthy food
• Million Hearts program
  ▪ Strengthen chronic disease management
• Increase access to healthy foods
  ▪ Gathering / hunting
• Increase traditional foods / culture
  ▪ Food and games - Community Gardens
• Decrease consumption of sugar sweetened beverage
  ▪ Vending machine, rethink the drink
Actions for addressing food inequity

- Work with women of childbearing age:
  - Pregnant
  - Nurse visits to age 2

- Diet of pregnant mother:
  - Affects development of chronic disease
  - Mother, Child, Grandmother

- My Native Plate

- Screening for food insecurity
- Food Sovereignty Assessment Tool
- Resource sheet
**Columbia Plateau Native Nutrition Wheel**

**PROTEIN**

High-quality protein foods are salmon and other fish, lean meats and fowl, eggs, soy, legumes (dried beans and peas), nuts and seeds.

**25% of calories from protein**

**VEGETABLES**

Nutrient-dense vegetables and fruits provide vitamins, minerals and fiber. Choose a variety of colors for maximum nutrition.

**STARCHES**

Starchy foods include roots, corn, potatoes, beans, whole grains, breads, pasta, cereals, mush. Keep these foods healthy by not adding fats.

**20% of calories from fat**

**WATER**

Water is essential for every function of our bodies. Caffeinated drinks and sweetened beverages do not replace the need for pure water.

**8 glasses of water daily**

**Traditional Diet - Contemporary Foods**
Healthy Eating for Strong Native Communities

Indigenous Foods: foods native to local area.

Healthy Options: water, fruits, vegetables, whole grains, lean proteins, unprocessed foods.

Unhealthy Options: sugary drinks and processed foods high in sugar, sodium and saturated fat.

Provide education on the role of food in Indigenous culture and medicine.

Create space for all generations to connect with traditional foods knowledge.

Provide incentives to vendors for offering healthy options and posting nutrition information for all items.

Encourage bringing healthy dishes to community gatherings.

Healthy Options:
- Water
- Fruits
- Vegetables
- Whole grains
- Lean proteins
- Unprocessed foods

Unhealthy Options:
- Sugary drinks
- Processed foods high in sugar, sodium and saturated fat

NATURAL RESOURCES
- Offer opportunities for skill building in traditional hunting and gathering practices.
- Include Indigenous foods in commodity program.

*HIAP Definition
An approach to tribal policy that weighs the potential health impacts of decisions, seeking to avoid harmful health impacts and improve community health outcomes.
Northwest Tribes Meet the Challenge

- Zumba fun and fitness night - smoothie station
- Youth camp - skin cancer, tobacco physical activity, healthy eating
- Youth prevention night “Traditional games”
- Traditional food gathering classes - salad class, and preserving strawberries
- Tribal health fair
- Community gardening project – fresh produce, elders luncheon,
- Men and women's wellness conference
Northwest Tribes Meet the Challenge

- Aerobics Video
- Pink Shawl
- Mother daughter tea/lunch
- Golf tournament
- Great American Smoke out
- Men’s health day
- Relay on the Rez
- Breathe free

- Cooking classes/healthy eating
- Just Move It
- Women and Wellness
- Lifestyle Intervention Classes
Northwest Tribal Epicenter Staff working on issues

- **Staff**
  - Kerri Lopez, NTCCP Director
  - Eric Vinson, NTCCP Coordinator
  - Ryan Sealy, WEAVE NW Tobacco Specialist
  - Antoinette Aguirre, Cancer Prevention Coordinator

- **Funding:**
  - CDC
  - Oregon Health Authority
  - Indian Health Service