



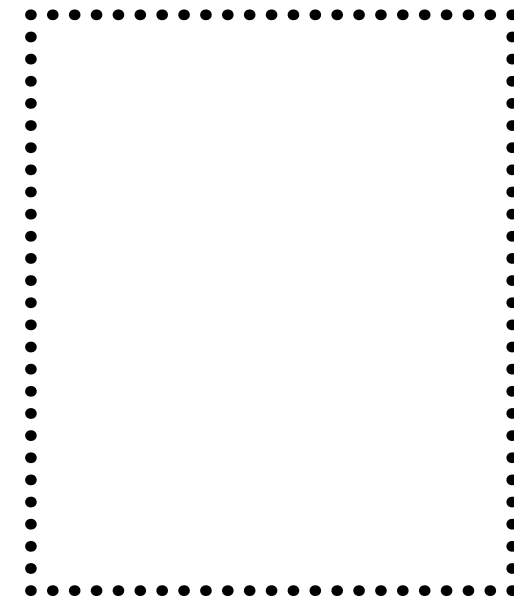
Northern California Indian Development Council, Inc (NCIDC)  
www.ncidc.org

## California Native Food and Nutrition Program

241 "F" Street, Eureka \* CA \* 95501  
707.445.8451 (voice) • 707.445.8479 (fax)  
dwoodman@ncidc.org

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## CFNP To Serve Natives In California

by André P. Cramblit (Karuk), NCIDC Operations Director

The Northern California Indian Development Council (NCIDC) is operating a Community Food and Nutrition Program to serve American Indians/Alaskan Natives and individuals throughout California. Funds will be made available to Tribes and other programs serving Native people to offer Technical Assistance to improve nutrition programs and provide improved access to health food sources. Tribes will be able to apply for funding to start innovative programs such as community gardens, food banks, training for staff and improved services to Elders and children.

To help reduce health problems NCIDC is working to promote a nutritious diet as a part of a traditional lifestyle. Our Community Food and Nutrition Program (CFNP) will focus on providing Information and Referral services and Training and Technical Assistance to help develop local programs. Mini-grants will be made available to Tribes and Native organizations to meet local needs. CFNP activities and services include:

- Mini-Grants for Program Development. NCIDC will establish a small grants assistance project for Tribes and American Indian organizations that will provide funds for improving access to food, increasing the nutritional value of food served to American Indian children and seniors, and to expand the awareness of nutritional related health issues
- Food and nutrition newsletters distributed to Tribes and Native Organizations
- Expand and host Food and Nutrition Section of NCIDC's Web Site (<http://www.ncidc.org/foodnut.htm>)
- Publish and distribute copies of "Reclaim your Body and Health": by Mary Farkas, M.S., R.D., M.A and Native American Health Recipes: by Dr. Cruz Acevedo. (See these books at: <http://www.ncidc.org/food/cookbook.htm>).
- Provide training and technical assistance to Tribes for applying for Summer Food & School Breakfast Programs.

## CFNP -Program Overview Continued...

- Nutritionist support for Child & Senior Food Programs. NCIDC will contract with appropriate nutritionist to provide specific nutrition assistance to American Indian food service programs for children and seniors.
- Peer Consulting for Child & Senior Food Programs. NCIDC will establish a system of peer consulting where effective food and nutrition operators will be available to those in need of assistance to improve their program delivery.

NCIDC has conducted a diet and nutrition study of Native communities in California that shows American Indian families are greatly undernourished due to low income and little access to food resources. According to the 2000 U.S. Census data, California now has the nations largest American Indian population, over 635,562 individuals, who have one of the highest poverty rates among ethnic groups. The lack of basic nutrition also leads to a variety of health problems. The most serious of these includes a high occurrence of diabetes among American Indians, which is over twice the overall rate. American Indians and Alaskan Natives have the highest rate of diabetes of any ethnic group in the world. Through this program NCIDC will continue to support better nutritional health for American Indian and Alaskan Native people in California.

### WHAT ARE THE SYMPTOMS OF DIABETES?

People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin

## SYMPTOMS OF DIABETES, Continued...

- Sores that are slow to heal
- More infections than usual
- Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type 1 diabetes.

FOR MORE INFORMATION SEE:

<http://www.traditionalhealth.org/>  
<http://www.diabetessite.net/>  
<http://nativeheritage.net/HealthLinks.html>  
<http://www.diabetes.org/>  
<http://www.nlm.nih.gov/medlineplus/>



## Ask Dr Coyote\*



Answers on food and exercise from two perspectives

Dear Dr. Coyote-

**Q:** *What's up with frybread, I've heard it's bad for you?*

### Dr Coyote's Answer:

What is fried bread? It is the pinnacle of good eating habits. Look at it in a rational scientific manner. The nutritional breakdown of fry bread is as follows: Flour (an ancient seed full of whole grain goodness) Salt (needed to keep away that pesky goiter) Water (90% of our body-need I say more) Sugar, (now who couldn't stand to be just a little sweeter)

This concoction is put together in a very concentrated form (The Turtle Mt. variety approaches the density of a black hole) so it packs a nutritional wallop. Magnify that by the fact that it is cooked in a pool of golden corn goodness (we call it maize oil) and it is a delicacy that should not be missed on the health conscience persons daily diet. For an added health bonus try it with tasty tropical fun and smear it with pure coconut grease.

Please note that fry bread can be served as a complex meal on one edible plate called the NDN taco. This also is a part of a complete diet but is in no way traditional to native peoples, as commodities were never used pre-contact.

*\* Please note that in many cultures, Coyote is the Trickster and his advice should be taken with a grain of sodium reduced, kosher, organic sea salt (his section is intended as humor or parody). If you have any serious or lighter questions to Ask of Dr. Coyote (and a reasonable response as well) about diet, health, nutrition or exercise please email: [coyote@ncidc.org](mailto:coyote@ncidc.org)*

### Reasonable Health Professional's Answer:

Fry bread is full of saturated and trans-fatty oils that are very damaging to your heart and also contains many empty calories. Trans fatty acids are either manufactured or found naturally in animal products. Saturated fats cause increased levels of blood cholesterol, which can lead to coronary disease and strokes. Heart disease is the No. 1 cause of death in this country.

You can lower your chances of getting heart disease. One way is to choose foods carefully. For a healthy heart, eat: less fat, less sodium, fewer calories, and more fibers.

Fry bread was developed by Native peoples who were given commodities by the federal government. The ingredients include white flour, salt, sugar, and corn oil. There are some things you can do to help make this somewhat healthier. You can add non-fat dry milk, use whole-wheat flour and dry fry it in a pan with a small amount of canola oil. 11

Do not eat this high fat product often.