



Notah Begay III Foundation Healthy Beverage Summit

Santa Ana Star Casino Hotel | Santa Ana Pueblo, NM
Wednesday, February 13, 2019

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 (*Manzano room*)

9:00 am Good Intentions and Welcome (*Manzano room*)

9:15 am Who's in the room? Getting to know each other (*Manzano room*)

9:45 am Water is Sacred: Celebrating and Raising Awareness (*Manzano room*)
Consumption of SSBs has increased 500% in the past fifty years and is now the single largest category of caloric intake in children, surpassing milk in the late 1990s. Sugary drinks, such as soft drinks, fruit drinks, sports drinks, energy drinks, and sweetened milk or milk alternatives, now represent the biggest source of added sugar in children's diets. The panel will explore the following:

- The root causes that address sugary drinks, access to safe drinking water, and breastfeeding support
- The knowledge, assets, and values Native American communities have to support healthier living.
- The water culture knowledge and how it can encourage our communities to choose water over sugary drinks.

Moderator: Justin Kii Huenemann, President & CEO, Notah Begay III Foundation

Panelist:

Tonya Bluehorse, Sophomore at Southwestern Indian Polytechnic Institute

Pauline Butler, Happiness Coordinator, The STAR school

Olivia Roanhorse, Vice President of Programs, Notah Begay III Foundation

10:45 am Active Break

11:00 am Water First! Café: What are the relationships between sugary drinks, water and breastfeeding in Native communities? (*Manzano room*)

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.)

12:00 pm Lunch (*Manzano room*)

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

- First Food Justice (*Tularosa Room*)
Camie Goldhammer, Indigenous Breastfeeding Counselor
- Protect Our Water Culture (*Sacramento East room*)
Marleah Makpiaq LaBelle, M.A., Project Manager, National Tribal Water Center
- Water First! Drink Up. Water Campaign (*Sacramento West room*)
The NB3 Foundation Team

2:00 pm Active Break

2:15 pm Breakout sessions: Strategies to reduce sugary drinks among young children

- First Food Justice (*Tularosa Room*)
Camie Goldhammer, Indigenous Breastfeeding Counselor
- Protect Our Water Culture (*Sacramento East room*)
Marleah Makpiaq LaBelle, M.A., Project Manager, National Tribal Water Center
- Water First! Drink Up. Water Campaign (*Sacramento West room*)
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3:15 pm Active Break

3:30 pm Water First! Film Festival (*Manzano room*)

The Water First! film festival brings together eight community stories about their journey to assess the quality and relevance of safe drinking water, norms of breastfeeding and the impact of sugary drinks in their communities.

4:30 pm

Closing Remarks (*Manzano room*)

Kyle White, Youth Leader, NCHO (Navajo Community Health Outreach) Program