Wisdom Warriors:
Living Wise, Living Strong

Melody Coleman
Becky Bendixen
Northwest Regional Council
Overview

- Why is this important?
- What is CDSMP?
- What is the program?
A Disparate Culture

Indian lands were exchanged for treaty promises, most of which have not been upheld.
Years of poverty, poor medical care and loss have left tribes in a vulnerable position.
Cardiovascular Disease unheard of 40 years ago!

- Infant mortality +33%
- Accidental death +38%
- Diabetes death +54%
- Cirrhosis death +126%
- Alcohol death +178%
- Diabetes unheard of in 1900!
What is Chronic Disease Self-Management?
What Is CDSMP?

- Developed by researchers at Stanford University Patient Education Research Center
- Began in 1991
- Six weeks; 2½ hours per week
- Listening and activities including problem solving and action planning
- Goal is to promote an “I CAN” attitude in participants
What Does CDSMP Do?
What is the content?

Stinging Nettle – Nutritious spring green

Camas (traditional food & medicine)
Self-Management Model

Traditional Model

Self-Management Model
Stone Mauls, Mortar & Pestle, Grinding Stones, Net Weights and Cedar Wrapped Net Stones

From the collection of John L. Mottram and Charles S. Smith

Stone tools have been part of human technology for thousands of years. Stone mauls were used as a hand-held hammer. Mortar & pestles were used in food preparation. Grinding stones were used to sharpen other stone tools. The net weights were used for beach seineing and to anchor fishing and hunting nets in place. Stone mauls, grinding stones, net weights, mortar and pestles come in a variety of shapes and sizes.

These stone tools were found in various archeological sites throughout King, Snohomish, and Skagit Counties. The cedar wrapped weight stones were $^{14}$C (radiocarbon) dated at 300 years old.

Hibulb Cultural Center (picture taken with permission)
Who Teaches?
Outcomes

• Numerous changes, all positive!
• Appear to work for the long run...
Tribal people get their information from a number of sources—usually word of mouth.
Keeping the Ball Rolling

Wisdom Warriors

Living Wise, Living Strong.
New Beginnings

Take PART

Prepare
• Keep track
• Report
• List

Ask

Repeat

Take action
Honoring Tribal Sovereignty
Health Checks
Self Care
Exercise
Spiritual/Cultural
Intergenerational Activities
Biannually or annually....
Questions?

For additional information contact:

Becky Bendixen or
Melody Coleman
Northwest Regional Council
600 Lakeway Drive, Suite 100
Bellingham, WA 98225
(360) 676-6749