

4-24-2015

Stepping away from the path: a transformational journey affirming emic food security practices on the Pine Ridge Indian Reservation in South Dakota

Beth E. Grund
Augsburg College

Follow this and additional works at: <https://idun.augsburg.edu/etd>



Part of the [Nursing Commons](#), and the [Public Health Commons](#)

Recommended Citation

Grund, Beth E., "Stepping away from the path: a transformational journey affirming emic food security practices on the Pine Ridge Indian Reservation in South Dakota" (2015). *Theses and Graduate Projects*. 33.
<https://idun.augsburg.edu/etd/33>

This Open Access Thesis is brought to you for free and open access by Idun. It has been accepted for inclusion in Theses and Graduate Projects by an authorized administrator of Idun. For more information, please contact bloomber@augsbu.edu.

Stepping Away from the Path: A Transformational Journey Affirming *Emic* Food
Security Practices on the Pine Ridge Indian Reservation in South Dakota

Beth E. Grund MAN, RN

Submitted in partial fulfillment of
the requirement for the degree of
Doctor of Nursing Practice

AUGSBURG COLLEGE
MINNEAPOLIS, MINNESOTA

2015

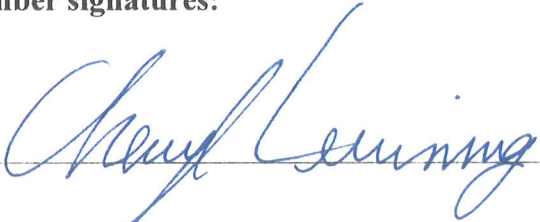
AUGSBURG COLLEGE

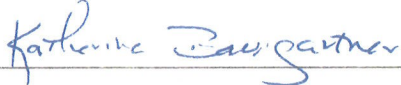
**Augsburg College
Department of Nursing
Doctor of Nursing Practice Program
Scholarly Project Approval Form**

This is to certify that **Beth E. Grund** has successfully presented her scholarly doctoral project entitled **“Stepping Away from the Path: A transformational journey affirming Emic food security practices on the Pine Ridge Indian Reservation in South Dakota”** and fulfilled the requirements for the Doctor of Nursing Practice degree.

Date of presentation: April 24, 2015.

Committee member signatures:

Major Advisor:  Date APRIL 24, 2015

Faculty Member:  Date April 24, 2015

Faculty Member:  Date April 24, 2015

Presentations

Annual Meeting of the Federated Gardens Clubs of Minnesota, April 12, 2014

40th Annual Conference of the Transcultural Nursing Society, October 23-24, 2014

Dedication

This project honors the memory of my mother, a widow who worked hard to make sure that her daughters always had fresh fruit to piece on.



Viola Vandemark Wenaas RN

1923 - 2008

Acknowledgments

The presence of caring and loyal people has blessed me throughout my life. The support of my husband, Frank, was crucial in helping me to complete this degree. His unqualified belief that I would succeed, despite my struggle with aftereffects of chemotherapy that included fatigue and cognitive challenges, gave me the confidence to thrive. This project might never have been realized without the help of a dear and generous friend, Mary Mousseau RN. Her vibrant star quilt will always hold a place of honor in my home. Dr. Cheryl Leuning, my advisor, remained unflappable throughout the seemingly endless twists and turns my project entailed. Her thoughtful commentary provided a groundwork that facilitated my journey of increasing self-awareness. I am forever grateful to librarian Boyd Koehler for his nurturing influence throughout my graduate studies at Augsburg College. He played an instrumental role in providing a theoretical groundwork for this project through his efforts to obtain an early article by Madeleine M. Leininger about the importance of food security for indigenous cultures. Dr. Deb Schuhmacher's guidance laid the groundwork for a successful transition into Augsburg's DNP program. Present and former classmates Judy Vansiea, Lani Hollenbeck, and Dr. Katie Clark inspired me to keep going. To everyone who believed in the worthiness of my project, I appreciate you all. Thank you!

Abstract

Stepping Away from the Path: A Transformational Journey Affirming *Emic* Food Security Practices on the Pine Ridge Indian Reservation in South Dakota

This Doctor of Nursing Practice project concerns improving the level of food security on the Pine Ridge Indian Reservation in South Dakota. Despite attempts by *etic*, or mainstream society, food security for the indigenous Oglala Lakota people who live there remains an elusive goal. Life expectancy for both men and women continues to decrease due to skyrocketing rates of chronic diseases related to malnutrition. Although the project initially focused on how effectiveness of *etic* food security solutions might be improved, unforeseen events prompted an examination of Pine Ridge food security from an *emic*, or Lakota, perspective. This more personal outlook centered on relationships and triggered a transformational journey that illuminated the author's unrecognized cultural bias. Turning towards the Lakota viewpoint resulted in an unexpected realization that mainstream efforts to alleviate hunger perpetuate colonialism by reinforcing the hegemony of the *etic* culture. The legacy of imperialism and its relationship to contemporary health challenges on the Pine Ridge Reservation are discussed. Differences between *emic* and *etic* conceptual frameworks surrounding food and nutrition are compared and contrasted. Lakota values and practices that promote food security are explored. A model envisions how nursing actions could facilitate bridging the cultural gap and result in greater food security for the Lakota people. Nursing implications are discussed.

Key words: Lakota, food security, Pine Ridge Indian Reservation, *tiyospaye*

Stepping Away from the Path

A transformational journey affirming
Emic food security practices on the
Pine Ridge Indian Reservation in South Dakota

Beth Grund MAN, RN
April 24, 2015

Submitted in partial fulfillment of the requirement for the degree of
Doctor of Nursing Practice

Transformational JOURNEY

Life Experiences

The Myth of Scarcity

*Millennium Development Goal
#1: Eliminate poverty and hunger*





Project Goals

- Examine the transformational process of outsider (*etic*) learning from insiders (*emic*) on the issue of food security practice at Pine Ridge Indian Reservation
- To draw attention to indigenous solutions to being hungry and poor
- To raise awareness among nurses that low food security is a health disparity

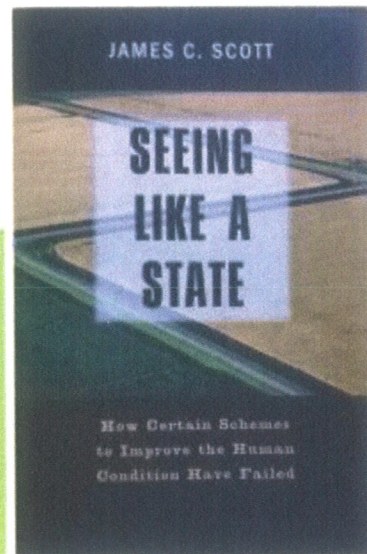
Transformational Approach

- *Theoretical inspiration*
- *Transcultural accompaniment*
- *One-on-one relationships*
- *Listening*
- *Sacred places/Self-reflection*



My Rules of THUMB

- Set aside judgment
- Avoid preconceived expectations
- Active listening



(Scott, 1998, p. 345)

Theory of Culture Care Diversity and Universality

Madeline M. Leininger



Care is the essence of nursing

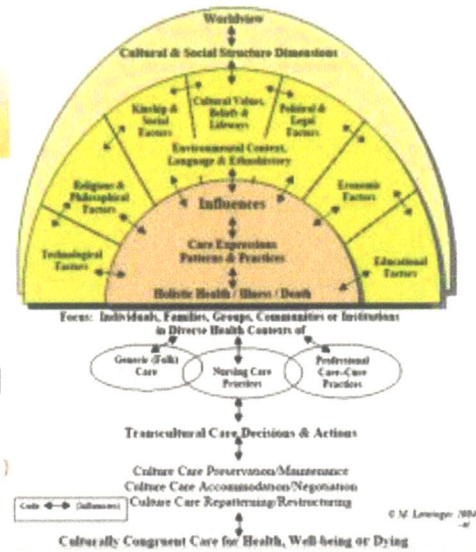
Culturally beneficial nursing care only occurs when *emic* folk (insider) cultural care values, expressions, patterns are known, honored and practiced

(Leininger, 2006)

Leininger's Sunrise Enabler

Illuminates the social context of health disparities experienced by a culture and highlights the influence of structural conditions imposed by the *etic* (outsider) society

(Leininger, 1988, 2006, p. 25)



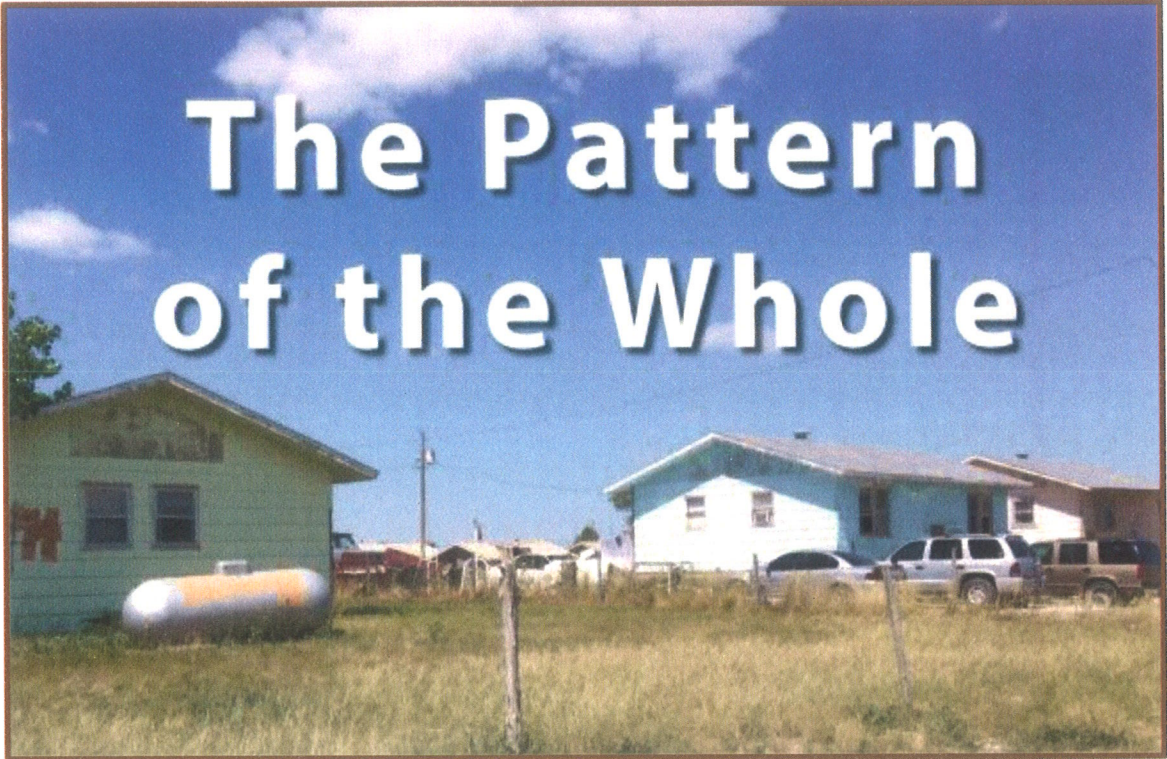
Health as Expanding Consciousness

Margaret A. Newman:



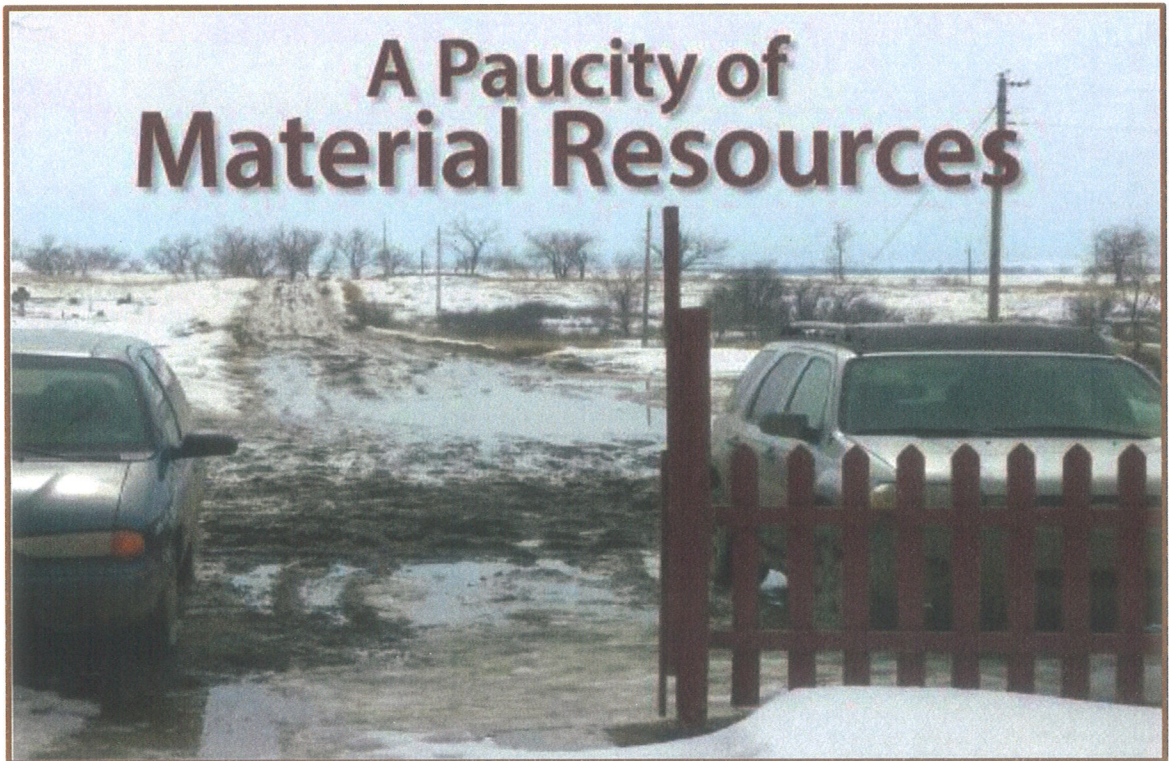
- Individuals are patterns of energy
- Consciousness is the evolving pattern of the whole
- Life is a process of expanding consciousness

(Newman, 1994; Newman, Sime, & Corcoran-Perry, 1991)





Legacy of IMPERIALISM



LAKOTA Cultural Strengths



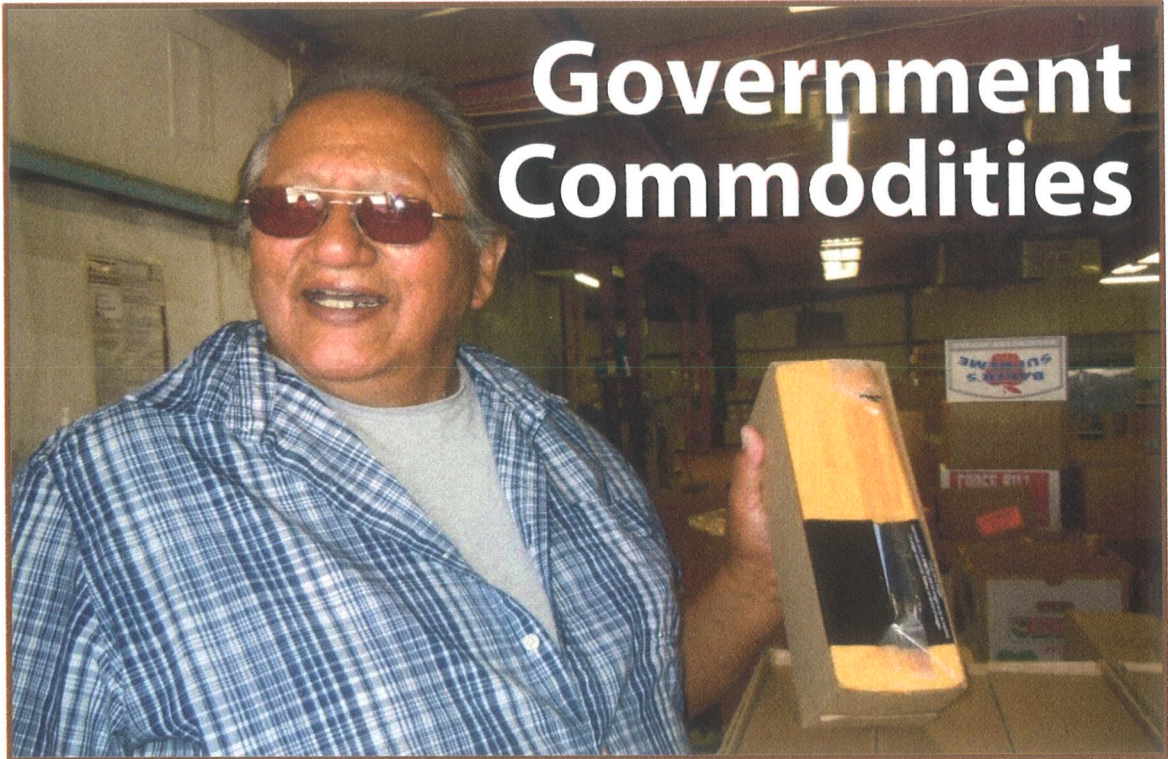
Mitakuye oyasin

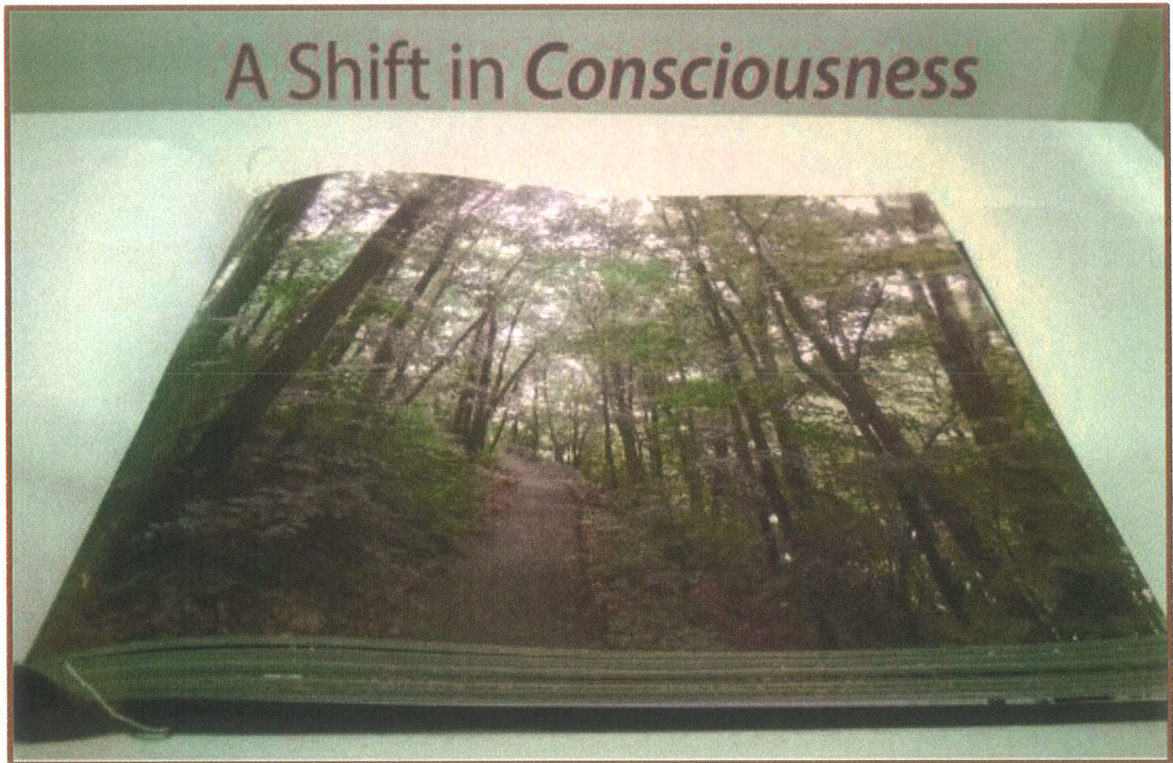
Tiyospaye

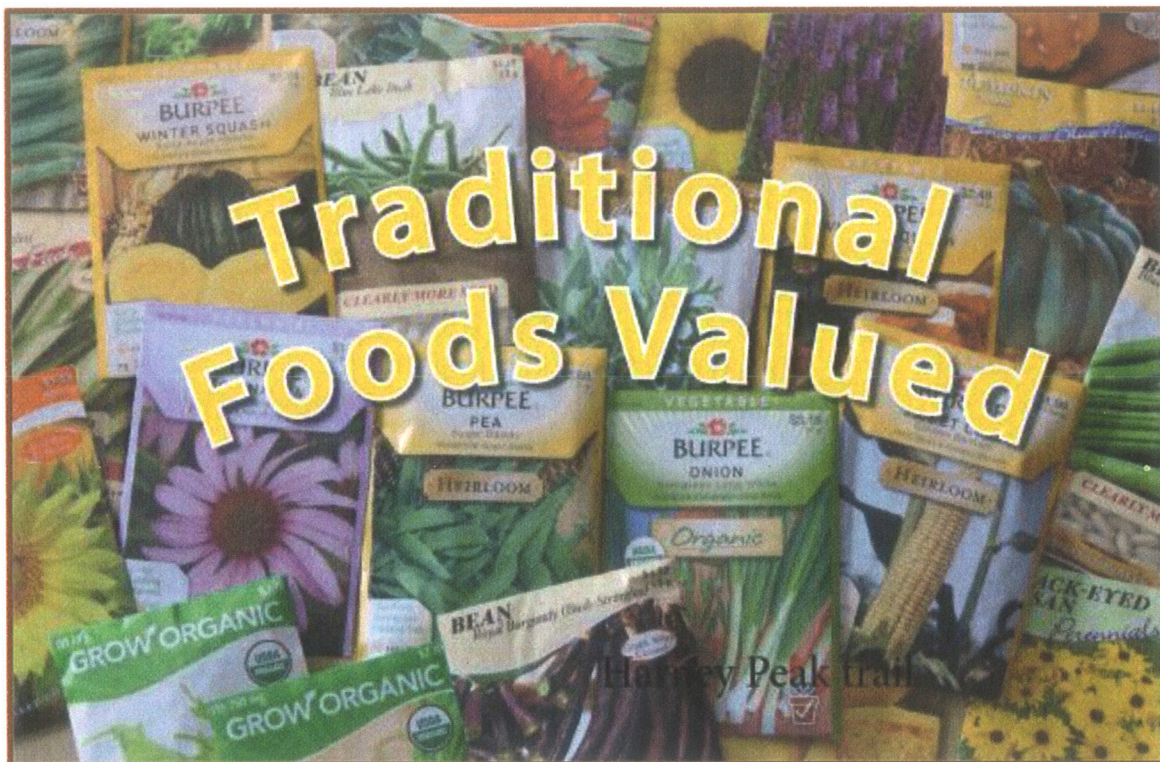
Traditional lifeways,
culture, and language



Etic (top down)
Sources of Food



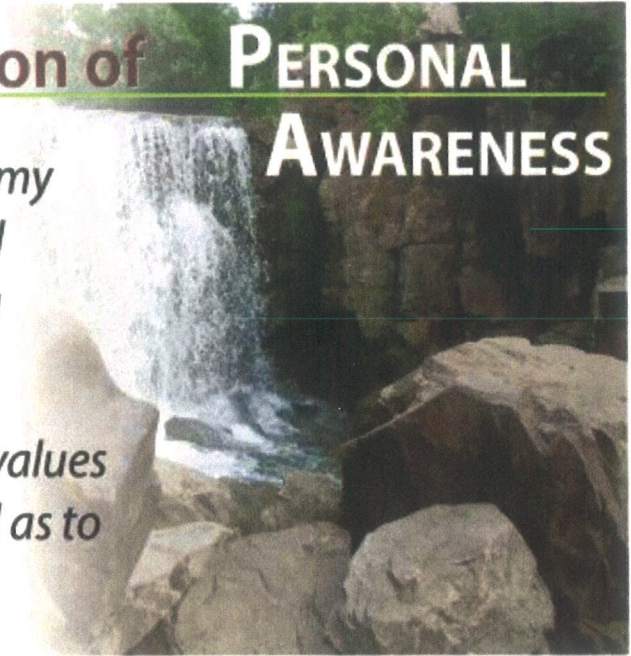




A Transformation of PERSONAL AWARENESS

Growth and change in my perception of structural inequities in society is a continuous process

Cultural attitudes and values are so deeply ingrained as to be invisible to oneself



Conclusions

***Etic* (outsider) interventions are not enough to alleviate low food security in Pine Ridge**

***Emic* (insider) voices must join in the conversation. Indigenous ways of knowing must be supported with at least equal weight into the change process**

Recognition/relinquishment of mainstream preconceptions opens a gateway to greater possibilities for the achievement of Lakota food security

Presentations

1. Federated Garden Clubs of Minnesota, Inc., 2014
2. 40th Annual Conference of the Transcultural Nursing Society, 2014



References

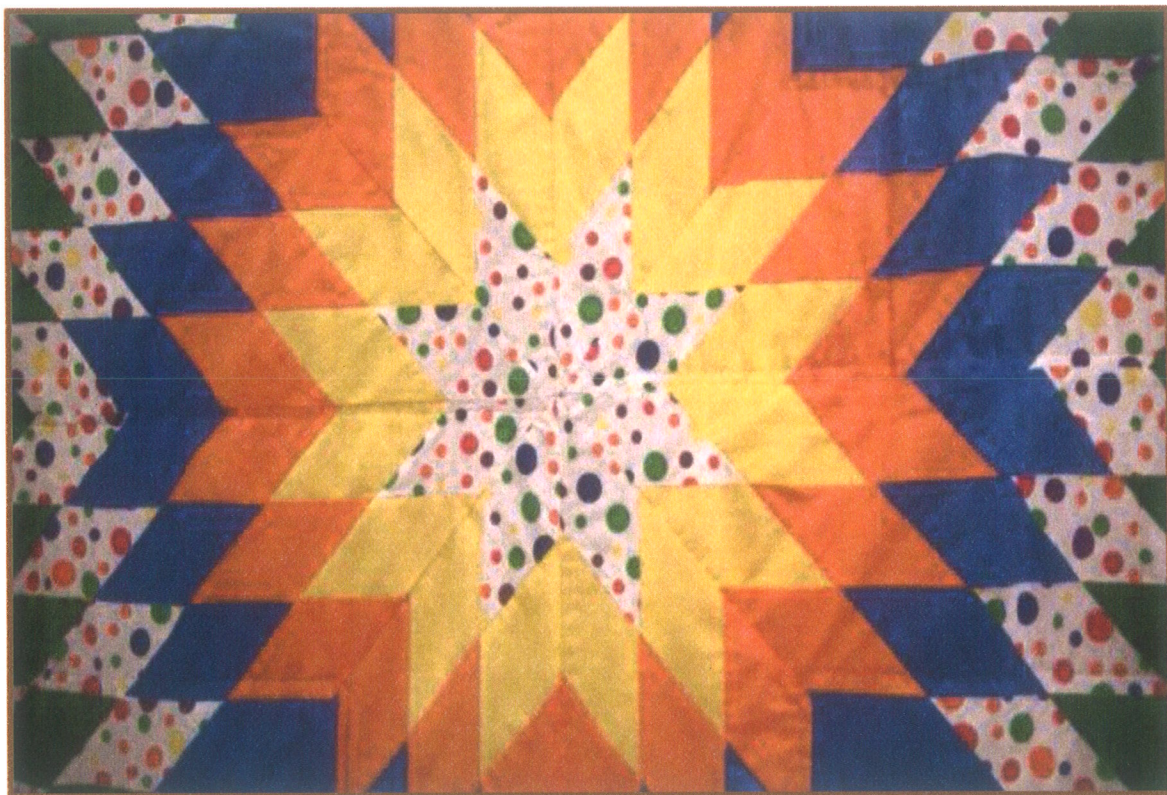
- Bauer, K. W., Widome, R., Himes, J. H., Smyth, M., Holy Rock, B., Hannan, P. J., & Story, M. (2012). High food insecurity and its correlates among families living on a rural American Indian reservation. *American Journal of Public Health, 102*(7), 1346-1352. doi:10.2105/AJPH.2011.300522
- Berry, W. (1994, October 17). Health is membership. Retrieved April 16, 2012, from <http://home2.btconnect.com/tipiglen/berryhealth.html>
- Boyte, H. C. (2008). *The citizen solution*. St. Paul, MN: Minnesota Historical Society Press.
- Centers for Disease Control (2014). *Diabetes Data & Trends*. Retrieved September 13, 2014, from <http://www.cdc.gov/diabetes/atlas/countrydata/atlas.html>
- Harnack, L., & Story, M. (1999). Diet and physical activity patterns of Lakota adults. *Journal of the American Dietetic Association, 99*, 829-835.

References

- Hassel, C. (2005). Cultural diversity and science revisited: An emerging scholarship of cross-cultural engagement. *Journal of Extension*, 43(6), 1-22. Retrieved from <http://www.joe.org/joe/2005december/index.php>
- Holtz, C. (2010). Global health issues. *Journal of Transcultural Nursing*, 21(s1), 14S-38S. doi:10.1177/1043659610368976
- Leininger, M. M. (2006). Culture care diversity and evolution of the ethnonursing method. In M. M. Leininger & M. R. McFarland (Eds.), *Culture care diversity and universality: A worldwide nursing theory* (2nd ed., pp. 1-41). Sudbury, MA: Jones and Bartlett Publishers.
- Leininger, M. M. (1988). Transcultural eating patterns and nutrition; transcultural nursing and anthropological perspectives. *Holistic Nursing Practice* 3(1), 16-25.

References

- Newman, M. A. (1994). *Health as expanding consciousness* (2nd ed.). Sudbury, MA: Jones and Bartlett Publishers.
- Newman, M. A., Sime, A. M., & Corcoran-Perry, S. A. (1991). The focus of the discipline of nursing. *Advanced Nursing Science*, 14(1), 1-6.
- Red Cloud Indian School (2014). Red Cloud Indian School. Retrieved September 26, 2014 from <http://redcloudschool.org/reservation>
- Scott, J. C. (1998). *Seeing like a state*. New Haven, CT: Yale University Press.
- Smith, L. T. (2012). *Decolonizing methodologies: Research and Indigenous peoples* (2nd ed.). New York: Zen Books.
- South Dakota Department of Education (2015). 2013-2014 Profile of Shannon County School District 65-1. Retrieved April 7, 2015 from <http://doe.sd.gov/ofm/statdigest.aspx>



Lakota Star Quilt

Created by Mary Mousseau RN

Pine Ridge Indian Reservation

This is a picture of the "Digital Archives Deposit Agreement". The actual form will be distributed in NUR 841 class.

AUGSBURG COLLEGE

Augsburg College Digital Archives Deposit Agreement

By depositing this Content ("Content") in the Augsburg College Digital Archives ("Digital Archives"), I agree that I am solely responsible for any consequences of uploading this Content to the Digital Archives and making it publicly available, and I represent and warrant that:

- I am *either* the sole creator or the owner of the copyrights in the Content; or, without obtaining another's permission, I have the right to deposit the Content in an archive such as the Digital Archives.
- To the extent that any portions of the Content are not my own creation, they are used with the copyright holder's expressed permission or as permitted by law. Additionally, the Content does not infringe the copyrights or other intellectual property rights of another, nor does the Content violate any laws or another's right of privacy or publicity.
- The Content contains no restricted, private, confidential, or otherwise protected data or information that should not be publicly shared.

I understand that the Digital Archives will do its best to provide perpetual access to my Content. In order to support these efforts, I grant the Board of Regents of Augsburg College, through its Digital Archives, the following non-exclusive, perpetual, royalty free, worldwide rights and licenses:

- To access, reproduce, distribute and publicly display the Content, in whole or in part, to secure, preserve and make it publicly available
- To make derivative works based upon the Content in order to migrate to other media or formats, or to preserve its public access.

These terms do not transfer ownership of the copyright(s) in the Content. These terms only grant to Augsburg College the limited license outlined above.

I agree to the above but I wish to restrict access of this Content to the Augsburg College Network only (sign II).

I. Work (s) to be deposited

Title: Stepping Away from the Path: A Transformational Journey Affirming Emic Food Security Practices on the Pine Ridge Indian Reservation in
Author(s) of Work(s): Beth E. Grund MAN, RN
Depositor's Name (Please Print): Beth E. Grund
Author's Signature: Beth E. Grund Date: 12/28/2015
South Dakota

II. Work (s) to be deposited (with restrictions)

Title: _____

Author(s) of Work(s): _____

Depositor's Name (Please Print): _____

Author's Signature: _____ Date: _____

If the Deposit Agreement is executed by the Author's Representative, the Representative shall separately execute the following representation. I represent that I am authorized by the Author to execute this Deposit Agreement on the behalf of the author. Author's Representative Signature: _____ Date: _____