

Assembly Speaker's Task Force on Childhood Obesity

Public Hearing

Kemāmaceqtaq: We're All Moving

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Background on Menominee Indian Reservation/Menominee County



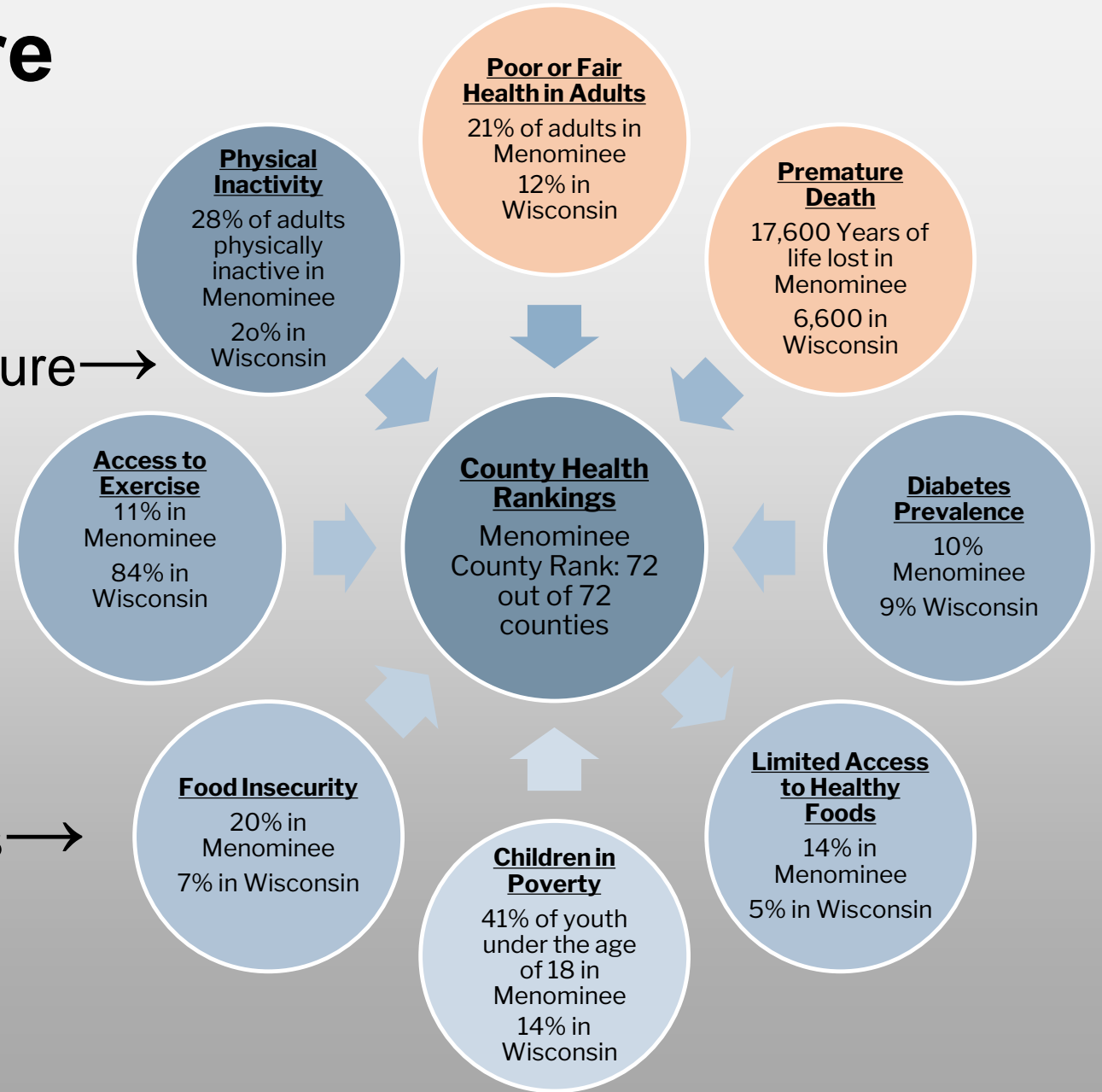
- Ancestral territory
- Current reservation
- 8,800 enrolled tribal members
- Approximately 4,500 living on reservation
- 235,000 acres of mostly forested land, 187 rivers and streams, 53 lakes

Map. (n.d.). Retrieved from <https://wisconsinfirstnations.Org/map/>

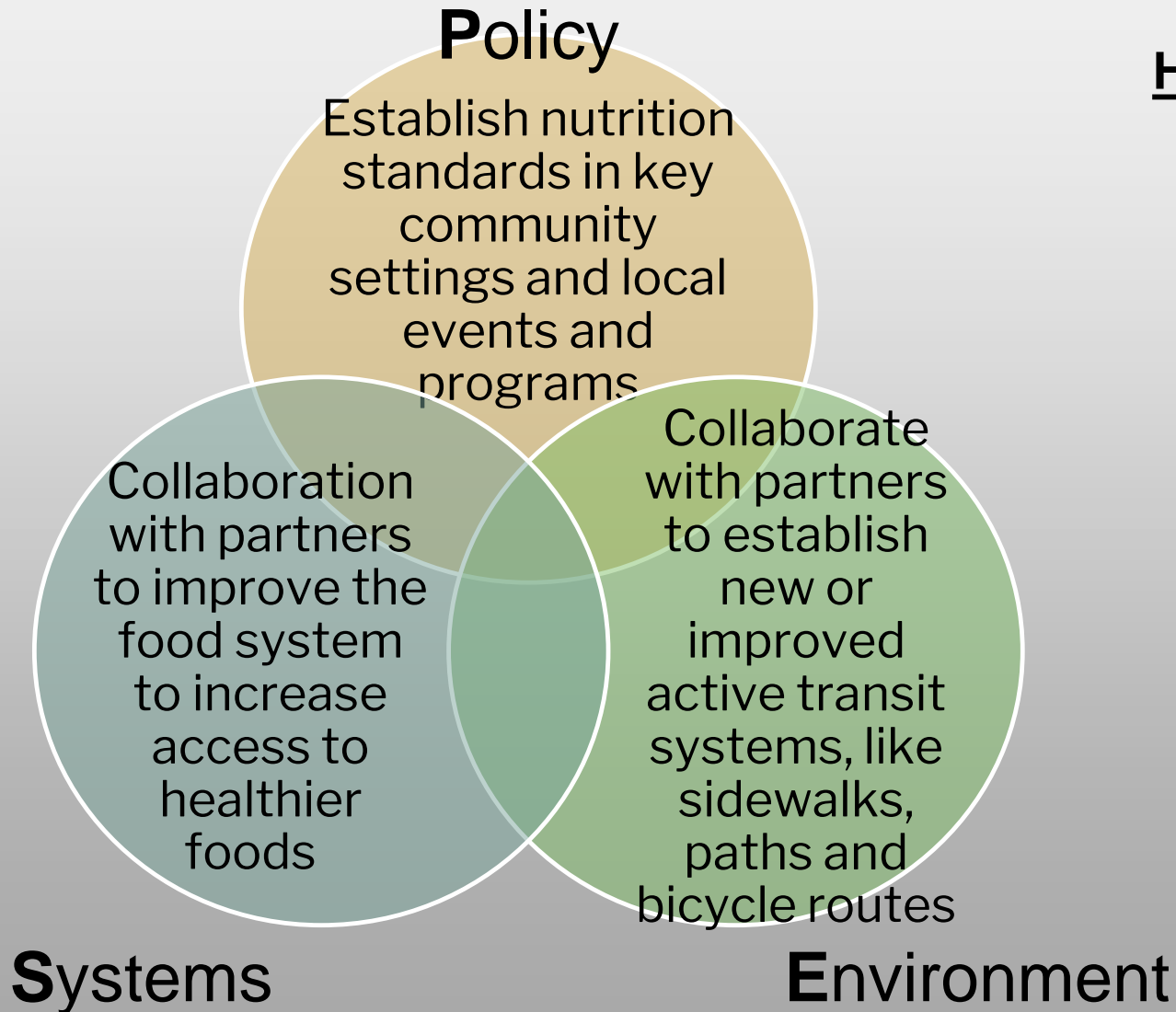


Current Health Picture

- Federal policies →
- Loss of land, language, and culture →
- Boarding school experience →
- Intergenerational poverty →
- Historical trauma →
- Adverse Childhood Experiences →



CDC High Obesity Prevention Problem

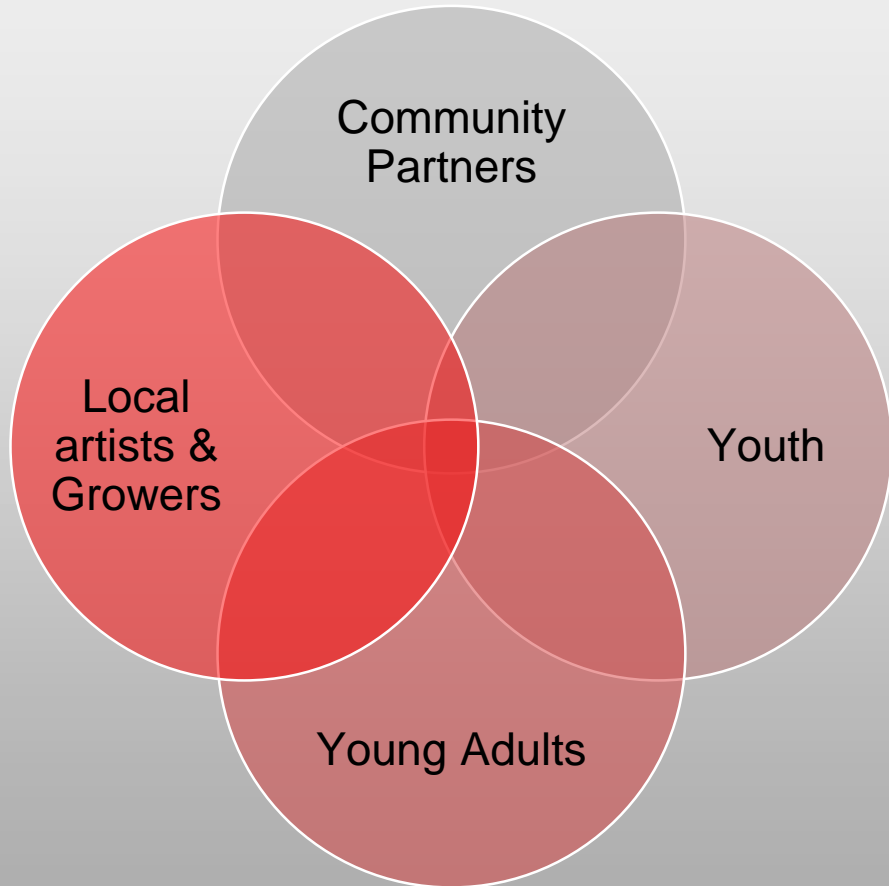


How we addressed obesity...

- PSE Approach
- Focus areas:
 - nutrition standards in community and after school settings
 - active routes and destinations, and
 - strengthening food systems
- Childhood obesity but whole family and community were included
- Community and partner-based work
- Uniquely Menominee



From HOP to Kemamaceqtaq (We're all moving)



- Our approach was inclusive of community
- Our approach respected local knowledge and values
- Our approach recognized that youth and young adults should have a voice in how community looks
- Our approach built lasting partnerships between agencies



The Specifics...Policy

Organizational/Environmental Change Through Policy



Objectives:	<ul style="list-style-type: none"> • Establish nutrition standards in key community settings and local events and programs • Create places of wellness throughout the community • Uplift organizations modeling wellness 	
Policy Framework:	<ul style="list-style-type: none"> • Food Service Guidelines in Federal Facilities • Site-based and specific • Based in Menominee values, organizational values, current practices, and hopes 	
Types of Policies:	<ul style="list-style-type: none"> • Water as the beverage of choice • Required healthy options at community/after school events/meetings • Inclusion of Menominee and other Indigenous foods • Healthy packaged snacks • Environmental policies 	
Successes:	6 SITES ADOPTED!	
	<ul style="list-style-type: none"> • Menominee County • Menikanahkaem • Menominee Early Childhood Services 	<ul style="list-style-type: none"> • College of Menominee Nation • Kaehkenawapataeq Charter School • Menominee 4-H Club

The Specifics...Policy

Organizational/Environmental Change Through Policy



The Specifics...Systems

Building a Menominee Food system



Objective: Collaboration with partners to improve the food system to increase access to healthier foods

Harvest of the Moon Guide

- Menominee knowledge & language
- Menominee foods
- Menominee art
- Place-based activities

Outreach

- Food sampled & education at Farmers Market
- 95% of visitors enjoyed the food
- 78% said they planned to make the recipes in the future

Penipimakat Kēsoq

October

Penipimakat (falling leaves) Kēsoq (moon) is the time when our trees turn to beautiful colors and fall to the ground in preparation for winter. Many of us hunt deer and collect firewood for our families during this month.

“Kēspen awēh-pahpēseyan kotaeqnas sasākīyah, kēspen taeh nōhtawat mūcehkiw, kēspen enes kākāketit ‘s nēpōweyan, eneq new. Kan kāēkoh kenaw-nāēminan.”

“If you go and hunt somewhere in the woods, and if you hear a bluejay, if it chirps on and on there where you are standing, that’s it. You will not see anything.”

Predictor 81 - An Anthology of Menominee Sayings - Gula

Wāweyakew
 Siqsekwanaḥesew Kēsoq kēs-anīh Wāweyakew
 Ahpetaw-Kēsoq āēc-kanah Kēsoq Kēs Nepuaw
 Siqsekwanaḥesew Kēsoq āēc-kanah Kēsoq Kēs Nepuaw
 Kēsoq Kēs Nepuaw
 Siqsekwanaḥesew Kēsoq kēs-anīh Kēsoq Kēs Nepuaw
 Ahpetaw-Kēsoq āēc-kanah Wāweyakew
 Siqsekwanaḥesew Kēsoq āēc-kanah Wāweyakew
 Wāweyakew

Kemāmaḥeḥtaḥ
Harvest of the Moon

guided activity Kaehkēnawapahtāēq

“we learn by observing”

Cranberries started as a wild crop in the bogs of Wisconsin and continue to be used by Menominee for food (often dried and mixed with corn), tea to remedy nausea, and, later, for bartering and selling. There are wild cranberry bogs throughout the Menominee Indian Reservation. Today, commercial cranberry growers flood bogs in the fall, then the berries are knocked off the bushes and harvested. These are the cranberries we find in the grocery store. We are going to look at why it is done this way.

1. Have students gather in a circle.
2. Ask students if they think cranberries will sink or float when placed in a bowl of water. Have them develop an argument as to why they believe that. Go around the room and share predictions.
3. Give each student 3 cranberries and a bowl of water. Have the students drop the cranberries into the bowl.
4. Ask the students what happened? Why do you think they float? Did this surprise you or is it what you expected?
5. Next, take a knife and cut open a cranberry.

Cranberries have four air pockets inside them, which allows them to float to the surface of water. This explains why the cranberries are knocked off their bushes into the flooded bogs during the wet harvest operation. They are then “rounded up” and harvested to make juices, dried cranberries, and delicious cranberry sauce in the fall.

Piakemenan
cranberries

In our Menominee Language, we speak of piakemenan as inanimate objects.

Nepīheh
eneq ‘s pīcekaet, yōm piakemen.

In the water is where it grows, this cranberry.

Cranberry Bread

- 2 cups sifted flour
- ½ teaspoon salt
- 1 ½ teaspoons baking powder
- ½ teaspoon soda
- 1 cup sugar
- 1 egg beaten
- 2 tablespoons melted shortening
- ½ cup orange juice
- 2 tablespoons hot water
- ½ cup chopped nuts
- 1 cup cranberries (cut in half)

- Sift dry ingredients together.
- Beat egg and add shortening, orange juice, and hot water.
- Combine with dry ingredients.
- Add nuts and cranberries.
- Bake one hour and ten minutes in 325° oven.
- Brush bread with butter, wrap in wax paper while hot and place in refrigerator for 3 hours.
- Remove paper, wrap in towel and put back in the refrigerator.

Recipe from: Indian Cookbook

Kemāmaḥeḥtaḥ
Harvest of the Moon

The Specifics...Systems

Building a Menominee Food system



Objective: Collaboration with partners to improve the food system to increase access to healthier foods



Menominee Foods:
Wild rice, berries, pumpkin seeds



Community Education



Community Education



The Specifics...Systems

Building a Menominee Food system

Objective: Collaboration with partners to improve the food system to increase access to healthier foods

Community Kitchen & ServSafe Training

- Place to process Menominee foods & a space to learn and share
- 15 community members trained in ServSafe

Kehtakaewak Farmers Market

- Growing gardeners program
- Community grown foods

Intertribal Processing & Preserving Network

- Monthly virtual gatherings
- Sharing our experiences
- Learning from other tribal communities



Community Seed Give-Away & Growing Gardeners Recruitment

The Specifics...Environment

Active Routes & Destinations

Objective: Collaborate with partners to establish new or improved active transit systems, like sidewalks, paths and bicycle routes

Enhanced routes

- 4.5 miles safer for walking through improvements
- 4.5 miles of bike lanes added alongside these sidewalks in Keshena
- 2 miles of increased walking opportunity with signage featuring Menominee language and cultural knowledge and an enhanced rest area
- 2 miles of increased biking opportunity

Enhanced destinations

- 7 Parks Improved
- Bike racks throughout the community
- Beautification with art, benches, pollinator habitats (planters, birdhouses)
- 2 new spaces created

Promoting Bicycle Safety

- Training for partner agencies in bicycle safety
- Partner agencies certified as instructors
- Foundations of building a safe bicycling community



The Specifics...Environment

Active Routes & Destinations



Objective: Collaborate with partners to establish new or improved active transit systems, like sidewalks, paths and bicycle routes



Youth Walk Audits



Supporting Bicycling Community

“There is a certain perspective that you can only get as a child growing up here. When I was a kid growing up on the reservation, I knew every trail. I knew where the fences were that were easiest to cross. I knew where the mean dogs were. You see the community through a different lens when you are [an adult] driving it. This walking assessment, and seeing how the kids talked about the community, it really brought me back. Working with young people was a rich experience.”

Jeremy Weso,
Highway Commissioner
Menominee County Highway Department

The Specifics...Environment

Active Routes & Destinations



Objective: Collaborate with partners to establish new or improved active transit systems, like sidewalks, paths and bicycle routes

How?

- Youth walk audits
- Virtual community designing
- Partner engagement



Youth Audit Recommendation



Local Artists & Creating Destinations

The Specifics...Environment

Active Routes & Destinations



Objective: Collaborate with partners to establish new or improved active transit systems, like sidewalks, paths and bicycle routes

How?

● Youth walk audits

● Virtual community designing

● Partner engagement



Youth Audit Recommendation



Re-Imaging Space/Creating Destinations



Recommendations From Our HOP Experience

What is not effective...

1

Singular Focus Approach

Our approach was successful and sustainable because we focused on PSE, included community, and did not focus solely on obesity language

2

Prescribed Messaging

Previous messaging efforts alone were not helping (exercise 30 minutes a day + MyPlate...); Our efforts were positive and built on wellness

3

Grant Funding Restrictions

Grants provide opportunities for change and also, sometimes limit the type of change community have had otherwise; There is more the community wanted to do



Recommendations From Our HOP Experience

How Can Wisconsin Address Childhood Obesity?

1. Recognition of the complexity of Childhood Obesity
 - Consider holistic, whole family, whole community approaches
2. Placed-based solutions
3. Creating solutions with community input
4. Policy + Policy supports
5. Setting a standards for policy, systems, environment that still allows local government to develop local solutions...WI s. 66.1001
Comprehensive Planning Law



Wāewāenen! (Thank you)

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