



# Native Americans and Rodeo Sportsmedicine

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# Topics:

- ▶ 1. Culture
- ▶ 2. Historical Trauma
- ▶ 3. Generational Trauma
- ▶ 4. Social Determinants of Health
- ▶ 5. Rodeo



# Culture

## Surface

- ▶ Foods
- ▶ Holidays
- ▶ Events
- ▶ Arts
- ▶ Folklore
- ▶ Music
- ▶ Language

## Deep

- ▶ Ceremonies
- ▶ Ethics
- ▶ Values
- ▶ Beliefs
- ▶ Legends
- ▶ Kinship
- ▶ Language

# History

## Surface

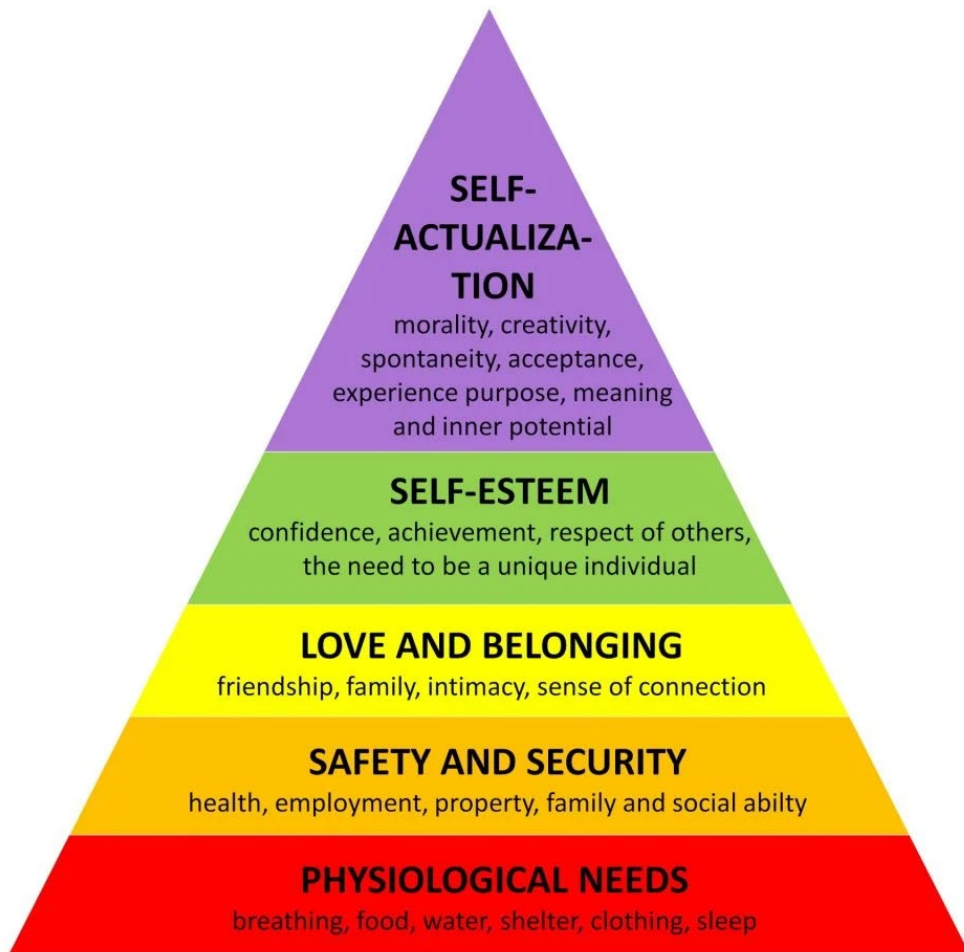
- ▶ Dwellings (Tipis)
- ▶ Food (Meat, berries, roots)
- ▶ Clothing (Breech cloth, buckskin)
- ▶ Animals (Horses and dogs)
- ▶ Artwork (Beads, quills, paintings)
- ▶ Tools (Buffalo jump, arrowhead, bow)
- ▶ Environment and encampments

## Deep

- ▶ Relationships (Kinship to universe)
- ▶ Systems (Education, governance)
- ▶ Methods (Survival, childrearing, hunt)
- ▶ Ceremony, songs, stories
- ▶ Language
- ▶ Values and Ethics



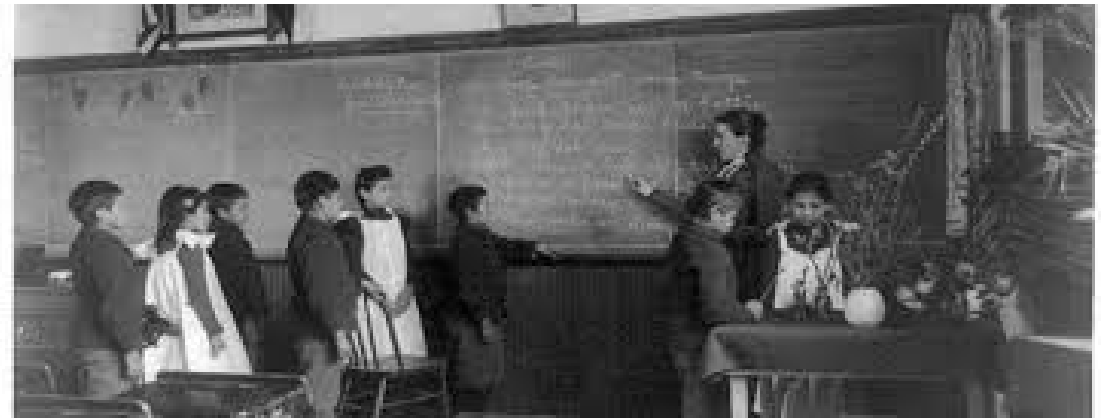
# Maslow's Hierarchy of Needs



- ▶ Self-actualization: Wards of the government
- ▶ Esteem: Boarding School Era
- ▶ Love/Belonging: Indian Removal/Allotment Act
- ▶ Safety: Bear River Massacre and other military attacks
- ▶ Physiological: Loss of buffalo, starvation, small pox

# Historical Trauma

- ▶ Policies that perpetuate trauma
- ▶ Inflicted on masses of people due to race
- ▶ Shifts in culture, loss of language, negative self-identity
- ▶ Generational trauma creates cycles of abuse and neglect



# Generational Trauma

- ▶ Trauma cycles are passed down from generation to generation
- ▶ Resulting in high and disproportionate rates of trauma
- ▶ Ongoing
- ▶ Patterns
- ▶ Epigenetics



# SDOH

- ▶ Suicide rates
- ▶ Life expectancy
- ▶ Substance abuse
- ▶ ACE Scores
- ▶ NA are more likely to be killed by police than any other racial group
- ▶ NA men incarcerated at 4X the rate of white men
- ▶ NA women incarcerated at 6X the rate of white women
- ▶ In Montana, NA constitute 6% of residents, but 25% of people in jail and 22% of people in prison

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce



# Healing

- ▶ Rebuild positive self-identity through:
  - ▶ Knowing the culture
  - ▶ Relearning your language
  - ▶ Relearning your values
  - ▶ Using your cultural coping methods
  - ▶ Love yourself again
  - ▶ Care about one another
  - ▶ Take care of the environment
  - ▶ Learn your ceremonies, songs, and stories
  - ▶ Pass your culture to future generations



# Recommendations

- ▶ Awareness
- ▶ Culture
- ▶ Adversity
- ▶ Resilience
- ▶ Mental well being
- ▶ Physical well being
- ▶ Strong self identity allows for confidence when living in two worlds





Thank you!  
Steve Williamson MD

