

# Healthy Eating Strategies



**TRIBAL STATEWIDE HEALTH IMPROVEMENT  
PROGRAM (T-SHIP)  
LEECH LAKE BAND OF OJIBWE**

# Overview: Healthy Eating Strategies



- Existing health inequities
- Population
- Decision-making
- Barriers
- Lessons learned
- Data/Determinates
- Continuation post-engagement
- Q & A

# Healthy Eating & Health Equity



## **HEALTH EQUITY**

40% influenced by social and economic factors.

## **HEALTHY EATING – CHRONIC DISEASE PREVENTION**



# Leech Lake Band of Ojibwe



**POPULATION: 9,509 ENROLLEES**  
**LAND**  
**EMBLEM AND FLAG**  
**COMMUNITIES**

# Existing Health Inequities



**SYSTEMS CURRENTLY IN PLACE**  
**DISPARITIES**  
**STRUCTURAL RACISM**  
**LACK OF P.S.E.**

# Decision-Making Process



**COMMUNITY INVOLVEMENT**  
**LIC'S**  
**LEADERS**  
**SOVEREIGNTY**

# Barriers



**PRIVACY  
OPPRESSION  
SYSTEM BARRIERS  
SOVEREIGNTY**

# Lessons Learned



**COMMUNITY GARDENS  
LACK OF VOLUNTEERS  
INPUT PROCESS  
SUPPORT OF TRIBAL LEADERS**

# Data/Determinates



**MN FOOD CHARTER  
LL GREEN TEAM  
LLTC  
PRIVATE RESEARCH**

# Post-Engagement



**LLBO NUTRITION GROUP  
(PROGRAM COLLABORATION)  
AICAF/TNT COALITION  
LEADERSHIP INVOLVEMENT**

# Q & A



**WHAT HAS WORKED FOR YOU?  
COMMUNITY INVOLVEMENT?  
STRATEGIC PLANS?**



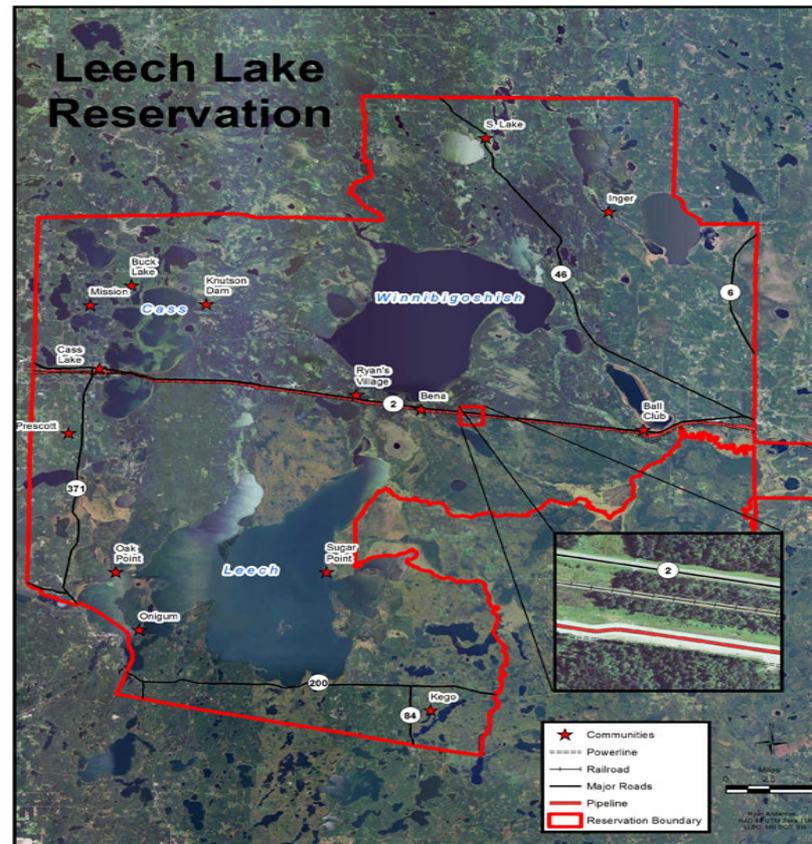
## Amanda J. Shongo

Tribal Statewide Health  
Improvement Coordinator  
Leech Lake Band of Ojibwe

Contact info:

[amanda.shongo@llojibwe.org](mailto:amanda.shongo@llojibwe.org)

218-335-4524



**How can we plan for “us” without  
“us”.**