



Northern Cheyenne Health Promotion Calendar

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BACKGROUND

Northern Cheyenne Tribe

- The Northern Cheyenne people have at different times been; gatherers, fishers, farmers, and hunters (Whiting and Ward, 2010 and Weist, 1977).
- Since the beginning of the Reservation Period, high reliance on commodity foods may be contributing to obesity, hypertension, heart disease, diabetes, and other health problems on the Northern Cheyenne Reservation (Restad, 2012)

Northern Cheyenne Reservation

- Located in South Eastern Montana
- Consists of 5 districts: Lame Deer, Busby, Muddy, Birney, and Ashland (cheyennation.com).
- The Reservation is approximately 440,000 acres with 4,939 residents (cheyennation.com).

HYPOTHESIS

Awareness of eating habits and overall health on the Northern Cheyenne Reservation can be highlighted through incorporation of healthy food choices into a community calendar that is specific to the tribe.



RESULTS AND DISCUSSION

Results

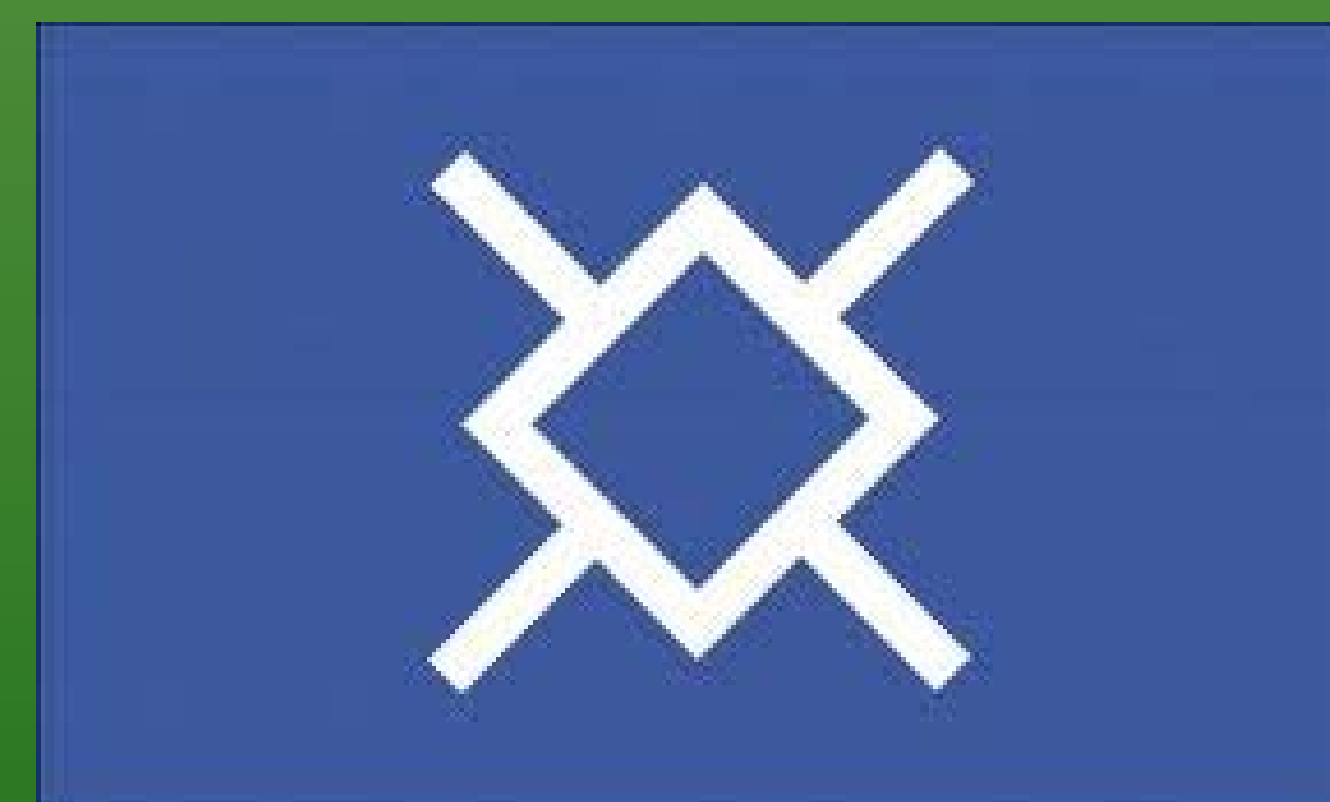
- In-depth interviews suggested a lack on non-traditional educational opportunities and high rates of commodity food consumption on the Northern Cheyenne Reservation (Blackwolf, 2012, Restad, 2012, and Tallbull, 2012).
- Survey results suggest that individuals overall do not see eating habits as unhealthy but would prefer more availability of fresh fruits and vegetables (Tribal Community Needs Assessment Survey, 2012).
- Survey results suggest that calendars are widely used in the community and in many homes.

Discussion

- The findings suggest that the best approach would be to create a culturally specific calendar that incorporates traditional holidays and images.
- To get at the overall goal of nutritional awareness, the literature review suggests that there needs to be an interactive component to the calendar and possibly a reward for completing the interactive aspect.
- Additional research is needed to find funding for calendars and a way to distribute in Lame Deer.

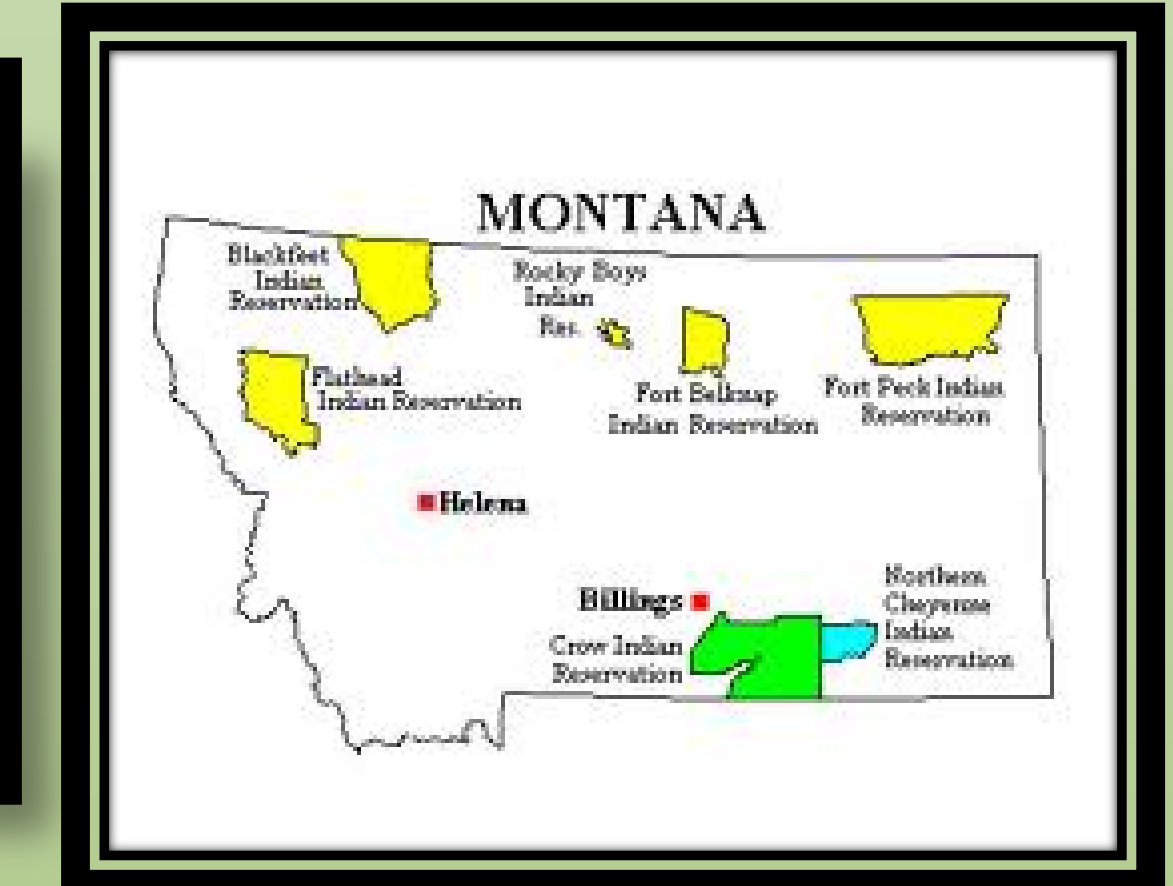
MATERIALS AND METHODS

- In Depth interviews were conducted with students at Chief Dull Knife College and Tribal Health Educators.
- A literature review of available peer refereed journals was conducted
- A Tribal Community Needs Assessment Survey was distributed at the 2012 MSU Powwow.
- Research from MSU Extension Grandparents Raising Grandchildren was accessed for usable data.



ACKNOWLEDGEMENTS

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CONCLUSIONS

It is not our thought that this calendar will have an immediate, far reaching impact on nutritional habits on the Northern Cheyenne Reservation. The in-depth interviews suggest that there is a disparity in informal educational opportunities for youth on the Northern Cheyenne Reservation. This calendar is being created with that in mind. The goal is that this type of calendar will be reproduced and redesigned yearly and over time may increase nutritional awareness, health, and informal education opportunities. The goal is to create a template that can be reproduced easily and affordable within the community.

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