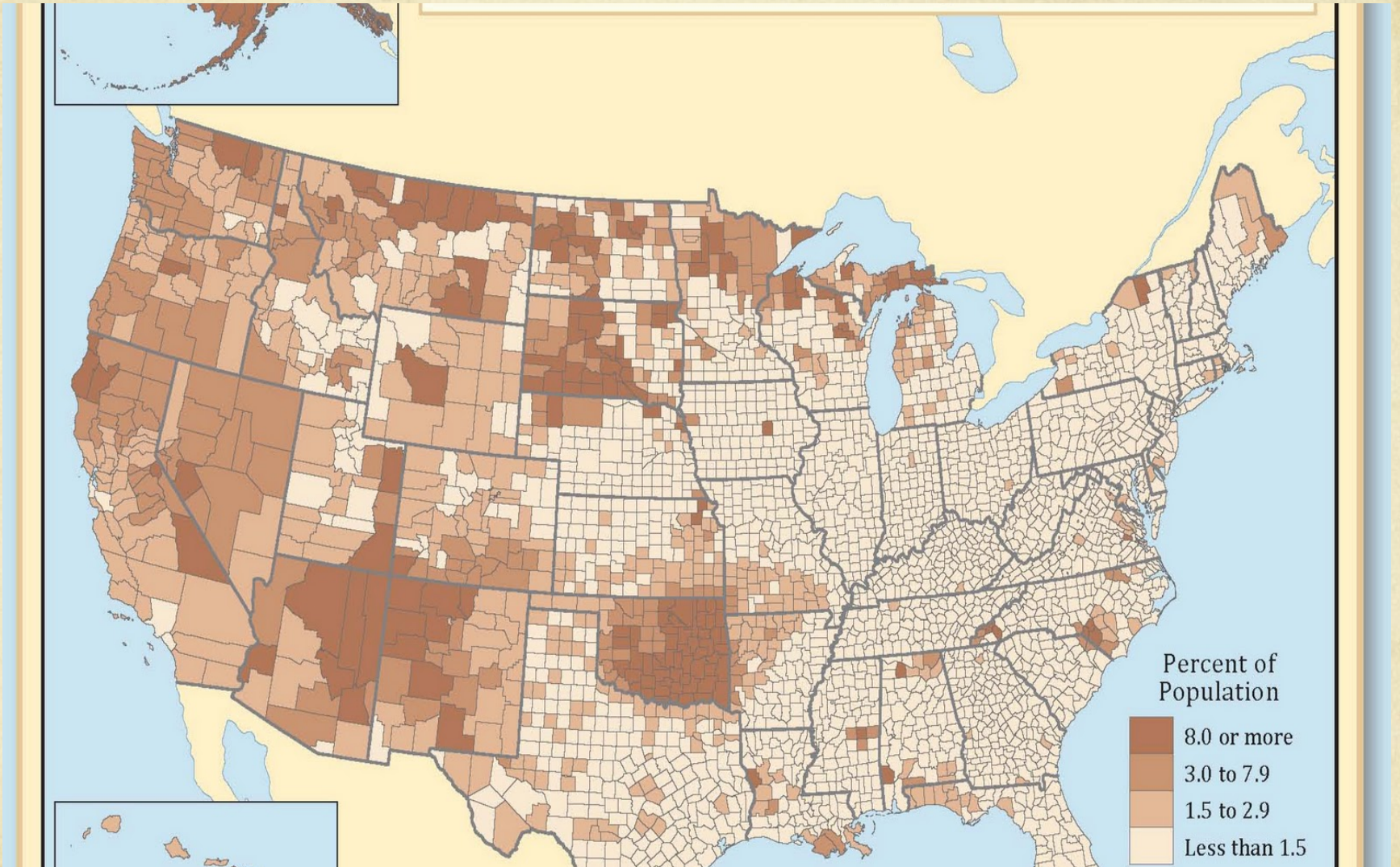




# American Indians

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cdc.gov

# The First Appearance

- American Indians began coming to North America approximately 25,000 years ago by crossing the Bering Strait .
- They were known for being a hunting-gathering society that migrated frequently.



deathpenalty.org

# Gender Roles

## ○ Women

- Gathered and cultivated crops
- Survival and Welfare of the families
- Cared for young and elderly
- Used plants and herbs to treat illness

## ○ Men

- Hunted
- Made War



# Religion

- Religion
  - Each is different among each tribe.
  - They used sacred herbs such as tobacco, sweetgrass, and sage.
  - Use of drums
  - Fasting, Singing, and prayer in their ancient languages.



# European Encounter

- The early pilgrims brought with them many different disease, primarily chicken pox, small pox, and measles.
- An estimated total of 30-50% of the Native Population died on their first encounter with Eurasian Immigrants.



# The Indian Removal Act of 1830

- This forced any American Indian east of the Mississippi to relocate to the west
- By about 1887 about 46,000 had resettled on reservations in Oklahoma.
- Many suffered from exposure, disease, starvation en route to their new location.
- About 4,000 died on the journey.



[http://en.wikipedia.org/wiki/Trail\\_of\\_tears](http://en.wikipedia.org/wiki/Trail_of_tears)

# Where They Live Now

- Only 22% of American Indians live on reservations.
- 15% live in tribal or village areas.
- The other 63% live in urban areas around the country.





# Traditional Dietary Practices

- Traditional diets reflected the availability of animal and plant life in the land they inhabited
- Hunting people- sought herds of buffalo and other large game like deer, antelope, elk, and bear
- The earth's products (animals, fish, plants) considered gifts to be shared, not objects to be used or exploited



# Dietary Practices

- Today many Indians live on reservations and dietary patterns vary by geographical area
- Federal Food Programs such as Food Stamps, School Lunch, School Breakfast, WIC, Senior Nutrition, Headstart, Childcare Feeding Programs, and the Food Distribution Program on Indian Reservations, contribute many basic food items to the diets of American Indians that live on reservations

# Dietary Practices

- Current typical meal: mainly meat or meat-based main dish, a starch (like potato or macaroni), and bread
- Typically low in fiber, non-starchy vegetables, fruits, and milk
- Large portion sizes



# Dietary Practices

- Breakfast
  - Typically not eaten
  - Large for those who do eat it
  - Toast, biscuits with butter, pancakes, fried eggs, fried potatoes, gravy, bacon, steak, and sausage



# Dietary Practices

- Lunch
  - Sandwich prepared with lunch meat, peanut butter, hamburger, and cheese
  - Homeade soups made with beef, hamburger, chicken, or potatoes are frequently eaten at noon



# Dietary Practices

- Dinner
  - Largest meal of the day
  - Soup, fried meat, fried potatoes, vegetables such as corn or green beans, bread, canned fruit, and coffee, tea, or a sugary fruit drink
  - Variety is *low* and quantity is *high*



# Dietary Practices

- Snacks
  - Snacks in between meals and before bedtime
  - Crackers and cheese, cold meat sandwich, tortilla chips with nacho cheese, fried gizzards, fried mushrooms, sweet rolls, cookies, soda, candy, cakes, pies, and leftovers from previous meals



# Example Diet of American Indian

## ○ Breakfast

- 2 eggs fried in bacon grease
- 2 slices bacon
- 2 slices white bread toasted
- 4 tsp margarine
- 4 cups of coffee
- 4 tbsp coffee creamer
- 4 tsp sugar

## ○ Mid-morning snack

- 1 Danish with frosting
- 2 cups coffee
- 2 tbsp creamer
- 2 tsp sugar



# Example Diet

- **Lunch**
  - 2 slices white bread
  - 2 oz bologna
  - 2 tsp mayonnaise
  - Macaroni Soup (2oz hamburger,  $\frac{1}{2}$  cup macaroni,  $1 \frac{1}{2}$  cup broth,  $\frac{1}{2}$  cup tomato sauce)
  - 2 cups coffee/sugar beverage
  - 2 tbsp creamer
  - 2 tsp sugar

# Example Diet

## ○ Dinner

- 8 oz fried top round steak
- 1 cup mashed potato
- 1 cup canned corn
- 1 tbsp margarine in corn
- 2 slices white bread
- 1 tbsp margarine
- 1 tbsp jelly
- 1 cup tea
- 1 tsp sugar

## ○ Evening Snack

- 1 can soda
- 2 oz slice bologna
- 1 slice white bread
- 2 cups potato chips

# Example Diet

- Nutritional Composition
  - Calories: 4,387
  - Protein (% calories): 164 (15%)
  - Fat (% calories): 204 (41%)
  - Carbohydrate (% calories): 481 (44%)
  - Cholesterol: 762 mg
  - Sodium: 6,818 mg
  - Potassium: 6,964 mg
  - Dietary Fiber: 26 g



# American Indians and Risk Factors for Cardiovascular Disease

- Diabetes- Prevalence of diabetes **9%**; NW Territories **0.4%**; Pima Indians **50%**
- High Blood Pressure- prevalence varies by region and tribe but is increasing
- Obesity- Overweight American Indians exceeds national averages by **16 to 36 %**
- Physical Inactivity- Sedentary lifestyle replaced traditional lifestyle

# Suggestions to Decrease Chronic Diseases

- Exercise regularly
- Bake more foods rather than frying
- Start gardening to increase fruits and vegetables (community garden project)
- Community education and support programs can help people with diabetes and their families manage their diabetes.

# ...continued

- Monitor blood glucose daily
- Check A1C (blood glucose) twice a year
- Check blood pressure at each doctor visit
- Cholesterol tested once a year



# Move It! NDEP campaign

- Work with youth to encourage physical activity
- Campaign packets (posters, diabetes fact sheets, tips and ideas for youth to increase physical activity) for schools and organizations
- How schools have used these materials
  - Began walking club after school
  - Diabetes Awareness Day
  - Provided Diabetes screening to students
  - Used posters as talking point





# Communication Styles: Greetings



# Communication Styles: Eye Contact



<http://www.nosweatpublicspeaking.com/non-verbal-communication-1-eye-contact/>

# Communication Styles: Family



# AMERICAN INDIANS

## Dietary Practices

Traditional diets of American Indians reflected the availability of animal and plant life in the land they inhabited. The current diets of many American Indians are high in meat (especially high fat meats), fat, starch, bread, and concentrated sugars. They are low in nonstarchy vegetables, fruit, and milk. Portion sizes are normally large. Food intakes can be high and adequate in calories, but inadequate in fiber, minerals, and vitamins. American Indian reservations are isolated and the dietary patterns of American Indians vary by geographical area.

### COMMUNICATION TIPS

- Prolonged eye contact is impolite
- When talking with them, give them plenty of time to think and contemplate
- Remember they are relaxed with time
- Make sure to ask about any family concerns that would affect dietary patterns
- Speak calmly and in a low tone
- Recognize they value personal space
- They will not ask a lot of questions so you made need to prompt these



## History and Culture

The American Indians came to North America approximately 25,000 years ago and have lived here ever since.

Due to different acts passed in the 1800s by congress, the American Indians were forced to relocate often. They were known for being a hunting-gathering society.

American Indians were encouraged to assimilate into mainstream society. Currently

37% of American Indians live on reservations and in small, tribal villages and 63% live in urban areas.

Historically, American Indians believe in spirits and being one with nature. These cultural elements are shared by many tribes; however, cultural features, languages, clothing, and customs vary significantly with the tribe.

**OBESITY AND ASSOCIATED CHRONIC DISEASES:** American Indians are at high risk for chronic diseases. Diabetes, high blood pressure, obesity, and cardiovascular disease rates have risen dramatically. A few reasons could be that American Indians typically have less education, earn less than the average American, and some live in remote, rural locations. This is compounded by the great amount of processed and commercially prepared food.

- Overweight American Indians exceed national averages by 16 to 36%
- Prevalence of diabetes in American Indians and Alaska Natives combined is 9%
- Prevalence of diabetes varies: Northwest Territories- 0.4%; Pima Indians- 50%
- 1/3 of American Indians with diabetes also have CVD

### ALCOHOL CONSUMPTION

Alcohol-related morbidity and mortality are high in most American Indian populations, causing high rates of premature loss of life.

Among American Indians and Alaska Natives age 45 or older, 55-63% of men and 32-41% of women are current alcohol drinkers.