

Federally-Recognized Tribes Extension Program
2008 HIGHLIGHTS

FRTEP UNIT: Fort Berthold

PROGRAM AREA (Ex. Agriculture, Nutrition etc.): Nutrition

PROGRAM TITLE: Get Active Eat Healthy

ISSUE(S) ADDRESSED:

The Get Active Eat Healthy program addressed issues and habits that are contributing to an increased incidence of obesity and metabolic disorders among enrolled members and community members of Ft. Berthold Reservation.

PROGRAM DESCRIPTION:

Staff members from both NDSU Extension – Ft. Berthold, Ft. Berthold Diabetes Program and Indian Health Services worked diligently to develop and organize research based content that first addressed current knowledge and current behaviors relative to physical activity and fruit and vegetable intake and secondly, education in regard to the effects of current lifestyle choices and inherit risks of obesity and metabolic disorders among Native American and Scandinavian descent. The remaining educational content focused on developing and practicing healthy lifestyles through physical activity and diet. The program content was delivered in a six week period over the noon hour for a one hour session. A healthy lunch was provided for the 134 participants each session. Primarily, sessions provided teaching tools that were hand on activities and educational sessions that introduced concepts that participants could easily learn and integrate in their day to day lives.

PROGRAM IMPACT:

Learner' indicated a change in diet and physical activity. Learner's stated they have changed their diet by adding more fruits and vegetables. A specific individual stated their family had a ritual of eating ice cream in the evening and that they had started adding fresh fruit to their ice cream. Other participants indicted they began to pack their own lunches to work providing a healthier option and saving money. Another participant indicated they started packing snacks on trips. Again, providing a

healthier alternative to chips and candy bars generally purchased on trips and saving money.

Learner's also indicated a change in their physical activity. By actually wearing a pedometer they realized just how inactive some were. A participant stated she walks her children with her on errands in town rather than driving from store to store. Another participant stated that she and her family now do activities that are more physical than before, instead of going to a movie in the mall they are now taking their kids on a walk in the park or to the zoo.

Although weight loss wasn't a focus area, subsequently we did have learner's dropping up to 10 pounds in the six week series. We also had a diabetic patient drop her AC1 level by 3.6 points. She stated she felt better, her medications had decreased and she enjoyed walking and eating healthier and is really trying to influence her adult children in joining her in making these changes.

Of the post surveys received; 70% increased their physical activity and ate more fruits and vegetables. 100% stated they now know what the recommended physical activity level for their gender and age is and also the recommended servings of fruits and vegetables.

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