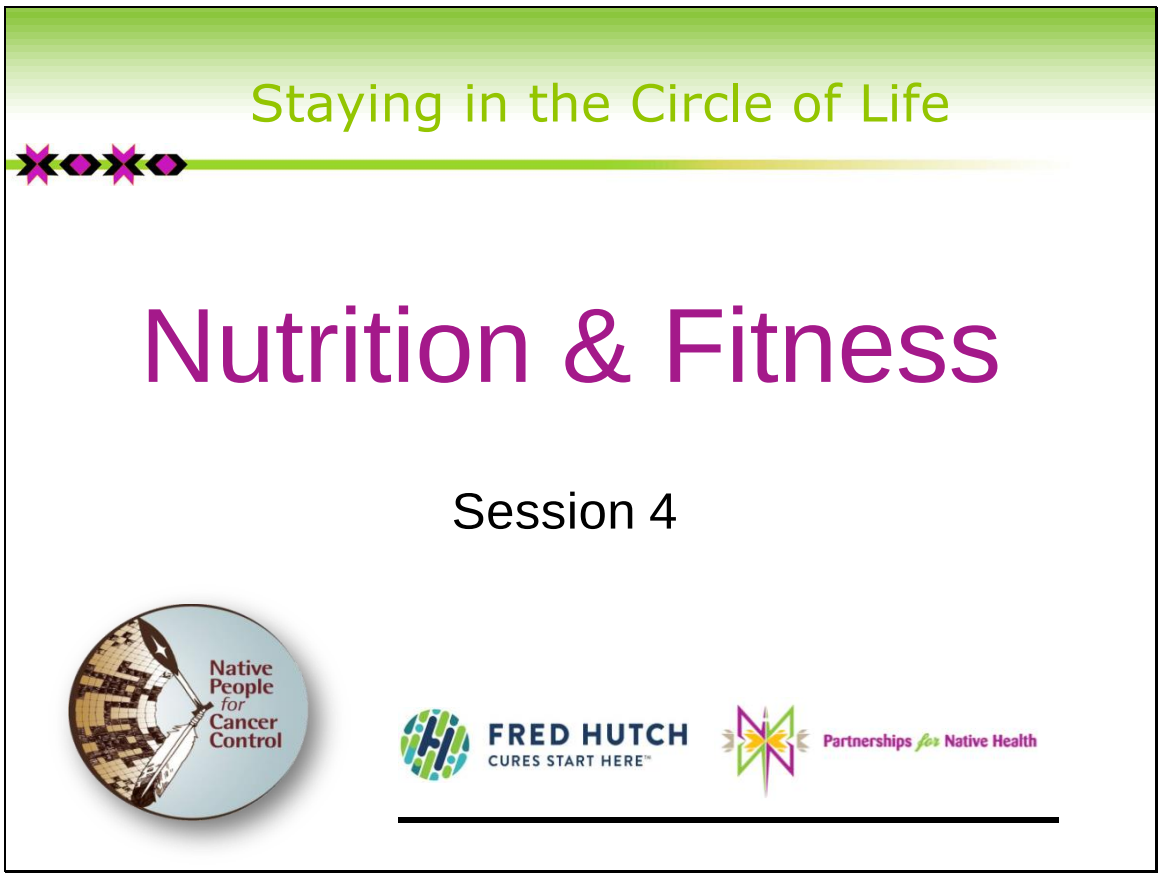
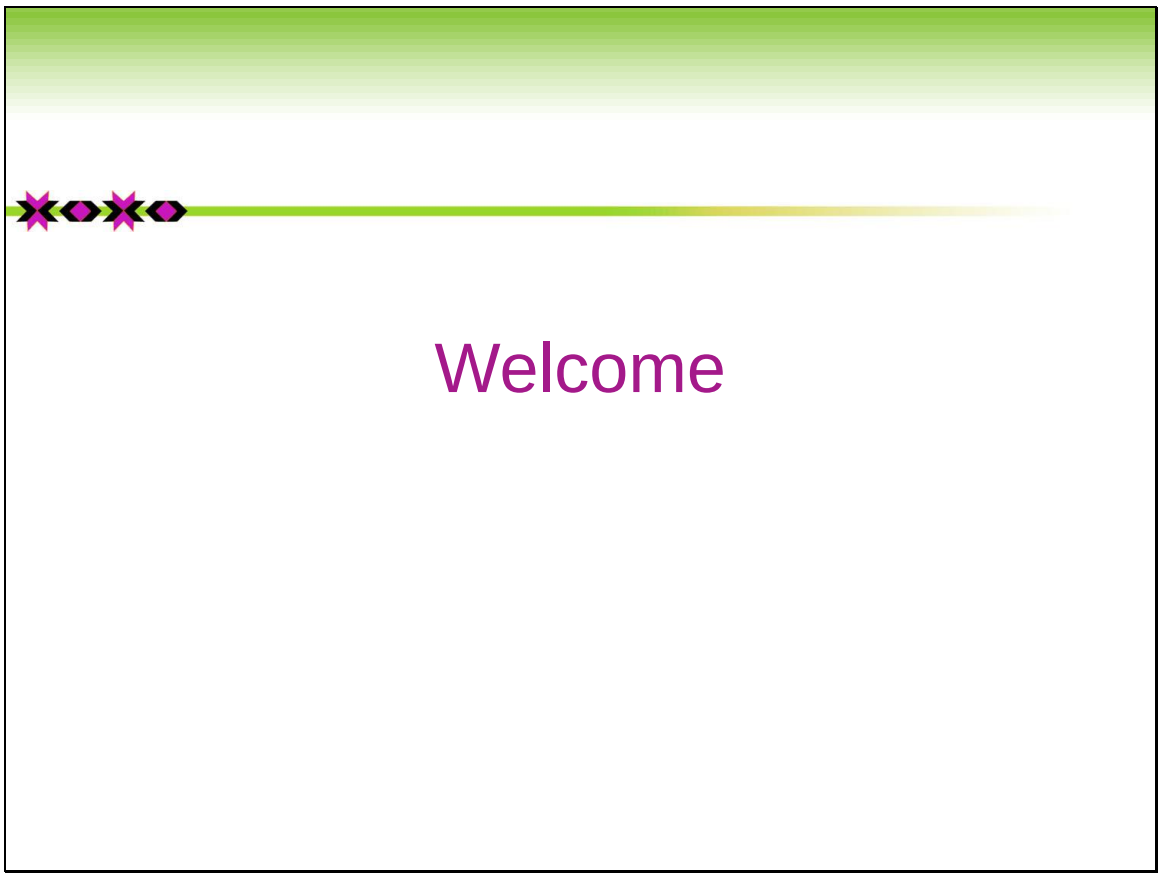
Slide 1


Staying in the Circle of Life
Nutrition & Fitness
Session 4
Native People for Cancer Control
FRED HUTCH
CURES START HERE™
Partnerships for Native Health

Slide 2



Slide 3

Agreements

We want to do what we can to make sure everyone feels comfortable while they're here. Some examples:

- Keep it confidential - everything anyone says stays in the room
- Listen with respect
- Stay on topic – we have a lot of information to go over and we want to make sure we cover it all
- Other things we can do?

Slide 4

What We Will Talk About

- Staying fit
- Including traditional foods in your diet to support your well-being
- Finding physical activities that work for you
- Strengthening family relationships through diet and fitness

Slide 5

Why Is Diet So Important?

- Some foods can reduce the risk of cancer and recurrence.
- Some foods can increase the risk.
- Making choices about your food and nutrition gives you power over your risk of disease.
- Food can help you even after diagnosis.
- Food nourishes your body, mind, and spirit.

Slide 6

Traditional Food Principles

1. Food is at the center of Native culture.
2. Traditional foods are whole foods.
3. Eat with the seasons.
4. Eat a variety of foods.
5. Eat local foods.
6. Wild and organic foods are better for your health.
7. Honor the food web.
8. Cook and eat with good intentions.
9. Promote generosity.
10. Cultivate food sovereignty.

Slide 7

The Benefits of Protein

- Protein builds, maintains and replaces the tissue in your body*
- Meat, poultry, seafood, beans, peas, eggs, tofu, nuts, and seeds are all good sources of protein.
- Seafood that is rich in **omega-3 fatty acids** is an excellent source of protein. Examples are salmon, trout, sardines, anchovies, and mackerel.
- Choose lean or low-fat meat and poultry.

*www.kidshealth.org

Slide 8

Protein Tips

- Monitor your intake of smoked and processed meat.
- Include a variety of proteins such as beans, eggs, and fish.
- Try having occasional days without eating meat (try a bean stew!)

Slide 9

Fruits and Vegetables (Plant Foods)

- Fruits and Vegetables provide nutrients like vitamin A and potassium.*
- Native people have a strong tradition of cultivating, harvesting, and eating fruits and vegetables.
- Fresh fruits and vegetables are the most nutritious.
- Berries, pumpkins, squash, nuts, seeds, corn, greens, seaweed, roots, choke cherries, nettles, and beans.
- Eat from the RAINBOW

*www.hsph.harvard.edu/nutritionsource

Slide 10

Why are plant foods important?

- Plants can protect you from cancer-causing agents, which are also called **carcinogens.**
- Plant foods are naturally complex – they can't be replaced by pills or supplements.
- Eating plants strengthens your immune system.

Slide 11

What Is A Grain?

- Grains give you energy!
- Grains are foods made from wheat, rice, oats, cornmeal, buckwheat, and barley
- Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.
- Make sure at least half your grains are whole grains.

Avoid Bad Fat

- Bad fats have been linked to obesity, diabetes, cardiovascular disease and cancer.
- Many fats in processed, refined, and fried foods have trans-fatty acids and hydrogenated oils.
- Examples are margarine, vegetable shortening, and imitation butter spread.
- But there are some healthy fats!

Slide 13

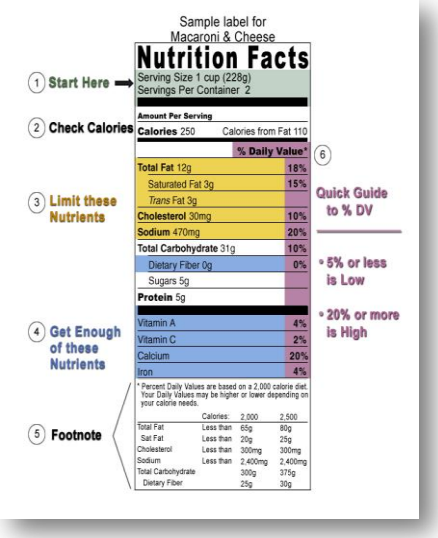
What are healthy fats? Why are they important?

- Healthy fats can be found in foods like salmon, trout, nuts, and avocado.
- They improve cholesterol levels by lowering triglycerides and increasing good cholesterol.
- They help to reduce cravings for sugar and junk food.
- Healthy fats have been a vital part of the diet of American Indians and Alaska Natives for thousands of years.

Slide 14

Nutrition Facts

- “Nutrition Facts” on food labels tell you the serving size and the amount of nutrients, such as total fat, saturated fat, cholesterol, sodium (salt), and vitamins
- Reading labels can help you make smart choices

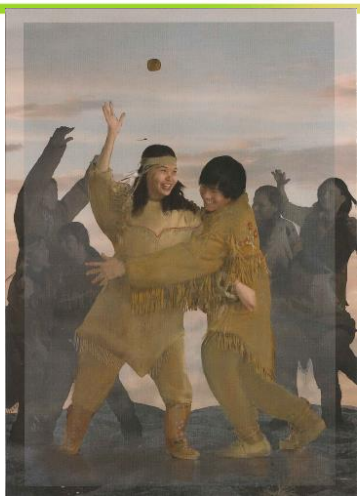


Slide 15

Break

Slide 16

Fitness means being physically, mentally, and spiritually strong and healthy. Native people have always had traditional ways of engaging in physical activity. It wasn't "getting exercise", it was living life.



"Moose Skin Ball" By Silvia Pecota

Slide 17

Why Is Exercise Important?

- Exercise reduces the risk of chronic disease including cancer recurrence.
- Reduces stress
- It can boost your self-esteem and promote a positive body image.
- It increases mobility and strength.
- It improves the quality of life and reduce depression.

Slide 18

Cancer and Exercise

- Cancer can change how you exercise.
- You might not exercise in a way that was “normal” before, but there are many ways to establish a “new normal” that is just as good!
- Some things can limit your activities:
  - Type of cancer
  - Type of cancer treatment
  - Overall health condition, fitness level, and stamina
- **Find out what’s right for you!**

Slide 19

Traditional Ways of Being Active

- Hunting
- Fishing
- Gathering food
- Hiking, running, walking
- Building homes
- Finding firewood
- Swimming
- Canoeing
- Playing games & sports
- Dancing
- What else?

Slide 20

Other Fitness Opportunities

- Join a gym
- Participate in tribal health programs
- Take a walk
- Zumba
- Yoga
- Sign up for a class with a friend
- Don’t be afraid to get SWEATY!

Slide 21

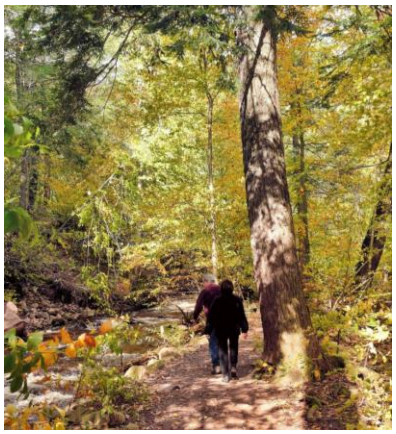
How much exercise do I need?

- Start by talking to your doctor about an exercise routine.
- Most people should aim for at least **30 minutes of physical activity every day.**
  - Even a brief exercise session brings benefits
  - If you can't spend 30 minutes at one time on exercise, try doing three 10-minute activities throughout the day.
  - Try walking to nearby destinations that you usually drive to. This will not only benefit your health, but also save gas!

Mayo Clinic (2014)

How do I start exercising?

- **Talk to your health care provider!**
- Establish a support system
- Find out what works for you
- **Set realistic goals**
- Start slowly
- Reward yourself!!



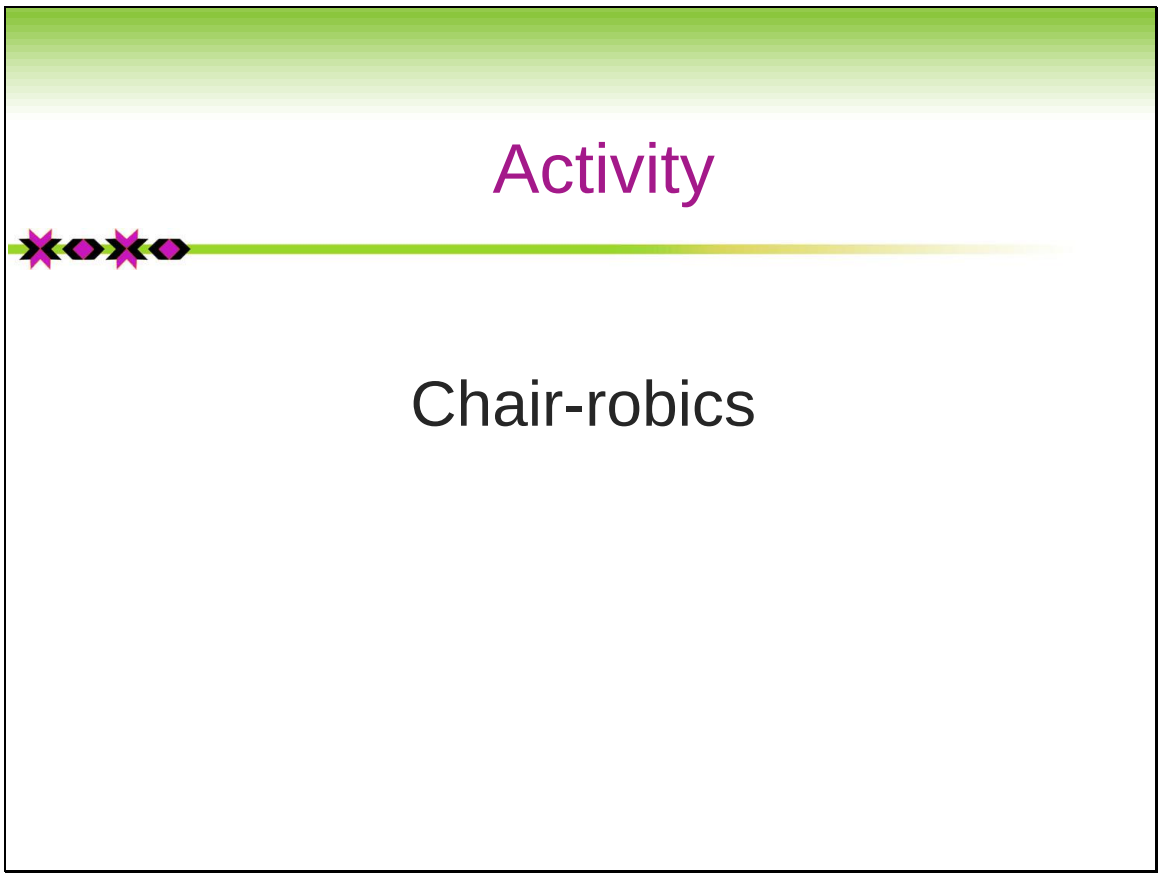
Slide 23

Tips

- **Set a goal** to make exercise part of your daily routine.
- Make exercise fun by doing it with other people.
- Know your limits.
- Don’t get discouraged!
- Remember – you’re doing it for your health!
- Start with short periods of exercise.
- Take breaks whenever you need to!
- If you can, exercise a little harder and a little longer every week.
- Start and end all exercise by stretching. It feels good!

Adapted from National Institute of Aging Exercise Guide

Slide 24



Discussion Questions

- How can you add exercise to your daily life?
- Is there anything you would like to change in your diet?
- What is one way you can change your diet?

Things to Think About

- Physical activity can help you be strong and healthy.
- Listen to your body
- Set appropriate goals, seek support.
- Enjoy a variety of foods.
- Pay attention to labels and serving size.
- Simple lifestyle changes can save lives and improve your own quality of life.

Slide 27