

Resolution No. 05-94-118

- WHEREAS,** this project deals both with the health of present day Apache youths as well as their health when they become adults and is intended in its 9-year operation to involve all Apache youths and their future health; and
- WHEREAS,** the Principal Investigator of this study, Benjamin Caballero, MD, PhD, is a noted pediatrician and nutritionist from Johns Hopkins University, who has worked extensively with the problem of childhood obesity in many different populations; and
- WHEREAS,** this study will not involve any drugs or medicine, but will deal mainly with the development in youths, schools, and parents of proper knowledge, attitudes, and behaviors regarding nutrition and health; and
- WHEREAS,** administrators and teachers of Whiteriver Elementary public schools, John F. Kennedy School, and Cibecue Community School have been informed of this study and have expressed interest and support for the study; and
- WHEREAS,** at a number of meetings, individual Tribal members have voluntarily attested to their knowledge of the problem of childhood obesity and their concern of the problem among youths related to them and have expressed verbal support for this study.

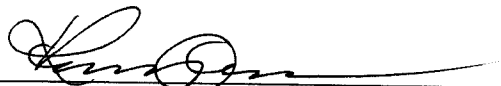
BE IT RESOLVED by the Tribal Council of the White Mountain Apache Tribe that it hereby grants approval of the Johns Hopkins Program in Whiteriver to conduct Phase I of this school-based project to prevent obesity among White Mountain Apache elementary school children.

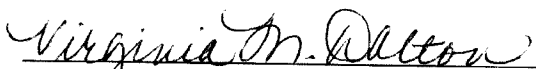
The foregoing resolution was on May 11, 1994, duly adopted by a vote of nine for and zero against by the Tribal Council of the White Mountain Apache Tribe, pursuant to authority vested in it by Article IV, Section 1 (a), (j), (t) and (u) of the Constitution of the Tribe, ratified by the Tribe September 30, 1993, and approved by the Secretary of the Interior on November 12, 1993, pursuant to Section 16 of the Act of June 18, 1934 (48 Stat. 984).

RECEIVED

MAY 25 1994

FORT APACHE INDIAN AGENCY
WHITERIVER, ARIZONA


Chairman of the Tribal Council


Secretary of the Tribal Council

**RESOLUTION OF THE
WHITE MOUNTAIN APACHE TRIBE OF THE
FORT APACHE INDIAN RESERVATION**

- WHEREAS,** the members of the Tribal Council of the White Mountain Apache Tribe are duly elected representatives of their respective districts of the Reservation, and the members of the Tribal Council share the common goal of raising the level of health of its tribal members; and
- WHEREAS,** a health problem that is commonly overlooked is obesity of school age children which often leads to lifelong obesity and is directly related to other health problems of adults; and
- WHEREAS,** childhood obesity, which did not exist in this Tribe several decades ago, has been increasingly prevalent and now affects 33% of Apache youth according to recent studies conducted by the IHS in Whiteriver schools; and
- WHEREAS,** behavioral problems associated with obesity are poor eating habits; inappropriate attitudes towards nutrition, health and exercise, lowered self-esteem and lowered self-respect; and
- WHEREAS,** aggregate health data recently reviewed show increasingly higher rates among Apache adults of diabetes, high blood pressure, kidney damage, obesity, and heart disease -- all of which are directly related to chronic obesity which often begins in childhood; and
- WHEREAS,** the Johns Hopkins University was awarded funds by the National Institutes of Health for a two-phase, school-based study among elementary school children in grades 3, 4 and 5 to develop and test feasible, culturally-appropriate methods to prevent childhood obesity; and
- WHEREAS,** Phase I, to last 3 years, will initially involve two ("pilot") schools in which much information related to health, nutrition, exercise, attitudes, knowledge, behaviors and other information will be collected from the schools, students, and their parents and will be used to develop methods to prevent obesity; and John F. Kennedy BIA School and Cibecue Community School have been selected to serve as "pilot" schools; and
- WHEREAS,** Phase II, to last 6 years, will involve the application of tested and proven obesity prevention methods developed in Phase I, and these methods will be applied in other Reservation elementary schools; and