

Healthy Dine' Nation Act of 2014

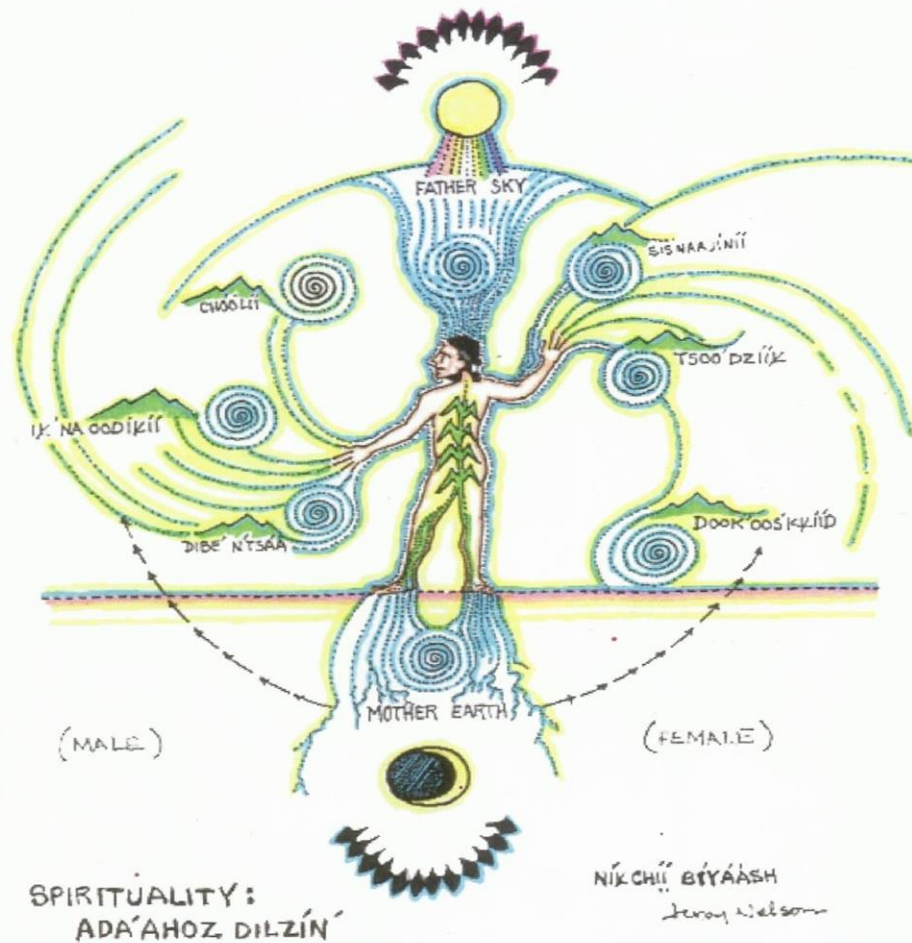


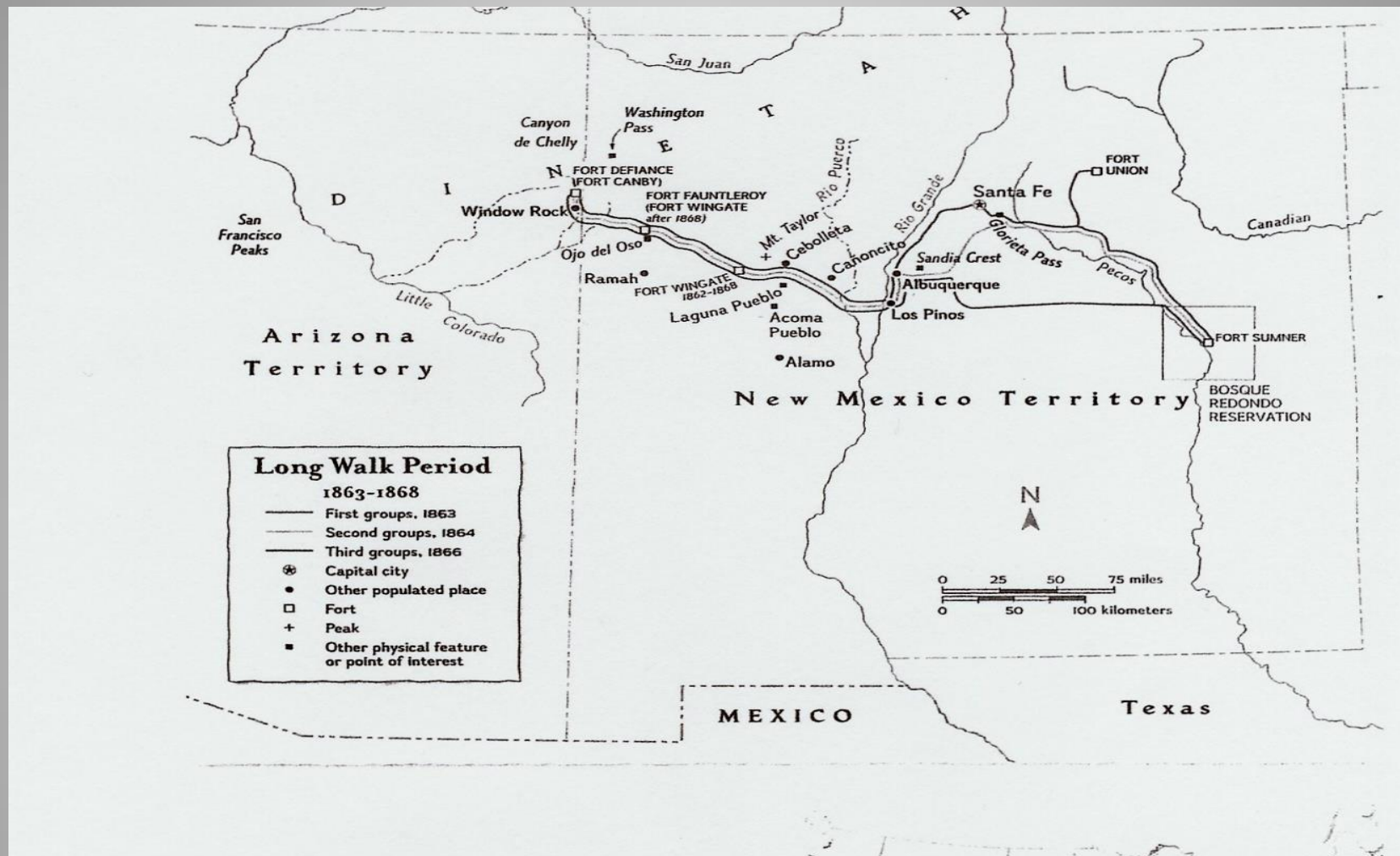
May 5, 2016

**AzNN Contractors Conference
Radisson Phoenix North Hotel**

Journey to Ho'zho'

Exploring Stories Through Art





Hweeldi Map 1868 – Navajo Long Walk

Historical Perspective

Indian policies and Native Food Systems

1851-1864 Scorch Earth Campaign

1864-1868 “Prison Food” Ft. Sumner

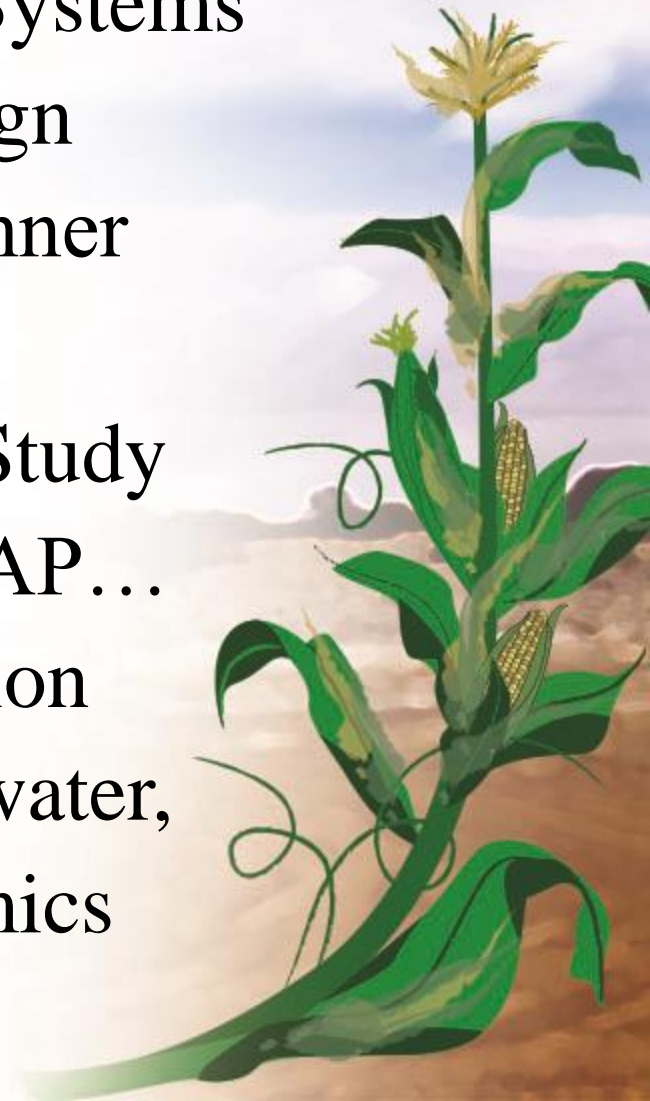
“Kill the Indian, Save the Man”

Trading Posts, 1968 Store, CDC Study

Supplemental food programs-SNAP...

Cultural shifts by Western education

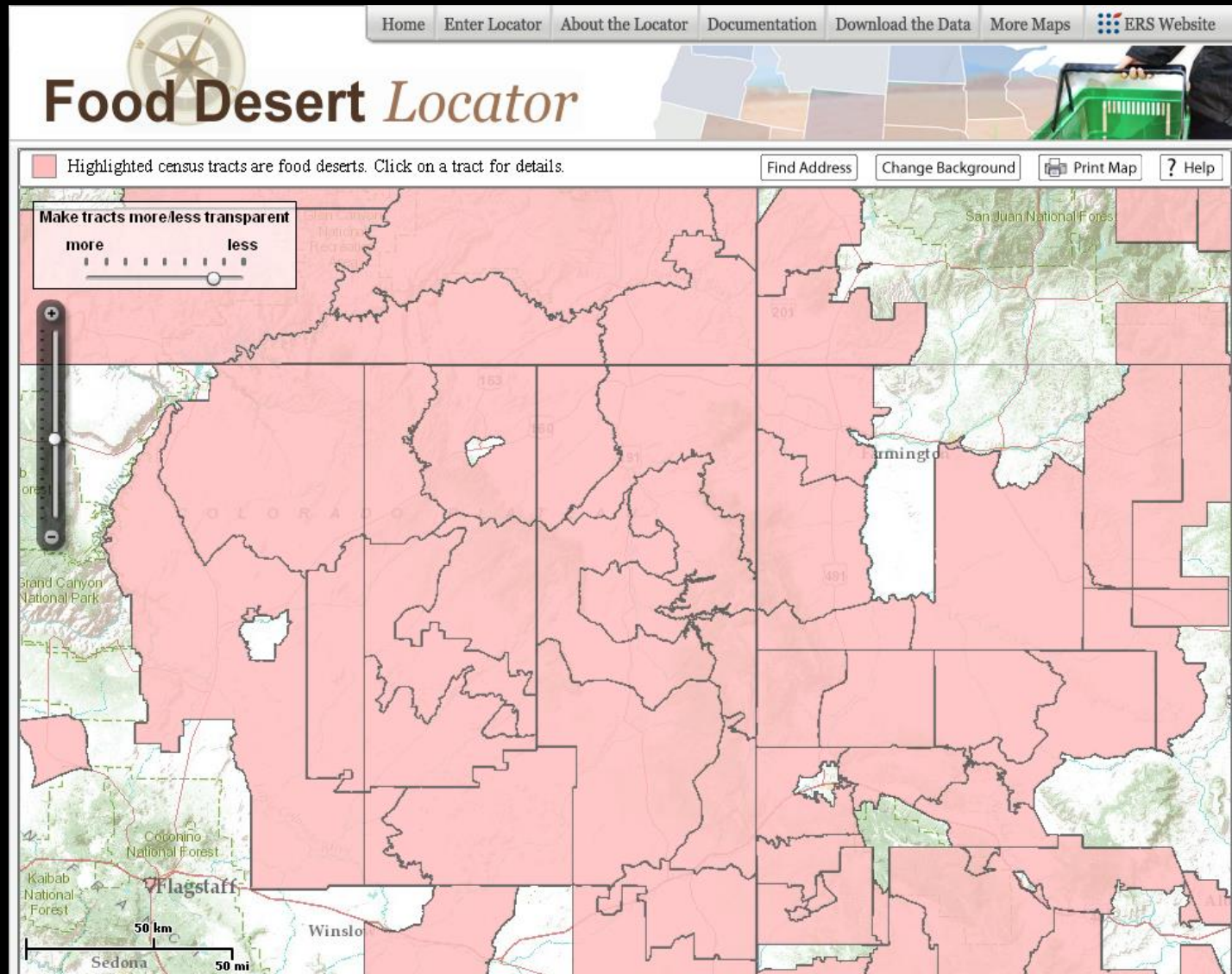
Impact: coal, uranium, fracking, water,
land in trust, jurisdiction, economics



Dine' Policy Institute-Dine' College

- DPI: Researches and recommends policies
- Authored *Dine' Food Sovereignty* study
- Analyzed impact of current food system
- Cited historical and cultural implications
- Developed guiding values & principles for recommended policies: e.g. traditional teachings, spiritual connections, environment livelihood for people, intergeneration, etc.

Current Food System on Navajo Nation



Dine' Community Advocacy Alliance

- DCAA formally began March 2012
- Volunteers and NAO/I.H.S. staff working as a health advocate group.
- Vision to improve the quality of life.
- Created opportunities for community wellness projects with decision to ask Council to impose food taxes and conduct public awareness.





**25,000 Navajos
with Diabetes**

**75,000
with Prediabetes**

According to Navajo Area Indian Health Service (NAIHS) there are **35,000 (new data)** Navajos with diabetes and another **75,000** are pre-diabetic.

Health Complications

- Heart Disease/Stroke/Attacks (2)
- Type Two Diabetes (3)
- Blindness
- Amputation
- Dialysis
- Cancer (4)
- Depression
- Sleep Apnea
- Accidents (1)

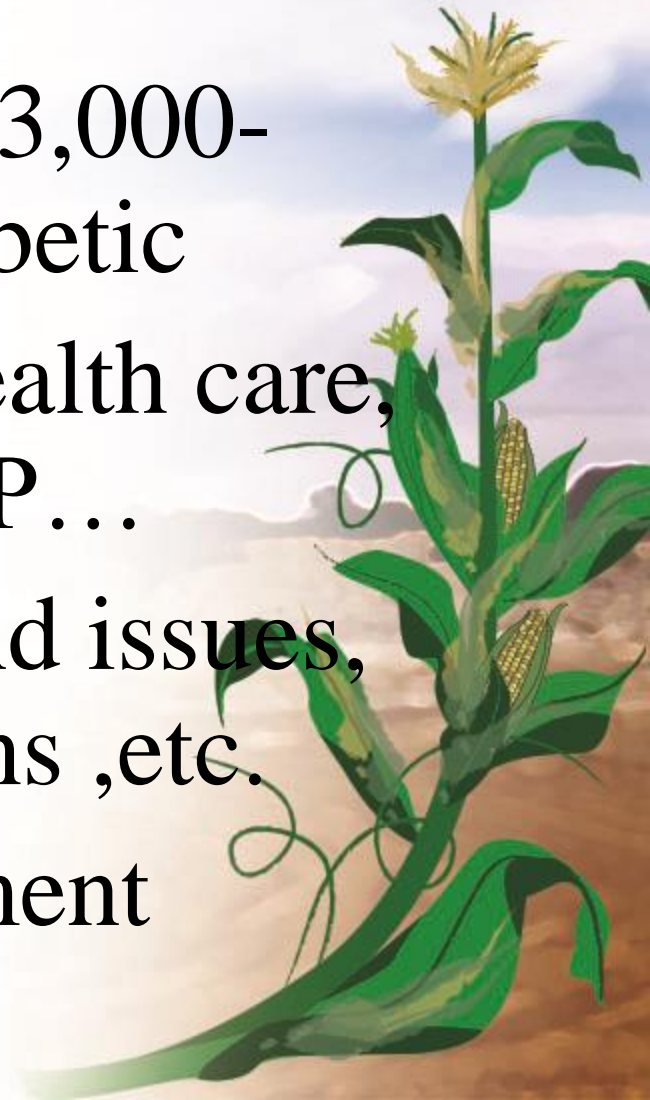


DCAA as Agents & Navajo Council

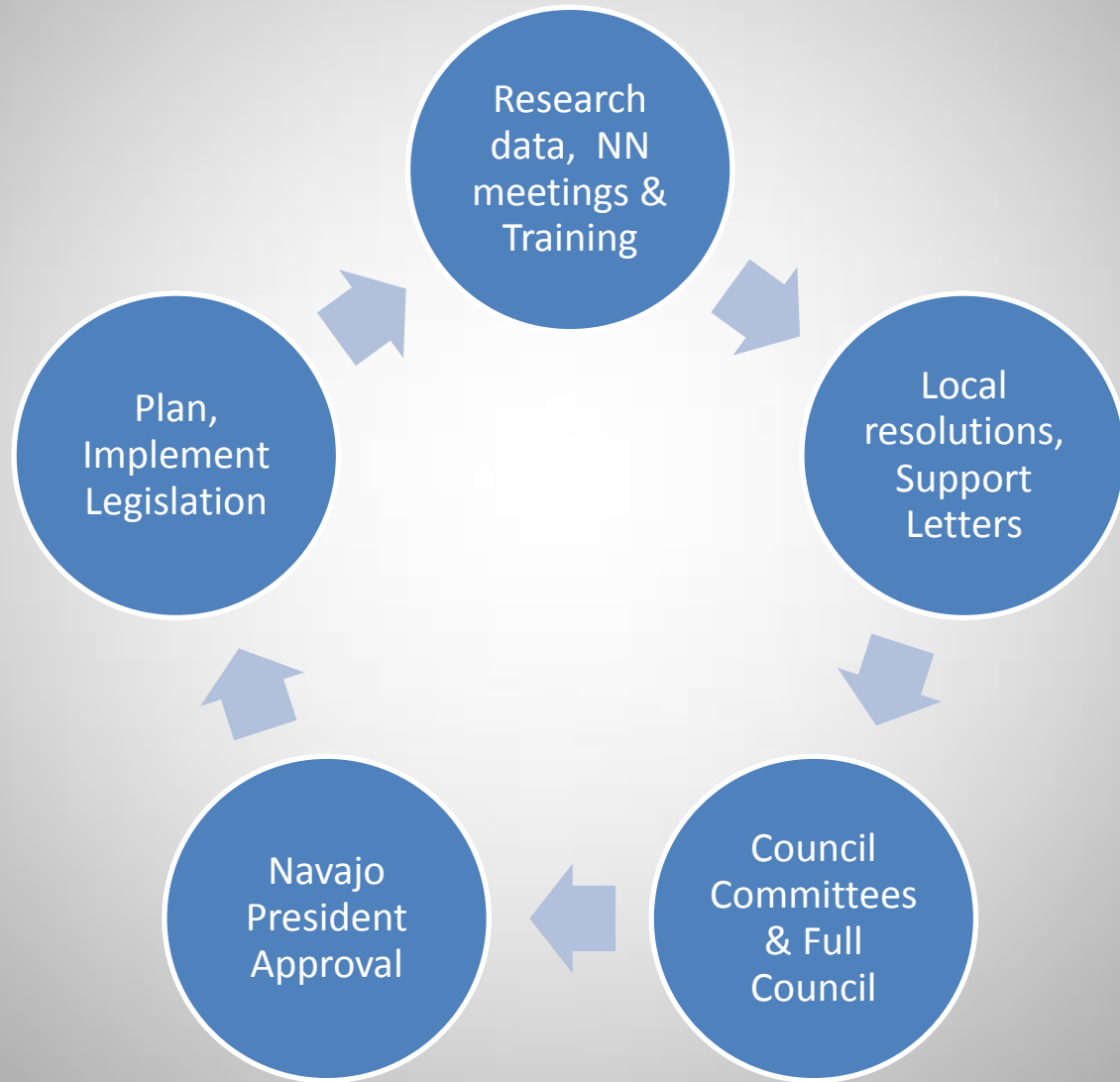


Economic Impact of Food Deserts

- Health Care Cost: e.g. \$13,000-\$100,00 per type two diabetic
- Other Cost Issues: e.g. health care, stores, food access, SNAP...
- Lack of water & jobs, land issues, idle farms/ranches/gardens ,etc.
- Unhealthy food environment



Healthy Dine' Nation Act Process



Outreach DCAA Activities

- Produced and delivers radio PSAs & programs
- Delivered Holiday & Posts Cards to Delegates
- Quarterly Navajo Times, DCAA Tabloid inserts
- Provided healthy snacks/lunches to Council
- Provided Appreciation Dinners/Breakfasts
- Hired Outreach Educator to deal with lobbyist
- Produced political power maps & messaging
- Invited Notah Begay III, AHA, others to help

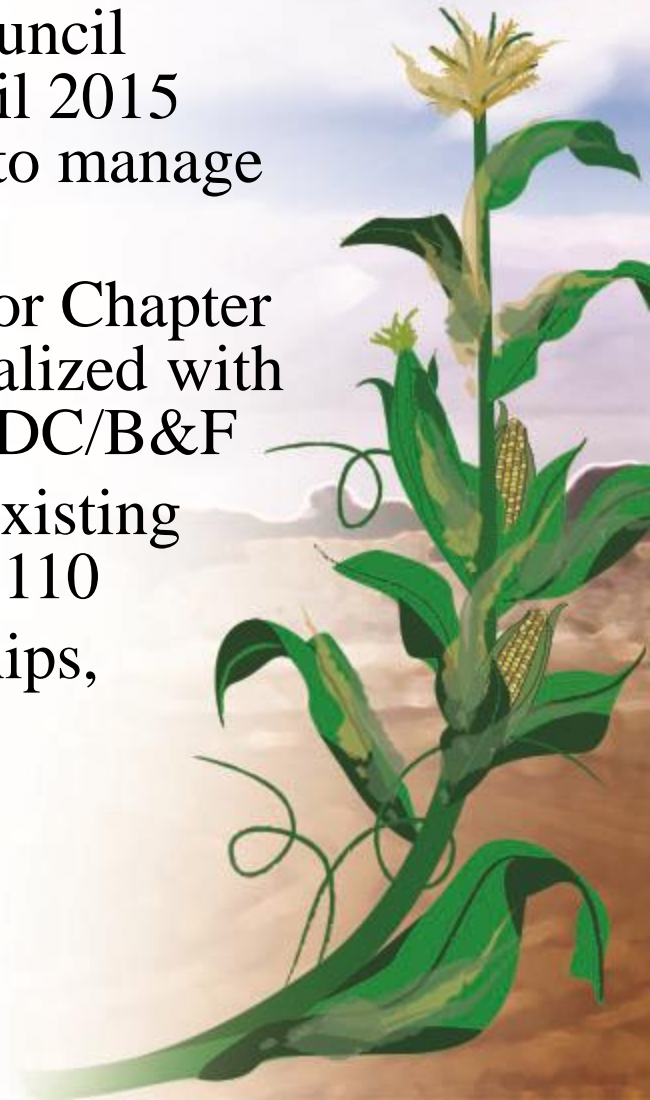
Tax Legislations Approved by Council

- 2% Tax on Junk Food & Sugar Sweetened Beverages (choices: discourage purchase & consumption of unhealthy foods) at stores, restaurants, hotels; with revenues given to 110 Chapter communities for Community Wellness Projects/Programs-effective April 1, 2015; and for Council review by 2020; its message
- % Tax on Fresh Fruits, Vegetables, Seeds, Nuts and Nut Butters (encourage healthy foods)-effective October 1, 2014 in retail businesses



Financial Management Plan/FMP

- Resource and Budget Committees of Council approved FMP for 2% Revenue Tax April 2015 and Community Development Division to manage Act
- FMP Policies & Procedures developed for Chapter wellness project guidelines currently finalized with Division of Community Development/RDC/B&F
- Goal: keep simple, not clinical and use existing Chapter project management system for 110
- Mostly small revenues so need partnerships, matching, leveraging and T and TA



Annual Wellness Revenue Cycles



Family Gardens



Family Outdoor Recreational Parks



Education and Wellness Activities



Other Wellness Projects

- Environment-waste management, clean water
- Libraries, health/cooking/nutrient/etc. classes
- Biking, walking, hiking trails; local Just Move It
- Swimming pools, wellness centers, schools
- Improve store inventory w/fruits & veggies
- Restore/create gardens, farmer markets, etc.
- Equine therapy, health coaching, youth clubs
- Food processing/preservation/cooperatives...

In closing...

- Involve & listen to grassroots people at local level meetings, gatherings, training
- Indigenous value based, food movement
- Can't do it alone; it's a culture shift
- Work with policy makers & legislation
- Use existing resources & programs from tribal, state, federal and private sectors
- Need tribal & other govt policies to reflect community based programs
- Issues: Govt' policies, funds, environment



Thank you!

Contact: Gloria Ann Begay

505-923-0378

stargazer.begay@gmail.com