



American Heart Association
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Office of Health



JOURNEYS IN FILM
educating for global understanding

Health
**HELP
WANTED**

KANSAS

**ADDRESSING FOOD INSECURITY
THROUGH REGENERATIVE AGRICULTURE**

DISCUSSION GUIDE

In Kansas, nutrition insecurity is a primary concern affecting residents' health. Through innovative regenerative agricultural practices that center on Indigenous cultural farming, methods such as adaptive grazing, maintaining soil health and ensuring waterway quality, a model of "holism" is created that supports ecological balance and protects the environment.



DISCUSSION QUESTIONS

1. What is the importance of understanding the historical context of regenerative agriculture practices to inform current practices and policies? What lessons can be learned from past agricultural methods?

2. What does “food sovereignty” mean? How can holistic approaches and food sovereignty concepts be integrated into health care and other community systems? How might education about biological systems affect public health outcomes?
3. Why is local Indigenous leadership crucial in implementing regenerative agriculture practices? How can the community ensure Indigenous voices are central in agricultural policymaking and implementation?
4. What strategies can build and strengthen relationships between farmers, tribal leaders, government officials and consumers? How might these coalitions improve both agricultural practices and community health?
5. The concept of “healthy soil, healthy plants, healthy animals, healthy food” suggests a chain of interconnectivity. How can local leaders effectively communicate this idea through community outreach?
6. What are the clearest connections between sustainable and healthy agriculture, food and health? What might some other (less apparent) connections be?



RESOURCES

- American Heart Association rural health portal: <https://www.heart.org/en/about-us/rural-health>
- Rural Health Information Hub: <https://www.ruralhealthinfo.org/states/kansas>
- Iowa Tribe of Kansas and Nebraska: <https://iowatribeofkansasandnebraska.com/>
- The Center of Excellence for Regenerative Native Agriculture from the Iowa Tribe of Kansas and Nebraska: <https://iowatribeofkansasandnebraska.com/center-of-excellence-for-regenerative-native-agriculture/>
- A network and resources guide in nearby Nebraska that promotes food sovereignty and regenerative agricultural practices: <https://www.regeneratenebraska.com/>
- The Land Institute: <https://landinstitute.org/about-us/>
- Kansas Farm Food Connection’s resource on regenerative agriculture: <https://kansasfarmfoodconnection.org/spotlights/what-is-regenerative-agriculture>
- Life’s Essential 8, the AHA’s checklist for lifelong good health: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>
- Empowered to Serve Health Lessons and Toolkits that include 19 science-based toolkits covering topics such as lifesaving skills, advocacy, healthy living, risk factor management and substance abuse: <https://www.empoweredserves.org/en/community-resources/health-lessons>



POTENTIAL PARTNERS

- Members of the Iowa Tribe who are involved in farming and health care
- Representatives from organizations listed here, if available:
<https://www.regeneratenebraska.com/support-organizations/>
- U.S. Department of Agriculture representatives to discuss partnerships, grants and educational opportunities
- Local farmers who work with tribal farmers or learned new methods from them
- Experts on local history



ENGAGEMENT ACTIVITIES

- Invite local beekeepers to set up a display and explain honey production and the effects of insecticide on bees.
- Create a display of area maps and primary sources illustrating Indigenous inhabitation and history of the area.
- Create a guide of farms and farm share programs that support regenerative agricultural growers.
- Invite farmers to share food samples cultivated on Iowa Tribe farms, as well as edible wild foods. Consider including a cooking demonstration and tasting.