

A large, light teal graphic serves as a background. It features a stylized face with large, almond-shaped eyes and a wide, open mouth showing teeth. The face is enclosed within a circular border with several sharp, triangular spikes pointing outwards, resembling a sunburst or a stylized helmet. The overall design is bold and graphic.

Promoting Healthy Communities and Thriving Future Generations

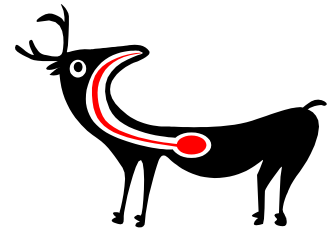
The Future Generations Collaborative
Strong Men – Strong Communities

Begin in a Good Way

- Welcome
- Land Acknowledgement
 - An act of decolonization
 - Centers Indigenous peoples in our practice
 - Honors Indigenous land and the history and contemporary reality of dispossession and occupation
 - A demonstration of humility & respect
 - Act of resistance and healing

A Diverse Native Community

- Portland Metro area rests on **traditional village sites** of the **Multnomah, Kathlamet, Clackamas, Bands of Chinook, Tualatin, Kalapuya, Molalla** and many other tribes who made their homes along the Columbia River, creating communities and summer encampments to harvest and use the plentiful natural resources of the area.
- Portland has the **9th largest urban Native American population** in the United States.
- We are **descended from over 280 tribes**.
- **40,783** in Multnomah County (2010)



Legal Basis for Federal Services to American Indians and Alaska Natives

- ✓ United States Constitution
- ✓ The Snyder Act of 1921
- ✓ The Transfer Act of 1954
- ✓ Indian Sanitation Facilities and Services Act of 1959
- ✓ The Indian Self-Determination and Education Assistance Act (enacted 1975)
- ✓ Indian Health Care Improvement Act of 1976
- ✓ The Indian Alcohol and Substance Abuse prevention and Treatment Act of 1986
- ✓ The Indian Child Protection and Family Violence Prevention Act of 1990

This is not an all-inclusive list.

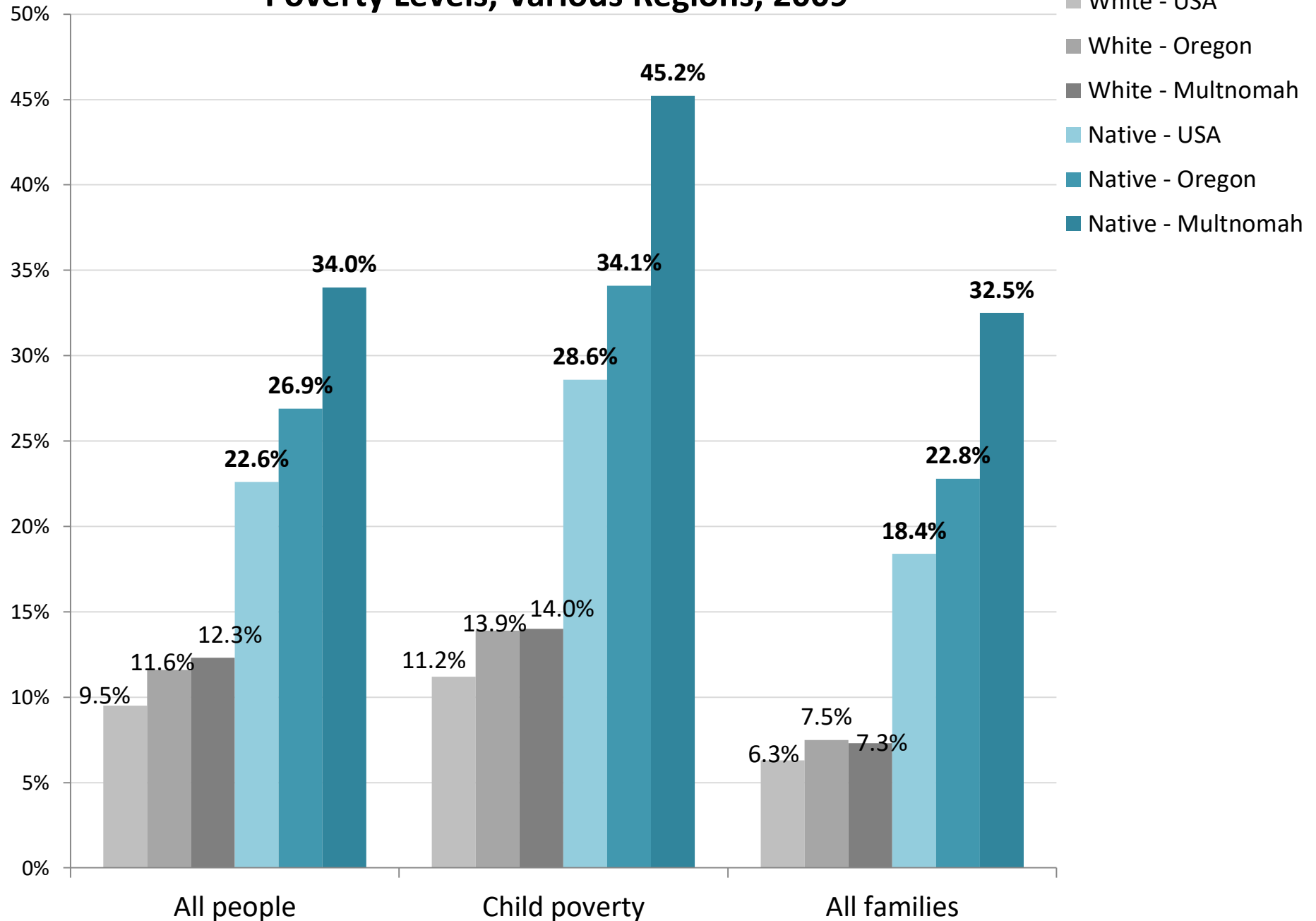
Federal Policies & Impact

- Boarding School Era – mid 1800s – 1960s
- Termination: 1953
- Federal Relocation Act: 1954
- Indian Child Welfare Act: 1978
- Freedom of Religion Act: 1978
- Citizenship and the Right to Vote
- Sterilization and Reproductive rights

Health Disparities

- Native Americans are **sizeable and growing** in numbers
 - But are rendered less visible by undercounts that we are solving in several ways
- There are **huge disparities** across all systems and institutions between Native Americans and Whites
- It is **worse here for Native Americans than USA averages**
- These disparities are **worsening over time**

Poverty Levels, Various Regions, 2009



Child Poverty...

It's a national disgrace

One-in-nine White children are poor in the USA



Today in Multnomah County, it is much worse for Native children.

1-in-2 Native American children are poor.

The poverty line is approx. \$21,000 for a family of four

Source: Curry-Stevens & the Coalition of Communities of Color (2011). *The Native American community in Multnomah County: An unsettling profile*. Portland, OR: Portland State University

This fact sheet is part of an educational series from the
Coalition of Communities of Color and School of Social Work, Portland State University, 2010

Native Elders

A silhouette of a Native American elder, likely a woman, wearing a large, feathered headdress. The figure is positioned in the center-left of the frame, facing right. The background is a warm, orange and yellow gradient, suggesting a sunset or sunrise. The overall mood is contemplative and respectful.

Today in Multnomah County

- 20% are hungry on a regular basis
- One-in-five live in poverty
- One-in-six go without utilities monthly
- Live on \$11,709/year (half that of Whites)

Source: Curry-Stevens & Coalition of Communities of Color (2011). *The Native American community in Multnomah County: An Unsettling Profile*. Portland, OR: Portland State University. This fact sheet is part of an educational series from the Coalition of Communities of Color and Portland State University, School of Social Work, 2011.

Who graduates from high school today?



63% of Whites got through in 2010.

*Only 40% of Native Americans got
through in the same year.*

Down from 47% in 2009.

Who gets sent to the Principal's office?



Much more often, it will be the Native student.

In Multnomah County, discipline rates are 42% higher for Native youth. This means they are more likely to be suspended or expelled than White students.

Yet, research shows youth of color are no more likely to act out in class. Those in the school, however, are more likely to punish them.



"Indigenous peoples (including American Indian and Alaska Natives) remain on the margins of society: they are poorer, less educated, die at a younger age, are much more likely to commit suicide, and are generally in worse health than the rest of the population."

(Source: The Indigenous World 2006, International Working Group on Indigenous Affairs (IWGIA) WHO; slide from One Sky Center-Oregon Health & Science University)



<https://www.youtube.com/watch?v=nN1D62AvxSo>

Improving the Health of Future Generations

Cultivates
Shared Values

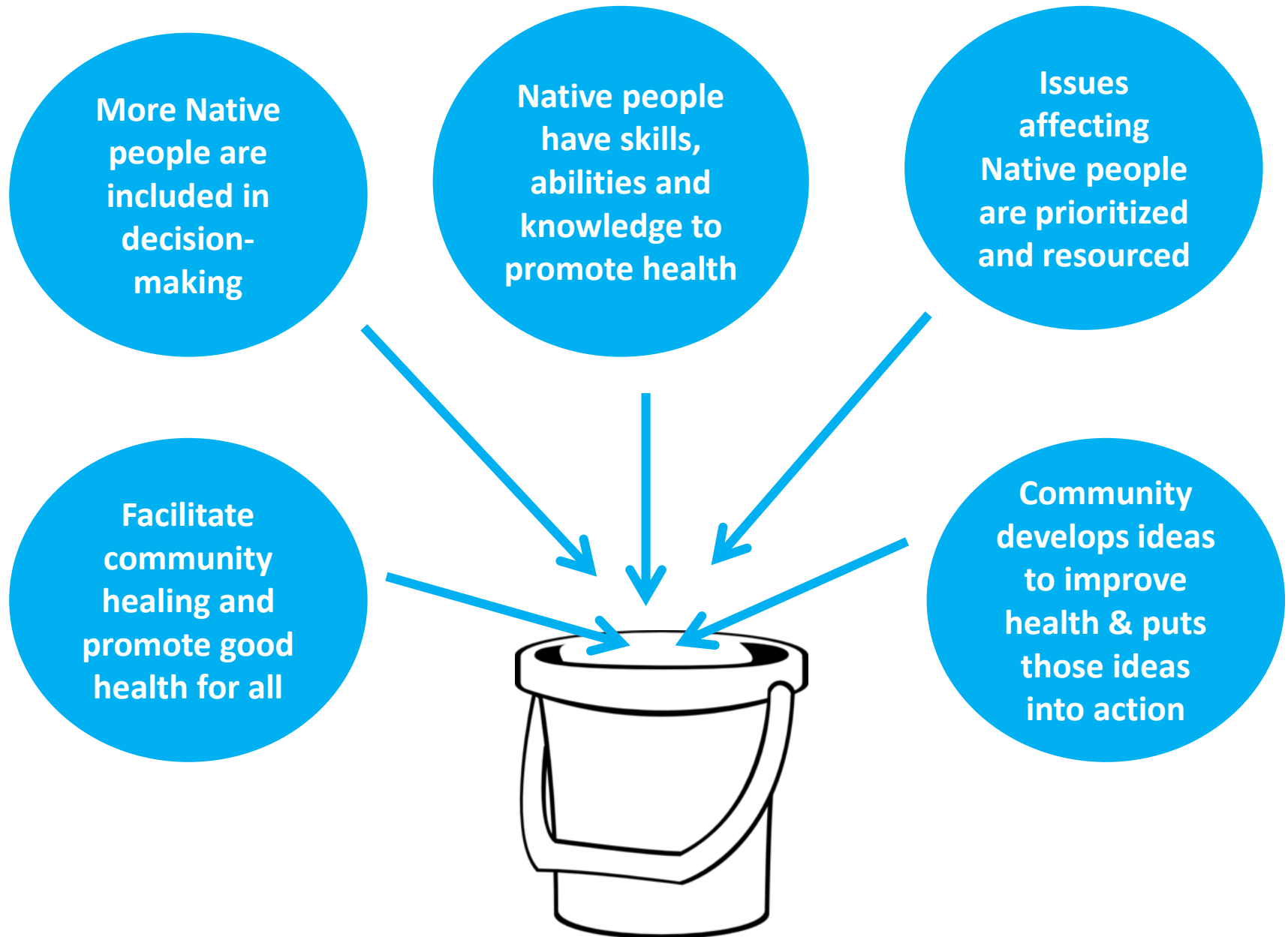
Builds
Community

Indigenous
Values

Integrates
Native Culture

Nurtures
Relationships

Bucket #1: Community-Based Participatory Planning



Bucket #2: Change and Improve Organizations and Systems

Organizations
provide
culturally-
relevant services
that meet the
needs of the
people

Trauma-
Informed
Approaches are
used to
improve
relationships &
partnerships

Native people
and
organizations
have healthy,
trusting
relationships

Organizations
commit to
reducing
substance-
exposed
pregnancies

Governments &
systems take
responsibility
for helping to
improve health



HEALTHY BABIES LIVE IN 97266!



213 **1,424**

Babies Born
2015-2017

*The majority of
babies born in the
97266 zip code are
very healthy!*

HEALTHY WEIGHT



95%

95% of babies were born weighing at least 5.5lbs (or 2500 grams) or more

HEALTHY GROWTH



92%

82% of babies were born having experienced healthy growth in the womb

FULL TERM



95%

95% of babies were born at 36 weeks gestation or more

STARTED BREASTFEEDING



92%

92% of babies started breastfeeding before leaving the hospital

EARLY PRENATAL CARE



83%

83% of moms started prenatal care during their first trimester

ADEQUATE PRENATAL CARE



72%

72% of moms received the recommended number of prenatal care visits

Strong Men – Strong Communities

- Promoting healthy behaviors through
 - Physical fitness
 - Exposure to healthy foods
 - Settings that are safe and supportive
 - Practicing best self
 - Visioning beyond “the broken” “the addict”...
 - 100% engagement
 - 7% weight loss goal
 - Increased physical activity



<https://www.youtube.com/watch?v=nN1D62AvxSo>

Discussion

- What did you think, feel, see or hear?
- How does this story relate to the stories you hear in your own work?
- In reflecting on your professional role, what opportunities do you have to acknowledge or address historical trauma?
- Are there additional opportunities for partnership or shared learning?
- What questions to do you have?