



HEALTHY BEVERAGE TOOL KIT

For American Indian Communities:
Putting Policy into Practice

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The NB3 Foundation is an award-winning, national Native American non-profit organization ensuring Native children achieve their full potential by advancing cultures of Native American community health. NB3 Foundation works to improve the health outcomes of Native American youth, including increasing healthy weight and healthy nutrition. In particular, the NB3 Foundation is working to decrease the consumption of sugar-sweetened beverages (SSB) by youth and families and increase consumption of water and other healthy beverages.

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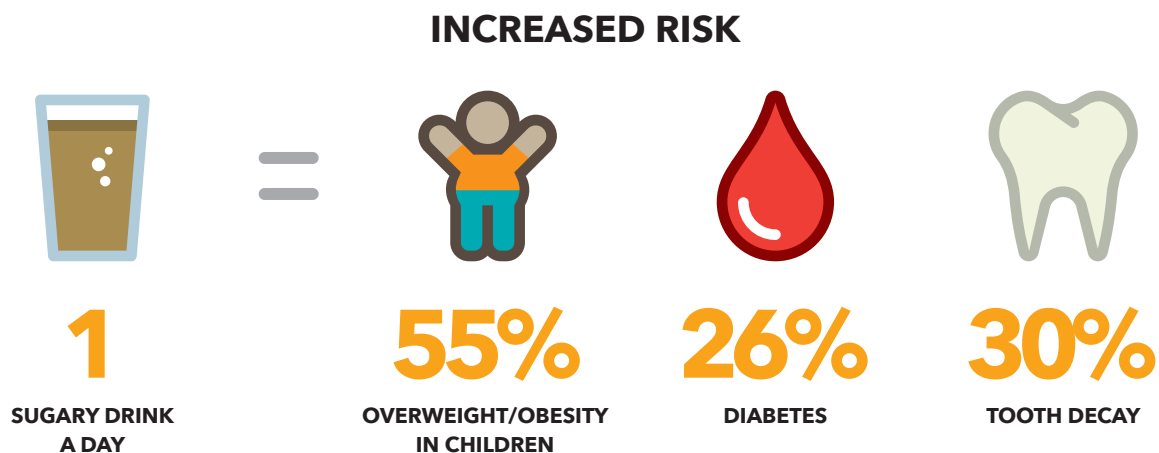


WHY HEALTHY BEVERAGE POLICY IS IMPORTANT

The *Healthy Beverage Toolkit for American Indian Communities: Putting Policy into Practice* is designed to support community leaders, decision makers, tribal staff and community members confronting obesity and other chronic diseases with proactive policy solutions. The toolkit offers strategies that promote healthy beverage policies, systems and environmental changes, while respecting tribal sovereignty and indigenous lifeways.

American Indian people have survived through generations of trauma. One example of this trauma and how it affects tribal and urban American Indian communities today is the forced removal and relocation efforts by the U.S. Government on Indian Country. Being displaced from traditional foods and medicines made American Indians dependent on the rations and health care system that the government promised to provide. With the lack of accessibility to healthy Indigenous foods, adequate health care and traditional hunting, fishing and gathering places, poor health in Indian Country became commonplace. However, American Indians are resilient people, and in recent years, tribal communities have been working to reclaim and restore their traditional ways. Indigenous resilience is rooted in sharing knowledge and teachings among relatives, while being aware of the influence and impact for-profit industries have on American Indian community health. Increasing awareness of the harmful effects of sugar-sweetened beverages (SSB) and reducing their consumption among youth and adults are a critical part of protecting and elevating the health of future generations.

Focusing on the consumption of SSBs has the potential to significantly improve health outcomes for American Indians. Why? Because the sugar in SSBs is the primary source of added sugar in the typical American diet. The average American consumes 39 pounds of sugar per year from soda and other sweetened beverages. Sugar-sweetened beverages generally have no nutritional value and contribute significantly to the high rates of cancer, obesity, diabetes, dental decay, liver and heart disease afflicting AI/AN populations. The data below shows the increased risk of three serious health issues related to consuming SSBs.



WHAT CAN BE DONE? HOW CAN COMMUNITIES CHANGE THIS?

Fortunately, there are already some positive changes communities are making to reduce the consumption of sugar-sweetened beverages; however more work is needed. Changing social norms around beverage choices require an intentional shift away from unhealthy products with a gradual adoption of policies and behaviors that support individual and community well-being. Success of long-term solutions will come from investment of committed champions who are working in communities to create sustainable, community-wide health improvement. This toolkit will delve into what American Indian communities could look like and also provides examples of how these changes are already taking place in some tribes and organizations.



IMPLEMENTATION

Putting Policy, System and Environmental (PSE) Change into Action

The American Indian Cancer Foundation's PSE work has been instrumental in contributing to the evidence base of promising practices across Indian Country and is offering the following definitions and processes based on policy implementation successes in tribal communities.

PSE change is a commonly referred to framework that supports sustainable positive change across multiple levels of community and is often applied in public health initiatives. A PSE framework can be, and should be, translated to align with some indigenous worldviews in how policies, systems and environments have traditionally played a role in contributing to vibrant AI/AN communities throughout history. Thinking of PSE change in this way is helpful for connecting cultural American Indian values to mainstream activities that aim to promote and improve health.

Mainstream public health broadly defines PSE change as:

- **Policy Change:** changes in rules that encourage or discourage a certain behavior
- **System Change:** changes of how things are done at an organization or in a setting
- **Environmental Change:** changes in places people live, work, play, shop and go to school

The following definitions were developed and are currently being used by AICAF to look at PSE change through an Indigenous lens within American Indian communities working towards becoming healthier as a whole.

Policy change is related to applying guiding principles to how people live, such as showing respect for elders, never taking more than needed and practicing respect for all living things.

Systems change can be thought of providing the building blocks to community that allow it to function as a whole, uphold a sense of purpose and ensure well-being within family, band, clan, food, medicine and government systems.

Environmental change focuses on the natural and built world around a person and how to do better physically interacting within it by planting gardens, harvesting food and through other seasonal practices for survival.

Investment in PSE change for American Indian communities is in hopes of supporting “upstream” approaches to advancing health equity and addressing the root causes of health inequities. For example, limited access to healthy food choices plays a large role in creating and perpetuating health disparities. Developing policies to improve the community food system and environment increases access to healthy food and will have a broader, longer lasting impact. It is not enough to educate on healthy eating when there is little to no opportunity to make those choices due to lack of access. Often the resulting impacts of PSE change go hand in hand. When policy is implemented, systems and environmental changes may occur as a result. For example, a healthy vending policy will change the retail environment and what is available for purchase. It is also possible for system and environmental change to occur in a community before a policy is developed. An example is if a department manager purchases only healthy beverages for meetings and events, but there is no existing policy requiring this. Developing and implementing an overarching policy can provide support for the long-term sustainability, leadership buy-in and employee adherence.

American Indian tribal and urban community members are the leaders and influencers in driving positive change for their communities. Every community is unique and possesses internal wisdom to generate solutions to challenges in a manner that works well for the community. This toolkit honors that wisdom and is intended to be used as a guide for initiating and actualizing PSE change. The toolkit focuses on strategies for American Indian communities to design and implement healthy beverage policies.

DID YOU KNOW?

Health in All Policies is a framework for decision making that weighs the potential health impacts of decisions seeking to avoid potential harmful health impacts and improve overall health outcomes.

Process for Policy, System and Environmental Change Implementation

This section is the “how-to” guide for implementing healthy beverage policy in tribes or organizations. It is designed to be used as a checklist in identifying tasks and setting priorities while going through the policy implementation process. The process looks different for each tribe and organization. This step-by-step guide can be tailored to each community’s needs.

1) Gathering Buy-In and Input from Stakeholders

Organizing, facilitating and hosting focused conversations, listening sessions, and formal and informal discussions with those affected by the healthy beverage policy are great ways to gather buy-in while collecting feedback and concerns about your initiative.

- ☐ *Leadership/Decision Makers* – An individual or group of individuals (often elected) within a tribal government, city or organization who have the authority to make important decisions for the tribe, city or organization.

Tribal Leadership: Executives, Directors and Managers

- To move forward any policy strategy, leadership support is crucial to engage and have involved from the start of the process. Having at least one tribal leader or organizational leader/decision maker on your side can make the difference between the policy being passed or denied. Decision makers will have questions, expertise and input as you work through your healthy beverage policy journey.

County Leadership: Commissioners, Managers, etc.

- Reach out to county leadership when planning and implementing your healthy beverage policy. This partnership can increase the reach and impact of your initiative.

City Leadership: Mayor, City Council Members, etc.

- If applicable, city leadership can help create business zoning ordinances that support healthier communities by passing policy provisions.

- ☐ *Non-Leadership Decision Makers* – Individuals or businesses that can heavily influence decision makers’ opinions and attitudes and may be directly affected by impending policy and systems change.

Vendors and Suppliers

- Vendors and suppliers often have opinions and expert input to add that leadership may take into consideration. Many vendors have experience implementing healthy beverages into vending machines and are often willing to share what works and what does not. Their support and willingness to work with your tribe or organization can be a determining factor to the willingness of leadership to make the change. Engage vendors and suppliers in conversations and meetings early on to gather their opinions on the upcoming change. Do your homework in order to make the case on the reasons healthy beverage changes are beneficial for your community.

Retail Owners

- There may be retail outlets that sell beverages including SSBs in the area where you are implementing your healthy beverage policy. If possible, engage retail owners in conversations about product placement, ad placement and marketing targeting youth. Have conversations about changes happening in your community to encourage purchasing healthier beverage options.

- ☐ *Community Champions* - Employees or devoted community members who are recognized as leaders within the initiative.

Community champions often organize and lead the work for policy initiatives. They are able to relate to stakeholders and use their experiences to help shape positive health outcomes for fellow community members. It is important to identify your community champions early in order to effectively gain community buy-in and engagement.

- ☐ *Employees* - Individuals who work for tribal or urban organizations.

Inform your colleagues of the changes that may take place. A notice helps you identify any individuals that seem hesitant. By doing this, you can come to thoughtful compromises within the organization before the change takes place. Take into account all of those that will be affected.

- ☐ *Community Members* - Individuals who live on or near tribal or urban communities, or whom the organization serves.

Engaging community members is crucial for the long-term success of policy change.

- ☐ *Youth* - Community members who are under the age of 18.

Youth are an excellent resource. Engage the youth in your community by asking them what changes they would like to see around healthy beverages in their community.

- ☐ *Health and Wellness Committee/Coalition* - Individuals who work together as a group to influence tribal/organizational/city efforts around health and wellness.

Coalitions or committees are a great resource to engage community members from across many different sectors of the community. Invite members from every sector in the community including education, housing, transportation, agriculture, health care, public safety, community services, public health, traditional healers and wisdom keepers. They can provide valuable input and feedback. Coalition/committee members often serve as advocates and influencers when presenting the healthy beverage policy to leadership and stakeholders.

- ☐ *Legal and Human Resources Departments* – Individuals who write, oversee and enforce policy for tribes or organizations. They assist with moving policy changes through the correct channels of administration. They can also help ensure that policies are being followed and enforced.

Legal Department

- Consult with those in your legal department when doing policy work. They offer expert technical support and feedback on how to effectively enact policy. Often they can assist in the drafting process to ensure wording is legally appropriate.

Human Resources Department

- Human Resources staff can assist when it comes to enacting and enforcing your healthy beverage policy. Consult them when developing your policy to ensure that your enforcement strategies are effective and realistic.

- ☐ *Expert Partners* – Public Health Law Center, academic institutions and public health organizations.

Expert partners often provide technical assistance to tribes and organizations in the form of policy drafting, making the case for change, providing expert feedback, sample enforcement strategies and assistance when presenting to leadership.

2) Research

Conducting research can provide information that generates a picture of your community's current reality, help determine the best starting point, provide justification for policy change and identify best practices.

- Collect relevant background, health and revenue data to include in your policy and help make the case for change to leadership.
- Conduct a policy scan by researching if your tribe or organization has any existing policies related to healthy beverages.
- Research policy examples from other tribes and organizations.
- Determine if your tribe or organization requires a resolution or policy (or both) to make the healthy beverage changes.

3) Policy Creation

After doing policy research, you can begin to draft your healthy beverage policy. It is good to note that there may be many drafts before the policy is ready to present to leaders/decision makers.

- Create a draft of your policy using the feedback provided to you by your stakeholders. Expert partners are available to assist you in creating a draft of your policy, if needed.
- Use the relevant health and revenue data to make the case for change within your policy. Include why and how the policy will help improve the health outcomes for your community.
- Determine the best way to enforce your policy, you can find policy enforcement strategies on page 10. Tailor enforcement strategies to your particular tribe or organization to ensure that they are realistic and effective.
- Share your policy drafts with expert partners and/or tribal legal departments to solicit feedback and edits until you are satisfied with your healthy beverage policy.

4) Policy Presentation and Approval from Leadership

Once your policy is drafted, it is best to meet with leadership to present the policy draft. Leadership may have changes they would like to see in your policy before they approve it. You may have to decide on what areas of your policy you are willing to compromise on. If leadership does not approve your healthy beverage policy the first time it is presented, do not give up; policy change does not happen overnight and takes time and effort.

- Utilize your community champions and/or coalitions to help present your healthy beverage policy initiative. Leadership enjoys hearing from their constituents when enacting policy.
- Anticipate any questions that leadership might have, or concerns from community members, so you are prepared to respond. Lean on Native experts who can share information about conflict resolution and how to address any controversial or concerning issues.

5) Policy Actualizing

An action plan with a clear long-term goal, objectives and timeline will help you organize and identify priorities in accomplishing your policy. The plan will also ensure that you, leadership and stakeholders are on the same page for when changes are expected. Engage a group of people that supports you to brainstorm ideas to inform the strategic plan. Working with a group of people generates ideas to help create a comprehensive plan.

- Funds may be needed to support your healthy beverage policy initiative and overall action plan. It is a good practice to discuss funding resources or needs at this step and build it into the action plan.
- Determine the best way to inform stakeholders of the new policy. Examples include notification through community newsletters, emails, memos from leadership, presentations, signage, website, social media, booths at community events, community meals with a presentation to introduce the policy, trainings to inform stakeholders, etc.

Policy, System and Environmental Change Strategies

Effective policy strategies help make easier the transition from SSBs to healthy beverage options. Below are suggested policy strategies for sectors across tribal departments and organizations. The list offers ideas on what your healthy beverage policy could look like.

Organizational and Tribal Departments	<ul style="list-style-type: none"> • No SSB reimbursement or approval for purchase on employee travel or company credit card • No SSBs offered by vendors or for fundraisers within organization or department • Prohibit employees from bringing SSBs into community gatherings and shared spaces
Meetings and Events for Community Members and Staff	<ul style="list-style-type: none"> • No SSBs to be served or sold at community and staff events sponsored by the organization/tribe • No SSBs to be served at community and staff meetings sponsored by organization/tribe
Educational, Youth, and Child Care Institutions	<ul style="list-style-type: none"> • No SSBs to be served or sold to youth • Prohibit SSBs during youth program hours • Prohibit SSBs in early childhood and childcare classrooms • Prohibit SSBs in areas visible to children
Vending	<ul style="list-style-type: none"> • Require 75-100% of beverage products sold in vending machines to be unsweetened • Replace 20 ounce SSB bottles with smaller portion size in vending machines (12 ounce bottles or cans) • Enact a user fee or tax for the purchase of SSBs • Reduce the price for unsweetened, healthy beverage options • Place unsweetened/healthier options in a prominent and visible location in vending machines • Require vending machine panels to market healthy options
Retail Business	<ul style="list-style-type: none"> • Set age requirement for purchasing energy drinks to protect children and young adults • Require stores to stock healthy beverage options (50% or more of beverages are healthy options) • Require stores to price products proportionately based on size • Prohibit stores from discounting SSBs • Prohibit stores from accepting coupons for SSBs • Require stores to reduce the price for unsweetened, healthy beverage options • Require stores to create healthy checkout aisles displaying healthy beverages

Marketing and Sponsorship

- Follow ethical beverage marketing guidelines for adolescents
- Prohibit SSB marketing on property (vending machine panels, cooler panels, scoreboards, equipment, printed materials, banners, signage, etc.)
- Advertising shall consist of unsweetened beverages only
- Require sponsors to promote only unsweetened beverage options
- Prohibit the acceptance of SSBs from sponsors
- Require healthy beverage options to be placed in highly visible areas at eye level

Advocating for Tribal, City or Statewide Ordinances

Successful policy change to improve health at any level is impactful and will help to improve the health of those it reaches. Enacting policy at the tribal, city or statewide level has the power to affect the health of any person residing or working in the respective territory. The following are a few wide-reaching policy strategies that tribal nations, cities, counties or states have enacted and/or are working on passing.

Enact beverage tax

- Enact a sales tax or user fee on SSB options to discourage the purchase of unhealthy options
- Provide tax credits on healthy beverage options to increase accessibility of healthy options

Set age requirement for purchasing of energy drinks to protect children and young adults

Require kids' meal healthy beverage defaults (water or milk) for cafeterias and restaurants

Require warning labels on sugary drink products and advertisements

Environmental Strategies for Success

Raising awareness about a new policy across the community or workplace is important for sustainability and enforcement. Below are strategies that will help make the change visible and actionable across the community or organization.

- Place signage in visible areas to inform employees and community members of the new healthy beverage policy
- Provide access to water bottle filling stations and drinking fountains
- Make reusable water bottles available in your gift shop, cafeteria and at community events

COMMUNITY ENGAGEMENT

Community engagement events are a great way to inform community members and colleagues of your healthy beverage policy. Hosting an event with a customary meal allows you to demonstrate how easy it is to make the move from SSBs by providing healthy beverage options. A community gathering also presents the opportunity to invite a speaker to educate on the importance of healthy and Indigenous beverages.

Another method to engage the community is to set up a booth with information on the new policy changes and your overall community health and wellness goals. It is a good time to offer samples to demonstrate that healthy can be delicious. Most important, it gives colleagues and community members the opportunity to ask questions and receive information.

For any healthy beverage policy change that impacts community members, it is a best practice to engage them before the policy change occurs to gather feedback and expectations. This helps community members feel ownership over the change and decreases push back. Participants may even want to share their favorite unsweetened beverages and traditional family recipes that may be shared when looking for alternatives to SSBs.

STRATEGIES FOR ENFORCEMENT

Enforcement is an important part of ensuring the success of any policy. Enforcement strategies vary across tribal communities and organizations. Use the following suggested list as a starting point for deciding which type of strategy will work best for your healthy beverage policy. Noncompliance with policy is often due to lack of awareness, not intention. It is vital to educate employees and community members on policy changes to help shift the culture around healthy beverage options.

ENFORCEMENT STRATEGIES

Employees

- Create and require yearly training on SSBs and healthy beverages, ordering/serving beverages, values behind policies and how to adhere to policies.
- Include policy in employee handbook and require employees to sign an agreement form stating they will follow the policy.
- Reject purchase requests for SSBs
- Do not reimburse employees per diem for SSBs
- Do not approve credit card transactions for purchase of SSBs
- Create and/or follow progressive corrective measures for policy violations.

Examples include:

Verbal warning, written warning, add to employee file, require employee to reimburse the organization for the amount of the SSB purchase(s) after all other corrective measures have been taken.

Program/Departmental Purchasing

Appoint person to oversee, review and approve beverage purchases

Vendors and Suppliers	<ul style="list-style-type: none"> • Create/add policy content to the contract written by organization/tribe for vendors and suppliers that explicitly states the policy for purchasing and serving SSBs where clients, participants or community members are gathering.
Educational, Youth and Child Care Institutions	<ul style="list-style-type: none"> • Notify school district or program personnel about noncompliance <ul style="list-style-type: none"> • File a complaint in writing; keep record • If response is not satisfactory, work up the chain of command (supervisor, school board)
Retail Businesses	<ul style="list-style-type: none"> • Conduct yearly compliance checks at retail businesses selling SSBs <ul style="list-style-type: none"> 1st violation – give warning letter stating the violation that occurred and how to correct 2nd violation – impose a monetary penalty for not correcting violations 3rd violation – prohibit the business from selling SSBs • Create incentive programs to support retailers implementing policy changes

MEDIA CAMPAIGNS FOR COMMUNITY OUTREACH

Media campaigns for community outreach are a great way to inform employees and community members of the healthy beverage policy. A media campaign is a purposeful attempt to inform, persuade or motivate behavior change in large audiences. Media is any written, printed, visual or electronic media developed to reach the public. There are many types of media including newspapers, newsletters, magazines, billboards, posters, pamphlets, television, radio and social media. Media campaigns can increase awareness of your initiative, enhance the knowledge of your community by providing information on your initiative, assist in changing behavior and transform the social and cultural norms in your community.

Social media is widely used in our everyday lives. Utilize social media when implementing campaigns and community outreach for your policy. It is a cost-effective way to increase the number of people reached by your campaign. It can also encourage participation, conversation and a sense of community. There are many social media platforms that can help share your message, such as Facebook, Instagram, Twitter, Snapchat, YouTube and LinkedIn. When using social media, tailor your messaging to the audience you are reaching, apply health literacy principles, avoid overly long posts, use plain language and encourage your audience to take action or learn more.

Create and post signage that informs your stakeholders of the new healthy beverage policy changes. Ensure that your signage is visually appealing and draws your audience in. Highlight the positive aspects of your healthy beverage rather than the negative. Provide the information needed to make the change from drinking unhealthy beverages to healthy ones. Gathering input on signage options from community members is an excellent way to engage your community. Community members can also provide artwork for your signage.

EVALUATION

Evaluation is a key component of any project. Evaluation is the process of gathering data, analyzing and utilizing it to determine the effectiveness of a policy change.

Data can be used to:

- Set baselines for a point of measurement for before and after the policy changes
- Identify the areas of greatest need
- Demonstrate the need for funding
- Create an action plan
- Review progress to determine if the plan objectives are met and if not, how to revise the plan to meet the objectives

Appendix A has two sample Healthy Beverage Assessment Tools that can be revised and adapted as needed to fit your community. All data should be collected in an organized manner with a designated point person to ensure validity in data collection and analysis.

- The Community Beverage Assessment can be utilized to collect data to generate a snapshot of the current beverage availability in your community and to evaluate the implementation of any policy changes.
- The Community Readiness Assessment can be used to gauge the current behaviors and attitudes of the community regarding beverage consumption and policy.

BEVERAGE RECOMMENDATIONS

There are hundreds of beverages to choose from. With every person having a different idea of what “healthy” means, it can be difficult to decide what is acceptable and what is not. When nutrition guidelines are hard to understand and follow, people get confused. To make navigating the beverage guidelines simple, this toolkit has provided the daily added sugar consumption limits from the American Heart Association’s *Diet and Lifestyle Recommendations*. These recommendations are accompanied by a list of healthy sugar-free beverages, unhealthy SSBs and traditional Indigenous beverage recipes.

Sugar comes in many forms and has more than 60 names:

- **Natural sugar** is a sweet substance that is produced naturally in fruit, vegetables and dairy.
 - **Added sugar** is any sugar removed from its original source and added during the preparation of foods, either at the table, in the kitchen or in the processing plant.
 - **Other ingredient names** can tell you if your beverage has been sweetened:
 - Names ending in “ose” - fructose, dextrose, maltose or sucrose
 - Other names for sugar including high-fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, honey or juice concentrates
- 1 gram of sugar = 4 non-nutritional calories**
 A product with 15 grams of sugar per serving, equals 60 calories from the sugar alone.
- 1 teaspoon of granulated sugar = 4 grams of sugar = 16 non-nutritional calories**

Recommendations

Limit your consumption of foods with high amounts of added sugars, such as sugar-sweetened beverages.

Just one 12 ounce can of regular soda contains 8 teaspoons of sugar or 130 calories and zero nutrition.

Daily added-sugar limits for the average adult male and female (can vary depending on daily caloric needs per person):

- Average Adult Woman: 5/6 teaspoons per day (or 80-96 calories)
- Average Adult Man: 9 teaspoons per day (or 144 calories)
- Youth 2-18 years: 5/6 teaspoons per day (or 80-96 calories)
- Children <2 years: 0 teaspoons per day (or 0 calories)

Rethink your Drink

Calories from your drinks throughout the day can add up, so be sure to include these calories when calculating your total daily intake. The table below shows an example of total added calories from sugary drink consumption compared to the calorie totals of alternative, healthier choices.

Occasion	Instead of:	Calories	Try	Calories
Morning Coffee	Medium caffè latte with whole milk (16 oz)	265	Small caffè latte with fat-free milk (12 oz)	125
Lunchtime Combo Meal	20 oz bottle of non-diet soda with lunch	227	Bottle of water	0
Afternoon Break	Sweetened lemon iced tea from vending machine (16 oz)	180	Sparkling water with natural lemon flavor (unsweetened)	0
Dinner Time	Glass of non-diet ginger ale with meal	124	Water with slice of lemon, lime	0
			Seltzer water with splash of 100% juice	30*
Total Beverage Calories:		796		125-155

*Calories from seltzer water with 2 oz of 100% orange juice (USDA National Nutrient Database for Standard Reference)



Acceptable beverages with no sugar added

- Water
- Sparkling water
- Water infused with fruit
- Unsweetened iced or hot tea
- Flavored water
- Fat-free (skim) or low-fat (1%) unflavored milk
- Soy, almond or rice milk
- 100% fruit juice
- 100% vegetable juice
- Fruit/vegetable smoothies made with unsweetened ingredients
- Coconut water
- Kombucha
- Coffee



Indigenous Beverage Recipes

Indigenous beverage recipes using natural sugars gifted by the Creator have been passed down for generations. Some recipes are for healing, some are for relaxing and others simply for enjoyment. If you are looking for Indigenous beverage alternatives, try these recipes. Adding any sweetener is optional and not recommended for daily consumption.



Unacceptable beverages with sugar added

- Soda/cola/pop/soft drinks (including diet)
- Artificial fruit-flavored beverage
- Energy drinks
- Tea
- Sports drinks
- Fruit juice (less than 100%)
- Fruit syrup
- Icee
- Flavored milk
- Flavored coffee
- Juice pouches
- Artificial flavor enhancers that contain added sugar
- Flavored powdered drink mix



Natural and Indigenous Sweeteners

Natural sweeteners are often marketed as healthier than processed sugars, but calories from any sugars should always be considered in daily caloric intake. Among the natural sweeteners that the FDA recognizes as safe for consumption are natural fruit juices and nectars, honey, pure maple syrup and molasses. Natural sweeteners are generally safe, but there is no health advantage to consuming any type of added sugar. Consuming added sugar, even natural sweeteners, may lead to health problems.

Ceyaka (Mint) Tea

Adapted from *Great Plains Tribal Chairmen's Health Board- Tradition is Nutrition*
<http://health.gptchb.org/tradition-and-nutrition/>

- ¼ cup dried, crushed mint
- 3 cups boiling water
- ½ cup raw honey (optional)

Place 3 cups of water in a saucepan with ¼ cup dried, crushed mint and bring to boil. Boil for 10 minutes or until the water turns a green color. Strain tea into a pitcher and stir in raw honey, if desired. Add ice water and serve.

Swamp Tea

Adapted from *Hope Flanagan*

Swamp tea, commonly known as Labrador Tea, grows in the swamps usually near White Cedar. Bring water to a boil and then let the swamp tea sit. Sweeten the tea with raw honey or pure maple syrup (optional). Swamp tea is antiviral and antibacterial and helps to fight colds and fevers.

Cedar Tea

Adapted from *Food is Medicine: Dream of Wild Health Healthy Lifeways Cookbook*

- 8 cups water
- 1 8-inch cedar branch, rinsed
- ½ cup pure maple syrup (optional)

Bring water to a boil, add cedar and turn heat off. Let steep for an hour or longer for a stronger tea. Remove cedar. Sweeten with pure maple syrup, if desired. Serve hot or iced.

Sumac Lemonade

Adapted from *Food is Medicine: Dream of Wild Health Healthy Lifeways Cookbook*

- 2 bunches red sumac berries
- 1 quart cold water
- Pure maple syrup or raw honey (optional)
- Fresh mint

Clean all visible dirt and blemishes off of the sumac berries, then add them to cold water. Let sit for about ten minutes. Then mash or squeeze the sumac berries into the water. Let sit for 30 minutes. Pour the sumac berries and liquid through cheesecloth. You will be left with a red, brown or magenta colored liquid that is very strong and sour.

Add one part sumac juice to one part water. Sweeten with pure maple syrup or raw honey, if desired. Top with fresh chopped mint. Serve over ice.

Wintergreen Tea

Adapted from *Mino Wiisinidaa! Let's Eat Good! Traditional Foods for Healthy Living*

- 2 quarts of hot water
- 40 dry or fresh wintergreen leaves, cut into ¼" strips

Using a large saucepan, bring water to a rolling boil over high heat. Once boiling, turn off heat. Stir leaves into the water and steep for 30-45 minutes, or until reddish in color and flavor is as strong as desired. Stir occasionally. After steeping, place a strainer over a pitcher and pour tea through to remove leaves. Sweeten tea with maple syrup if desired. Serve hot or iced.

Infused Water

- Cut up any fruit, vegetables, and/or herbs of your choice
- Add to desired amount of water (free floating or in cheesecloth)
- Refrigerate
- Serve

Suggested fruits and vegetables: strawberries, blueberries, raspberries, oranges, watermelon, pineapple, cantaloupe, grapefruit, kiwi, honeydew, mango, lemon, lime, cucumber, mint, cilantro and rosemary

Crushed Cranberry Iced Tea

Adapted from *Mino Wiisinidaa! Let's Eat Good! Traditional Foods for Healthy Living*

- 2 cups whole cranberries, rinsed
- 2 tablespoons pure maple syrup (optional)
- 8 bags black tea
- 6 cups cold water, divided
- 2 sticks cinnamon
- 2 cups ice
- 1/3 cup whole, frozen cranberries, rinsed (for serving)
- 4 sticks cinnamon (for serving)

Preheat oven to 350F. Roast cranberries on a rimmed baking sheet until plump and warm but not bursting, about 10 minutes. Meanwhile, bring 3 cups of water to a boil. Spoon roasted cranberries into a large saucepan. Add maple syrup (optional). Crush berries with a potato masher until nearly all berries are crushed. Add tea bags and cinnamon stick to cranberry mixture. Pour hot water over tea bags. Cover and steep for 15 minutes. While tea is steeping, pour remaining 3 cups of cold water into a two-quart pitcher. After steeping, place strainer over the pitcher and pour the tea mixture into the pitcher. Remove cinnamon sticks from the strainer and rinse. Discard what remains in the strainer. Refrigerate tea for 3 hours or until cold. Serve over ice if desired.

SUCCESS STORIES

There are progressive policy initiatives currently implemented across Indian Country to improve individual and community health. Sharing knowledge and teachings with relatives is a way of life, and is the traditional way of learning “best practices.” Community leaders shared the stories of two urban AI/AN organizations and one tribal community that successfully passed policies to shift the culture of beverage consumption and support the health of their respective communities.

Lower Sioux Indian Community

Stacy Hammer, RDN, LD, Registered Dietitian/Diabetes Program Coordinator, Title VI Director

On September 20, 2016, the Lower Sioux Indian Community (LSIC) Tribal Council adopted the *Honoring Little Crow with Healthy and Indigenous Foods Initiative Resolution No. 16-116*. The resolution called for product changes in the Recreational and Government Centers’ vending machines to add more healthy options, an incentive to encourage healthy food vendors at community powwows and for a strategic plan to implement healthy foods policy changes across the community. This success was possible with the combined effort of community champion Stacy Hammer; Director of Community Health, Social Services and Clinic CEO Director, Darin Prescott; support staff; the Lower Sioux Health and Human Services Advisory Committee (LSHHSAC); and the American Indian Cancer Foundation. Legal technical support was provided by the Public Health Law Center and LSIC Attorney in drafting the resolution.

The first change to take place within the community was with products available in the Recreational and Government Centers’ vending machines. The resolution specifically called for 75% of the food options to be “health promoting,” according to the U.S Department of Agriculture’s “Smart Snacks” nutrition standards. Initially, employee push back was felt when exchanging unhealthy, sugar-sweetened beverages with healthy unsweetened beverage options. Changes to the vending machines were not well received because many adults working within the community center tend to be heavy soda drinkers. When the announcement of the upcoming change went out, the perception was that people’s freedom to choose their favorite beverage would be taken away. This was not the purpose of the policy; the intent was to increase access to healthier options as a means to increase the opportunity for community members to make healthier choices. Once the vending machines were changed, attitudes started to change. The availability of healthier options, along with a few old favorites made the transition more comfortable.

Providing continued education about the benefits of healthier options, specifically beverage options, on an ongoing basis is an effective implementation strategy for adults and youth. Keeping messages positive, rather than focusing on the negative effects of sugary drink consumption has been effective. A heavy focus is being placed on educating LSIC youth about the benefits of choosing to consume healthier beverage and food options in an effort to create lasting positive change. The main messages targeted at youth have been about the positive reasons to integrate more water and healthier beverages into daily routines.

After the first change was implemented in the community in January 2016, Stacy Hammer, Darin Prescott and support staff came together with 10 community members who make up the LSHHSAC to inform the strategic plan. The strategic plan is a blueprint for implementing changes across four focus areas included in the resolution which are: (1) establish and implement healthy and Indigenous foods and beverage guidelines for LSIC meetings, forums and events; (2) establish and implement guidelines for selections offered by Community's Associate Dining Room; (3) establish and implement guidelines for food and beverages for purchase in community retail environments; and (4) identify and address any challenge areas. The strategic plan has a goal date to be implemented by 2019. Once finalized, the plan was presented to tribal council in March 2016 and was approved.

The strategic plan, work plan and timeline helped frame next steps for reducing sugar-sweetened beverage consumption while increasing healthy food options in Lower Sioux Indian Community. Plans are focused on community engagement efforts that involve hosting a variety of events and gatherings within the community and promoting healthy beverages through media campaigns, art contests and educational resources. The support, guidance and ideas brought forth from the LSHHSAC have been critical to moving forward the initiatives of the resolution and creating community buy-in.

“Change takes time and every community is different. Custom tailoring the resources you have to best fit the needs and personality of your own community is important.”

- Stacy Hammer, Diabetes Program Coordinator and Title VI Director

Minneapolis American Indian Center

Mary LaGarde, Executive Director

The Minneapolis American Indian Center (MAIC) established a positive health culture around beverages when it adopted a healthy beverage policy in October 2015. The MAIC Healthy Beverage Policy does not allow in the center any soda pop, sugar-added beverages, caffeine-added beverages, sugar/flavor-added fruit juices or milks. This policy applies to all employees, guests and entities renting the space.

Utilizing funding from the City of Minneapolis, MAIC was one of the first organizations within the Minneapolis American Indian community to adopt a healthy beverage policy, and it certainly came with challenges. There was pushback from employees and community members. The most significant barrier was enforcement of the healthy beverage policy for entities renting space at the center. This included youth events, funerals and powwows, each of which came with their own reasoning for serving sugar-sweetened beverages. Some relied on the profits gained from selling soda, others were potluck and some were completely unaware of the policy. However, it has been vital for the MAIC to be consistent in enforcing the policy and not to waver from it.

MAIC addressed the challenges by including the policy in the contract that all renters sign, improving communication between MAIC and renters, and providing education on healthy beverages. MAIC partnered with another Native organization that provides educational presentations at the center for various groups, at open houses and community events to reach the community.

MAIC successfully developed and implemented healthy beverage policies for nine Minneapolis Native organizations, in addition to their own. Their success stems from their approach of educating and gathering buy-in from stakeholders, and creating an action plan unique to each organization. The policy work created changes within the community.

MAIC wants to continue the trend of healthy beverage policy adoption among more Native community organizations and continue to develop the health and wellness programs within the Minneapolis American Indian Center.

“Oftentimes you feel like the beverage police, and people may see you as that, but continue to enforce the policy that has been adopted.”

- Mary LaGarde, Executive Director

American Indian Cancer Foundation (AICAF)

As rising leaders in public health, AICAF employees recognized the importance and necessity to implement a comprehensive health and wellness policy. On May 17, 2013, the *AICAF Health Policy on Funding, Promotions, and Consumption of Positive Cancer Prevention Values and Policies in The Following Areas: Healthy Eating, Physical Activity, Tobacco and Alcohol* was adopted and actualized through the partnership with the Center for Prevention at BlueCross BlueShield of Minnesota. AICAF was also aware that to genuinely and effectively engage with American Indian communities on developing healthy food policies, they had to walk their talk.

New program initiatives were implemented as AICAF organization expanded and new employees were hired, which led to varying levels of understanding of what being healthy meant in a workplace setting. People came from different backgrounds and experiences and interpreted the policy differently. For example, instead of purchasing soda for meetings, employees purchased juice thinking it was a healthier alternative without making sure that it was 100% juice. AICAF leadership was frustrated by the inconsistency across the organization to follow the AICAF Health Policy.

AICAF leadership addressed the inconsistencies by reintroducing the policy details and providing verbal warnings to staff members who violated the policy. Verbal warnings provided an opportunity to build capacity on healthy food education by highlighting why the choice was

unhealthy and providing healthier suggestions for future planning. As a short-term solution to avoid inconsistencies, one employee was designated to approve all menus for AICAF meetings and forums. This process addressed the importance of consistency but was not sustainable with a growing staff and the frequency of meetings. Over time, verbal warnings and suggestions helped transition the menu approvals from one person to a shared understanding among all staff of what was acceptable.

Building capacity within staff supported consistency due to experienced staff guiding new hires on appropriate healthy menu choices. This strategy ensured new AICAF employees knew the importance of the health and wellness policy and how it is enforced across the organization. AICAF updates the wellness policy, annually shares it with staff and requires employees to sign an agreement stating they fully understand the policy and to ensure all staff have a mutual understanding of the policy expectations.

For many years, when hosting the Powwow for Hope, attendees were surprised to find that the typical powwow favorites like fry bread, chips, candy and pop were not available. Many questions were raised about why these foods were not part of the Powwow for Hope. Similar feelings were expressed by participants in other areas of AICAF work. Those who attend meetings and forums hosted by AICAF did not always understand why pop was not offered and why sugar-free iced tea was served instead.

At meetings and events, staff are encouraged to share the health and wellness policy and reasoning behind it as a conversation starter. The organization uses this policy and environmental change as an educational opportunity to share information on how healthy food can lead to cancer prevention. Over time questions became less frequent to those who attend AICAF sponsored activities. Participants are able to see healthy Indigenous foods can be delicious and look forward to trying something different. As AICAF concluded its 6th Annual Powwow for Hope, attendees know why they will not find any fry bread or pop, and they understand there are only healthy food options available. Attendees can look forward to a healthy community feast that they will enjoy.

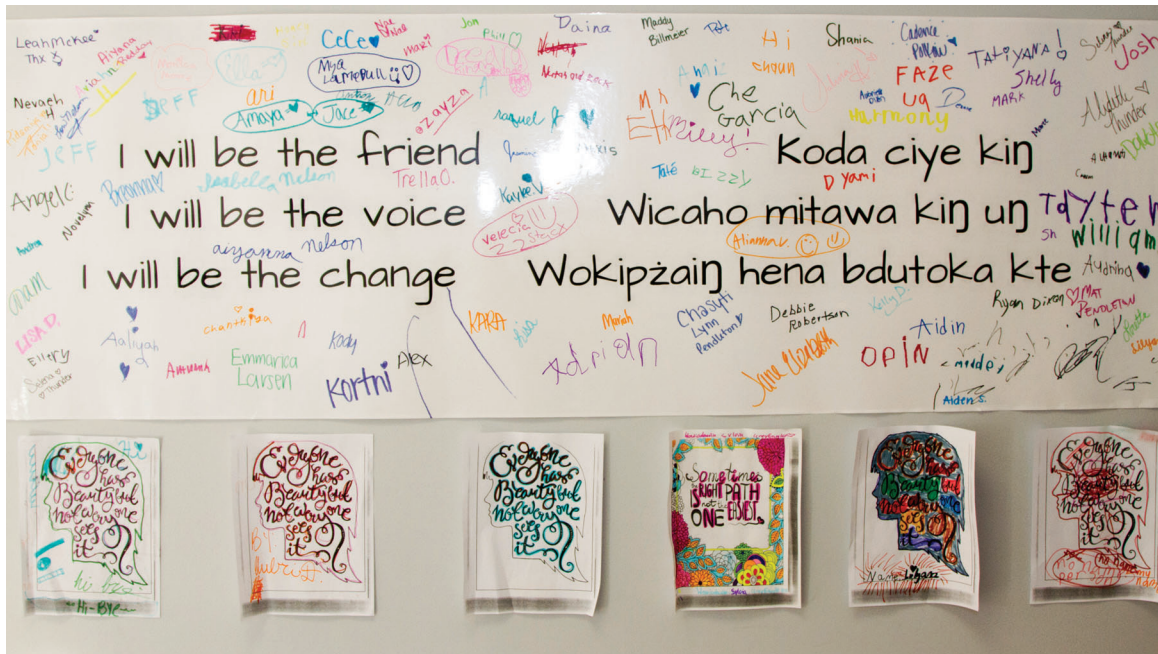
Four years later, this AICAF policy resulted in an organizational culture that values healthy eating and has a substantial decrease of SSB consumption in the workplace. Participants understand why they will not find SSBs at AICAF sponsored activities.

“My hope is that our healthy eating policy will continue to grow and evolve and that other organizations will join us by implementing a healthy-eating policy of their own”

- Neely Snyder, Operations Manager

CONCLUSION

There are numerous sugar sweetened beverage toolkits currently out, however there are few that focus exclusively on American Indian communities and build on the successes and models that have been developed. This toolkit is an important step to sharing a few of those models and successes. We developed the *Healthy Beverage Toolkit for American Indian Communities: Putting Policy into Practice* to support community leaders, decision makers, tribal staff and community members working to achieve healthy children and communities with proactive policy solutions. We hope this toolkit offers strategies that promote healthy beverage policies, systems and environmental changes, while respecting tribal sovereignty and indigenous lifeways.



APPENDIX A - Glossary Of Terms

Added Sugars

Any sugar removed from its original source and added during the preparation of foods, either at the table, in the kitchen or in the processing plant. Including, but not limited to: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, agave nectar, lactose, malt syrup, maltose, molasses, raw sugar and sucrose Centers for Disease Control and Prevention (CDC).

Environmental Change

Changes in the places we live, work, play, shop and go to school.

Natural Sugar

A sweet substance that that is produced naturally in fruit, vegetables and dairy.

Policy Change

Rules that encourage or discourage a certain behavior.

Sugar-Sweetened Beverages (SSB)

Any liquids that are sweetened with various forms of added sugars like brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, agave nectar, lactose, malt syrup, maltose, molasses, raw sugar and sucrose.

- Examples of SSBs include, but are not limited to: regular soda (not sugar-free), fruit drinks, sports drinks, energy drinks, sweetened waters and coffee and tea beverages with added sugars (CDC Website).

System Change

Changes of how things are done at an organization or setting.

Unsweetened

Food or drink without sugar or a similar substance having been added (Oxford Dictionary).

APPENDIX B - Community Beverage Assessment

Assess the content of vending machines, retailers, cafeterias or any other place beverages are available free of charge or for sale. Record what is currently available to generate a snapshot of beverage offerings.

DATE:

NAME OF ORGANIZATION:

TYPE (VENDING MACHINE/RETAILER/CAFETERIA/RESTAURANT/OTHER):

LOCATION (WITHIN BUILDING IF APPLICABLE):

Healthy Sugar-Free Beverages (List all options for each category if applicable)	# Of Options	Size/S (Ounces)	Price
Sparkling Water			
Coconut Water			
Fruit Or Vegetable Drink (100% Real Juice)			
Coffee (Black)			
Unsweetened Tea			
Low-Fat/1% Or Fat-Free Milk (Unflavored)			
Soy, Almond Or Rice Milk			
Kombucha			
Other:			

TOTAL

Unhealthy Sugar-Sweetened Beverages (List all options for each category if applicable)	# Of Options	Size/S (Ounces)	Price
Soda (Regular)			
Diet Soda			
Artificial Fruit-Flavored Beverage			
Flavored Coffee			
Sweetened Tea			
Whole/2% Milk Or Flavored Milk (Any %)			
Artificial Flavor Enhancers Containing Sugar			
Sports Drink (Gatorade, Powerade, Etc.)			
Energy Drink			
Other:			
TOTAL			

APPENDIX C - Community Readiness Assessment

Assess the behaviors and attitudes of community members regarding beverage consumption and policy. These questions may be asked interview style over the phone and/or in person, or participants can complete the survey.

Please answer the questions honestly as of the date the assessment is conducted.

Date: ____/____/____

Gender: M / F

Age: ____

Do you live in the community: Yes / No

Do you work in the community: Yes / No

How many unhealthy, sugar-sweetened beverages do you consume per week? ____

Do you feel that healthy beverage options are available to you? **(Circle one) Yes / No**

Explain:

Are there barriers to accessing healthy beverages? (cost, location, availability, etc.)

Please list and explain:

Would you purchase healthy options if they were offered? **(Circle one) Yes / No**

Explain:

Is drinking healthy beverages important to you? **(Circle one) Yes / No**

Explain:

Are there any healthy beverage guidelines or policies that you know of in your community, organization, etc.? **(Circle one) Yes / No**

Explain:

Do you believe drinking healthy beverages is a priority to community members?

(Circle one) Yes / No

Explain:

Do you believe healthy beverage policy/guidelines is a priority to your leadership?

(Circle one) Yes / No

Explain:

How much do community members know about the importance of drinking healthy beverages?

(Circle One) Nothing / Slightly Knowledgeable / Knowledgeable / Very Knowledgeable

Do you know anyone who would be interested in participating in a healthy beverage community coalition? **(Circle one) Yes / No**

Please provide name(s):

Additional comments:



APPENDIX D - Minneapolis American Indian Center Healthy Beverage Policy



MINNEAPOLIS AMERICAN INDIAN CENTER

MAIC HEALTHY BEVERAGE POLICY

Adopted 10-21-15 by the MAIC Board of Directors

At all Minneapolis American Indian Center sponsored and/or coordinated gatherings, meetings, and events, including rental space, beverage offerings must be in accordance with the Center's Healthy Beverage Policy. The Minneapolis American Indian Center will promote access to free, safe drinking water at all times and provide only healthy beverages, as specified by beverage standards (see below), during all meetings (internal and external), events, and programming. The purpose is to combat the epidemics of obesity and diabetes.

<i>What Beverages are Allowed?</i>	<i>What Beverages are <u>Not</u> Allowed?</i>
<ul style="list-style-type: none"> • Water (free, safe drinking water through fountains and similar outlets; unsweetened, 100% fruit-infused, plain or naturally flavored sparkling/seltzer). 	<ul style="list-style-type: none"> • Soda Pop
<ul style="list-style-type: none"> • Tea/coffee (unsweetened with only naturally occurring caffeine). 	<ul style="list-style-type: none"> • Sugar-added or added caffeine coffee/tea drinks, including Energy Drinks
<ul style="list-style-type: none"> • 100% fruit juice (no more than ½ cup or 4-8 ounces per serving). 	<ul style="list-style-type: none"> • Sugar-added Fruit juices
<ul style="list-style-type: none"> • Milk (plain low-fat [1%] or fat-free [skim], or other unsweetened non-dairy milk alternatives). 	<ul style="list-style-type: none"> • Flavored, sugar-added milk, like chocolate or strawberry milk

Employees and visitors will continue to have personal choice of beverage(s) they purchase outside of the organization and bring to work; however, because we serve community members, we encourage all staff to model healthy choices by choosing not to consume sugary drinks or conceal consumption around community members.

What Does this Apply to?

- All MAIC Programs & All MAIC-sponsored meetings
- The MAIC Café
- MAIC Vending Machines
- Outside organizations or groups renting or using MAIC facilities for any meeting or event
- Outside Vendors attending/participating in events or meetings, renting or using MAIC Facilities.

This Healthy Beverage Policy applies to requests-for-bids, vendor contracts, and to anyone renting/using space within the Minneapolis American Indian Center. This Healthy Beverage Policy is explained within all rental/lease agreements, and will require adherence to for rent/use of rentable space (gymnasium, auditorium, gallery, etc.) within the Minneapolis American Indian Center.

1530 East Franklin Avenue * Minneapolis, Minnesota 55404
Phone: (612) 871-4555 or 879-1700 * Fax: (612) 879-1795
Website: www.maicnet.org

APPENDIX E - Lower Sioux Indian Community Resolution



Lower Sioux Indian Community

P.O. Box 308 • 39527 Reservation Highway 1

Morton, MN 56270

Cansayapi Otunwe

LOWER SIOUX INDIAN COMMUNITY RESOLUTION NO. 16-116

APPROVING AND SUPPORTING THE LOWER SIOUX INDIAN COMMUNITY'S HONORING LITTLE CROW WITH HEALTHY AND INDIGENOUS FOODS INITIATIVE

- WHEREAS, The Lower Sioux Indian Community is a duly organized and federally recognized Indian Tribe under 25 U.S.C. § 476, and is governed by the terms of a Constitution and Bylaws originally adopted by the Community Members on May 16, 1936, and approved by the Secretary of the Interior on April 23, 1936; and,
- WHEREAS, pursuant to said Constitution and Bylaws, the Community Council is the governing body of the Lower Sioux Indian Community; and
- WHEREAS, the Community Council has the authority, as enumerated in ARTICLE V – POWERS (a) to negotiate with the Federal, State, and local Governments on behalf o the Community...; (c) to approve or veto any sale, disposition, lease, or encumbrance of Community lands, interests in lands, or other Community assets...; (e) to make assignments of community land to members of the Community...; (f) to manage all economic affairs and enterprises of the Community...; (g) to appropriate for public purposes of the Lower Sioux Indian Community available funds within the exclusive control of the Community...; (i) to safeguard and promote the peace, safety, morals, and general welfare of the Community by regulating the conduct of trade and the use and disposition of property upon the reservation...; (j) to establish ordinances...providing for the maintenance of law and order upon the Reservation...; (m) to encourage and foster the arts, crafts, traditions, and culture of the Community...; (o) to protect and preserve the property...of the Community...; and
- WHEREAS, disproportionately higher health disparities have been identified in American Indian/Alaska Native populations compared to all non-Indian populations,

including higher rates of obesity, diabetes, cardiovascular disease, and metabolic syndromes; and

- WHEREAS, American Indian/Alaska Native peoples have been found to have a higher prevalence of tobacco use, obesity, and physical inactivity, and lower prevalence estimates of fruit and vegetable consumption, and cancer screening; and
- WHEREAS, American Indian/Native Alaska people in Minnesota experience similar higher health disparities, with 40% having been diabetic for less than ten years with an additional 30% having been diabetic for over ten years, according to data from the Bemidji Indian Health Service reported in 2015. This is compared to an 8.1% rate of diabetes for adults in Minnesota generally, according to 2014 data from the Minnesota Department of Health. Additionally, according to Bemidji IHS data, Minnesota American Indians/Native Alaskans have the lowest percentage (36%) of patients with an A1C results of 7.0 or less based on audited charts of diabetic patients; and
- WHEREAS, 72.8% of American Indians/Native Alaskans in Minnesota are overweight (having a BMI between 25 to 29.9) or obese (having a BMI over 30.0); and
- WHEREAS, the Lower Sioux Indian Community Health and Human Services Department conducted a community assessment and identified families choosing unhealthy food options because of the convenience they offer as being a primary challenge for improving health for Community Members. Specifically, the assessment found that there is a lack of visible healthy food options throughout community venues and events; lack of Communities policies that require inclusion of healthy food and beverage options at all community events; and a lack of convenient availability for healthy food and beverage options; and
- WHEREAS, the Lower Sioux Indian Community Health and Human Services Advisory Committee has been working to increase community engagement to establish a sustainable Lower Sioux Indian Community food system that improves access to healthy food and beverage, connects the Community to Indigenous foods, and creates healthier families; and
- WHEREAS, the Community Council recognizes that implementing systems change to increase the visibility of and access to healthier and Indigenous food and beverage choices, including Community policies that promote healthy, as well as Indigenous, food and drink choices for community vending machines, events, gatherings, meetings,

and the annual Wacipi, is important for modeling and supporting a healthy Lower Sioux Indian Community; and

WHEREAS, the Community Council recognizes that when a healthier food system is available to the Lower Sioux Indian Community, then families become healthier; and

WHEREAS, the Vision of the Lower Sioux Indian Community is a healthy, safe, and happy community – grounded and guided by Dakota culture, traditions, and language – where every person contributes to a diversified social and economic life. The people grow, adapt, and innovate together, through opportunities that span the generations and seek continuous success;

WHEREAS, Community member access to affordable, health-promoting foods is important for fulfilling the vision of the Lower Sioux Indian Community;

NOW THEREFORE BE IT RESOLVED that the Lower Sioux Community Council supports the development of a policy to establish standards for food and beverages vending machines in the Community’s recreation center and Government Center that will support availability of health promoting and indigenous foods. These standards should apply to at least 75% of the food and beverages in the machines, and should use nutrition standards based on the U.S. Department of Agriculture’s “Smart Snacks” standards found at 81 Fed. Register 50132 et seq. (published July 29, 2016), and implementing sections 203 and 208 of U.S. Public Law 111–296, the Healthy, Hunger-Free Kids Act of 2010, as may be amended from time to time.

IT IS FURTHER RESOLVED that this policy should also address the following issues:

- a. Whenever possible, indigenous and local food producers, suppliers, vendors, and products should be given preference in stocking and supply decisions.
- b. All foods and beverages must contain 0 grams of trans fat per package, as labelled. Whenever possible, foods that do not contain any hydrogenated or partially hydrogenated oils; trans fats; or trans fatty acids should be provided.
- c. Calorie labeling and other nutritional information shall be provided for all food and beverage products, in the same manner and format required by 21 U.S.C.A. § 343 (q)(5)(H)(viii) and related implementing regulations, as may be amended from time to time.
- d. Food and beverage items that meet the nutrition standards should be placed so as to be prominently and easily visible, and in the prime selling positions.
- e. Food and beverage items that meet the nutrition standards should be available at prices equal to or less than the prices for similar products that are available and that do not meet the nutrition standards.

3 **HONORING LITTLE CROW WITH HEALTHY AND INDIGENOUS FOODS INITIATIVE**

- f. At least once every five years, the Lower Sioux Indian Community Health and Human Services Department should review the food and beverage standards and recommend updates to the Council as needed.
- g. Contracts and requests for bid that are initiated or renewed after the policy goes into effect should be required to expressly incorporate the food and beverage standards and criteria described in this Resolution.

IT IS FURTHER RESOLVED that the Lower Sioux Community Council supports the development of a policy to encourage vendors at the Community's annual Wacipi to voluntarily provide health-promoting and indigenous foods. This policy should allow a 50% discount on the food vendor application fee for vendors who agree that all of the food and beverages that they provide will meet evidence-based and appropriate nutrition and indigenous dietary standards, which are to be developed by the Lower Sioux Indian Community Health and Human Services Department with input from the Health and Human Services Advisory Committee and the Powwow Committee.

IT IS FURTHER RESOLVED that the Lower Sioux Community Council hereby directs the Lower Sioux Indian Community Health and Human Services Advisory Committee to prepare a strategic plan for increasing the availability of health promoting and indigenous foods across the Lower Sioux Indian Community Reservation, to be presented to the Council within six months of the signing of this Resolution.

IT IS FURTHER RESOLVED that the strategic plan should include recommendations for specific actions that the Council could take to:

- a. Establish health promoting and indigenous food and beverage standards for food and beverages served or provided at meetings, forums, and other events sponsored by the Community or occurring on Community property or facilities;
- b. Support and increase the availability of health promoting and Indigenous foods provided by the Community's Associate Dining Room (ADR) food service program;
- c. Increase the availability of and encourage the purchase of health promoting food and beverages in stores and other community food outlets located within the Community's jurisdiction through the implementation of pricing, placement, and promotional practices or policies, such as educational signs, use of shelf tags or posters, product display and placement, taxes, and warning labels;
- d. Address any other challenges that exist within the Lower Sioux Indian Community Reservation to access to health promoting and indigenous foods and beverages.

IT IS FURTHER RESOLVED that it is the guidance and direction of the Lower Sioux Community Council that Community staff, employees, and agents involved with

4 **HONORING LITTLE CROW WITH HEALTHY AND INDIGENOUS FOODS INITIATIVE**

the ADR food service and the Community's food outlets should work with representatives of the Lower Sioux Indian Community Health and Human Services Department and the Health and Human Services Advisory Committee to identify policy, systems and environmental change opportunities to increase and promote health promoting and indigenous foods and beverages in these settings.

IT IS FURTHER RESOLVED that Lower Sioux Indian Community Health and Human Services Department, with input from the Health and Human Services Advisory Committee, is hereby directed to develop evidence-based and culturally appropriate standards for defining what foods are health promoting and indigenous to inform the implementation of strategic plan to promote healthy and indigenous foods and beverages across the Community, as described above.

CERTIFICATION

We certify that Resolution No. 16 – 116 was duly adopted by the Community Council of the Lower Sioux Indian Community at a meeting held on the 20 day of September, 2016, a quorum being present by a vote of 4 in favor, 0 opposed, and 0 abstaining.

Robert L. Larsen, President

_____ *B. Pendleton*

Brian Pendleton, Vice President

_____ *Earl Pendleton*

Earl Pendleton, Treasurer

_____ *Gary Prescott*

Gary Prescott, Secretary

_____ *Justice Wabasha*

Justice Wabasha, Assistant Secretary Treasurer

APPENDIX F - American Indian Cancer Foundation Policy



AICAF HEALTH POLICY ON FUNDING, PROMOTIONS, AND CONSUMPTION OF POSITIVE CANCER PREVENTION VALUES AND POLICIES IN THE FOLLOWING AREAS: HEALTHY EATING, PHYSICAL ACTIVITY, TOBACCO AND ALCOHOL.

AICAF Mission Statement:

We will eliminate cancer burdens on American Indian families through education, improved access to prevention, early detection, treatment and survivor support.

Statement of Values Regarding Cancer Prevention and the Leading Risk Factors:

AICAF recognizes the primary causes of cancer for American Indian communities are attributed to leading preventable risk factors: 1) commercial tobacco use and the exposure to the smoke; 2) obesity; the result of diets that are high in empty calories and low in fruits and vegetables, combined with low levels of physical activity; and 3) excessive use of alcohol.

AICAF recognizes that many products are marketed to American Indian communities in predatory ways that have led to higher rates of use and abuse of products that significantly contribute to cancer and many of the health inequities faced in American Indian communities.

In recognition of these issues and with the desire to model positive cancer prevention within American Indian communities, AICAF has developed the following organization policies, which are intended to 1) affirm the high value we place on the lives and health of Native people; 2) ensure that AICAF is independent from outside influences in the pursuit of our mission; and 3) avoid potential or perceived conflicts of interest.

FUNDING POLICY

Conflict of Interest Regarding Corporate Funding

1. AICAF will not accept direct funds from the tobacco or alcohol industries, their subsidiaries or their affiliate companies.
2. AICAF will not sponsor, co-sponsor, or be a beneficiary of any event with primary sponsorship from tobacco or alcohol industries, subsidiaries or affiliate companies.
3. AICAF will not accept direct funds raised from the sale of alcohol or tobacco.

PROMOTIONS AND CONSUMPTION POLICY

Modeling AICAF Cancer Prevention Values:

AICAF sponsored events and communications will not include the promotion, distribution or display of signs, banners, programs, activities or apparel bearing the name or logo of a product that manufactures, sells or promotes: commercial tobacco, food products devoid of nutritional value, or alcohol products.

(Continued on next page)

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Dakota

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Samuel A. Moose
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APPENDIX F - American Indian Cancer Foundation Policy

1. TOBACCO:

AICAF promotes the use of non-commercial tobacco for spiritual and ceremonial use. In doing so AICAF will do the following:

- a. AICAF offices are smoke-free, meaning that no person may smoke commercial tobacco or other substances indoors (or any entryway that is within AICAF authority). This policy shall not be construed to prohibit the approved burning of non-commercial tobacco for ceremonial purposes.
- b. AICAF sponsored events and activities will be held in spaces that are free of commercial tobacco smoke when possible.

2. HEALTHY FOOD OPTIONS:

AICAF supports healthy eating at the workplace and at AICAF-sponsored community events. In doing so, AICAF will do the following:

- a. Choose indigenous and local (when available) food producers, suppliers, vendors, and products as a first choice when purchasing or serving food.
- b. Choose healthier choices over less-healthy choices, and for instance, when contracting with food vendors, AICAF will require suppliers to provide nutritional options such as fruits and vegetables, whole grain products, low-fat dairy products, lean meats, fish, and foods low in salt, sugar, and saturated fats.
- c. Follow the recommended portion sizes, according to current nutritional guidelines.
- d. Avoid providing sugar-sweetened beverages (including sodas, sports drinks, and milks, along with any juices that are not 100% juice) at community events.
- e. Deny employee reimbursement for the purchase of sugar-sweetened beverages.

3. PHYSICAL ACTIVITY:

AICAF supports physical activity at the workplace through promoting employee use of stairwells, walk breaks and walking meetings. In doing so, AICAF will do the following:

- a. AICAF sponsored events and meetings lasting more than one-hour will include the opportunity to participate in physical activity intended to avoid extended periods of sedentary time for participants. In addition, when organizing events and meetings, AICAF will encourage stairwell use and walking between venues.
- b. AICAF will prioritize the use of venues for AICAF sponsored events and activities that support opportunities for participants to arrive by public transportation and/or active modes of transportation.
- c. AICAF's employee health insurance plan provides an incentive of \$20/month credit for gym membership for acquiring the minimum number of visits/month (i.e. 12).

4. ALCOHOL:

AICAF will not purchase alcohol for distribution at events or activities. In doing so, AICAF will do the following:

- a. AICAF will not sponsor or promote events that are advertised or planned with drinking as the focus (e.g. cocktail parties, happy hours).
- b. AICAF employees may not use or possess alcohol or unlawful drugs or have detectable levels of alcohol or unlawful drugs during working hours.
- c. Deny employee reimbursement for the purchase of alcoholic beverages.
- d. The AICAF Board reserves the right to determine if the sale of alcohol at an AICAF hosted event is appropriate. If it is approved, a licensed vendor will be hired to handle all alcohol sales and the event will offer and display non-alcoholic beverages as prominently as the alcoholic beverages.

AICAF employees will participate in a one-hour annual educational session on all policies.

Approved by the AICAF Board of Directors on May 17, 2013 with updates approved January 20, 2016.



NOTAH BEGAY III FOUNDATION

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