

# Nutrition Initiatives of the Midwest Region Partnership for Better Health

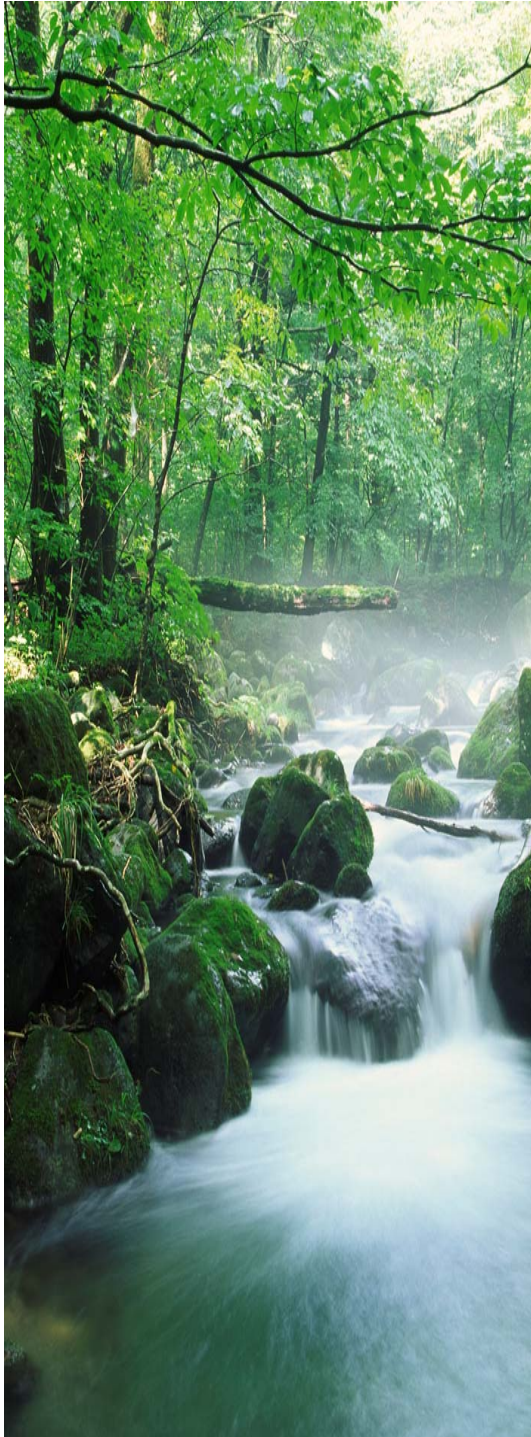


*Samia Hamdan, MPH, RD*  
*MWRO FNS Nutritionist*

# Nutrition Committee Members

- Gloria Goodwin - White Earth
- Peggy Bazant - Red Cliff
- Pat Roberts - Menominee
- Betty Jo Graveen- Lac Du Flambeau
- Milisa Corbine - Bad River
- Leah Parish - Bay Mills
- Samia Hamdan- FNS MWRO





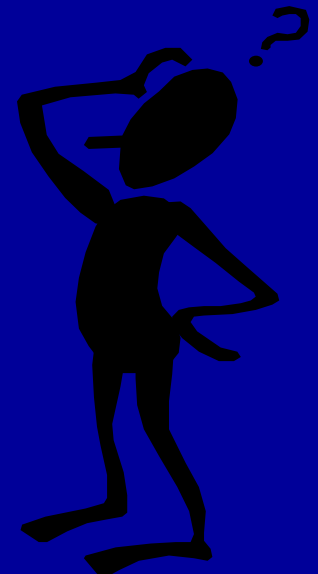
## Mission:

*Supporting the journey to better health within our native communities by encouraging healthy food choices and promoting physical activity.*

# Starting From Scratch: Nutrition Education Needs Assessment

## Questions

- What nutrition education topics would you like to know more about?
- What types of nutrition education materials would you like to receive?
- How would you want to receive this information?



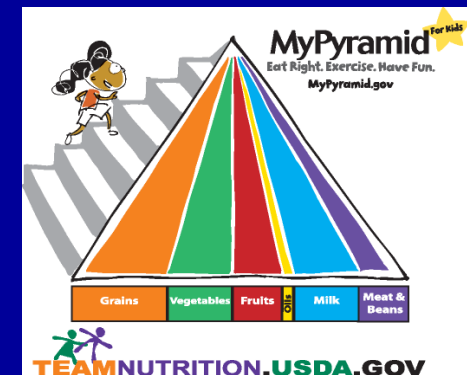
# Nutrition Education Needs

## Nutrition topics

- ✓ How to get more physical activity
- ✓ Prevent heart disease
- ✓ Make recipes healthier overall
- ✓ Diabetes and commodity foods
- ✓ Eat more fruits and vegetables

## Types of Materials

- ✓ Brochures
- ✓ Calendars
- ✓ Newsletters
- ✓ Flyers
- ✓ Posters





# Nutrition Messages

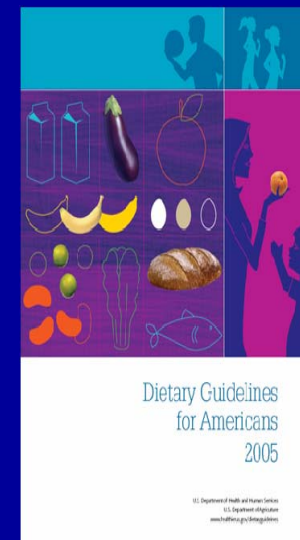


- Consistency with the 2005 Dietary Guidelines for Americans
  - <http://www.health.gov/dietaryguidelines/dga2005/document/>
- My Pyramid and My Pyramid for Kids
  - [www.mypyramid.gov](http://www.mypyramid.gov)
- HealthierUS Initiative
  - [www.healthierus.gov](http://www.healthierus.gov)



# Nutrition Activities 2007

- *Keep the Beat* Heart Healthy Recipe Books
  - Over 100 recipes
  - Nutrition information
  - Copy purchased for all participating households
  - [http://www.nhlbi.nih.gov/health/public/heart/other/ktb\\_recipebk/index.htm](http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/index.htm)
- 2005 Dietary Guideline Consumer Booklets
  - Promote whole grains, fruits, vegetables, low-fat dairy, and lean protein sources.
  - Copy purchased for all participating households
  - <http://www.health.gov/dietaryguidelines/dga2005/document/>





# Nutrition Activities 2007



- Fruits and Vegetables More Matters Colorful Posters
- Sent to all 23 distribution centers in Midwest Region for display
- <http://www.fruitsandveggiesmorematters.org/>



# Nutrition Activities 2007

- 2008 Calendar and Nutrition Guide
  - Nutrition information
  - Recipes
  - Monthly themes
  - Photos
  - Food safety information
  - Pow Wow dates
  - Holidays
  - Educational books
  - My Pyramid for Kids



# Nutrition Activities 2007

- Nutrition Education Website Development
  - Bay Mills Tribal College host site
  - Student intern

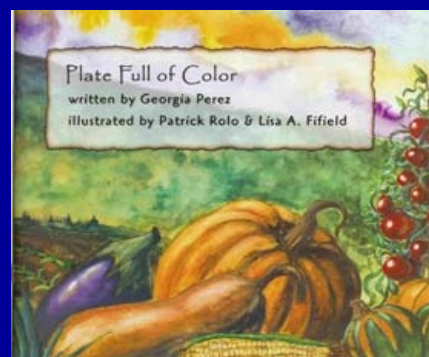
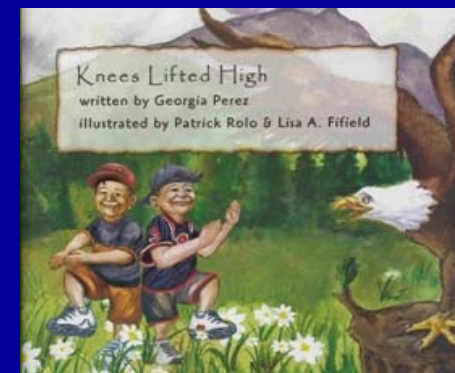
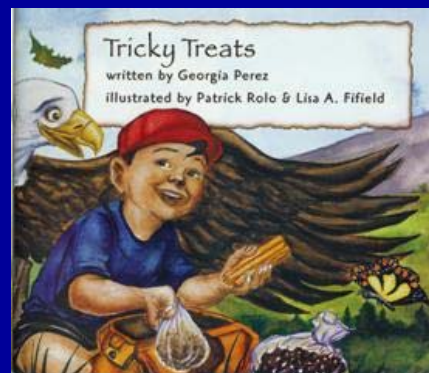
[www.healthynativelifestyles.com](http://www.healthynativelifestyles.com)



*Midwest Region Partnership for Better Health*

# Nutrition Activities 2007

- Eagle Book Series
  - *Tricky Treats*
  - *Knees Lifted High*
  - *Plate Full of Color*
  - *Through the Eyes of the Eagle*
- Centers for Disease Control and Prevention/Indian Health Service Publication
  - Can be ordered and delivered free online



To download: <http://www.cdc.gov/diabetes/pubs/eagle.htm>

To order hard copies:

<http://www.ihs.gov/MedicalPrograms/diabetes/resources/rde/index.cfm?module=catalog>

# Eat Smart Play Hard

- Costume rental—contact your regional office
- Resources
  - Clip Art
  - Activity Sheets
  - Power Panther tales
  - Activity and Sticker books
  - Download at <http://www.fns.usda.gov/eatsmartplayhardkids/>



# 2008 Nutrition Education Grants

Awarded to:

Midwest Region Partnership

for Better Health

AND

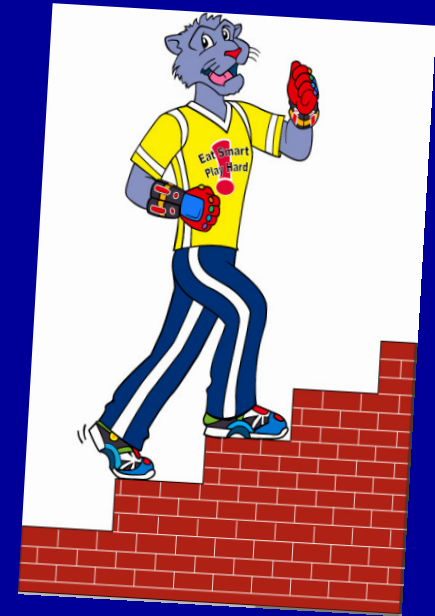
Leech Lake Reservation Tribal Council

*Congratulations!*

A decorative graphic for the word 'Congratulations!' in a white, cursive font. The text is surrounded by various colorful elements: a bright sun with rays, several planets with rings and stripes, and numerous small stars and dots in various colors (yellow, green, blue, purple, orange).

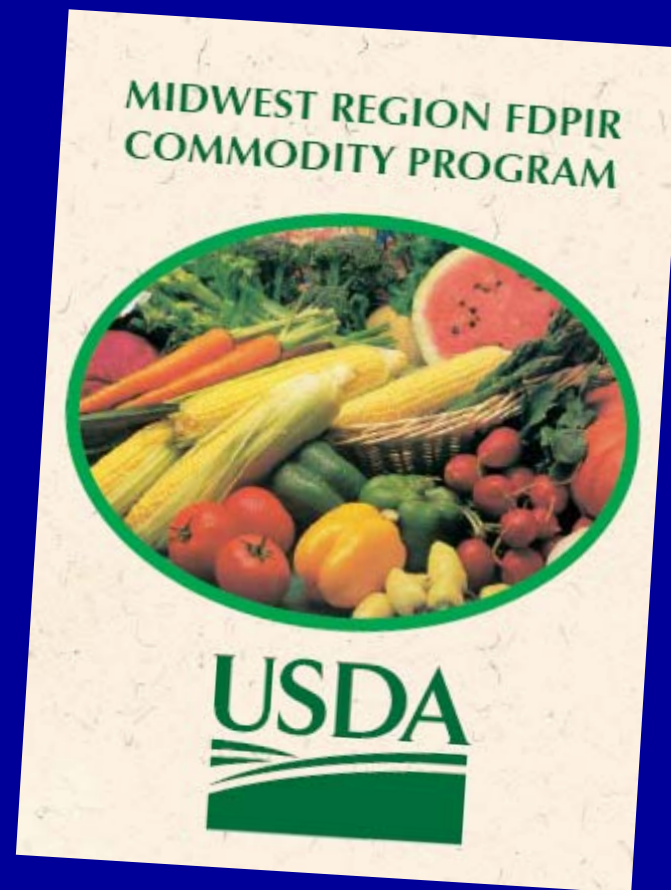
# Midwest Partnership for Better Health: 2008 Nutrition Grant Activities

- 2009 Calendar and Nutrition Guide
- Cucumber Seed Packets
- Food Model teaching tools
- Display boards
- Support travel to nutrition committee meeting
- Support intern to complete website development



# Cucumber Seed Packets

- Promote vegetable consumption
- My Pyramid for Kids
- Promote FDPIR
- One per household





# Food Model Educational Tools

- One per commodity distribution center
- Education tools to teach portion control
- Sugar and fat test tube displays



# Additional Nutrition Activities 2008



- The Healthy Aboriginal Network Comic Books to promote health and wellness:
  - *An Invited Threat* (Diabetes prevention)
  - *Darkness Calls* (Suicide prevention)
  - *Level Up* (Stay in school)
  - *On the Turn* (Gambling addiction)

[www.thehealthyaboriginal.net](http://www.thehealthyaboriginal.net)

# 2009 FDPIR Calendar & Nutrition Guide



Cathleen Cooper  
Case Western Reserve University  
FNS Graduate Intern

# Nutrition Guide

- Healthy Recipes
- MyPyramid
- Beautiful Color photos
- Pow Wow dates
- Food Distribution Program Info
- Food Storage Safety
- Toll-Free numbers



**Heimlich Maneuver**

# Monthly Nutrition Themes

- Oatmeal Month
- Bake for Family Fun
- Breakfast Promotion
- National Garden
- Turn off TV Week
- Physical Fitness & Sports





# More Monthly Themes

- Fresh Fruit & Veggie Month
- Picnic Month
- Farmer's Market Month
- Food Allergy Awareness Month
- Apple Month
- American Diabetes Month
- **Happy Holidays**/Portion Control



**Picnic**



# Fantastic Recipes Every Month

- Oatmeal Applesauce Muffins
- Extra-EZ Healthy Pizza
- Egg Bake Quiche
- Fresh Salsa
- Chex Mingle Snack
- Orange Julius





# More Tasty Recipes

- Cold or Hot Macaroni Salad
- Mustard BBQ Chicken Kabobs
- Allergy-free recipe
- Apple Crisp Recipe
- Wild Rice Party Salad
- Boiled Dinner



# Thank You !



# QUESTIONS?

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(until July 25, 2008)