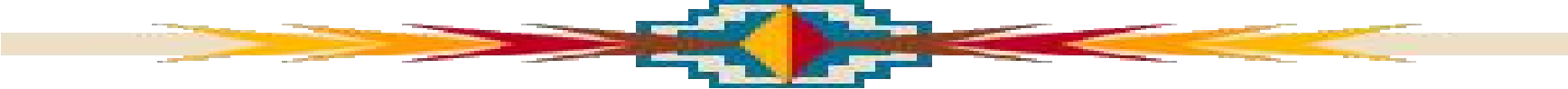
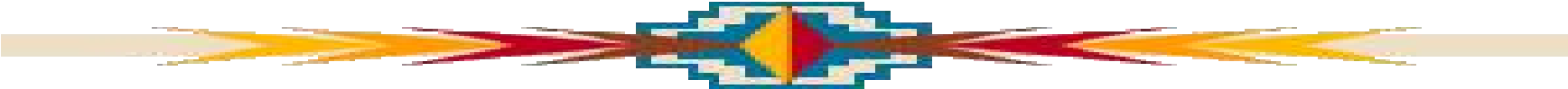


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- This product was developed by the Montana-Wyoming Tribal Leaders Council in Billings, MT. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.
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# Montana Wyoming Tribal Leaders Council Project Sites for Robert Woods Johnson Building Community Supports for Diabetes Project

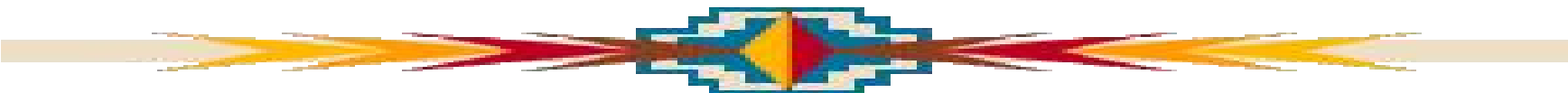


## Cultural Influences on Intervention Strategies



# Introduction

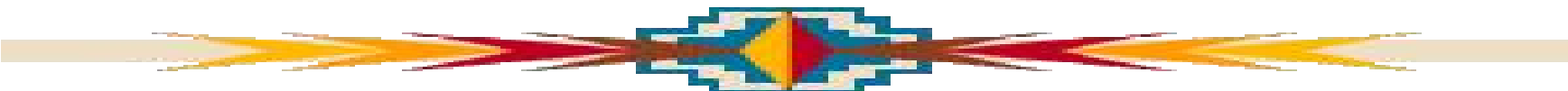
- Three distinct sites in addition to MT-WY TLC office in Billings, MT:
- Ft. Peck – 670 miles (RT) from Billings.
- N. Arapaho – 600 miles (RT) from Billings.
- E. Shoshone - 600 miles (RT) from Billings.

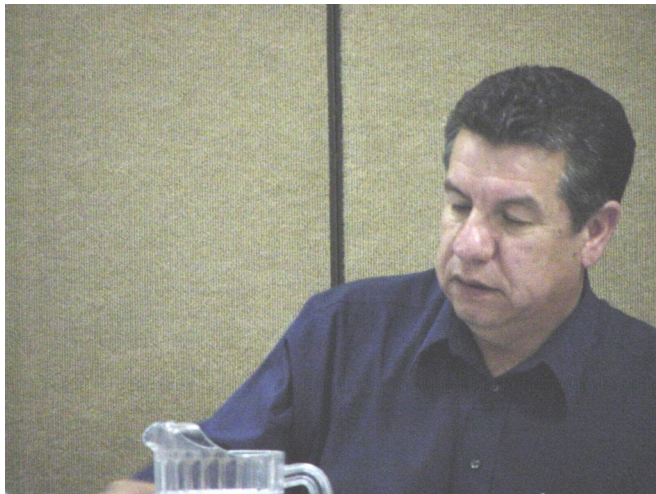




# Our Interventions

- Diabetes Self-management Education Classes.
- Talking Circles.
- On-going from Diabetes Program.
- Other Activities.

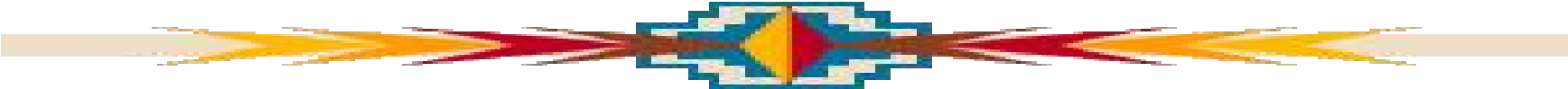




- Tribal Health Director's, liaisons and diabetes staff help plan and participate in DSME classes.
- Identify issues with effectiveness of training style.
- Discuss learning styles of attendees.



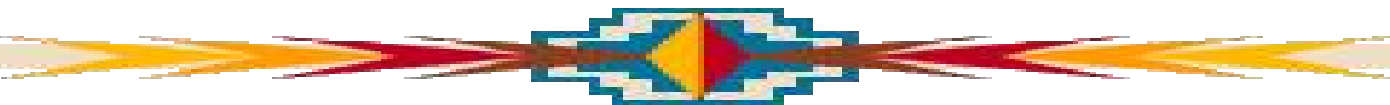
# Identify Issues

- Attendees require regular physical movement and hands-on learning style.
  - Tribal Health Directors suggest incorporating culturally appropriate activities into curriculum.
  - Re-emphasize talking circles and encourage storytelling.
  - Add educational components to social gatherings.
- 



# Example of adding Educational Component

- Add stress-busters to break up DSME sessions.
- Identify local success stories on a regular basis.
- Provide short demonstration of how to make pemmican at talking circle support group.





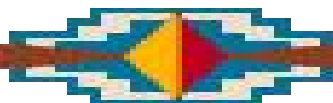
- **Pemmican 1-2-3**

- Ingredients:

- 4-5 ounces dried game, buffalo or beef (no salt or seasoning added)
- 1/3 cup dried chokecherries, June berries, huckleberries, raisins or Cran-raisins (cranberry)
- 2 tablespoons rendered beef lard or fat from kidney or bone marrow. Do **not** use shortening, butter or vegetable oil.

- Directions:

- Break dried meat into 1 inch pieces and grind using blender or meat grinder.
- Add dried berries or fruit to meat and grind again. Consistency should be dry and loose with fruit broken up.
- Add melted fat slowly while mixing. The fat will change consistency and appear semi-moist instead of dry. It improves the flavor and texture.
- Serve loose in a bowl or press into balls. Store in cloth or paper bag – *no plastic*.

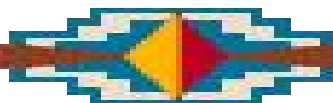


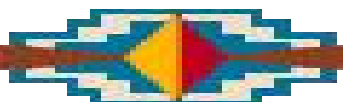
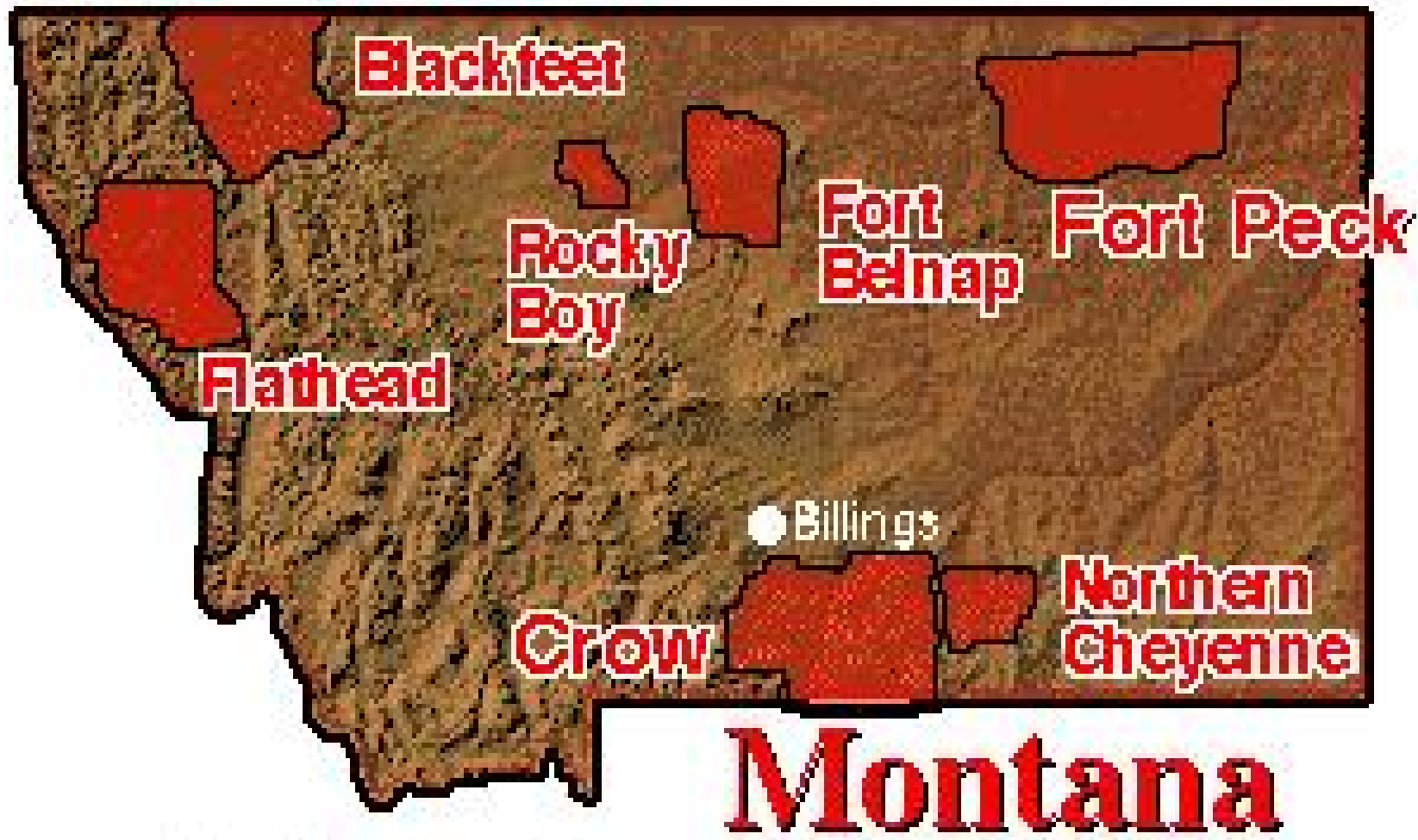
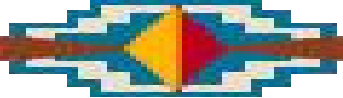


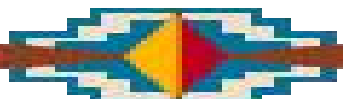
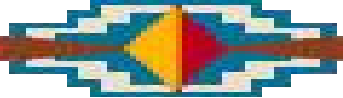


# Conclusion

- Continue talking circles and storytelling.
- Plan to incorporate stress-busters and physical activities to each DSME session.
- Set-up educational outreach at community events.
- Encourage prevention interventions utilizing healthy activities of a traditional-cultural nature.









# About the Pemmican

- Traditional food
- Kibbe Conti, a nutritionist and tribal member, has information about the benefit of this food (including the protein absorption rates of persons undergoing dialysis).
- Each step of the production can be a cultural component activity.
- Several Tribes have buffalo herds.
- Indigenous Diabetes Education Alliance is a resource to the Tribes.

