Extreme poverty and the loss of traditional foods have caused many Native Americans to suffer from inadequate diets, leading to widespread, chronic health problems.

The Shakopee Mdewakanton Sioux Community (SMSC) is launching Seeds of Native Health, a national campaign to focus greater attention on and urgency about the need for improved nutrition among Native Americans. The campaign will include efforts to raise awareness, promote best practices, sponsor new research, expand education, and encourage the development of new solutions. The SMSC is providing $5 million to launch the campaign and enlisting several major partners with established expertise in Native American nutrition.

Native American Nutrition By the Numbers

33% of Native Americans are obese. Native Americans are 1.6 times more likely to become obese than Caucasians. (Source: U.S. Department of Health and Human Services’ Office of Minority Health, 2012)

15% of Native Americans suffer from Type II diabetes, more than double the percentage of Caucasians. (Source: American Diabetes Association, 2012)

24% of Native American households are below the federal poverty line, compared to 15% of the U.S. population as a whole. (Source: PEW Research Center, 2014)

80% of the battle in addressing obesity, Type 2 diabetes, and other health issues is creating access to healthy food. (Source: Notah Begay III Foundation, 2014)

< $1M is spent by the United States government each year on Native American nutrition education. (Source: Food Distribution Program on Indian Reservations – Nutrition Education budget, 2013)

Seeds of Native Health is a national campaign to improve Native American nutrition, supported by the Shakopee Mdewakanton Sioux Community.

www.SeedsOfNativeHealth.org