

# Community Assessment Report

A look into the Prairie Island Community Assessment Magazine: results, reports, and upcoming projects/events





## About This Report

This past January we held our first ever Winter Carnival in order to promote the Community Assessment. The Community Assessment was designed to be a collaborative and participative process that systematically examines a range of community needs in order to inform social and economic change and begin the process of strengthening the community and their needs. With your help, we were able to collect very valuable information and brainstorm how we can better address your needs! In order to better the community, we want to share all the information we have collected with you!

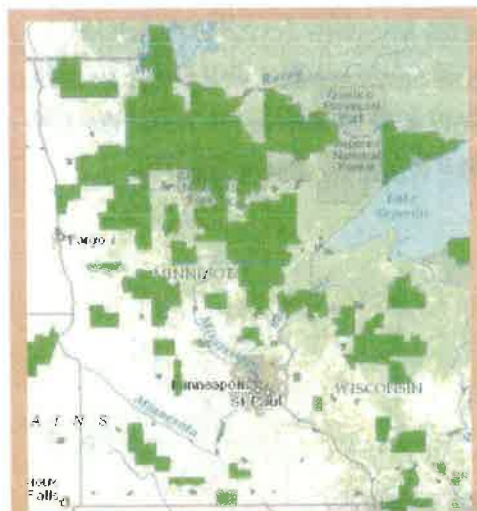
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We would love to share our data and knowledge with you. If you have any questions or want to know more about report, please feel free to contact anyone on the findings or contacts page. You can also stay connected and up to date on future projects and events by checking out the Facebook pages and our articles in the Tinta.

# FOOD SOVEREIGNTY



Defined "food deserts" in Minnesota



Having access to fresh, healthy, and traditional foods will improve overall health

Over 80% of respondents rely on grocery stores as their main food source; with the majority of respondents ( 42%) saying they travel between 5-15 miles to purchase food, and roughly 20% of respondents saying they travel between 15-30 miles

Have you heard of "food deserts"? While Prairie Island doesn't necessarily fall into the USDA definition of a "food desert", the fact that such a large percentage of the community travels so far for a grocery store is part of what the USDA looks at when defining "food desert". Food sovereignty is defined by people self-determining their access and relationship to food and their food ways. Perhaps one way for us as a community to do this is to control the resources a grocery store would typically provide us.

88% of respondents felt that PIIC has health issues related to food and diet; and 82% of respondents felt that those health issues would improve with access to fresh, healthy, and traditional foods in our community

We've all heard that "you are what you eat", but what you eat depends upon what is available and accessible to you. Bringing fresh, healthy, and traditional foods to our community is a great way to heal and prevent health issues in our community for generations to come.

84% of respondents felt that access to fresh produce on the reservation would be useful in improving their food resources

This is a huge part of harnessing food sovereignty as a community. Assessing what we feel is the most useful, and relevant to the community and our needs will help guide us as we continue to shape what food sovereignty should look like on Prairie Island.

## Questions or Concerns?

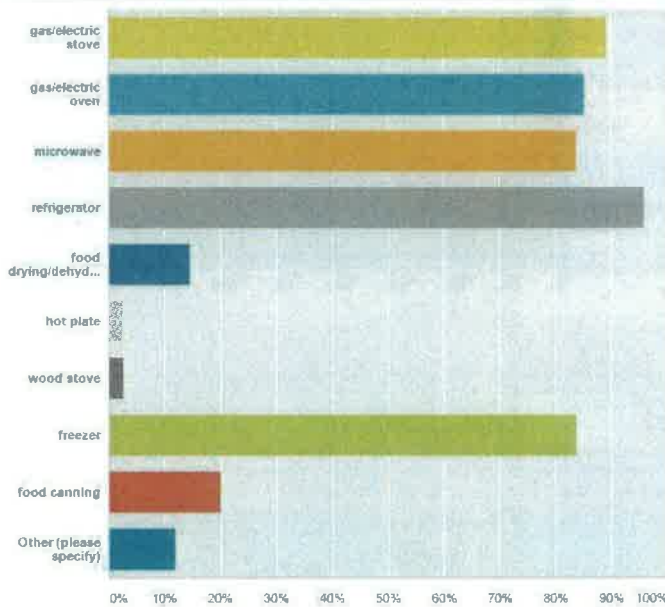
Kachina Yeager

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# FOOD SOVEREIGNTY DATA

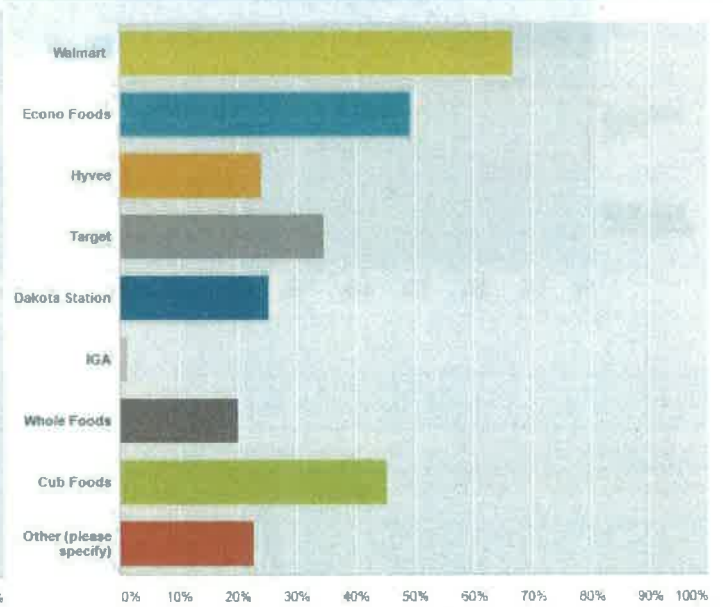
Which of the following equipment or methods for food storage and preparation do you use in your home (check all that apply)?

Answered: 75 Skipped: 0



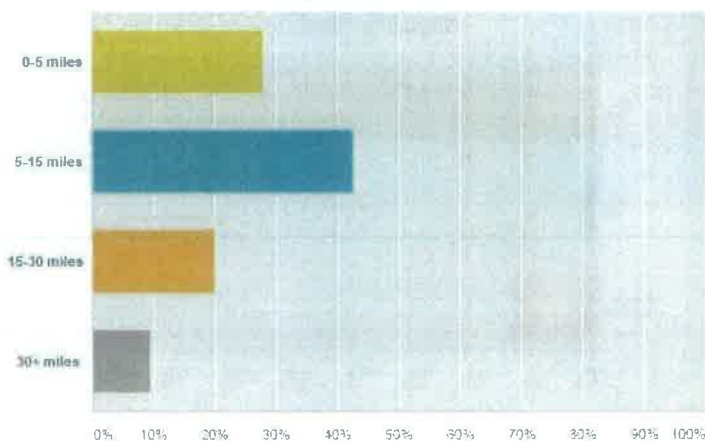
If you purchase your food from a grocery store, please select the stores that you most commonly purchase from below:

Answered: 75 Skipped: 0



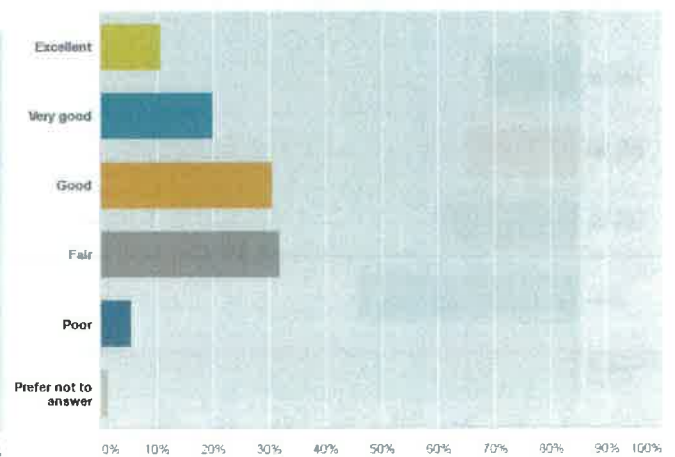
On average, how far do you travel to purchase your food?

Answered: 75 Skipped: 0



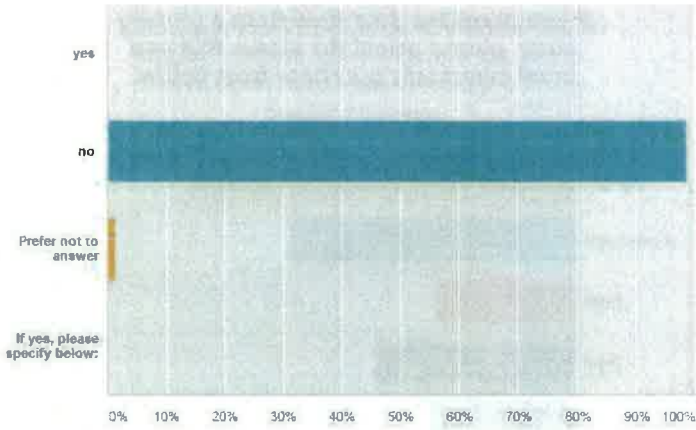
How would you rate the nutritional quality of your diet?

Answered: 75 Skipped: 0



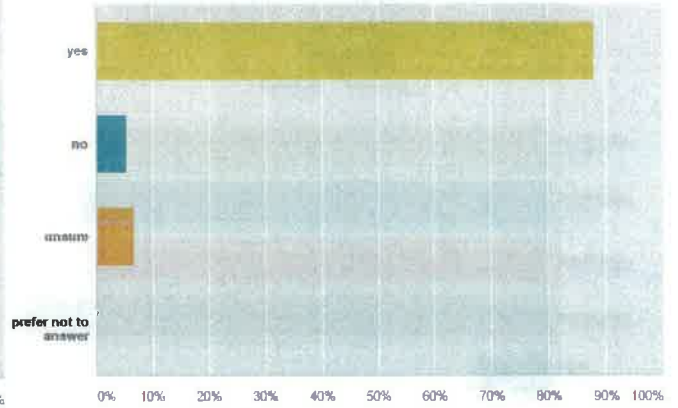
**Do you use any food assistance programs?  
(example: Food Stamps, WIC, FDIPIR, etc)**

Answered: 75 Skipped: 0



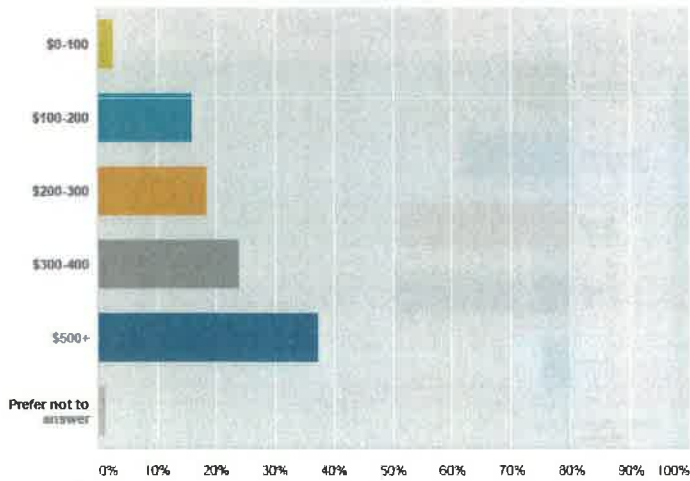
**Do you feel that health issues (such as diabetes, heart disease, etc) in your community are related to food and diet?**

Answered: 75 Skipped: 0



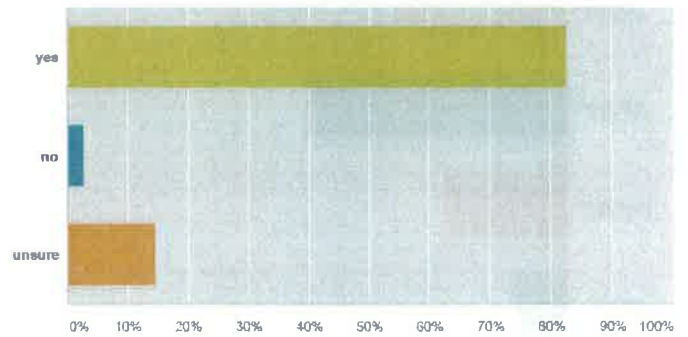
**On average, how much would you say you spend on groceries per month?**

Answered: 75 Skipped: 0



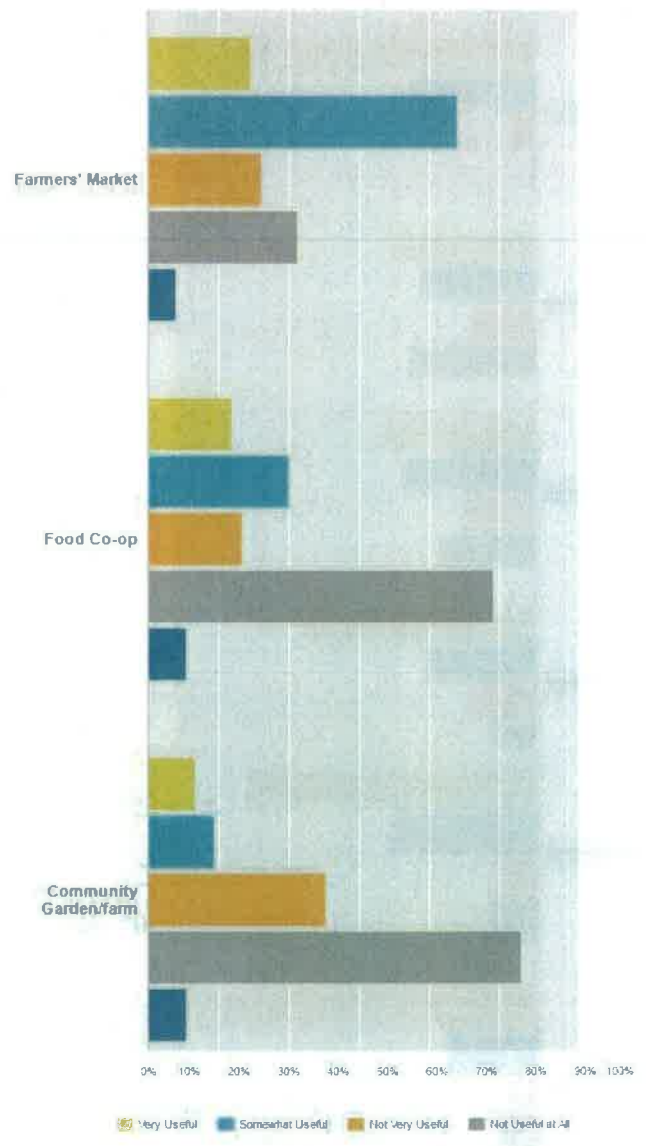
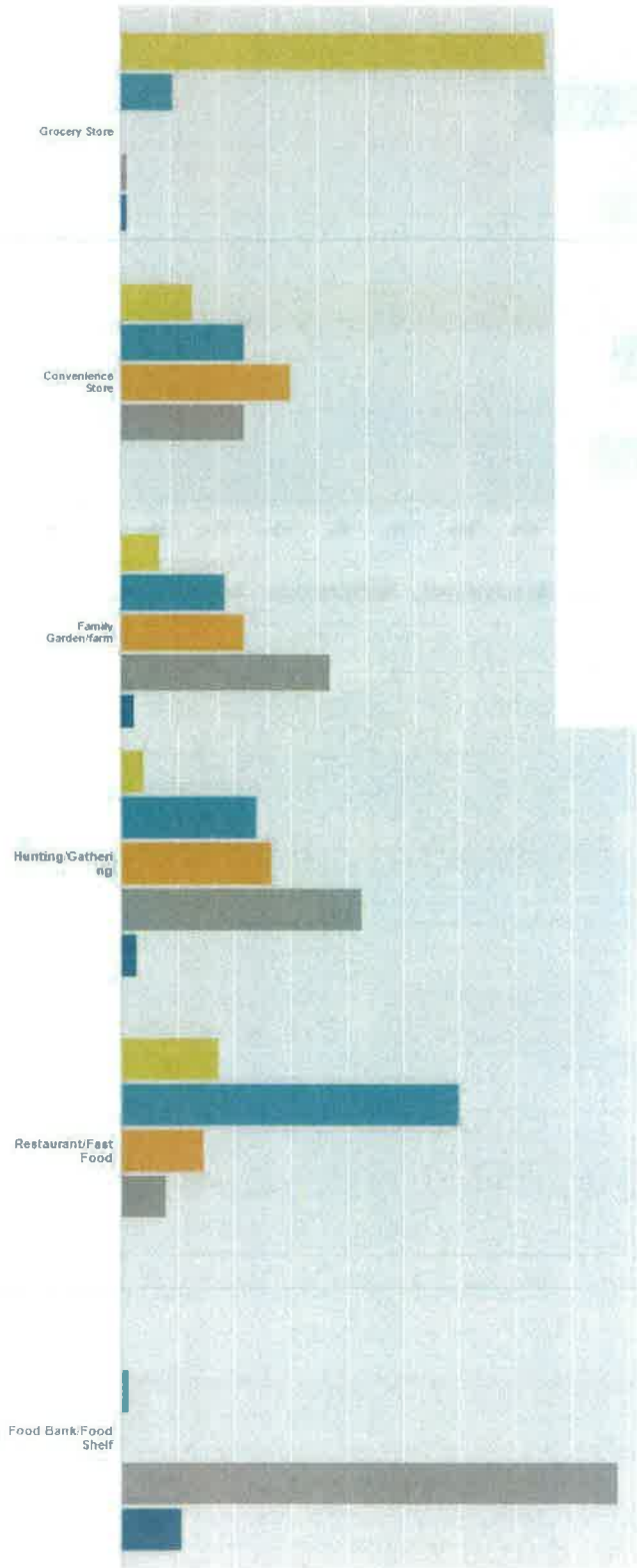
**Do you think health issues in your community would improve if there were greater access to fresh, healthy, and traditional foods?**

Answered: 75 Skipped: 0



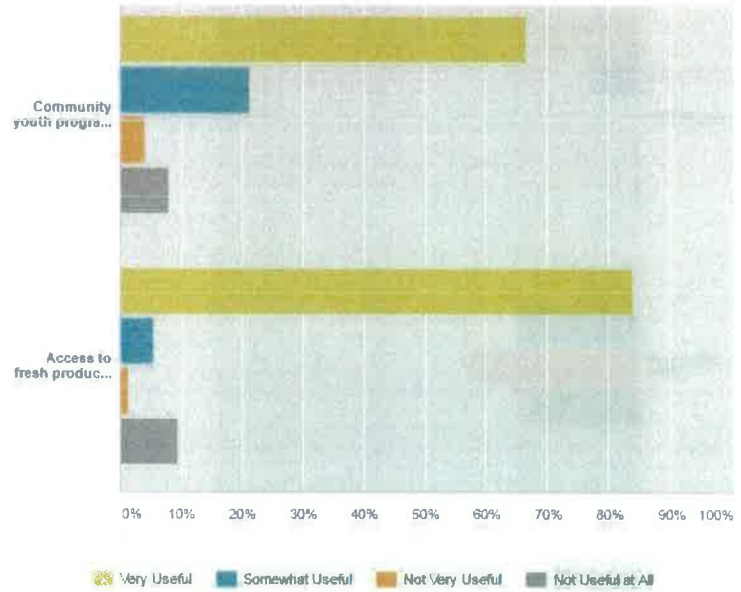
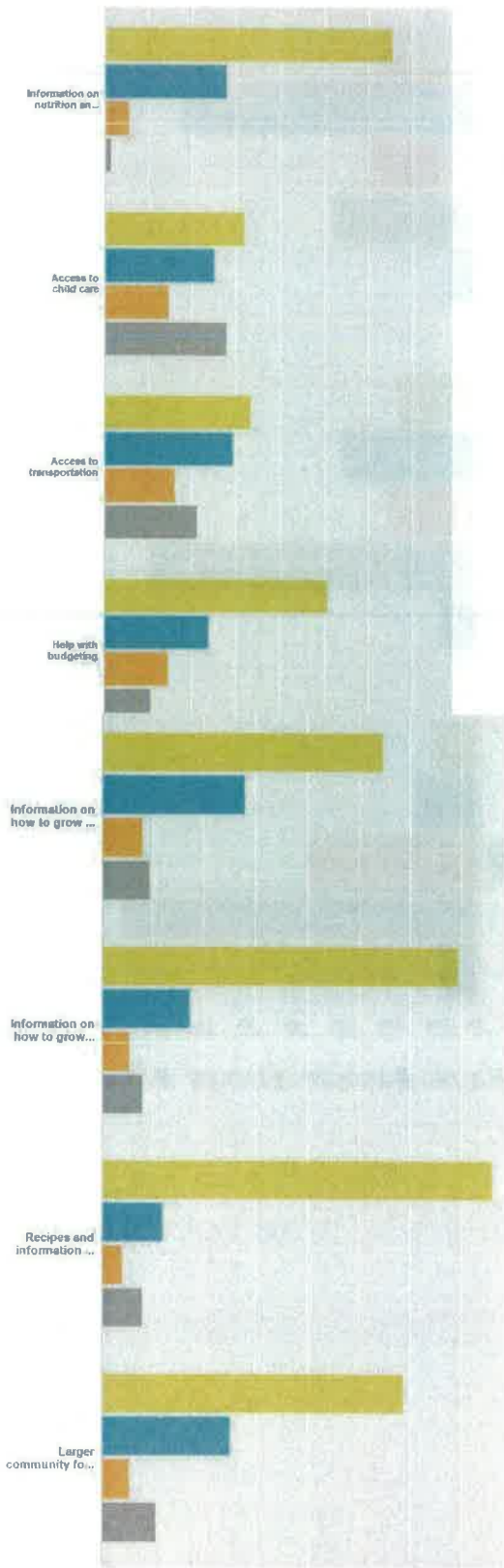
**How much do you rely on the following as a main food source?**

4 answers: 70% 100% 0% 0%



**Which of the following do you think are useful, or would be useful, in improving your food resources?**

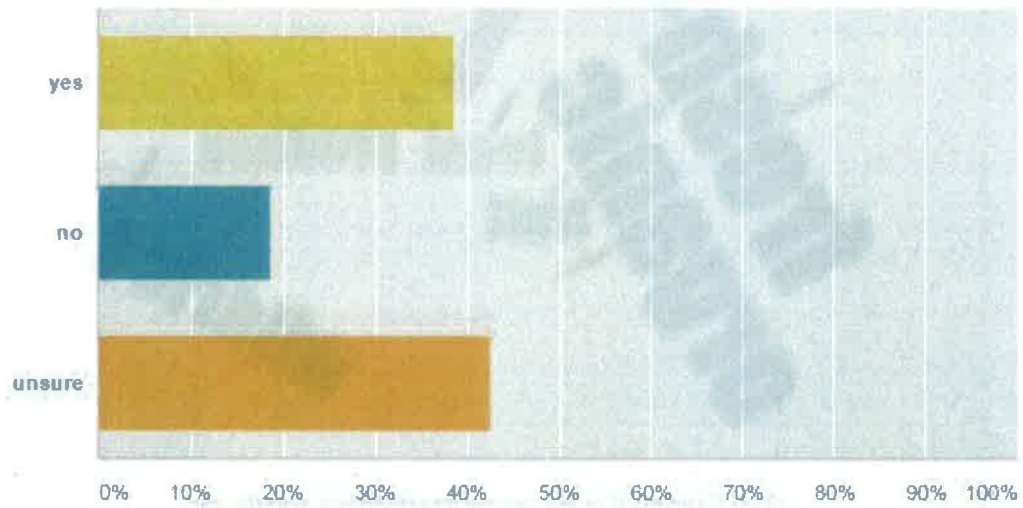
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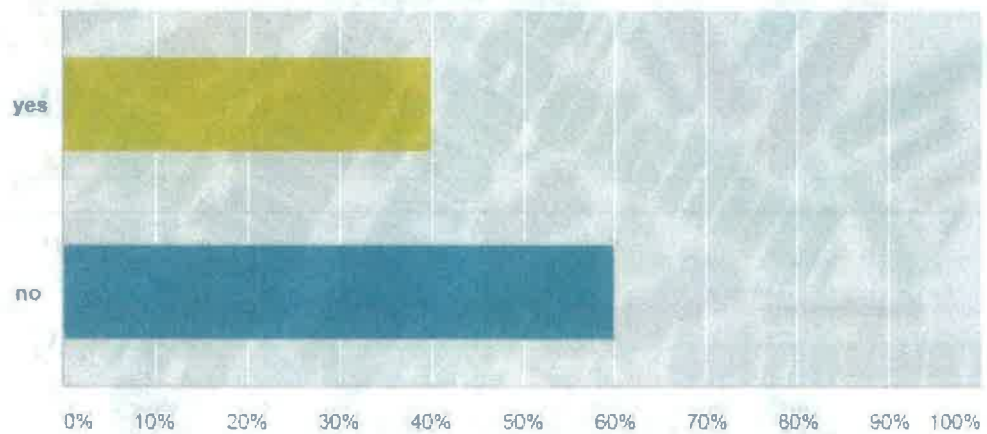
### Do you think young people in your community are interested in food traditions?

Answered: 75 Skipped: 0



### Do you have any suggestions about how to get young people interested in food traditions? If yes, please elaborate.

Answered: 75 Skipped: 0





**Q18 If you could tell your tribal or community leaders anything about food and hunger issues in your community, what would you tell them?**

- The importance of having the elders leading the youth
- Providing less junk food at community events
- Cooking and traditional food classes for all ages
- Reconnecting with our land is important to food issues
- Encouraging healthy parenting on food and health habits
- Increasing access to traditional foods in order to teach about them
- Providing better access to healthier, fresher food in order to provide people with options
- Try having community members cater events with healthier or more traditional foods rather than casino catering
- We need to utilize our land to grow our own foods that we all decide what to grow for the community
- Food is healthcare
- Greater youth outreach

**Q19 Any additional comments on Food Sovereignty:**

- Becoming as self-sufficient as possible would benefit our community greatly
- Coop or grocery store with a larger organic selection would help keep our community healthy and strong
- We need to introduce more traditional foods into community events
- We already have a garden, and not many people use it. Mass food production on Prairie Island wouldn't be profitable

# FAMILY HEALTH



Look out for future information on the PIIC Pharmacy



Pool in Treasure Island

## Questions or Concerns?

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## 24% of respondents believe there is a lack of information

Family Health Services hosts monthly educational events, which are all posted in the Tinta, throughout the facilities, and on the website. Information is also relayed by word of mouth and calling.

## 44% of respondents want more education related to Diabetes and Mental Health Services

Our vision is to bring on a Diabetes Educator that will be able to set up and guide nutritional goals. Our Nutritionist, Sarah Gorter, is available three times a week to help with goal setting and meal planning. She also knows that traditional food is valuable and important to the community.

Mental Health Services is offered at the Prairie Island Clinic with Dr. Kenneth L. Dennis, PhD. He specializes in the treatment of people with emotional, cognitive, and behavioral disabilities 1-800- 595- 4053.

Family Services offers a wide range of counseling and help for those in the community. A Treatment Center has been discussed and put into consideration. Look out for more information soon!

## Services that you were interested in:

### Eye Care and Physical Therapy

We are currently looking into a water exercise program now that the pool, in Treasure Island, is finished. Physical Therapy is a huge part of rehabilitation. Tribal Plan covers 1,200 for chiropractic services. Eye plan in the self-funded Tribal Plan covers 1,500. A soon to be Pharmacy is being added to the services at the clinic.

## Contacts

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