

Southwest Indigenous Cookbook: A Primary Care Tool DeVante Kee-Young, BS

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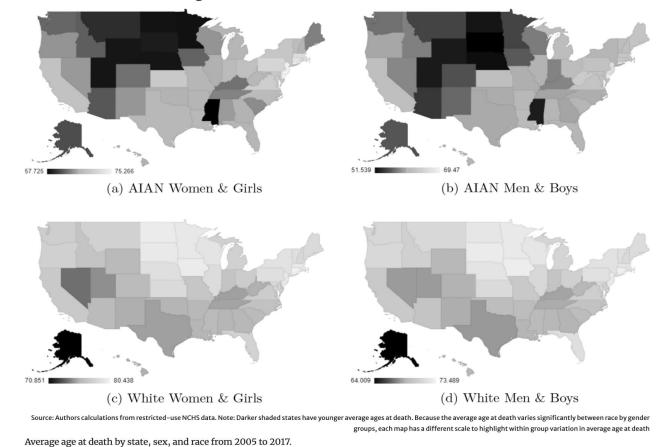
Rural Program

Results

Background

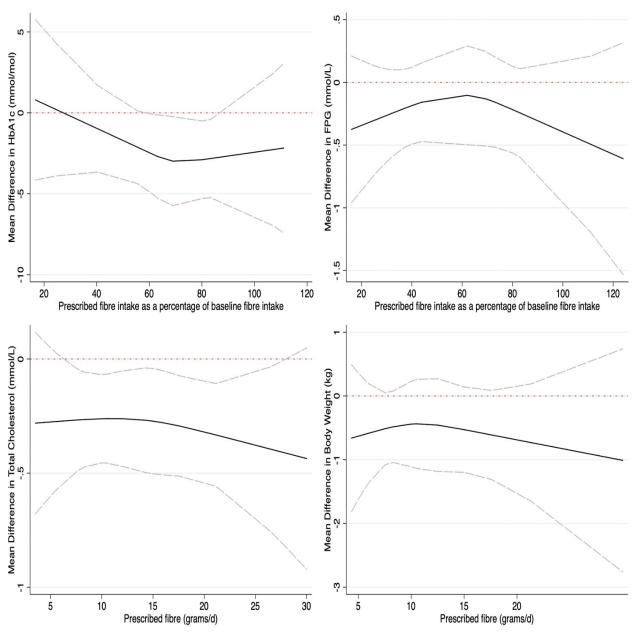
- Indigenous people comprise 2% of the national U.S. population but account for the highest prevalence of preventable diseases like morbid obesity (48.1%), DMT2 (39.6%), and CVD (14.6%) when compared to other ethnic groups.
- These large health disparities can be sourced back to historical, intergenerational trauma inflicted upon by the U.S. government.
- Current Indigenous diets primarily consists of foods high in fats and carbohydrates which tend to be highly processed with low fiber content. Contemporary food items like spam, frybread, pork, lard, sugary drinks, fast food, and snack items tend to be the main diet.
- Compared to the national average lifespan, Indigenous people have an average of five years less than the current status quo.

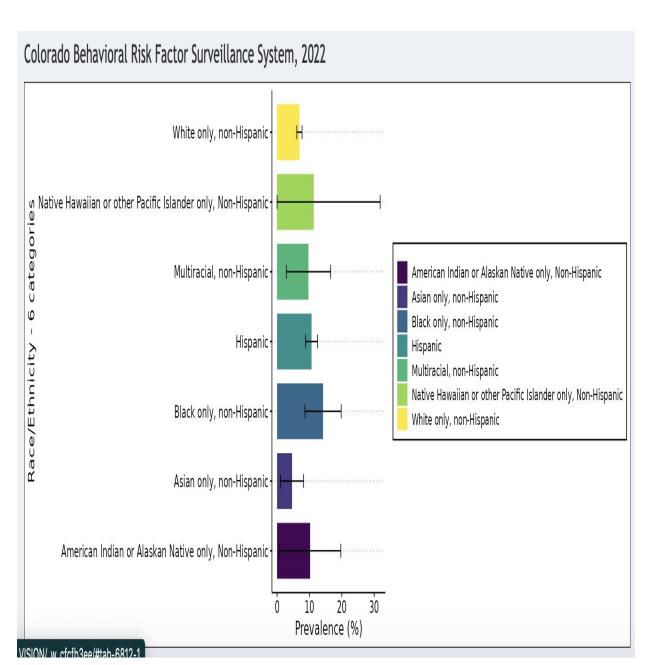
From: Native American Age at Death in the USA

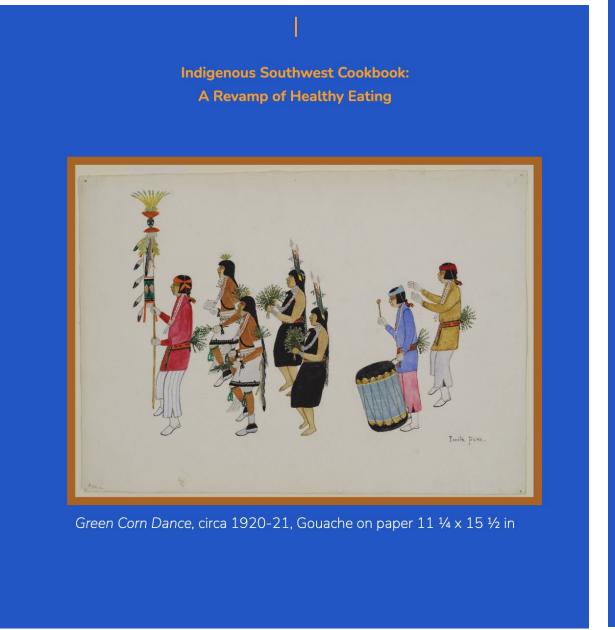


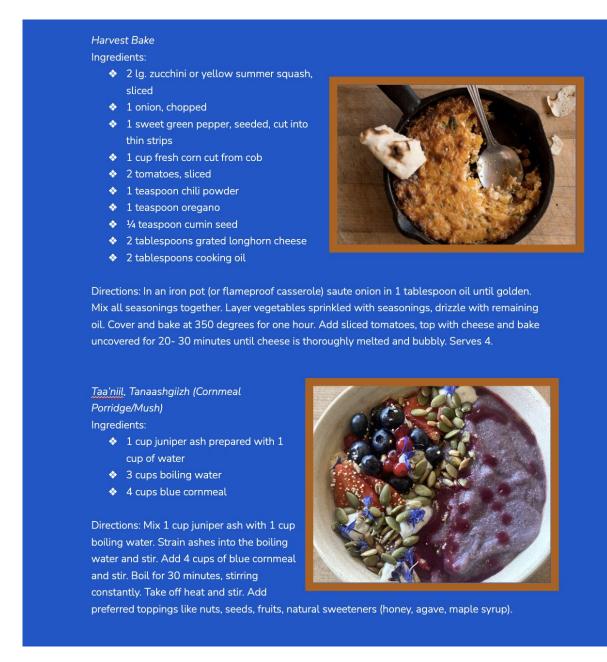
Purpose

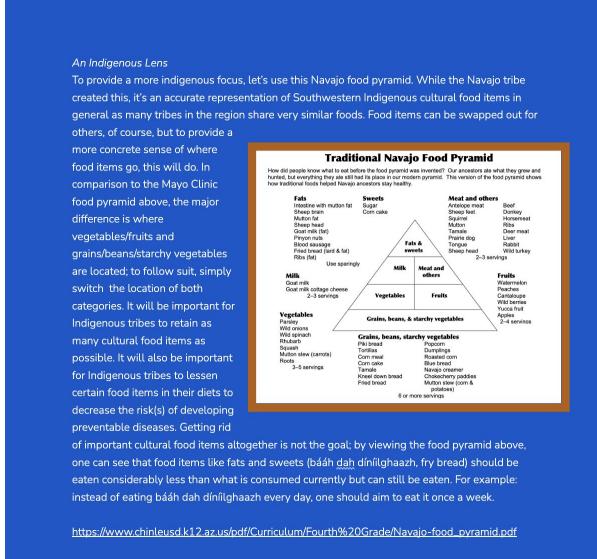
- The Cookbook is meant to invite Indigenous people to rethink how traditional food items can be created into new dishes that also compliment our health.
- The Cookbook contains curated recipes from a range of sites/cookbooks that are sourced from Southwestern Indigenous tribes like the Pueblo, Navajo, Apache, Hopi, Pima, and others. I prioritized recipes with Indigenous food items like corn, cacti, juniper ash, seeds/nuts, and local game; these food items contain increased fiber and decreased food processing.
- ❖ It lives in a Google Doc for ease of accessibility, updates, and low cost.

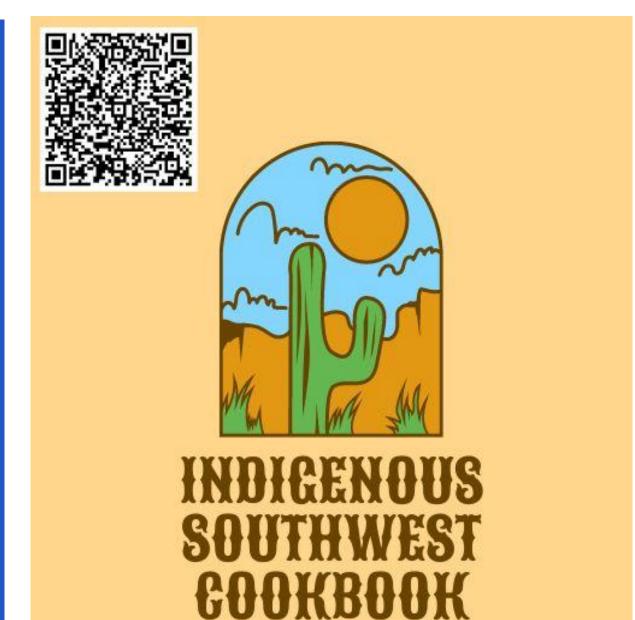












Discussion

- Taking a holistic approach, the Cookbook serves to incorporate individual, community, and spiritual practices that are at the heart of Indigenous culture—not just recipes. That is why Indigenous art, language, guides, and discussions are included in the Cookbook.
- Primary care clinics in Cortez, CO were targeted for dispersion of the Cookbook, since these are the health spaces where preventable diseases are managed.
- Eating traditional Indigenous foods and increasing fiber intake are protective against diabetes (II), obesity, and CVD.
- A thrifty gene theory is suspected as a cause of the drastic bodily changes associated within Native American populations. A difference in health outcomes between U.S. Pima people and Mexican Pima people was observed.
- Community-oriented health programs may be a solution in Indigenous communities, but more studies are needed to discern their effects.
- While this Cookbook was created to help Southwestern Indigenous people with diet and nutrition by introducing innovative recipes while keeping cultural context and values at the forefront, it does not replace the necessary systematic changes that are required for large scale amelioration of health disparities.
- * Ex: There are only 13 grocery stores on the Navajo Nation which has a size greater than New Hampshire, Vermont, and Massachusetts combined. The Navajo Nation is a food desert (like many other reservations), and the rurality of these tribal nations only complicates their health disparities and access.

Cites

