

"INDIGENOUS LAND-BASED HEALING AND STRUCTURAL RACISM"

Dr. Michelle Johnson-Jennings

Aihina Inkhish Holhpokunna Choctaw Nation

LE Clinical Health Psychologist

Director Environmental health and Land-Based Healing Division, IWRI

Full Professor UW

RELATIONS ACKNOWLEDGEMENT

As we gather here today, we acknowledge the Indigenous ancestors and their homeland. We pay respect to the ancestors of this place and reaffirm our relationship with one another and our ancestors and place.

EMERGENCE

Inholitopa Ishki



HEALTH FRAMEWORKS

Indigenous Health and Healing

- **Ancestors** have instructions for health
- Interrelationships with nature
- Mutual respect with relationship with gifted medicines
- Illness arise from imbalance within relationships
- Space, Place and Community oriented healing
- Spirituality and focus on past and future ancestors are key

Western Medicine Framework for healing

- Ancestors have diseases that they passed onto you
- Distinction between mind, body spirit, nature
- Isolate healing compounds void of context
- Avoid Placebo effect/ objective reactions
- Illness arises from micro agents
- Land has no place or relationship in healing

STRUCTURAL RACISM

Indigenous Lands

- Widescale removal practices
- Marginalization
- Erasure
 - Through Place- naming, re-narrating history and present Ks
- Substandard access to traditional healing practices and healthcare

Western Colonial Framework

"the totality of ways in which societies foster racial discrimination through mutually reinforcing systems of housing, education, employment, earnings, benefits, credit, media, health care, and criminal justice. These patterns and practices in turn reinforce discriminatory beliefs, values, and distribution of resources.

INDIGENOUS COLONIAL TRAUMA: A MATTER OF POLICY

Genocidal Attacks

- Massacres
- Warfare
- •Biological warfare/Small pox blankets
- Illegal sterilization

Removal

- Massacres
- •Illegal healing practices until 1978
- Starvation as tactic
- •Land-allotment

Assimilation Policies

- Boarding Schools
- ·Land/Food Trauma
- Nutrition experiment
- •Gardening/animal husbandry

Structural Racism today

- Healthcare access
- •Urban/rural
- Self-determination restrictions
- •Reservations environmental pollutants

HISTORICAL TRAUMA

 Historical trauma (HT) is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma experiences; the historical trauma response (HTR) is the constellation of features in reaction to this trauma- Braveheart, 1998, 1999; Walters Evans-Cambpell, 2003, 2006...

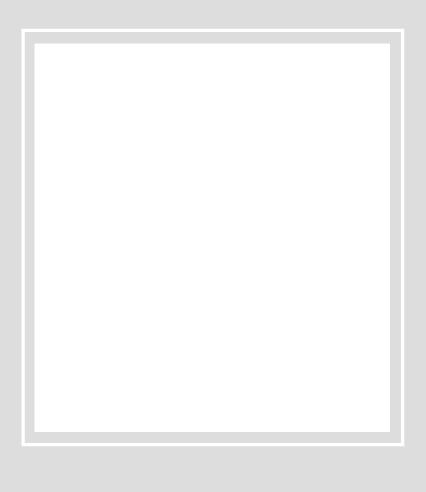
SYSTEMATIC/INTENTIONAL DISCONNECT

Land

Kinship

Original Instructions

Love



SYSTEMIC METHODS TO ERADICATE INDIGENOUS PLACE

17th-18th century body parts/objectification Eugenics and Feeblemindedness/A DHD 1800's to late 1900's to present Terman Stanford-Binet developed IQ test with AIAN as the deficit "The Intelligence of Indian Children" 1926 by the Journal of Comparative Psychology

Race Psychology 20 of 25 Studies on AIAN



1940's 25-50% of all AIAN children lived in foster home or boarding school



Across the entire country, an 25 % of Native women of childbearing age were sterilized by 1976 and as many as 70,000 (Turby, Lawrence)

SYSTEMIC RACISM: ATTACKS ON INDIAN COUNTRY

Vulnerability in Place

- Trachoma "research" eyelid removal among AIAN early 1900's to 1930's
- Targeted site research- Alaska radioactive iodine Research 1950s

Place as Confinement

Forts

Hiawatha for criminally insane Reservations

Healthcare

Forced Sterilization
Lack of Access

Place based Discrimination

Barrow's Inupiat alcohol study 1970's &reduction of bond and infrastructure

Environmental pollution

Place as Colonial Narratives

Havasupai Study 1990's

Percentages of American Indian and Alaska Native women and men who have experienced violence in their lifetime

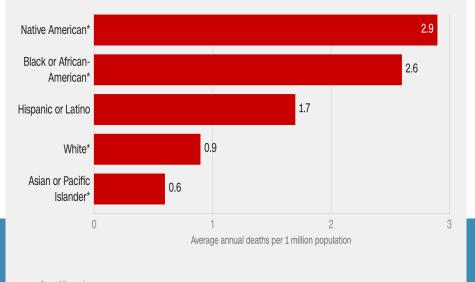






Native Americans more likely to be killed by law enforcement than other racial or ethnic groups

Native Americans are killed in law enforcement actions at a higher rate than any other race or ethnicity, according to CDC data from 1999 to 2015.



*non-Hispanic

Source: Centers for Disease Control and Prevention

OBJECTIFICATION/ERASURE

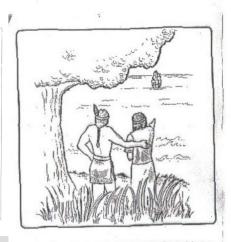
'I' is for Indian



Indian

The **Indian** wears bright colors. He likes to live outdoors.

"'I' is for Indian" appears in P.D. Eastman, *The Cat in the Hat Beginner Book Dictionary* (New York: Random House, 1964).



When Columbias discovered Anadon ha called the first people he asix, limit, indiana had lived to America for intry years, it to believed the indiara core from Adla more than eventy thousand years ago. During the los Age a northity of an expensed of another than the product of the conbetoven Alacks and Silberia. It is believed the Indians wandered ever the fand

- •"...Columbus discovered America..."
- •"...Indians came from Asia..."
- •"...Indians
 wandered over
 the land bridge to
 North
 America..."

Intergenerational Trauma





American Indians and Alaska Natives (AI/AN) in the IHS Service Area 2009-2011 and U.S. All Races 2010 (Age-adjusted mortality rates per 100,000 population)

	AI/AN Rate 2009-2011	U.S. All Races Rate - 2010	Ratio: Al/AN to U.S. All Races
ALL CAUSES	999.1	747.0	1.3
Diseases of the heart (Heart Disease)	194.7	179.1	1.1
Malignant neoplasm (cancer)	178.4	172.8	1.0
Accidents (unintentional injuries)*	93.7	38.0	2.5
Diabetes mellitus (diabetes)	66.0	20.8	3.2
Alcohol-induced	50.0	7.6	6.6
Chronic lower respiratory diseases	46.6	42.2	1.1
Cerebrovascular diseases (stroke)	43.6	39.1	1.1

American Indians and Alaska Natives (AI/AN) in the IHS Service Area 2009-2011 and U.S. All Races 2010

(Age-adjusted mortality rates per 100,000 population)

	AI/AN Rate 2009-2011	U.S. All Races Rate - 2010	Ratio: Al/AN to U.S. All Races
Chronic liver disease and cirrhosis	42.9	9.4	4.6
Influenza and pneumonia	26.6	15.1	1.8
Drug-induced	23.4	15.3	1.5
Nephritis, nephrotic syndrome (kidney disease)	22.4	15.3	1.5
Intentional self-harm (suicide)	20.4	12.1	1.7
Alzheimer's disease	18.3	25.1	0.7
Septicemia	17.3	10.6	1.6
Assault (homicide)	11.4	5.4	2.1
Essential hypertension diseases	9.0	8.0	1.1

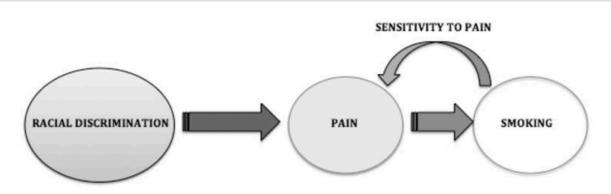


Figure 1. The complex relationship between racial discrimination and smoking as mediated by pain among an AIAN two-spirit group from the HONORS project.

DISCRIMINATION'S INFLUENCE ON SMOKING RATES AMONG AMERICAN INDIAN ALASKA NATIVE TWO-SPIRIT INDIVIDUALS: DOES PAIN PLAY A ROLE?

JOHNSON-JENNINGS, BELCOURT, TOWN, WALLS, WALTERS

STRUCTURAL RACISM IN AIAN HEALTHCARE 24% healthcare discrimination

15% avoid seeking care

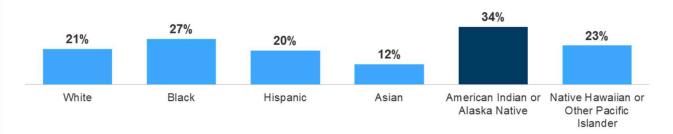
38% violence in healthcare

34% threatened or harassed



Share of Adults Ages 18-64 at Higher Risk of Serious Illness if Infected with Coronavirus by Race/Ethnicity

:



NOTE: Data includes adults ages 18-64; excludes adults living in nursing homes or other institutional settings. Persons of Hispanic origin may be of any race, but are categorized as Hispanic for this analysis; other groups are non-Hispanic.

SOURCE: KFF analysis of 2018 Behavioral Risk Factor Surveillance System.



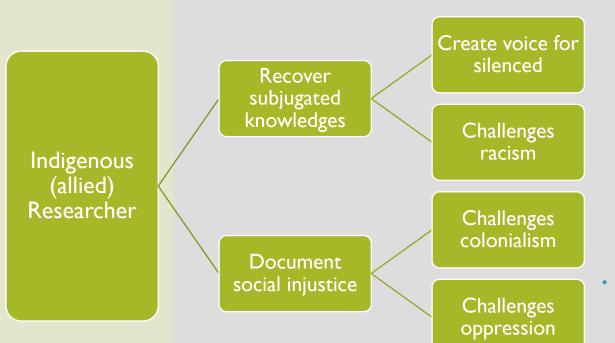
Figure 2: Share of Adults Ages 18-64 at Higher Risk of Serious Illness if Infected with Coronavirus by Race/Ethnicity

RX OVERDOSE

- AIAN 50% more likely to die of an overdose
- 2022 pandemic = five fold increase (Qeadan et al., 2022)

DECOLONIZING RESEARCH

Risky



Linda Tuhiwai Smith, <u>Decolonizing</u>
 <u>Methodologies: Research and Indigenous</u>
 <u>Peoples</u>

HEALTH RESEARCH LOVING STEPS FOR INDIGENOUS COMMUNITIES

thrivance

Indigenizing

decolonizing

Thrivance grows from ancestral knowledges and wisdoms, which then actuates healthful practices and well-being (Johnson-Jennings et al., 2019; Johnson-Jennings, Billiot, & Walters, 2019; Walters Johnson-Jennings, et al., 2020).



YAKOKE! THANK YOU

Questions?

