This past June we hosted 28 campers, 6 counselors-in-training (CITs), and 3 counselors, along with numerous volunteers at our Sappony Heritage Youth Camp for our 10th year. Our focus is to educate our youth on family history, the importance of our community, as well as our strong faith in the church.

We also teach our youth how to live an active and healthy lifestyle by offering 3 well-balanced meals a day, healthy snacks, and providing activities that are both physically and mentally active. Youth are encouraged to participate daily in activities that will ensure a healthy lifestyle. Through the years, we have educated our youth and members of our community on health issues including tobacco use, CPR/First Aid, and diabetes.

Although tobacco was a strong source of income for many of our families in past, we have strived to educate our youth on the risk factors and health hazards of tobacco use. Each year, activities are provided to encourage our youth to be tobacco free and live healthy lifestyles. They are also encouraged to sign a “The Healthy Living and Tobacco Free Pledge”, which was developed and written by Counselors and CITs. The Pledge is displayed at our Tribal center.

During camp, counselors, CITs, and campers are involved in physical activities such as canoeing, swimming, hiking, camp/park/community projects, team building activities, as well as outdoor physical activities. Along with the physical component, our youth are involved in hands on projects such as crafts, Vacation Bible School, and displaying their talents in a talent show at the end of the week.

This year the camp received a grant from the Person County Healthy Personians and support from the American Indian Healthy Eating Project, funded by the Healthy Eating Research program of the Robert Wood Johnson Foundation. These funds were used to purchase pedometers for each camper and healthy snacks. Campers were encouraged to “Step It Up” during the week to see how many steps they took throughout the day and week. Prizes were awarded each day. See our youth and community in action in more photos on page 3!
At the 2011 Unity Conference, the Sappony shared their health initiatives during a collaboration building workshop. Julia Phipps shared the Sappony Pledge to advance the health of its people. She also discussed how the Sappony integrate healthy eating and active living lessons into the Sappony Heritage Youth Camp. During the Unity Conference, the Sappony partnered with six other North Carolina Tribes and four Urban Indian Organizations to submit a proposal to Kate B. Reynolds Foundation. The proposal is for a two-year capacity building workshop series for community change around healthy eating and active living. The proposal has been approved and should start this fall!

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 of NC, Occaneechi Band of the 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!

Darrian Glasscock won our Sappony Native Healthy Eating Art Contest! She won a $50 Walmart gift card and her artwork is featured on the cover of Tools for Healthy Tribes and is hanging at the NC Commission of Indian Affairs!

“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

Healthy, Native North Carolinians

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Celebrating Sappony Cooking & Gardening Traditions!

The Sappony Heritage Youth Camp has become an important part of who we are and how we strive to keep our heritage alive, strong, and healthy. Volunteers and members of the community are always at the Sappony Heritage Youth Camp to assist with serving meals and snacks, as well as fellowshipping with one another. Indeed, we have discovered that the week of camp is not only a time of fellowship for our youth but for all the volunteers, elders, and members of the community. Stories are told and shared, relationships rekindled and built. Often these stories include farming, cooking, and gardening, all which remain to be a part of life within the community and is passed down from generation to generation.
Community Spotlight: Julia Phipps

Julia is currently retired from Wake Forest University School of Medicine where she worked for 36 years in many different areas of the nursing field, including spending 18 years in research. She has been married to her husband Bill for 39 years and has a daughter, Christie Hunter who is a nutritionist at NC Baptist Hospital. Julia comes from a large family of eleven and grew up on a farm in the community where her 84 year old father, O.C., continues to live and garden. Julia is involved in a lot of volunteer opportunities in her local community and her home community. She is the President of the Kernersville Woman’s Club, NC Commission Representative for the Guilford Native American Association, Board member of the NC American Indian Health Board, Co-Chairperson of the NC Indian Child Welfare Committee, and is working with the American Indian Healthy Eating Project.

Pictured in pink, Julia explains: “Even though I am very busy with volunteer work, I still save time for my favorite pastime and biggest enjoyment, which is spending time with my two granddaughters, Katelyn and Alexis. I feel blessed to have my immediate family and so many of my extended families’ members from my home community in my life.”

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 launched a special initiative encouraging Tribes and Urban Indian Organizations to
1) Create a Healthy Start on Life,
2) Develop Healthy Schools,
3) Increase Physical Activity, and
4) Foster 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, rbyrd@email.unc.edu, 919-843-4189, or Tony Locklear, nativeelderassist@yahoo.com, 910-522-0900, or like the Healing Lodge on Facebook.