




FOR MORE INFORMATION

If you have questions about the *Our Health is Sacred* program or White Earth Nation-Tribal Public Health's programs, services, or resources, please get in touch with our Public Health Educators.

 218-983-3286



WHITE EARTH NATION-TRIBAL PUBLIC HEALTH

The vision of White Earth Nation-Tribal Public Health is that current and future generations will lead healthy lives grounded in our Anishinaabe culture.

The mission of White Earth Nation Tribal Public Health is to **promote** – ‘*wiikwazom*’—wellness, **prevent**— ‘*gibichichige*’—disease, and **protect**— ‘*ganawendan*’—health in a way that honors our Anishinaabe culture.

OUR HEALTH IS SACRED

Program Partners:



White Earth Nation
TRIBAL PUBLIC HEALTH
Prevent, Promote, Protect



OVERVIEW

The "Our Health is Sacred" program is sponsored by White Earth Nation-Tribal Public Health in partnership with Project Launch, White Earth Public Safety, Behavioral Health, local schools, afterschool programs, and our funders. This program was developed based on community and school needs, taught in partnership with Anishinaabe culture teachers, and focuses on youth wellness as substance abuse prevention and health promotion. The program aims to strengthen Native youth's understanding of topics to include:

- Personal health and wellness approaches
- Ways to strengthen a positive self-image and confidence
- Strengthening family and community connections, and
- Building on traditional cultural values.

The *Our Health is Sacred* Program draws on Indigenous wellness approaches and focuses on physical, emotional, spiritual, and mental health through a public health prevention lens.

TOPICS COVERED

The *Our Health is Sacred* program was first piloted at Naytahwaush Community Charter School in the fall of 2021 and has now expanded to additional White Earth schools. Every session is interactive, and the following public health prevention topics are taught:

- Our Culture is Prevention: Anishinaabe Values
- Our Amazing Brains: Positive Decision-making and Resilience
- Exploring Emotions, Positive Self Talk and Social Media Safety
- Healthy Eating & Indigenous Foods, Plants, and Teas
- Vaping is Not Our Tradition and Our Sacred Medicine Asemaa
- Respecting Ourselves and Keeping Our Bodies Healthy
- Our Sacred Animals and Community Safety
- Building My Vision for a Healthy Future
- Family Celebration and Program Feedback Session

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My child learned things in the program they don't hear in other places.

PILOT PROGRAM PARENT FEEDBACK



FAMILY INVOLVEMENT

To make the *Our Health is Sacred* program successful, we need the help of parents and caregivers. Youth participating in the program bring home prevention tools, resources, and information after every session so please be on the lookout. The resources we send home can be good conversation starters to discuss health, wellness, and prevention with your kids.

We also appreciate your feedback about the prevention topics you feel are most important for your kids.

In 2021, in the *Parent Satisfaction/Caregiver Survey*, 98% of Naytahwaush parents were satisfied with the program.