

ABSTRACT

In Alaska, 62% of the population is obese or overweight. Alaska Natives have a rate of 67.9%, 1.4% higher than the national average for this ethnic group (CDC, Behavioral Risk Factor Surveillance System Survey Data, 2005, unpublished data.). Studies have shown a connection between obesity and poverty, and research extends this hypothesis to children in low-income families (National Cancer Institute, 2006).

The project goal was to develop and test a curriculum with a weight management emphasis for the Food Stamp Nutrition Education Program to deliver to Alaskan families with children. The statewide food stamp caseload has a 47% Alaska Native participation rate, so the curriculum strives to acknowledge indigenous culture (State of Alaska Division of Public Assistance, 2005).

The curriculum was evaluated for feasibility and value using information and lessons learned piloting the program to the Tanana Chiefs Conference WIC office. Low response of participants limited generalizability.