

Lower Sioux Health and Human Services Advisory Committee

Honoring Little Crow with Healthy and Indigenous Foods Initiative



**Strategic Plan
2017**

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Background

The Lower Sioux Health and Human Services Advisory Committee (LSHHSAC) is comprised of eight community members and two youth ambassadors. Meetings are organized and supported by four Health and Human Services staff members and the American Indian Cancer Foundation (AICAF). The committee was formed in early 2015 and held its first meeting in March of 2015. Since then, 17 committee meetings have taken place, along with two strategic planning sessions. This report covers content from Strategic Planning Session II that took place on January 16th, 2017.

The long-term goal of the LSHHSAC committee is to increase community engagement to establish a sustainable Lower Sioux Indian Community food system that improves access to healthy food, connects the community to indigenous foods, and creates healthier families.

On September 20th, 2016 the Lower Sioux Tribal Council signed the **Honoring Little Crow with Healthy and Indigenous Foods Initiative Resolution No. 16-116**, which includes the following:

- Calls for policy to support availability of healthy and indigenous foods in vending machines at rec center and Government Center
 - 75% healthy/indigenous
 - Use pricing and placement to promote healthy items
 - Calorie information to be provided
- Calls for policy to encourage Wacipi vendors to provide healthy and indigenous foods (50% discount on fee)
- Calls on committee to develop strategic plan for focus areas A through D outlined in the resolution and recommendations for other food outlets

On January 16th, 2017, nine out of the ten LSHHSAC members met to develop recommendations to inform action steps for achieving the four strategic plan focus areas (see below). These recommendations and plan will be presented to the Lower Sioux Tribal Council to be carried out over the next two years.

The committee was tasked to develop recommendations and specific actions to address the following focus areas:

- A. Establish and implement healthy and indigenous foods and beverage guidelines for LSIC meetings, forums and events
- B. Establish and implement guidelines for selections offered by the ADR (Community's Associate Dining Room)
- C. Establish and implement guidelines for food and beverages for purchase in community retail environments
- D. Identify and address any challenges

At the strategic planning session, participants were asked the following question, **"What do committee members and the Health and Human Services Department need to do to establish and implement focus areas A through D?"** Responses were used to inform the Lower Sioux Foods Policy Strategic Implementation Plan: January, 2017-January, 2018, outlined on page 6-9 of this report.

The Lower Sioux Health and Human Services Advisory Committee has grown rapidly since 2015. These are their accomplishments.

Secured George Family Foundation funding
Held Making the Health Choice the Easy Choice Kickoff Event
Featured in Native Health News Alliance national article
Secured funding for AETNA-Wicozani, Cultivating Healthy Behaviors grant
Added Youth Ambassadors to LSHHSAC
Hosted Community Wellness Dinner
Enacted Little Crow Healthy Foods Policy
Held LSHHSAC Strategic Planning Session 1

2016

2015

Hosted the Sioux Chef Indigenous Foods Demo and Community Meal event
Held 1st Committee Meeting
Developed long-term goal and priorities
Identified committee chair and roles
Secured funding for Communities Eliminating Tobacco Inequities grant
Secured funding for NB3: Healthy Kids, Healthy Futures grant
Published LSHHSAC webpage

2017

Held LSHHSAC Strategic Planning Session 2
Developed and implemented Strategic Plan



10-year Community Goals

1. LIFELONG LEARNING

To strengthen our community's commitment to lifelong learning through the inclusion of mental, physical and spiritual balance that aligns with our Dakota values.

2. SAFETY and SECURITY

To protect our community through education and facilitate an accurate and timely response to the critical needs and concerns of all members.

3. ENVIRONMENTAL STEWARDSHIP

To provide the community with a healthy, sustainable, and clean environment for generations to come.

4. SPIRITUALITY and WELLNESS

To empower community membership with opportunities in spiritual, physical, and mental wellness through Dakota values, traditions, and language to honor and strengthen the tribe's sovereignty today and for future generations.

5. RECREATIONAL and ARTISTIC OPPORTUNITY

To provide a safe, healthy and structured environment for members of all ages to share and learn from each other's skills and talents.

6. INFRASTRUCTURE and SERVICES

To identify, prioritize, develop and secure resources for the delivery of services to the community that is supported by sustainable infrastructure to enable our Dakota Oyate to live a balanced life.

7. ECONOMIC OPPORTUNITY

To enhance economic longevity and stability by utilizing our natural resources and community assets to improve the quality of life for the Dakota Oyate.

8. INCLUSION

To recognize diversity within the community, promote inclusiveness, and capitalize on the difference in age, backgrounds, and life experience each member has to offer.

9. COMMUNITY LEADERSHIP

To establish leadership opportunities, spanning all generations, so that members of all ages and abilities can step up and contribute to strengthening our Dakota culture and tribal sovereignty.

Lower Sioux Foods Policy Strategic Implementation Plan : January 2017 - January 2018

To increase the availability of health promoting and indigenous foods across the Lower Sioux Indian Community.

Strategic Planning Focus Area	Action Steps/Tasks	Who will do this?	Q- 1 (Jan-Mar)			Q-2 (Apr-Jun)			Q- 3 (Jul-Sep)			Q- 4 (Oct-Dec)			Notes/ Additional Resources	\$
			Jan	Feb	Mar	April	May	Jun	July	Aug	Sept	Oct	Nov	Dec		
(A) Establish and implement healthy and indigenous foods guidelines for LSIC meetings, forums and events.	Engage community via focus groups and surveys to gather information on current community health status	Stacy/Darin/ Kara UND, GLITC, Intern			x		x								Community Health Assessment	NB3/Aetna
	Develop set LSIC guidelines for food/beverage standards (use these guidelines for Wacipi also)	Stacy, Committee to review	x (draft developed)												Rely on existing resources: Elder menu, healthy options guidelines, toolkits (PHLC & AICAF)	SDPI
	Develop a healthy LSIC menu to choose options from for planning community meetings and events (options include indigenous foods)	Beth, Stacy +?						x	x	x					List for directors to choose from (toolkit), 1 set of standards for apply across board	SDPI/NB3
	Offer trainings and education for relevant department staff on policies for menu selections and implementing changes	Stacy/AICAF /Julie									x	x				SDPI/Aetna
	Develop plans for youth/kids holiday parties and events to include healthier options, not only unhealthy options	Staff working with youth, Kortni, Liz, Directors/Mat /Mgr. of each Dept.				x (Easter)									Training Parents	NB3/Aetna
	Promote educational community meals	Stacy/Kortni/ Kara/Committee									x	x	x			Aetna/SDPI
	Talk with elders and community members to learn more about LSIC traditions around food, share with committee, incorporate into set of guidelines and menu options	Kortni/Beth						x	x						Dakota Wichoan, AETNA, Interpretive Center (Cheyenne + Dan), Chiefs association recipe cards	Aetna
Strategic Planning Focus Area: Recommendations for specific actions as described in Resolution #16-116																
Action Steps/Tasks: What needs to happen to accomplish this?																
Resources Needed: What is needed to support the action steps/tasks?																
Who: Write in the staff name and/or person responsible for each action item																
Timeline: When do these action steps need to be completed?																
NB3 Funding ends in July 2017																
Aetna Funding ends in August 2018																

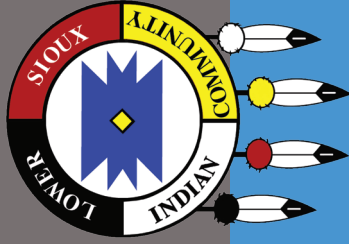
Lower Sioux Foods Policy Strategic Implementation Plan : January 2017 - January 2018

see heading definitions below	To increase the availability of health promoting and indigenous foods across the Lower Sioux Indian Community.																		
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(B) Establish and implement guidelines for selections offered by the Associate Dining Room (ADR)	Develop questionnaire to collect input from employees on what types of healthier options they'd like to see in the ADR	Kortni, Kara, Lyz, Beth, Stacy		x	x												What steps need to be made to better the health of employees?	NB3/Aetna	
	Collect employee input to guide changes within ADR, synthesize responses and write brief report	Kortni, Kara, Stacy				x													
	Meet with Jackpot Food & Beverage Manager in ADR department to discuss employee input and next steps	Stacy, Kortni			x	x												Aetna	
	Develop healthy ADR menu to choose options from for employee meals (include indigenous foods options)	Stacy, ADR, Chef's					x				x						Meet with management before administering surveys and after.	SDPI/Aetna	
	Coordinate with management and employees to implement the healthy ADR menu	ADR, Stacy, Kortni, Lyz, Beth									x	x						Aetna/SDPI	
	Host training/engagement event on implementing changes, preparing healthy ADR menu options for employees and customers (invite speaker, have contest/prizes)	AICAF, HHSAC, ADR													x				Aetna/SDPI
	Develop set LSIC guidelines for food and beverage standards review (also focus area A)	Stacy, Committee review				x													Aetna
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(C) Establish and implement guidelines for food and beverages for purchase in community retail environments	Create a vision for a healthy food retail/store environment	LSHHSAC, Support staff												x			
	Meet with store managers to gather information on purchasing and marketing practices, establish where to get permission for assessment	LSHHSAC, Support staff													x		These action steps may change as needed as a decision has to be made on whether and when the current c-store is closing and new c-store opening
	Assessment of C-Store sales, ad placement and pricing environment	C-store manager, Stacy, Kortni, Kara															These action steps may change as needed as a decision has to be made on whether and when the current c-store is closing and new c-store opening
	Offer community education on food labels, calories, sugar, etc.	Stacy, Kortni, Kara													x		
	Plan for and conduct trial with C-Store with fresh foods, signs, placement and/or Tribal placement and/or Tribal run outdoor foods stand	LSHHSAC, Support staff														x	
	Promote and make healthier options visible via stickers/signs or warning labels, seek community input	Stacy, Kortni,Kara														x	
	Evaluate trial and share findings with LSHHSAC, community, Council	Support Staff														x	
	Engage community support for a tax on junk food and sugar sweetened beverages	LSHHSAC, Support staff															x
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(D) Identify and address any challenges:	Educate community on the need for change														Work together		
	Develop and implement evaluation/feedback form after each community event														Will there be problems with different age group?		
	Create communication plan: campaign and slogan, surveys, signs, etc, mailings, website...																
	Develop sustainable plan to continue project through leadership change																
	Develop database of information																
	Coordinate community feedback plan as processes are initiated																
	Develop strategies for community involvement																
Strategic Planning Focus Area: Recommendations for specific actions as described in Resolution #16-116																	
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It's 2019, what does the community look and feel like after implementing this ordinance?



Chronic Disease Prevention

- People are up to date on screening and prevention
- Lower diabetes rates
- 50% reduction in smoking rates

Community

- Community more informed on health choices
- People want to work together to keep things going good
- Increased community involvement
- More families are gardening
- Self-sufficient in food
- Healthy foods center
- People know what's going on in the community
- Accountability
- LS healthy media campaign- community makes labels wording

Healthy People

- People look and feel healthy and fit
- People living longer and healthier
- Happy and healthy employees at Jackpot
- Healthier elders
- People aren't hungry/malnourished
- More positive outlook on healthy lifestyles

Food

- Healthy foods are the norm
- Farmers market
- Soda sales decrease
- Fruit trees
- Increase availability of organic and Indigenous foods
- Increased knowledge on hunting wild game
- Healthier choice labels
- Serve traditional foods at gatherings
- All food at meetings and events are healthy

HONORING LITTLE CROW HEALTHY FOODS INITIATIVE



Summary of Additional Needs

Through facilitated conversations, the Lower Sioux Health and Human Services Advisory Committee identified additional needs to support implementation of the strategic plan that span across all focus areas (A through D).

- Create overarching healthy food guidelines for cafeteria foods, packaged foods and beverages
- Use the action plan as a tool and reference guide in implementing strategies to achieve goals
- Continue to engage all community stakeholders through education, promotion of community events, word of mouth and social media communications
 - Invite and include both elders and youth for intergenerational teaching and learning opportunities
 - Identify new stakeholders or community champions who will commit to the goals and engage others
- Conduct community outreach to raise awareness and gain community support
 - Post on message boards and social media about what is growing/harvesting to get community members more actively involved in the garden
 - Post board for volunteer needs and harvesting opportunities
 - Identify a person in each family to contact about community events
 - Build community ownership for reducing consumption of sugary drinks
- Implement community educational campaigns
 - Develop, promote and implement an educational campaign, "Food Means Something"
 - Create and share resource with examples of types of activities and that they burn X number of calorie



We are many, many people and yet we are one.
 What we do today with our thinking, what we do
 tomorrow with our thoughts, what we do with our
 actions and our interactions with people determines
 the course of the universe itself. You are not
 powerless. You are not without power.

(Little Crow)

This strategic plan was developed via partnership between the American Indian Cancer Foundation (AICAF) and the Lower Sioux Health and Human Services Advisory Committee (LSHHSAC), as required by the Honoring Little Crow Healthy and Indigenous Foods Initiative resolution signed on September 20, 2016. This strategic plan aims to support the implementation of foods policy, systems and environmental changes. AICAF is grateful for the LSHHSAC members and Health and Human Services support staff who participated in and contributed immensely to the strategic planning process. AICAF is honored to support this strategic plan and hopes it will serve as a catalyst for advancing the health and wellness of Lower Sioux Indian Community members for generations to come.

