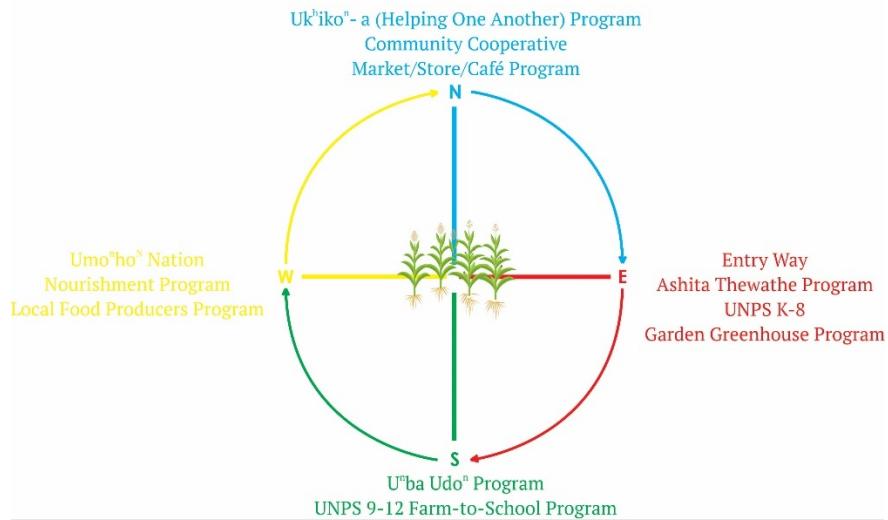


Umoⁿhoⁿ Nation Food Sustainability Medicine Wheel

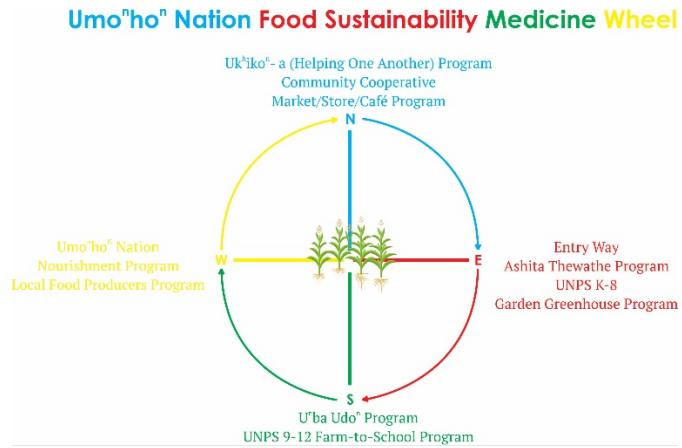


Uk^hikoⁿ-a (Helping One Another) Program Umoⁿhoⁿ Nation Food Sustainability Program Survey

October 19, 2021

Table of Contents

About the Survey	2
Food Sources.....	3
Food Resources.....	6
Indigenous Cooperatives	7
Health.....	7
Traditional Foods	9
Demographics	10
Appendix Table 1. Open-Ended Responses	11

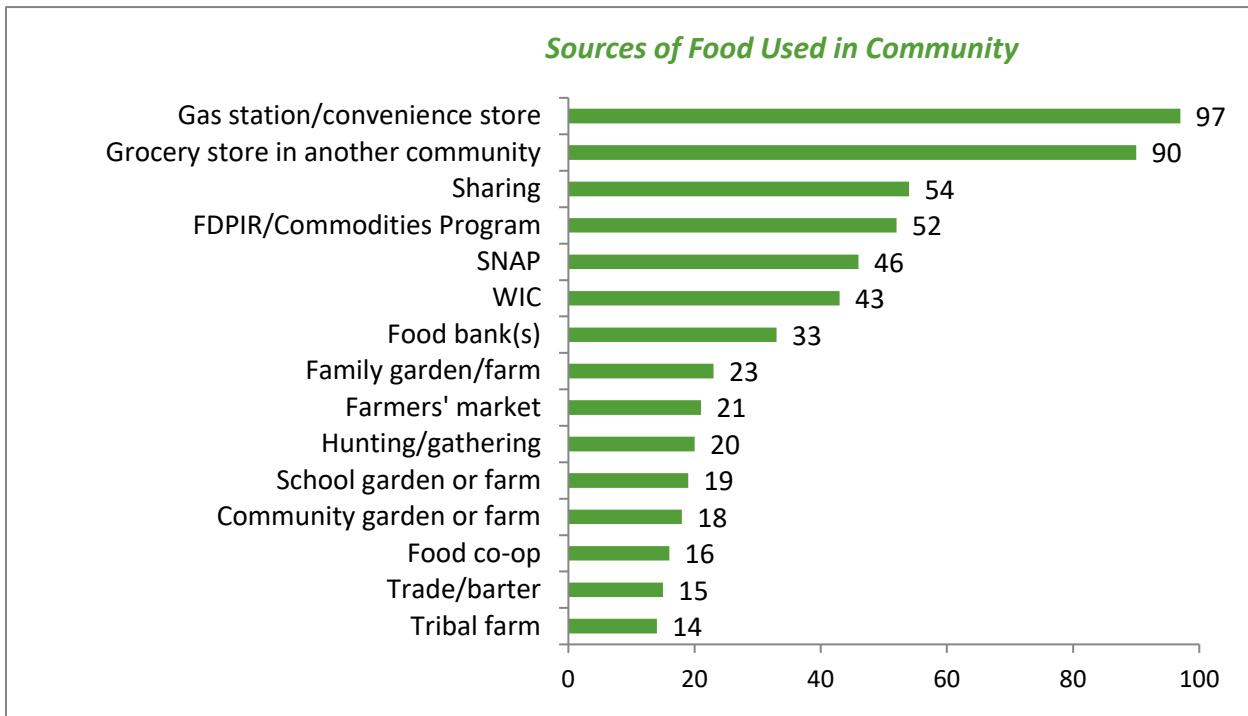


About the Survey

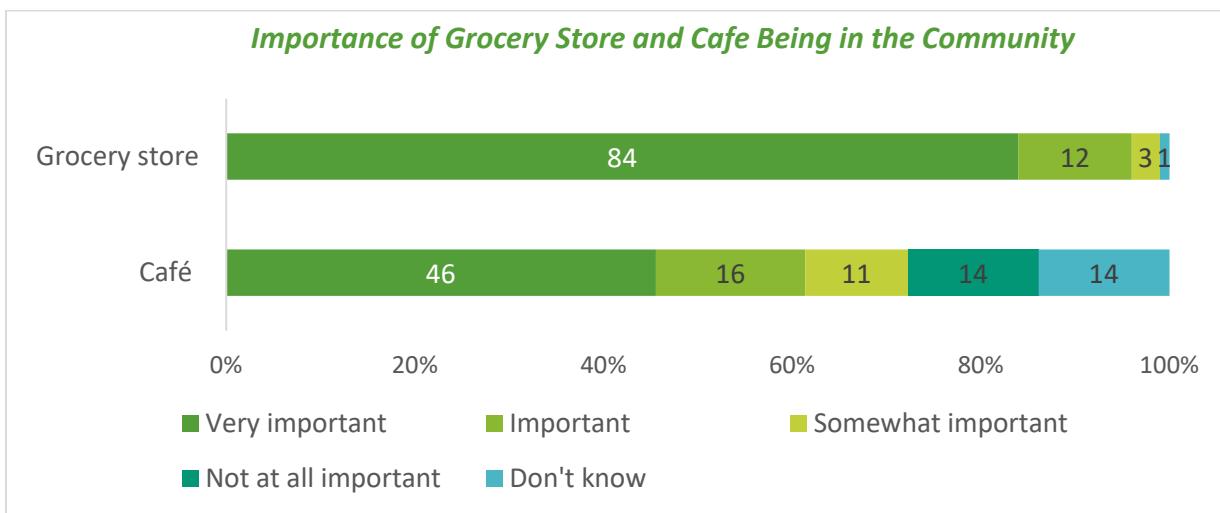
The food assessment was developed using the Food Sovereignty Assessment Tool by First Nations Development Institute. Questions were modified to fit the needs of the Umo'ho' Nation. The survey was online but paper copies were also available to complete. A kickoff event was held on June 30 where people were encouraged to complete the survey. Interviewers then went door to door in the following weeks to hand out surveys to other households. Only the person in the household who did most of the food purchasing was encouraged to complete the survey if they were available. However, there are likely instances where multiple members of the same household completed the survey. A total of 105 responses were received. Question topics included: food sources, usefulness of food resources, indigenous cooperatives, health of respondent, collection and uses of traditional foods, and demographics.

Food Sources

The respondents were given a list of various sources of food and were asked if they currently use each in their community. The most common food sources were: gas station/convenience store (97%), grocery store in another community (90%), sharing (54%), and FDPIR/Commodities Program (52%).

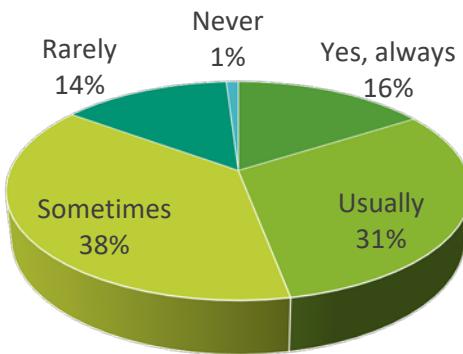


They were then asked how important it is that a grocery store and a café be in their community. Most (84%) say it is very important that a grocery store be in the community. Another 15 percent said it is either important or somewhat important. Almost one-half (46%) said it is very important that a café be in the community. Just over one-quarter (27%) said it is important or somewhat important.



They were next asked if their household gets all the healthy foods they want, at all times, throughout the year. Only 16 percent indicated their household always gets all the healthy foods they want. Just over three in ten (31%) say they usually do and almost four in ten (38%) say they do sometimes.

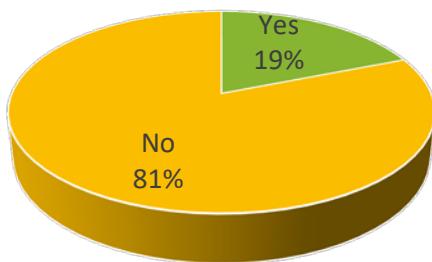
Does your household get all the healthy foods you want, at all times, throughout the year?



If they didn't answer yes to the previous question, they were asked what foods they are unable to get or purchase. Out of the 28 responses to this question, 20 (71%) said produce (fruits or vegetables) are difficult to get and seven people (25%) answered meat.

When asked if their family grows or raises any of their own food, just under two in ten (19%) answered yes.

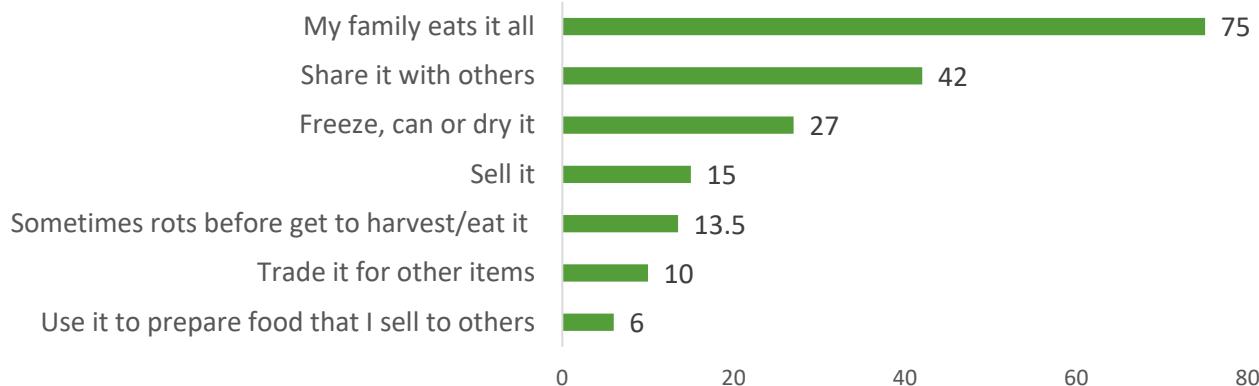
Does your family grow or raise any of your own food?



The persons who said their family grows or raises any of their own food were then asked what they have grown/raised in the past year. Thirteen of the persons answering this question indicated they had raised some garden crops. Some of the popular garden crops were: tomatoes (11), cucumbers (7), and corn (5). Three persons said they have grown orchard crops, all of them indicating apples specifically. Only one person said their family raised animals for meat and that they raised chickens.

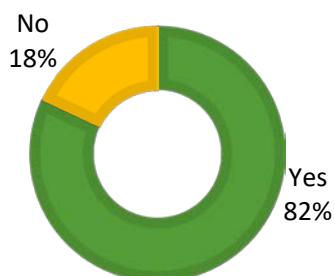
They were next asked what they do with the garden/orchard produce and/or their meat products. Most (75%) indicate their family eats it all and just over four in ten (42%) share it with others. Just over one-quarter (27%) say they freeze, can or dry it.

What do you do with your garden/orchard produce and/or your meat products?

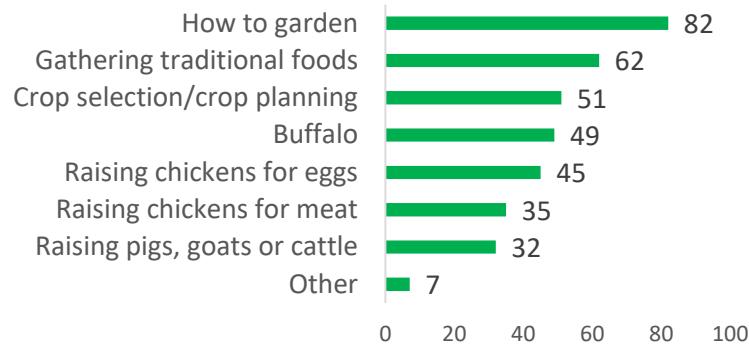


Most (82%) said they would like to learn more about growing or raising their own food. Of those answering yes, most are interested in learning the following: how to garden, gathering traditional foods and crop selection/crop planning.

Interested in learning more about how to grow or raise own food

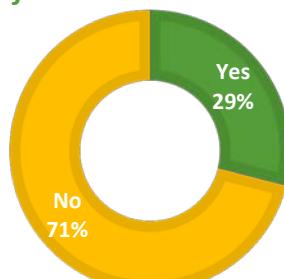


Topics interested in learning more about



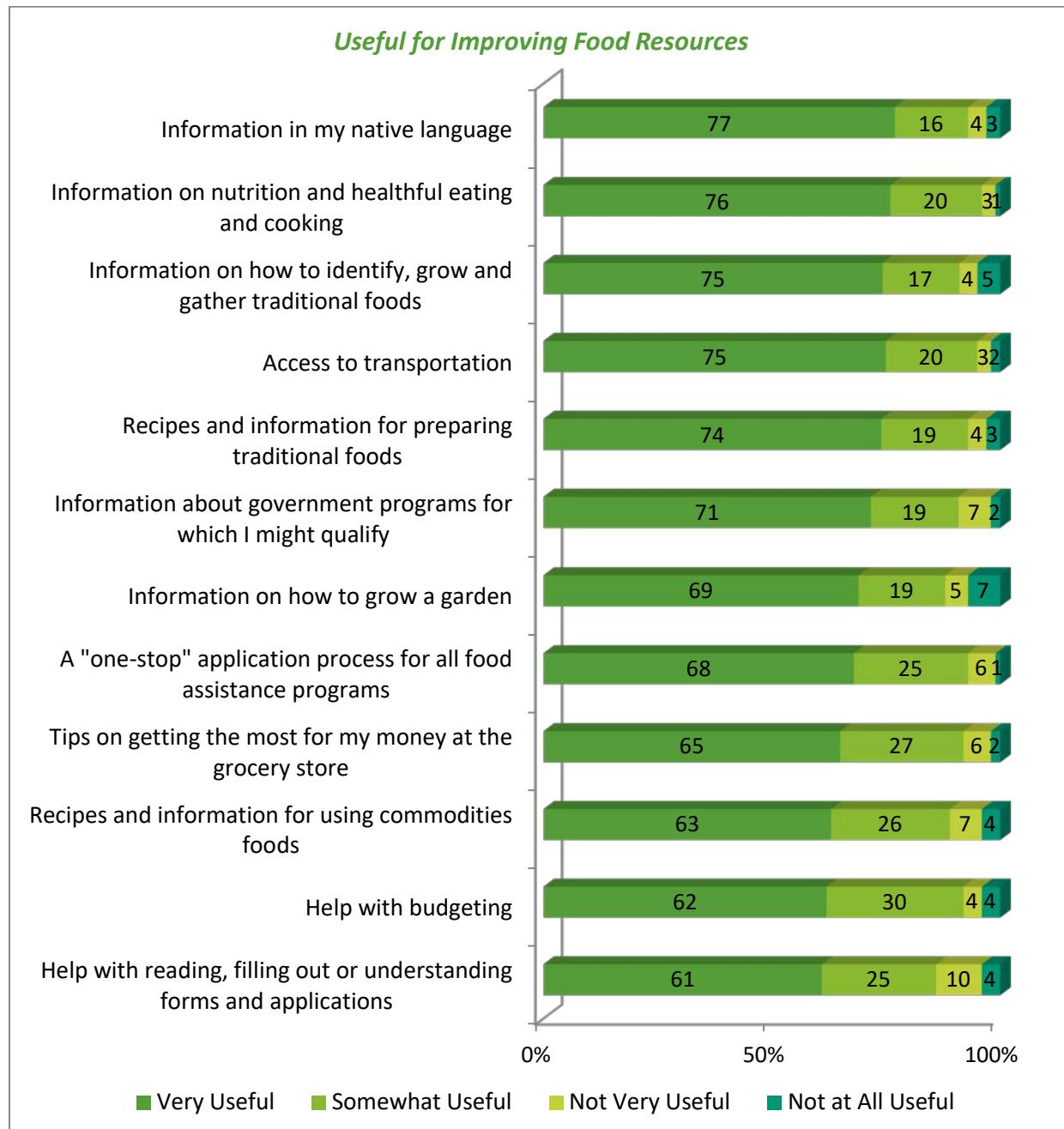
Finally, they were asked if their family currently prepares food to sell to others (for example, fry bread or Indian tacos). Just under three in ten (29%) indicate they do so.

Does your family currently prepare food to sell to others?



Food Resources

When asked how useful various items are, or would be, in improving their food resources, most rated all of the items listed as very useful. At least three-quarters said the following would be very useful: information in their native language (77%); information on nutrition and healthful eating and cooking (76%); information on how to identify, grow and gather traditional foods (75%); and access to transportation (75%).

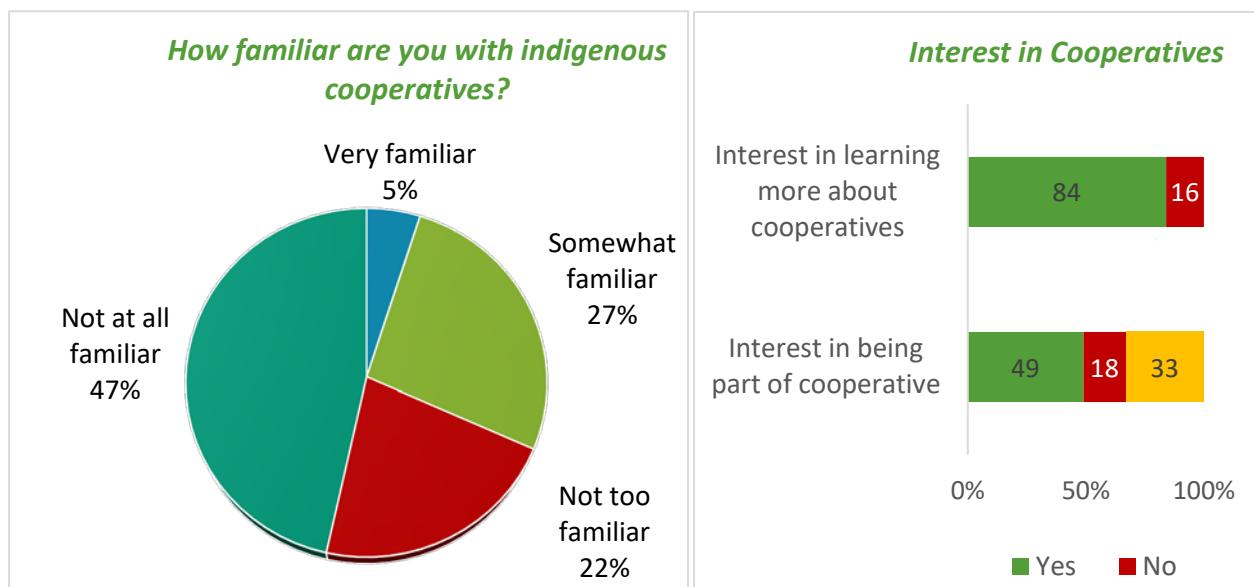


Indigenous Cooperatives



Respondents were given the following definition of an indigenous cooperative: An indigenous cooperative is an organization that weaves indigenous language and culture into its operations. Working together cooperatively and collaboratively through economic sharing of production and resource distribution, it is operated and managed by community members that join the cooperative. Examples of indigenous cooperatives around the country include grocery stores, farms, artist groups, etc. The Ukhikon-a (Helping one Another) Cooperative effort will be designed, organized and operated following the values and traditions central to the Omaha peoples.

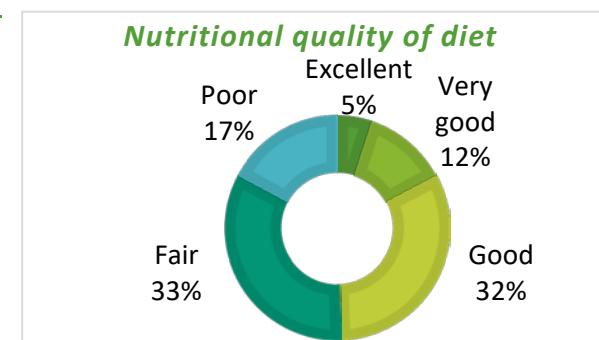
They were then asked how familiar they are with indigenous cooperatives. Most aren't familiar with indigenous cooperatives, but are interested in learning more about them and almost one-half are interested in being part of one. Almost one-half (47%) are not at all familiar with indigenous cooperatives. Over eight in ten (84%) are interested in learning more about cooperatives and almost one-half (49%) are interested in being part of one.



Health

Respondents were asked to rate the nutritional quality of their diet. Less than two in ten (17%) rate their diet as either excellent or very good.

Approximately one-third each rate their diet as good (32%) and fair (33%).



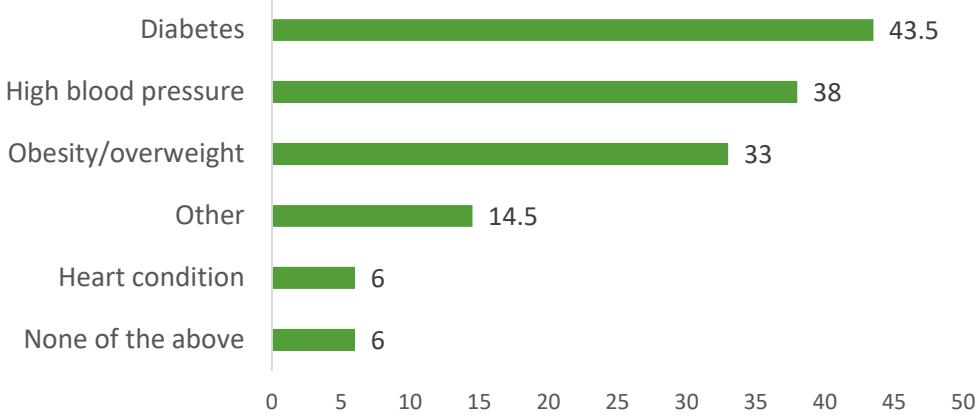
When asked about their health in general, just over two in ten said it was either excellent or very good. Almost four in ten each rate their health as good or fair.

Just over four in ten respondents reported having diabetes (43.5%) and almost four in ten (38%) have high blood pressure. One-third report being obese or overweight.

Health in General



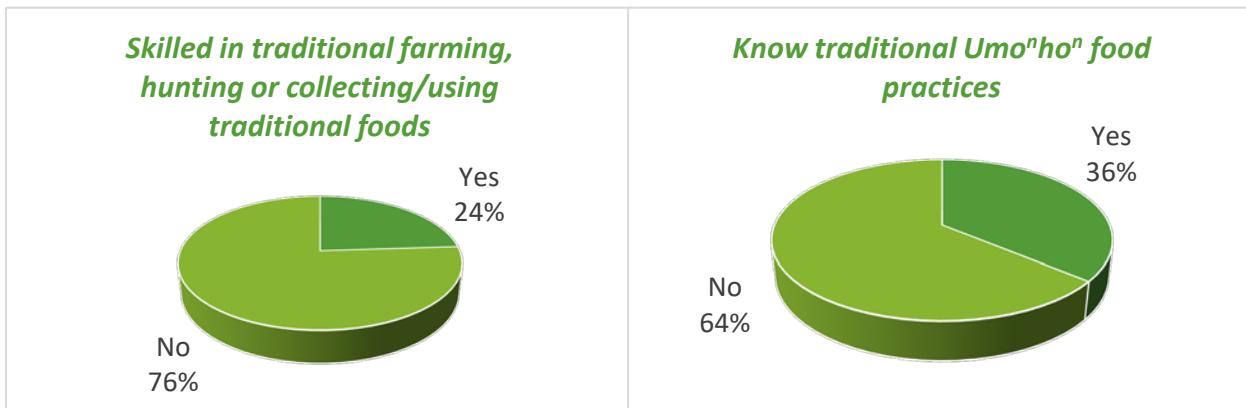
Health Conditions



The respondents were next asked what information about diet and nutrition is available in their community. They were asked to list their three primary sources of information. Of the 68 persons answering this question, most (71%) cited community health sources (clinic or health professionals). Over four in ten said school was a top source of diet and nutrition information and over one-third (35%) answered school. Other sources mentioned included the Internet (including social media) (15%) and government programs (9%).

Traditional Foods

When asked if they or any people in their family are skilled in traditional farming, hunting and/or the collection and uses of traditional foods, just under one-quarter (24%) answered yes. Just over one-third (36%) said they know traditional Umoⁿhoⁿ food practices.



They were next asked if they think people in their community are interested in traditional Umoⁿhoⁿ food practices. If they answered no, they were asked why they think that is so. Most of the 65 responses to this question (78%) said they do think people are interested in traditional Umoⁿhoⁿ food practices. The few that answered no gave reasons such as people are too lazy or young people are too dependent on technology. When asked why they think people are interested, one-half of the 64 responses (50%) mentioned to keep the culture and traditions. Other responses included: health benefits (12.5%), food sustainability (8%) and a willingness to learn new things (8%).

When asked for suggestions about how to get people interested in traditional Umoⁿhoⁿ food practices, 53 responses were received. Some of the top responses included: community gatherings/meetings with food (30%), advertising or marketing (15%), incentives (11%), free classes (7.5%), and Internet or social media (7.5%). Just over one in ten (11%) said they had no suggestions and nine percent said they were unsure.

The most common traditional agriculture or food-related practices that continue to be used in the community today (out of 60 responses) included: gathering mushrooms (50%), corn soup (25%), milkweed (17%), gardening or farming (8%), picking berries (8%), soups (8%), food gathering (5%), and food preparation (5%). When asked if they or any members of their family participate in these traditional agriculture or food-related practices, almost one-half (48.5%) answered yes.



Finally, they were asked how these skills are being passed on to others. Of the 65 responses received, the top categories included: verbally (41.5%), by showing or demonstrations (23%), by family (12%), they aren't being passed on (11%) and from the elders (5%).

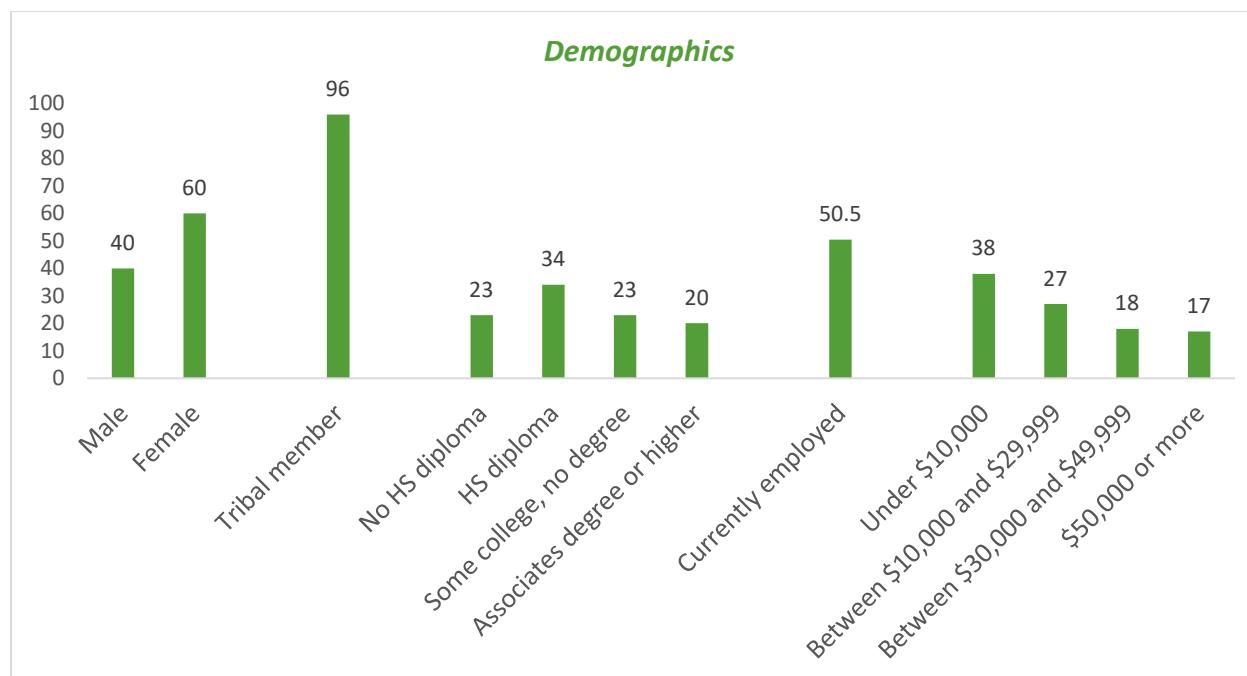
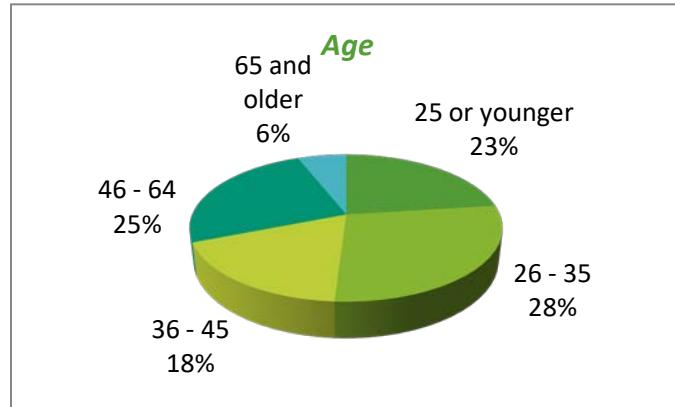
Demographics

The average age of respondents was 38.

Almost one-quarter (23%) were age 25 or younger. Almost three in ten (28%) are between the ages of 26 and 35. Over three in ten (31%) are over the age of 45.

Six in ten respondents (60%) were female.

Almost all of the respondents (96%) were tribal members. Almost six in ten (57%) had a high school diploma or less education. Two in ten (20%) had at least an associates degree. Just over one-half (50.5%) were currently employed. Almost two-thirds (65%) had household incomes less than \$30,000 while 17 percent had household incomes of \$50,000 or more.



Appendix Table 1. Open-Ended Responses

Q5. If not, what are those foods that you are unable to get or purchase and why are they difficult for you to get?

Cheap prices located in cities, no vehicle sometimes.

Fresh Produce local store runs out or goes bad.

Fresh produce - no vehicle

Avocados, watermelon

Fresh vegetables, fresh fruits, meats.

No car.

Fruits and veggies are never available.

Everyone wants money and sometimes I don't have enough to pay for my ride.

Fresh fruits, vegetables, lean meats, poultry, whole grains

Produce, spoils fast.

Sometime healthy food is hard to get.

Veggies

Fruits

No fresh produce they don't stock enough meat and produce. Lack of transportation

Meat, milk, bread, eggs

Meat and vegetables

Pineapples

Nothing

N/A

Fresh vegetables and fruits.

Most vegetables locally are unavailable. Must drive 15 plus miles for variety.

Fresh fruit and vegetables (out of season) or cost is too high.

Fresh Vegetables

Meat and fruits, usually too expensive.

Availability

Meat, Fruits, veggies, etc.

Vegetables

Q7. If yes, what have you grown/raised in the past year?

Garden crops:

Tomatoes, cucumbers, watermelon, onions, strawberries

Tomatoes

Corn

Corn

cucumbers, tomatoes, lettuce, radish, pumpkins, corn
Cucumbers, tomatoes
Cucumbers, tomatoes, beans
Tomatoes, cucumbers, onions
Tomatoes, corn, squash, peppers, herbs, rhubarb
Tomatoes, peppers, corn, potatoes, onions.
Tomato, corn, zucchini, peppers.
Tomatoes, Watermelon, Cakes
Tomato, cucumber, berry

Orchard crops:

Apples
Strawberries, Apples
Corn, Apples

Animals for meat:

Chickens

Eggs/Dairy:

Previously had chickens and geese
would like chickens

Q19. What information about diet and nutrition is available in your community? Please list your three primary sources of information (school, family member, nutritionist, etc.).

Family experiences.
CHR
Family
Local Clinic; Family
comm. shops
IHS in Winnebago
Health Center
Family
visits to hospital
Nurses
Family; School; Clinical Setting
Family
Hospital
Health Center
Family
Members; Nutritionist; Farmers Market
CTC; School
Social Media; Family Members
Carl T Curtis; School; Internet
School; WIC; Health Center
Nutritionists; Wellness Center; Social Media

FDPIR

Tribal Programs; School; Online

Carl T. Education; Wellness 4 Hills of Life; Omaha Nation Public School

Nutritionist at the health center once a month

School; W.I.C.; Health Center

School; Health Center; WIT C

Nutritionist at local clinic; Nutritionist at the WIC program

Carl T. Curtis

Work; Family; Friends

School; Carl T; Family

School; Family Member; Doctor

School

School; Family; Nutritionist

Family

School

Websites; google; doctors

Internet; Family; School

Dad; Doctor; School

School; Family; Doctor

Nurse; Nutritionist

School; Clinic; WIC

My wife; School nurse; Google

Nutritionist; Doctor; Health Center

School; CTCHC; Wellness Center

Carl To Curtiss; Wellness Center; School

Internet; Friends; Family

School; Nutritionist; Books

Internet

School; Store; Family

Wellness Center

Health Center

Nutritionist; Family Member; School

Nutritionist

Family; Friends; Doctors

Vegetables; Fruit

Home; School; Community

Dietician

Omaha Nation Public School

School; Wellness center; Family members

Nutritionist; Teachers; School

School; Family member

CTCHE

Wellness programs; Dietician; Pampered Chef

Carl T. Curtis - when available

Carl T. Curtis Health Center; Nebraska Indian Community College

Carl T

Internet; Family; Tribal Programs

Q22. Do you think that people in your community are interested in traditional Umoⁿhoⁿ food practices? If not, why do you think this is so?

Definitely.

Yes

Yes.

Yes.

Some

Yes.

Yes

Yes

Yes

Few

Yeah

Sure

Some

Yes

Yes.

Yes

Yes.

Yes, just need to be taught.

I really think it would be relevant for our community.

Yes.

Yes.

Yes

Yes, I think people are interested because it's their heritage and want to eat healthier.

Because it needs to be handed down generations after generations.

I hope so.

never learned.

It would be some thing good to know and learn about.

Yes.

Yes.

Yes

Yes

Yes.

yes

Yes

Learn to grow own food.

Yes.

Yes.

Yes

Yup.

Yes.

Yes

Yes they are.

Younger generation is to dependent on technology.

Yes.

Yes, to eat healthy
I don't think people are very interested.
Yes.
Nothing goes on for families after 4:30 or on weekends.
Yes.
Not sure, some people don't care for stuff like this.
No, I feel like they're too lazy
Yes
Yes
Yes
Yes. We need to be carrying on our practices.
Yes. Some don't know how to prepare it.
Yes.
Yes
Not so much.
Yes.
Would be Yes
Yes.
Yes.
No

Q23. If yes, please explain why you think people are interested.

Central principle.
Common Education
Culture relevant
Way of Life.
Identify
Way of Life
More Food
Traditions
Family Practice
Family
Tribal ID
Culture
Culture
Way of life.
Just because it could be offered.
Because it is our nature.
Yes. Because of the high rate of high blood pressure, diabetes and cancer.
Bring back old ways.
We're always willing to learn different things.
We are losing our traditional ways. We need to get it back.
Government may collapse or might have infrastructure problems.
To learn Umonhon way
We don't have any skilled Omahans that are willing to share their knowledge.
You can't live without eating so they better care.

For a long healthy life.

To help combat some of the health epidemics in our community and also to keep the traditional foods going for our future generations.

Tradition is fading away.

To carry on traditions.

People want to keep ties with transitional Umonhon practices.

Food sustainability, tradition

New skills

I think people would be curious to learn their culture.

They just grow up with it.

Better health

Something to do.

We need to teach ourselves how to farm.

Health Benefits

To keep traditions alive.

With this pandemic, we've grown and become familiar with food sustainability.

Part of our culture.

School Garden

Good idea to learn and teach our younger generation

Many went to return to traditions in their home, and be able to help when needed.

Elders

It would be nice to know.

Yes, they want to learn their people's ways.

Because food is very scarce in our local store outside of the reservation and highly expensive.

To eat healthy

To learn.

Everything

Takes Tine

How we cook at doings, how thru out share.

I know some people that want to eat healthy

To be traditional

Planting

I think people want to find out more about their own traditional food

They want to learn.

To maintain our culture.

Culture and Customs need to continue.

Maybe for better health.

To learn something different.

Interested but need to be motivated.

Everything about our tribe.

Hunting

Q24. Do you have suggestions about how to get people interested? If yes, what are they?

Some kind of reward.

Access to Food

Food Feedings.

Incentives
Social Events
Not sure
No
Hold Free Class
Functions
No
Tribal activities
Feast and invite
No.
Giveaways or door prizes
Every tribal member needs to be educated on effect of pop, junk food and other foods that impact diabetes, high blood pressure, cancer.
Advertise.
FB, messenger
Offer free classes
Community meetings with raffle (ha)
Show them information and get what they like.
Community feed and share what the benefits of traditional foods offer our Tribe.
Put up sign.
Well this is a good start.
Social media.
You have to give something for people to attend.
Flyers, demonstrations, etc.
No.
Tell them
Just bring more attention in the community.
No.
Signs
More community gathering and information.
Webinars, advertise on social media.
Have little fairs.
Classes - live videos provide materials.
Yes, door to door
Growing
Betterhealth
Don't know.
Word of mouth
Having gatherings in our town.
To try to hold events
Advertisement and events
Idk
In this community, it tends to need incentives. Perhaps tie it to WIC and TANF/GA
Yes, have a community meeting.
Offer a tour (in person or virtual) of a food cooperative so we can learn.
None at this time.
Not sure.
Unsure.

By example
Internet, phones
Food

Q25. What traditional agriculture or food-related practices continue to be used in your community today (for example, gathering mushrooms, corn soup, milkweed soup)? Please describe:

unsure.
Mushroom picking
Food gatherings.
Food Prep
Unique preparation of meals
No.
Unsure
Gathering Foods
Picking
Gathering information, Milkweed soup
Gathering
All the above
Very few know when the seasons are, etc.

Mushroom hunting
Bear root for healing.
Gathering mushrooms, milkweed, plums, apples
Gathering mushrooms. Frybread.
Very few are taught to our younger generations.
Indian corn mush
Picking wild raspberries
Wild mushroom mushrooms, corn mush, corn soup, berry picking.
All the above.

Mushroom hunting.
Corn Soup
Gather mushrooms
corn soup
Mushrooms
Mushroom hunting
I can make soups
Cooking Soup
soups
Our elders teach us to cook.
Mushrooms
Gardens, mushroom hunting, deer meat.

Tribal Farm
mushrooms, corn soup, soups.
Gathering mushrooms.
mushroom gathering
Corn soup
Milkweed, tomatoes, cucumbers

Mushroom hunting
Soup
Mushrooms.
mushrooms
All above.
Mushrooms
Mushroom, milkweed soup, corn soup
Corn soup
We make plenty of healthy soup
Gathering mushrooms
The gathering of mushrooms and the practice of making frybread
My family gathers mushrooms and milkweed. They also give to other elders.
Mushrooms, corn preparation.
Mushrooms, milkweed, growing corn, beans, squash.
Mushrooms, Gooseberries, Sage picking - understanding the significance of how to pick.
Our people used to pick wild strawberries, plums and raspberries.
All the above.
Fishing, Hunting and Gardening
Not Much
Gathering Mushrooms

Q27. How are these skills being passed on to others?

School
Word of Mouth
Not
Verbal.
Some.
Oral Tradition
Family
Oral Transfer
Sharing information
Words
Oral
Oral
Relatives of the members.
They are not.
Family members
Preparing food for feasts.
Showing them what is good.
Include the younger ones
By example, actually doing things.
20 years ago we had our elders. Prepare traditional foods and show how to butcher our four legged animals. The younger generations lost interest because of fast food restaurants.
Take them to do the thinks and tell then what was told to you as a kid.
Learned from older people.
Tell them about what was told to you and share everything that was passed down to you.

We take our children out hunting / gathering with us and we involve them when preparing.

Just from our own teachings.

Outdoor classrooms.

Through ceremony

Telling them

Talking

Practice on teaching.

Just experience for themselves.

Through experience.

Family

Teachings

Family

Through the elders.

Role modeling

No

Yes.

Participation

Teaching.

Tradition

By sharing with people how to do it.

Talking

Their not and need to be taught.

Teaching

By family

By hearing others talk about it.

They are not.

From talking to kids.

Elders

Teaching the community and showing.

By teaching

Somewhat

By teachers

By teaching

I learned from my parents.

From my mother.

We great a garden last year and the kids participated in planting, weeding, watering and harvesting.

Oral and example.

Many have been forgotten due to the traditional foods have been destroyed by area farmers
(insecticides).

Teaching as time goes on.

Very Little

Verbal

N/A

Q28. If you could share anything about food and hunger issues in your community, what would they be?

Proper nutrition

How to apply for SNAP

Nutrition related to diabetes!

Healthy Foods.

Defects of foods.

Obesity awareness, diabetes, heart conditions

Hungry

Proper Nutition

Hunger

Hungry

Hungry

malnutrition issues

Nutrition

Family - friends

They didn't spend their EBT the best they could.

We need more food.

Food is processed and if we boil or bake more, it would make our diet more healthier.

What to pick that you can make out of nature.

make commodities more accessible

The need for an active tribal farm.

Kids not eating enough they go to school hungry.

I work in EMS and I see our children going hungry everyday and night due to alcohol and drugs.

Plant a garden.

Short supply on food.

You don't have a job. Better have some kind of talent to get money for your family.

Not only is food scarce due to the poverty rate but healthy food choices are even more scarce. Many families depend on government assistance programs such as commodities, snap and free school lunches to get by.

Families are going hungry because no access to food bank.

Issues are prevalent, food sustainability program may positively impact hunger issues on the reservation.

How to eat properly

To eat healthy

There's not enough information about how unhealthy some foods are

Poor nutrition

Not enough produce

No veggies

There are not enough healthy foods.

Need more access

Poverty

Teach families to donate food and feeds for children and elders.

Good goes to waste because of lack of preparation, storage, recipes.

There are not enough good optoins.

To respect the food

That we need a grocery store to preserve and snap they need to be taught.

Start a food pantry

Sharing

Go out and look

Diabetes

By asking what people like to eat.

Healthy foods.

Food Drives

On how to watch what you eat

Too much junk food I'm the community

There are not enough healthy food options

Need to move away from junk food.

Parching corn.

There is a lot of interest in growing gardens at having chickens, etc., but we took the tools. Seeds are expensive.

Young need to learn how to cook and eat a healthy diet.

Food is becoming more expensive.

Open a grocery store.

Teach, Better Choices

Learn all you can now

More Food.

This Survey Report was authored by

Rebecca Vogt, Survey Manager

University of Nebraska–Lincoln Extension educational programs
abide with the nondiscrimination policies of the University of
Nebraska–Lincoln and the United States Department of Agriculture.

