

UNDERSTANDING THE Healthy Diné Nation Act of 2014

Information about the Navajo Junk Food Tax

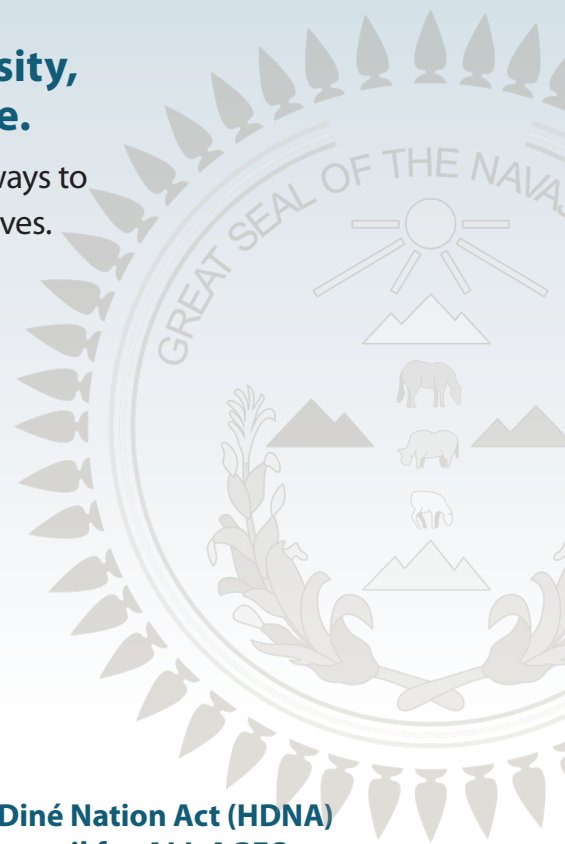


On Navajo Nation, the rates of heart disease, obesity, and diabetes are higher than the national average.

The **Junk Food Tax** is one strategy to help Navajo Nation residents find ways to become more physically active, eat better, and live longer and healthier lives.

Get involved with your Chapter to develop community wellness projects. Funds may support:

- ☀ Exercise equipment
- ☀ Traditional food classes
- ☀ Walking, running, biking trails
- ☀ Clean water
- ☀ Health classes
- ☀ Playgrounds
- ☀ Vegetable gardens
- ☀ Waste management/recycling
- ☀ Clean water
- ☀ Cultural activities
- ☀ Arts and crafts; Navajo language



Ts'ah Bii Kin Chapter uses Healthy Diné Nation Act (HDNA) funds to create a community hiking trail for ALL AGES.



We all got together to think about what kind of Community Wellness Project would be best for everyone here. We liked the idea of a trail because it works for people of all ages. We applied for funding shortly after we learned about the HDNA. We cleared the trail and brought in the gravel and then we raked it smooth and compacted it. Now we see people of all ages coming to take a walk, or go running, often in mornings or after school. This is a great way to give something back to our communities.

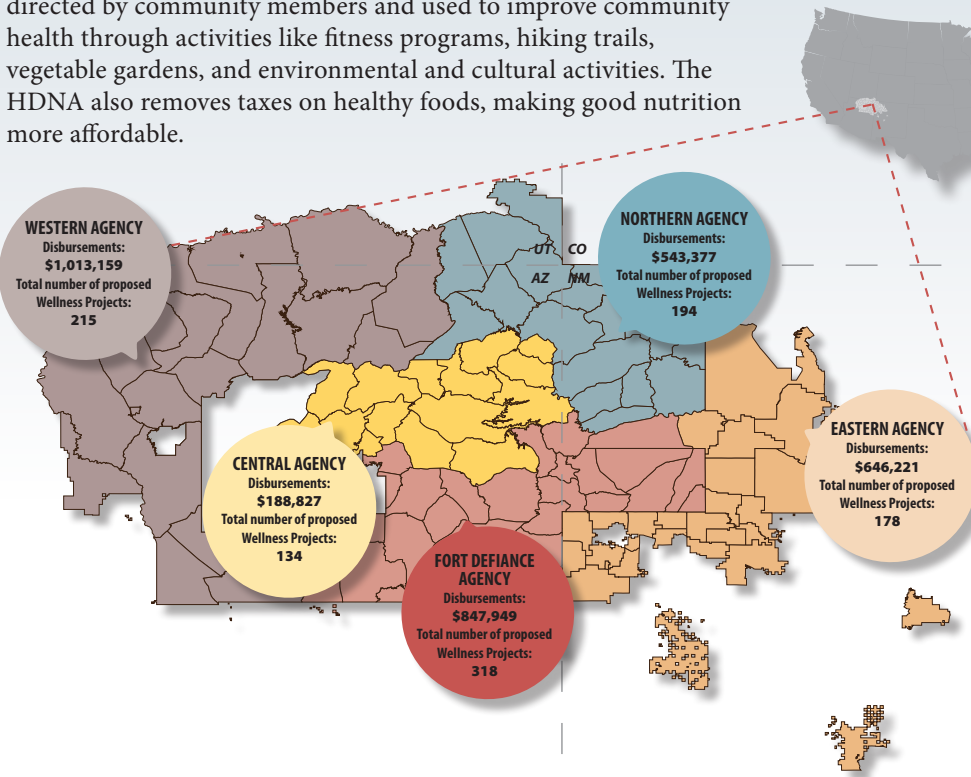
— Member, Ts'ah Bii Kin Chapter

A tax that funds wellness projects in your community!

The Healthy Diné Nation Act (HDNA) provides yearly funding for your Chapter to create Community Wellness Projects (CWPs) that can support local community health and wellness. CWPs are directed by community members and used to improve community health through activities like fitness programs, hiking trails, vegetable gardens, and environmental and cultural activities. The HDNA also removes taxes on healthy foods, making good nutrition more affordable.

Funds already sent to Chapters!

The map shows that over 3.2 million dollars was spent by Chapters to develop and start their own Community Wellness Projects in 2018.



What is the Healthy Diné Nation Act of 2014?

- ☼ Sometimes called the **Junk Food tax** or **Unhealthy Food tax**, the **Healthy Diné Nation Act** provides funding for community wellness projects (or CWPs), like buying exercise equipment, traditional food classes, cultural activities (arts and crafts, Navajo language), creating playgrounds, clearing hiking trails, or developing gardens.
- ☼ The goal is to encourage everyone to exercise, eat healthy, and maintain and improve their health. The money comes from a 2% tax placed on junk foods sold on Navajo Nation.
- ☼ Chapter community members seeking to develop Community Wellness Projects can use the HDNA funds for health-focused projects.

How to start your own Community Wellness Project

NITSÁHÁKEES. THINK IT.
NAHAT'Á. PLAN IT.
IINÁ. IMPLEMENT IT.
SIIHASIN. REFLECT ON IT.

1	2	3	4	5	6
Meet together	Design your project	Attend Chapter planning meeting	Attend regular Chapter meeting	DCD approval	Get started!
<ul style="list-style-type: none"> Identify Chapter HDNA funds Talk about possible projects Choose your project Identify project team roles and spokesperson Create plan 	<ul style="list-style-type: none"> Purpose Cost Timeline End products Location Benefits 	<ul style="list-style-type: none"> Introduce HDNA project Prepare budget forms for regular Chapter meeting 	<ul style="list-style-type: none"> Introduce your finalized project and budget forms Obtain Chapter approval resolution for project 	<ul style="list-style-type: none"> Division of Community Development (DCD) reviews approved project and DCD Director approves distribution of HDNA funds 	<ul style="list-style-type: none"> Project teams must maintain records of: <ul style="list-style-type: none"> - budgets - activities - expenses - sign-in sheets

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HDNA partners

