



NOTAH BEGAY III FOUNDATION
Improving Native American Health



Native Strong: Healthy Kids, Healthy Futures

New Mexico Diabetes Advisory Council

*“Celebrating Healthy Families: Addressing Childhood Obesity and
Improving Family Health”*

December 5, 2014

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Overview

- Brief overview of NB3 Foundation
- What is Native Strong and how it came to be
- Native Strong Theory of Change
- 4 strategies used to reduce childhood obesity and type 2 diabetes in tribal communities



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In 2005, 4-time PGA TOUR winner and current NBC Sports/Golf Channel Analyst and Nike N7 Fund Ambassador, Notah Begay III, established the Notah Begay III Foundation (NB3F), a 501(c)3 non-profit organization.



OUR MISSION

To reduce the incidences of childhood obesity and type 2 diabetes and promote the leadership development of Native American children through evidence-based sports, health and wellness programs, strategic grantmaking, research and advocacy.

OUR WORK

San Felipe Place Based Program

NB3 Junior Golf

Native Strong: Healthy Kids, Healthy Futures



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Childhood Diabetes in NM

- A 2012 NMDOH report shared that **37%** of American Indian Kindergarteners were overweight or obese compared to their peers: White (22%); Hispanic (29%); All Races (29%)
- The same report found that **50%** of American Indian 3rd Graders were overweight or obese, compared to their peers: White (26%); Hispanic (40%); All Races (36%)

According to the American Diabetes Association, being overweight or obese at a younger age increases a person's lifetime risk of being diagnosed with diabetes.

IF these rates continue, the CDC predicts that 1 out 2 Native American children born after 2000, will likely develop type 2 diabetes in their lifetime.

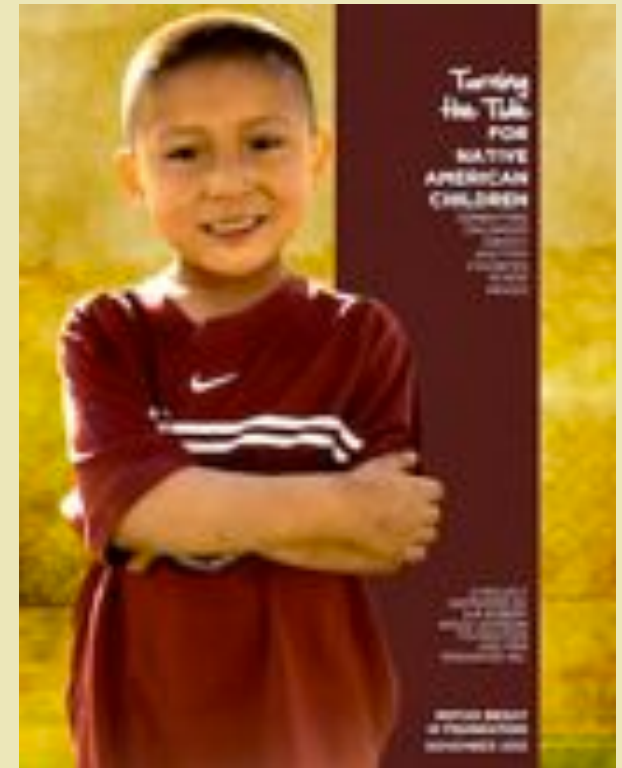


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New Mexico Roots

- NM convenings created *Turning the Tide* report
- In March 2013, the Robert Wood Johnson Foundation (RWJF) awarded the NB3F a planning grant to develop a national 2-year strategic plan to reduce childhood obesity among Native American children.
- RWJF, WK Kellogg, Shakopee Mdewakanton Sioux tribe and others generously funded the launch of *Native Strong: Healthy Kids, Healthy Families* in August 2013



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www.nb3foundation.org



Native Strong Framework

Native communities have the inherent knowledge, assets, values and ability to address issues and solve their problems

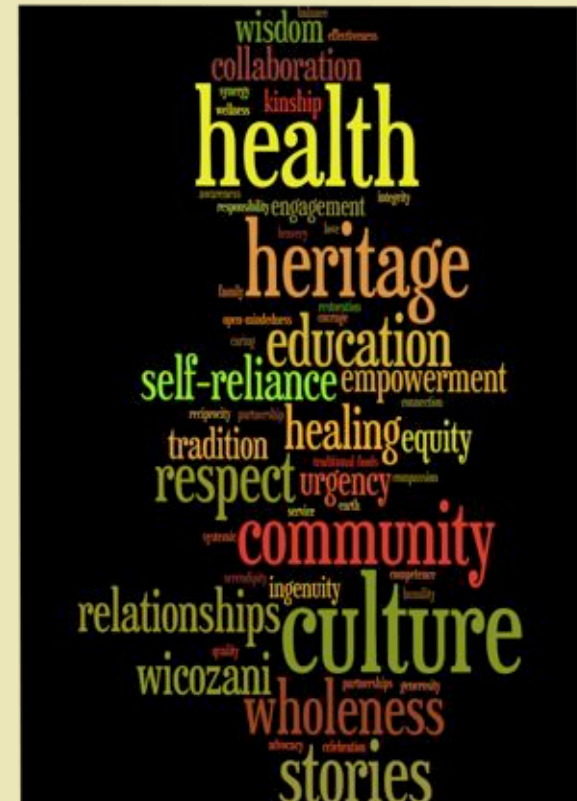
OUR STRATEGIES

Grantmaking

Capacity Building

Knowledge Building

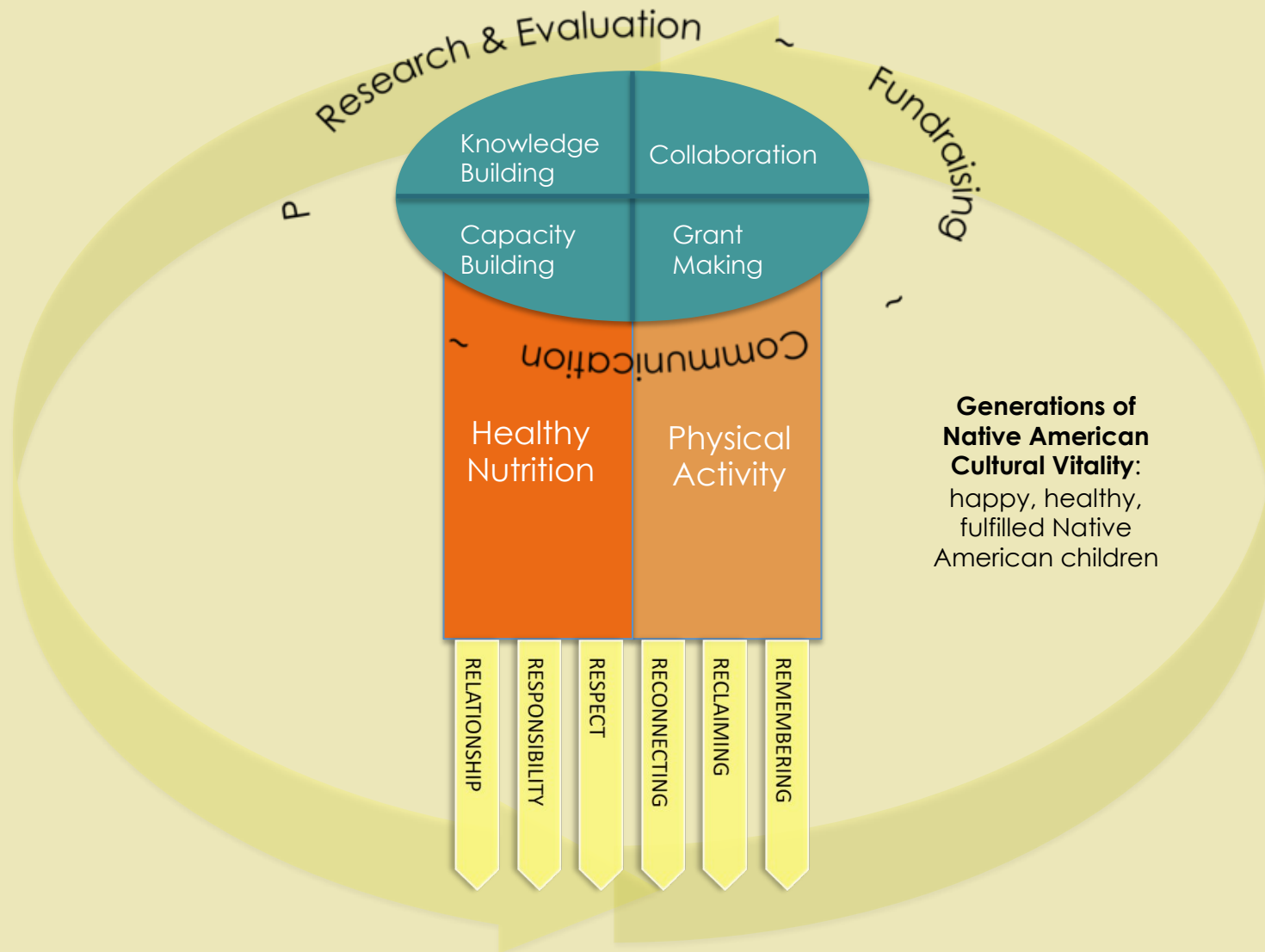
Collaboration



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Native Strong—Theory of Change



Grantmaking

Since August 2013: 212 applications = \$6.7 million in requests

Promising Program Grants

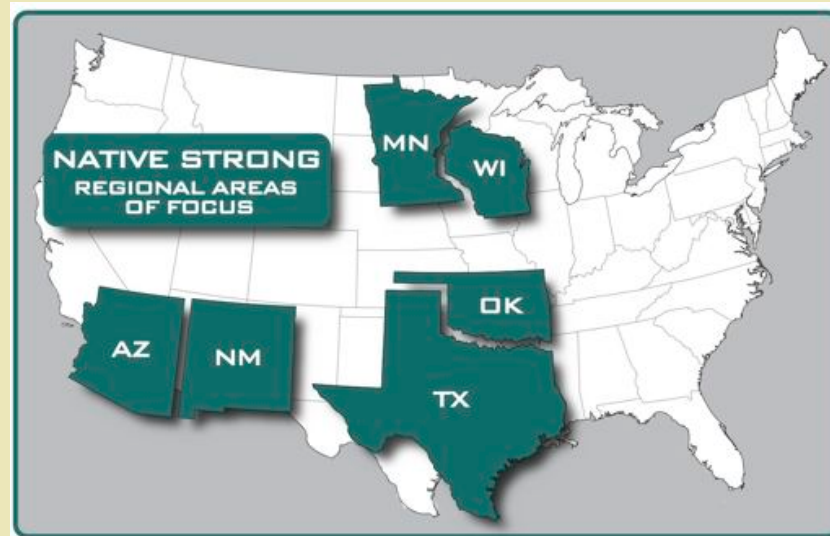
21 Grants awarded \$798,314
One year grants up to \$40,000

Capacity Building Grants

18 Grants awarded \$347,001
Eight month grants up to \$20,000

Grantee Impact

38 communities and tribes.
1,800 youth directly engaged
through PPG



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Capacity Building

Technical Assistance

- Visiting and Learning Grantee Conference
- TA webinars
- Resource newsletter
- Grantee Individual/regional TA

“The networking and examples of the work happening in Indian Country always enriches our work at home”- Grantee from Conference

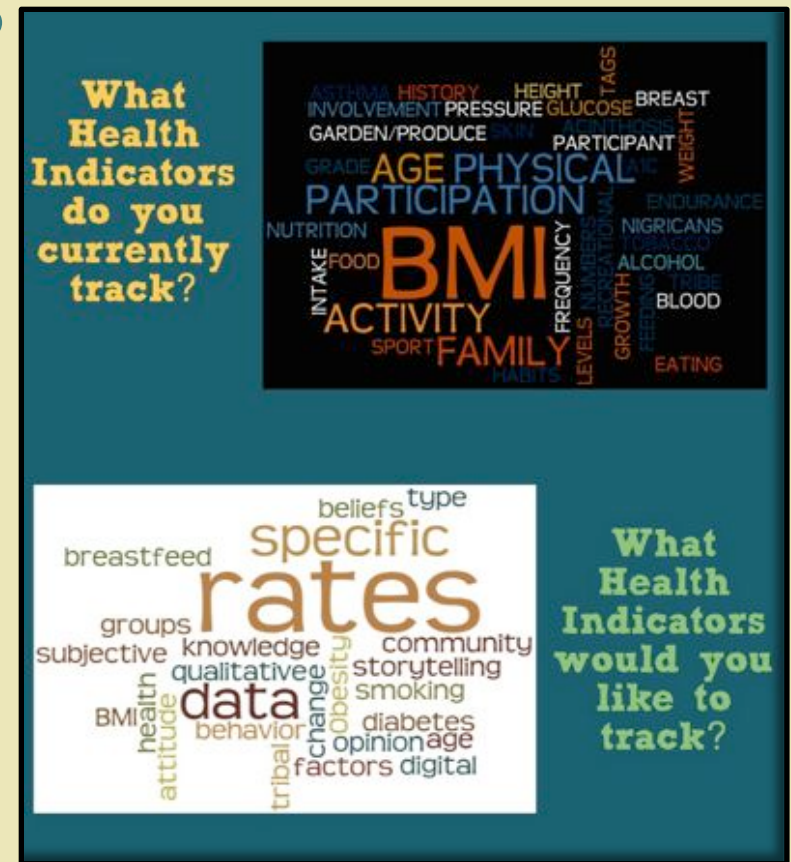


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Knowledge Building

- Lack of information sharing and knowledge
- Build on existing research, evaluation, knowledge
- Why place matters (social determinants of health) and indigenous indicators
- Participatory framework – monitoring



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Collaboration

- Build on/support existing holistic approaches
- Provide platforms for connection: conference, webinars, Technical Assistance, informal introductions, peer to peer
- Foster partnerships, bridge-builder, connector

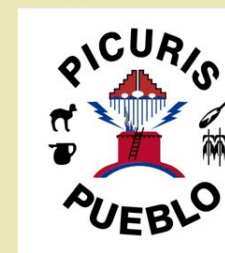


A Few Connections: IOM Roundtable on Obesity, Tribal Epidemiology Centers, NM Health Equity Partnerships, Healthy People, Healthy Places, IHS, AICF



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