



# OUR VISION OF HEALTH FOR FUTURE GENERATIONS

An Exploration of Culturally-Based Mechanisms of Change

Danica Love Brown, MSW, CACIII, Doctoral Candidate  
NWPAlHB Summer Research Institute  
Social Work and Social Research  
Portland State University

# Social Location





# Introduction

Choctaw Trail of Tears

Historical Trauma



# Methodology

Conceptual Framework

Research Design



# Conclusion

Contributions to Science

Preliminary Findings



# Intellectual Ancestors

## Yappallí Team



## PSU Team



With love and  
gratitude  
to my intellectual  
ancestors who guide  
me through this  
journey

Yakoke!



# Introduction

- ▶ Research AIM 1: Identify the behavioral research-proximal level (individual change) change mechanisms.
- ▶ Research AIM 2: Identify the intermediary level (community/settings-based changes) for population health changes (addressing obesity and substance abuse related health disparities).



# Choctaw Trail of Tears



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# Yappallí





# Significance

- ▶ 2.3 million AIs in the United States (US) constitute approximately 1.7% of the total population
- ▶ 1.6 times more likely to suffer from obesity (US DHHS, 2014)
- ▶ Experience alarming rates of Type 2 diabetes, cancer, and cardiovascular diseases, which have recently been linked to pediatric obesity (Jones, 2007)
- ▶ AI also have a higher prevalence of behavioral risk factors (Aldworth, 2009; Beals, et al, 2005; Johnson-Jennings, et al, 2014; Johnson-Jennings, et al, 2015; Jones, 2006; Novins, et al, 2011; Thompson, et al, 2015; Walters, et al, 2012).
  - ▶ cigarette smoking,
  - ▶ absence of leisure-time and general physical activity levels,
  - ▶ binge drinking,
  - ▶ diets characterized by high fat content





## NIH/NIDA

- ▶ Health disparities and substance abuse are increasingly prevalent, costly, and deadly in Indian Country--fueling a twin epidemic.
- ▶ Behavioral patterns seen with obesity share core elements with drug addictive behaviors, such as continued engagement in problematic behaviors despite dire consequences to one's own health, family, and community and has been designated as a research priority area at National Institute on Drug Addiction (Volkow & Wise, 2005)



# Theoretical Models

- ▶ **Historical Trauma**

- ▶ Brave Heart Yellow Horse (2004) defines historical trauma as “...cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma” (pg. 4), and Duran (2006) refers to this a “soul wounding.”

- ▶ **Traditional Indigenous Knowledge**

- ▶ Is an understanding, interpretation, and meaning are part of a cultural experience that is expressed through language, naming, classification systems, resource use practices, ritual, spirituality, and worldview. Much of TIK is expressed through stories, oral history, ritual, legends, ceremony, song, and other means of communication.
  - ▶ *original instructions, relational restoration, and narrative transformation*

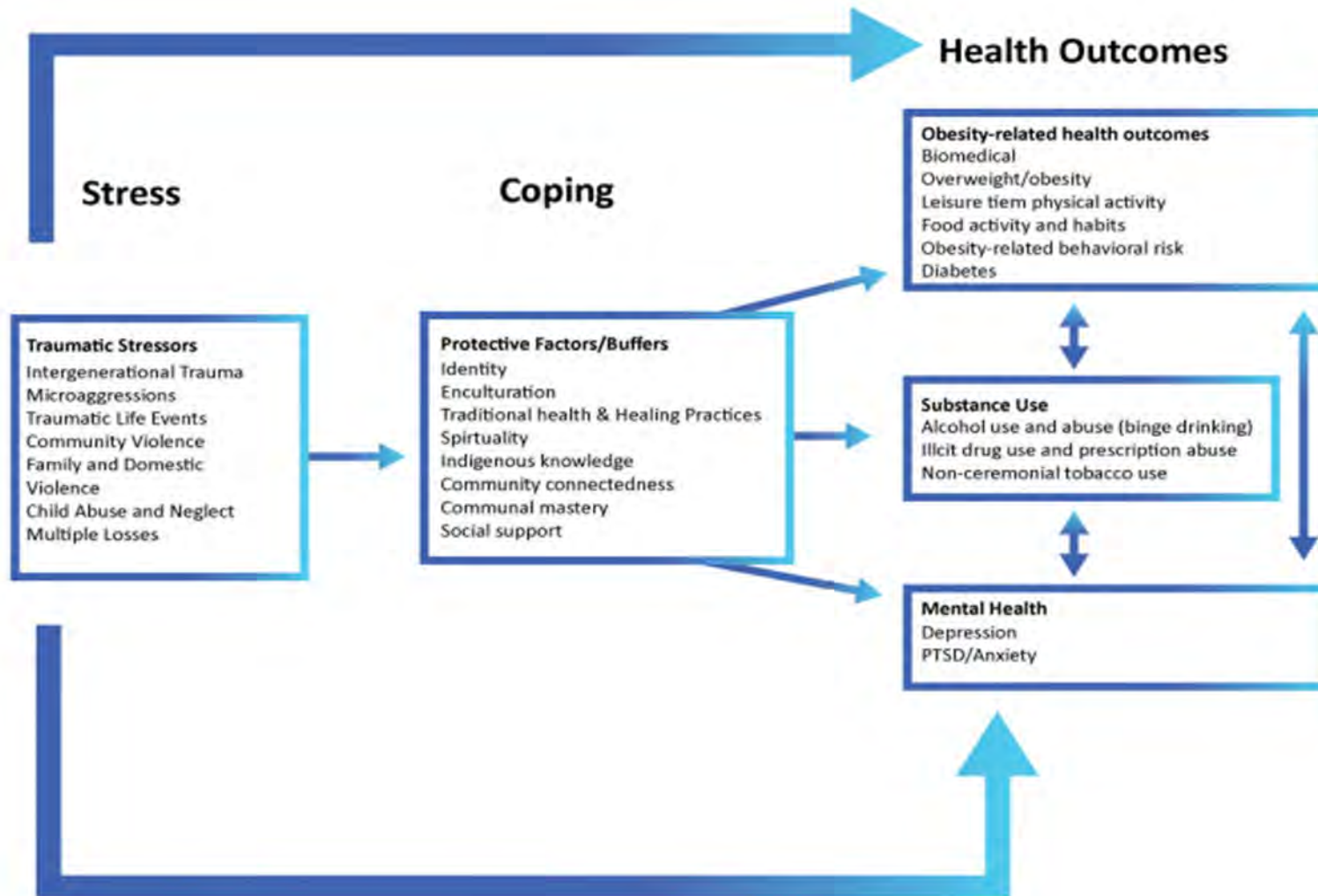
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# Conceptual Frameworks

- Indigenist Stress-Coping (ISC) model
- Yappallí Information Motivation Behavior (YIMB)

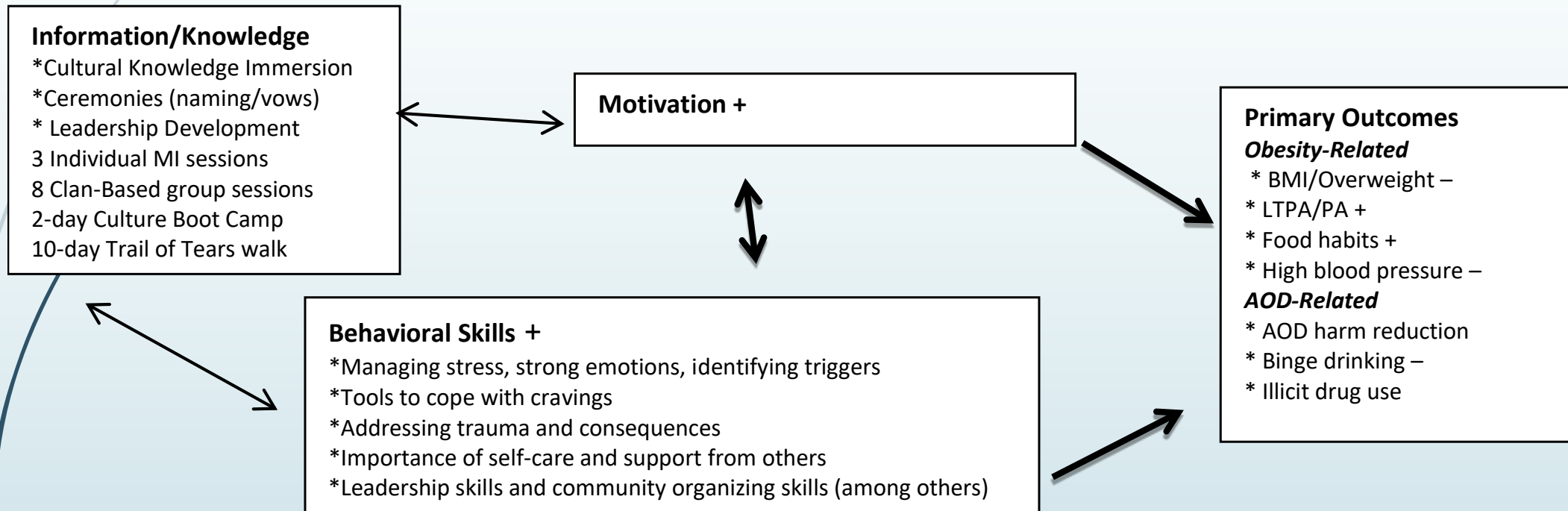


# Indigenist Stress-Coping (ISC) model



# Yappallí Information Motivation Behavior (YIMB)

**Figure 2- Conceptual Diagram of Yappallí Information Motivation Behavior (YIMB)**



# Research Methods



- ▶ In-depth interviews
- ▶ Reflexivity
- ▶ Listening Guide Method



# In-depth Interviews



- ▶ In-depth interviews can be viewed as a “conversation with a purpose” (Webb & Webb, 1975, pg. 130).

# Reflexivity



- “Reflexivity, in its various guises, occupies a central place in participatory action research, feminist research, ethnographies, and recently in hermeneutic and post-modern/post-structural approaches to research, taking different forms and raising different questions.” (Koch et. al, 1998, pg. 888).



# Listening Guide Method

- ▶ Qualitative data analysis method relational approach which emphasizes the voices of research participants. (Petrovic, et al, 2015)
  - ▶ Listening for the plot
  - ▶ Constructing poems
  - ▶ Listening for contrapuntal voices
  - ▶ Composing analysis





# Preliminary Findings-Initial Themes

- ▶ Embodiment of trauma and healing
  - ▶ “No words to describe the experience”
  - ▶ “You just feel it in here (heart space)”
- ▶ Family and community
  - ▶ “I walked the trail for my grandchildren, so they would not have to suffer”
  - ▶ “I joined Yappallí because my friend told me what an amazing experience it was for them”
  - ▶ “The Yappallí community helped me through this process”
- ▶ Perception of long term health benefits
  - ▶ “I feel better”
  - ▶ “I no longer take as much medication for my high blood pressure”
  - ▶ “I now walk everyday and eat better”
- ▶ Vision of health for future generations
  - ▶ “I cry for my grandchildren, they are already obese”
  - ▶ “My children and my grandchildren are changing their health too”

# Creating a vision of health for future generations





Questions?

