



## American Indian Health and Family Services Of Southeastern Michigan, Inc.

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Minobinmaadziwin "A Good Life"

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### American Indian Health Receives 5-year Grant to Fund Food Sovereignty Project

**Detroit, MI**—American Indian Health & Family Services (AIHFS) has received a 5-year grant from the Great Lakes Inter-Tribal Epidemiology Center to fund a project to improve community access to healthy foods and raise awareness around food sovereignty.

AIHFS is a nonprofit organization serving the Native American community in southeastern Michigan with culturally grounded health and family services. Established in 1978, AIHFS has grown to provide medical and behavioral health services, youth programming, a maternal-child health program, nutrition and fitness classes, as well as a variety of cultural services and community trainings. The organization strives to empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian families and other underserved populations.

The Bemidji Area Leaders Acting For Change (BALAC) grant aims at making environmental or community level changes in order to address the burden of chronic disease in the Native community. Across the nation, 22 tribal and urban native communities have been awarded—AIHFS is among 4 awardees in the Great Lakes region. At AIHFS, the BALAC grant will be used to improve community members' access to fresh fruits and vegetables—as well as increase awareness of the local food system and issues of food sovereignty. According to [Via Campesina](#), a renowned international movement and group of leaders in the field, "Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through sustainable methods and their right to define their own food and agriculture systems."

In addition to the funding, Great Lakes Inter-Tribal Epidemiology Center will be assisting grantees with training, tools, and technical assistance. During the first year of the BALAC grant, AIHFS will work closely with the funding agency to complete community assessments and develop a workplan.

For more information on American Indian Health & Family Services or how you can support its community efforts, please visit [aihfs.org](http://aihfs.org) or call Shiloh Maples at (313)846-6030 ext 1401. ###