

Abstract
Southwest Indigenous Cookbook: A Primary Care Tool
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Background: Indigenous people in the United States are one of the groups that have the highest incidence and prevalence for preventable comorbidities, notably Diabetes Mellitus Type 2 and Obesity, as a direct result from historical and intergenerational traumas. Loss of important, healthy, and cultural food items intertwined with the lack of healthy food options on and around Indigenous lands, along with a myriad of other barriers, highly contribute to the current health disparities of Indigenous people. This project intends to collect and synthesize health data and information of Indigenous people as a racial group, collect and curate various Southwestern tribal recipes, and collate the aforementioned into a highly accessible and malleable online document for patient use that is distributed by primary care professionals.

Methods: Literature review discussing Indigenous history, nutrition, and diet, Indigenous health disparities with data points, current Southwestern Indigenous cookbooks and recipes, and rural health with data and statistics were identified. Public data sets from the Colorado Department of Public Health and Environment, U.S. Census Bureau, and Centers for Disease Control and Prevention were used. Google Docs was used as the host site for the creation of the Cookbook. Recipes were curated and those selected incorporated historical foods tied to the lands, increased usage of fibrous, plant foods, and decreased reliance on processed, fatty food items.

Results: The Southwest Cookbook was created successfully on Google Docs and published online. The link to the Cookbook was then morphed into a QR code, printed on a Canva template, printed, and dispersed within the various primary care clinics at Southwest Health System in Cortez, CO amongst a Pediatrician, Family Medicine physicians, General Internists, and Physician Assistants.

<https://docs.google.com/document/d/1Z3RaR96ckKdQbUCbzSkeyEI2XJtBVtDZWbWycF8d868/edit?usp=sharing>

Conclusion: There are a multitude of systematic discrepancies that create and uphold the status quo of Indigenous health disparities today, and this Cookbook alone will not, of course, eliminate them or change that course; however, it is a starting point and offers itself as a tool for primary care physicians caring for Indigenous communities. It also serves as a holistic approach to health care and a method to enhance patient-physician relationships. The Cookbook is a successful creation on Google Docs and continues its goal, but it can be improved by quality measurements like continuous user and physician surveys about usefulness/practicality, accuracy/humility, recipe recommendations, and quantifiable data like number of users, etc.