

Hannahville Indian Community



NLAPH

Background



- Objective: Develop a partnership between the Hannahville Indian Community Department of Health and Human Services, the Nah Tah Wahsh School, and the Keepers of the Future Childcare Center
- Why: The different entities in the Hannahville Indian Reservation have resources to work on a common goal, but are often moving in different directions

Our Population



- We work for the Hannahville Indian Community, which is a reservation located in a rural area of Upper Michigan
- 653 total people live on the reservation
- 502 are Tribal members
- 58 are registered descendants
- 25 are other natives
- 68 are non-native
- 238 are under age 18



Our Community Health Issue



- There were 378 children aged 0-18 seen in the clinic in the last year
 - 165 had BMI evaluated (2 years and up with current height and weight done)
 - 24.2% were overweight
 - 31.5% were obese
- Ages 2-5 years-eating habits established
 - 55.6% obese and overweight
 - Eating 2 meals and 2 snacks at Child Care
 - Opportunity to maximize nutrition and physical activity

Our Team



- **Team Members:**

- Kristen Blahnik, RN: Team lead; Clinic and Community Health Supervisor
- Erin Davis, MS, RD, CDE: Diabetes Coordinator/Dietitian
- Tammy Dlugas, RN: School Nurse
- Julia Schroeder: Director, Keepers of the Future Childcare, Head Start (HS), and Early Head Start (EHS)

Team Member Roles



- Kris Blahnik's role has been to act as the coordinator of all of our meetings. She was the primary contact for our project coach. As clinic and community health supervisor, she oversees the budgets for the community health department. This includes grant funding, which helped us accomplish part of our educational outreach.

Team Member Roles



- Erin Davis' role as dietitian has been to educate the 3-5 year olds that attend childcare/HS. The dietitian performs a nutrition screening with every child who attends the EHS/HS program. This screening allows for eating habits and weight to be discussed with the parents. She has also worked with the school/childcare kitchen staff to modify the menu to provide healthier foods.

Team Member Roles



- Tammy Dlugas' role as school nurse has been to provide education and suggestions for the parents at home via “Nutrition Nuggets”, a kid-friendly educational sheet that goes home each month with the children. It contains a healthy recipe, a suggestion of how to keep your child active during the day, and some information for activities that parents can do with their children at home. She also works with the students to encourage healthier eating and increased physical activity.

Team Member Roles



- Julia Schroeder's role as director of EHS/HS is to provide a program that educates the children on making life-long healthy choices. The childcare adheres to "We are Learning, We are Moving" curriculum, that encourages 60 minutes of physical activity daily. The children receive breakfast, lunch, and a snack that is served family style. These meals are an important component of the child's day, where serving sizes and manners are modeled by the staff.

Our History



- We have all worked for the tribe for 5-15 years
- The childcare center, health clinic, and school nurse have worked together on arranging and performing Head Start/Early Head Start physicals and nutrition screenings for the children participating in the programs
- We've worked separately on many of the same objectives, but never quite formed a partnership.
 - For example- we all knew that the school/childcare menu needed modifications to improve nutrition, but individually could not accomplish the task

Team Leadership Goals



- To collaborate with other groups and programs in the community to best use the resources available, as well as using this collaboration to seek new opportunities for community involvement
- To set specific goals, keeping in mind short-term affect on the community, as well as long-term outcomes.

Community Health Improvement Project



- All 6 classrooms are using “MyPlate” portion plates. The childcare staff are using these plates to create conversation and educate the children about where to put their food, names of the food, and how much is appropriate.
- The education is based on the USDA MyPlate nutrition guidelines. We have provided MyPlate plates for the children to take home, as well as placemat handouts for the parents.

Stakeholders



- Childcare staff
- School staff
- School kitchen staff
- Clinic and community health staff
- Parents in the community that have children attending the childcare center
- Tribal Council

Environmental Context



- The reservation is located in a rural area
- The nearest grocery store is 20 miles away, which limits access to healthy foods
- The nearest maintained park facility is 5 miles away
- The main road on the reservation does not have sidewalks or bike paths, however, some of the newer subdivisions have these in place

Political Context



- The tribe is governed by an elected tribal council
- There are also boards under the council that are elected to oversee individual entities of the community, ie. School Board, Health Board, Child Welfare, Housing, etc.
- The tribal administration has been very supportive of all of our programming and community health projects

Critical Leadership Challenges



- We wanted to have all of Hannahville's programs and boards to have representation in our community health improvement coalition, as we are all working with the community in some way to improve the overall mental, spiritual, emotional, and physical health of the residents
- We had very positive feedback via email, but very little participation in the actual meetings. We weren't able to involve school administration at this level.

Pathway to Change



- Primary objective was to reduce childhood obesity, but rather than use the term obesity, we have been using “enhancing the health of our youth”
- We initially wanted to provide education to the parents, so that lifestyle changes would be made in the home
- However, when we realized that it would reach more individuals if we made environment changes, we set out to make the childcare a healthier environment
- We started working with the people that were ready to partner with us, including:
 - School kitchen staff
 - Community elders
 - Parents living in the community
 - The local health department

Pathway to Change

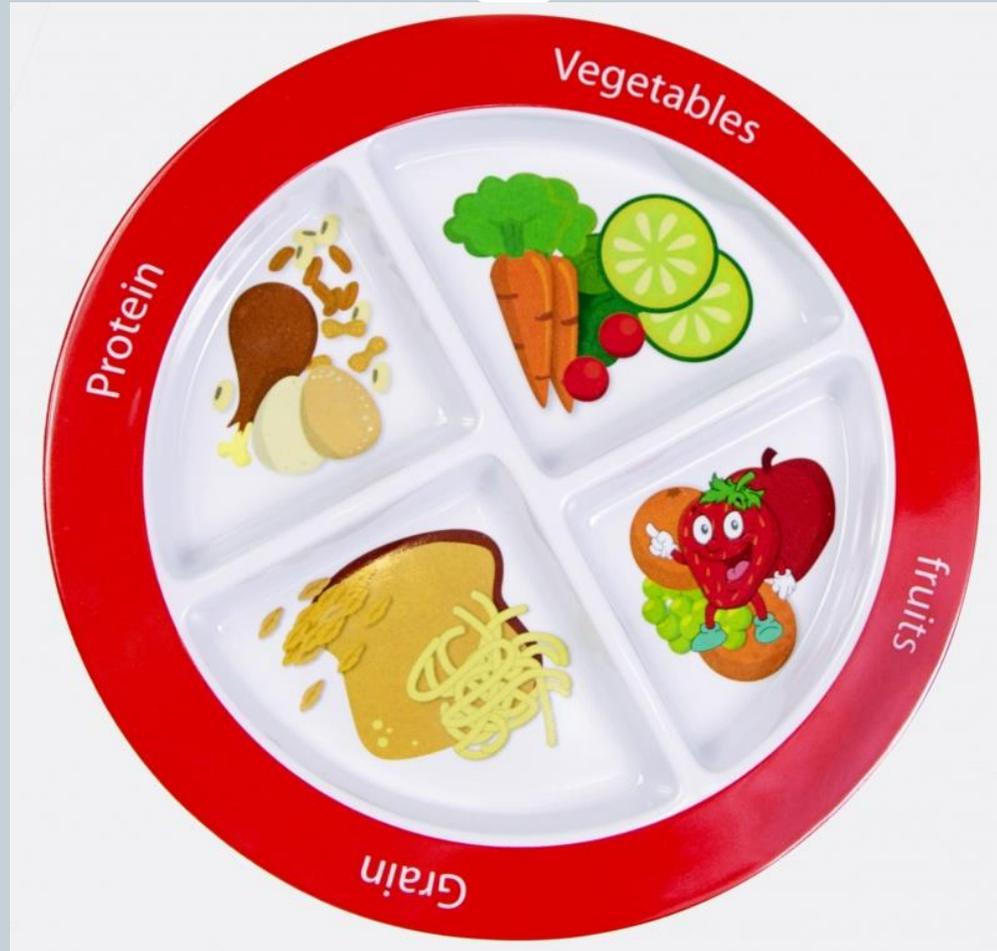


- The dietitian met with the kitchen staff to modify the menu to include more whole grain items, more vegetables, and less deep-fried foods. Snacks are also provided to the childcare kids, and many of the snacks being offered were pre-packaged convenience items, such as Rice Krispie Treats. Healthier options, such as fresh fruit, were suggested.
- “MyPlate” dinnerware is used at every meal in all of the childcare classrooms, rather than large styrofoam trays. Plates were given to the students for use at home.
- Parents were educated about the plates at the EHS/HS nutrition screening
- Education was provided to the children regarding healthy foods every week.

We went from this...



...to this





Project Outcomes



- The kitchen staff reported that students (childcare as well as K-12) reacted positively to the changes in the menu
- More fresh fruit and vegetables are being served, and The use of nutrient-dense snacks has been reduced
- We have received feedback from parents at parent meetings that their children are talking about the plates and what they are learning about food, and are wanting to eat healthy foods at home

Future of the Project



- We will continue to focus on making environmental changes to reduce the risk of disease
- Continued partnership with the local health department on playground equipment grant
- Working on breastfeeding policy in community and workplaces
- Partnership with OPREVENT project (Johns Hopkins) to increase access to healthier foods

Impact of NLAPH



- NLAPH provided us with the opportunity to collaborate with each other to achieve common goals
- Participating in the webinars has improved our knowledge of gaining stakeholders, overcoming political and environmental challenges, and how to work with others
- The NLAPH retreat taught us about how we can best work together as a team, and to be able to partner with others as we continue our work

Team Goals for Future



- Work with tribal leaders to change community policies
- Continue our partnership and outreach to grow our community health improvement coalition