

YAPPALLI:CHOCTAW ROAD TO HEALTH

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NIDA R01DA037176-01

150 Choctaw women from tribal districts (30 per 5 districts)

Diabetes and Obesity/Substance Abuse prevention research

Unique-develop Choctaw health promotion model by re-walking the Trail of Tears 2x and developing curriculum

Flip the script- focus original instructions, restoring relational ways of being and narrative transformation in building Choctaw women health leaders

Developed Health Leadership Model to Facilitate individual and community-level changes
*10 session curriculum, followed by walk on Trail of Tears, followed by community event

Curriculum based on original clan structures and teachings combined with guiding questions

- What kind of ancestor did my ancestors envision me to be?
- What kind of ancestor do I want to be?
- What kind of ancestor do I want or envision future generations to be?

