

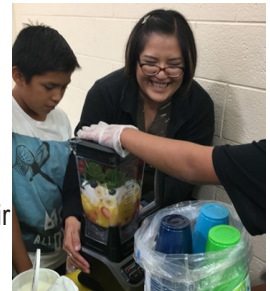
# Water is K'é among Native Youths and Communities

The COPE Program has presented at various schools and community events to give awareness on drinking water. We have done a total of **46 demo set-ups and four water workshops** at schools, public events, and stores - sharing healthy beverage recipes and educating about sugary beverages. The water work has received positive recognition from many surrounding communities and continues to be most requested for health outreach work.

## Environmental Change

### T'iis NazBas Boarding School Dormitory Birthday Party

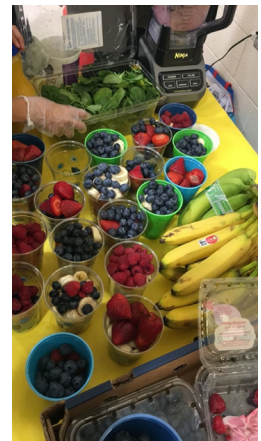
Instead of having cake and ice cream for a birthday party celebration, T'iis NazBas Boarding School students requested the COPE Monitoring, Evaluation and Quality Improvement (MEQ) team to complete a healthy smoothie demo, which had been previously done for them. The youths enjoyed their birthday celebration with fruitful smoothies full of fresh strawberries, bananas, raspberries, blueberries, spinach leaves, orange juice, yogurt, and frozen mangos. The students were also able to assist us in making the smoothies and passing it out to their peers.



Birthday Party with T'iis NazBas.

### Beclabito Day School FACE End of the Year Celebration

At the FACE End of the Year celebration, students, faculty, and parents of Beclabito replaced their sugary beverage choices with unsweetened teas and water at their parent events. They decided to upgrade their fruit infused pitcher COPE gave to them to a much bigger pitcher for their parents. Instructors has mentioned their parents always enjoying the fruit infused waters and some have even mentioned cutting down on soda.



T'iis NazBas students prepping smoothies.

### T'iis NazBas Boarding School FACE End of the Year Celebration

The FACE program in T'iis NazBas have now implemented a policy to no longer serve sugary beverages at their parent gatherings. During their Annual End of the Year Celebration, the FACE team only served water and unsweetened tea.

## Recognition

### Blanding Elementary After School Summer Program

We presented to the Blanding After School Summer Program and introduced them to the water challenge. We also conducted a health session with them where they were able to make their own fruit infused water. We came across one of the student's mom, who oversees all schools within the district, and she immediately recognized the water work and was able to meet us about the initiative. The mom mentioned how she noticed her sons were drinking water daily and when she asked them why they were consuming nothing but water, they told her about the presentation and challenge. She told the COPE staff, after the presentation the students at Blanding modified their beverage options to water as their first option. She also would like to extend the water work to the remainder of the Elementary schools within Utah she oversees.

## Champions

### Bluff Elementary After School Program Tó Party

For 2020, the Bluff After School Program decided to have a Tó Party with families and students. This was a successful event with over 50 attendees. The students were able to listen to Louise Benally, who spoke about the Navajo traditional aspect to water. She related her stories to the sacred mountains, the rivers that run across the lands and the horse is body. At the end of the event, COPE showcased the traditional interview story and the Bluff team served two fruit infused waters. During this time, we introduced the water challenge and there were parents who became interested in the initiative.

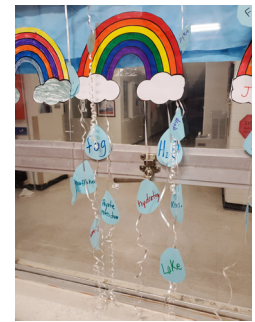


Bluff students hosting a Tó Party.



### Champion Posters

Recently, we have recruited two new local champions; 1) Thomas Hatathlie and 2) Job Van Lee. Mr. Hatathlie is a traditional practitioner at the Tuba City Regional Health Care but also a Cross Country Coach with the local high school. Job is a young, sociable individual who goes attends Beclabito Day School. The individuals were able to choose a location where they wanted to be photographed at. These local champion posters have been given to organizations, clinics, chapter houses, stores, schools and other public areas.



## To Kits

A total of 12 To Kits were given to schools, health educators, organizations and other outreach workers. A majority have completed 1-5 setups at 45%, followed by those that completed more than 11 setups at 36%. Provided in the To Kits are: cutting board, gloves, knife, cups, 25\$ gift card, infused pitcher, apron, wipes, trash bag, spatula, colander and paper towels.

### Top 3 infused recipes that are popular at each setup:

1. Blueberries, lemon, mint
2. All citrus (orange, lemon, lime, and kiwi)
3. Cucumbers and lime raspberry

### Top 3 locations for fruit infused water stations:

1. Community events (presentations and health fairs)
2. At the front office
3. At parent events (parent teacher conferences and PAC meetings)

"We noticed our students are visiting us at the front office more than before only because we have our water station setup there. They started bringing their own water bottles. We hear comments from them that the water tastes good & has good flavor. More water is being consumed during PE classes for all Jr. High students, so we have to keep the jar refilled. Students notice what kind of fruits are being infused with the water & like to taste all different varieties we have done for them. Not only do the students like the infused water, but at the end of the school day, we have about 3-4 students coming over for the fruits that was used that day to eat. Even parents have commented that this is a good idea & always want to taste the infused water." -Red Mesa community member

"During our Family Circle or our Family Get-Together events, we usually make infused water for all to drink. It has been popular, & the infused water containers is usually the first to become empty." -Atsa Biyaazh community member

"We've asked students to be involved & take ownership of the setups. Students have worked in small teams (3-5) to finish all parts of the job: washing dishes & fruits, preparing fruits for the jar, getting the cups ready, creating & sharing the recipe, etc. The best comment I've heard was from a 4th grade male who, while washing the fruit for his team's recipe, said, 'This really makes me want to be a chef now!' Of course, the context matter, & knowing the student for many years—as an educator, I was shocked to have him be so excited & engaged by the activity & see how this could spark an interest for him & his future." -Bluff community member

"I've noticed that a lot more people carry around infused water in bottles. On certain days I would have students fill their water bottles with our various flavors." -Red Mesa community member