Coharie has been fortunate over the years to participate in a number of state programs and grant-supported initiatives to help assist and advance our peoples’ health and wellness. During these tough economic times, the state has made cuts to a number of these programs. In spite of these cuts, our tribe is looking for ways to continue to advance health. We are touched how our seniors have stepped up and decided to continue to share home-brought foods at the tribal building.

Join us on August 1st community meeting to discuss community changes we can make around healthy eating and active living!

Summer Health Tips

* Eat fresh produce
* Drink water
* Wear sunscreen
* Plant a garden
* Keep cool
* Be active
* Grill safety

Inside this issue:

Tools for Healthy Tribes  2
Healthy, Native  2
North Carolinas  2
Food Projects  2
Seeds of Hope  3
Pow Wow  3
Community Spotlight  4
Let’s Move!  4

American Indian Healthy Eating Project

Our tribe has been collaborating with the University of North Carolina-Chapel Hill since March 2009 on a Robert Wood Johnson Foundation funded Healthy Eating Research project. Tribal leaders and members provided insight into our local food environment and the potential for community changes.
At the 2011 Unity Conference, we shared our tribe’s health initiatives during a collaboration building workshop. Tabatha Brewer shared our successful history with participating in and administering various grant supported health programs.

During the Unity Conference, we teamed up with six other North Carolina tribes and four urban Indian organizations to submit a proposal to Kate B. Reynolds Foundation. We were approved for funding to participate in a two-year capacity building workshop series for community change around healthy eating and active living.

Greg Jacobs, Executive Director, explained how he is excited about the tribes continued investment in health and hopeful the tribe will persevere and thrive during these tough times. He explained how his “very being was established from the vision of our Coharie Elders. We have survived upon the sound decision making and integrity of these community pillars. I hear their voices saying run the race patiently, it is a long one. The Coharie way of compassion, caring for your neighbor and preparing for the future has directed my path to serve my people as humbly as I can.”

Healthy, Native North Carolinians

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“Tools for Healthy Tribes was created through a partnership between the American Indian Healthy Eating Project and the following tribes: Coharie Tribe, Haliwa-Saponi Indian Tribe, Lumbee Tribe, Occaneechi Band of Saponi Nation, Meherrin Indian Tribe, Sappony, and Waccamaw Siouan Tribe. The toolkit features technical assistance and tools to facilitate tribally-lead ways to improve access to healthy, affordable foods. Explore the website for ways you can help advance American Indian health!”

Sheila Fleischhacker, PhD, JD
American Indian Healthy Eating Project Co-Principal Investigator

“The American Indian Healthy Eating Project has been blessed to build partnerships with the NC Commission of Indian Affairs, seven tribes in North Carolina, and with all the tribal leaders, liaisons, and advisors who have given so much of their time and thoughts to facilitate united approaches to advance American Indian health within their tribes, across the state, and throughout Indian country.”

Sheila Fleischhacker, PhD, JD
American Indian Healthy Eating Project Co-Principal Investigator
Intergenerational Community Food Projects

Let’s consider at our upcoming August community meeting ways our elders, youth, and families can help us explore gardening and canning in our community. We’d love to support intergenerational gardening workshops, cooking and canning demonstrations, healthy cooking recipe contests, and Coharie healthy cookbooks and calendars! We’d also like to see how we can support active living, through walking clubs or yoga classes!

Seeds of Hope

We continue to collaborate on health and empowerment programs with the Center for Health Promotion and Disease Prevention at the University of North Carolina at Chapel Hill. Our current research project is called Seeds of HOPE (Health, Opportunities, Partnerships, Empowerment). The obesity prevention and empowerment program uses a holistic approach and targets low income, ethnically diverse women in rural eastern North Carolina. Learn more at www.hdpd.unc.edu.

Calling all Churches!

Seeds of Hope is seeking interested partners to help with project dissemination! Learn more from Tabatha Brewer at 910–564-6909 ext. 6.

Healthy Pow Wow Activities

Come to our August 1st community meeting and participate in other Pow Wow planning meetings to help us integrate healthy eating and active living ideas into our Pow Wow this September 9-10! We’re aiming for a health fair and healthy food vendors, might even try whole wheat fry bread! Funds raised will continue to support our gym!

Food for Thought! Cherokee Nation Healthy Nation offers wellness activities, health fairs, The Cherokee Challenge, and the WINGS running club, amongst other culturally appropriate health and wellness activities. The Cherokee Nation’s National Holiday recently offered attendees healthy concession options, including buffalo and elk jerky, baked chips, wrap sandwiches, trail mix bars, frozen fruit bars, turkey hot dogs, and flavored water. The event also featured a 5k race, health fair, and cultural games with physical activity opportunities. Let’s Move Coharie and showcase our health initiatives at this year’s Pow Wow!
Community Spotlight: Tabatha Brewer

Tabatha has been a critical ingredient in our tribe’s efforts to prevent and control chronic diseases, such as obesity, cardiovascular disease, and type 2 diabetes mellitus. In 1994, Tabatha started working for the tribe as the Lead Teacher in the infant and toddler part of the Coharie Child Care Center. The center closed in 2004 and Tabatha transitioned into an office position at the Tribal Center. She began working on a substance abuse grant and then moved into our health initiatives grants. Tabatha has worked on a number of successful projects thus far including, our diabetes program, Hope Works, Seeds of Hope, the American Indian Healthy Eating Project, and, starting soon, the Healthy, Native North Carolinians. Tabatha feels lucky to be a part of Coharie health initiatives and in particular working with our tribe’s inspiring women and elders. Tabatha “feels like our tribal community needs to focus more on how to eat to live and not live to eat.” Please help us identify grant opportunities and funding support to enable Tabatha to continue her wonderful time and energy on Coharie health initiatives!

Join the Movement to Advance American Indian

- Turn off the TV, video games, and computers—go outside and experience our land!
- Be active as a family—brainstorm what you like and do it!
- Bring your children into the kitchen and have them help prepare healthy, meals!
- Explore free family nutrition tips & resources at www.nourishinteractive.com!
- Join the Full Circle Movement as a family:

The First Lady Michelle Obama has been working on developing a special initiative within her Let’s Move! campaign called: Let’s Move! in Indian Country. She is pushing Indian tribes and urban Indian organizations to focus on:

1) Creating a Healthy Start on Life
2) Developing Healthy Schools
3) Increasing Physical Activity
4) Fostering Healthy, Comprehensive Food System Policies

In collaboration, the Healing Lodge and the American Indian Center at UNC-Chapel Hill hope to assist grassroots efforts within American Indian communities to build community support for sustaining and creating health and wellness in their own tribes and urban organizations.

Contact Randi Byrd, rrbyrd@email.unc.edu, 919-843-4189, or Tony Locklear, nativeelderassist@yahoo.com, 910-522-0900, or like the Healing Lodge on Facebook.