



Northern California Indian Development Council, Inc (NCIDC)
www.ncidc.org

California Native Food and Nutrition Program

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Happy Thanksgiving! The weather is colder, the leaves of the trees are falling, and Christmas is only a few weeks away. This is a busy time of year, although, there are still many health issues that our Native communities need to address. In this month's newsletter I wanted to introduce you to the "Making Connections" Peer Advocate Training of Trainers. This training is an early pregnancy and STD/HIV prevention curriculum for youth to use within their communities. There are many great places that this training could be used at. Tribal health fairs, pow-wows, local schools and any other cultural events just to name a few. It is there goal to keep current with new and innovative training materials and to provide a way for teens to educate other teens in their area.

This training is targeted toward Native teens ages 12-19 years. You are invited to bring two teen peer trainers and one advisor to the training. The training dates are January 17th and January 18th 2004. The location is still to be announced, but will be held in th Sacramento Area.

For more information on "Making Connections" please contact **Genevieve Markussen** at the **LIFE Center** at (530) 275-1513 or email at lifeinc2@shastalink.k12.ca.us

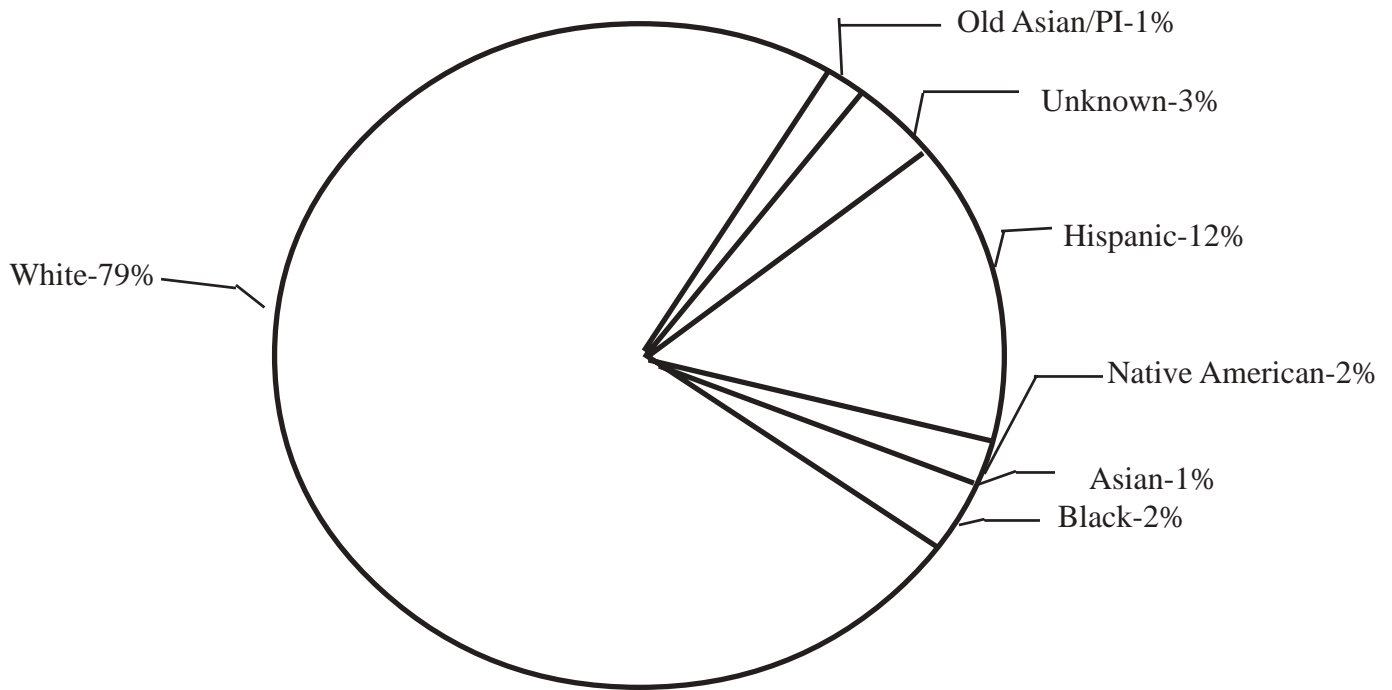
In the past ten years the number of Indian AIDS cases has steadily increased from 322 cases in 1991 to 2,537 in 2002 according to the Center for Disease Control.

% of AI/AN Population 1995 Census Update	Top Five AI/AN AIDS Case States	% of AI/AN AIDS Cases Through 2002
12%	California	25%
13%	Oklahoma	11%
10%	Washington	7%
4%	Arizona	4%
4%	Alaska	4%

The following table shows a comparison between the five states with the most Native AIDS cases and those same state's portion of the overall Native population.



Race/Ethnicity of Cumulative HIV Cases for Sonoma County, through June 30, 2003



HIV is Contracted Through:

- * Sexual contact
- * Sharing needles for drugs/tattoos with someone who has HIV
- * Blood transfusion
- * Pregnant women can pass HIV to their babies before/during birth and /or when they breast feed.

HIV is NOT Contracted Through:

- * Air
- * Shaking hands with or hugging a person who has HIV
- * Toilet seats
- * Insect bites
- * Sharing food/dishes with HIV infected person

Ask Dr. Coyote*

Answers on food and exercise from two perspectives

Dear Dr. Coyote-

Q: *What about the positive impacts of fat in the diet?*

Dr. Coyote's Answer:

Look, Elvis was the King of rock and roll, and he sustained himself on fried banana, peanut butter and mayonaise sandwiches and people in the loop know he is still alive today (I heard he pitches for a recreation league softball team and they occasionally show up at Rez Tourney's as E). Everyone today is concerned about better health but the King realized that by fortifying the diet with a good amount of lard you could slide through most health problems. How better to keep your insides greased up properly than with the butter on white bread toast or the cheese and grease from a tasty burger.

Reasonable Health Practioner's Response:

The major kinds of fats in the foods we eat are saturated, polyunsaturated, monounsaturated and trans-fatty acids. Saturated fats, trans-fats and dietary cholesterol raise blood cholesterol. A high level of cholesterol in the blood is a major risk factor for coronary heart disease, which leads to heart attack, and also increases the risk of stroke. Hydrogenation is a heating process in which liquid oil is converted to a more solid and saturated form. Trans fat result from hydrogenation. They increase total and LDL (bad) cholesterol levels, which increases fatty buildups in arteries and raises the risk of hear attack and stroke.

**Please note that in many cultures, Coyote is the Trickster and his advice should be taken with a grain of sodium reduced, kosher, organic sea salt (his section is intended as humor or parody). If you have any serious or lighter questions to ask of Dr. Coyote (and a reasonable response as well) about diet, health, nutrition or exercise please email: coyote@ncidc.org*

For Better Health:

*Eat a variety of fruits and vegetables. Choose 5 or more servings per day.

*Eat a variety of whole grain products

*Eat fish at least twice a week, particulary fatty fish.

*Include fat-free and low-fat milk products (especially yogurt). Also include legumes (beans), skinless poultry and lean meats.

*Choose fats and oils with grams or less saturated fat per tablespoon, such as liquid and tub margarines, canola, corn, safflower, soy bean and olive oils.



Turkey Salad

10 ounces cooked turkey breast
2 medium stalks celery, sliced
1 medium green onion, sliced
1 (11 ounce) can mandarin orange segments, drained
1 (8 ounce) can sliced water chestnuts, drained
1 (6 ounce) container orange or lemon yogurt
1/4 teaspoon ground ginger
1 cup seedless green grapes, halved

Cut turkey into 1/2 in. pieces. Mix the yogurt and ginger in a large bowl. Stir in remaining ingredients and toss well to coat. Cover and refrigerate mixture at least 2 hours to blend flavors. Serve over mixed salad greens.

Makes 4-6 servings

Serving Size: 10 ounces

Nutrients per Serving:

Calories: 254
Total fat: 4 grams
Saturated fat: 2 grams
Cholesterol: 56 mg
Sodium: 105 mg
Carbohydrate: 30 grams
Protein: 24 grams
Dietary fiber: 3 grams

