

COMMUNITY HEALTH EDUCATION

NEWSLETTER - APRIL/MAY 2021



Physical Activity Program Takes a Hike at Algonquin Trails

In an effort to offer new and diverse physical activity opportunities for patients, the Physical Activity (PA) Referral Program staff planned four snowshoe outings at the Algonquin Ski Trail during February and March. Participants utilized snowshoes from the Big Bear Arena, which are available free of charge for use to all Sault Tribe members.

There were morning and afternoon options as well as alternating days to provide patients as many opportunities as possible to attend. A variety of patients participated in the outings with experience levels from beginner to advanced. Over the course of

four weeks, we had a total of 14 patients participate. Due to weather conditions and the lack of snow, the final snowshoe event turned into a hike instead.

The participants provided great feedback regarding the use of outdoor

activity options within the PA Program. There were many requests for continued outdoor activities and plans are being made to offer additional outdoor seasonal activities to patients throughout the year. During the Spring and Summer the PA Program hope to offer hikes at various locations in the Sault Ste. Marie area.

The PA Program offers patients with qualifying chronic conditions personalized exercise prescriptions utilizing the American College of Sports Medicine "Exercise is Medicine" protocols. Certified Exercise Specialists create tailor made exercise prescriptions to help manage chronic conditions, such as obesity, Type II Diabetes, heart disease and cancer. For more information about the PA Program, contact

Sault Tribe Community Health Education at (906) 630-5210.



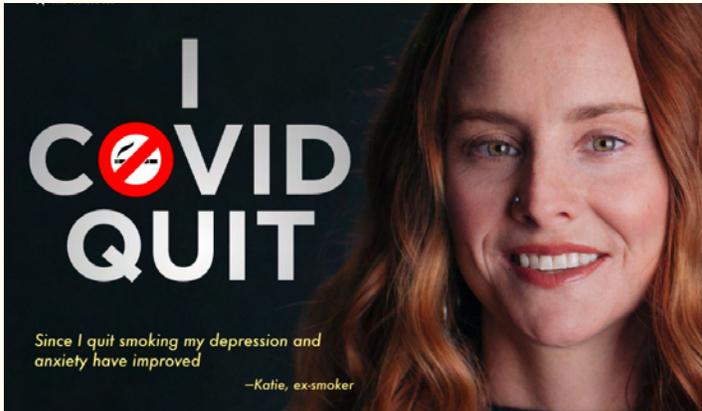
Physical Activity Program participants at Algonquin Trails.



In this Issue:

- Physical Activity Program Outings
- World No Tobacco Day
- Fun in the Sugar Bush
- Debunking Wellness Myths Series: Part 3
- Contact Info

Commit to Quit For World No Tobacco Day!



If you or someone you know is ready to quit, contact your local Sault Tribe Health Center.

Benefits of Quitting

- Improved immune system
- Improved mood
- Food tastes better
- More money in your pocket
- Sense of smell returns to normal
- Breath, hair & clothes start to smell better
- More energy for things you would like to do

May 31 is World No Tobacco Day – a day to inform people around the world of the dangers of commercial tobacco use and a call to support and encourage others to commit to quit.

With the coronavirus pandemic still going on, it is crucial to have a good immune system now more than ever. The 2014 Surgeon General’s report highlighted evidence that nicotine is the main immunosuppressant component of cigarette smoke, effects from other components of cigarette smoke are immune activating and immune-suppressive, and finally that weakened immunity is associated with increased risk of lung infections. Essentially, commercial tobacco products put stress on the body that compromises the immune system, thus placing someone at greater risk for and may have a harder time recovering from COVID-19. In a recent study, there was promising evidence that those who quit smoking may experience improvements in their mental health, such as reductions in anxiety and depression, after the initial withdrawal period. In addition, there was stronger evidence indicating that quitting smoking does not worsen one’s mental health in the long-term.

For support with quitting, the Sault Tribe’s Nicotine Dependence Program allows you to talk over the phone with a trained Tobacco Treatment Specialist to create an individualized quit plan so you feel more confident about managing withdrawal symptoms, overcoming obstacles, and coping with triggers. Eligible patients will also have access to evidence-based medications and receive regular follow up support to ensure they are on track to successfully quit.



Fun in the Sugar Bush



Maple sugar and syrup are traditional foods that have been harvested and processed by Indigenous peoples for generations. Maple sugar was commonly used by Native Americans as a seasoning in breads, stews, teas, and with berries and vegetables and remains a staple in a traditional diet today. Last month, the Tribal Food Sovereignty Collaborative teamed up to bring maple tapping to Sault Tribe members in the Manistique and Sault Ste. Marie areas.

Thirty participants registered to receive a maple tapping kit that included food grade buckets, a spile or tap, filters, and instructions on how to tap a maple or other sap producing tree. Participants were asked to view two instructional videos that were posted on the Tribal Food Sovereignty Collaborative page. The first video provided an overview of Maple Tapping while the second video detailed kit materials, how to tap a tree, and cooking the sap. Participants were encouraged to share photos of their maple tapping adventures with the Tribal Food Sovereignty Collaborative on Facebook.

Don’t forget to check out the **Tribal Food Sovereignty Collaborative** Facebook page for more information on maple tapping and other traditional food articles and videos. For more information on starting out maple tapping, check out MSU-Extension’s two part series: (https://www.canr.msu.edu/news/making_maple_syrup_in_your_own_backyard_part_1), Cornell University’s “Maple Syrup Production for the Beginner”, or your local library!



Family member helps with Maple tree tapping for sap.



Debunking Wellness Myths Series: Part 3

Keeping a healthy well-being is essential to everyone. As a result, society has become increasingly health conscious. More and more information is coming out on how to lose weight, how to get fit, how to eat, sleep, and breathe – however, how do you know if the information is based in science or not?

Community Health Education would like to set the record straight and help you separate fact from fiction in our four part **Debunking Wellness Myths Series**.

Myth One: If you exercise, you will lose weight no matter what you eat.

Fact: There is a belief that if you work out, you can eat whatever you want and burn all of your consumed calories. Many people, in fact, justify eating unhealthy foods because they exercise. Unfortunately, most individuals (and exercise machines) overestimate the number of calories burned during a workout – giving individuals a false sense of 'I can eat anything,' which can actually lead to weight gain.

The truth is, even the most intense workout cannot compensate for your food habits completely. When it comes to weight loss and weight maintenance, nutrition is king. The achievement of a healthy lifestyle occurs through a 30% exercise and 70% nutrition model¹. If you really want to lose weight, you need to take a good look at your diet and focus on filling up on nutrient-dense foods because exercise alone will not do the trick.

Myth Three: Eating fat makes you fat.

Fact: In reality, we need a moderate amount of fat in our body to be healthy. Fat provides food with flavor and satiety to make us feel fuller. Many individuals, in fact, believe that fat-free and low-fat foods are much healthier than full-fat foods. However, when manufacturers remove fat as an ingredient, they typically compensate by adding other unhealthy ingredients instead like sugar and salt.

The fat people consume is called the "dietary fat." Dietary fat is among the three vital macronutrients from which your body can obtain energy. Therefore, people should include a moderate amount of healthy fat with their meals. A few examples of healthy fats are avocado, nuts, seeds, salmon, tuna, olive oil, and eggs. Fat is also necessary for your body to absorb certain vitamins, such as vitamins A, D, E and K.

¹Wolever, R., Reardon, B., Hannan, T. *The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health*

Myth Two: With the right exercise you can turn fat into muscle.

Fact: This myth is akin to saying you can turn a dog into a cat. Fat and muscle are two completely different substances, with different properties and uses. This myth may come from the commonly used phrase 'muscle weighs more than fat', which gives the illusion that we are merely swapping one for the other. However, muscle gain and fat loss are two separate processes. Fat levels reduce when our bodies burn fat due to a calorie deficit, whereby muscle grows from use. These processes do influence one another though – individuals with higher muscle mass will burn more calories to simply live and this could encourage greater fat loss.



*Anishinaabemowin
Wellness Phrase*

N'gichi nendam - I am in good spirits.



COMMUNITY HEALTH EDUCATION PROGRAMS

Good Health and Wellness For Indian Country (GHWIC) Grant

Policy and Environmental Changes to Prevent Obesity
Changes to Prevent Commercial Tobacco Use
Community Clinical Linkages to Prevent Type 2 Diabetes
Community Clinical Linkages to Prevent Heart Disease and Stroke
Contact: Heather Hemming at 906-632-5210

Tribal Practices for Wellness in Indian Country (TPWIC) Grant

Seasonal and Cultural Activities for Well-being
Intergenerational Learning for Resilience
Indigenous Physical Activity
Contact: Charlee Brissette at 906-632-5241

Michigan Tribal Food Access Collaborative "Food is Medicine" Grant

Tribal Food Sovereignty Collaborative
Food Access and Educational Resources
Contact: Josie Fegan at 906-632-5210

Nicotine Dependence Program

Sault Ste. Marie	906-632-5210
Hessel	906-484-2727
St. Ignace	906-643-8689
Manistique	906-341-8689
Escanaba	906-786-2636
Munising	906-387-4614
Marquette	906-265-1616
Newberry	906-293-8181

Physical Activity Referral Program

Chi Mukwa (Big Bear) Arena
Sault Ste. Marie
906-635-4991 or 906-635-4994



HEALTH EDUCATION TEAM

Lisa Myers, MS

Health & Wellness Manager
lmyers@saulttribe.net
632-5210 ext. 45255

Mary-Ellen Hemming, BS

Health Educator - SSM
mhemming@saulttribe.net
632-5210 ext. 41373

Maddy Lamma, BS

Health Educator - Big Bear
mlamma@saulttribe.net
632-4994

Heather Hemming, BS

Health Ed. Supervisor
hhemming@saulttribe.net
632-5210 ext. 41372

Josh Firack, BS

Health Educator - Big Bear
jfirack1@saulttribe.net
635-4991

David Wesoloski, BS

Health Educator - Manistique
dwesoloski@saulttribe.net
341-8469 EXT. 29573

Charlee Brissette, MS

Health Educator - SSM
cbrissette@saulttribe.net
632-5210 ext. 45241

Josie Fegan, MPH

Health Educator - SSM
jfegan@saulttribe.net
632-5210 ext. 41111

Lyndee Zeigler, BS

Health Educator - St. Ignace
lzeigler@saulttribe.net
643-8689 ext. 34532