

Nutrition & Physical Activity State Plan

Confederated Salish and Kootenai Tribes – Tribal Health and Human Services

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Activities Relevant to State Plan to Prevent Obesity: Belong to the Mission Valley Breastfeeding Coalition; Staff the Fitness Centers on the Reservation; Cooking Classes for children and youth; Work with Early Childhood/Head Start on including physical activity in their school day and as “homework”; and a Children’s Health Fair.

Services/Recipients: Tribal Health patients, tribal children and youth. Provide diabetes education to people with diabetes, health screening to tribal school youth and children. Promote physical activity to children and families.

State Plan Settings: Built Environment: indoor walking track in Elmo, paved outdoor walking track in Elmo, St. Ignatius, and Arlee. Early Childhood: Expanded Walking the Rez to Head Start Children through a medical student’s project with the incentive of helping with the cost of moccasins as part of their pow wow regalia; Walking the Rez to the HS teachers. Schools: Health screening to 3rd and 4th age children through a children’s health fair and in school screenings. Worksites: Walking the Rez.

CDC Behaviors:

- Increasing fruit & vegetable consumption by promoting community garden produce in diabetes and CVD classes; People who have personal gardens distribute garden excess at the Diabetes Resource Room at Tribal Health.
- Decreasing sugar-sweetened beverage consumption by removing those beverages from the vending machines in St. Ignatius Clinic. Education activities at the Health Fairs.
- Decreasing consumption of energy dense foods (> 4 calories/gram) by Education on reducing high-fat foods from daily meal plan and eating out (classes and health fairs).
- Increasing breastfeeding by belonging to the Mission Valley Breastfeeding Coalition (St. Joe’s Hospital, St. Luke’s Hospital, WIC, Early Childhood Services, Lake County Public Health and Tribal Health Community and Clinical Services.
- Increasing physical activity through Walking the Rez walking program; Transportation to physical activities such as swimming, fitness centers, walking tracks.
- Decreasing screen time through (haven’t addressed this. As a matter of fact, we now pay for dish network at the Fitness Centers).

Gaps and Concerns: Breastfeeding in the work site; Every new road that is built in Montana needs to have bicycle/pedestrian trail or access; State Department of Education should have some say-so about the vending machines in the schools.