

Nutrition & Physical Activity State Plan

Fort Peck Tribal Health Promotion and Disease Prevention Program

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In 2003 the Fort Peck Tribes established a Health Promotion and Disease Prevention program with the charge of improving the health of youth on the reservation. The program is directed by Mr. Ken Smoker with responsibilities for working with elders and youth to encourage healthy lifestyles and promote the importance of cultural values in the maintenance of health. Mr. Smoker is a Tribal member with a MBA and an extensive background in reservation governance, health services delivery, and education program involvement. Since 2005 the program has worked with Harvard University to establish a clinical psychology program that provides onsite services to students in the schools on the reservation. As of 2009 the program has grown into a School Health Center program with the addition of a nurse practitioner and plans to add a dental hygienist and other professions. The School Health Center program has offices in the four public school districts on the reservation.

Activities Relevant to State Plan to Prevent Obesity:

- HPDP Youth Participation
 - Traditional Games
 - Archery- In school-Traditional archery introduction in partnership with Fish and Game- Later to introduce horse and archery with elders instruction
 - Arrow throwing- In school- introduction in schools with elder's participation
 - Native American football- In School introduction
 - Atlatl-In school introduction
 - Traditional dancing- In school introduction in partnership with MSU/UCLA
 - Skate Park
 - Movie Theatre- Will open this summer, managed by youth
 - Swimming Pool
 - Indoor Recreational Project
 - Volunteer for:
 - Little League Basketball
 - Little League Baseball
 - Archery

Services/Recipients: All NA of the Fort Peck Tribes

State Plan Settings: Built Environment, Food Access, Social/Cultural Environments,

CDC Behaviors:

- Increasing fruit & vegetable consumption by Gardens/Native American Diet-Small group to eat all native foods of our ancestors
- Decreasing sugar-sweetened beverage consumption by promoting a Native American Diet
- Increasing physical activity through Native American Games
- Decreasing screen time through Native American Games

Gaps and Concerns: