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

Statistics
Food Insecurity

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

Economics

• A lack of adequate nutrition is directly linked to poverty

What do we know?

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

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

Nutrition Services in HS

- Nutrition assessments
- Create healthy eating environments
- Create healthy menus
- Growth and development assessment
- Nutrition education
What to do first?

![Image](image-url)

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

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
Good Nutrition in Child Care Settings

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

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

Menus
**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
- Meats - 2 oz or ¼ cup
- Grains - 1 cup
- Milk - 4 oz
- Juice
Monitoring of Growth

- Monitor children’s weight
- Make referrals if needed

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.

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
Nutrition Education

Educate

- Children
- Parents
- Staff

These materials were developed for OHS/Region XI under Contract No HHSP233201500016c by ICF International.

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 Sooners player, Sam Bradford, Cherokee Nation, OK

Native Youth Healthy Eating Art Contest

Native American Lessons on Nutrition and Strength
Education for Parents in Head Start

Head Start as a role model

Head Start as a role model
### 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
Get Everyone Involved

POW WOVS
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!

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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Thank You!

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