Wisdom Warriors:
Living Wise, Living Strong

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Overview

- Why is Wisdom Warriors important?
- What is CDSME?
Tribal lands were exchanged for treaty promises, most of which have not been upheld.
Years of poverty, poor medical care and cultural loss have left tribes with many negative effects including chronic disease.
• 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

- Hypertension
- Heart Disease
- Diabetes
- Arthritis
- Self-rept Poor Hlth

- White
- African American
- Latino
- Asian American
- Native American
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
- CDSME promotes a “My Health...My Responsibility” attitude in participants
What Does CDSMP Do?
Self-Management Tool Box

- Physical Activity
- Medications
- Decision-Making
- Action Planning
- Breathing Techniques
- Understanding Emotions
- Working with Health Professionals
- Problem-Solving
- Using Your Mind
- Sleep
- Communication
- Healthy Eating
- Weight Management
Self Management Model

Traditional Model

Self Management Model
Who Teaches?
Honoring Tribal Sovereignty
Outcomes

• Numerous changes, all positive!
• Appears to work for the long run
• Sharing CDSM between generations
Wisdom Pouch is earned after 6 week course of CDSME. All pouches are identical as are the beads awarded. This is our way of identifying other Wisdom Warriors and the beads tell the story of their success!
Health Checks
Self Care
Exercise
Spiritual/Cultural
Biannually or annually....
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Bring *Wisdom Warriors* to your tribe!

- Train two people to be CDSME Lay Leaders
- Start CDSME classes for tribal participants
- Upon graduation they become *Wisdom Warriors*!
- Hold monthly *Wisdom Warriors* meetings, with health education, traditional foods, cultural activities and sharing of stories and history of your tribe
- Meet annually with other tribes’ *Wisdom Warriors*
- Share lessons with younger generations as prevention