



Native Food is Medicine: Providing Emotional/ Resilient Support for AI/AN Youth through the Healing Power of Food Session 3

July 14, 2022

2:00-3:30pm CST

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

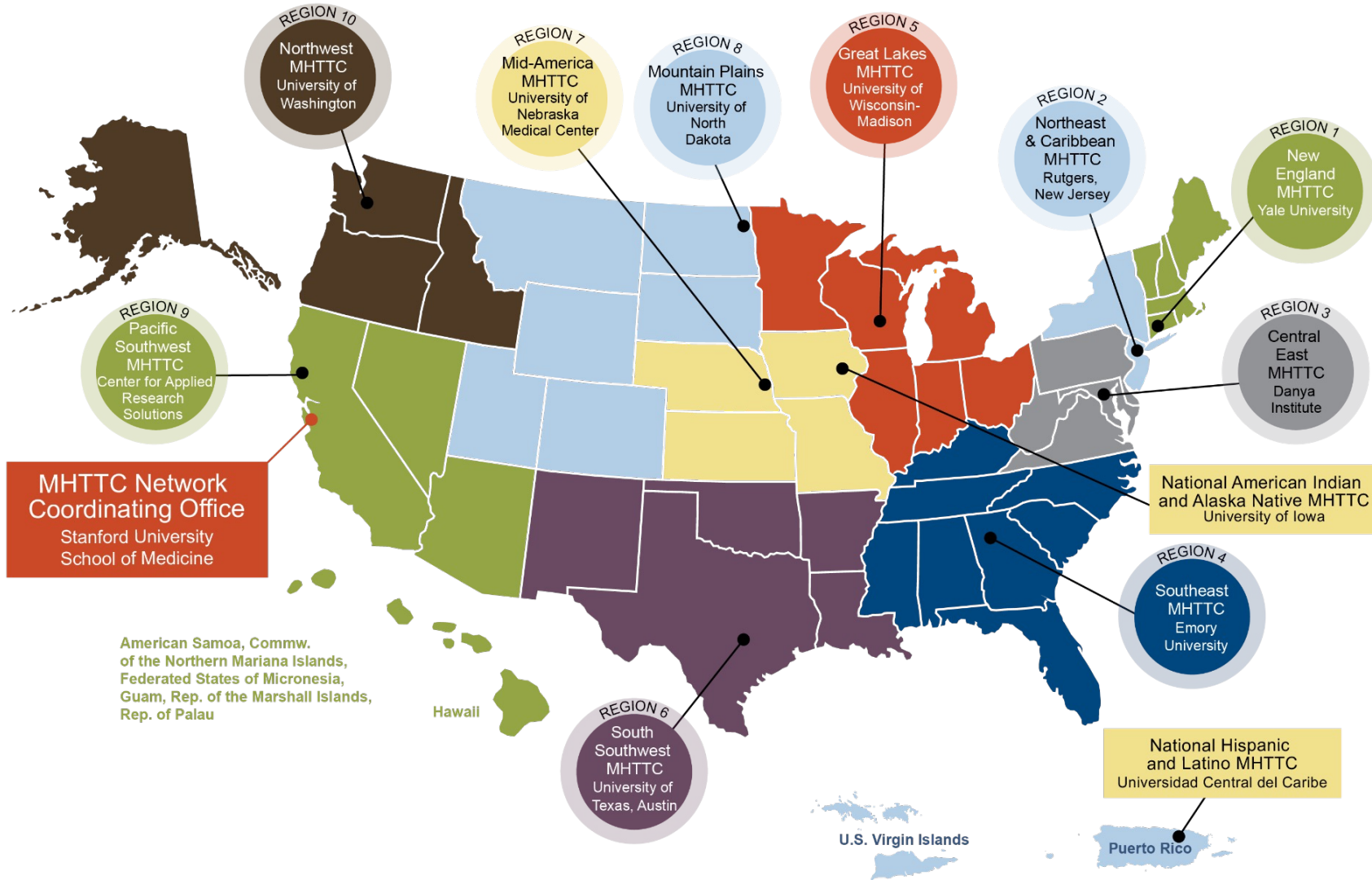


MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network

American Indian
& Alaska Native
Mental Health
Technology
Transfer Center
*K-12 School Mental Health
Supplement Project*



SAMHSA

Substance Abuse and Mental Health
Services Administration

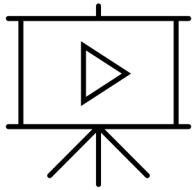
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native MHTTC.

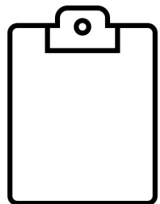


Follow-up

Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)

Follow-up

- Post-Event Survey Link: <https://ttc-gpra.org/P?s=257345>



Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations
Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations
Keokuk, Sean A. Bear, 1st. Meskwaki Nation



Today's Session

Thank you for joining us as we share our cultural connection to food, apply a balanced way of eating, and incorporate Indigenous traditions into our lives with the healing power of food. We welcome Dr. Vanessa Quezada (Kickapoo/Chichimeca).

As participants you will become knowledgeable in providing emotional/resilient support for AI/AN youth. Our school communities will develop healthier eating habits for successful outcomes in and out of the classroom. Moreover, we will address prevention strategies for healthier living!



Dr. Vanessa Quezada Kickapoo/ Chichimeca

She was born and raised in Yanaguana, (San Antonio, Texas).

She is a chaski (messenger/runner) who organized the 2016 Peace and Dignity spirit run 8,000 miles from Alaska to Panama connecting tribes of Abya Yala. She is a pharmacist and founding member of SanArte Healing and Cultura clinic (<https://www.sanartecommunity.com>).

Her work is at the intersections of native traditional healing, food sovereignty and renewable energy that build life-giving systems.

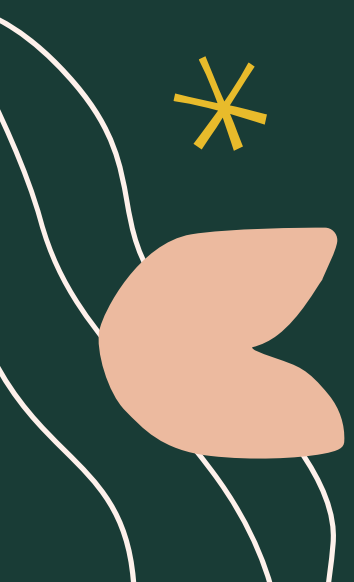
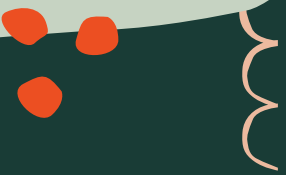




NATIVE FOOD IS MEDICINE:
PROVIDING EMOTIONAL/ RESILIENT
SUPPORT FOR AI/AN YOUTH
THROUGH THE HEALING POWER OF
FOOD

Vanessa Quezada, PharmD

July 14, 2022





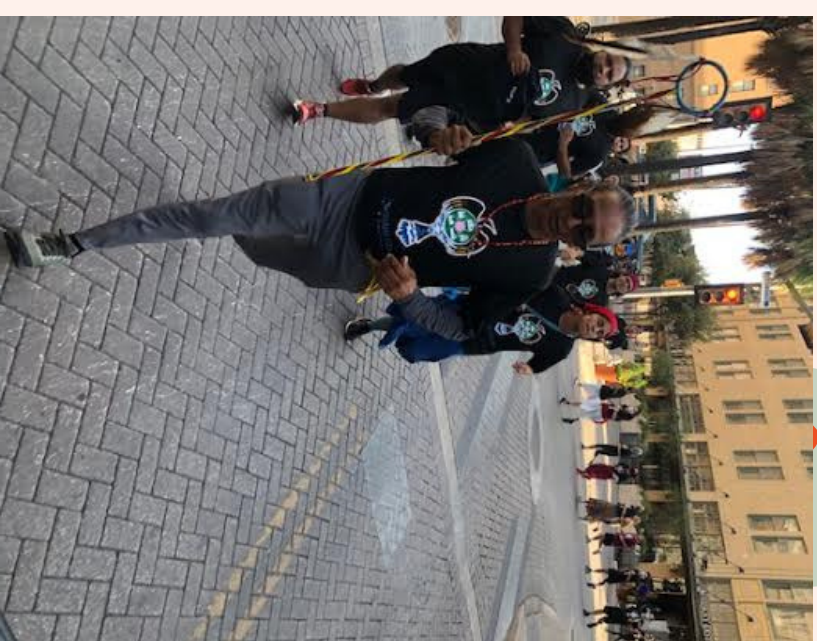
Land Acknowledgement

Yanaguana: Coahuilteco/Estok G'ina

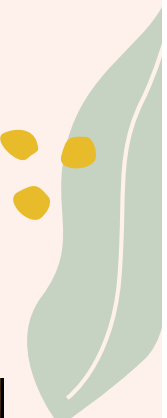




Vanessa Quezada, PharmD
Kickapoo, Chichimeca



Overview



Mind-Gut Connection, Sugar, PFC review

Toxicities in children

Reviewing a native food pyramid and seasonal eating

Curriculum Ideas for native food investigation

Examples of Food Maps and sharing resources



CHILDREN & YOUTH CHALLENGES



STRESS

Family instability
Substance
dependence
Extractive labor
Overwhelm
social media
the state of the world

MENTAL ILLNESS

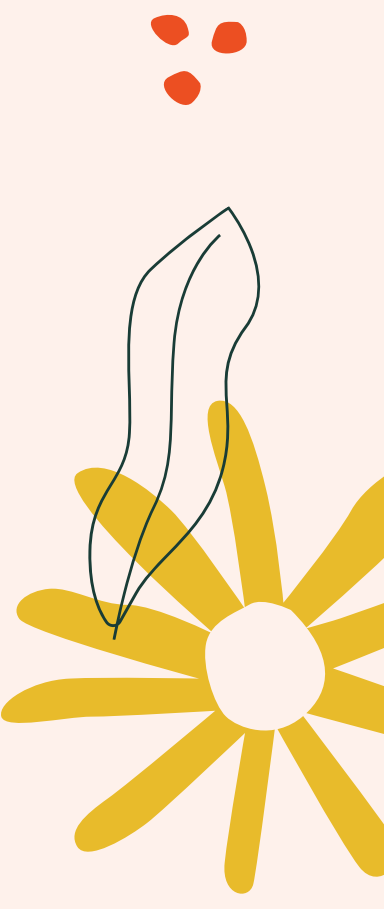
Anxiety
Depression
Oppositional defiant disorder
conduct disorder
Attention-defecit/Hyperactivity
disorder
Post-traumatic Stress disorder
substance abuse

IN THE CLASSROOM

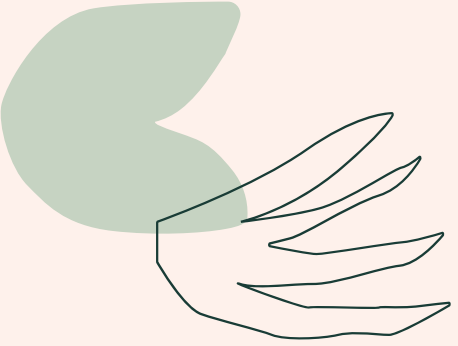
Externalized Stress
=
Acting out
(outbursts, anger)

Internalized stress
=
shutting down
(lack of focus, apathy)





THE NAME OF THE GAME
PFC: PROTEIN, FAT, CARBOHYDRATE



PROTEIN

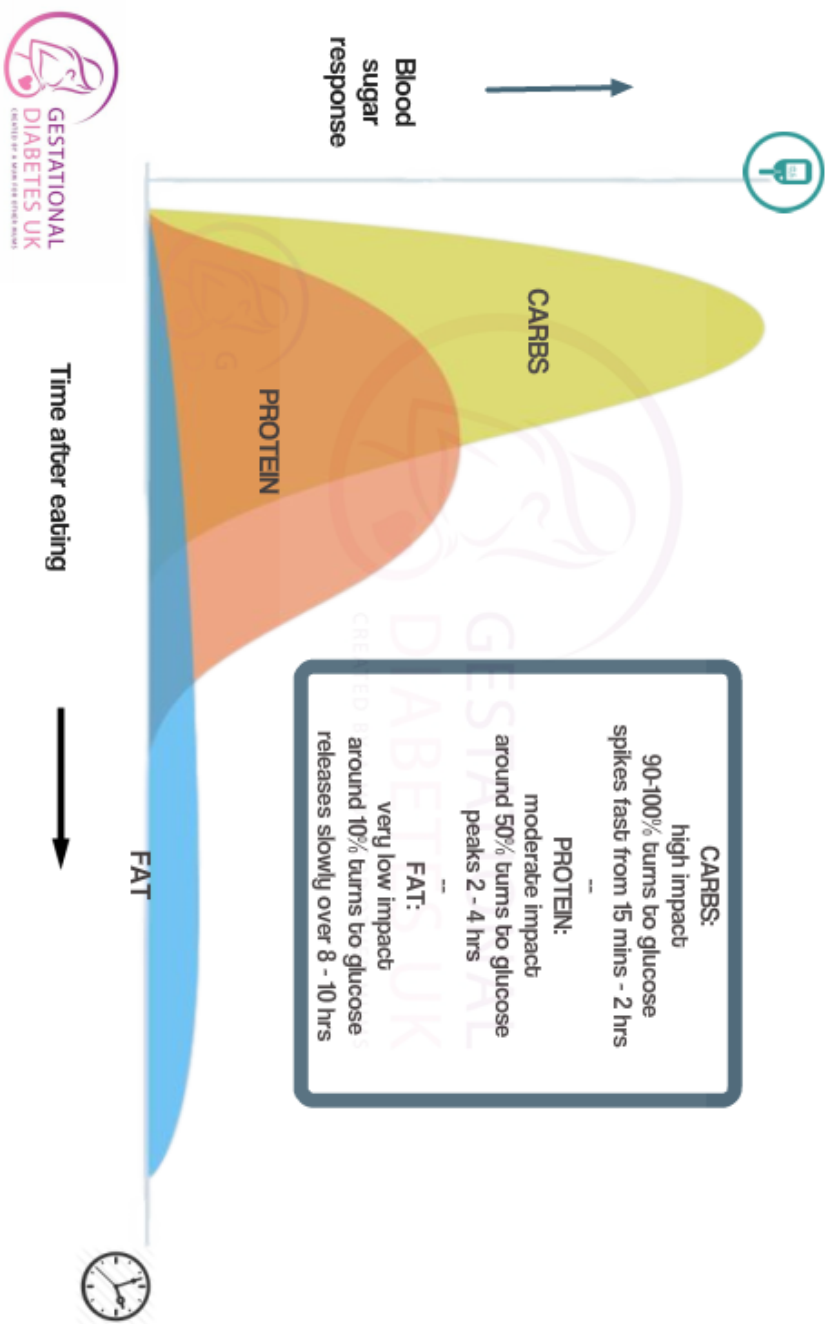
(GOOD) FAT

CARBOHYDRATE

Blood Sugar Stabilization



The impact of macronutrients on blood glucose levels



<https://www.gestationaldiabetes.co.uk/blood-sugar-levels/>



"Good" Fat

"Guts and Grease"

Lard / Manteca

Sunflower Seeds

Pecans, pinenuts, Acorns

Avocado

Omega 3 fatty acids

protect brain from

degeneration/stress

salmon, trout, (sardines),

perslane, chia seeds





Partially Hydrogenated Oil (trans fat)

hydrogen is added to unsaturated liquid fat to make it solid (industrial trans fat)

Find them in saturated fat - margarine, vegetable shortening, fried foods, packaged snacks (Frozen pizza, microwave popcorn), cereals and grain products, foods from the bakery

It is noteworthy that according to the WHO report, about 540,000 deaths yearly can be attributed to the intake of trans fatty acids from industrial sources

Cause: Increase in LDL ("bad" cholesterol) decrease HDL ("good" cholesterol)

Heart disease, inflammation, atherosclerosis (plaque in blood vessels), obesity

Animal fat (natural trans fat in mainly cows, sheep and goats) can protect against heart disease inflammation

"trans fat free" -< 0.5 grams/serving

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8535577/>

<https://www.federalregister.gov/documents/2003/07/11/03-17525/food-labeling-trans>





Carbohydrate



Vegetables, Fruit,

Grains

Corn, Beans, Squash

wild roots (camas, cattail...)

dandelion greens, wild lettuce

Wild rice, Wild oats

gluten sub = arrowroot, corn,

potato starch/ rice flour

amaranth

lentils, quinoa

potatoes

wild berries

Intentional Sugar decrease



ARTIFICIAL FOOD COLORING




Office of Environmental Health Hazard Assessment April 2021

"The percentage of US children and adolescents diagnosed with **ADHD has increased** from an estimated 6.1% to 10.2% in the past 20 years (Xu et al. 2018).


The most **common food items** associated with food dye exposure, which varies by dye, included **juice drinks, fruit-flavored drinks** (powders which get reconstituted), **soft drinks, ice cream cones, breakfast cereals, and icings.**

Overall, our review of human studies suggests that **synthetic food dyes are associated with** adverse neurobehavioral effects, such as **inattentiveness, hyperactivity and restlessness** in sensitive children. The evidence supports a relationship between food dye exposure and adverse behavioral outcomes in children, both with and without pre-existing behavioral disorders.

Thus, evidence from epidemiology, animal neurotoxicology, and mechanistic toxicology, taken together, provide support that FD&C batch-certified synthetic food dyes can impact neurobehavior in some children. "



<https://oehha.ca.gov/media/downloads/risk-assessment/report/healtheffectsassessment041621.pdf>





Protein



Traditional meats, fish, birds, eggs, insects

Wild game - lean

Carabou, Moose, Elk, Bison, Deer...

Organ meats

Bone Soup/Broth (Ca)

Salmon, cod, halibut, others

Canned fish bones in (Ca)

"white meat, low fat, low sodium"

Insects - Crickets, grasshoppers



How do I start?



Eat things you ENJOY every 4 hours!

PFC combination at each meal.

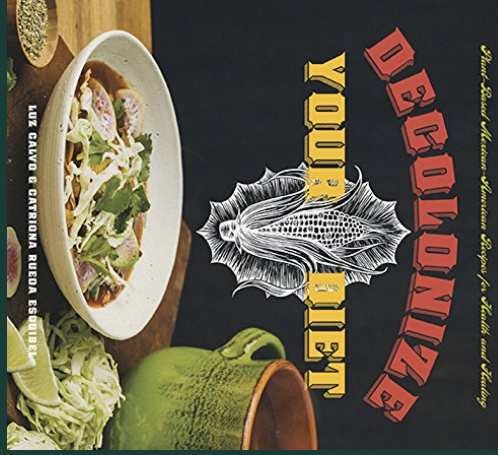
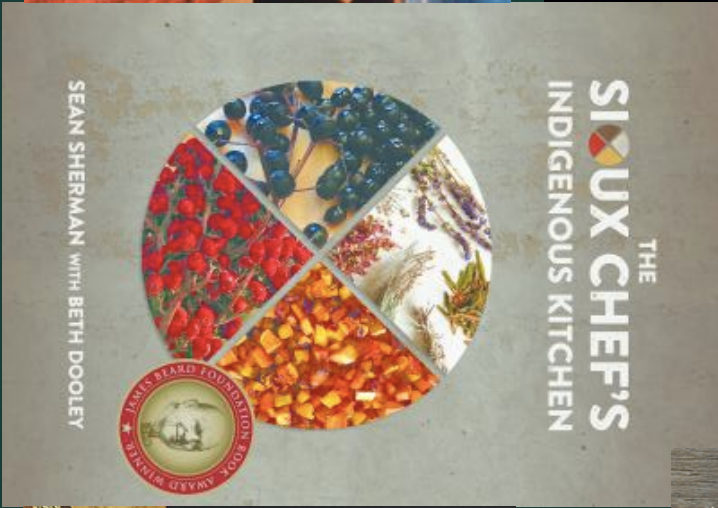
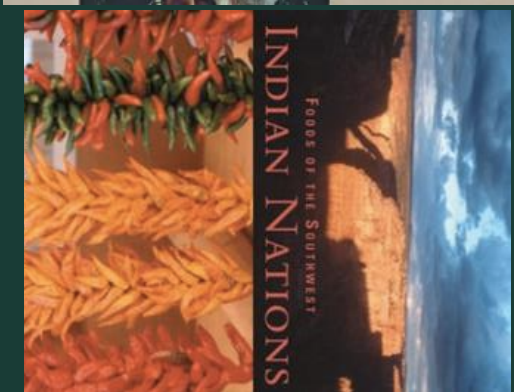
Dine Food Advocacy Alliance:
Cut the CRAPI!

No Carbonated, Refined,
Artificial, Processed foods

Let's eat IN(digenous)! 10 day
challenge



Ask your elders!



Recipes

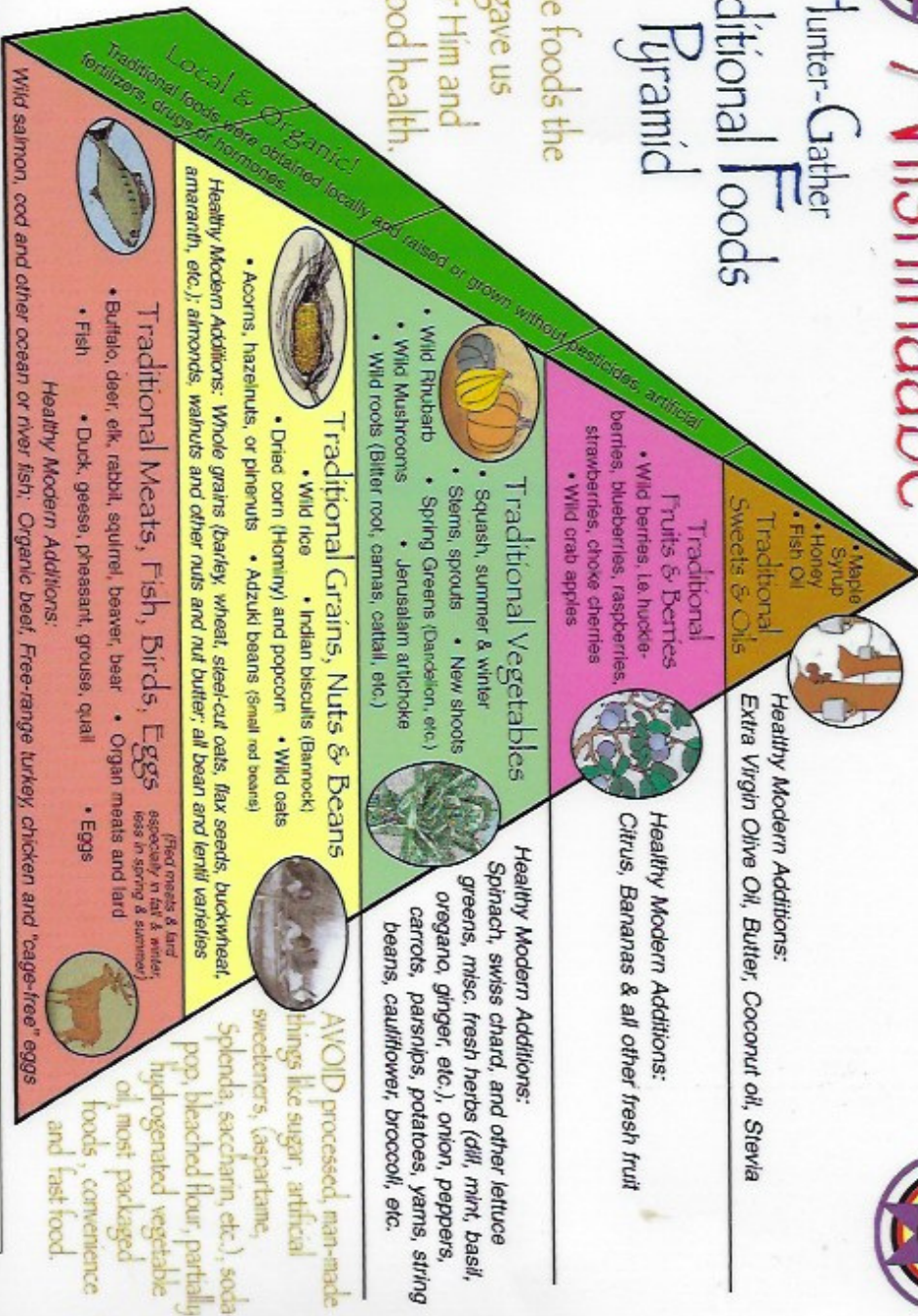


Anishinaabe Creator



Hunter-Gather Traditional Foods Pyramid

Eating the foods the
Creator gave us
will honor Him and
give us good health.



A NOTE ON DAIRY: Dairy, while included in "American" food pyramids, is **not** a traditional food for Anishinaabe Hunter-gathers.

Traditional Calcium and Mineral Sources Included:

- Breast milk for babies and children under two years
- Bone soup or broth
- Fish head soup
- Carried fish with the bones
- Vegetables and greens

Processed/homogenized dairy products have been found to increase risk of Type 2 diabetes, while only **raw milk from healthy cows** is a healthy and beneficial addition to a traditional diet. Cultured dairy (yogurt, kefir, buttermilk, etc.) from raw milk is **digestible** for those who are otherwise lactose intolerant.



Breakout Session



What stands out about the
Annishnaabe Traditional Food
pyramid?

any improvements needed?

What ways/models of native eating
do you follow in your community?

Eat According to the Seasons & the Land

Colder Weather

Increases the need for heavier foods such as **meat (venison, buffalo)**, it's naturally occurring **fat** (like lard) and **starches found in potatoes, winter squash and wild rice** (and other foods which can be stored over the winter months). This might also include **dried jerky (pemmican), dried berries, corn (hominy), canned goods, etc.**



Fall or Autumn

is a time to enjoy the harvest and to prepare for the winter months. Cooler weather brings hunting season, some which is dried or smoked to save for winter. **Squash, tubers** (like potatoes, yams and carrots), **corn, apples** and other fall harvested **fruits and vegetables and nuts (acorns, etc.)** are collected and many are stored for winter use.



Spring Time

is a time of renewal. **Fish, eggs, fresh shoots** (such as horsetail and cattail sprouts) and **tender greens** (such as lambs quarters which is also known as wild spinach, dandelion, plantain, perstane, mint, wintergreen, nettles, wood ferns, and creeping snowberry leaves) help us to cleanse our systems from the heavy winter foods.



Summer Time

In the summer time we tend to be more active and need more high energy foods like **berries, nettles and fish**. An abundance of **fresh greens and vegetables** from gardens are available now to be enjoyed, some are canned for winter use. Summer is not a good time to hunt game because of ticks, bacteria and it's too warm to hang the animal. In late summer wild rice is harvested and prepared for winter use.



FOCUS on LOCAL



Eating the foods that are grown in the soil and climate that you live in is very important. These **STAPLE** foods provide the specific nutrients your body needs. The Creator has given us everything we need literally within walking distance from where you live (wild rice, fish, deer, corn, various greens, and the other traditional foods mentioned above.) How else could people have survived without modern transportation? ... and they did so for thousands of years.



While citrus and other tropical fruits may be a healthy treat for us, their nutrition is better geared for those who live in the regions they are grown in. If the Creator would have thought we needed bananas or pineapple or coconut he would have had them grow here, but they cannot. This does not mean we cannot ever enjoy them, they simply **should not be the STAPLES of our diet.**

Yúk'e & Ádálát Winter & Spring

Key to life on the land is being prepared, paying attention, and being aware of the weather, the thên (stars), the animals, and the plants. You have to know where to find your food and when you can get it. This is particularly important in the yúk'e (winter) & ádálát (spring) seasons. You must know where the snow is too deep to travel and how much daylight you have left to track that moose.



*When you travel, you have
to watch for everything....
even a little movement in the bush....
You have to watch where you are
going, when to expect something.
That is the way my
grandmother
taught me.*

- CHUSCHWA, TANKWEDAWA (Margie Jackson) Ágúna

Traditionally in winter, people relied heavily



Grounding in our Sacredness: Connecting to our food through Storytelling



Reverence & Respect

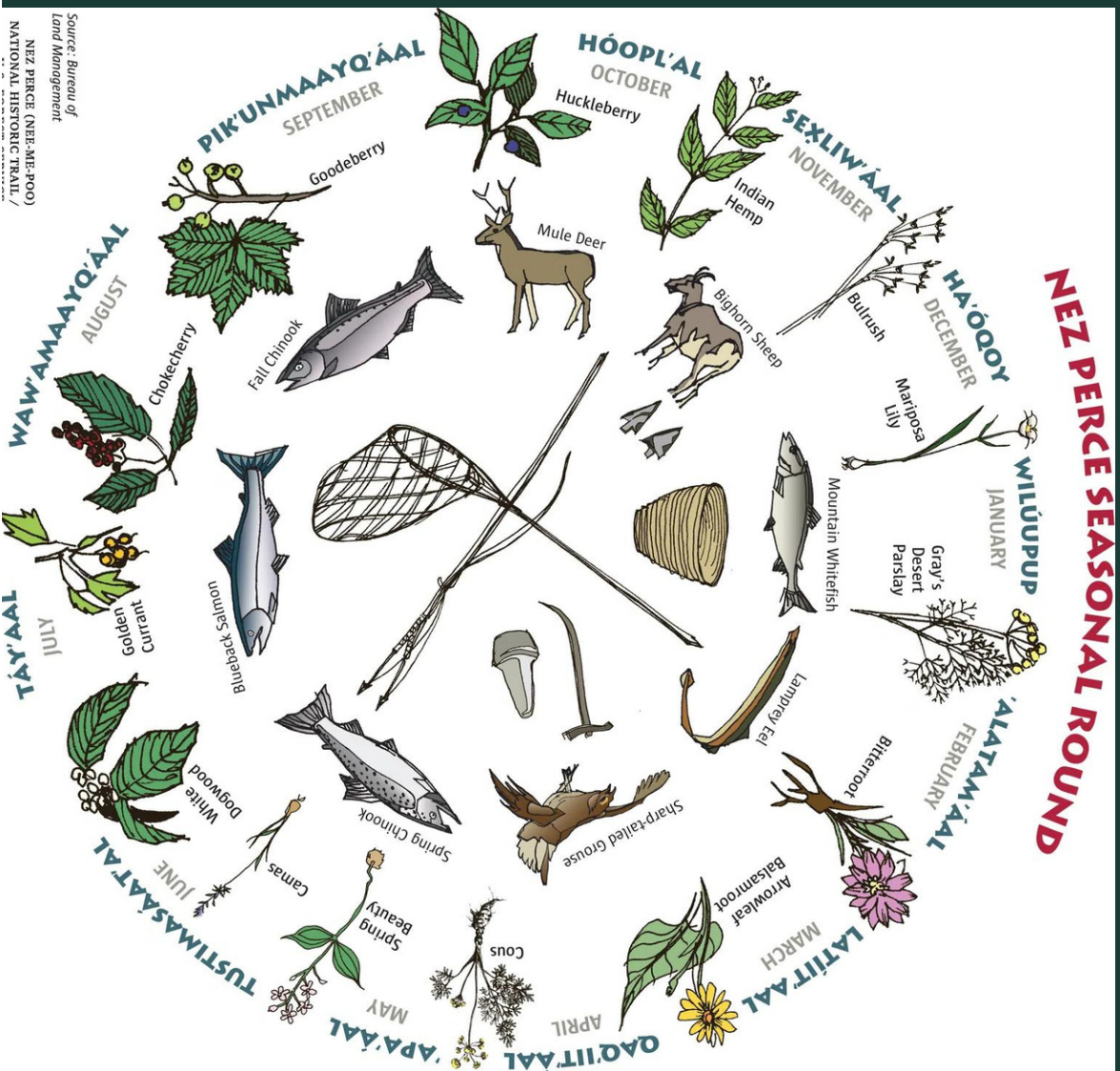
Build relationships with our relatives

Interactive food experiences: through

Taste, Smell, See, Feel, Hear



Share in the chat:
Do you have food maps
in your territory?
If so, please share
links/resources for
others.





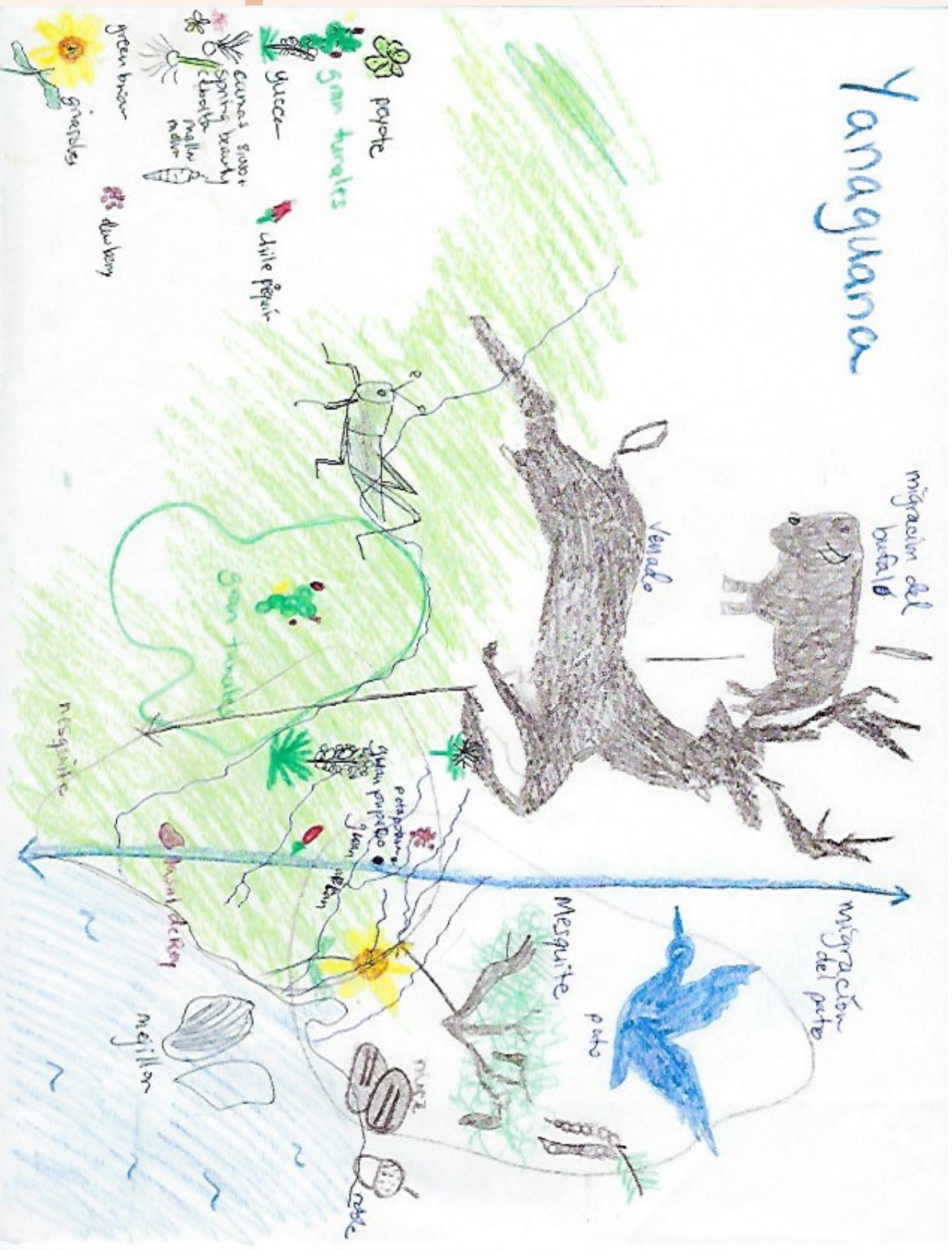
Food Mappings

Cartographies of the Memory

Prof. Quintero

"senti-pensar"/"feel-think"

Connection to the Elders





"We must take responsibility for our health and for the wellbeing of our children. In doing so, we pass on a legacy of self-respect and tribal strength for future generations."

- Davon A Mihesuah (Recovering our Ancestor's Gardens)

CONTACT

EMAIL

vquezad@gmail.com

WEBSITE

www.sanartecommunity.com



Follow-up

- Post-Event Survey Link: <https://ttc-gpra.org/P?s=257345>





National American Indian and Alaska Native

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

Questions or
Comments?
Stories?



PTTC Program Coordinator

Dr. Allison Baez, Tap Pilam Coahuiltecan Nation. For over 25 years her focus has been on students' and their families' academic success. Dr. Baez shares her expertise that implements the best practices from a Native cultural lens intended to strengthen and empower individuals, families, and communities. Through collaborative efforts she applies culturally responsive approaches and methodologies to serve Indigenous populations. She received her PhD from the University of the Incarnate Word in San Antonio, TX.



Teresa Brewington
Co-Director



Bethany Walczak
Graduate Research Assistant



Dara Jefferson
Graduate Research Assistant



About NAIAN MHTTC K -12 & NAIAN PTTC

**K-12 School Mental Health
Contact Information:**

Director

anne-skinstad@uiowa.edu

Co-Director

teresa-brewington@uiowa.edu

PTTC Contact Information:

Program Coordinator

c-allison-baez@uiowa.edu

