



CENTER FOR  
INDIGENOUS HEALTH  
RESEARCH AND POLICY  
OSU Center for Health Sciences



# Strategies to Support Nutrition and Health Among Native Children

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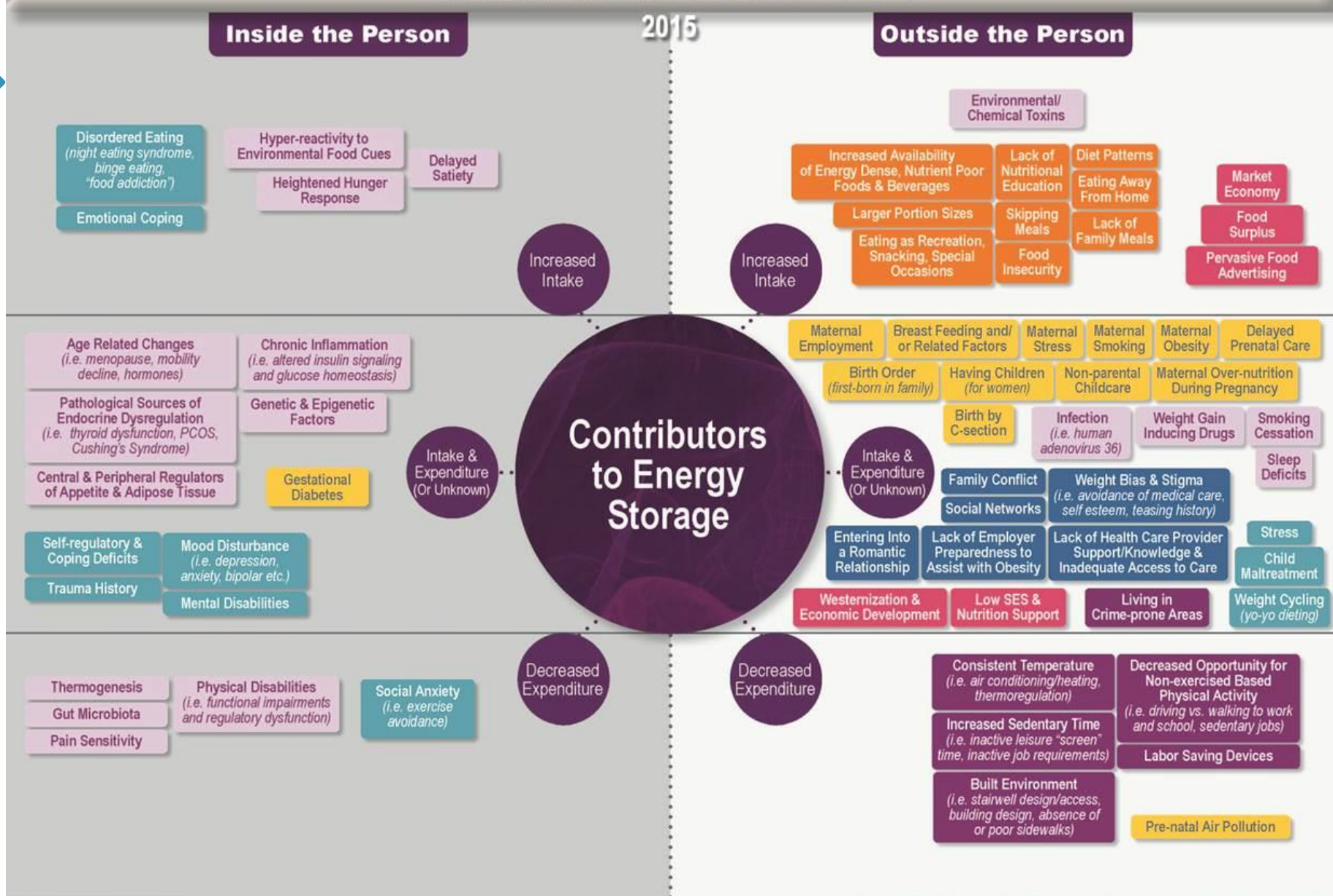


# Acknowledgements

- Alyce Spotted Bear and Walter Soboleff Commission on Native Children
- Panel organizers
- Fellow panelists
- Native youth and families



# POTENTIAL CONTRIBUTORS TO OBESITY



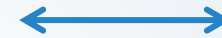
\* Potential contributors indicate anything that has been put forth in the research literature as a question of investigation and is not intended to be a verification of whether or not, or the extent to which, each may or may not contribute.

# Introduction and Orientation to Research

Western  
Medicine



Public  
Health  
Intervention  
Science



Indigenous  
Knowledge



## Overarching Recommendations

### Intervene

Intervene at multiple levels of the food system ("health in all policies")

### Invest in

Invest in Food Sovereignty initiatives that restore traditional foods and foodways

### Limit

Limit easy access to low quality, ultra processed foods

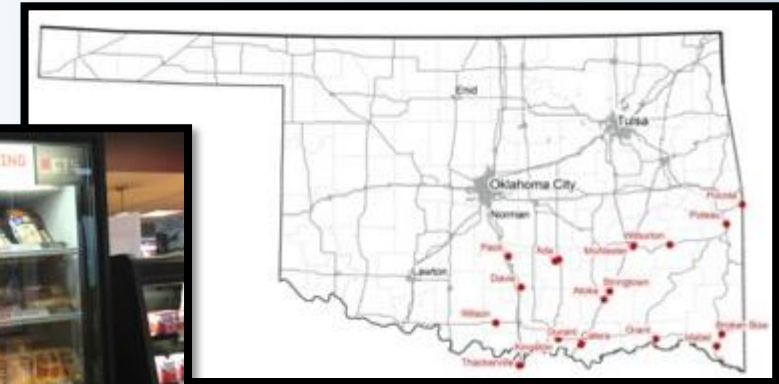
### Implement

Implement multiple strategies to prevent and treat obesity, starting in utero with maternal health



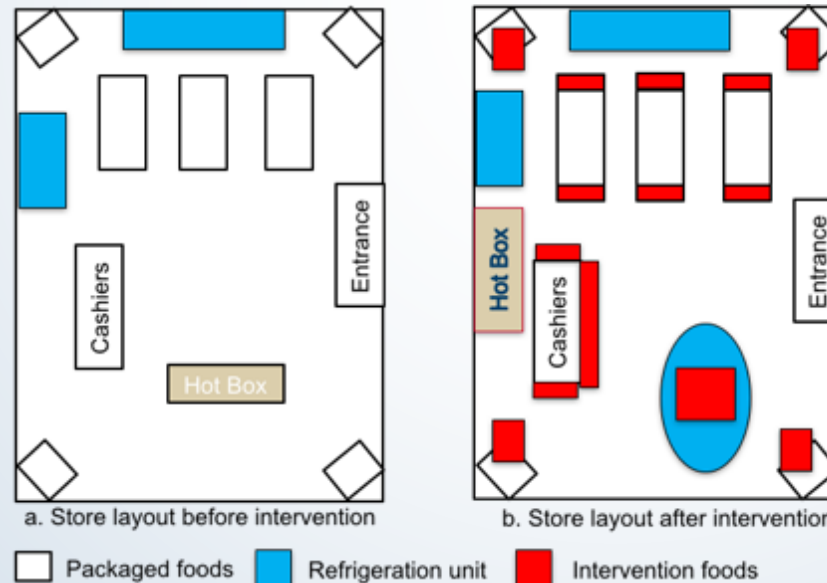
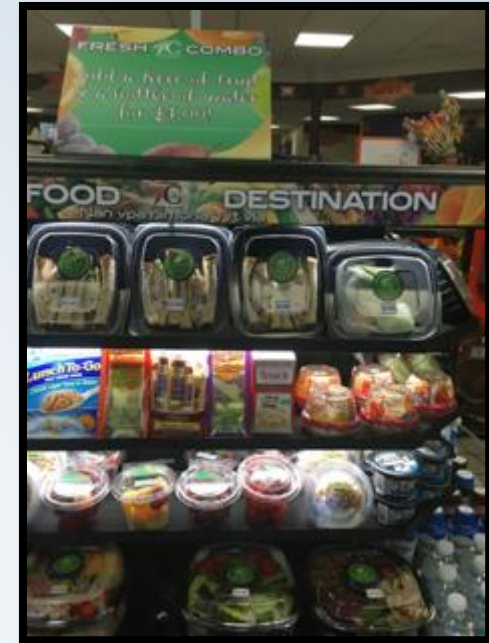
## Recommendation: Intervene at Multiple Levels of the Food System

- THRIVE C-Store Study: RCT of healthy food makeovers in tribal “C-Stores” where **60%** of AIs surveyed reported shopping for food **3x** or more per week



➤ THRIVE study

- Intervened on **product, placement, and promotion**
- Increased healthy food access;
- Increased purchases of fruits/vegetables;
- Led to increased healthy food option availability as policy change at distribution and store levels

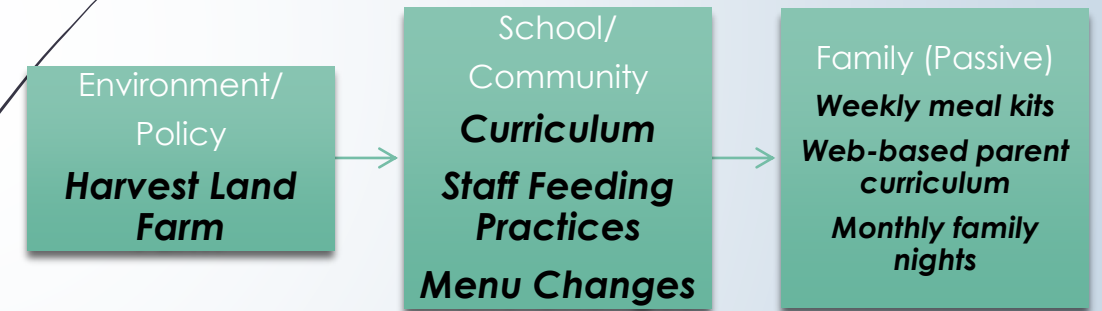




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## FRESH Farm-to-Head Start Healthy Food Study

- ▶ RCT in nine tribal head starts
- ▶ 16-week semester intervention
- ▶ Used willingness to try and plate waste measures





## ➤ FRESH study

- Incorporated local vegetables in snacks and meals
- Replaced canned or processed foods with local vegetables
- Led to **significant increase in vegetable intake** among intervention children compared to controls
- Adopted the farm-to-school practices as policy
- Expanded Harvest Land for Indigenous Supported Agriculture

Taniguchi, T., Haslam, A., Sun, W., Sisk, M., Hayman, J., & Jernigan, V. B. B. (2022). Impact of a farm-to-school nutrition and gardening intervention for Native American Families from the FRESH study: a randomized wait-list controlled trial. *Nutrients*, 14(13), 2601.



**Recommendation:** Invest in Food Sovereignty initiatives that restore traditional foods and foodways

- Identify and support **Community-Prioritized Initiatives** that restore traditional food systems and practices to promote health and wellness
- This Indigenous approach recognizes that an individual's health must be understood within the context of the environment
- Indigenous traditional diet is protective against type 2 diabetes; may prevent metabolic syndrome



**Recommendation:** Limit easy access to low quality, ultra processed foods

- ▶ Ultra processed foods –industrial formulations manufactured using several ingredients and a series of processes
- ▶ Most of these products contain little or no whole food
- ▶ They are ready-to-consume or ready-to-heat and thus require little or no culinary preparation, which makes them easily accessible and convenient
- ▶ Typically, they are combined with sophisticated use of additives, to make them durable and hyper-palatable
- ▶ They have very low nutritional quality and their consumption tends to limit consumption of unprocessed or minimally processed foods
- ▶ Associated with increased body fat in children, metabolic syndrome

## Recommendation: Implement multiple strategies to prevent and treat obesity, starting in utero with maternal health

- ▶ AAP's new guidelines for the treatment of obesity: "There is no evidence that 'watchful waiting' or delayed treatment is appropriate for children with obesity,"
- ▶ "Comprehensive obesity treatment may include nutrition support, physical activity treatment, behavioral therapy, pharmacotherapy, and metabolic and bariatric surgery."
  - ▶ -Sandra Hassink, MD, Vice Chair, Clinical Practice Guideline Subcommittee on Obesity
- ▶ Taste preferences are intergenerational
- ▶ Children must be introduced to healthy foods in utero, with repeated exposure in early life

Yakoke

Thank you