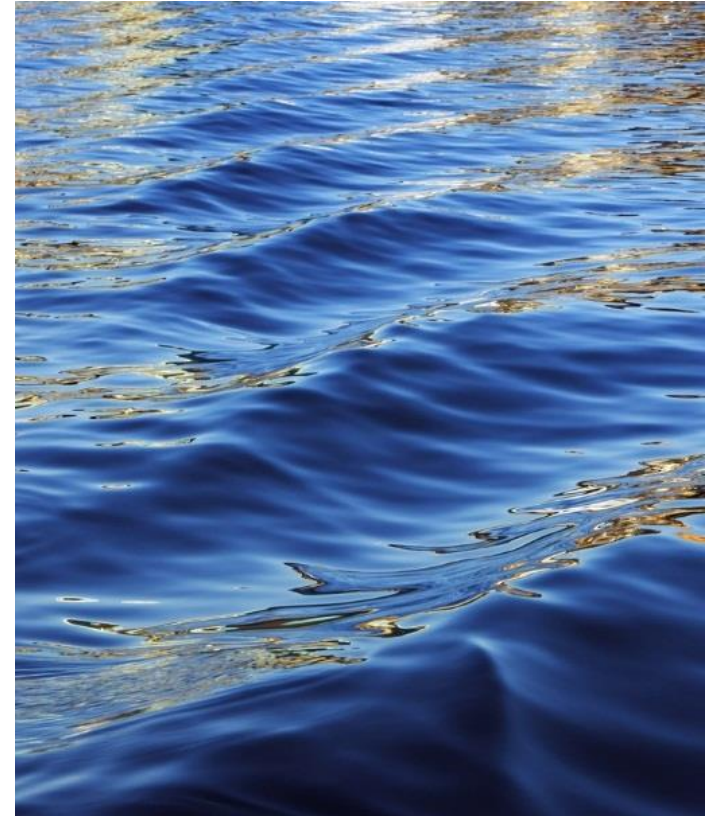




Nutrition Security in Healthcare



About Montana No Kid Hungry

We believe hunger is a solvable problem.

Montana No Kid Hungry collaborates with communities around healthy food solutions to curb hunger today, while also cultivating systemic change alongside community leaders to end hunger for the future.



The Montana Partnership to End Childhood Hunger

our mission

The Montana Partnership to End Childhood Hunger strengthens families and communities by securing equitable access to healthy food, activating collaboration between diverse stakeholders, increasing education, and advocating for sustainable solutions to hunger and poverty in our state.

our vision

Montanans unite to end childhood hunger at its root causes so everyone can shape their own futures, build thriving communities, and make our state stronger.

our goals

EQUITABLE ACCESS & QUALITY

POLICY & ADVOCACY

AWARENESS & NARRATIVE

SUPPORT & ENGAGEMENT

Nutrition Security

According to the USDA, nutrition security means consistent and equitable access to healthy, safe, and affordable foods that promote optimal health and well-being.



Addressing Food Insecurity in Health Care Settings



Summer Feeding Innovations in Browning




Mariah Gladstone of Indigikitchen



Traditional Foods in Montana School Meals

A No Kid Hungry
Indigenous Foods
Toolkit





Indigenize School Food & the WHY behind nutrition security work

Presenter: KayAnn Miller





Indigenize school food

Dyani Bingham, MPH
Assiniboine, Blackfeet, Little Shell
TECPHI Project Director
June 21, 2022



Child health measures

- ▶ Screen children from kindergarten through high school with the following measurements:
 - ▶ Body Mass Index (BMI)
 - ▶ Blood Pressure
 - ▶ Acanthosis Presence
 - ▶ Asthma Diagnosis
- ▶ Class Surveys:
 - ▶ Physical activity habits
 - ▶ Food habits
 - ▶ Asthma
 - ▶ Family History
 - ▶ Water intake



Learning Objective

Discover new ways of thinking about healthy food through the lenses of culture and nutrition and their impacts on child health measures. Many products schools and health institutions already can access are Indigenous and culturally appropriate. Bring this information to the forefront and further Indigenize pantries in collaboration with Indigenous producers.



Health disparities

- ▶ Among AI/AN youth, close to **50%** are not at a health weight
- ▶ **30%** of AI/AN individuals are estimated to have pre-diabetes
- ▶ Trends indicate that **1 out of 2** AI children will develop Type 2 diabetes
- ▶ From 1990 – 2009, there was a **110% increase** in diabetes diagnosis in AI/AN youth
- ▶ Greater risks for poorer health conditions (oral health, MCH, mental, cancer, heart disease, amputations, strokes, health related trauma, early death)

Source: Feeding Ourselves: Food access, health disparities, and the pathways to healthy Native American communities



Childhood Nutrition & obesity impacts physical, emotional and social health

▶ Physical Health

- ▶ Glucose intolerance & Insulin resistance
- ▶ Type 2 Diabetes
- ▶ Hypertension
- ▶ Sleep apnea
- ▶ Menstrual abnormalities
- ▶ Impaired balance
- ▶ Orthopedic problems
- ▶ Asthma

▶ Emotional Health

- ▶ Self-esteem
- ▶ Body Image
- ▶ Depression / Anxiety

▶ Social Health

- ▶ Stigma & Stereotyping
- ▶ Discrimination
- ▶ Teasing & Bullying
- ▶ Social Marginalization



Historical trauma

“The sheer lack of access to traditional food sources and the adjustment to new food sources, the impact of stress and trauma associated with federal policies of removal, reservation, and assimilation on the individual cannot be understated as a contributing factor to generational health deterioration in native communities.”

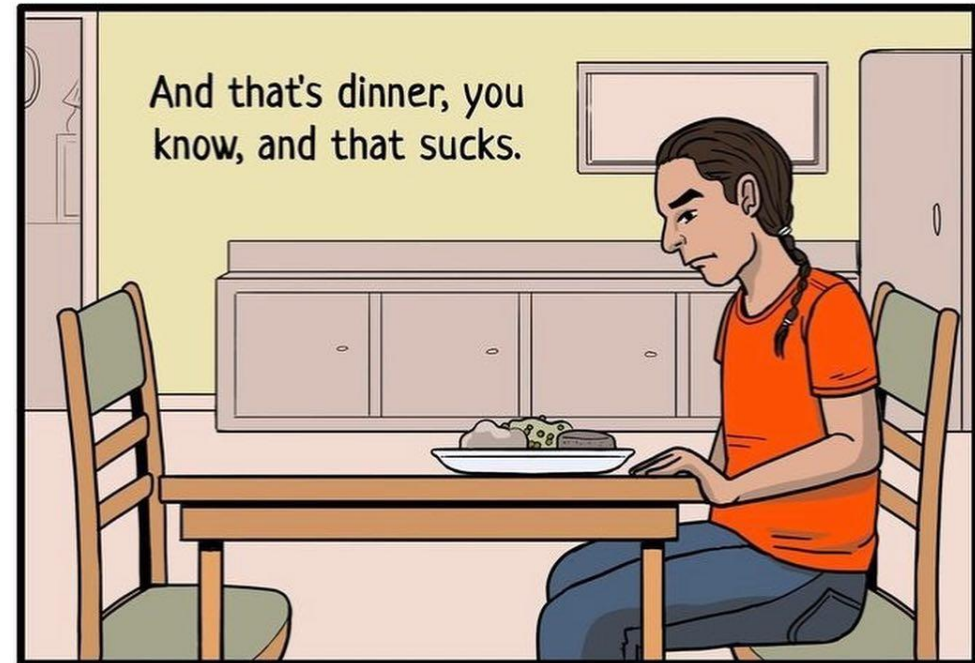
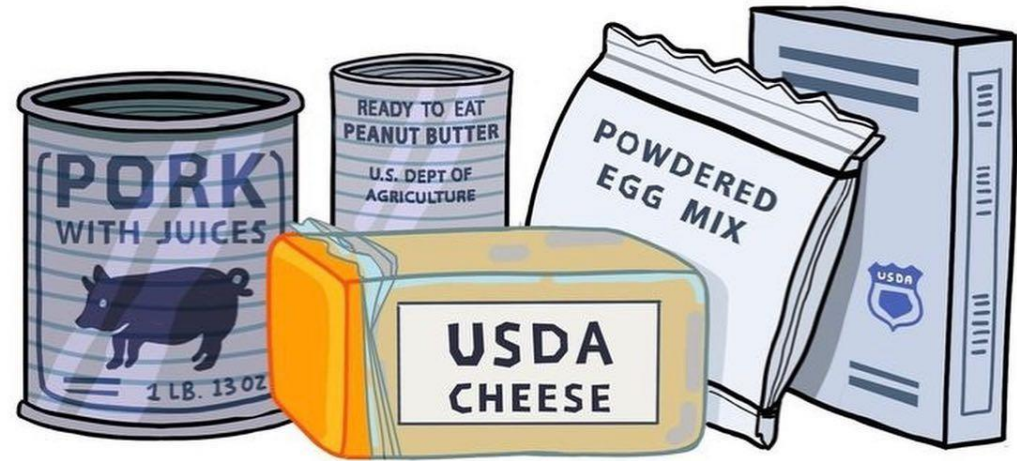


Traditionally, Indigenous education was thousands of generations of knowledge and tradition being handed down, family member to family member. It gave people a blueprint on how to live sustainably by utilizing plants and animals from their region.



Forced assimilation stripped generations of all that knowledge. And we're still reeling from that trauma in our communities today.

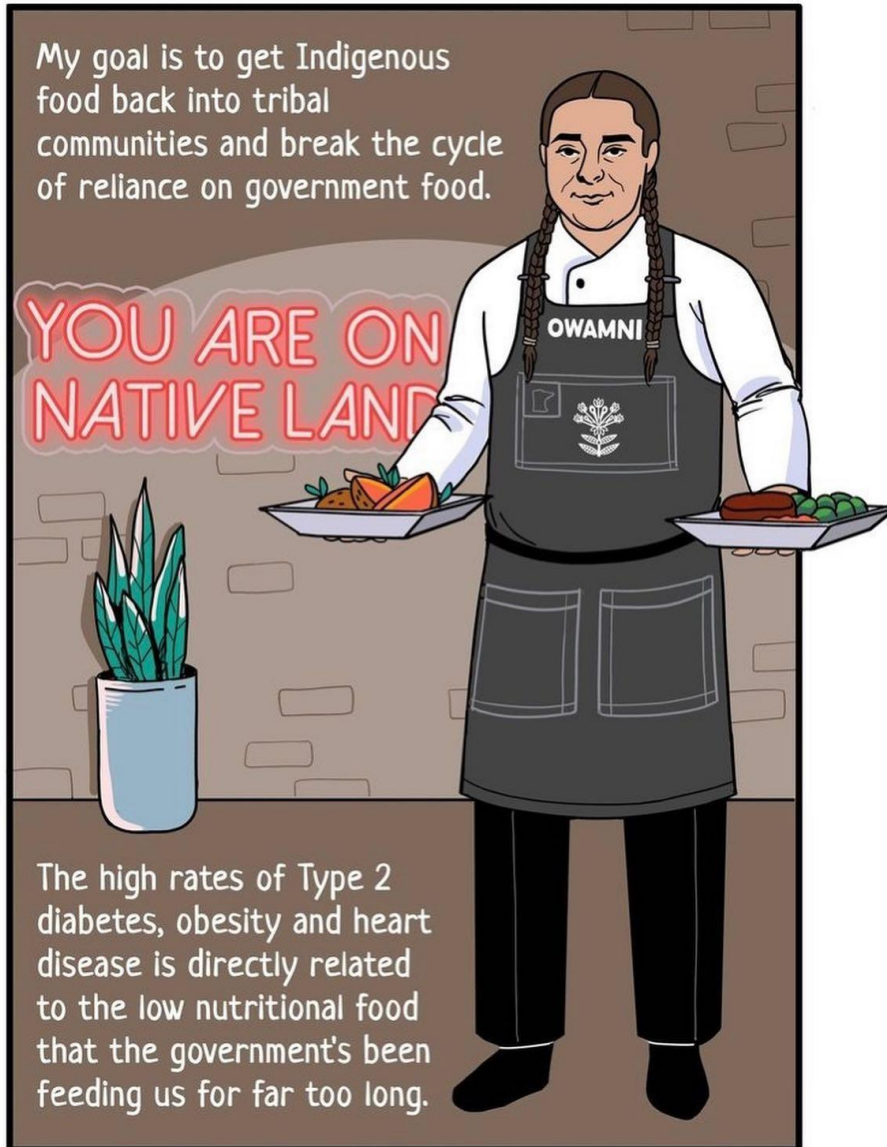
Like a lot of people on the reservation, I grew up with the Commodity Food Program because we were poor. We just had these black-and-white cans of beef and juices.



Importance of indigenous food

My goal is to get Indigenous food back into tribal communities and break the cycle of reliance on government food.

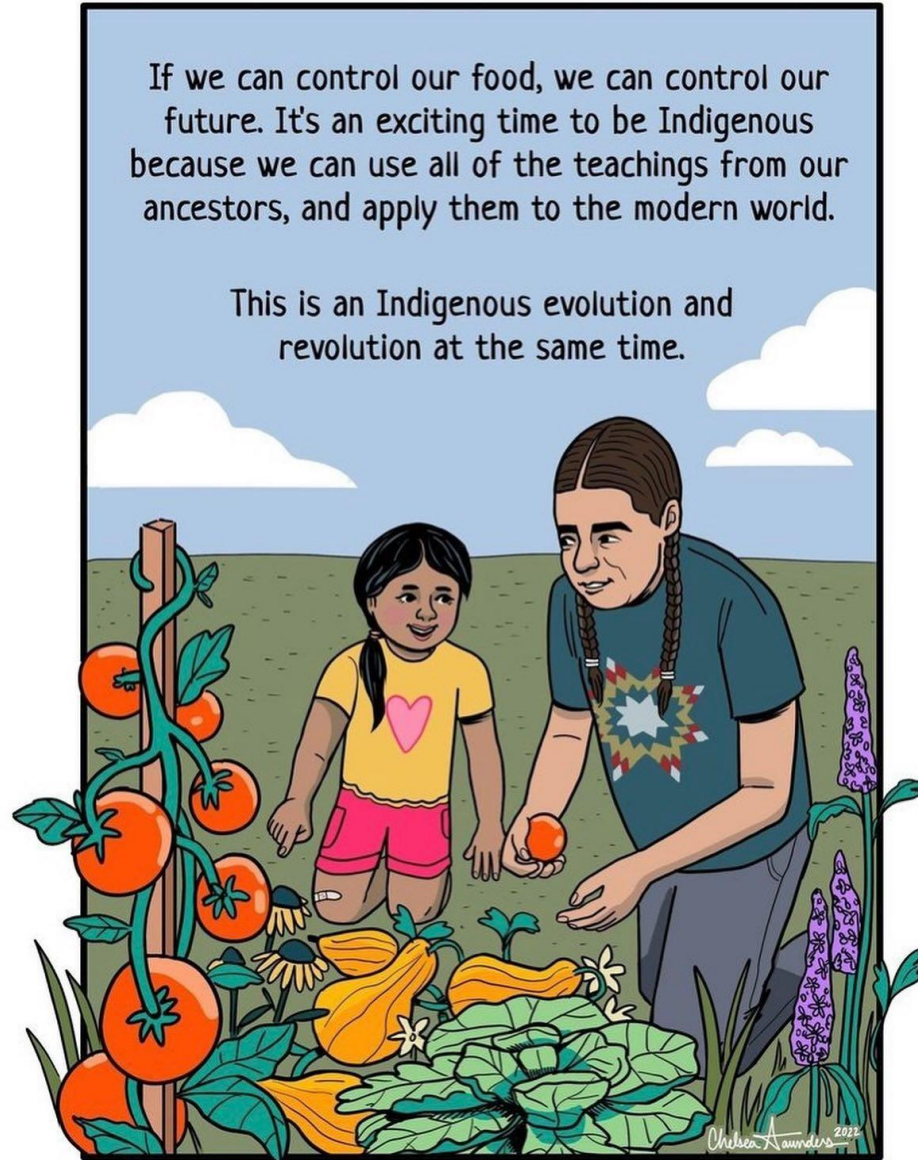
YOU ARE ON NATIVE LAND



The high rates of Type 2 diabetes, obesity and heart disease is directly related to the low nutritional food that the government's been feeding us for far too long.

If we can control our food, we can control our future. It's an exciting time to be Indigenous because we can use all of the teachings from our ancestors, and apply them to the modern world.

This is an Indigenous evolution and revolution at the same time.



Chelsea Saunders 2022

Importance of school lunch

- ▶ In MT, 70% - 99% of youth living in reservation counties qualify for Free or Reduced-Price Lunches through the National School Lunch Program
- ▶ Many Tribal Communities have Community Eligibility Provision – serving free meals to all, regardless of income



*What Can We Do to indigenize school nutrition
and wellness?*



Partnership with Chef Ann Foundation

School Food Institute Courses

- Pre-Paid Courses – Free to Tribal Partners
- Audience: Tribal Schools & Diabetes Programs
- \$99/per course value
- Get Certified at Bronze, Silver or Gold Levels

Courses:

- Plant Forward
- Sustainable Lunchrooms
- Ingredients for Healthier Kids
- School Food 101
- Mission, Vision, & Strategic Planning
- School Food Operational Models
- School Food Finance
- Recipes & Menu Development
- School Food Procurement
- Salad Bars in Schools
- Marketing & Lunchroom Education



Indigenous school recipes

Tribal Partners

- Schools on Blackfeet & Flathead Reservation
- FAST Blackfeet
- Peoples Food Sovereignty Program

Recipe Testing with Students & Staff

- 3 Sisters Stew
- Bannock Bread
- Bison Mac Bowl
- Blue Corn Cornbread
- Berry Pudding
- Chickpea, Rice + Spinach Pilaf

www.chefannfoundation.org/blog/serving-up-indigenous-school-recipes

www.chefannfoundation.org/blog/visiting-tribal-communities



What Can We Do?

<https://www.indigikitchen.com/traditional-foods-in-montana-schools/>



NKH Toolkit



Traditional Foods in Montana School Meals

A No Kid Hungry
Indigenous Foods
Toolkit

A close-up photograph of a plate of food. On the left is a breaded fish fillet, garnished with green microgreens and a thin slice of white onion. To the right are stacks of sliced zucchini and yellow squash, which appear to be sautéed or roasted. The background is a soft-focus view of the same dish.

NATIVE HEALTH

Get excited about reclaiming pre-contact foods using ingredients from around the Americas

[GET STARTED](#)



Indigenous Foods In Schools Collaborative,
LLee@mt.gov

Why take action?



Why, According to Dr. Donald Warne

“American Indian (AI) populations are diverse in terms of history, culture, disease patterns, and nutritional health. Expanded research and evaluation of individual community health and nutritional status is needed to make informed policy decisions that will appropriately apply to the multitude of AI populations. However, much is known about the broader social determinants of AI health that suggests nutrition is a significant concern.”

Why, According to Dr. Donald Warne

“Promising practices and strategies can be considered in several focus areas, including:

- 1) improving existing food programs,
- 2) promoting breastfeeding and early childhood nutrition,
- 3) promoting food sovereignty and access to traditional foods,
- 4) expanding locally cultivated foods, and
- 5) taxing unhealthy foods and subsidizing healthier options.”

The **Fort Peck tribes'** Health Promotion Disease Prevention (**HPDP**) program shows **results of taking action**

- ▶ School Wellness Centers
 - ▶ Culture
 - ▶ Medical
 - ▶ Mental Health
 - ▶ Dental
 - ▶ Nutrition Counseling
- ▶ Summer Meal Feeding Program in Poplar and Wolf Point = 76,250 Meals/Summer
- ▶ **When Kids Feel Better & Eat Better, They Do Better**
 - ▶ High School Graduation Rates increased from 65% to 85%
 - ▶ Hospitalization of kids decreased approx. 20%



Resources

- Feeding Ourselves: Food Access, Health Disparities, and the Pathways to Healthy Native American Communities –
<https://nativephilanthropy.candid.org/reports/feeding-ourselves-food-access-health-disparities-and-the-pathways-to-healthy-native-american-communities/>
www.fastblackfeet.org/
www.nativefoodsystems.org/
www.chefannfoundation.org/
www.thelunchbox.org/
www.schoolfoodinstitute.org/
- Hunger vital sign screening tool -
[hunger-vital-sign-graphic-oct-2019.jpg \(1024×512\) \(frac.org\)](#)
[Screen & Intervene - Food Research & Action Center \(frac.org\)](#)



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Thank you!