

Making Room at the WELL

Steffannie Roaché MS LPC

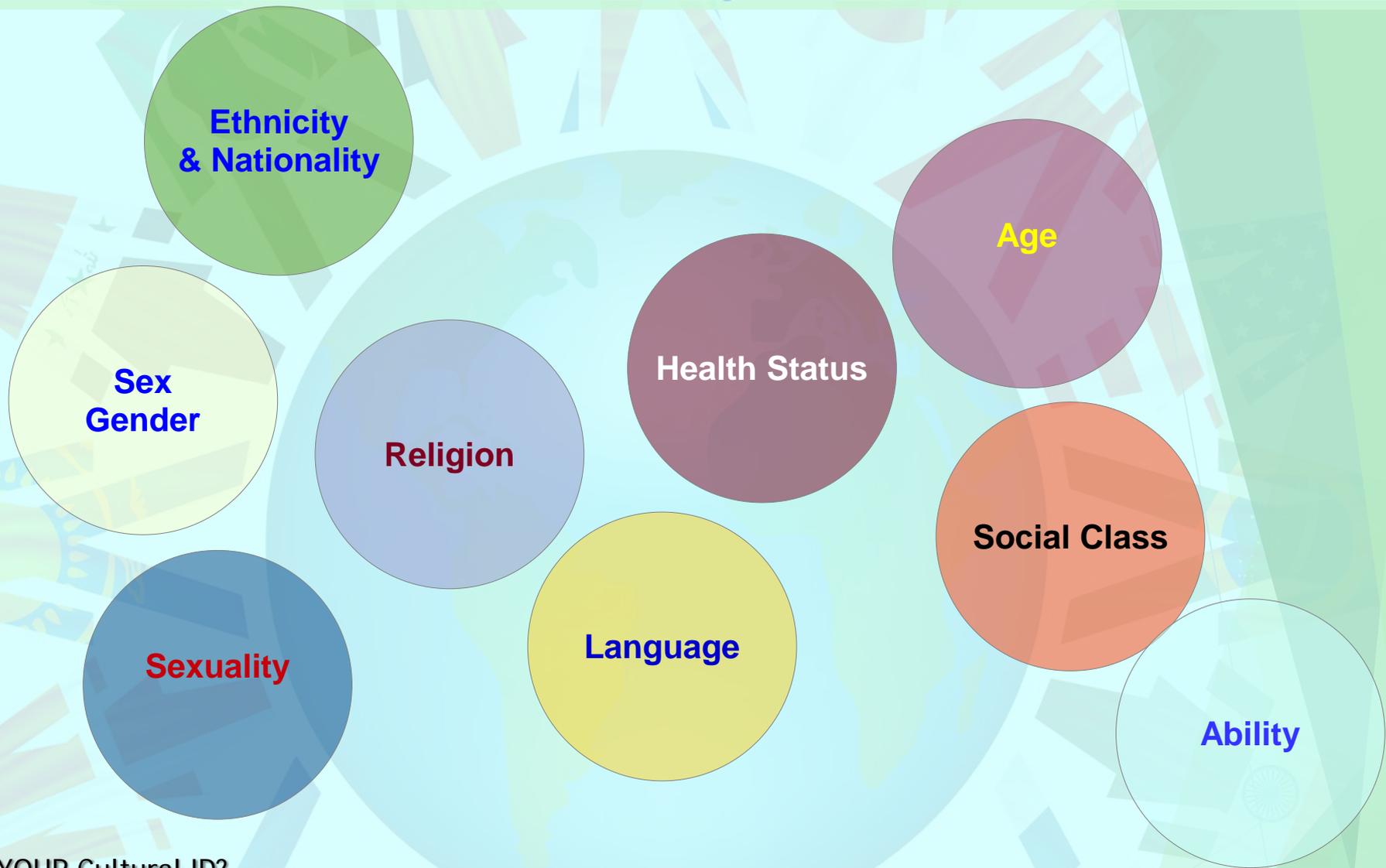
Goals & Expected Outcomes

- Consider our own culture, how this influences well-being.
- Identify our personal beliefs & values and effects on youth and adults from other cultures and ethnic groups we serve
- Evaluate similarities & differences for exercise, nutrition, spiritual health, stress reduction... in three or more cultural groups
- Describe some effective ways of encouraging wellness in a culturally inclusive manner that is respectful of ancient and traditional forms wellness in other groups.
- Celebrate and incorporate diverse ideas of wellness within our own lives.

1

Our Own Culture, how
this influences
Well-being.

Map Out Your Cultural Identity: We all have a culture!



What is YOUR Cultural ID?

- 1) Each bubble describes something that connects you to a Cultural or Ethnic Group. List your answers for each one.
- 2) Join with others into a small group. Contrast & Compare. Are there similarities or difference between each of you (only answer ones that you are comfortable with).

Question

- ▶ Describe Ways Your Cultural Identity Influences Your Beliefs About...
 - What is Healthy?
 - What is Attractive?
 - What is Normal?
 - What is Delicious?
 - What is Disgusting?
 - Any other considerations????

Our Cultural Connections

Our Cultural ID & Beliefs will influence decisions we make within our Classrooms, Schools Wellness Teams, Agencies, Districts...





Question

Which Wellness Domains Do
You *and/or* Your Program
Focus On?

Brainstorm why these are most
important to you/your
organization. Is there a
Cultural Connection?



Domains of Wellness

- .Emotional
- .Intellectual
- .Occupational
- .Physical
- .Social
- .Spiritual
- .Environment
- .Ecological
- .Cultural

Physical Health & Nutrition
Environment
Ecology

PHYSICAL

Occupational
Social
Cultural

COMMUNAL

Emotional
Intellectual
Spiritual

SPIRITUAL

2

Identify our personal beliefs and values about Health & Wellness, and the effects on people from other cultures and ethnic groups.



Evaluate Wellness from a Multicultural Lens

- ▶ Why? Because it helps us create a more inclusive wellness agenda to meet the needs of kids and families at our schools, people we work with in our organizations, and to promote wellness within our area of influence



Sociocultural Model

- Race & Ethnicity *Influence*:
 - Body image & dissatisfaction
 - Psychological & mental health disorders related to depression & eating disorders
 - Preferences & beliefs surrounding food and nutrition (*including foods that increase BMI & WC*)

BMI & WC

• Obesity

- **Asian decent:** Lower BMI's & WC, but at greater risk of weight related health problems [25]
- **African decent:** Higher BMI's & WC and remain healthier than other women [33]
- **European decent:** Experience weight related health problems with BMI of [30] or more
- **Latina's & Native American's:** Preferred higher than [30] BMI's.

Katzmarzyk PT, Bray GA, Greenway FL, Johnson WD, Newton RL, Jr., Ravussin E, Ryan DH, Smith SR, Bouchard C. Racial differences in abdominal depot-specific adiposity in white and African American adults. *Am J Clin Nutr.* 2010;91:71–5

Pan WH, Flegal KM, Chang HY, Yeh WT, Yeh CJ, Lee WC. Body mass index and obesity-related metabolic disorders in Taiwanese and US whites and blacks: implications for definitions of overweight and obesity for Asians. *Am J Clin Nutr.* 2004;79:31-9.

Rahman, M., Temple, J. R., Breitkopf, C. R., & Berenson, A. B. (2009). Racial differences in body fat distribution among reproductive-aged women. *Metabolism: Clinical and Experimental*, 58(9), 1329–1337. <http://doi.org/10.1016/j.metabol.2009.04.017>

Wen CP, David Cheng TY, Tsai SP, et al. Are Asians at greater mortality risks for being overweight than Caucasians? Redefining obesity for Asians. *Public Health Nutr.* 2009;12:497-506.

Discussion & Practical Application

1. Take a moment to consider your cultural ID
2. Now consider the cultural ID of another group, different from your own
3. Describe similarities & difference in Wellness focus, challenges...

- Mr. Semple, a 67-yr old man from the Choctaw Nation, mechanic, widower, cannot afford to retire.
- Ms. Martinez, a 41-yr old grandmother who is undocumented, from Guadalajara, lives with her 25yr old married daughter, her husband and 2-young grand kids
- Mr. Gallardo, a 19-yr old Bi-cultural African American young man 1st-generation American from Haitian and Dominican parents, recent graduate from an inner-city public school in Florida, accepted into private college on scholarship in Oregon

3

Evaluate similarities and differences in beliefs about exercise, nutrition, spiritual health, stress reduction in three or more cultural groups

I Hate Apples!

School Wastes Hundreds of Apples, Baby Carrots & Celery
A Year Line the Garbage Cans of American Schools Every Day!

Considering the Psychological and cultural tastes, attitudes, and preferences that leads to plate waste/scrapings

“Most of those kids in kindergarten and first graders and second graders, they’re probably missing those upper teeth, so how are they going to eat that apple? So you need to slice it.”

“So, if I have pork teriyaki one day over brown rice, I’m going to have another item so that my kids who don’t eat pork will be able to pick something else.”

“Roasted vegetables are much more popular than anything that’s steamed or boiled or broiled.”

USDA Food and Nutrition Service, (2016). HHFKA Implementation Research Brief: Plate Waste 3, Retrieved from:
<http://www.fns.usda.gov/sites/default/files/ops/HHFKA-PlateWaste.pdf>

http://well.blogs.nytimes.com/2015/09/07/children-tossing-school-lunch-fruits-and-vegetables/?_r=0

http://www.upi.com/Health_News/2015/08/26/Children-throwing-away-fruit-vegetables-from-school-lunches/2081440589711/



CAO GIO

(gow yaw)



- Form of Alternative medicine from South East and other parts of Asia
- A Heated medicinal oils are rubbed across the chest, back & shoulders with copper or silver coins, spoons or other items. (Similar to dermabrasion)
- Red marks appear across the skin. These are pathways for unhealthy wind to be removed from the body.
- Used for weather related issues such as colds, flu, aches & pains, fever and similar common illnesses
- Some potential for complications can occur, generally due to friction against the skin. These include redness and bruising. Other issues might occur based on the types of oils used in the process.

▶ California Childcare Health Program, (2010). Fact Sheets for Families, Coining: What You Need to Know retrieved from http://www.ucsfchildcarehealth.org/pdfs/factsheets/Coining_En0210.pdf

▶ Pich, L., (2006). Vanderbilt University, Psychology Department. Health Psychology Home Page. CAO GIO (Coin Rubbing or Coining). Retrieved from <https://healthpsych.psy.vanderbilt.edu/CAOGIO.htm>

Feng Shui:

- Allows energy to smoothly, gently through our environment
- Balancing the 'chi' or life force of all objects and beings to promote wellbeing
- Bagua Charts to help arrange living spaces for optimal health and well-being



Smudge

- Native American practice, but also used by other cultures as well
- Smoldering Bundle of white sage (or other herbs) wafts across body and throughout the space
- Negative thoughts, feelings, some physical illnesses, and helps decrease stress response



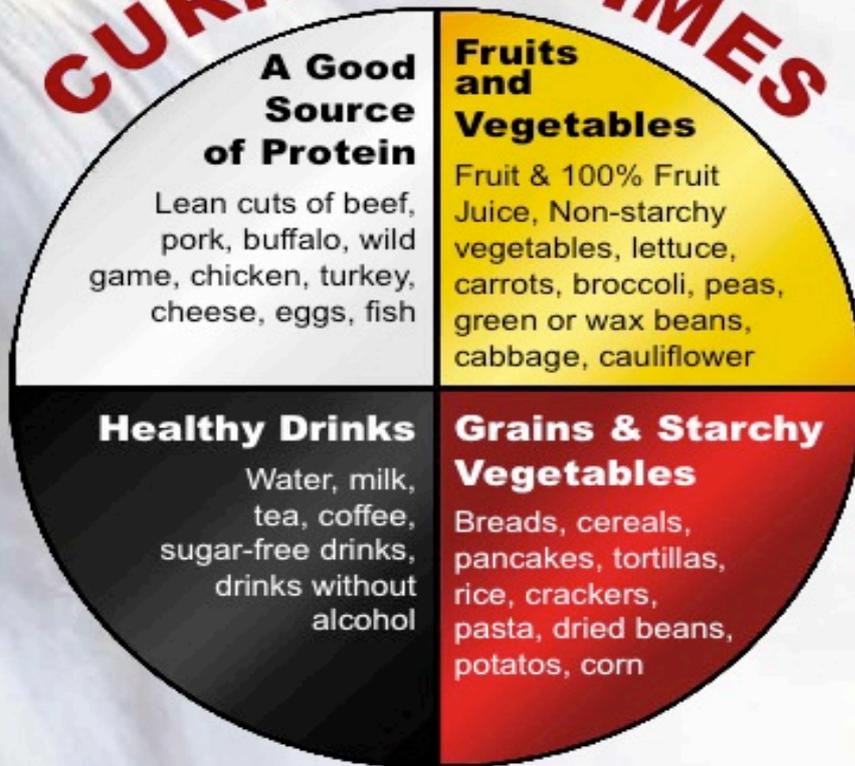
Smudge Stick: Retrieved Wikipedia, (2016). from https://en.wikipedia.org/wiki/Smudge_stick

HAITIAN CULTURE

- **Heavy & Light Foods:** Day Times-Heavy, Evening-Light
- **Hot Foods:** Eggs, Meats, coffee, rum...
- **Cold Foods:** Most fruits, cheese, nuts....
- **Imbalance:** Loss of equilibrium can occur when foods are not eaten at appropriate times (*chofret*)
- **Health & Wellness** is personal...



CURRENT TIMES



A balanced plate of food for today's Lakota includes the four aspects of our ancestral diet.

- **Water**
- **Lean Meat / Protein**
- **Fruits or Vegetables**
- **Starch / Grain**

In a balanced meal, no food group dominates the plate.

Four Winds Nutrition Guide

Building a Healthier Plate for Today

Northern Plains Nutrition Consulting – Kibbi Conti

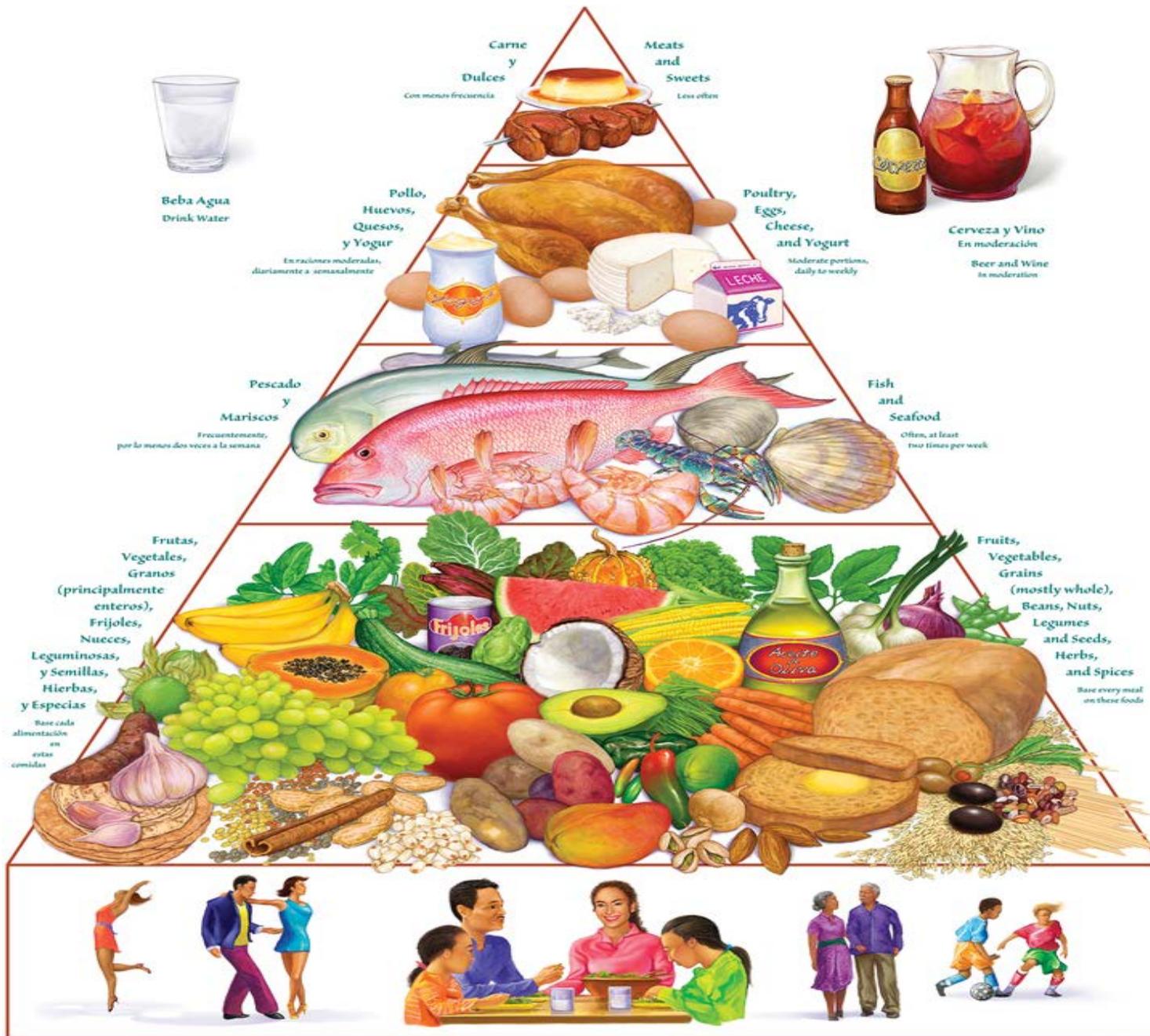


Illustration by George Middleton www.georgemiddleton.com

© 2009 Oldways Preservation and Exchange Trust

www.oldwayspt.org



Veladoras



- Prayer candles or 7-Day candles
- Generally have picture of a Saint
- Vigil... Prayer that keeps praying
- Used for stress, illness, etc.

4

- ▶ Describe some effective ways of encouraging wellness in a culturally inclusive manner that is respectful of ancient and traditional forms wellness in other groups.

Method of Communication

Purposefully Making Room

~At the MEETING

- Patriarchal Meetings or Communal Meetings?

- Loudest voice?
- Head of Table?
- Standing/Sitting?
- Professionalism?

- Food & Beverages?

- Who's most 'equal'?

(Does everyone have a voice, contribute to the decision making process)



Movement & Exercise

Plan B ** The Starbucks Example*

- Zumba
- Yoga
- Line Dance
- Walking
- Swimming
- Jogging
- Physical Ability/Disability
- Modesty in Attire
- Changing, Showering in Public
- Childcare
- Economic challenges

** Offer something equal or comparable every time!*

5

► Celebrate and incorporate diverse ideas of wellness within our own lives

- How can you incorporate & encourage more diversity into your personal, classroom, agency practices?
- What have you been doing that has been successful?
- How can you encourage others?

Thank You

Steffannie Roaché

steffannier@gmail.com