

NEW RESOURCE TO PROMOTE FRUITS AND VEGETABLES AMONG AMERICAN INDIAN AND ALASKAN NATIVE POPULATIONS

Collaborative work results in valuable resource for communicating important nutrition messages

Public Health Problem

- Health professionals may have limited understanding of the needs and health-related behaviors of the individuals and families in the American Indian and Alaskan Native communities where they work, making them less effective in implementing programs to reduce the burden of chronic diseases such as obesity and heart disease.
- Learning more about American Indian and Alaskan Native health beliefs and practices is enhanced when targeted resources are made widely available.

Program

- The Subcommittee on Special Populations of the State, Regional and Community Interest Group of the National Fruit and Vegetable Alliance Steering Committee, chaired by staff of the Arizona Department of Health Services Bureau of Chronic Disease Prevention and Control produced a first of its kind document entitled, *Resources and Tips for Working with American Indians and Alaskan Natives*.
- This guide is designed to reach health professionals with resources to enable them to consider the traditional food systems of American Indian and Alaskan Native populations when teaching the health value of fruits and vegetables and is available at: www.astphnd.org.

Impact

- This important resource enables health professionals to reach American Indian and Alaskan Native people with a culturally-appropriate messages such as “Traditional foods grown in a sustainable manner are healthy,” increasing the likelihood of adoption of health-promoting behaviors.
- The resource guide was distributed at several conferences including one sponsored by the Intertribal Council of Arizona and is also available online. An article in the *Food Distribution Program on Indian Reservations* newsletter alerted readers to the resource guide.

Contact

Marie Tymrak
Arizona Department of Health Services
602-542-2827
tymrakm@azdhs.gov

