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Montana Wyoming Tribal Leaders Council Project Sites for Robert Woods Johnson Building Community Supports for Diabetes Project

Cultural Influences on Intervention Strategies
Introduction

• Three distinct sites in addition to MT-WY TLC office in Billings, MT:
  • Ft. Peck – 670 miles (RT) from Billings.
  • N. Arapaho – 600 miles (RT) from Billings.
  • E. Shoshone - 600 miles (RT) from Billings.
Our Interventions

• Diabetes Self-management Education Classes.
• Talking Circles.
• On-going from Diabetes Program.
• Other Activities.
• Tribal Health Director’s, liaisons and diabetes staff help plan and participate in DSME classes.

• Identify issues with effectiveness of training style.

• Discuss learning styles of attendees.
Identify Issues

• Attendees require regular physical movement and hands-on learning style.
• Tribal Health Directors suggest incorporating culturally appropriate activities into curriculum.
• Re-emphasize talking circles and encourage storytelling.
• Add educational components to social gatherings.
Example of adding Educational Component

• Add stress-busters to break up DSME sessions.
• Identify local success stories on a regular basis.
• Provide short demonstration of how to make pemmican at talking circle support group.
• **Pemmican 1-2-3**

• **Ingredients:**
  - 4-5 ounces dried game, buffalo or beef (no salt or seasoning added)
  - 1/3 cup dried chokecherries, June berries, huckleberries, raisins or Cran-raisins (cranberry)
  - 2 tablespoons rendered beef lard or fat from kidney or bone marrow. Do not use shortening, butter or vegetable oil.

• **Directions:**
  - Break dried meat into 1 inch pieces and grind using blender or meat grinder.
  - Add dried berries or fruit to meat and grind again. Consistency should be dry and loose with fruit broken up.
  - Add melted fat slowly while mixing. The fat will change consistency and appear semi-moist instead of dry. It improves the flavor and texture.
  - Serve loose in a bowl or press into balls. Store in cloth or paper bag – *no plastic.*
Conclusion

- Continue talking circles and storytelling.
- Plan to incorporate stress-busters and physical activities to each DSME session.
- Set-up educational outreach at community events.
- Encourage prevention interventions utilizing healthy activities of a traditional-cultural nature.
Wyoming

- Bighorn
- Medicine Wheel
- Wind River
- Mato Tipila
About the Pemmican

- Traditional food
- Kibbe Conti, a nutritionist and tribal member, has information about the benefit of this food (including the protein absorption rates of persons undergoing dialysis).
- Each step of the production can be a cultural component activity.
- Several Tribes have buffalo herds.
- Indigenous Diabetes Education Alliance is a resource to the Tribes.