

## **Nutrition & Physical Activity State Plan**

### **MT-WY Tribal Leaders Council Rocky Mountain Tribal Epidemiology Center Child & Youth Project**

The mission of MT-WY Tribal Leaders Council is to preserve and maintain our homelands, defend our Tribes' rights under our Indian Treaties with the United States, speak in a unified voice, offer support to our people, afford ourselves a forum in which to consult each other, enlighten each other about our peoples, and otherwise uniformly promote the common welfare of all of the Indian Reservation peoples of Montana and Wyoming.

The Rocky Mountain Tribal Epidemiology Center is a division of the MT-WY Tribal Leaders Council. The mission of the Rocky Mountain Tribal Epidemiology Center is to empower American Indian Tribes in Montana and Wyoming in the development of Public Health services and systems and epidemiological data in order for Tribes to have resources and express their authority in response to Public Health concerns.

#### Activities Relevant to State Plan to Prevent Obesity:

- Partner with Tribes on Summer Nutritional Camps
- Partner with Tribes to build or refurbish safe play areas for youth
- Hold healthy recipe contests for youth
- Help youth develop media focusing on physical activity and traditional, nutritional foods.

Services/Recipients: The MT-WY Tribal Leaders Council & Rocky Mountain Tribal Epidemiology Center serves 10 Tribes on 8 Reservations in Montana and Wyoming - an American Indian (AI) population of approximately 70,000 -120,000.

#### State Plan Settings: Social/Cultural Environments

#### CDC Behaviors:

- Increasing fruit & vegetable consumption by partnering with Tribal Health Departments, IHS and schools to recruit youth to develop age-appropriate recipes that are nutritious and traditional. We will also hold Summer Camps focusing on nutrition and physical activity.
- Decreasing sugar-sweetened beverage consumption – Not applicable yet. Our approach will include getting feedback from Native youth.
- Decreasing consumption of energy dense foods (> 4 calories/gram) – Not applicable yet.
- Increasing breastfeeding – Not applicable yet.

- Increasing physical activity through the sponsorship and media promotion of traditional native games, basketball, soccer and the use of the Physical Activity Kit during Native youth events and school assemblies.
- Decreasing screen time through – Not applicable yet.

Gaps and Concerns:

- Funds to carry out local initiatives
- Access to healthy foods in reservation and rural settings.
  - Price
  - Availability
- Community Gardens
- Commodities programs at Tribal level often give out unhealthy, highly processed foods.
- Inclusion of traditional native games, traditional native foods and tribal programs are often left out of state-led obesity efforts and media campaigns.
- Lack of communication between state-led and tribal-led obesity prevention efforts and programs.
- Need to go directly to the youth and find out what their barriers are.