



# **Notah Begay III Foundation Healthy Beverage Summit**

Mystic Lake Center | Prior Lake, MN  
Wednesday, October 24, 2018

## **AGENDA**

The goals of the Healthy Beverage Summit are to:

1. Inspire, motivate, connect and celebrate participants working to promote healthy drinking alternatives for Native American children from birth to age eight.
2. Advance knowledge and practices to prevent Native American childhood obesity and type 2 diabetes.
3. Foster dialogue, encourage partnerships and build networks among conference participants.

**8:00 am     Healthy Breakfast and Registration** (Isanti 3)

**9:00 am     Good Intentions and Welcome** (Isanti 1-2)

**9:15 am     Who's in the room? Getting to know each other** (Isanti 1-2)

**9:45 am     Keynote Speaker: Jim Krieger, MD, MPH, Exec. Director, Healthy Food America**  
(Isanti 1-2)

**10:45 am    Active Break | Morning snacks**

**11:00 am    Breakout sessions: Strategies to reduce sugary drinks among young children**  
*Three NB3 Foundation Community Partners from Minnesota will share their journeys on promoting healthy beverage policies, systems and environmental changes, while respecting indigenous ways of knowing.*

**Advancing Health Equity for American Indians: Putting Policy into Practice** (Isanti 1-2)

This workshop will provide opportunities for participants to engage in discussion and activities related to developing, writing and implementing healthy food and beverage policies. Presenters will share about the crucial role of engaging community and

stakeholders in developing policies. Success stories will highlight how implementing policy, systems and environmental (PSE) change strategies to promote health equity can prevent chronic disease and increase healthy norms in American Indian communities. Culturally tailored policy implementation tools and resources will be shared and time will be dedicated for participants to work in groups to strategize on how the resources can be utilized in their own communities and organizations.

**Honoring Little Crow Healthy Beverages Initiative** (Owatonna 1)

Stacy Hammer R.D., Diabetes Prog. Coord., Title VI Dir., Lower Sioux Health Care Center Through support from the NB3 Foundation, the LSIC's Health and Human Services Advisory Committee engaged the community and partnered with the American Indian Cancer Foundation and the Public Health Law Center to successfully pass the Honoring Little Crow with Healthy and Indigenous Foods Initiative. The initiative is a comprehensive and progressive tribal community food system policy that is guided by Dakota culture, traditions, and language. These efforts have also identified the goal to reduce sugar sweetened beverages while increasing the consumption of healthy beverage alternatives to address childhood obesity and type 2 diabetes amongst Native American children in our community.

**"How to Change the Community Norm: ReThink Your Drink"** (Owatonna 2)

Mary LaGarde, Executive Director of the Minneapolis American Indian Center The Minneapolis American Indian Center (MAIC) has been shifting the community norm through the development of Healthy Beverage Policies with American Indian community-based organizations and urban Tribal offices along the American Indian Cultural Corridor in south Minneapolis, Minnesota. Non-sugar sweetened beverages have been replaced with fruit-infused water, unsweetened teas and coffee. If you see someone with a sugar-sweetened beverage, you can bet that they didn't get it from us! Find out how the MAIC partnered with the City of Minneapolis' Health Department to develop Healthy Beverage Policies within the urban American Indian Community through the ReThink Your Drink campaign.

**12:00 pm Lunch** (Isanti 3)

**1:00 pm Breakout sessions: Strategies to reduce sugary drinks among young children**

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**2:00 pm     Active Break | Afternoon snacks**

**2:15 pm     Open Space: Words for Water** (Isanti I-2)

*All participants will engage in lively discussions on a variety of issues related to sugar sweetened beverages based on interest (for example policy, culture, early childhood centers and schools, etc.)*

**4:30 pm     Closing Remarks** (Isanti I-2)