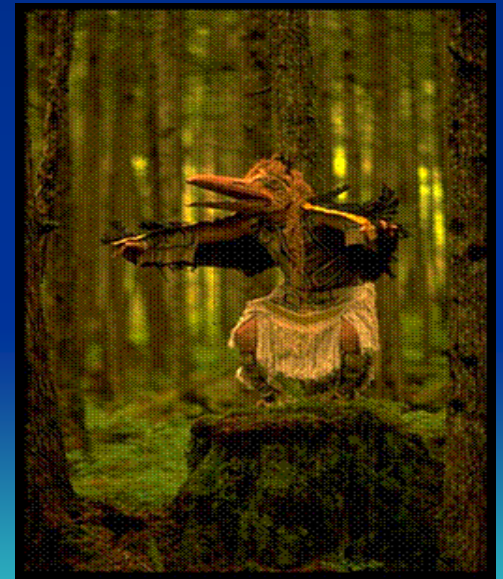


Health & Wellness: Modern Problems and Ancient Solutions

Patricia Cochran
Alaska Native Science Commission
www.nativescience.org



What's Hot in Alaska

- Wellness
- Awakening
- Health
- Self-governance
- Environment
- Traditional Knowledge
- Climate Change
- Youth and Elders
- Contaminants
- Subsistence
- Traditional Healing Practices



Overview of Alaska Native Concerns

- ① Global Warming
- ① Abnormalities in Subsistence Foods
- ① Human Health
- ① Impact of Commercial and Sports Fishing
- ① Local Sources of Contaminants
- ① Outside Sources of Contaminants
- ① Changes in the Ecosystem
- ① Perpetuation of Culture



Making Headlines – Anchorage Daily News, 8/6/02

- Cancer was rare 50 years ago.
- AN are 40% more likely to die of lung cancer than whites.
- AN have a higher incidence of colorectal cancer than whites.
- AN have 30% higher risk of dying from all cancers than whites.
- Breast cancer, once at half the rate, is now almost identical to the U.S. whites.
- Cancer is the leading cause of death for Alaska Native People.



More Headlines – ADN 10/3/02

St. Lawrence Island

- Hunting and Fishing families have nearly 10 times the PCB's in their blood than average Americans.
- Residents average 7.5 parts per billion of PCB's compared to a national average of 0.9-1.5.
- Levels are highest near the Northeast Cape, an old military radar site.
- Evidence found in blood samples of pesticide DDT.



More Headlines – New York Times

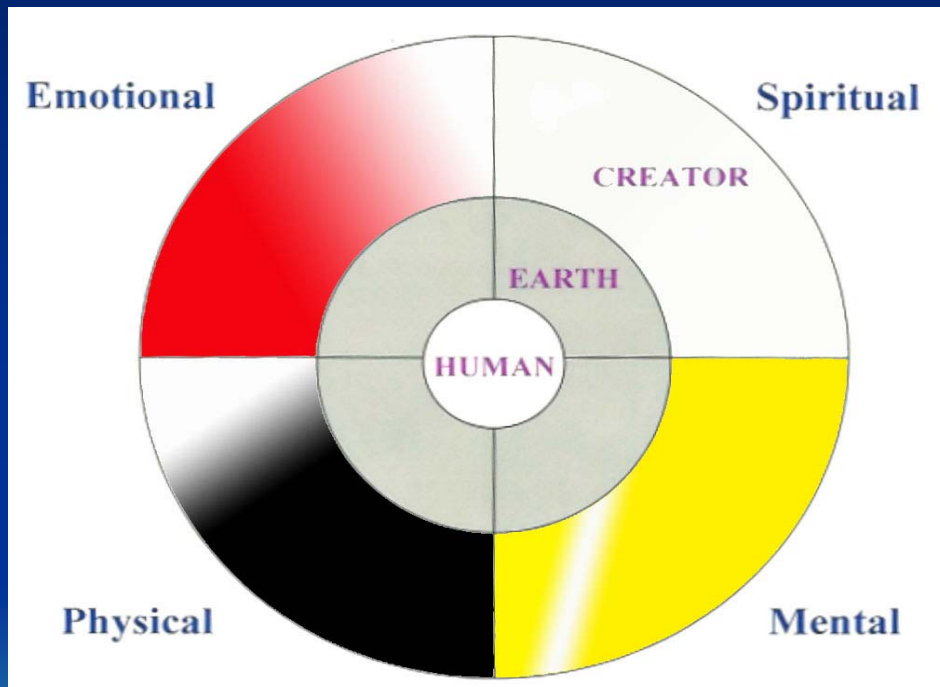
6/16/02 - Alaska's Temperature Rises

- The temperature has risen 7 degrees over the last 30 years
- Permafrost is melting
- Glaciers shrinking
- 38 million trees (100+y.o.), 4 million acres, died from spruce bark beetle
- Hunting grounds are further out to sea
- Erosion
- Increased mosquitoes in areas that did not have mosquitoes
- Sea ice breaking up off the northern coastlines



Native Worldview

Holistic View



Value Systems

- Responsibility to Tribe
- Knowledge of Language
- Sharing
- Respect for Others
- Cooperation
- Respect for Elders
- Love for Children
- Hard Work
- Knowledge of Family Tree
- Avoiding Conflict
- Respect for Nature
- Spirituality
- Humor
- Family Roles
- Hunter Success
- Domestic Skills
- Humility





What are we doing?

- **Community Mini Grants**
- **Traditional Diet Project**
- **Dietary & Subsistence Food Assessment Project - NARCH**
- **Dietary Benefits and Risks in AK Villages**
- **Biomedical Research Infrastructure Network**
- **AN/AI Cohort Study**
- **Fish Monitoring Project**
- **Western Airborne Contaminants Assessment Project**
- **Center for AN Health Research**
- **Traditional Food Contaminants Testing Projects**
- **AK Wild & Traditional Food Safety Project**
- **Traditional Healers Program – ANMC**
- **Tribal Doctors' Program**

Using Native Knowledge & Science

- Traditional Knowledge & Contaminants Database (www.nativeknowledge.org)
- Alaska Rural Systemic Initiative (www.ankn.uaf.edu)
- Alaskool (www.alaskool.org)
- Alaska Native Student Wilderness Enrichment Retreat (www.serrc.org/answercamp)
- AN Spirit Camps



Passing on old wisdom to young souls

