

This booklet was produced by the Native American Health Center in Oakland, California, and the California Rural Indian Health Board in Sacramento, California. For more information, please contact these organizations at the addresses below:

Native American Health Center
Nutrition and Fitness Department
3124 International Boulevard
Oakland, CA 94601
(510) 535-4400
www.nativehealth.org

California Rural Indian Health Board
Family and Community Health Services
4400 Auburn Boulevard, 2nd Floor
Sacramento, CA 95841
(916) 929-9761
www.crihb.org

Unless otherwise noted, the youth in this booklet were photographed at the American Indian Youth Challenge Summer Sporting Event at the Alliance Redwoods Conference Center in Occidental, California, and at the American Indian Public Charter School's Summer Youth Project in Oakland, California.

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Design: Margaret Dubin.

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EAGLE VISION



American Indian teens talk about healthy living

Enjoy Foods
Achieve Balance
Gather Knowledge
Love Your Body
Exercise
VISION

Eagle Vision was created to find out what American Indian teens think about eating better and being active. This booklet can be used as a guide in working with teens to build awareness about learning to listen to your body and respecting the messages it gives you.

On the front cover: Dalton and Leann Tubby (Choctaw), brother and sister, created food sculptures during a summer youth project at the American Indian Public Charter School in Oakland.

Osteoporosis: A disease that thins and weakens bones to the point where they break easily — especially bones in the hip, backbone (spine), and wrist. Osteoporosis is called the “silent disease” — you may not notice any changes until a bone breaks.

Overweight: Being too heavy for one’s height. Body weight comes from fat, muscle, bone, and body water. Overweight does not always mean over fat.

Physical activity: Any form of exercise or movement. Physical activity may include planned activity such as walking, running, basketball, or other sports. Physical activity may also include other daily activities such as household chores, yard work, walking the dog, etc. It is recommended that adults get at least 30 minutes and children get at least 60 minutes of moderate physical activity most days of the week. Moderate physical activity is any activity that requires about as much energy as walking two miles in 30 minutes.

Pound: 3,500 calories = 1 pound of fat

Strength training: Exercises that make your muscles stronger. This type of training may include free weights, your own body weight, or weight machines.

Stretch: Exercises that help your flexibility and prevent muscle injury.

Stroke: An event in which part of the brain is not getting enough oxygen. It may be due to either a lack of oxygen-rich blood to the brain or bleeding into or around the brain.

Warm up: Five to twenty minutes of easy moving before a race or a workout. The point of a warm-up is to raise one’s heart rate so the body (and its muscles) are looser before a tough workout begins.

Resources and Organizations

Food On the Run: California Project Lean
<http://www.caprojectlean.org>

National Eating Disorders Association
1-800-931-2237
www.nationaleatingdisorders.org

National Diabetes Education Program
1-800-860-8747
<http://ndep.nih.gov>

The American Dietetic Association
1-800-366-1655
www.eatright.org

Nutrition Action Health Letter
Phone: (202) 332-9110
<http://www.cspinet.org>

Glossary

Aerobic exercise: A system of exercises or activities designed to increase the amount of oxygen in the blood and strengthen the heart and lungs such as walking, running, swimming or biking.

Blood pressure: How hard your heart is pumping to move blood through the body.

Body image: Our thoughts, ideas and feelings of and about our bodies.

Calorie: A unit of energy in food. Foods have carbohydrates, proteins, and fats. Some beverages have alcohol. Carbohydrates have 4 calories per gram. Proteins have 4 calories per gram. Alcohol has 7 calories per gram. Fat has 9 calories per gram.

Cancer: A disease that happens when the body makes cells that are not normal. These cells grow very quickly to take over the normal cells and can spread to different parts of the body if a doctor doesn't treat it. People can get very sick from cancer and even die. There are many different types of cancer, but you can't get any of them from being near someone who has it. But you can get some kinds of cancer from smoking, so that's another good reason to say no to cigarettes!

Cholesterol: A waxy substance that travels in your bloodstream.

Diabetes: A disease that occurs when the body is not able to use blood glucose (sugar). Blood sugar levels are controlled by insulin, a hormone in the body that helps move glucose (sugar) from the blood to muscles and other tissues. Diabetes occurs when the pancreas does not make enough insulin or the body does not respond to the insulin that is made.

Diet: What a person eats and drinks. Any type of eating plan.

Fat: A major source of energy in the diet. All food fats have 9 calories per gram. Fat helps the body absorb fat-soluble vitamins, such as vitamins A, D, E, and K.

Fiber: Also known as roughage or bulk, fiber is a non-digestible carbohydrate usually found in plants.

Genetics: The study of the way you look and how your general health is passed down from one generation to the next. This is also called heredity. Genetics includes the study of genes, which have a special code called DNA that determines what you will look like and whether you are likely to have certain illnesses.

Healthy weight: Compared to overweight or obese, a body weight that is less likely to be linked with any weight-related health problems such as type 2 diabetes, heart disease, high blood pressure, high blood cholesterol, or others.

Heart disease: When arteries in the heart cannot carry enough blood to keep the heart healthy.

Junk food: Junk food isn't actually made of garbage. People use the term junk food to describe a food that has few of the nutrients your body needs, and a lot of fat, sugar and salt, which your body can easily get too much of. Potato chips, candy, and soft drinks are often considered junk food. If you like these snack foods, the trick is to eat them in small portions so that you still get the nutrients you need each day.

Nutrition: 1) The process of the body using food to sustain life. (2) The study of food and diet.

Obesity: Having a high amount of body fat. A person is considered obese if he or she has a body mass index (BMI) of 30 kg/m² or greater.



Enjoy foods

“When I eat I think taste matters a lot because if you do not like the taste then you probably won't eat it. Then there is the health issue, if you eat too much of something that is not healthy, that is not good because you need balance. I don't count calories and be like 'Oh my God this is fattening' but if I like it then I am just going to eat it.”

Melissa Burley (Miwok)

Eat regular meals and snacks to stay awake...alert...and full of energy!

Take a look at your eating habits. What you eat, where you eat, and why you eat are important to your health. As a teen, you need to eat a variety of foods that give you the nutrients your growing body needs. This book can help you think about the food and activity choices you make everyday. Healthy eating and being active now may also help prevent diabetes, high blood pressure, heart disease, osteoporosis, stroke, and some forms of cancer.

Eagle Vision can help you take charge of health!

Eat and enjoy 5 servings of fruits and vegetables every day for better health!

What is a serving of fruit and vegetables? What does a serving look like?

1 medium fruit = tennis ball $\frac{1}{4}$ cup dried fruit = 1 small egg

1 cup chopped vegetables = a fist

1 cup lettuce = 4 leaves

1 cup chopped fruit = baseball

bar



"I play sports with my friends, we run around and I practice boxing, it's fun. My favorite sport is football, so I practice playing football or basketball, even though I am not good at basketball"

Candace Espinosa (Pauite)

- ⊙ How can you fit exercise into your day?
 - ⊙ What does it mean to be physically fit?
 - ⊙ How does exercise make you feel?
 - ⊙ Why do you exercise?
 - ⊙ How does exercise keep you healthy?
 - ⊙ Can a person be fit and fat?
- ⊙ Is stretching important?
- ⊙ How much exercise do you need?

- ⊙ Doing **aerobic exercise** 30 minutes everyday is equal to burning about 73,000 calories a year or 20 pounds of fat.
- ⊙ Adding 2 pounds of muscle is equal to burning 36,500 calories a year or 10 pounds of fat.
- ⊙ **Strength training** exercise helps build muscle, burn fat, strengthens bones, and improves sports performance.
- ⊙ Aerobic exercise builds muscle, burns fat, gives you endurance, improves mood, strengthens the heart and lungs, helps you do better in school and sports. Exercise gives you more energy and helps you feel better about yourself.
- ⊙ In California 80% of 5th, 7th, and 9th graders tested were unable to meet the minimum standards to be considered physically fit.



“Exercise is important so we can be healthy and stay fit. I like to jog around my neighborhood and ride my bike.”
Terrance Tubby (Choctaw)

What if you have a snack attack? Here are some ideas:

apple 

orange

grapes 

carrots and celery

nuts

grapes

granola bar

pretzels

chocolate milk

dried fruit



“Broccoli is my favorite vegetable because it looks like little trees and you can eat it with almost anything.”
Margaret Jones
(Pauite/Shoshone)



Healthy Bodies, Hungry Minds

Get the facts first! Try not to be fooled!

True or false? If I am running late and have to skip breakfast, I can make it up by eating more at lunchtime.

This is false. A good breakfast provides you with energy to start the day right. Without it, you'll have less energy and more difficulty concentrating on school and homework.

True or false? I don't have to pay attention to fat and cholesterol in my diet until I become an adult.

This is false. Your diet as a teenager can influence your health as an adult.

True or false? All popcorn is a healthy nutritious snack.

This is false. Air popped popcorn is the best choice. Many microwave popcorn brands are very high in salt and fat. Also, beware of movie theater popcorn. One small bag has about the same amount of fat that a person needs for an entire day!

True or false? When you put a piece of bread in the toaster you are reducing the number of calories it contains.

This is false. The bread might have lower water content, but it has the same number of calories.

True or false? Potato and corn chips are part of the vegetable group in the food guide pyramid.

This is false. Even though potatoes and corn are found in the vegetable group, potato and corn chips are not found there. These two snacks can be very high in fat and should only be eaten once in a while.

True or false? Brown sugar is more nutritious than white sugar.

This is false. Brown bread is more nutritious than white bread—true. Brown rice is more nutritious than white rice—true. But sugar is sugar! Brown sugar just has a little molasses added to change the color.

dribble



hike

"When I am bored I go swimming or listen to music. I like football and basketball because they are fun to play. The Lakers are my favorite basketball team. And my favorite player is probably Shaquille O'Neal. If I wanted to become a better athlete I would probably exercise more and run. I have some friends who are good athletes; they have good basketball skills and can run and jump. I just shoot around and play on teams but I did get first place in a basketball tournament."

Daniel (Spider) Pierce (Paiute/Shoshone) and Brittany Shaw (Paiute)

throw

skip

climb

run

walk

"I think it is easier to exercise with a friend because they can encourage you and tell jokes while you are exercising."
Emily Mendez (Paiute)



dance

swim

bike

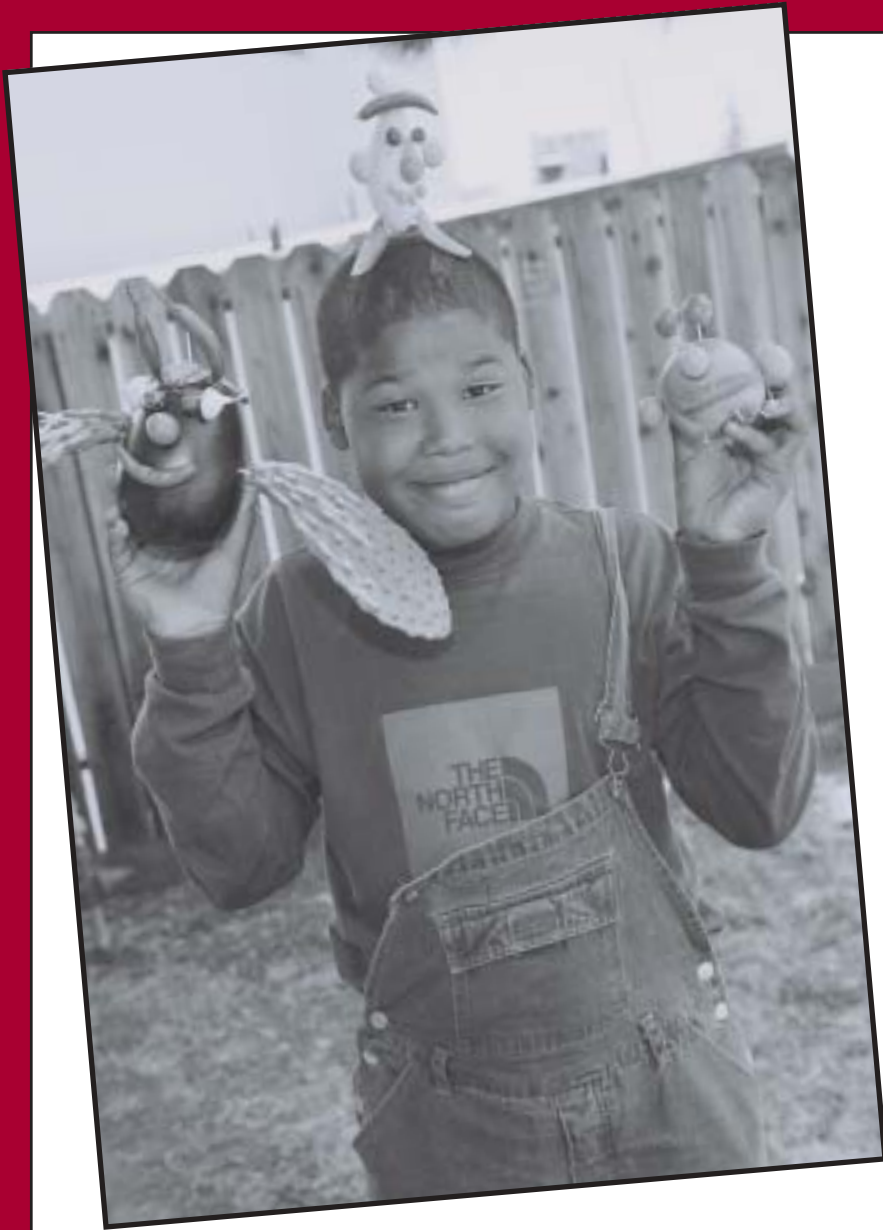
catch



"If I decided to lose weight I would probably eat healthy, exercise a lot, and not eat so much food."
Dugan Seymore (Paiute/Timbishaw)

Achieve balance

- ☉ Healthy people are naturally different shapes and sizes.
- ☉ Look around at the people you see every day. What sorts of body shapes do you see?
- ☉ What traits do you appreciate in the people you care about and look up to? Focusing on the positive things about yourself and others makes everyone feel good.

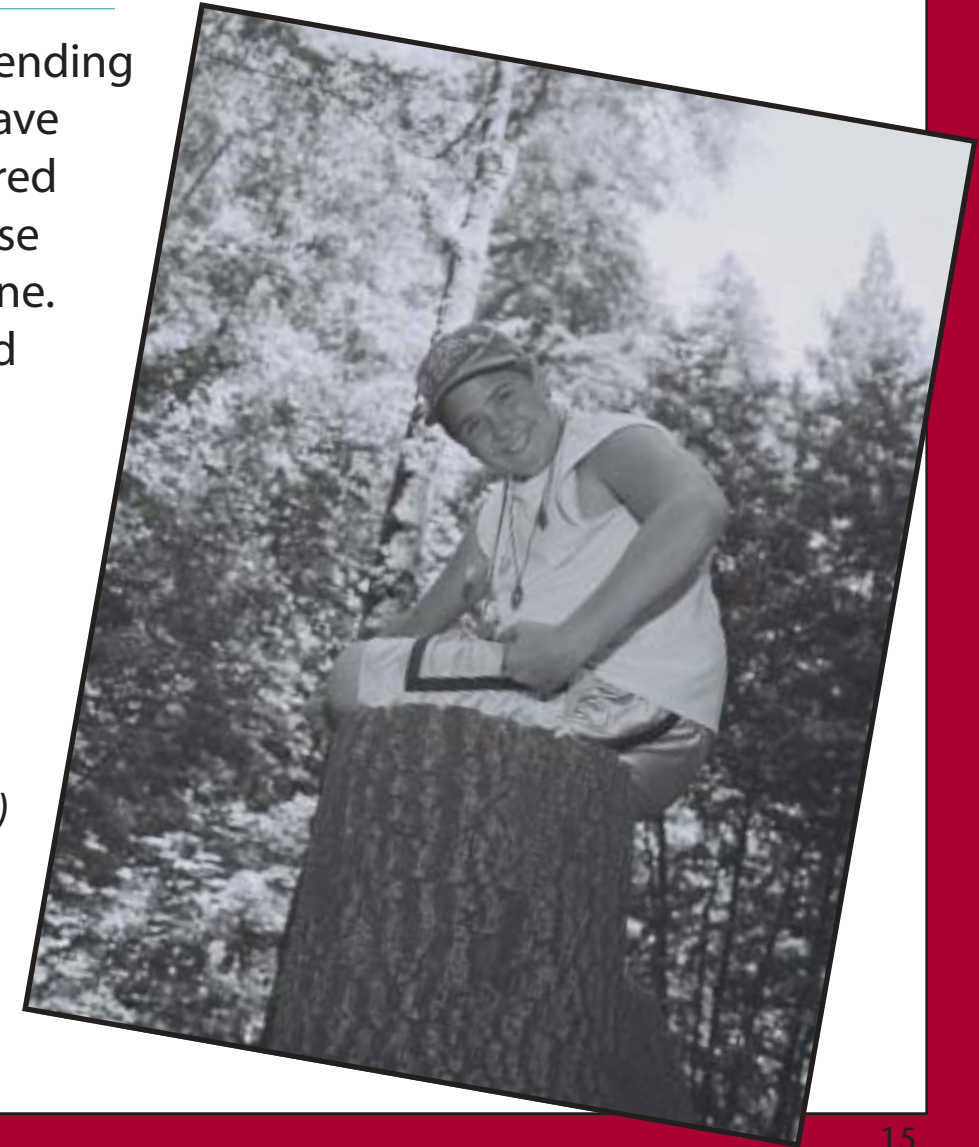


"If I don't eat breakfast, I just take something with me, like a cereal bar."
Dalton Tubby
(Choctaw)



Exercise

"Sometimes, depending on how much I have exercised, I feel tired but I like it because of what I have done. After P.E. I am kind of out of breath because we run a lot but I like it. I like to exercise and I like how I feel afterwards!"
Charlie Newell
(Pauite/Shoshone)





“My friend back at school used to throw-up every time she got done eating. She got really thin, she was pale and got sick all the time.”
Jenna Jones (Paiute) and Kara Barlow (Paiute)

Facts:

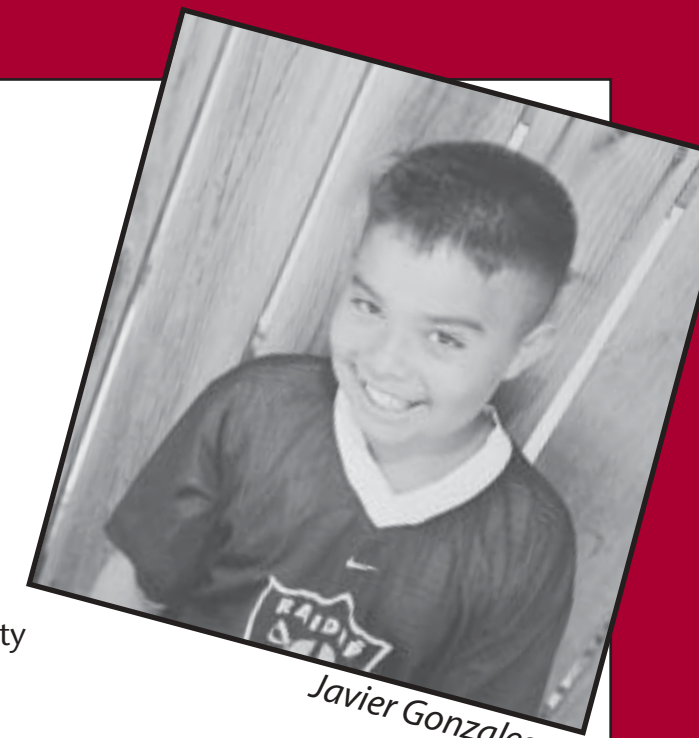
- ⊙ More than 80% of 4th grade girls have been on a diet.
- ⊙ The average American woman is 5'4" tall, weighs 142 lbs., and wears a size 14.
- ⊙ The average fashion model is 5'9" tall, weighs 110-118 lbs., and wears a size 4—a body that is naturally possessed by fewer than 5 percent of women.

Play Hard! How?

- ⊙ Move whenever you can
- ⊙ Make your heart work harder
- ⊙ Stretch and build those muscles
- ⊙ Set aside some time every day for activity
- ⊙ Don't sit around

Did you know?

- ⊙ Jogging can help memory, stimulate creativity, raise IQ, and chase the blues away.
- ⊙ A person can sweat more than a quart of water an hour while exercising in hot weather.
- ⊙ One year of strength training can add an average of 35-76% gain in muscle mass.
- ⊙ If you burn 150 calories a day through exercise you can lose about 15 pounds a year.



Javier Gonzales

“Too much TV
is when you
watch it
every single
day—all day.”
Jocelyn Louis



- 🕒 **Fact:** On average, youth spend 900 hours in school and 1,023 hours watching TV each year.

Learning about how our health affects our body image is an important first step in learning to love our body. ❤️

- 🕒 Listen to your body. Eat when you are hungry.
- 🕒 Be realistic about the size you are likely to be based on your genetic and environmental history.
- 🕒 Exercise regularly in an enjoyable way, regardless of size.
- 🕒 Expect normal weekly and monthly changes in weight and shape.
- 🕒 Work towards self acceptance and self forgiveness—be gentle with yourself.
- 🕒 Ask for support and encouragement from friends and family when life is stressful.
- 🕒 Decide how you wish to spend your energy—pursuing the “perfect body image” or enjoying family, friends, school, and, most importantly, life.



Love your body

"I think the perfect body is what you make of it. From childhood, watching TV and the media, you build up an idea of what a person should look like, what a body should be like, and what you would like to be. I think people are incredibly influenced by the media, like MTV videos, magazines, and different kinds of books. I could tell you that I'd much rather be a smaller size or have shorter or longer hair; whatever it is, everyone has their own opinions on what life should be like."

Natasha Tejada (Maidu)

Gather knowledge

"I think traditional American Indian foods are healthy because my people used to eat salmon and corn, and that is why my aunt says now a lot of Indians get diabetes because our bodies are not used to the food today. Some of us do not even know how to prepare traditional foods because a lot of elders have passed away and are no longer there to teach us how to prepare the foods. It's hard to eat healthy now because everyone is on the go. People are like, "Oh I'll just hurry up and get this or I'll hurry up and pop this in the microwave and I'll be ready to go." You don't take the time to plan your meals because you are always on the run all the time."

Andrena Cepeda (Wintu)



Facts:

- ⊙ Ordering super-sized French fries 2 times a week for one year is equal to about 41,600 calories or over 11 pounds of fat a year.
- ⊙ Drinking a 32 oz. regular soda everyday for one year is equal to about 141,620 calories or a gain of 40 pounds.
- ⊙ If you ate an apple everyday for an after school snack, instead of a small bag of chips, you can save yourself approximately 21,060 calories or 6 pounds in a year!
- ⊙ Soda provides the average adolescent with 12 tsp. of sugar a day. Research has shown that for every additional serving of soda, there is a 60% increase in children's risk of becoming overweight.



Healthy Meals:

Breakfast

1 cup oatmeal	\$ 0.09
1 banana	\$ 0.35
1 cup Calcium Fortified OJ	\$ 0.12
6 oz. Non-fat yogurt	\$ 0.44



Snack

1 oz. Dry roasted peanuts	\$ 0.18
w/ 1 oz. Raisins	\$ 0.15

Lunch

2 slices whole wheat bread	\$ 0.19
2 oz. Turkey breast	\$ 0.83
1 Tomato	\$ 0.28
2 Lettuce leaf	\$ 0.10
1 Med. Apple	\$ 0.39
1 cup skim milk	\$ 0.14
3-4 oz. Baby carrots	\$ 0.37

Dinner

Chicken breast (frozen)	\$ 0.83
2/3 cup brown rice	\$ 0.19
1 cup mixed veggies	\$ 0.49
Salad (lettuce, tomato)	\$ 0.48
1T. Olive Oil	\$ 0.08
1 Cantaloupe cubed	\$ 0.73
1 cup skim milk	\$ 0.14

Daily total:	\$6.57
Total calories:	1918
Total fat:	44.3 grams
	(29% total calories)
Total fiber:	30.4 grams



Fast Food Meals:

Breakfast—McDonald's

Danish	\$ 1.40
1 cup Orange Juice	\$ 1.39

Snack

1 oz. Cheetos	\$ 1.25
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Lunch—Taco Bell

Beef Burrito Supreme	\$ 2.15
Chicken Chalupa	\$ 2.15
20 oz. Coke	\$ 1.29



Dinner—Pizza Hut

3 Pieces Pepperoni Lovers	\$ 4.25
20 oz. Coke	\$ 1.25

Daily total:	\$15.13
Total calories:	3068
Total fat:	128.9 grams
	(38% total calories)
Total fiber:	14 grams