



Native Nutrition & Fitness Project



Funded by: Northwest Health Foundation

Contact: csampson@npaih.org, 503-416-3304



Northwest Portland Area
Indian Health Board
Indian Leadership for Indian Health

Project Staff:

Jessie Hecocta (Klamath), Community Advocate

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WHAT IS PHOTOVOICE?

Photovoice is a technique that enables community residents of all ages to share information about their communities through pictures.

Participants benefit from Photovoice, as they're able to speak about the issues that are bothering them, connect with others in the community, and advocate for change.



Native Nutrition & Fitness Project COMMUNITY REPORT

Confederated Tribes of the Umatilla Indian Reservation (CTUIR)

INTRODUCTION

This project engages Native high school students in two Oregon tribal communities to lead student-driven nutrition and physical fitness policy change within their local communities.

GOAL

The research process and resultant policies will contribute to improvements in nutrition and reductions in the prevalence of overweight and obesity in these two tribal communities.

METHODS

From 2011-2012, eight youth were recruited from the Klamath Tribes and were trained in Photovoice techniques, taking photos of people and places that represent nutrition and physical fitness in their community. Project participants then met for two photo discussion sessions. Using the SHOWED inductive questioning technique, students summarized what they saw/what was happening in each photo, why they thought the problem existed, and their suggestions for possible solutions.

ANALYSIS

Discussion sessions were recorded, transcribed, and analyzed using qualitative Atlas.ti software. Project team members used an inductive approach consisting of open, axial, and selective coding to extract broad themes and show the role of nutrition and physical fitness in each community.

THEMES

Six main themes emerged in these Photovoice discussions with CTUIR youth: 1) Drug & Alcohol & Youth Violence; 2) Sports & Fitness Opportunities; 3) Pedestrian & Bicycle Safety; 4) Cultural Traditions & Ceremonies; 5) Food & Beverage Options; and 6) Environmental Pollution. Youth discussed both positive and negative aspects of these issues in their communities and offered suggestions for solutions to improve nutrition and physical fitness in their community.

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DRUG & ALCOHOL & YOUTH VIOLENCE

Issue:

"The alcohol advertisements try to target older people... Then the older people can buy it for the younger kids."

"The whole alcohol thing is kind of something you can't really control... Because there's too many people that buy alcohol.... And encourage it."

Youth Suggestions:

"Try to convince them to rearrange it... So like when kids go to get pop, they don't just see all the alcohol and stuff there. That's the first thing they see whenever they go to get a drink."

Issue:

"It's a bad house... It's where people go to get drunk... That's why it's all boarded up... Because nobody lives there... And it's right by the liquor store."

"It is sad. That some people actually live like that." ... "I mean literally during the summertime before [the abandoned house] was all boarded up, you drive by and there is a whole bunch of people there, people passed out in the yard."

Youth Suggestions:

"Put up a normal fence then."

"Just get rid of the house in general."

Issue:

"Because they belong to a gang, and I guess that makes them cool and they [think they] can do whatever they want."

"It's a way to kill time."

Youth Suggestions:

"They could build something [a center] so they can keep them occupied or something."

"Well in sports we have a drug and alcohol night thing, like where they teach us about the effects of drug and alcohol abuse ... Have something like that but make it open to the public."

PEDESTRIAN & BICYCLE SAFETY

Issue:

"Kids have to walk in the ditch so they don't get hit."

"Because we don't have sidewalks. I guess we don't have enough money to get sidewalks all over Chiloquin so people use the road."

Youth Suggestions:

"We could try to get more sidewalks built on the main areas I guess."

"A bike lane? I know these things exist I see them in Klamath Falls all the time. They have so many."

CULTURAL TRADITIONS & CEREMONIES

Issue:

"I like smoked salmon."

"This is when they throw some blessings into it I guess."

Youth Suggestions:

Do you think people should be educated about how eating salmon is such a healthy thing to do? How could we do that? *"Make little posters."*

SPORTS & FITNESS OPPORTUNITIES

Issue:

"That is the park's basketball court... The one that has a lot of cracks in it."

"There's usually glass all over the court because people break 40 bottles there."

Youth Suggestions:

"Have a better [basketball] court, fix it so it wasn't like the weird, rough asphalt stuff. And have better lines painted on it and make sure there's no glass on it by sweeping it or something. Because that sucks."

"We could have better hoops and backboards... Actual nets that aren't falling apart to pieces."

Issue:

"A broken playground at the elementary."

"Yeah, just like really old and it's not very safe anymore. Especially because there's a lot of parts that are just broken."

"Sometimes they don't even fix it, they just leave it alone."

Youth Suggestions:

"Tell the younger kids that it's just not safe anymore to play on it because it's so old."

"Or like try to raise money ourselves, that way we could make sure it could get fixed."

"We could tell them [the parents] what's going on and how poor it is, like the condition of it and how it could be better."

Issue:

"Most everybody likes basketball... It's like the main sport of the town, our community."

"Because it gives kids something to do that's not harmful, like doing drugs or drinking or like being in gangs and stuff like that."

Youth Suggestions:

"We could invite them to our practice and they could watch all the stuff and all the running we get to do, the push-ups, yeah, it's fun."

FOOD & BEVERAGE OPTIONS

Issue:

"It's encouraging people to drink diet."

"To make better choices."

Youth Suggestions:

"Make different selections for us to choose, and put the nutrition chart up."

ENVIRONMENTAL POLLUTION

Issue:

"It's where a lot of people go swimming at... And you can go fishing there."

"A lot of people throw garbage in it, because they think it's funny."

"Yeah, CDs and traffic cones, broken pipes, more bikes. I've seen three bikes in there."

Youth Suggestions:

"Have the community do clean-up."

"Could try to convince the tribe to hire someone to clean it."

"Maybe they could lower the price to dump out your garbage."



A Quick Look... YOUTH SUGGESTIONS

to improve nutrition & physical fitness in their community

DRUG & ALCOHOL & YOUTH VIOLENCE

- Take down alcohol advertisements in local store and rearrange beverage sections.
- Increase police surveillance of partying in public places (at parks and abandoned houses).
- Build a center for youth or start kids powwow dancing at a young age to help keep them out of trouble and away from drugs, alcohol and gangs.

SPORTS & FITNESS OPPORTUNITIES

- Clean up and fix community parks and fields.
- Increase awareness of the poor state of elementary school playgrounds by informing school, parents, community, and city hall.
- Encourage more youth to get involved in school sports by promoting the physical and social benefits.

PEDESTRIAN & BICYCLE SAFETY

- Put more sidewalks and bike lanes around the community.
- Lower the speed limit around town.
- Raise community awareness of pedestrian/bike safety.

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CULTURAL TRADITIONS & CEREMONIES

- **Powwows:** Dancing contests, honoring elders, and seeing friends has a positive influence on the physical activity and social/cultural identity of community members.
- **Return of the C'Waam (Salmon) Ceremony:** Eating salmon and fishing has a positive influence on the nutrition and physical activity of community members.
- **Eagle Feathers:** Role of eagle feathers has a positive influence on the cultural identity of community members.

FOOD & BEVERAGE OPTIONS

- Promote the benefits of water to the community, offer deals on bottled water at local stores.
- Educate community on the sugar content of pop and energy drinks.
- Add healthier beverage/snack selections to high school vending machines and put up a nutrition chart on the machines.

ENVIRONMENTAL POLLUTION

- Bring the river pollution to the attention of the tribe.
- Organize a community clean-up of the local river by the bridge/old dam areas.
- Lower the price to dump garbage in order to encourage people to take their trash to the dump and not the river.

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