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## **Native American Nutrition Education Resource List for Educators July 2006**

***This Resource List is available for historical purposes only. It is no longer being updated or reviewed.***

This publication is a collection of resources from the Native American Nutrition Education Database, maintained by the Food and Nutrition Information Center (FNIC) on the topic of infant nutrition and feeding. Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to obtain any materials on this list.

This Resource List is available from FNIC's Web site at:

<http://www.nal.usda.gov/fnic/pubs/NativeAmericanResources.pdf> . A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

### **A River of Recipes: Native American Recipes Using Commodity Foods**

**Description:** Provides many recipes of interest to Native Americans incorporating foods that are distributed through Commodity Foods Programs. Also has information on food safety and food measurements.

**Format:** Internet Source

**Year Published or Produced:** 2003

**User Group:** Consumers, Professionals

**Availability:** Available in PDF format for viewing or printing through organization Web site.

**Link:** [http://www.fns.usda.gov/fdd/recipes/hhp/fdpi-cookbk\\_river1.pdf](http://www.fns.usda.gov/fdd/recipes/hhp/fdpi-cookbk_river1.pdf)

**Organization:** Food and Nutrition Service, U.S. Department of Agriculture

### **Alaska Native Food Practices, Customs, and Holiday**

**Description:** Part of the Ethnic and Regional Food Practices Series, this booklet provides a look at the foods and food practices of Alaska Natives to allow the professional to offer clients effective, culturally appropriate counseling and nutrition education. Special emphasis is given to the dietary management of diabetes. Includes modified popular and traditional recipes.

**Format:** Booklet or Manual

**Author:** Halderson, K.

**Year Published or Produced:** 1998

**User Group:** Professionals

**NAL Call Number:** E99.E7 H219

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered online from the organization; cost may apply.

**Link:** <http://www.eatright.org/catalog/catorder.html>

**Organization:** Diabetes Care and Education Dietetic Practice Group of the American Diabetes Association

### **American Indian and Alaska Native People: Treat Your Heart to a Healthy Celebration!**

**Description:** Handout with tips for heart-healthy eating

**Format:** Internet Source

**Availability:** May be downloaded from NHLBI's Web site.

**Link:** <http://hp2010.nhlbihin.net/FactSheets/treat.htm>

**Organization:** National Heart, Lung, and Blood Institute, National Institutes of Health; Indian Health Service



### **Awakening the Spirit: Pathways to Prevention & Control**

**Description:** Program aimed at increasing awareness of diabetes among the Native American community.

**Format:** Internet Source

**Author:** American Diabetes Association

**User Group:** Professionals

**Availability:** Description available online at American Diabetes Association Web site.

**Link:** <http://www.diabetes.org/communityprograms-and-localevents/nativeamericans/awakening.jsp>

**Organization:** American Diabetes Association

### **Baby Jake Gets an Indian Name**

**Description:** A food safety education program curriculum for Native American school children and their families.

**Author:** Raab, C.A. and Oregon State University, Extension Service

**Year Published or Produced:** 2002

**Publisher:** Oregon State University, Extension Service

**User Group:** Consumers, Professionals

**NAL Call Number:** TX537.R33 2002

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Oregon State University, Extension Service

### **BreakfastMenu**

**Description:** A compilation of web resources surrounding the topic of the School Breakfast Program is listed under the following headlines: (1) Announcements, (2) Outreach Materials, (3) Overviews and On-Line Guides, and (4) Reports and Research.

**Author:** Hecht, K.

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** [http://www.cfpa.net/School\\_Food/Breakfast/BreakfastProgram.htm](http://www.cfpa.net/School_Food/Breakfast/BreakfastProgram.htm)

**Organization:** California Food Policy Advocates



### **Breast-feeding Practices of Native American Mothers Participating in WIC**

**Description:** Examines breast-feeding rates and attitudes among Native Americans enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children in eastern Washington.

**Format:** Journal Article, Internet Source

**Author:** Houghton, M.D.

**Journal Citation:** Journal of the American Dietetic Association, Feb;101(2):245-7, 2001

**Year Published or Produced:** 2001

**User Group:** Professionals

**NAL Call Number:** 89.8 AM34

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be downloaded by members and ordered online by others.

**Link:** <http://www2.adajournal.org>

**Organization:** The American Dietetic Association

### **Building Healthy Hearts for American Indians and Alaska Natives: A Background Report**

**Description:** Provides a comprehensive overview of cardiovascular disease in the American Indian and Alaska Native population, including epidemiology, perceptions of health, descriptions of existing programs, relevant theoretical models, and recommendations for program planners.

**Format:** Internet Source

**Author:** National Heart, Lung, and Blood Institute

**Publisher:** National Heart, Lung, and Blood Institute

**User Group:** Professionals

**Availability:** View online in PDF format on the organization's Web site

**Link:** [http://www.nhlbi.nih.gov/health/prof/heart/other/na\\_bkgd.htm](http://www.nhlbi.nih.gov/health/prof/heart/other/na_bkgd.htm)

**Organization:** National Heart, Lung, and Blood Institute

### **California Adolescent Nutrition and Fitness (CANFit) Program**

**Description:** Program's goal is to "engage communities, and build their capacity to improve the nutritional status and physical fitness of California's low-income, African American, Latino, Asian/Pacific Islander, and American Indian youth between the ages of 10 and 14. Their Web site provides information on workshops, scholarships and grants, and materials.

**Format:** Internet Source

**User Group:** Professionals

**Availability:** Many materials, including a newsletter, are available for downloading from organization's web site; others can be ordered at a cost.

**Link:** <http://www.canfit.org/>

**Organization:** California Adolescent Nutrition and Fitness (CANFit) Program



### **California Indian Women: Good Nutrition for All**

**Description:** Presents results of a survey of food habits of modern Indian women in rural areas of California and gives nutritional guidelines for a healthy family diet.

**Format:** Audiovisual

**Author:** University of California Cooperative Extension

**Year Published or Produced:** 199?

**User Group:** Professionals

**NAL Call Number:** Videocassette No. 3207

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** University of California Cooperative Extension

### **CANFIT Recipes for Success**

**Description:** A how-to guide for designing and implementing nutrition and physical activity outreach activities for youth.

**Format:** Booklet or Manual

**Author:** Hunter, L.K. and Lloyd-Kolkin, D.

**Year Published or Produced:** 1998

**User Group:** Professionals

**NAL Call Number:** RJ206.C35 1998

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered from the organization at a cost.

**Link:** <http://www.canfit.org/forms/recipes.pdf>

**Organization:** California Adolescent and Fitness Program

### **Celebrating Diversity: Approaching Families Through their Food. Rev. ed.**

**Description:** Helps nutrition educators to communicate nutrition information effectively to people of diverse cultures and language backgrounds.

**Format:** Book

**Author:** Graves, D.E. and Sutor, C.W.

**Year Published or Produced:** 1998

**Publisher:** National Center for Education in Maternal and Child Health

**User Group:** Professionals

**NAL Call Number:** RA784.G73

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered from the Web site of the Health Resources and Services Administration at a cost.

**Link:** <http://www.ask.hrsa.gov/detail.cfm?id=MCHJ024>

**Organization:** National Center for Education in Maternal and Child Health



### **Commodity Recipe Exchange**

**Description:** Has recipes that are intended to help school food service personnel and house-hold program administrators find new and different ways to prepare USDA commodities. It is also a place to share creative and innovative menu ideas particularly for hard-to-use commodities.

**Format:** Internet Source

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.fns.usda.gov/fdd/recipes/default.htm>

**Organization:** Food and Nutrition Service, U.S. Department of Agriculture

### **Cooking for Good Health: A Series of Cooking Classes Designed to Teach Healthy Eating to American Indian People**

**Description:** Abstract: Stresses eating in moderation to control diabetes. Recipes reflect general principles for good diabetes and blood pressure control--they are reduced in fat, sugar, and calories and where possible, increased in fiber content. The primary objective of the manual are to prepare and taste healthy food dishes in class to increase acceptability and use of low fat and low sugar foods in the home and to provide healthy, culturally acceptable recipes to participants that could be used at home. The target audience is people in the community who have diabetes and their family members.

**Author:** Broussard, B.A. and the United States Indian Health Service

**Year Published or Produced:** 1995

**Publisher:** Blackfeet Diabetes Program, Blackfeet Community Hospital, PHS Indian Hospital

**User Group:** Consumers, Professionals

**NAL Call Number:** TX663.W66 1995

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Blackfeet Diabetes Program; Department of Health and Human Services

### **Counseling the Culturally Different: Theory and Practice. 3rd ed.**

**Description:** Primarily geared to mental health professionals, this book discusses effective multicultural counseling and therapy, culturally appropriate intervention strategies, multicultural family counseling and therapy.

**Format:** Book

**Author:** Sue D.W. and Sue D.

**Year Published or Produced:** 1999

**Publisher:** J. Wiley & Sons

**User Group:** Professionals

**NAL Call Number:** BF637.C6-S85

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.



### **Critical Issues in Rural Health. 1st ed.**

**Description:** Part III: Health Disparities among People of Color/Disadvantaged Groups devotes Chapter 11 to American Indians and Alaska Natives. It briefly describes certain salient features of the health conditions of Indian populations--those who reside in counties located within or contiguous to reservations or Indian lands of "federally recognized" tribes and is designated the Service Population of the Indian Health Service (IHS). The authors of Chapter 11 are Everett R. Rhoades and Kymberly Cravatt.

**Author:** Glasgow, N., Wright Morton, L., and Johnson, N.E.

**Year Published or Produced:** 2004

**Publisher:** Blackwell Publishing

**User Group:** Consumers, Professionals

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Link:** <http://www.loc.gov/catdir/toc/ecip0413/2004001460.html>

### **Cultural Foods: Traditions and Trends**

**Description:** Explores the cuisine of Native Americans, Europeans, Africans, Latinos, Asians, Southeast Asians, Pacific Islanders, Asian Indians, as well as the menus common to different regions of the United States.

**Format:** Book

**Author:** Kittler-Goyan, P., et al

**Year Published or Produced:** 2000

**Publisher:** Wadsworth Publishing Company

**User Group:** Consumers, Professionals

**NAL Call Number:** TX725.A1 K545

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item may be ordered from the publisher at a cost.

**Link:** <http://www.wadsworth.com/index.html>

### **Development of a Curriculum to Lower Dietary Fat Intake in a Multiethnic Population with Low Literacy Skills**

**Description:** (Abstract) Low-literate, low-income populations face unique issues as they attempt to modify their diet to lower risk of chronic disease. The goal of the Stanford Nutrition Action Program (SNAP) was to design a curriculum that would address such issues and stimulate reduction of dietary fat. Initial focus groups and pilot tests were conducted to assess nutrition knowledge, interests, and dietary habits of a multiethnic, low-literate population. These investigations revealed that a nutrition education curriculum tailored to a population with low literacy skills would need to address the taste, cost, and convenience of low-fat foods, and teach participants how to incorporate low-fat foods and cooking methods into their family's diet with minimal disruption. These findings, combined with published data on food intake and preferences, were used to design the SNAP curriculum. The SNAP classroom curriculum operationalized principles of adult education, constructs from social learning theory, and followed



established national guidelines on how to develop appropriate print materials for low-literate adults. Each of its six lessons included role modeling, goal setting, problem solving, group activities, and skills building tasks; many included SNAP videotapes, food demonstrations, and posters that enhanced group discussions. Print materials were written at or below the 5th grade reading level. The SNAP curriculum combined interactive teaching techniques and behavior change methods to successfully teach and stimulate the interest of low-literate, low-income population to overcome barriers to reducing fat.

**Format:** Journal Article

**Author:** Albright C.L., et al

**Journal Citation:** Journal of Nutrition Education, 29:215-223, 1997

**Year Published or Produced:** 1997.

**Publisher:** BC Decker, Inc.

**User Group:** Professionals

**NAL Call Number:** TX341.J6

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item may be ordered from the journal Web site at a cost.

**Link:** <http://www.jneb.org/>

**Organization:** Society for Nutrition Education

### **Diabetes Facts: Aboriginal Section Home**

**Description:** This resource contains basic diabetes information, developed especially for use in and by Aboriginal communities. The information is divided into four sections: (1) Available Resources, (2) Diabetes Bingo, (3) Useful Links, and (4) Recipes.

**Author:** Canadian Diabetes Association

**Availability:** Available on organization Web site.

**Link:** <http://www.diabetes.ca/aboriginal/index.asp>

**Organization:** Canadian Diabetes Association

### **Diabetes in American Indians and Alaska Natives**

**Description:** Explains what diabetes is, what health problems can result from diabetes.

**Format:** Pamphlet or Brochure, Internet Source

**Year Published or Produced:** 2002

**User Group:** Consumers, Professionals

**Availability:** Available online at organization's Web site.

**Link:** <http://diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm>

**Organization:** National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health





## **Diet and Physical Activity Patterns of Lakota Indian Adults**

**Description:** (Abstract) **OBJECTIVES:** This study assessed specific dietary practices and overall physical activity patterns of Lakota adults residing on Indian reservations in South Dakota. Perceived barriers to changing dietary and physical activity behaviors were also examined. **DESIGN:** A convenience sample of Lakota adults was surveyed. Data on consumption of higher-fat foods, fruit and vegetable intake, use of sugar-sweetened beverages, physical activity patterns, and barriers to change in diet and physical activity were collected via in-person interviews. **SUBJECTS/SETTING:** A total of 219 adults from 2 adjacent reservations in South Dakota participated. **RESULTS:** Higher-fat foods consumed most frequently included margarine and butter (32.0% > or = 5 times per week); eggs (30.1% > or = 5 times per week); whole milk (25.7% > or = 5 times per week); potato chips, corn chips, and popcorn (15.1% > or = 5 times per week); and bacon and sausage (13.3% > or = 5 times per week). Few subjects reported consuming fruit on a daily basis. Vegetables were consumed somewhat more frequently. Most subjects reported engaging in mild or moderate physical activities 3 or more times per week, although women were found to engage in moderate and strenuous physical activities less frequently than men. Major barriers to fruit intake included expense (16.4%), quality (14.2%), and availability (13.2%). Barriers to vegetable intake mentioned most frequently included availability (11.4%), cost (10.4%), and quality (9.1%). Taste was the most frequently mentioned (15.8%), lack of time (14.7%), and safety concerns (14.6%) were the most salient barriers to regular exercise. **APPLICATIONS/CONCLUSIONS:** Nutrition interventions are needed that address the major barriers to diet change reported by Lakota adults. Efforts to increase physical activity should focus on Lakota women and should address the identified barriers to regular exercise.

**Format:** Journal Article, Internet Source

**Author:** Harnack, L., et al

**Journal Citation:** Journal of the American Dietetic Association 99(7):829-35, 1999

**Year Published or Produced:** 1999

**User Group:** Professionals

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be downloaded by members and ordered online by others.

**Link:** <http://www2.adajournal.org>

## **Dietary Survey of Hopi Native American Elementary Students**

**Description:** (Abstract) **OBJECTIVE:** The purpose of this study was to evaluate the diets of 96 Hopi fifth- and sixth-grade students on the Hopi reservation in Arizona. **DESIGN:** Dietary food intakes were collected using a 3-day dietary record and were analyzed with a computer software program to obtain information on the intake of energy, protein, carbohydrate, total fat, saturated fat, cholesterol, fiber, 10 vitamins, and six minerals. **SETTING:** The survey was conducted during the health class or homeroom period in the elementary schools located on the Hopi reservation in Arizona. **SUBJECTS:** The survey population consisted of 96 fifth- and sixth-grade Hopi elementary students attending the five schools on the Hopi reservation. **MAIN**



**OUTCOME:** Before data collection we hypothesized the average diet of Hopi elementary students did not meet dietary recommendations (e.g., Dietary Goals, Recommended Dietary Allowances (RDAs), and/or National Cancer Institute recommendations). **STATISTICS:** The nutrient analyses and demographic data were analyzed for frequencies and percentages of responses. Descriptive and inferential statistics were calculated where appropriate. **RESULTS:** Results of the analysis revealed a mean daily dietary intake of 2,123 kcal consisting of 35% fat (84 g), 48% carbohydrate (261 g; 38% from sugar), and 17% protein (89 g), with 27 g saturated fat, 442 mg cholesterol, 11 g fiber, and 2,477 mg sodium. At least 97% or 100% of the RDA was met for all analyzed vitamins and minerals except for vitamin D (146 IU; 37% RDA), calcium (874 mg; 82% RDA), and zinc (12 mg; 94% RDA). **CONCLUSIONS:** Given the health problems relatively new to Native Americans, such as diabetes, obesity, liver cirrhosis, hypertension, fetal alcohol syndrome, and increasing rates of heart disease and cancer, dietary modification may benefit them in their adult life. Modifications to meet current recommended dietary goals would include reducing fat to below 30% of energy; cholesterol to less than 250 mg; sodium to lower levels but not below 500 mg/day; and decreasing refined sugars. Carbohydrates would be increased to at least 58% energy; fiber to 20 to 30 g; and vitamin D, calcium, and, possibly, zinc to RDA levels.

**Format:** Journal Article, Internet Source

**Author:** Brown, A.C., et al

**Journal Citation:** Journal of the American Dietetic Association 94(5):517-522, 1994

**Year Published or Produced:** 1994

**User Group:** Professionals

**NAL Call Number:** 389.8 AM34

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be downloaded by members and ordered online by others.

**Link:** <http://www2.adajournal.org>

### **Eagle Vision: American Indian Teens Talk about Healthy Living**

**Description:** Eagle Vision was created to find out what American Indian teens think about eating better and being active. This booklet can be used as a guide in working with teens to build awareness about learning to listen to your body and respecting the messages it gives you.

**Author:** Native American Health Center, Nutrition and Fitness Department and the California Rural Indian Health Board, Family and Community Health Services

**Year Published or Produced:** 2000

**User Group:** Consumers, Professionals

**NAL Call Number:** RA784.E23 2000

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Native American Health Center; California Rural Indian Health Board



### **Early Excess Weight Gain of Children in the Pima Indian Population**

**Description:** (Abstract) **OBJECTIVE:** To determine the period of childhood in which weight relative to height increases in Pima Indian children and young adults in comparison with the general US population. **METHODS:** Heights and weights of children in the Pima Indian population were derived from either clinical examinations conducted by the Department of Public Health Nursing (from 1-48 months of age), or from examinations in the National Institutes of Health longitudinal survey of health in the Pima population (for birth and ages 5-20 years), and compared with standards for the US population recently published by the National Center for Health Statistics. **RESULTS:** Weight relative to height (weight-for-length in children aged <24 months, body mass index at ages > or =2 years) was significantly higher in Pima children at all ages examined after the first month of life. Compared with reference values, the most dramatic increases in weight relative to height occurred in 2 stages of childhood: mean z scores of weight-for-length increased between 1 month (mean +/- SEM: males: -0.2 +/- 0.19; females: -0.02 +/- 0.14) and 6 months (males: 0.8 +/- 0.04; females: 0.7 +/- 0.04) of age; mean z scores for body mass index increased gradually between 2 years (males: 0.4 +/- 0.06; females: 0.4 +/- 0.08) and 11 years (males: 1.4 +/- 0.08; females: 1.4 +/- 0.08) and remained stable thereafter. **CONCLUSION:** Excessive weight gain occurs early in the Pima population with changes relative to reference values most marked in the first 6 months of life and between 2 and 11 years. Interventions toward primary prevention of obesity may need to be targeted at children rather than adults in this population.

**Format:** Journal Article, Internet Source

**Author:** Lindsay, R.S., et al

**Journal Citation:** Pediatrics Vol. 109 No. 2 February 2002, pp. e33

**Year Published or Produced:** 2002

**User Group:** Professionals

**Availability:** Can be downloaded from Pediatrics Web site

**Link:** <http://pediatrics.aappublications.org/cgi/content/full/109/2/e33>

**Organization:** American Academy of Pediatrics

### **Eating from the Earth: Celebrating Cultural Diversity**

**Description:** A collection of recipes from around the world, designed to include some history, anthropology, geography, agriculture, and ecology about the food important to different regions of the earth. The recipes are designed for early childhood programs and can be used by families.

**Format:** Booklet or Manual

**Author:** Arizona Department of Health Services, Office of Nutrition Services

**Year Published or Produced:** 1995

**User Group:** Consumers, Professionals

**NAL Call Number:** TX725.A1E37

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Arizona Department of Health Services, Office of Nutrition Services



### **Ethnic Foodways in Minnesota**

**Description:** Contains cross-cultural counseling guidelines, information on the meaning of foods and concepts of health and wellness among African-, Hmong-, Mexican/Hispanic/ Latino/Latina- and Native-Americans. Also contains an extensive list of resources on such topics as food culture, nutrition counseling, cooking, and spirituality.

**Format:** Internet Source

**Author:** Jones, D.V., et al

**Publisher:** University of Minnesota College of Agricultural, Food and Environmental Sciences

**User Group:** Consumers, Professionals

**Availability:** Available in PDF format for viewing or printing through organization Web site.

**Link:** <http://www.agricola.umn.edu/foodways/>

**Organization:** University of Minnesota College of Agricultural, Food and Environmental Sciences

### **Food and Culture in America: A Nutrition Handbook. 2nd ed.**

**Description:** Explores ethnic, regional, and religious foods from both a culinary and nutritional perspective. Outlines traditional cuisines and adaptations made by new immigrants to North America. Has sections on Native Americans, Europeans, Africans, Latinos, Asians, Southeast Asians and Pacific Islanders, people of Greece and the Middle East, and Asian Indians. Contains a glossary of ethnic ingredients.

**Format:** Book

**Author:** Kittler-Goyan, P., et al

**Year Published or Produced:** 1998

**Publisher:** Wadsworth Publishing Company

**User Group:** Professionals

**NAL Call Number:** TX357.K5

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. Third edition (2001) available from publisher.

### **Food Distribution Program on Indian Reservations Fact Sheet**

**Description:** Explains USDA's Food Distribution Program on Indian Reservations (FDPIR) including eligibility, and foods and services provided.

**Format:** Pamphlet or Brochure, Internet Source

**Year Published or Produced:** 2003

**Availability:** Available in PDF format for viewing or printing through organization Web site.

**Link:** <http://www.fns.usda.gov/fdd/programs/fdpi/pfs-fdpi.pdf>

**Organization:** Food and Nutrition Service, U.S. Department of Agriculture



### **Food Perceptions and Dietary Behavior of American-Indian Children, Their Caregivers, and Educators: Formative Assessment Findings from Pathways.**

**Description:** (Abstract) Dietary findings from a school-based obesity prevention project (Pathways) are reported for children from six different American-Indian nations. A formative assessment was undertaken with teachers, caregivers, and children from nine schools to design a culturally appropriate intervention, including classroom curriculum, food service, physical education, and family components. This assessment employed a combination of qualitative and quantitative methods (including direct observations, paired-child in-depth interviews, focus groups with child caregivers and teachers, and semi-structured interviews with caregivers and foodservice personnel) to query local perceptions and beliefs about foods commonly eaten and risk behaviors associated with childhood obesity at home, at school, and in the community. An abundance of high-fat, high-sugar foods was detected in children's diets described by caregivers, school food-service workers, and the children themselves. Although children and caregivers identified fruits and vegetables as healthy food choices, this knowledge does not appear to influence actual food choices. Frequent high-fat/high-sugar food sales in the schools, high-fat entrees in school meals, the use of food rewards in the classroom, rules about finishing all of one's food, and limited family resources are some of the competing factors that need to be addressed in the Pathways intervention.

**Format:** Journal Article

**Author:** Gittelsohn, J., et al

**Journal Citation:** Journal of Nutrition Education 32(1):2-13, 2000

**Year Published or Produced:** 2000

**Publisher:** BC Decker, Inc.

**User Group:** Professionals

**NAL Call Number:** TX341 J6

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered online from the organization; cost may apply.

**Link:** <http://www.jneb.org/decker.htm>

**Organization:** Society for Nutrition Education

### **Food Preferences Predict Eating Behavior of Very Young Mohawk Children.**

**Description:** (Abstract) **OBJECTIVE:** To collect baseline data on energy and nutrient intake and nutrition knowledge, attitudes, and behavior of very young Mohawk children to assist the community in planning an appropriate, targeted nutrition and exercise intervention. **DESIGN:** Energy and nutrient intake data were collected from 24-hour recalls conducted in the children's homes. Nutrition knowledge, attitudes, and behavior were assessed using a 38-item questionnaire that asked children to report on what foods they like the best, eat most of the time, and think are healthful. The questionnaire was completed in an elementary school on the reservation. Before data collection, we hypothesized that the average diet of the Mohawk children would not meet national dietary recommendations. **SUBJECTS:** One hundred forty-three children, pre-kindergarten through third grade (aged 4 to 9 years), completed the 24-hour recalls and



the questionnaire. An additional 136 children, also pre-kindergarten through third grade, completed the questionnaire (n = 279). STATISTICS: Analysis of variance with a Scheffe's multiple-comparison test was used to test for differences among grades and genders for energy and nutrient intake and questionnaire scores. Multiple regression analysis was used to assess the relationship between eating behavior and selected variables. RESULTS: A mean daily energy intake of 1,980 kcal consisted of 34% fat, 13% protein, and 52% carbohydrate with 13 g fiber and 235 mg cholesterol. Food preferences were the strongest predictor of behavior, they explained 71% of the variation in the behavior score. APPLICATIONS: The major finding of this study, that food preferences are the strongest predictor of reported eating behavior in very young Mohawk children, has implications for behavior change interventions. Focusing on changing what children like to eat, through repeated exposure to new foods in a positive social context, is more likely to change what foods they choose than is simple nutrition education.

**Format:** Journal Article, Internet Source

**Author:** Harvey-Berino, J., et al

**Journal Citation:** Journal of the American Dietetic Association 97(7): 750-753, 1997

**Year Published or Produced:** 1997

**User Group:** Professionals

**NAL Call Number:** 389.8 AM34

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be downloaded by members and ordered online by others.

**Link:** <http://www2.adajournal.org>

### **Food: A Multi-Cultural Feast**

**Description:** Discusses how the food we eat in the United States is multi-cultural in its origin. The origins of a number of foods are illustrated.

**Format:** Audiovisual

**Author:** Schrank, J.

**Year Published or Produced:** 1998

**User Group:** Professionals

**NAL Call Number:** Videocassette No. 2865

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

### **Fresh Fruit and Vegetable Photo Cards**

**Description:** A fresh fruit or vegetable is pictured on the front of each card, with the name in both English and Spanish. The back of the cards contains a nutritional analysis in bar-graph form, a symbol depicting the part of the plant most commonly eaten, and a map of the United States highlighting the area that produces the greatest quantity of the fruit or vegetable. Contains 142 photographs including fruits and vegetables enjoyed by several ethnic groups.

**Format:** Kit or Game



**Year Published or Produced:** 1997

**Publisher:** California Nutrition Education and Training Program, California Dept. of Education

**User Group:** Professionals

**NAL Call Number:** Graphic No. 686

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered from the organization; cost may apply.

**Link:** <http://www.cde.ca.gov/re/pn/rc/publication-listings.asp>

### **HealthTeacher**

**Description:** Presents a K-12 health education and curriculum that is holistic in nature which corroborate the National Health Education Standards. The purpose of HealthTeacher is: (1) To build health literacy among those who teach health; (2) To help students develop both a knowledge base and a skills base to help them pursue a healthy lifestyle - throughout their life span; and (3) Provide Value to School Districts through lower cost of ownership, alignment to standards, teacher certification and ease of implementation.

**Author:** HealthTeacher

**Year Published or Produced:** 1999-2006

**Availability:** Available on organization Web site.

**Link:** <http://www.healthteacher.com/>

### **Healthy Eating for Aborigines At Risk for Diabetes, Native Diabetic Information**

**Description:** This site serves as a diabetes primary prevention program that is delivering a health promotion program to Métis, Off-reserve Aboriginal people and urban Inuit. Their objectives are to: (1) Raise awareness of diabetes, its risk factors, the value of healthy lifestyles, and the importance of diabetes screening; (2) Deliver a fun, culturally appropriate, and effective school-based health promotion and diabetes prevention program; (3) Provide a creative, culturally appropriate, and effective community-based health promotion and diabetes prevention program; and (4) Facilitate Aboriginal ownership to ensure long-term viability.

**Author:** Quesnel Tillicum Society Native Friendship Centre

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.quesnel-friendship.org/html/diabetes/healthy.htm#3>

**Organization:** Quesnel Aboriginal Diabetes Prevention and Awareness Program

### **Healthy Eating in Indian Country**

**Description:** Twelve consumer-level handouts entitled: Diabetes; Do You Weigh Too Much?; High Blood Pressure; Exercise; Lowering Your Risk of Heart Disease; Eating Less Fat; Eating Less Salt and Sodium; Eating Less Sugar; Nutrition During Pregnancy; Nutrition and the Older Adult; Effects of Alcoholic Beverages; and Do You Have a Problem Drinking Milk?



**Format:** Pamphlet or Brochure, Internet Source

**Year Published or Produced:** 1992

**Publisher:** Food and Nutrition Service, U.S. Department of Agriculture

**User Group:** Consumers, Professionals

**NAL Call Number:** aRM219.H43 1992

**Availability:** Available in PDF format for viewing or printing through organization Web site. This item may also be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Link:** <http://www.fns.usda.gov/fdd/programs/fdpi/fdpi-pubs.htm>

**Organization:** Food and Nutrition Service, U.S. Department of Agriculture

### **Healthy Recipes**

**Description:** Offers breakfast, meal, and snack recipes useful in creating a healthier diet and to act as a diabetes prevention intervention .

**Author:** Kahnawake Schools Diabetes Prevention Project (KSDPP)

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.ksdpp.org/recipes.html>

**Organization:** Kahnawake Schools Diabetes Prevention Project (KSDPP)

### **HIS Diabetes Nutrition Resource Manual: A Resource for Health Providers Working in American Indian and Alaska Native Communities**

**Description:** Abstract: Developed to provide quick access to diabetes nutrition resources and guidance on their use. This manual describes 10 nutrition education materials; provides teaching tips for the 10 materials, and contains updates on the latest in nutrition care for persons with diabetes. The intended audience is health educators/providers (nurses, family nurse practitioners, physicians, physician assistants, community health workers, and dieticians).

**Author:** Indian Health Services Diabetes Program

**Year Published or Produced:** 1997

**Publisher:** Department of Health and Human Services, Public Health Service

**User Group:** Consumers, Professionals

**NAL Call Number:** RC662.I37 1997

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Indian Health Service Diabetes Program

### **Home Food Preservation, Safety, and Nutrition Curriculum**

**Description:** Abstract: A curriculum that covers food preservation and food safety, freezing, canning high and low acid foods, jams and jellies, pickling, drying, and nutrition. Developed from a program to encourage Native Americans to preserve their own foods and thereby lower the salt, sugar, and fat in their diet.

**Author:** Si Tanka College and Alabama Cooperative Extension System

**Year Published or Produced:** 2001





**Publisher:** Alabama Cooperative Extension System

**User Group:** Consumers, Professionals

**NAL Call Number:** TX601.H66 2001

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Si Tanka College; Alabama Cooperative Extension System

### **Intervention Strategies for Special Groups**

**Description:** This chapter is from the book "Cardiovascular Nutrition: Strategies and Tools for Disease Management and Prevention," Kris-Etherton, P et al, editors. It includes information on cardiovascular and nutrition-related strategies that have been successfully adapted for Alaskan Natives, African, Asian, and Mexican-Americans.

**Format:** Book

**Author:** Achterberg, C., et al

**Year Published or Produced:** 1998

**User Group:** Professionals

**NAL Call Number:** RC669.C2875-

**ISBN:** 088091159X

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered from the organization.

**Link:** <http://www.eatright.org/Public/ProductCatalog/104.cfm>

**Organization:** American Dietetic Association

### **Let's Celebrate!: A World of Healthy Foods**

**Description:** Developed to expand students' opportunities to learn healthy eating skills by exploring a variety of foods. Suggests activities, recipes and resources to help students feel competent about trying unfamiliar foods, understand cultural influences on food preferences and eating habits, and appreciate the similarity and diversity of the world's peoples.

**Format:** Book

**Author:** West Virginia Department of Education

**Year Published or Produced:** 1996

**User Group:** Professionals

**NAL Call Number:** TX725.A1L48

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

### **MedlinePlus: Native-American Health**

**Description:** Offers an array of on-line "trusted health information" and resources organized under the following sub-headings: Prevention/Screening, Specific Conditions, Related Issues, Financial Issues, Clinical Trials, Research, Directories, Organizations, Law and Policy, Statistics, Children, and Women.

**Author:** U.S. National Library of Medicine and the National Institutes of Health



**Year Published or Produced:** 2006

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.nlm.nih.gov/medlineplus/nativeamericanhealth.html>

**Organization:** U.S. National Library of Medicine, National Institutes of Health

### **Meet the Vita-Men**

**Description:** This web site introduces and explores the individual characteristics of vitamins in an exciting and innovative way by using an entire cast of Vita-Men and Vita-Women.

**Author:** Roche Vitamins Inc.

**Publisher:** 1997

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.vita-men.com/index.htm>

### **Minority Women's Health - American Indian / Alaska Native - Obesity and Overweight**

**Description:** Provides publications and links to organizations regarding health problems among American Indian / Alaska Native women including: alcoholism, cancers, cardiovascular disease, diabetes, gallstones, getting health care, HIV/AIDS, infant deaths, injuries, obesity and overweight, smoking, and suicide.

**Author:** U.S. Department of Health and Human Services, Office of Women's Health

**Year Published or Produced:** 2005

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.4woman.gov/minority/americanindian/obese.cfm>

**Organization:** National Women's Health Information Center, U.S. Department of Health and Human Services, Office on Women's Health

### **Multicultural Pyramid Packet**

**Description:** This packet was designed to serve several purposes, from teaching cultural foods to counseling patients from culturally diverse backgrounds. It contains cultural background information, culturally appropriate counseling tips, and pyramid graphics showing foods used by specific cultures. Cultures represented include African-American, Asian Indian, Chinese, Jewish, Mexican-American, Navajo, Puerto Rican, and Vietnamese.

**Format:** Booklet or Manual

**Author:** Achterberg, C., et al

**Year Published or Produced:** 1996

**User Group:** Professionals

**NAL Call Number:** TX360.U6A24

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. Check with



organization regarding availability for purchase.

**Organization:** Penn State Nutrition Center, College of Health and Human Development, Pennsylvania State University

### **National Diabetes Education Program Campaign Tools**

**Description:** Public service announcements (print, radio, and television) and fact sheets for various audiences, including American Indians.

**Format:** Internet Source

**Author:** National Diabetes Education Program

**User Group:** Professionals

**Availability:** Available on Web site. Publications may be duplicated for distribution.

**Link:** <http://www.ndep.nih.gov/campaigns/tools.htm>

**Organization:** National Diabetes Education Program, National Institutes of Health

### **National Diabetes Program Recipes**

**Description:** Recipes incorporating foods of interest to Native Americans. Many recipes include exchanges for meal planning.

**Format:** Internet Source

**User Group:** Consumers, Professionals

**Availability:** Available online for viewing or printing through organization Web site.

**Link:** [http://www.ihs.gov/MedicalPrograms/diabetes/nutrition/n\\_recipes.asp](http://www.ihs.gov/MedicalPrograms/diabetes/nutrition/n_recipes.asp)

**Organization:** Indian Health Service, U.S. Department of Health and Human Services

### **National Heart, Lung, and Blood Institute (NHLBI) Factsheet for American Indians and Alaska Native People**

**Description:** Reminds American Indian families that Native foods and traditional ways can help them stay healthy. Offers tips for making heart healthy choices.

**Author:** National Heart, Lung, and Blood Institute

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://hp2010.nhlbihin.net/FactSheets/treat.htm>

**Organization:** National Heart, Lung, and Blood Institute

### **National Indian Women's Health Resource Center**

**Description:** Here is a national Indian women's health network that promotes advocacy, education, policy development, and culturally appropriate women's health research with an emphasis on a healthy lifestyle within a cultural context. Site includes Services, Resources, and Announcements sections housing a variety of resources.

**Author:** National Indian Women's Health Resource Center

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.niwhrc.org/>

**Organization:** National Indian Women's Health Resource Center



### **Native American Diabetes Project**

**Description:** The Native American Diabetes Project's goal is to help people eat healthy foods and increase exercise. It is a program that is specifically designed for Rio Grande Pueblo people.

**Author:** Native American Diabetes Project

**Year Published or Produced:** 1995

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.laplaza.org/health/dwc/nadp/>

**Organization:** Native American Diabetes Project

### **Native American Food Guide**

**Description:** This is a non-graphical adaptation of USDA's Food Guide Pyramid incorporating modern and traditional Northwest Indian foods; developed by the Yakama Tribal WIC Program and Washington State Department of Health WIC Program.

**Format:** Internet Source

**User Group:** Consumers, Professionals

**Availability:** Available online.

**Link:** <http://www.aaip.com/tradmed/tradmedfoodguide.html>

**Organization:** Association of American Indian Physicians

### **Native American Food Pyramid**

**Description:** A food guide pyramid graphic incorporating foods eaten by Native Americans.

**Format:** Internet Source

**Author:** The California Adolescent Nutrition and Fitness Program

**User Group:** Consumers, Professionals

**Availability:** Available online.

**Link:** <http://www.nal.usda.gov/fnic/Fpyr/NAmFGP.html>

**Organization:** The California Adolescent Nutrition and Fitness Program

### **Native American Food--Frybread**

**Description:** PowerPoint presentation investigating the historical origin and development of this "traditional" mainstay in Native American cuisine and Pan-Indian culture including a brief examination of its ties to obesity and diabetes.

**Author:** Yu Ong and Ryan Yabut

**User Group:** Consumers, Professionals

**Availability:** Available online.

### **Native American Health Recipes**

**Description:** In the modernization of food processing, today we are consuming upwards of several thousand chemicals. These are designed to make food look good; be preserved for long periods of time (indefinitely in some cases); to retard oxidation and spoilage, and mostly to enhance the taste needs of modern people. Sadly as our



tastes change (higher salt and sugar intakes), the food industry adjusts their food processing. Additionally many of the chemicals used are questionable for human consumption. The truth is that we should eat our aboriginal foods when ever possible. Offers a three-week healthy menu.

**Author:** Acevedo, Jr., C.H.

**Year Published or Produced:** 2000

**User Group:** Consumers, Professionals

**Availability:** Available in PDF format for viewing or printing through organization Web site.

**Organization:** Four Worlds Development Project

### **Native Americans and Diabetes**

**Description:** Offers information about Awakening the Spirit : Pathways to Prevention and Management of diabetes. Additionally, additional resources from other organizations that provide information about diabetes awareness and overall improvement in Native American health are available.

**Author:** American Diabetes Association

**Year Published or Produced:** 2006

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.diabetes.org/communityprograms-and-localevents/nativeamericans.jsp>

**Organization:** American Diabetes Association

### **Native CIRCLE: The American Indian/Alaska Native Cancer Information Resource Center and Learning Exchange**

**Description:** The Native CIRCLE is a resource center providing cancer-related materials to health care professionals and lay people involved in the education, care and treatment of American Indians and Alaska Natives. Offers a wide variety of resources including brochures, cancer control materials, and videos/CD-ROMs.

**Author:** Mayo Clinic Cancer Center

**Year Published or Produced:** 2006

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://mayoresearch.mayo.edu/mayo/research/cancercenter/native.cfm>

**Organization:** Native CIRCLE, The American Indian/Alaska Native Cancer Information Resource Center and Learning Exchange

### **Native Indian Wild Game, Fish & Wild Foods Cookbook: Recipes from North American Native Cooks**

**Description:** Includes both traditional and more modern recipes from Native American cooks. Contains recipes for big game such as deer, buffalo, elk, moose, bear; for small game such as beaver, groundhog, woodchuck, muskrat, porcupine, raccoon, squirrel, and snapping turtle; for game birds such as ducks, geese, wild turkey, partridge, pheasant, quail, pigeons and doves; for fish and seafood; for wild rice; for sauces,



marinades, stuffings, batters and breads; and for homemade wines and herbal remedies. Includes chapters on the cleaning, skinning, and tanning of fish and game; the identification of edible wild plants, nuts and berries; and the smoking and curing of fish and game.

**Format:** Book

**Author:** Hunt, D. (editor)

**Year Published or Produced:** 1992

**Publisher:** Fox Chapel Publishing

**User Group:** Consumers, Professionals

**NAL Call Number:** E98.F7N375

**ISBN:** 1565230086

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

### **Native Nutrition Circles: An Anthology of American Indian Studies**

**Description:** Abstract: This book contains 126 pages of traditional Native American stories about food. These short stories have morals about food choices, food preparation, and maintaining traditional ways. There is a short summary after each story, explaining the message clearly. There are old photographs of women from different tribes preparing food in various ways. This book follows the Native American custom of using storytelling as an educational tool, and can be used to generate discussions of health and good nutrition practices. It could be used in a higher level literacy or ESOL class.

**Author:** Schanche Hodge, F. and Fredericks, L.

**Year Published or Produced:** 1997

**Publisher:** Center for American Indian Research & Education

**User Group:** Consumers, Professionals

**Availability:** This item can be ordered for free from the organization.

**Link:** [http://www.worlded.org/us/health/docs/culture/materials/readers\\_019.html](http://www.worlded.org/us/health/docs/culture/materials/readers_019.html)

**Organization:** Center for American Indian-Indigenous Research and Education (CAIRE)

### **Native Outreach: A Report to American Indian, Alaska Native, and Native Hawaiian Communities**

**Description:** Summarizes interventions designed to reduce cancer rates through studies focusing on breast and cervical cancers, education and screening, tobacco education and policy, smoking cessation and prevention, and nutrition education for Native Americans. Acts as a guide for designing culture-appropriate community-level activities.

**Author:** National Institutes of Health and National Cancer Institute, Office of Special Populations Research

**Year Published or Produced:** 1999

**Publisher:** National Institutes of Health and National Cancer Institute

**User Group:** Consumers, Professionals



**NAL Call Number:** RA448.5.I5 N38 1999

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** National Institutes of Health; National Cancer Institute

### **Native Seeds/SEARCH**

**Description:** NS/S works to conserve, distribute and document the adapted and diverse varieties of agricultural seed, their wild relatives and the role these seeds play in cultures of the American Southwestern and northwest Mexico. NS/S promotes the use of these ancient crops and their wild relatives by distributing seeds to traditional communities and to gardeners world wide. Currently NS/S offers 350 varieties from their collection.

**Author:** Native Seeds/SEARCH

**Year Published or Produced:** 2005

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.nativeseeds.org/v2/default.php>

**Organization:** Native Seeds/SEARCH

### **Navajo Food Practices, Customs, and Holidays. 2nd ed.**

**Description:** Part of the Ethnic and Regional Food Practices Series, this booklet provides information on culture, diet among the Navajo Indians who live on or near the Navajo reservation encompassing a 25,000-square-mile area that extends into New Mexico, Arizona, and Utah. Special emphasis is given to the dietary management of diabetes. Includes modified popular and traditional recipes.

**Format:** Booklet or Manual

**Author:** Bachman-Carter, K., Duncan, R.M., and Pelican, S.

**Year Published or Produced:** 1998

**User Group:** Professionals

**NAL Call Number:** RC662 P45

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services. This item can be ordered from the organization; cost may apply.

**Link:** <http://www.eatright.org/catalog/catorder.html>

**Organization:** American Dietetic Association; American Diabetes Association

### **Northern California Indian Development Council, Inc. Food and Nutrition Program**

**Description:** Provides health and nutrition information under the following categories: Healthy Recipes and Native Cookbooks, Summer Food Service Program, California School Breakfast Facts, California Food Banks, California WIC Facts, and the California Food and Nutrition Program (CFNP) Guide to Food Programs.

**Author:** Northern California Indian Development Council, Inc.

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.



**Link:** <http://www.ncidc.org/food/index.html>

**Organization:** Northern California Indian Development Council, Inc.

### **Northern Plains Indian Food Practices, Customs, and Holidays**

**Description:** Part of the Ethnic and Regional Food Practices Series, this booklet discusses traditional food and health beliefs, traditional and current food practices, holiday food customs, and the implications of current dietary practices. Summarizes recommendations for the dietary management of diabetes.

**Format:** Booklet or Manual

**Author:** Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association

**Year Published or Produced:** 1999

**User Group:** Professionals

**Availability:** This item can be ordered from the organization; cost may apply.

**Link:** <http://www.eatright.org/catalog/catorder.html>

**Organization:** American Dietetic Association

### **Oneida Indian Nation - Three Sisters Cookbook**

**Description:** Three Sisters Nutrition Project is designed to help the Oneida people regain healthy diet and exercise habits by returning to their traditional foods, with the added benefit of current nutrition knowledge, which teaches how to limit the amounts of fat and salt in a healthy diet.

**Author:** Oneida Indian Nation Health Department

**Year Published or Produced:** 1994

**Availability:** Available on organization Web site.

**Link:** <http://oneida-nation.net/cookbook/>

**Organization:** Oneida Indian Nation Health Department

### **Overcoming Communication Barriers in Patient Education**

**Description:** A guide to teaching patients who speak little or no English, come from other cultures, have visual or hearing impairment, or poor reading skills.

**Format:** Book

**Author:** Osborne, H.

**Year Published or Produced:** 2001

**Publisher:** Aspen Publishers

**User Group:** Professionals

**NAL Call Number:** R118.O83

**ISBN:** 083422030X

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.





### **Pacific Islands Food Composition Tables**

**Description:** Contains information for 22 nutrients in more than 800 commonly-consumed foods, including root crops, coconuts, green leaves, fruit, fish and seafood. Of interest to dietitians, nutritionists, health educators, agriculturalists, home economists, researchers, doctors, nurses, and those in the food industry. Will also assist families in their everyday food selection and meal planning. Contains some recipes.

**Format:** Book

**Author:** Dignan, C.A., et al.

**Year Published or Produced:** 1994

**Publisher:** Noumea Cedex

**User Group:** Consumers, Professionals

**NAL Call Number:** TX360.I77P33 1994

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** New Zealand Institute for Crop & Food Research Ltd.; International Network of Food Data Systems

### **Pathways Prevention of Obesity in American Indian Schoolchildren**

**Description:** This journal supplement contains 15 articles about the Pathways study - a randomized, 3-year trial of obesity prevention in American Indian Children. Included are articles on design, implementation, results, lessons learned, and more.

**Format:** Journal Article, Internet Source

**Author:** Davis, S. (editor)

**Journal Citation:** Preventive Medicine, Volume 37, Supplement 1, (December) 2003

**Year Published or Produced:** 2003

**User Group:** Professionals

### **Prevention and Treatment of Type 2 Diabetes Mellitus in Children, With Special Emphasis on American Indian and Alaska Native Children**

**Description:** (Abstract) The emergence of type 2 diabetes mellitus in the American Indian/Alaska Native pediatric population presents a new challenge for pediatricians and other health care professionals. This chronic disease requires preventive efforts, early diagnosis, and collaborative care of the patient and family within the context of a medical home.

**Format:** Journal Article, Internet Source

**Author:** Gahagan, S., et al

**Journal Citation:** Pediatrics, 112:e328-e347, 2003

**Year Published or Produced:** 2003

**User Group:** Professionals

**Availability:** Available in PDF and HTML formats through organization Web site.

**Organization:** American Academy of Pediatrics



### **Promoting Healthy Traditions Workbook: A Guide to the Healthy People 2000 Campaign**

**Description:** Outlines the Circle of Community Wellness method comprised of: (1) Where is our community now?, (2) Reach out for help, (3) Create a vision for the future, (4) Create a vision for change, (5) Nurture the vision, and (6) Celebrate the vision and choose the Best Path in actively pursuing and reaching the goals and objectives of the Healthy People 2000 Campaign.

**Author:** Scott, S. and the American Indian Health Care Association

**Year Published or Produced:** 1990

**Publisher:** American Indian Health Care Association

**User Group:** Consumers, Professionals

**NAL Call Number:** RA448.5.I5S36 1990

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** American Indian Health Care Association

### **Reclaim Your Body and Health-Nutrition Facts and Commodity Food Recipes for the California Indian Community (3rd Edition)**

**Description:** This cookbook contains some great recipes as well as nutritional information regarding weight loss, children, pregnancy, and native foods. All of the recipes in this cookbook are appropriate for diabetics, people with heart disease, and people with most gastro-intestinal problems. They are low in fat, have good fiber sources, and are delicious! We hope that you will begin to use these recipes every day to help your family stay healthy. We use commodity foods whenever possible. Sample meal plans are included.

**Author:** Farkas, M.E.

**Year Published or Produced:** 2004

**Publisher:** Northern California Indian Development Council, Inc.

**User Group:** Consumers, Professionals

**Availability:** Available in PDF format for viewing or printing through organization Web site.

**Link:** <http://www.ncidc.org/food/NACOOKBK.PDF>

**Organization:** Northern California Indian Development Council, Inc.; California Native Food & Nutrition Program

### **Resources for Diabetes Education**

**Description:** A bibliography of specific resources dealing with a wide range of health topics including nutrition. Resources are identified as being for patients with diabetes, resources for health care providers, materials for health fairs, and other educational materials. Information on obtaining the materials is given.

**Format:** Internet Source

**Year Published or Produced:** 2004

**User Group:** Professionals



**Availability:** Bibliography available on organization Web site.

**Organization:** Indian Health Service

### **Restoring Balance: Community-Directed Health Promotion for American Indians and Alaska Natives**

**Description:** Describes steps that Indian people can take in order to achieve a level of health that contributes to well-being and pride. It shows a community-directed process in which each community can identify its own resources and use the knowledge and ability of community members to promote health changes. Includes list of checklists, worksheets, and samples.

**Author:** Stanford Center for Research in Disease Prevention and the U.S. Indian Health Service

**Year Published or Produced:** 1992

**Publisher:** Health Promotion Resource Center

**User Group:** Consumers, Professionals

**NAL Call Number:** RA448.5.I5R47 1992

**ISBN:** 1879552396

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Stanford Center for Research in Disease Prevention; U.S. Indian Health Service

### **Smithsonian Folklife Cookbook**

**Description:** This book grew out of the Festival of American Folklife held each summer in Washington, D.C. to celebrate and preserve the richness and diversity of folk culture. In addition to recipes, it includes essays, anecdotes and illustrations. Regions and cultures represented include Native American, New England, Mid-Atlantic, South (South, Cajun and Creole), Upper Great Lakes, Great Plains, West and Southwest, and The Islands (Hawaii, Puerto Rico, Virgin Islands).

**Format:** Book

**Author:** Kirlin, K.S., et al

**Year Published or Produced:** 1991

**Publisher:** Smithsonian Institution Press

**User Group:** Consumers, Professionals

**NAL Call Number:** TX715.K58

**ISBN:** 1560980893

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

### **Strong in Body and Spirit: Lifestyle Intervention for Native American Adults with Diabetes in New Mexico**

**Description:** (Abstract) **OBJECTIVE:** To determine the effects of a culturally appropriate diabetes lifestyle intervention for Native Americans on risk factors for complications of diabetes. **RESEARCH DESIGN AND METHODS:** A nonrandomized,



community-based diabetes intervention trial was conducted in three Native American sites in New Mexico from 1993-1997. Participants were assigned to intervention or control based on community of residence. Intervention sessions were held approximately 6 weeks apart over approximately 10 months. The intervention was delivered in site A in family and friends (FF) groups (n = 32); site B received the same intervention in one-on-one (OO) appointments (n = 39); and site C received usual medical care (UC) (n = 33) (total participants, n = 104). Primary change in HbA(1c) level was assessed at 1 year. RESULTS: Adjusted mean change in HbA(1c) value varied significantly across the three arms at 1 year (P = 0.05). The UC arm showed a statistically significant increase in adjusted mean HbA(1c) change (1.2%, P = 0.001), whereas both intervention arms showed a small nonsignificant (P > 0.05) increase in the adjusted mean change (0.5% and 0.2% for FF and OO arms, respectively). The increase was statistically significantly smaller in the combined intervention arms (0.4%) compared with the UC arm (1.2%, P = 0.02). CONCLUSIONS: Lifestyle intervention has the potential to substantially reduce microvascular complications, mortality, and health care utilization and costs if the change is sustained over time.

**Format:** Journal Article, Internet Source

**Author:** Gilliland, S.S., et al

**Journal Citation:** Diabetes Care 25(1):78-83, 2002

**Year Published or Produced:** 2002

**User Group:** Professionals

**Availability:** This item can be downloaded from Diabetes Care Web site.

**Link:** <http://care.diabetesjournals.org/cgi/content/full/25/1/78>

**Organization:** American Diabetes Association

### **Surveillance for Health Behaviors of American Indians and Alaska Natives**

**Description:** This report summarizes findings from the 1997-2000 Behavioral Risk Factor Surveillance System (BRFSS) for health-status indicators, health-risk behaviors, and HIV testing and perceived risk for HIV infection among AI/ANs, compared with other racial/ethnic groups in five regions of the United States.

**Format:** Journal Article

**Author:** Denny, C.H. Ph.D.

**Journal Citation:** MMWR 52(SS07);1-13, 2003

**Year Published or Produced:** 2003

**Publisher:** National Center for Chronic Disease Prevention and Health Promotion

**User Group:** Professionals

**Availability:** View and print online from organization Web site.

**Link:** <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5207a1.htm>

**Organization:** National Center for Chronic Disease Prevention and Health Promotion



### **The Characteristics of Native American WIC participants, On and Off Reservations**

**Description:** This report describes characteristics, including nutritional risk factors, of Native American participants in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

**Format:** Internet Source

**Author:** Cole, N.

**Year Published or Produced:** 2002

**User Group:** Professionals

**Availability:** Available in PDF format on the organization Web site

**Link:** <http://www.fns.usda.gov/oane/MENU/Published/WIC/FILES/CharNativeAmer.pdf>

**Organization:** Office of Analysis, Nutrition and Evaluation, Food and Nutrition Service, USDA

### **The Diet Quality of American Indians: Evidence From the Continuing Survey of Food Intakes by Individuals**

**Description:** Examines the diet of the American Indians, including Alaskan Natives, by using the Healthy Eating Index, which is a summary measure of overall diet quality.

**Format:** Journal Article, Internet Source

**Author:** Basiotis, P.P., et al

**Journal Citation:** Family Economics and Nutrition Review, 12:44-46, 1999

**Year Published or Produced:** 1999

**User Group:** Professionals

**Availability:** Available online in PDF format on the Web site of the Family Economics and Nutrition Review.

**Link:** <http://www.usda.gov/cnpp/FENR/fenrv12n2/fenrv12n2p44.PDF>

**Organization:** Center for Nutrition Policy & Promotion, U.S. Department of Agriculture

### **The Effect of Indian or Anglo Dietary Preference on the Incidence of Diabetes in Pima Indians**

**Description:** (Abstract) OBJECTIVE: In short-term studies, adoption of a traditional diet is associated with reduction in metabolic abnormalities often found in populations experiencing rapid lifestyle changes. We examined the long-term effects of a self-assessed traditional or nontraditional dietary pattern on the development of type 2 diabetes in 165 nondiabetic Pima Indians. RESEARCH DESIGN AND METHODS: Dietary intake was assessed in 1988 by a quantitative food frequency method, and subjects were asked to classify their diet as "Indian," "Anglo," or "mixed." The Indian diet reflects a preference for Sonoran-style and traditional desert foods. The Anglo diet reflects a preference for non-Sonoran-style foods typical of the remaining regions of the U.S. RESULTS: In women, the intake of complex carbohydrates, dietary fiber, insoluble fiber, vegetable proteins, and the proportion of total calories from complex carbohydrate and vegetable proteins were significantly higher ( $P < 0.05$ ) in the Indian than in the Anglo diet. The mixed diet was intermediate in of all these constituents. In men, the intake for these nutrients was also higher in the Indian than in the Anglo group, but not



significantly. Diabetes developed in 36 subjects (8 men and 28 women) during 6.2 years of follow-up (range 0.9-10.9). The crude incidence rates of diabetes were 23, 35, and 63 cases per 1,000 person-years in the Indian, mixed, and Anglo groups, respectively. After adjustment for age, sex, BMI, and total energy intake in a proportional hazards model, the risk of developing diabetes in the Anglo-diet group was 2.5 times as high (95% CI 0.9-7.2) and the rate in the mixed-diet group was 1.3 times as high (0.6-3.3) as in the Indian-diet group. **CONCLUSIONS:** This study suggests that the adoption of an Anglo diet may increase the risk of developing diabetes in Pima Indians, but it does not provide unequivocal evidence for or against this hypothesis.

**Format:** Journal Article, Internet Source

**Author:** Williams, D.E., et al

**Journal Citation:** Diabetes Care 24(5):811-816, 2001

**Year Published or Produced:** 2001

**User Group:** Professionals

**Availability:** This item can be downloaded from Diabetes Care Web site.

**Link:** <http://care.diabetesjournals.org/cgi/content/full/24/5/811>

**Organization:** American Diabetes Association

### **The Foods I Eat, The Foods You Eat**

**Description:** A nutrition program designed to encourage preschool children to explore and appreciate the foods of many cultures while learning such concepts as colors, shapes, and textures. Kit includes 1 sound cassette, 2 wall charts (double-sided), 1 poster, 3 books, 1 teacher's guide.

**Format:** Kit or Game

**Year Published or Produced:** 1996

**Publisher:** Many Hands Media

**User Group:** Consumers, Professionals

**NAL Call Number:** Kit No. 355

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

### **TOCA's Tohono O'odham Community Food System**

**Description:** TOCA's Tohono O'odham Community Food System is a project dedicated to the creation of a sustainable food system within the Tohono O'odham community. Its goals are to: (1) Empower community members to reduce the high incidence of adult-onset diabetes within the Tohono O'odham Nation; (2) Contribute to the revitalization of the O'odham Himdag - the Desert People's Way; and (3) Stimulate sustainable and culturally-appropriate economic development through food system development.

**Author:** Tohono O'odham Community Action (TOCA)

**Year Published or Produced:** 2003

**User Group:** Consumers, Professionals

**Availability:** Available in PDF and HTML formats through organization Web site.

**Link:** <http://www.tocaonline.org/Programs/Food%20System/foodsystem.htm>

**Organization:** Tohono O'odham Community Action



### **Traditional Food...Is it still good for us?**

**Description:** In responding to the need expressed by Aboriginal Peoples for participatory research and education to address their concerns about the integrity of their traditional food systems, the Centre for Indigenous Peoples' Nutrition and Environment (CINE) presents the pros and cons of traditional foods and their uses according to the following areas: nutrition, physical activity, cultural, taste, low cost, and contaminants.

**Author:** Centre for Indigenous Peoples' Nutrition and Environment

**Year Published or Produced:** 2004

**Publisher:** McGill University

**User Group:** Consumers, Professionals

**Availability:** Available online for viewing or printing through organization Web site.

**Link:** <http://www.cine.mcgill.ca/Tfood.htm>

**Organization:** Centre for Indigenous Peoples' Nutrition and Environment

### **Tribal Connections - Your American Indian / Alaska Native Community Health & Information Resource**

**Description:** Here is a valuable database for health related resources for Native Americans and Alaska Natives providing editorial content in the form of news articles and features about health and wellness issues. Content includes columns from Native American health specialists that combine western and Indian approaches to healing and healthy living and that focus on nutrition and diet

**Author:** National Library of Medicine

**Year Published or Produced:** 2003

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** <http://www.tribalconnections.org/index.html>

**Organization:** National Network of Libraries of Medicine, Pacific Northwest Region

### **Why All the Talk About Fiber? Eating Healthy the American Indian Way**

**Description:** Booklet tells how to: (1) shop for high fiber foods, (2) cook the low fat way, (3) eat foods at home that are high in fiber, and (4) choose high fiber foods away from home.

**Author:** National Cancer Institute and Indian Health Services Diabetes Program

**Year Published or Produced:** 1995

**Publisher:** Indian Health Service, Diabetes Program

**User Group:** Consumers, Professionals

**NAL Call Number:** TX553.F53W59 1995

**Availability:** This item can be borrowed from the National Agricultural Library. Refer to <http://www.nal.usda.gov/services/request.shtml> for NAL lending services.

**Organization:** Indian Health Service, Diabetes Program; National Cancer Institute



### **Wicazo Sa Review: A Journal of Native American Studies**

**Description:** Volume 16.1, from the spring of 2001, is a special issue devoted to Native American Health in the 21st Century. There are 11 contributors writing about, but not limited to: diabetes, health policy, cervical cancer screening, child sexual abuse, HIV/AIDS, food preparation, and adolescent depression.

**Journal Citation:** Wicazo Sa Review: A Journal of Native American Studies, Volume 16.1, Spring 2001

**Year Published or Produced:** 2001

**User Group:** Consumers, Professionals

**Availability:** Available on organization Web site.

**Link:** [http://muse.jhu.edu/journals/wicazo\\_sa\\_review/toc/wic16.1.html](http://muse.jhu.edu/journals/wicazo_sa_review/toc/wic16.1.html)

**Organization:** Wicazo Sa Review, University of Minnesota Press

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#### **This resource list was compiled by:**

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