

Senior Hunger in Native Communities



December 15, 2015

*First Nations Knowledge Webinar Series
Supported by the AARP Foundation*

Announcements

- ☞ All attendees are on mute
- ☞ Questions:
 - Type questions in the “Question” box
 - Q/A at end of presentation
- ☞ Evaluation: survey when webinar ends and in an email—Please complete
- ☞ Recording and attachments can be downloaded from www.firstnations.org/fnk tomorrow

Presenters

- ✪ A-dae Romero-Briones, Consultant
- ✪ Ventura Lovato, Johns Hopkins Center for American Indian Health
- ✪ Raymond Foxworth, First Nations Development Institute

Webinar Goals

- ☞ Discuss First Nations work in the area of senior hunger
- ☞ Share data collected from a working session of senior hunger practitioners
- ☞ Share what some Native communities are doing to combat issues of senior hunger
- ☞ Overall, raise the profile and awareness of senior hunger as an issue in Native communities

Native Agriculture and Food Systems Initiative (NAFSI)

☞ NAFSI Goals

- Increasing access to healthy and traditional foods
- Promoting agri-business models in Indian Country
- Focus on food policy

☞ Senior Hunger

- Began in 2012 with the generous support of the AARP Foundation
- Goal was to support and share models to eliminate senior hunger in Native communities

What do we know?

- ☞ **5.2 million=total American Indian and Alaska Natives**
- ☞ **American Indian Seniors/Elders**
 - 12.3% are 55-64 years old
 - 7.6% are 65 -74 years old
 - 6.1% are 75 years old and over
- ☞ **Native elders (55-75 years old)= 26% of the total AI/AN population**
- ☞ **Point: the senior population is large and growing but we still know very little about this these senior populations**

What do we know?

- ☞ Center for Rural Health notes about 6 in 10 Native Americans age 55 and older survive on between \$5,000 and \$10,000 a year (below the poverty line)
- ☞ Roughly 40% of Food Distribution Program on Indian Reservations (FDPIR) on households are homes with seniors.
- ☞ American Indian seniors suffer from higher rates of congestive heart failure, high blood pressure, diabetes and stroke than the general population age 55 and older.

Working Session Info

∞ First Nations L.E.A.D Conference

- Tulalip Resort Casino September 24-26, 2014
- Pre-session titled **“Informing Strategies to End Senior Hunger in Native Communities.”**
 - Approximately 40 Tribal leaders, program managers, and practitioners from Indian Country participated

Informing Strategies

- ✎ Facilitated Sessions that sought to boil down the barriers and solution for addressed senior hunger

Participants

- REDCO
- Tolani Lake Enterprises Inc.
- Lac Courte Oreilles Ojibwa Community College
- Eastern Shawnee Tribe of Oklahoma
- Santa Fe Indian School
- Otoe-Missouria Tribe
- Pawnee Nation of Oklahoma
- Washoe Tribe of Nevada and California
- Absentee Shawnee Tribe of Oklahoma
- Pueblo of Tesuque
- Pueblo of Nambe
- Ute Mountain
- Minnesota Chippewa Tribe SNAP Education
- College of Menominee
- Bay Mills Community College
- Oklahoma City Indian Clinic
- Seneca Diabetes Foundation
- Columbia River Intertribal Fish Commission
- Red Lake Tribe - Elderly Nutrition Program
- Standing Rock Sioux Tribe
- Cocopah Indian Tribe
- Star School
- Standing Rock Sioux Tribe
- United Keetoowah Band of Cherokee Indians in Oklahoma
- Denver Indian Center / Denver Indian Family Resource Center

Six Barriers and Solutions

☞ Transportation

- Barriers impede Native Seniors' access to critical food and health services.

☞ Communication

- Coordinating effective food and health services for Native Seniors.

☞ Awareness

- Senior hunger is often an invisible problem in Indian Country.

☞ Senior Engagement

- Many Tribal elders and leaders possess wisdom and knowledge needed to reclaim traditional food systems.

Six Barriers and Solutions (cont'd)

∞ Accountability

- Tribes and Tribal programs, outside from the few elder feeding programs, should help protect and honor elder populations

∞ Evaluation

- Analyze current programs and projects that are intended to address the growing problem of senior hunger. Simply: what works and what doesn't work?

Additional Recommendations

- ☞ *Recommendation 1: Support Anchor Institutions as Focal Points for Access to Benefits and Bundled Services*
- ☞ *Recommendation 2: Tribal Elders Possess the Knowledge and Wisdom to Strengthen and Empower Their Communities*
- ☞ *Recommendation 3: Mentor Up: Engaging Youth to Give Back to Tribal Elders*
- ☞ *Recommendation 4: Reach Beyond Reservation Borders: Linking Reservation Services to Urban Elders*

What are Native Communities Doing?

- Ventura Lovato , Johns Hopkins Center for American Indian Health

What are Native Communities Doing?

∞ Pueblo of Nambe

- Community food fresh fruit scan and food repurposing
- Community garden with intergenerational learning
- Senior center donations



What are Native Communities Doing?

- ☞ College Of Menominee Nation, Gardens for Elders program
- ☞ Eleven raised garden beds have been successfully installed and planted at various sites through out the reservation.
- ☞ Gardens were planted by Menominee youth. Gardens were monitored weekly by youth and College staff.
- ☞ Partnered with tribal programs, aging services, food distribution to donate food and provide access for seniors at sites.



FNDI Resources

Informing Strategies to End Senior Hunger in Native Communities

19th Annual L.E.A.D. Conference
Pre-Session Convening Summary Report



Reclaiming Native Food Systems Part II: Indigenous Knowledge and Innovation for Supporting Senior Health and Wellness



Questions and Comments

 Thank you for attending!