

**Wisdom Warriors:**  
**Living Wise, Living Strong**



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# Overview

- Why is this important?
- What is CDSMP?
- What is the program?

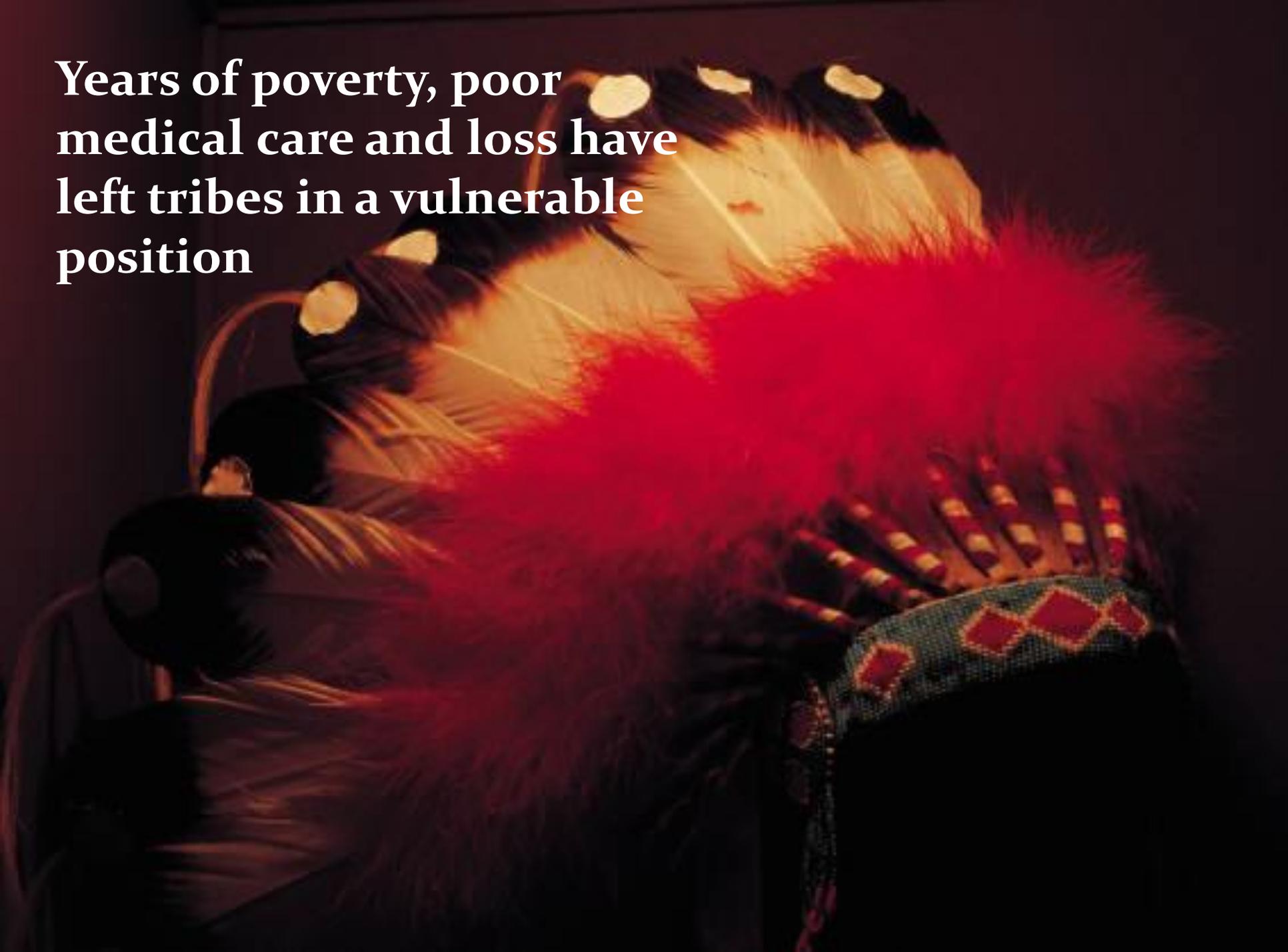


A photograph of a deforested landscape. In the foreground, a large, weathered tree stump stands prominently, surrounded by a dense field of cut logs and branches. The ground is covered in a layer of dry, brown debris. In the background, a line of tall, thin evergreen trees marks the edge of a forest, with rolling hills visible in the distance under a pale sky.

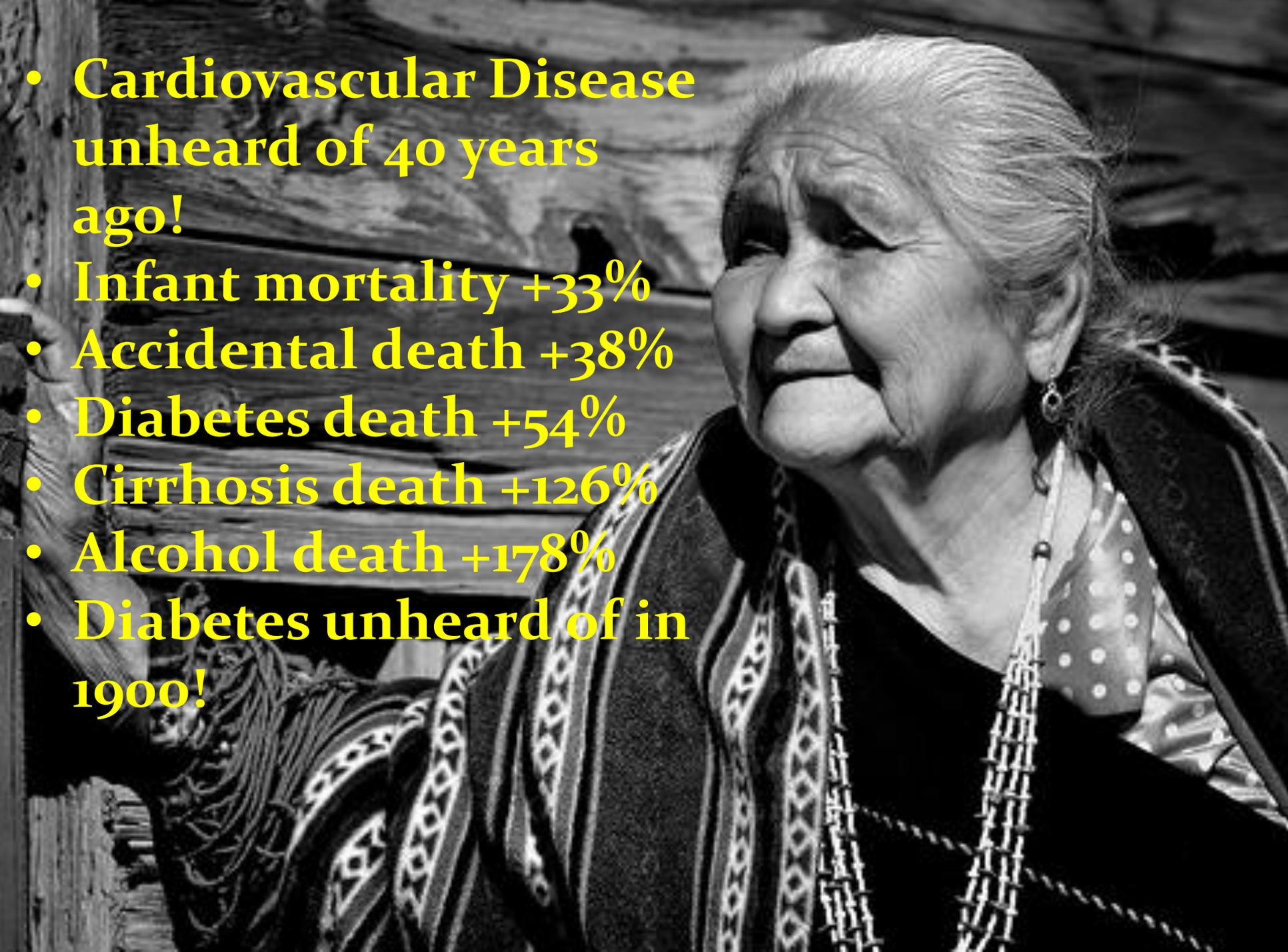
# A Disparate Culture

**Indian lands were  
exchanged for treaty  
promises, most of  
which have not been  
upheld**

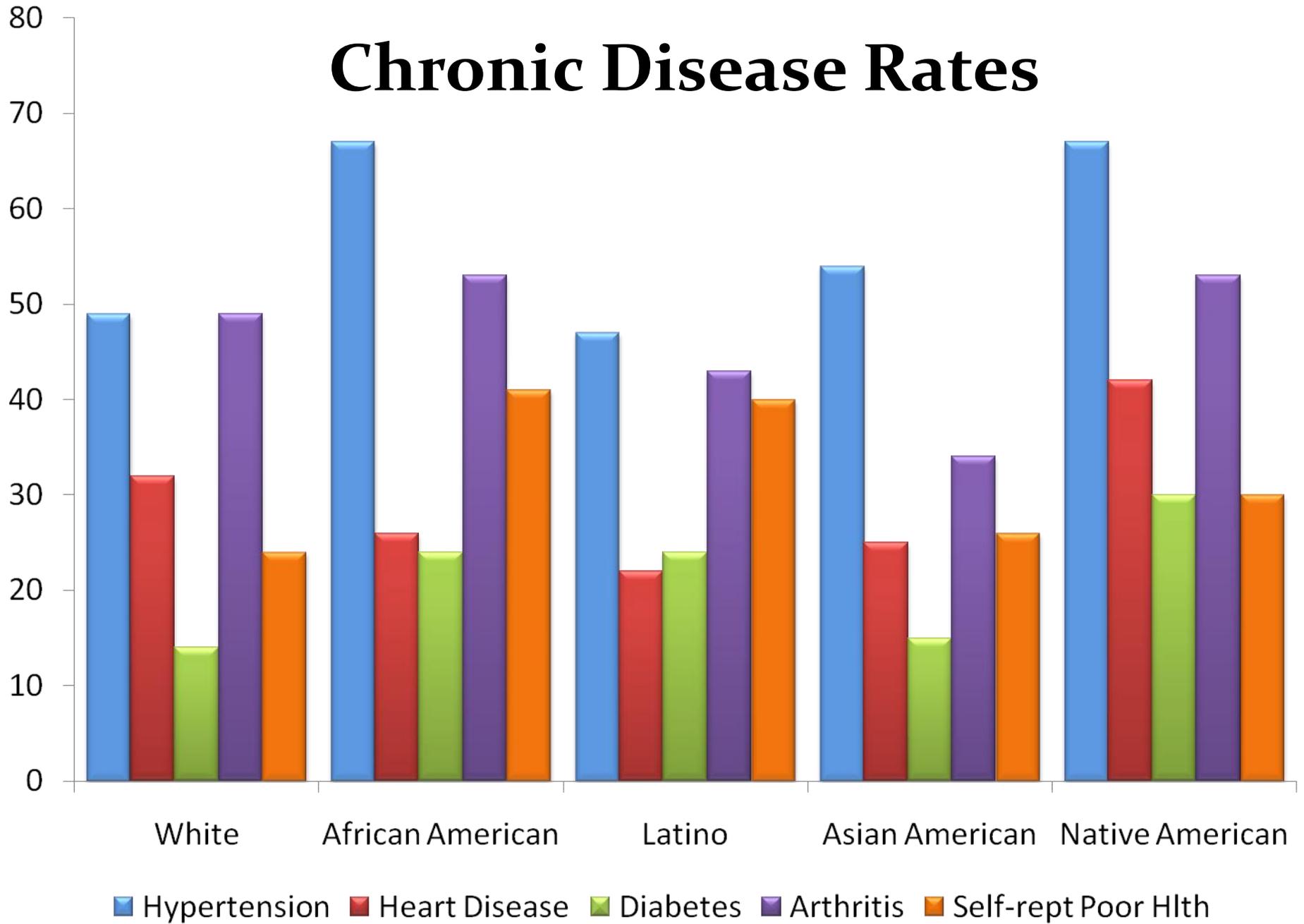
**Years of poverty, poor  
medical care and loss have  
left tribes in a vulnerable  
position**



- **Cardiovascular Disease unheard of 40 years ago!**
- **Infant mortality +33%**
- **Accidental death +38%**
- **Diabetes death +54%**
- **Cirrhosis death +126%**
- **Alcohol death +178%**
- **Diabetes unheard of in 1900!**



# Chronic Disease Rates



# What is Chronic Disease Self-Management?



# What Is CDSMP?

- Developed by researchers at Stanford University Patient Education Research Center
- Began in 1991
- Six weeks; 2½ hours per week
- Listening and activities including problem solving and action planning
- Goal is to promote an “I CAN” attitude in participants

# What Does CDSMP Do?





# What is the content?

Stinging Nettle – Nutritious spring green

Camas (traditional food & medicine)

# Self-Management Model

**Traditional Model**



**Self-Management Model**



# Tools Used for CDSMP

## Stone Mauls, Mortar & Pestle, Grinding Stones, Net Weights and Cedar Wrapped Net Stones

*From the collection of John L. Mattson and Charles S. Smith*

Stone tools have been part of human technology for thousands of years. Stone mauls were used as a hand-held hammer. Mortar & pestles were used in food preparation. Grinding stones were used to sharpen other stone tools. The net weights were used for beach seining and to anchor fishing and hunting nets in place. Stone mauls, grinding stones, net weights, mortar and pestles come in a variety of shapes and sizes.

These stone tools were found in various archeological sites throughout King, Snohomish, and Skagit Counties. The cedar wrapped weight stones were <sup>14</sup>C (radiocarbon) dated at 500 years old.

Hibulb Cultural Center  
(picture taken with permission)



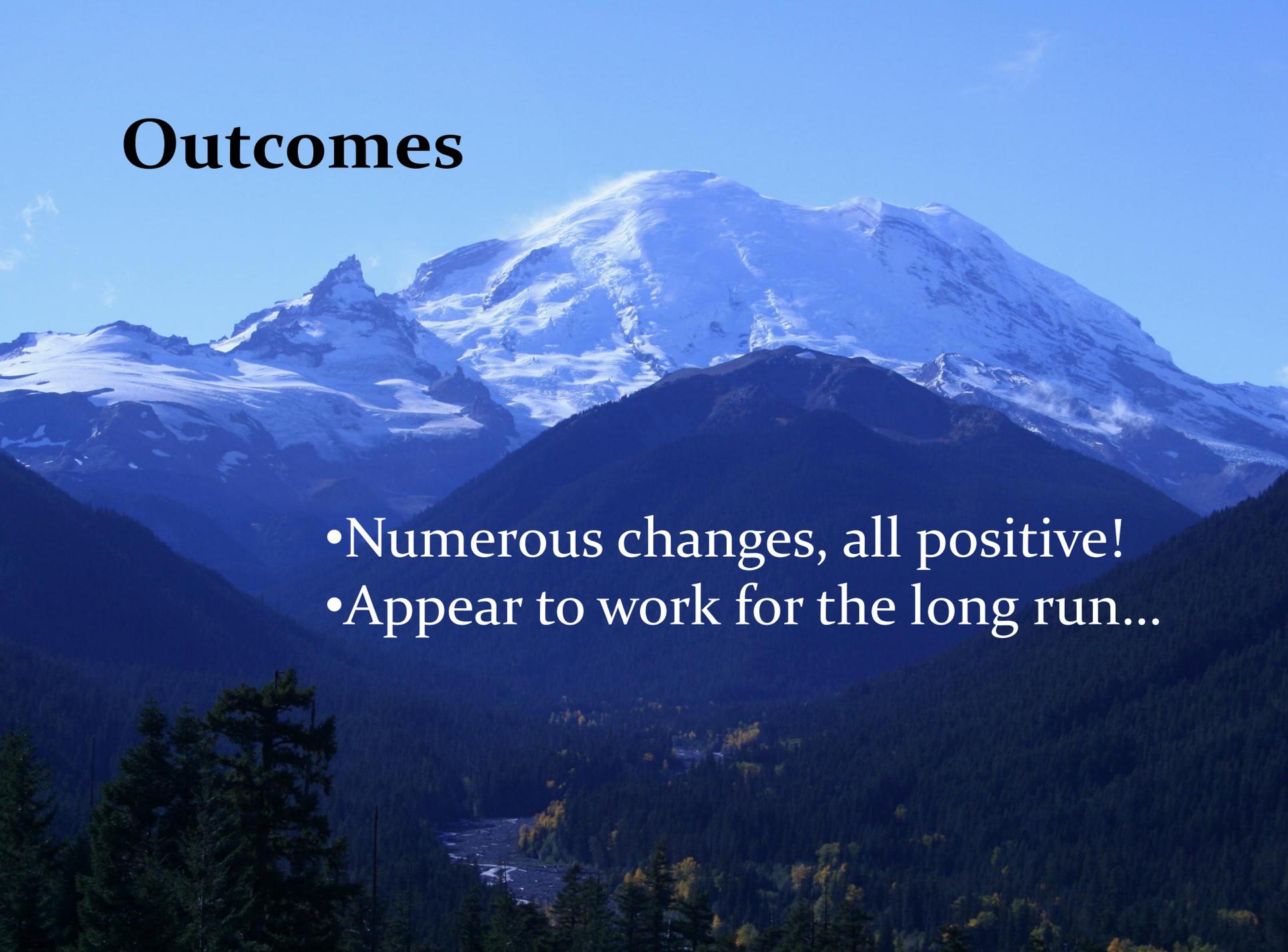
Hello  
my name is  
Becky

Hello  
my name is  
Rob

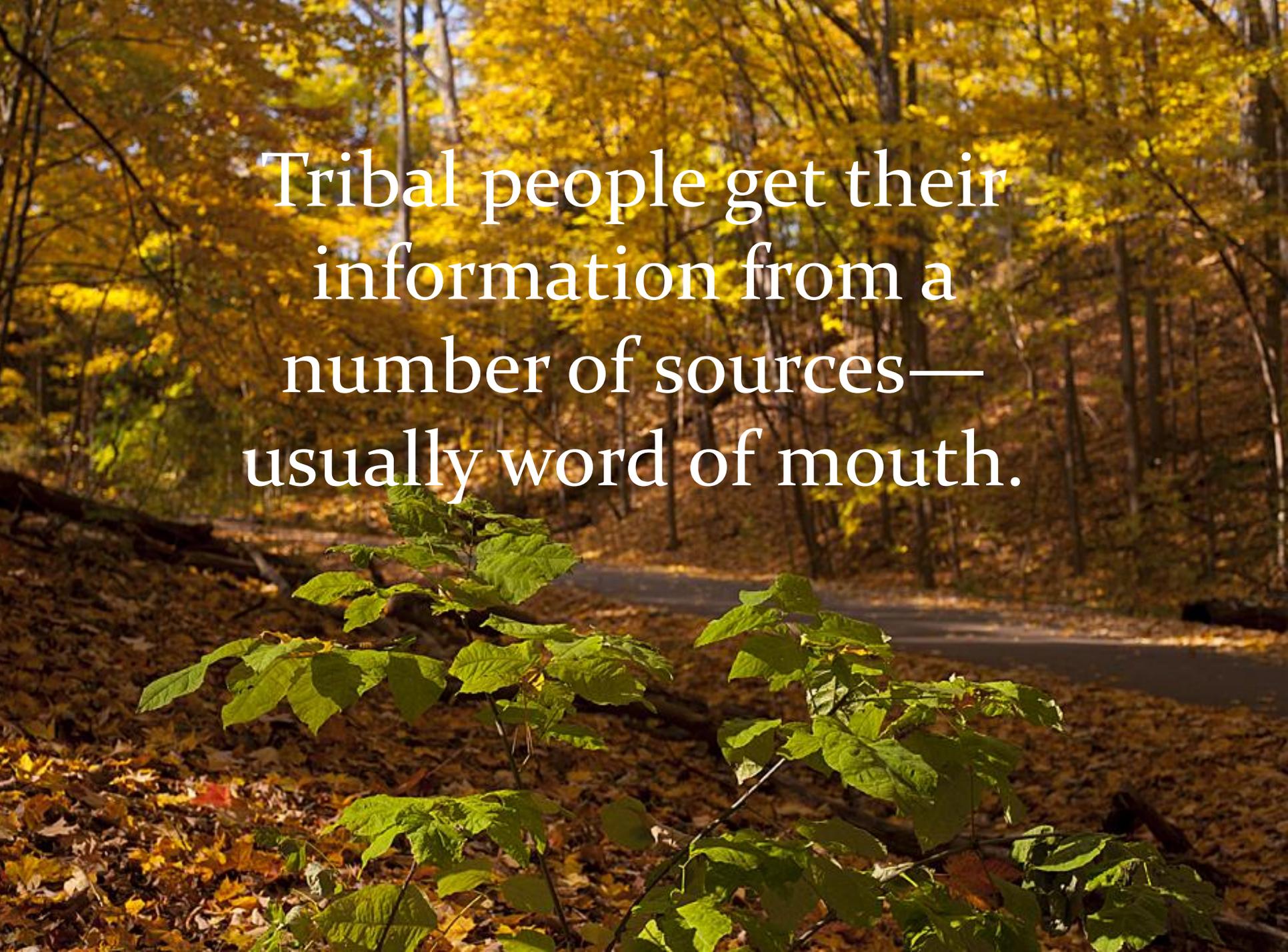
- Self-management tasks
1. Take care of your health problems
  2. Carry out your normal activities
  3. Manage your emotions

Who Teaches?

# Outcomes



- Numerous changes, all positive!
- Appear to work for the long run...

A photograph of a forest path during autumn. The path is covered in fallen yellow and orange leaves. In the foreground, there are several green plants with large, serrated leaves. The background is filled with trees with yellowing foliage, and the lighting is warm and golden.

Tribal people get their  
information from a  
number of sources—  
usually word of mouth.

# Keeping the Ball Rolling

## Wisdom Warriors



Living Wise,  
Living Strong.

# Take PART

**P**repare

•Keep track \_\_\_\_\_

•Report \_\_\_\_\_

•List \_\_\_\_\_

**A**sk \_\_\_\_\_

**R**epeat \_\_\_\_\_

**T**ake action \_\_\_\_\_



# New Beginnings

# Honoring Tribal Sovereignty



A large, dense pile of small, blue, ring-shaped objects, possibly beads or pills, filling most of the frame. The objects are arranged in a somewhat circular pattern, with the center being the most densely packed. The background is a plain, light color.

# Health Checks

# Self Care





**Exercise**

# Spiritual/Cultural



# Intergenerational Activities





Biannually or annually...



# Questions?

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