

INDIGENOUS ALLYSHIP 101

Help us welcome
Indigenous students,
professionals, and patients
to UND SMHS

FALL 2021

What is INMED?

The University of North Dakota School of Medicine and Health Sciences is number 1 in the U.S. for graduating AI/AN students. Established in 1973, Indians Into Medicine (INMED) mentors students grades 7 through graduate studies to address health inequities among Indigenous populations, increase the amount of AI/AN professionals, and increase the amount of AI/AN professionals in Tribal communities (1).

Native Americans account for approximately 2.4% of the population and can expect to live 5.5 years less than all other races in the U.S. (2). Currently only .4% of physicians identify as AI/AN which is not proportional to the total percentage of the U.S. population (3). UND is one of six medical schools that enroll 40% of AI/AN professional students.

INMED started in the medical program but now has students in OT/PT/Public Health, undergraduate studies, and summer camps to increase the AI/AN health workforce in the U.S. by recruiting enrolled tribal members.



Why these colors?

The medicine wheel (above) represents dimensions of health and wellness in many Indigenous cultures in the U.S.

Basic Terms To Know

American Indian/Alaska Native (AI/AN): the official "race" category according to the U.S. Census and OMB. Ex. use when writing grants

Native American: specific to the U.S. You can just say Native.

Indigenous : Good term to use for all Native peoples, not just in U.S.

First Nation: people here before colonization, this is a good term

Indian: This term is considered outdated and incorrect. This term is a holdover from when Christopher Columbus incorrectly thought he had reached India when landing in the Americas.

Local Nations

Mandan, Hidatsa, Arikara are three tribes located in Fort Berthold, ND also known as the Three Affiliated Tribes or Nueta, Hidatsa, Sahnish. The **Turtle Mountain Band of Chippewa** located in Belcourt, ND include Ojibwe and Metis peoples. Ojibwe people live in MN as well such as the Red Lake band, they belong to a larger people group called **Anishinaabe**. Members of the **Oceti Sakowin (Dakota, Lakota, Nakota people)** in ND include the **Spirit Lake Nation, Standing Rock Sioux Tribe, and the Sisseton-Whapeton Oyate.**

Land Acknowledgement

A land acknowledgement is a formal statement that recognizes the Indigenous peoples of the land where an institution is located. UND's land acknowledgement is as follows:

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota.

Indigenous Identity

There are **574 federally recognized tribes** in the U.S. with **over 200** in **Alaska** alone, in addition there are many more tribes that are not federally recognized. First Nations communities **transcend modern day borders** and have **diverse cultures, beliefs, and traditions**. A "**pan-Indigenous**" worldview sees all Native cultures as the same, which is not accurate. **Tribal Nations** are **sovereign** and have their own governance and rules for enrollment, "**blood quantum**" or "how Native" a person is are not appropriate questions to ask.

Health Disparities & Innovation

Often when discussing Indigenous health, it is easy to get bogged down in disparities and stereotypes. Indigenous professionals and communities are areas of great innovation in health research and nutrition. Dr. Donald Warne, Assistant Dean of the Medical School, has done extensive work in **Adverse Childhood Experiences, generational trauma**, and other important social determinants of health. Other important research includes **talking circles, Indigenous research methodologies, food sovereignty, and traditional foods**. Scientific research includes new discoveries in epigenetics and how **stress levels, trauma, and the environment change our genetic makeup**. UND SMHS recently received a \$10 million grant from the NIH to establish an Indigenous Trauma and Resilience Research Center. Dr. Nicole Redvers at UND SMHS does **environmental research and connects traditional knowledge systems** to current scientific discoveries. UND also has MPH and PhD programs in Indigenous Health!

Sources

1. About INMED. University of North Dakota. (2020). <https://med.und.edu/indians-into-medicine/about-inmed.html>.
2. Warne, D., & Lajimodiere, D. (2015). American Indian health disparities: psychosocial influences. *Social and Personality Psychology Compass*, 9(10), 567-579. <https://doi.org/10.1111/spc3.12198>
3. Robeznieks A. (2019, August 22). Native Americans work to grow their own physician workforce. *Health Equity*.
4. Laurel R. Davis-Delano, JosephGone & Stephanie A. Fryberg (2020) The psychosocial effects of Native American mascots: a comprehensive review of empirical research findings, *Race Ethnicity and Education*, 23:5, 613-633, DOI: 10.1080/13613324.2020.1772221.

THINK TWICE ABOUT THE OLD UND LOGO

Established in 1883, UND is the oldest University in the State. The official school colors are green, white, and pink reflective of the official state flower the Prairie Rose, which was the first official UND mascot. In 1904 the mascot changed to the Flickertails after prairie dogs found in the state. In 1930 the logo changed to the "Fighting Sioux" which was retired in 2012 due to NCAA regulations and with much controversy. In 2015 the current mascot "The Fighting Hawks" was chosen.

The old logo is steeped in controversy due to the origin of the word. "Sioux" or "Nadowessiou" means "snake in the grass" or "little snake" in the Ojibwe language which is derogatory to the Dakota/Lakota people who call themselves the Oceti Sakowin. You may still see this word such as the "Standing Rock Sioux Tribe" (SRST) because this is what the tribe became known as over the years. It is good practice to refrain from using this word unless you are referencing official tribes such as SRST or the Rosebud Sioux Tribe, etc.

Regardless of the logo history, it is good practice to refrain from wearing or displaying the old logo when in clinic or academic settings. Recent research has found that Native American mascots have negative psychological effects such as low self-esteem, community worth, and increased negative feelings of stress and depression on Indigenous students and youth (4).

Instead of Saying This

- "Off the reservation"
- "Bottom of the totem poll"
- "Circle the wagons"
- "Spirit Animal"
- "Let's have a powwow"
- "This is my tribe"
- "Vision quest"
- "War cry"
- "How Native are you?"
- "Fighting Sioux"
- "Sit Indian style"
- "Dude that is so savage"
- "Indian (not from India)"
- "Grand Forks native"
- "Pipeline program"

Try Saying This Instead

- "Outside our bounds"
- "Bottom of the ladder"
- "Unite in defense of a common interest"
- "Favorite animal"
- "Let's have a meeting"
- "This is my support system"
- "Seek Clarity"
- "Threat"
- "What are your Nations?"
- "Fighting Hawks"
- "Sit cross legged"
- "Dude that is so ruthless"
- "They identify as Indigenous"
- "Grand Forks local"
- "Pathway program"

****Feel free to search any of the sayings, topics, and bolded words in this hand-out!**