

HEALTH

Tsitewatakari:tat "Let's Get Healthy"

The Tsitewatakari:tat "Let's Get Healthy" Program is a Diabetes-Prevention effort for the community of Akwesasne. Since November 1993, staff persons: Janine Rourke, Community Resource Developer and Terrie Terrance, Community Health Educator have been involved in a variety of community events that support and promote healthier choices in nutrition and fitness for the children, parents and general community. Ideas and recommendations for program activities are generated from the Mohawk Community Coalition for Diabetes-Prevention. As a volunteer group, these Mohawk community members provide the staff with direction and opportunities for the promotion of community wellness. As funded through the University of Vermont, Tsitewatakari:tat provides a unique opportunity for Akwesasne Community member involvement in the role of diabetes-prevention. The following is a reflection of some program events.

November 1993 -

June 1994

-Program office set-up and open house: Akwesasne business center;
-Radio spot: Diabetes information, program & research process overview;
-Mohawk Community Coalition for Diabetes-Prevention Meetings;

-Project Data Collection at St. Regis Mohawk School: Spring;
-Diabetes-Prevention Health Education Program: St. Regis Mohawk School;
-Community Networking with Health Service Organizations;
-Community Wellness Programs: Cooking & Aerobic Classes;
-Health & Fitness Calendar, Health Information: Newspaper Articles;
-Healthy Food Promotions, Low Fat & Low Sugar Recipe Resources;
-Diabetes-Research Conference Participation: Phoenix, Arizona.

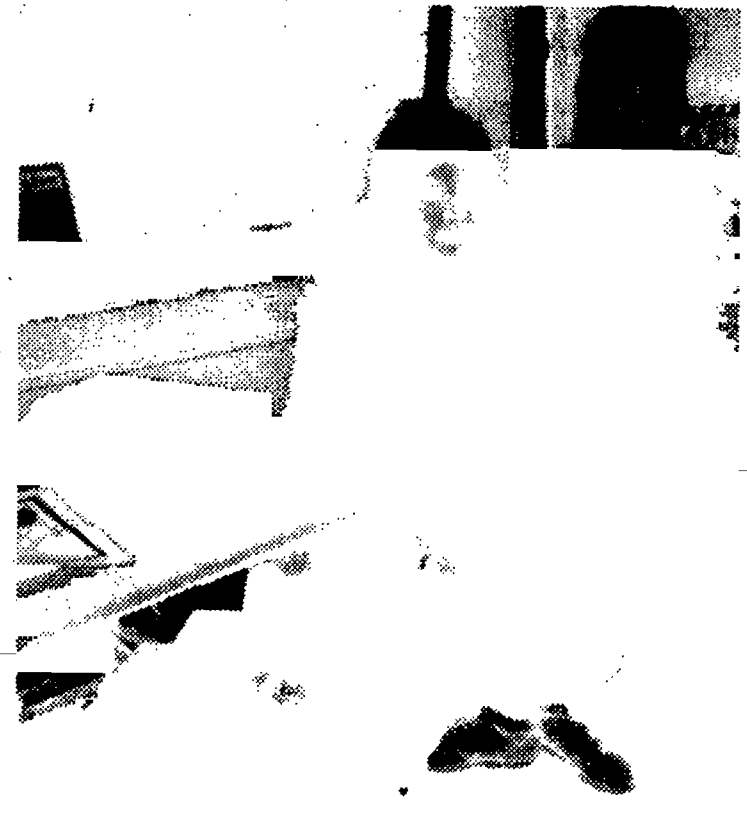
July 1994 - November 1994

-Mohawk Community Coalition for Diabetes-Prevention: Monthly meeting;
-Program Presentation: TENTEWATAKIEN-AWA'SE Conference;
-Program Presentation: SRMS Shared-Decision-Making Group
-Growing Healthy Presentation: St. Regis Mohawk School Parents;
-Growing Healthy Curriculum Implementation: SRMS Grades 2 & 3;
-Growing Healthy Presentation: St. Regis Mohawk School Teachers;
-Office-support: Old-Timers Women's Three-Pitch League;
-Project Data Collection: Summer Measurement Home visits;
-Health Fair Table: Kanatakon Recreation Center

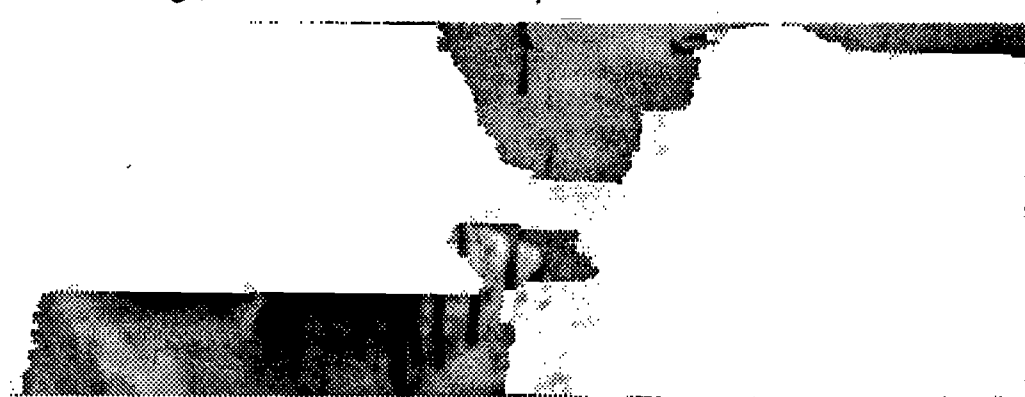
Kanohkwa'tsehri:io;
-Health Fair Booth & Glucose Screening: St. Regis Mohawk Health Services;
-Program Promotion: Channel 5 Interview;
-Akwesasne & Kahnawake Diabetes-Prevention Program Collaboration;
-Program Networking & Resource Development: Cornell University;
-Resource Development: American Heart & Diabetes Associations;
-Program Presentation: National Institute of Health, Washington, DC;
-Program & Health Information Newsletter: Parents of SRMS.
December 1994-Present
-Mohawk Community Coalition for Diabetes-Prevention: Monthly meetings;
-Mohawk Community Coalition for Diabetes-Prevention: New Members;
Conference, Addiction Awareness program;
-Staff participation w/ SRMHS Diabetes Committee;
-Networking: Kahnawake Diabetes-Prevention Project;
-Newspaper Interviews: North American Indigenous Games, Team N.Y.;
-Resource Files: Diabetes Management, Low Fat & Low Sugar;
-Restaurant Activity: Recipe-sharing & Menu Analysis;
-Health Education Program development w/ SRMHS: "For Men Only"

-Growing Healthy Curriculum Implementation: SRMS Grades K & 1;
-1995 Winter Carnival Event: Broomball Challenge for Women;
-Poster Contest w/Hockey Ticket Prizes: SRMS Students & Parents;
-Radio Presentation: Diabetes Information by SRMS Students;
-Community Data Presentation: Body Fat, Weights, Food Preferences: 3/95;
-School Health Education Programming with a Vision Care Program;
-School Health Education Program Discussions & Contest: SRMS Teachers;
-Health Education Session: Akwesasne Wellness Quest/CHR Program 12/94;
-"Eating for the Health of It": Wellness Program co-sponsored w/SRMHS;
-Networking & Resource Development: Akwesasne Youth Council;

-Networking & Office Support: Team New York, Indigenous Games;
-Program Networking & Presentation: Environmental Task Force Projects;
-Akwesasne/Kahnawake Walk Challenge: co-sponsored w/ Community Organization;
-Coordination of Eye Disease Presentation for Community Health Personnel;
-Community Partnership Building: Health Promotion Events & Resources;
-Diabetes Education: Mohawk, Council Rescue, Akwesasne Wellness Quest;
-Program T-shirts & Pens, offered for Health Promotion Events & Contests;
-Jump Rope Program: SRMS Students;
-Health Promotion Program Development w/ CKON;
-Fitness Education: Youth



Amanda King & Asla Arquette: Classroom demonstration of the measuring device used in the project study for diabetes-prevention. Photo: Submitted.



Pictured above: Terrie Terrance and Dr. Virginia Hood networking in Tucson, Arizona with Phyllis Juan, Diabetes program: Tohono O'dham Reservation.

Pictured right: Chad Hart & Matthew Smoke experiencing how it feels to have impaired vision or blindness. This lesson is addressed in the "Five Senses" component of the Growing Healthy curriculum: taught by Terrie Terrance at the St. Regis Mohawk School. Photo: Submitted.

