Food for thought! Our Tribe is considering how we can cultivate an intergenerational community garden on our Tribal lands. Millie Freeman, and her mom and aunt, recently shared with the American Indian Healthy Eating Project how their family have grown indigenous foods and medicinal herbs for over 100 years! Millie believes “efforts to integrate a love for our land and our food will be critical ingredients in our efforts to improve the health of our Native people.” She is interested in working with youth, families, and elders at our new Tribal building to cultivate a community garden and educational programs on food growing and preservation!

Summer Health Tips

* Eat fresh produce
* Drink water
* Wear sunscreen
* Plant a garden
* Be active
* Grill safety
* Try a new recipe

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American Indian Healthy Eating Project

The 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 potential community changes.
At the 2011 Unity Conference, Waccamaw Siouan Tribe shared our health initiatives during a collaboration building workshop. Sandra Bonner explained our interest in developing a community garden on our Tribal grounds and healthy concession options for our sporting and Tribal events. During the Unity Conference, Waccamaw Siouan Tribe 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. We have been approved for funding and hope to start in the fall!

Healthy, Native North Carolinians

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, Saponny, 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!

“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

Sandra Bronner has been working with the Tribe on food, nutrition, and health initiatives. For over a year, she was actively involved with the American Indian Healthy Eating Project. She helped coordinate meetings and connections between the research team and community stakeholders in food, health, and economic development. Sandra is "passionate about efforts to integrate healthy foods and healthy eating, as well as active living into our Tribal events and within our boarder Tribal community." Unfortunately, with all the budget cuts, Sandra’s position was eliminated. We are thankful for her service to raising a healthier generation of Waccamaw Siouan children!
We are honored to have our very own Adrienne Blanks represent our Tribe and all American Indians in North Carolina as this year’s Miss Indian North Carolina! Adrienne was crowned at the 2011 Unity Conference. As Miss Indian North Carolina, Adrienne represents all 8 Tribes and 4 Urban Indian Organizations in the State and attends various Tribal communities, Pow Wows, educational programs, and public events throughout the State. Adrienne also focuses on advancing her platform statement—keep tobacco sacred. She still manages to find time to participate in our youth Drum Circle and learn new ways to bead! “Showcasing our culture throughout the State has been humbling and enriching. Becoming Miss Indian North Carolina has been a wonderful way for me to learn more about my culture and, most importantly, how I can serve it best!” Adrienne hopes to complete her degree and pursue teaching history, especially sharing with Native and non-Native students American Indian history and culture! Thanks Adrienne for a great year!

Cherish the Old & New!

We are blessed to have many Tribal buildings offering a variety of key Tribal services! The Tribe extends its heartfelt thanks to all who have contributed time, sweat, and money to open, renovate, and sustain our buildings and land!
Waccamaw Siouan in interested in exploring how we can develop intergenerational community food projects and partnerships to improve access to healthy, affordable foods! Volunteer your time and talent to help us integrate healthy eating and active living into this fall’s Pow Wow!

Advance American Indian Health

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