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**Notah Begay III Foundation  
Healthy Kids! Healthy Futures! Conference  
April 16-18, 2018  
Sandia Resort and Casino, Albuquerque, NM**

**AGENDA**

The goals of the Healthy Kids! Healthy Futures Conference are to:

1. Inspire, motivate, energize and celebrate participants working in Native children's health and fitness.
2. Advance knowledge and practices to prevent Native childhood obesity and diabetes.
3. Foster dialogue, encourage partnerships and build networks among conference participants.

**Monday, April 16, 2018 (BY INVITATION ONLY)**

Water First! Learning Community Cohort Gathering

**Tuesday, April 17, 2018 CONFERENCE**

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|-----------------|--|
| <b>7:00 am</b>  | <b>Physical Activity: Run/Walk (Running Medicine); Cross Fit; and Yoga</b> |
| <b>8:00 am</b>  | <b>Healthy Breakfast and Conference Packet Pick-Up</b>                     |
| <b>8:30 am</b>  | <b>Opening Prayer and Welcome</b>  |
| <b>8:45 am</b>  | <b>Opening Remarks</b>   |
| <b>10:00 am</b> | <b>Active Break</b>  |
| <b>10:15 am</b> | <b>Break-out Sessions 1</b>  |

**NB3FIT Curriculum and Jr. Golf**

*Clint Begay, Director of NB3FIT; and Corey Douma, Jr. Golf Coordinator, NB3 Foundation*

This interactive session takes participants on the driving range to learn techniques and the fundamentals of golf much like the Native youth who participate in the NB3FIT programs. Participant takeaways: learn the core values of the NB3FIT curriculum and ways to implement similar learning structures and physical activities in tribal communities.

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### **Traditional Fuels**

*Mariah Gladstone, Creator, INDIGIKITCHEN*

This presentation focuses on the revitalization of traditional foods, including comparing pre-contact indigenous diets (from across North America) to the Standard American Diet (SAD). Beyond the nutritional aspects, this session touches on psychological benefits of knowing the origins of one's food and the issues of food access in Indian Country. Participant takeaways: a better understanding of the advantages of indigenous ingredients and several kid-friendly recipes.

### **We R Native: Harnessing the Power of Social Media to Get Youth Moving**

*Thomas Ghost Dog, Jr., Project Coordinator, We R Native*

We R Native is a national multimedia health resource for Native youth run by the Northwest Portland Area Indian Health Board. This session is focused on working with Native youth and includes strategies to promote physical activity using social media; effective Native youth activities; and ways to build leadership and communication skills. Participant takeaways: information about Native youth health promotion media campaigns, tools, resources and ideas to implement in tribal communities.

### **Live Life Powerfully**

*Waylon Pahona, Founder, Healthy Active Natives*

This interactive session explores various techniques to jump start and assist personal health and wellness journeys by using indigenous/Native philosophies of strength and health. Participant takeaways: strategies to working with Native youth to motivate and inspire through music, inspirational videos and simple ways to get youth and people of all ages moving and understanding the power of indigenous lifeways.

**11:15 am**                      **Break**

**11:30 am**                      **Break-out Sessions 2**

### **NB3FIT Curriculum and Jr. Golf** *(repeat session)*

*Clint Begay, Director of NB3FIT; and Corey Douma, Jr. Golf Coordinator, NB3 Foundation*

### **Traditional Fuels** *(repeat session)*

*Mariah Gladstone, Creator, INDIGIKITCHEN*

### **We R Native: Harnessing the Power of Social Media to Get Youth Moving** *(repeat session)*

*Thomas Ghost Dog, Jr., Project Coordinator, We R Native*

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**Live Life Powerfully** *(repeat session)*

*Waylon Pahona, Founder, Healthy Active Natives*

**12:30 pm**                      **Lunch**

**1:30 pm**                      **Break-out Sessions 3**

**Interactive Games**

*Dre De La Peza, Senior Training Manager, UP2US*

This highly interactive and informed session highlights the latest research on youth and sports as UP2US Sports is the nation's leading trainer, researcher and developer of sports-based youth development content. The session also teaches tactics for immediate and long-term results. Participant takeaways: learn strategies for using sport to promote physical activity, healthy living and good decision-making as well as best practices for creating meaningful mentoring relationships with youth.

**Tend, Gather and Grow and Rethink Your Drink**

*Elise Krohn, Project Lead, Tend, Gather, Grow*

In this interactive workshop participants learn about a teaching toolkit that engages youth with wild plants that are used for food, medicine and traditional technologies. The session also includes an overview of the Native Infusion Toolkit that promotes ancestral beverages for vitality and cultural connection. Participant takeaways: curriculum of native stories, games and recipes that to improve health through connecting youth with the land, culture and community.

**A Working Wellness Curriculum**

*Whisper Carpenter-Kish, Teacher, Native American Community Academy*

This interactive session includes fixing plant medicines and playing indigenous games that center on the Native American Community Academy's wellness curriculum, which is inspired by land-based healing, kinship themes, traditional stories and a variety of healing modalities. Participant takeaways: information and discussion on holistic, indigenous, culturally safe and locally-specific approaches to education.

**2:30 pm**                      **Break**

**2:45 pm**                      **Break-out Sessions 4**

**Interactive Games** *(repeat session)*

*Dre De Le Peza, Senior Training Manager, UP2US*

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**Tend, Gather and Grow and Rethink Your Drink** *(repeat session)*

*Elise Krohn, Project Lead, Tend, Gather, Grow*

**A Working Wellness Curriculum** *(repeat session)*

*Whisper Carpenter-Kish, Teacher, Native American Community Academy*

**3:45 pm**                    **Active Break**

**4:00 pm**                    **Closing Reflections**

**5:00 -7:00pm**            **Evening Reception** (hors d'oeuvre and refreshments)

**Wednesday, April 18, 2018 CONFERENCE**

**7:00 am**                    **Physical Activity: Run/Walk (NB3FIT Cross Country Club); Cross Fit; and Yoga**

**8:30 am**                    **Healthy Breakfast**

**9:00 am**                    **Welcome and Reflections**

**10:00 am**                    **Active Break**

**10:00 am-12:00 pm**            **Site Visit: Tamaya Wellness Center**

During this site visit to the the Tamaya Youth Wellness and Recreation Center, staff demonstrates ways their youth programming is created and implemented as well as the work they do that focuses on policy and systems change within the Pueblo of Santa Ana. After a tour of the Tamaya Wellness Center, visitors may rotate through several stations demonstrating physical activity, gardening, nutrition education and policy change and challenges. The visit includes staff-led activities and discussions on the challenges of running a youth program and working to change the culture of wellness within the pueblo community.

**10:15 am**                    **Break-out Sessions 5**

**Easy Tips to Get Moving!**

*Theresa Clay, Health Promotion Disease Prevention Director, Albuquerque Area Indian Health Service*

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This hands-on session includes activities from the Indian Health Service's Physical Activity Kit (PAK) and ideas and experiences on staying active. The PAK is based on best and promising practices with the goal of increasing the time American Indians and Alaska Natives of all ages spend engaging in moderate to vigorous physical activity over a lifespan. Participant takeaways: Approaches and tips on implementing the toolkit in schools, communities, worksites, Head Start programs, elderly centers and youth programs.

### **Growing Seeds and Youth Leaders**

*Diane Wilson, Executive Director, Dream of Wild Health; and Ernie Whiteman, Cultural Director, Dream of Wild Health*

Dream of Wild Health shares its hard-won lessons from nearly 20 years of growing indigenous seeds and educating Native youth to garden, cook and advocate for healthy lifestyles. The session includes activity with seeds; review of youth-led food policy; and organizing a community network serving youth. Participant takeaways: best practices in helping Native youth and families rebuild a traditional relationship with seeds and food.

### **Community-Based Communications and Messaging**

*April Hale, Communication Specialist, NB3 Foundation; and Ben Calabaza, Vice President of Creative, IRoots Media*

This session focuses on strategic internal and external communication efforts; effective messaging for web and social media; and utilizing photos, videos and print marketing to strengthen support, increase visibility and expand education on a project or initiative. Participant takeaways: examples of a communication outline, social media tips and benefits of visuals.

### **Karuna Colectiva: Building Compassionate Leaders**

*Henry Jake Foreman, Teacher, Native American Community Academy and Students Karuna Colectiva, a youth cooperative enterprise at the Native American Community Academy, encourages students to work, learn and earn through experiential education and collaborative project planning. The session includes ideas on building healthy youth-adult partnerships that benefit the people, planet and may even make a profit. Participant takeaways: critical thinking approaches to grow a healthy bond between students and educators.*

**11:15 am**                      **Break**

**11:30 am**                      **Break-out Sessions 6**

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**Easy Tips to Get Moving!** *(repeat session)*

*Theresa Clay, Health Promotion Disease Prevention Director, Albuquerque Area Indian Health Service*

**Growing Seeds and Youth Leaders** *(repeat session)*

*Diane Wilson, Executive Director, Dream of Wild Health; and Ernie Whiteman, Cultural Director, Dream of Wild Health*

**Running is Medicine for Mind, Body and Spirit**

*Anthony Fleg, Co-Founder, Native Health Initiative and Creator, Running Medicine*  
This session helps participants start to think about ways to inspire movement in their communities and share lessons from the Running Medicine journey. Running Medicine, a part of the Native Health Initiative, is based on the understanding that running and exercise are beautiful and potent medicines for mind, body and spirit. Participant takeaways: ideas and strategies to create effective fitness and wellness programs in indigenous communities.

**Karuna Colectiva: Building Compassionate Leaders** *(repeat session)*

*Henry Jake Foreman, Teacher, Native American Community Academy and Students*

**12:30 pm**                      **Lunch**

**1:30 pm**                      **Break-out Sessions 7**

**Indige+Rize**

*Leroy "Buster" Silva, Community Coordinator, NB3 Foundation; and Sarah Ortegon, Artist/Actress/Dancer*

In this dynamic full-body experience participants learn to integrate various indigenous wellness practices and use their physical bodies as a foundation to move towards a future that embraces even the smallest of movements. Participant takeaways: engagement in activity and networking.

**Food Sovereignty Assessments: How they work and what we know**

*A-dae Briones, Director of Programs of Native Agriculture and Food Systems, First Nations Development Institute*

This session explores the First Nations Development Institute's Food Sovereignty Assessment Tool from its development to implementation in tribal communities. Discussions include food sovereignty and its rooted meaning to tribal communities

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and tribal non-profits. Participant takeaways: ways the tool addresses community needs; methods to implementing in communities; and tactics to capturing the most effective results.

**Running is Medicine for Mind, Body and Spirit** *(repeat session)*

*Anthony Fleg, Co-Founder, Native Health Initiative and Creator, Running Medicine*

**Balance and Relationality**

*Keioshiah Peter, Native Youth Coordinator, Coalition to Stop Violence Against Native Women*

This session shares the signs and indicators young people recognize as foundations to create and sustain healthy relationships within their circles and communities. Discussions include results of varying energies from good and bad interactions, and ways to talk to youth about relations with their peers and culture. Participant takeaways: discussions on healthy relationships, consent, types of abuse and Native Nation Building utilizing a indigenous focused direction model as the opportunity to begin community mapping and mobilizing.

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|----------------|--------------------------------|
| <b>2:30 pm</b> | <b>Active Break</b>            |
| <b>2:45 pm</b> | <b>Closing General Session</b> |
| <b>3:45 pm</b> | <b>Closing Reflections</b>     |
| <b>4:00 pm</b> | <b>See you next next year!</b> |