


HEAD START
 Regional T/TA Network

Native American Lessons on Nutrition and Strength

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Native American Lessons on Nutrition and Strength

“The old people had to survive a different way than we do today. They had to live off of Mother Nature, its natural food is better than what’s in the grocery store. We’re all eating a lot of the wrong foods. I’m getting more and more serious about that the older I get, because I’m thinking more seriously about my health.”
 Alvin Evans, Artist



Alvin Evans

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Statistics

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Food Insecurity

- 19.9% of households with children under the age of six
- 1 in 4 Native American households experience food insecurity

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Economics

- A lack of adequate nutrition is directly linked to poverty



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What do we know?

- Almost 10% of infants and toddlers have high weights for length
- 22.8% of children aged 2-5 years are over weight or obese
- Approximately 1 in 5 children is already carrying excess weight as she or he enters kindergarten

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What do we know?

- About one-third of children who enter Head Start are overweight or obese
- Native American children have the highest prevalence of obesity (20.7%) and a greater health risk in most major health categories compared to other races, including high weight-for-height body ratios and inadequate nutrient intake.

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Children who are overweight or obese are more likely to have:

- Social and emotional problems
- Poorer academic performance
- Health problems including: asthma, sleep apnea, type 2 diabetes and risk factors for cardiovascular disease

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Nutrition Services in HS

- Nutrition assessments
- Create healthy eating environments
- Create healthy menus
- Growth and development assessment
- Nutrition education

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What to do first?



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But How?

- Emphasize small starts for family healthy habit changes
- Encourage families to eat healthy and be active together
- Reinforce everyone should exercise, every day
- Avoid skipping meals
- Encourage 4 to 6 smaller meals and snacks
- Increase awareness about appropriate portion sizes
- Promote fruits and vegetables

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But How?

- Focus conversations around healthy eating and active living
- Help build self-esteem and capacity around healthy changes for youth and adults
- Promote eligible families and children participate in federal food assistance programs
- Help connect school and childcare lessons and meals to the home setting
- Offer healthy cooking, gardening, and canning demonstrations

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Good Nutrition in Child Care Settings

- Support good health
- Healthy weight
- Lifetime of healthy habits



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Creating a Positive Eating Environment

- Avoid the “clean your plate” mentality
- Encourages children to listen to their own hunger and satiety cues
- Can create positive affects on child’s food preference

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Menus



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Infant Serving sizes

- Vegetables 1 Tablespoon
- Fruits 1 Tablespoon
- Meats 1 Tablespoon
- Grains: 1 Tablespoon
- Juice- not recommended



Toddler serving size sizes

- Fruits- ¼ cup
- Vegetables- ¼ cup
- Grains- ½ cup
- Meats- 1 oz
- Milk- 4 oz
- Juice



Preschoolers

- Fruits- ½ cup
- Vegetables- ½ cup
- Meat- 2 oz or ¼ cup
- Grain- 1 cup
- Milk- 4 oz
- Juice



Monitoring of Growth

- Monitor children's weight
- Make referrals if needed



Growth charts are used to compare a child's height and weight to a standard range

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Ideas for Living a Healthy Life

5-2-1-0



- Eat at least 5 fruits and vegetables a day.
- Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- Get 1 hour or more of physical activity every day.
- Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

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Individualization

OUR GOAL FOR THIS MONTH IS TO:

- Eat ___ fruits and vegetables a day.
- Limit screen time to ___ minutes a day.
- Get ___ minutes of physical activity a day.
- Limit sugary drinks to ___ a day.

Our plan: _____

Parent's Name _____

Staff contact _____

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Nutrition Education

Educate

- Children
- Parents
- Staff



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Nutrition and Physical Activity in the Head Start classroom



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Examples of Nutrition Curricula

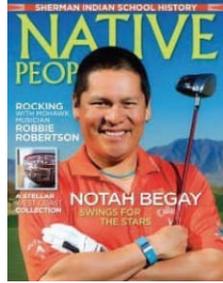
- Eat Play Grow
- Harvest for Healthy Kids
- I am Moving, I am Learning
- Little Voices for Healthy Choices
- Head Start Body Smart

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Promote Athletic Natives

- 1964 Olympic 10,000 meter gold medalist, Billy Mills, Oglala Lakota (Sioux) Indian
- Professional golfer, Notah Begay, Navajo/San Felipe and Isleta Pueblo
- National Football League Oklahoma Soonersplayer, Sam Bradford, Cherokee Nation, OK



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Native Youth Healthy Eating Art Contest



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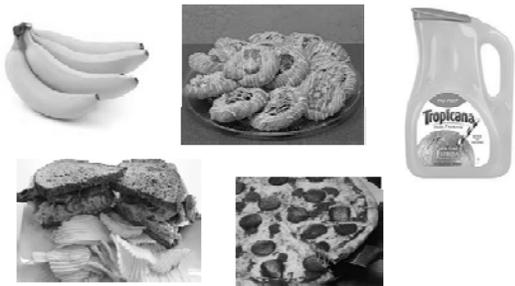
Education for Parents in Head Start



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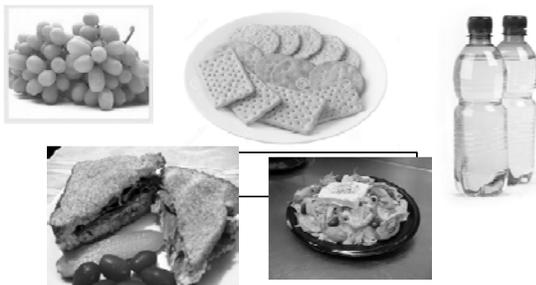
Head Start as a role model



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Head Start as a role model



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Staff

- Healthy workers are productive workers.
- Encourage and occasionally supply, if possible, healthy snack options and healthy, safe water fountains.
- Consider ways your program and staff can integrate healthy eating and active living strategies into your workplace
- Host a food for thought lunch meeting to discuss potential sustainable strategies.

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Moving With Tradition



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Head Start Gatherings

- Make them Fun
- Plan for activities/games that involve movement for parents and children
- Offer nutritious foods



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Get Everyone Involved



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POW WOWS Promotion of Healthy Natives

- Besides dancing, Pow Wows and other social gatherings can easily incorporate physical activity through traditional Native games, building wigwam contests, active learning stations, walking/running/riding races, and standing up every time the MC tells a funny or bad joke!



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Healthy Concessions at Pow Wows

- Free water bottles for water bottle purchasers
- Whole-grain deli sandwiches
- Whole-grain bagels
- Fruit cups
- Seasonal fruits
- Veggie bags
- Smoothies
- Low-fat frozen yogurt with fruit toppings
- Fresh salads
- Vegetable-based pasta salads
- Indian Tacos with buffalo, tomatoes, lettuce, and onions
- Buffalo burgers
- Hearty, traditional stews
- Buffalo jerky

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