

STRENGTHENING THE HEMISH FOOD SYSTEM:

PROMOTING FOOD SOVEREIGNTY THROUGH CULTURALLY
RELEVANT SYSTEM CHANGES, EDUCATION, AND EQUITABLE ACCESS



HEMISH
JEMEZ PUBLIC HEALTH

Making Jemez a healthier place to live.



HEMISH
JEMEZ PUBLIC HEALTH

GROUP AGREEMENTS

ADAPTED FROM COURAGEOUS CONVERSATIONS



**“The unexpected action of deep listening can create a space of transformation capable of shattering complacency and despair.”
Terry Tempest Williams**

- Stay Engaged
- Speak Your Truth
- Experience Discomfort
- Expect/Accept Non-Closure

SESSION OBJECTIVES



- Identify how culturally relevant system changes address social determinants of health and promote equity across the community.
- Examine how the program integrates expertise from public health, agriculture, public health nursing, education and social marketing to create multi-level interventions.
- Explore how the program leverages community assets, including traditional knowledge, local expertise, and collaborative partnerships, to develop resilient and impactful solutions for enhancing the Hemish Food System and population health.

WEBINAR OVERVIEW

"Imagine the room filled with not only humans but animals, and plants, and water, and land, and we are tasked, as a people, to improve that food environment."

A-dae Romero-Briones (Cochiti/Kiowa)

- **Introduction**
- **Warm-Up**
- **Health Equity Framework**
- **Food Sovereignty & Health Equity**
 - **Strategic Plan**
 - **Hemish SDOH**
- **Program Integration**
 - **How all public health programs work together to create multi-level interventions to advance Food Sovereignty**
- **Conclusion**
 - **Review of key program components**
 - **Review steps of operationalized Food Sovereignty**
 - **Questions**

Pueblo of Jemez

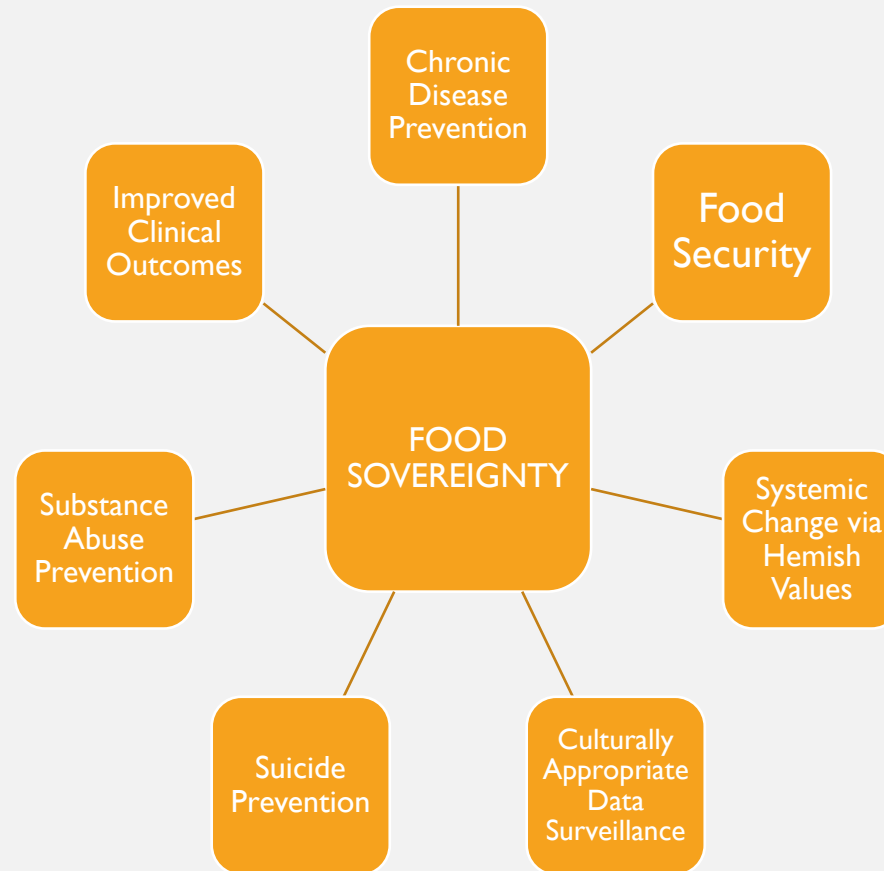


- **Located in New Mexico**
- **638 Tribe (Self Governance)**
- **Non-Gaming Tribe**
- **Aprx 90,000 Acres**
- **Aprx 4,000 Enrolled Tribal Members**
- **Community Clinic**
- **Prevalence of Diabetes**

"Do you understand that your quality of life and your survival are tied to how authentic and generous the connections are between you and the people and place you live with and in?"

Adrienne Marie Brown

WHY FOOD SOVEREIGNTY?



HEALTH EQUITY ASSESSMENT TOOL

ADAPTED FROM IHI HEALTH EQUITY ASSESSMENT TOOL
SOURCE: IHI EQUITY TOOL FOR HEALTH CARE ORGANIZATIONS, 2019



STRATEGIC PLANNING

Key Components in Strengthening the Food Sovereignty System

Preservation of Agricultural Heritage

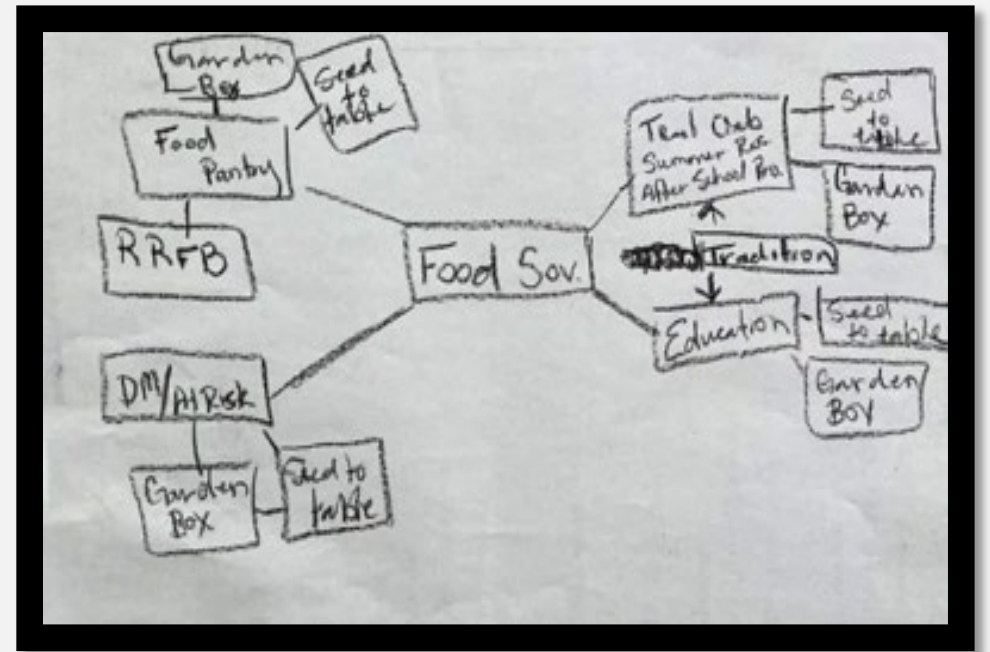
Year-Round Food Security

Strategic Partnerships

Support for At-Risk Populations

"Activating futurity involves engaging in practices that allow Indigenous peoples to imagine and create futures grounded in their cultural knowledge and values."

Harjo



A collage of four posters on a wooden background. The top-left poster is titled 'NEWS FLASH!' and reads: 'Jemez Pueblo Becomes 1st Community in the U.S. To Reverse Obesity through Food Sov. System'. The top-right poster is a colorful diagram titled 'System Change' with 'FOOD SOV.' at the center. It lists various components: 'All Schools', 'At Risk D.', 'Sprouts H2O Gardens', 'MDEP DEIP', 'CH', 'Nutrition', 'Green house', 'Cooking', 'Nutrition Education of eating habits', 'Physical Activity', 'Behavioral Health Change', 'Clinic', 'At Risk D.', 'Food Sov.', 'Walatowa Trail Club', 'At Risk School Program', 'Food Pantry', 'Wellness', and 'All Schools'. The bottom-left poster is titled 'News Flash!' and reads: 'Pueblo of Jemez the 1st N.A. tribe to have a control on the dog population. Within the community outdoor activities & sports is increasing.' The bottom-right poster is a drawing of a traditional Pueblo-style house with a thatched roof, surrounded by trees and a landscape with a sun and clouds.

ORGANIZATIONAL STRATEGY MAP

VISION

To make the Pueblo of Jemez a healthier place to live by offering culturally relevant, well-respected community and population health resources accessible to all community members.

MISSION

To provide quality, innovative, and sustainable multi-level community and population interventions to the Pueblo of Jemez through prevention, education, advocacy, and treatment programs that respect our culture, advance health equity, and evolve, as necessary.

GOAL 1: Create a **compassionate** environment that fosters a sense of safety, inclusivity, and belonging.

OBJECTIVES:

1. Develop a team culture where staff feel valued and are recognized through the celebration of achievements, inclusion, and acknowledgment of milestones
2. Commit to continuous trainings that build skills to make equity and inclusion possible

GOAL 2: Improve **accessibility** to services.

OBJECTIVES:

1. Expand outreach through meaningful, culturally relevant engagement
2. Support work in health equity and address SDOH.

GOAL 3: Enhance programming **resiliency**.

OBJECTIVES:

1. Provide relevant ongoing staff training to keep them updated on the latest advancements and best practices
2. Develop processes and systems to streamline internal workflow services and internal cross-programming

GOAL 4: Develop **versatile** program services that can adapt to emerging health challenges.

OBJECTIVES:

1. Analyze health data to identify trends, allocate resources effectively, and tailor interventions to the specific needs of the community
2. Foster an environment of open and transparent communication through multiple communication platforms

Program Design: Tribal food system that addresses food security on multiple levels of intervention within the Social Ecological Model.

FOOD SOVEREIGNTY PROGRAM – LOGIC MODEL

Goals:

1. Develop a food system that is responsive to the needs of food insecure families and special populations in the Pueblo of Jemez.
2. Develop a food system that advances the overall health of the community health as a means of both preventative and prescriptive healthcare.

Resources & Inputs

Staff: Agricultural Coordinator, Crew Boss, Public Health Agricultural, Technicians, Contract labor

Funding: Title V & SDPI

POJ Partnerships: Department of Education, NRD, Senior Center, Community Wellness, Realty, JHHS Clinic

Community Partnerships: NMSU, RRFB

Equipment: Farming equipment/tools, Seed supply, soil, chicken feed, greenhouse supplies, vehicles PPE

Specialized Training: Traditional knowledge, Traditional calendar, regenerative farming, safety

Activities

Public Health Farm:

Farm culturally relevant and regenerative crops
Grow produce in greenhouses
Assist in all Public Health Activities
Store and house Public Health equipment
Host and facilitate tribal-specific educational and skill-building activities related to traditional farming
Develop educational material

Food Distribution:

Coordinate food distributions with special populations, schools, senior center, and community wellness
Deliver garden boxes to elders
Foster partnerships that advance Food Sovereignty Principles

Outputs & Measures

Crops:

and types of crops produces

Lbs. of produce grown

Lbs and % given to special populations

- Schools
- Food insecure families
- Diabetics
- Elders
- Home-bound elders

Outreach:

of garden boxes delivered to home-bound elders

of food sovereignty educational courses offered to the community members and partnerships

of participants in educational activities

families served from RRFB distribution

Measures:

of diabetic patients served who are food insecure

of elders served

of obese and at risk youth served

Frequency and Lbs of produce delivered to schools and senior center.

Outcomes

Short-term:

- Increase knowledge of traditional/ regenerative farming management practices
- Increase skills in growing food
- Improve attitudes towards growing food and relying on Tribal food systems.

Intermediate-term:

Decrease % of food insecure households
Increase participation in home meal preparation
Increase food resource management (i.e., grocery lists, price comparison, growing food from home, minimizing food waste, food safety)

Long-term:

- Improve access to healthy foods throughout the Hemish community.
- Strengthen community capacity to address food insecurity.
- Improve healthy food environment in schools and senior center.

INDIGENOUS SOCIAL DRIVERS OF HEALTH

NATIONAL INDIAN HEALTH BOARD

- National Indian Health Board ISDOH Risk & Protective
 - Food Systems: (1) Mass produced foods replacing Indigenous diets. (2) Access to and health of traditional plants. (3) Indigenous traditional medicine
 - Commercial Drivers of Health: (1) Mass produced food replacing Indigenous diet (2) Misconstruction of food security for Indigenous Peoples and communities (3) Structured, systematic, and targeted populations
- Hemish ISDOH Protective & Risk Factors
 - Food Systems: (1) Strong culture in traditional farming (2) Strong traditional knowledge in medicines (3) Strong culture in traditional hunting
 - Cultural Drivers of Health: (4) Large population of elders (5) Centralized population (6) Value of traditional Indigenous foods as healthier, culturally significant alternatives (7) Society/ kinship systems

"Food is an indicator of the health of a society."

A-dae Romero-Briones (Cochiti/Kiowa)



ABOUT PUBLIC HEALTH FOOD SOVEREIGNTY

7 Acre farm with a solar pump for easy access to water and an irrigation channel for flood irrigation.

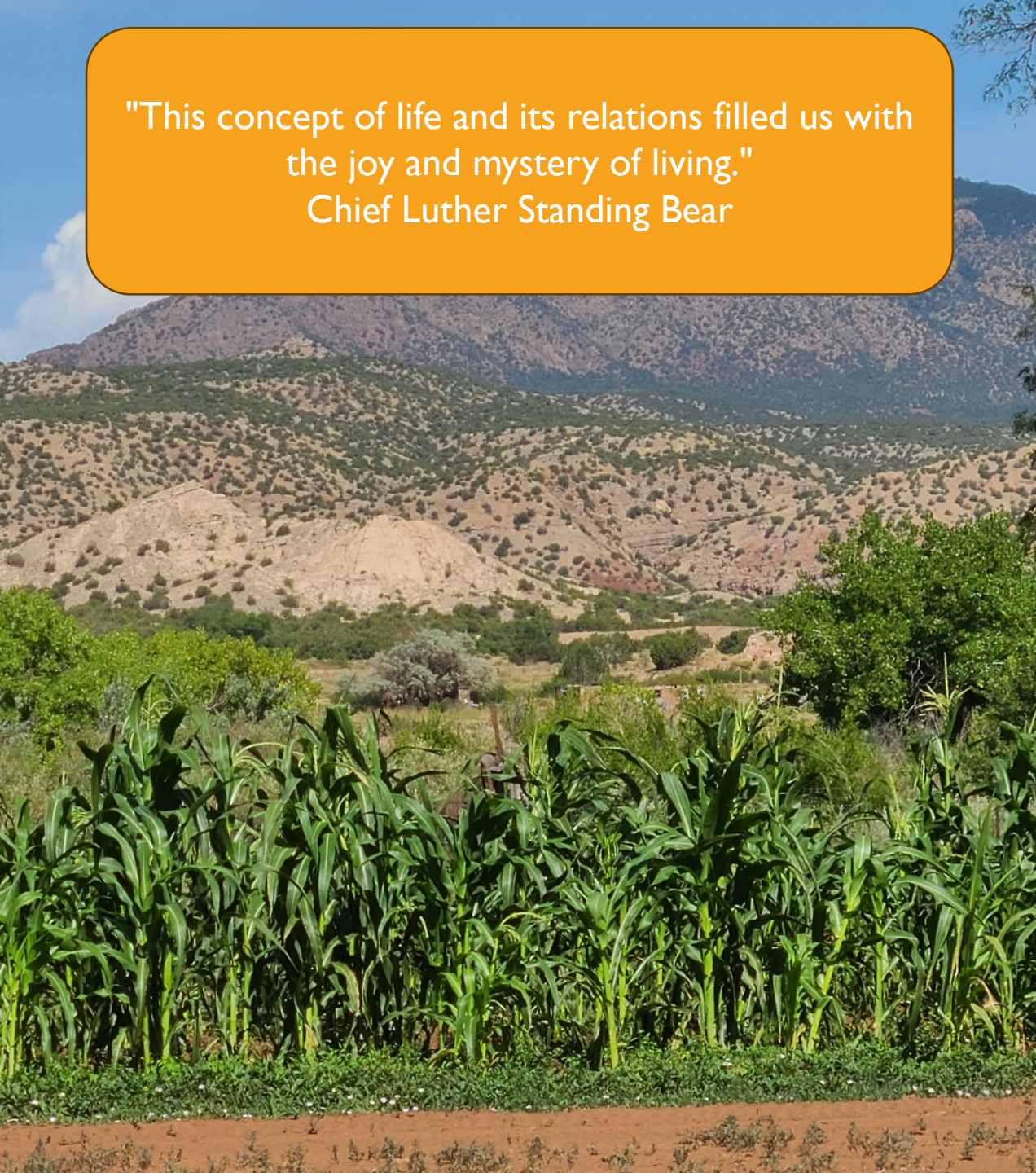
2 Acres of a variety of fruit trees and grape vineyard.

Currently house about 30 chickens and plan on introducing more in early summer.

Two Greenhouses on site, one is currently functioning, and the other is still under construction.

All field prep is done with a tractor, discing, plowing, leveling and row hilling. Before and during planting season, to make sure we stay ahead of the weeds and pests.

The fields are planted with many different varieties of crops such as, corn, chili, squash, melons, watermelon, pumpkin, beans and tomatoes.



"This concept of life and its relations filled us with
the joy and mystery of living."
Chief Luther Standing Bear

JEMEZ COMMUNITY PRODUCE PROMISE

Local - Grown for
the Pueblo of
Jemez community.

Fresh - Knowing
where your food
is coming from.

Delicious -
Enjoying the many
types of Fruits and
Vegetables.



TRADITION AND CULTURE

What makes Pueblo agriculture truly captivating is its ability to sustain not only the physical needs of the community but also their cultural and spiritual traditions.



TRADITION AND CULTURE

Pueblo agriculture stands as a remarkable example of sustainable farming practices

Rooted in a deep respect for the land and guided by centuries of accumulated knowledge

The Pueblo communities have developed innovative techniques that optimize water use, promote biodiversity, and ensure long-term food security





TRADITION AND CULTURE

- ▶ **Community members have developed intricate networks of canals, ditches, and diversion structures to efficiently distribute water to their fields**
- ▶ **These systems are carefully maintained and collectively managed, ensuring equitable access to water resources within the community**



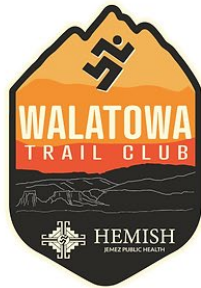
YOUTH EDUCATION

- **Outdoor classroom setting**
- **Youth experience firsthand on how to prepare fields for planting.**
- **Learn about tools and equipment needed.**
- **Learn about different types of seeds.**
- **Educate youth on nutritional values and the benefits of planting.**
- **Teach youth when to plant, what to plant and when to harvest.**
- **Understanding Traditional knowledge and cultural aspects through hands on demonstrations**



INTEGRATING HEALTH EDUCATION INTO FOOD SOVEREIGNTY

To learn more,
click on the logo below.

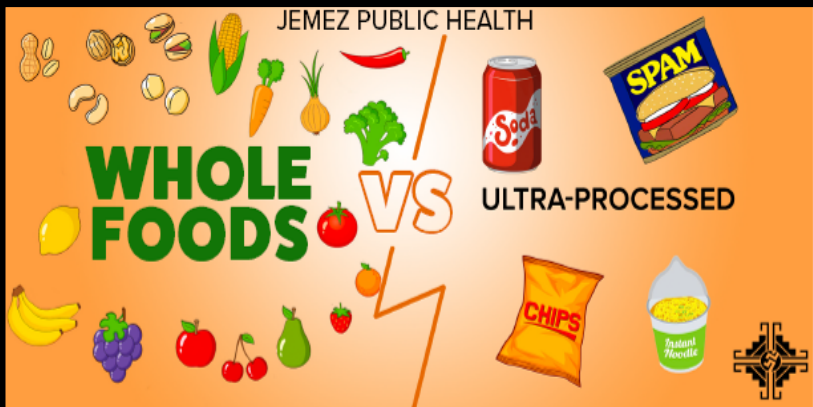


Movement with Hemish Culture!



WALATOWA TRAIL CLUB





What is the difference?

Whole Foods are grown from the ground, eaten in their natural state, and loaded with vitamins and minerals that nourish our bodies.

Ultra-Processed Foods are usually made by companies and have undergone a specified process of removing nutrients from the food and adding preservatives, oil, salt, and/or sugar. They have little to no nutritional value.

3 General Tips For Identifying Whole Foods

- The food was grown from the earth and found in its natural state in the grocery store.
- You understand what every ingredient is on the package label.
- If the food is packaged, it contains 1-4 ingredients.

3 General Tips For Identifying Ultra-Processed Foods

- The food is packaged and contains more than 5 ingredients.
- You cannot understand or pronounce the ingredients listed on the package label.
- The first three ingredients on the package are oil, sugar, or salt.

EASY CORN BEAN TAQUITOS

DESCRIPTION
 Prep Time: 15 Minutes
 Cook Time: 10-15 minutes
 Total Time: 20-25 minutes
 Servings: 10 People

INGREDIENTS

- 10 corn tortillas (\$0.65)
- 1 16oz can of fat-free refried beans (\$0.88)
- 1 tsp of onion powder (or to taste) (\$0.25)
- ½ tsp of garlic powder (or to taste) (\$0.10)
- A dash of sea salt (or to taste) (\$0.05)



INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. While the oven is warming, spread out the tortillas on a baking sheet lined with parchment paper. Bake the tortillas for 4 to 5 minutes. Remove the tortillas from the oven once they warmed up.
3. While the tortillas warm up, open the can of beans with a can-opener.
4. Scoop the beans out of the can into a bowl.
5. Add the other spices to the beans and mix them together well.
6. Using a spoon, add 1 to 2 tablespoons of the refried beans to the middle of the tortillas.
7. Roll the tortilla up tightly and place onto the baking sheet lined with parchment paper.
8. Bake the taquitos at 400 degrees Fahrenheit for 10 minutes. Turn the taquitos and bake for another 5 to 10 minutes or until the taquitos are golden brown and crispy.
9. Remove from the oven and allow to cool before dipping in your favorite salsa, guacamole, or taco sauce!

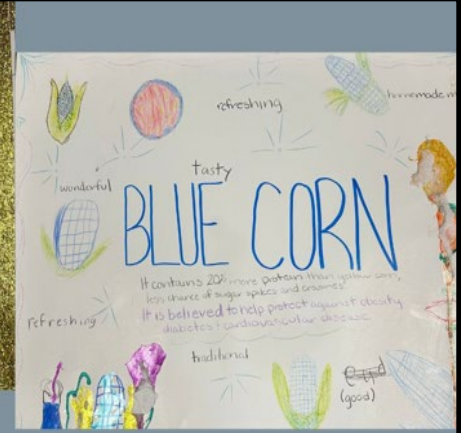
Eat the Rainbow Checklist

Name.....

	M	T	W	T	F	S	S
Red Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yellow Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blue/Purple Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Walatowa Trail Club




FOOD SOVEREIGNTY







Nutrition Facts	
3.5 Servings Per Container	21 Pieces (28g)
Serving Size	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Protein 1g	



Nutrition Facts	
Serving Size	1 Bottle (500ml)
Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Potassium 60mg 0%	Vitamin A 900mcg 100%
Vitamin C 90mg 100%	Niacin 16mg 100%
Vitamin B6 1.7mg 100%	Pantothenic Acid 5mg 100%



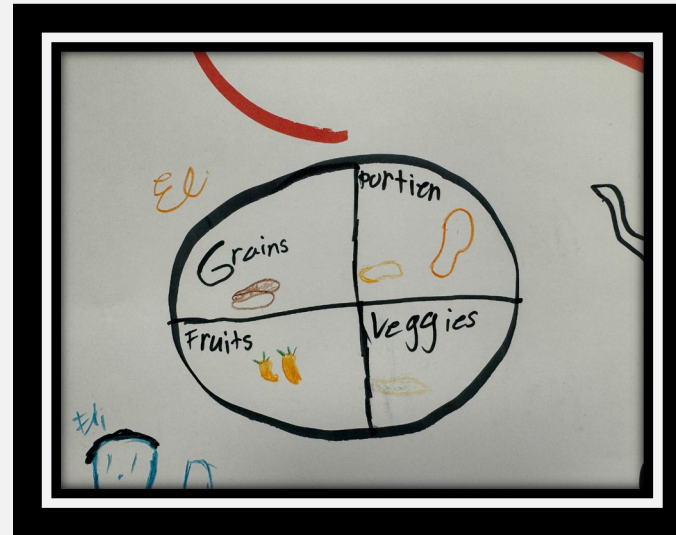
Nutrition Facts			
About 3 Servings Per Container	About 34 Pieces (28g)		
Serving Size	Per Serving	Per Package	
Calories	140	380	
	% DV*	% DV*	
Total Fat	5g 6%	14g	18%
Saturated Fat	0.5g 4%	2g	10%
Trans Fat	0g	0g	
Polyunsaturated Fat	2.5g	8g	
Monounsaturated Fat	1.5g	3.5g	
Cholesterol	0mg 0%	0mg	0%
Sodium	220mg 10%	610mg	27%
Total Carb.	20g 7%	55g	20%
Dietary Fiber	<1g 4%	3g	10%
Total Sugars	0g	<1g	
Protein	2g	5g	



NUTRITION FACTS	
Serving Size	1 Bottle
Amount Per serving	
Calories	120
	% DV
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 29g	11%
Total Sugars	
Includes 27g Added Sugars	54%
Protein 0g	
Potassium 680mg 15%	Vitamin A 630mcg 70%
Vitamin C 63mg 70%	Vitamin E 11mg 70%
Niacin 16mg 100%	Vitamin B6 1.7mg 100%
Folate 670mcg DFE 170%	Vitamin B12 2.4mcg 100%
(400mcg folic acid)	
Pantothenic Acid 5mg 100%	Magnesium 75mg 20%
Zinc 7.7mg 70%	

Nutritional Label Reading

Demonstrated to children the differences in their typical food choices and introduced healthier alternatives.



At the end of the activity, children were invited to illustrate the most impactful lessons they learned through their drawings.

PRE & POST ASSESSMENT (N=40)

On a scale from 1 to 5 How much do you like trail running?



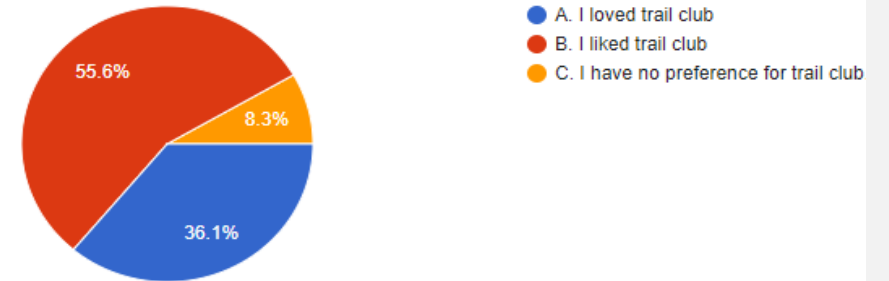
40 responses



On a scale from 1 to 5, did you like trail club?

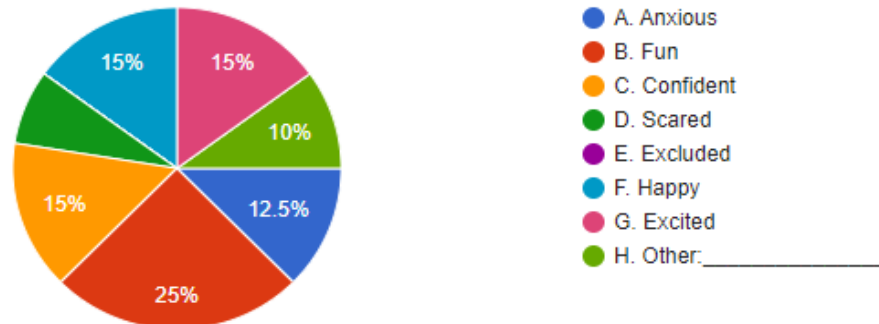


36 responses



How do you feel when you think about trail running?

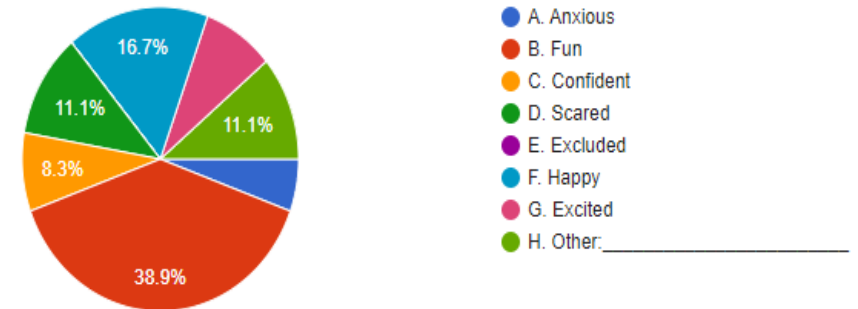
40 responses



How do you feel when you think about trail running after trail club camp?



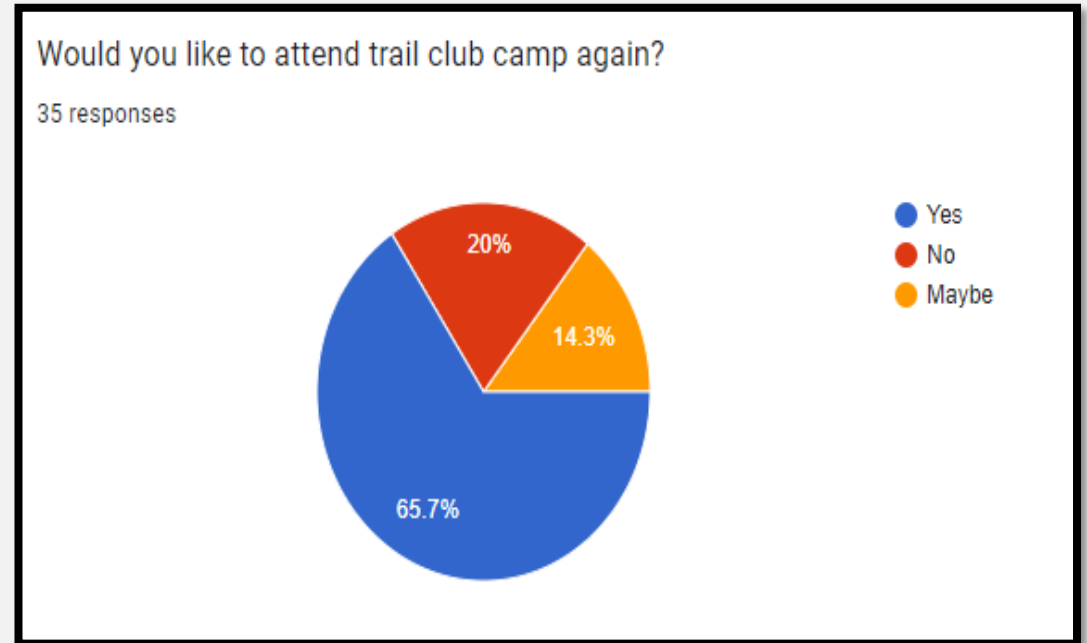
36 responses



ASSESSMENT RESULTS:

The Trail Club post assessment confirms that the Trail Club programming improved the youth's attitudes towards trail running by the following measures:

- The "I love trail running" category **improved 8.6%**
- The "I like trail running" category **improved 13.1%**
- The "I do not like trail running" was eliminated marking a sharp **increase from 70 – 91.7 %** in improved attitudes across the "I love" and "I like" categories.
- The "How do you feel when you think about trail club" measure **increased in the "fun" category by 13.9%** and **decreased in the "anxious category" by 6.9%**.
- **Overall, 65.7% of youth said they would like to attend trail club camp again.**



ASSESSMENT 3: WHAT IS YOUR FAVORITE TRADITIONAL FOOD MEMORY?

The “What is your favorite traditional food memory” assessment consisted of a digital blog in which the facilitators encouraged youth to respond to the question to index meaningful food memories that cultivate family connections and relationships. The blog had a total of 225 views with a total of 38 responses. Below is a word cloud that indexes the keywords the youth listed. The bigger the word, the more times terms were listed in the responses. **Grandma was the term listed most among youth.**



HEALTHY CONNECTIONS & ELDER WELLNESS

Elder Wellness

Public Health Nurse Consultant Dr. Kristyn Yepa and Community Health Workers (CHWs) Virginia Toya and Mildred Baca implemented our Elder Wellness Program at the beginning of May. Dr. Yepa and a CHW make home visits to provide a variety of assessments and connect elders to community resources, when appropriate.

Community Health Worker Virginia Toya says the visit includes “an initial assessment, screenings, like vital signs, and assessments for home and mobility, dental, and food security.” Elders receive a nutrition consult and exam. In addition, they are asked about immunizations and quality of life.




FOOD SECURITY ASSESSMENT

- **In the past 12 months, how often did you worry that your food would run out?**
 Often True Sometimes True Rarely True Never True
- **In the past 12 months, how often did you worry about having enough money to buy food?**
 Often True Sometimes True Rarely True Never True
- **In the past 12 months, did the food you purchased run out before you had money to buy more?**
 Often True Sometimes True Rarely True Never True
- **Does your family farm?**
 Yes No
- **Do you receive fresh crops from extended family?**
 Yes No
- **Does your family hunt?**
 Yes No
- **Do you receive meat from extended family?**
 Yes No
- **Are you registered with Roadrunner Food Bank (RRFB)?**
 Yes No
- **Do you receive food assistance through any of the following programs?**
 SNAP/EBT WIC Senior Center Other:


- **Would you like a Community Health Worker to contact you with food resources?**
 Yes No



DIABETES CASE MANAGEMENT



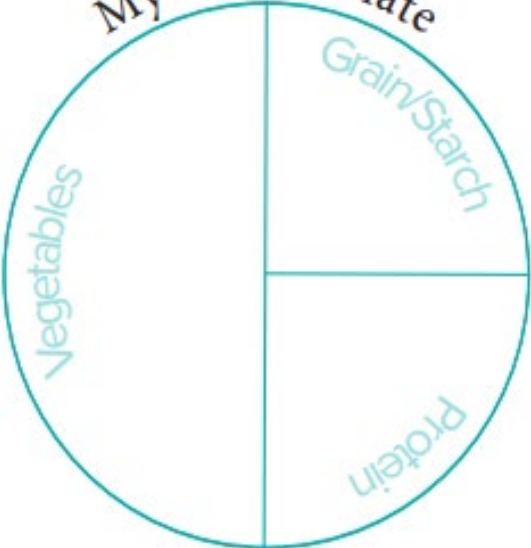
HEMISH
JEMEZ PUBLIC HEALTH

Wellness Journey



My Native Plate



My physical activity was:

How was my plate-building?

Breakfast	Could be better	Gold Star
Lunch	Could be better	Gold Star
Dinner	Could be better	Gold Star
Snacks	Could be better	Gold Star

INTEGRATION ACROSS ALL PROGRAMS

- **Comprehensive Approach to Food Sovereignty**

- Our strategy for enhancing the Hemish Food System and promoting food sovereignty is not confined to a single program but is embedded throughout all our key public health initiatives.

**FOOD SOVEREIGNTY IS NOT A PROGRAM.
FOOD SOVEREIGNTY IS A WAY OF LIFE.**

- **Key Programs Involved:**

- **Food Sovereignty Program:** Focused on preserving traditional agricultural practices and ensuring food security through systemic changes and partnerships.
- **Health Education:** Educating the community on the benefits of traditional diets, nutrition, and the importance of food sovereignty for overall well-being.
- **Public Health Nursing:** Supporting health outcomes by integrating nutrition counseling, diabetes management and prevention programs that align with our food sovereignty goals.
 - **Preserving Traditional Knowledge:** Captures and documents stories from elders to understand and preserve what the traditional food system looked like, ensuring this knowledge is passed down to future generations.

- **Unified Efforts:**

- Each program plays a vital role in strengthening our food sovereignty system, ensuring that our community benefits from a cohesive and culturally relevant approach to health and wellness.

OPERATIONALIZING HEALTH EQUITY

STRATEGY

- **Set a vision – *What does HE look like for your community?***

MEASURES/ KPI'S

- **Develop meaningful measures**

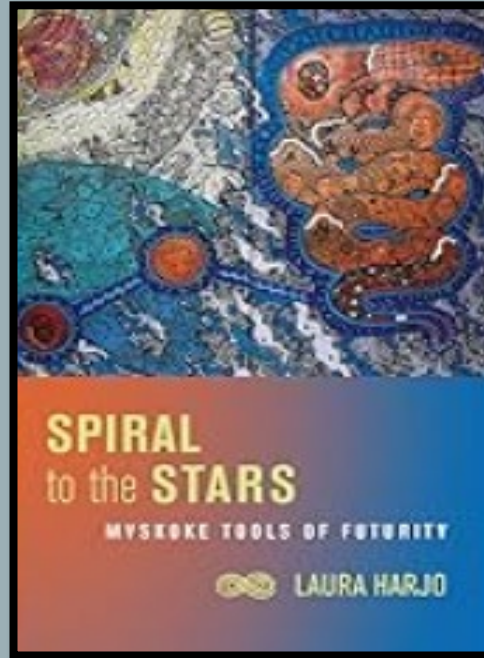
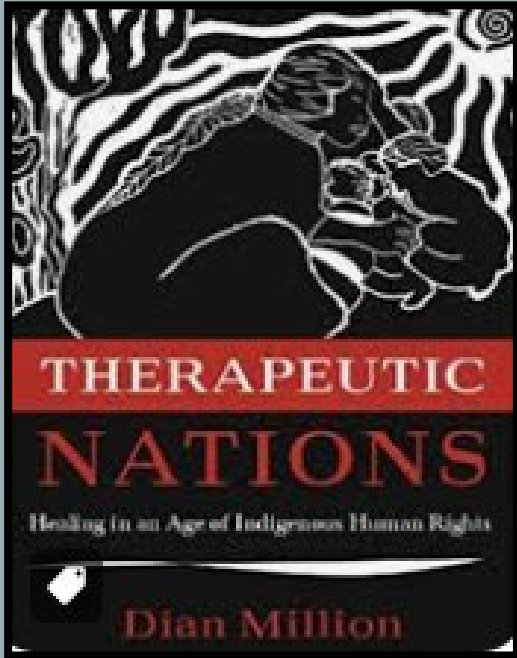
CAPACITY

- **Invest in skill and process development**

COMMUNITY ACTIVATIONS

- **Leverage community relationships to build trust and operationalize HE strategy**

RECOMMENDED READING



- Million, Dian. *Therapeutic Nations: Healing in an Age of Indigenous Human Rights*. Tucson: University of Arizona Press, 2013.
- Kimmerer, Robin Wall. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. Minneapolis: Milkweed Editions, 2013.
- Harjo, Laura. *Spiral to the Stars: Mvskoke Tools of Futurity*. Tucson: University of Arizona Press, 2019.
- Tyson Yunkaporta, Kyle Whyte, Adrienne-Marie Brown, Aileen Moreton-Robinson, Audre Simpson, Joanne Barker, A-dae Romero-Briones



THANK YOU!

"We never know how our small activities will affect others through the invisible fabric of our connectedness. In this exquisitely connected world, it's never a question of critical mass. It's always about critical connections."

Grace Lee Boggs