

Food Resource Equity and Sustainability for Health “FRESH” Study

Presentation to Intervention Research to Improve Native American Health Group

National Cancer Institute, Rockville, MD

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Acknowledgement and Gratitude for our Partners



Osage Nation



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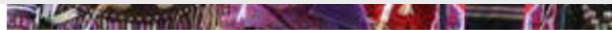
This is one of many grants funded
through “Interventions for Health
Promotion and Disease Prevention
in Native American Populations”

Thanks to our partners for making this work happen!

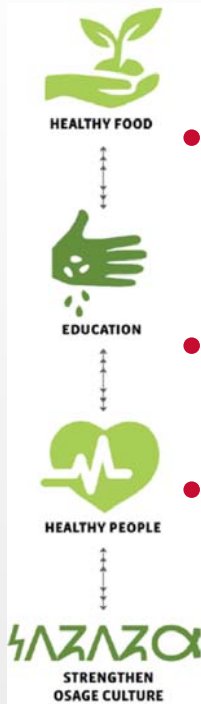
Osage Nation

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- Wah-Zha-Zhi nation of people



Partnership History



- Conversations with Gail Boe, MS, Director, Communities of Excellence, Osage Nation
- Osage interested in building upon Bird Creek Farm initiative (developed in 2015)
- Bird Creek Farm Goal: Create a sustainable tribal food system
- Preliminary work: Jernigan et al. "Assessing Feasibility and Readiness to Address Obesity through Policy in American Indian Reservations." *Journal of Health Disparities Research and Practice* 9.3 (2016): 168.



“Finally, we have a way to do what we did 200 years ago...feed our own people.”

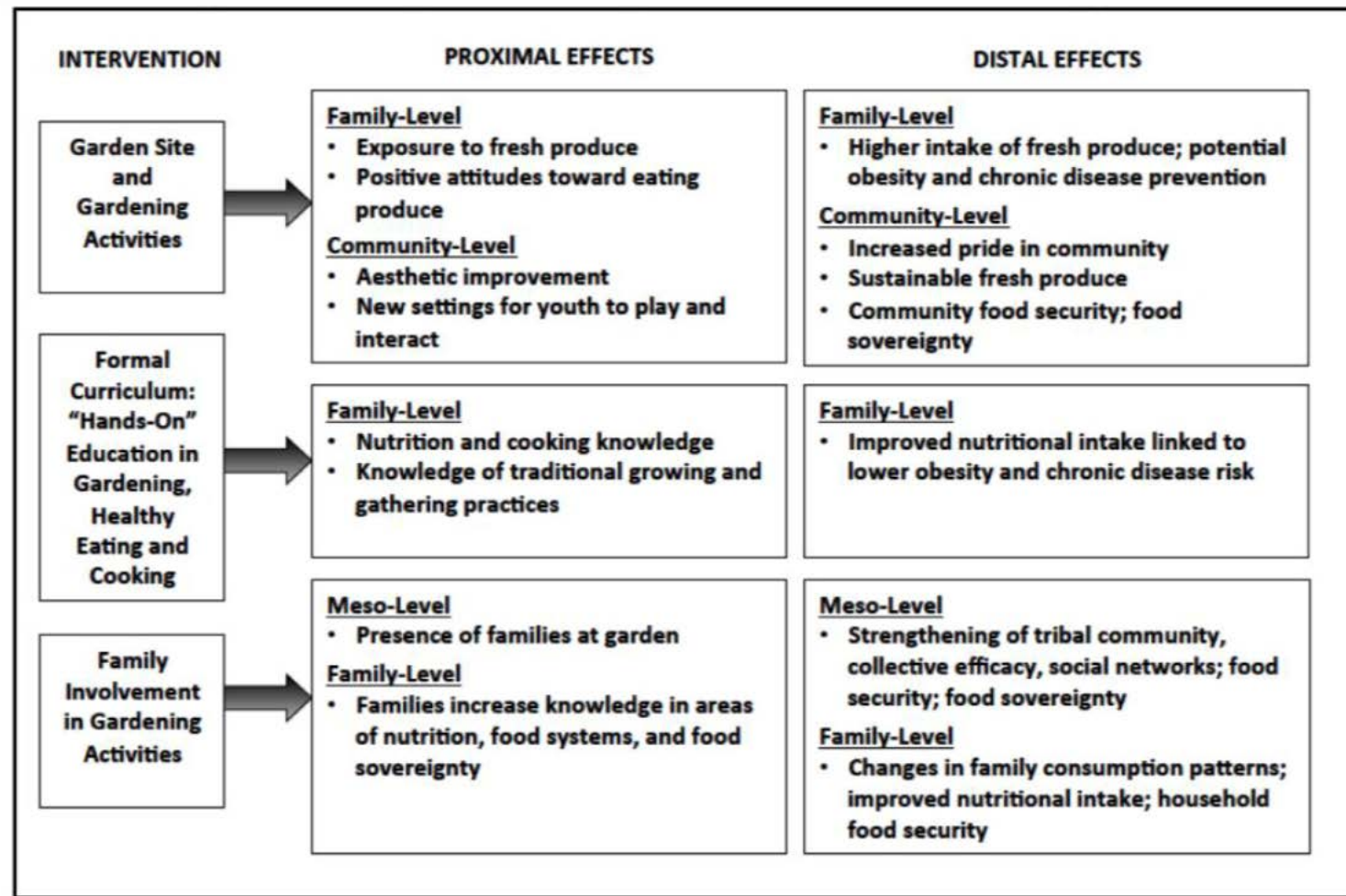
— Raymond Red Corn, Osage Nation Assistant Principal Chief



Study Aims

- **Aim 1:** Characterize the Osage reservation food environment, using both objective and perceived measures, and assess the correlation of the food environment with prevalent obesity, hypertension, and diabetes.
- **Aim 2:** Develop a culturally relevant, multilevel, multicomponent community gardening intervention and evaluate its efficacy in increasing vegetable and fruit intake (primary outcome) and reducing food insecurity, BMI, and blood pressure (secondary outcomes) among 250 Osage families (total n=500).
- **Aim 3:** Create and disseminate a Web-based multimedia manual and documentary film, and evaluate their effectiveness in increasing tribal readiness and capacity to improve tribal food environments.

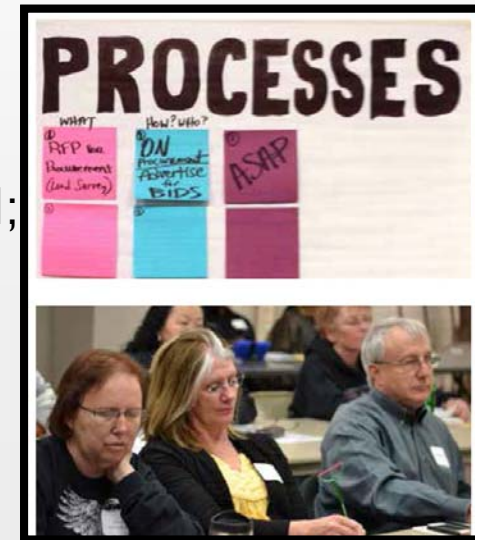
Conceptual model of potential effects of a community farm/garden¹



¹Adapted from Ozer et al. *Health Education & Behavior* 34.6 (2007): 846-863.

Progress to Date

- **Aim 1. Assessing the food environment and its relationship to health**
 - **Status:** environmental and policy level assessments completed; individual level to be completed with Aim 2 baseline data collection
- **Aim 2. Develop culturally relevant community gardening initiative and assess its impacts on health**
 - **Status:**
Environmental level – food systems inventory completed; beds built and planting underway for gardening and menu sourcing
Policy – school menus programmed, sourced with local foods; cooks training developed
Individual -- Adapted child and adult curricula; communities randomized; currently under tribal and OUHSC IRB review; enrollment begins mid June
- **Aim 3. Web-based manual and documentary film**
 - **Status:** Filming underway



Challenges and Opportunities

- ***Opportunities:*** Focus on policy, systems, environmental change championed by leadership; community is activist-minded, highly engaged, strong
- ***Challenges:*** Little to no infrastructure with regards to health care/health systems, high staff turnover, site PI medical leave, truncated year limited “getting to know each other” process
- ***Strategies employed:*** Careful inventory of existing programs, to build upon capacity and tribal priorities, forge partnerships with diverse departments within the Nation to provide needed infrastructure support, leverage leadership support through “Executive Committee” formation, in-person meetings every 3 weeks