



Promoting Wellness and Knowledge for Kodiak's Native People

KODIAK AREA NATIVE ASSOCIATION



Qik'rtarmiut Asiitmen

UGNERKAQ / SPRING 2021



KANA's COVID-19 Vaccination Mission

Take a peek

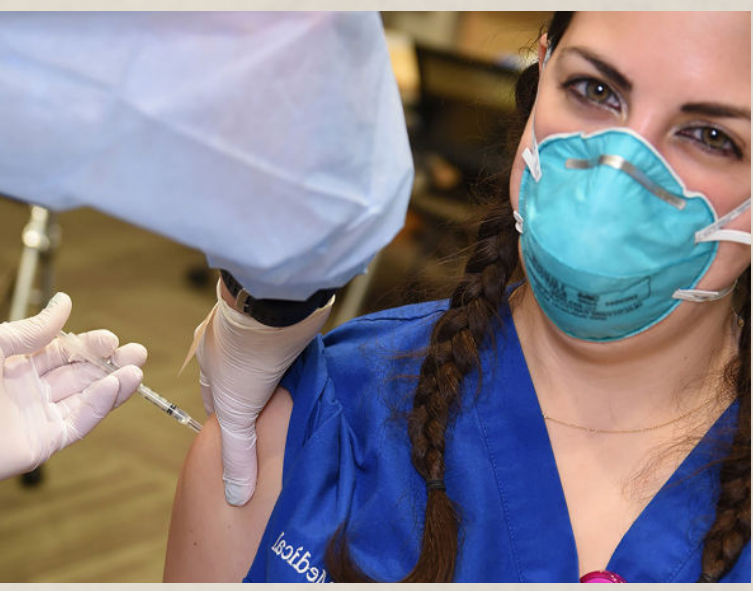
2 KANA's newest member of the Board of Directors. Desiree Eluska of Akhiok, participated in KANA's Supplemental Youth Employment Training Program during her high school years and is a local community member who many of our Beneficiaries already know and recognize.

3 Employee Spotlight. Meet KANA's Warehouse Coordinator, Brian Kilborn.

4 Anchorage-based Patient Advocate. With the help of KANA's newest Patient Advocate Kelly Slaven, KANA Beneficiaries are now better supported while traveling off-island. She not only provides assistance in navigating health services in Anchorage, but also with other needs patients may have in their lives such as aid with housing and food.

5 Celebrate Your Heart. It's estimated that 80 million American adults have some type of cardiovascular disease. Learn about all the amazing things your heart can do, and how you can reduce your risk of cardiovascular disease by showing your heart some love!

7 COVID-19 Vaccination Mission. On December 21, 2020, KANA's Immunization Team was airlifted by USCG helicopter to Ouzinkie to administer the Pfizer/BioNTech vaccine to all KANA's frontline healthcare workers and village Elders.



9 Arctic Care 2021. Taking place on May 3 through May 18, 2021, this partnership with Joint Base Elmendorf-Richardson will provide free medical, dental, optometry, and veterinary services to all in our Kodiak communities, while military personnel earn valuable experience in the field. This is the first time Kodiak has hosted Arctic Care since 2017, when 3,390 patients were seen and 5,859 procedures were performed.

11 KANA's Unsung Heroes. The Facilities Team has stepped up to the challenges of COVID-19, quickly adapting to make sure KANA's infrastructure continues to run smoothly.

13 New Dietary Guidelines Recommended for Moms and Little Ones. For 40 years, the U.S. Dietary Guidelines for Americans has been providing recommendations about what to eat and drink for better health. This year, there have been some big changes! The guidelines now include infants and toddlers, and breastfeeding and pregnant woman.

Meet KANA's Newest Board Member



KANA welcomes its newest member to the Board of Directors, Desiree Eluska from the Native Village of Akhiok. Ms. Eluska was elected to the Board during the virtual Annual Meeting this past October.

Ms. Eluska grew up in the Native Village of Akhiok with her parents, Michael and Sherry, where generations of her family lived before her. She graduated from Akhiok School in 2020 after spending a few years away from the village. "Most of my life I grew up in the village," she said, "I spent a couple years in Anchorage and also lived in Kodiak for a year, before I came back to the village."

Ms. Eluska got to know a little about KANA during her high school years by participating in KANA's Supplemental Youth Employment Training Program (SYETP) during the summers. Ms. Eluska recalled, "I worked in KANA's Supplemental Youth program for a summer in Kodiak and two summers in Akhiok. In Akhiok, I worked with the Akhiok's Kids Camp. Myself and a few other teenagers worked together to come up with ideas for youth activities. I really enjoyed working with the kids and developing ideas to help make it a fun summer."

Currently, Ms. Eluska works at Akhiok School and during her free time, enjoys outdoor activities like fishing and camping. "I enjoy fishing in the summer," she said. "We usually go fishing for salmon and halibut. I also like camping, as we go to the beach and mix in some fishing there as well."

When she heard there would be an election for the Native Village of Akhiok's Board of Directors position, she jumped at the opportunity to get involved. "It's both meaningful and important to me to get involved in our community and the communities that KANA serves."

Ms. Eluska is delighted by the warm reception and support she's received from the other Board members. "The Board members have been very supportive and helpful in getting to know the board process and more about KANA. I look forward to the challenge!"

"I believe it's important for youth to become more involved, to have a voice, and help serve their community. I'm looking forward to learning more about KANA and the services we offer, especially the youth programs and services for the Elderly."

With each of the newsletters, we talk with a staff member to learn about their career at KANA.

Brian Kilborn

Warehouse Coordinator

Born in Juneau, Brian Kilborn spent his childhood growing up in Kodiak with his parents Mitch and the late Marcy Kilborn, from the Sun'aq Tribe of Kodiak, and his six siblings – Wendy, Wade, Christina, Marnie, Dustin, and Adam. After graduating from Kodiak High School in 2003, Brian joined the Air Force, where he worked in Security Forces for nine years. He later returned to Kodiak and came onboard with KANA in 2015, starting out as a Technician II in Facilities. Brian is particularly proud of his five-year-old son Elgin, “He’s just an awesome kid!”



What are your responsibilities in your current position?

I was recently promoted to Warehouse Coordinator. I oversee the storage and dispatch of mail and packages arriving at the KANA warehouse and ensure that all packages that go through KANA from UPS, USPS and FedEx get noted and delivered. I’m also responsible for organizing and maintaining warehouse inventory- which I thoroughly enjoy. Just ask me for something and I will tell you exactly where it is. I know this place really, really well - like the back of my hand.

When COVID-19 hit the community, what were some of the changes in responsibilities and activities for you and the Facilities Department?

Everything changed once COVID-19 hit our community. Facilities became involved in a variety of different activities. We assisted in helping to get needed food and supplies to the villages, we helped set up the COVID-19 testing sites, and worked on the construction of the current COVID-19 Testing Center, which is now housed in the Facilities building. It was also an opportunity to work on repairs, like patching and painting within KANA facilities. A large part of the staff was working from home so it was less disruptive to be completing repairs during the day. We also helped with needed supplies for the people working from home. We have been involved in almost everything happening at KANA.

How has KANA helped you grow?

KANA has offered me many opportunities to grow, especially with all of the recent challenges we have faced. I enjoy the carpentry work and love organizing. Working in the warehouse has been great, it’s like a giant puzzle where every piece needs to go to a certain area. That’s something a really enjoy.

What do you like most about working for KANA?

One of the things I really like is being able to work with almost everyone in the organization, who has basically become a friend. So you’re like, “Hey, how’s it going?” or “do you need this fixed?” While I’m working, they’ll be working, and we’ll have a side conversation about, you know, what’s going on in life and with their families, or about the summers and what they’re going to do. It’s like a family - that’s probably my favorite thing about KANA.

What would you like to tell us about your co-workers at KANA?

They are the best, we’ve become really good friends. When we need something done, we work together to make it happen. We actually feel like we all know our roles to play when it comes down to a project. It’s fun because we’re working and we’re talking and having a good time and getting the job done. We actually are able get the job done better and faster.

What do you enjoy most about living in Kodiak?

I love Kodiak during the summers. In the summer, my son Elgin and I go down to the beach, go camping, fishing, rafting or shoot off fireworks on the Fourth of July, everything you could want to do outside. You cannot go wrong with Kodiak summers.

What does “To Elevate the Quality of Life of the People We Serve” mean to you?

To me, it means that we try to go beyond what most people do. Here in Kodiak, we’re friends and neighbors, so it’s important to make sure that the people we serve are happy, and that when they think of us, they’ll think of us with a smile, or have nothing but good words to say about us because we try our best to provide the best care.

Anchorage-based Patient Advocate Joins the KANA Team

KANA is pleased to announce the addition of Anchorage-based Patient Advocate, Kelly Slaven, to our healthcare team. Kelly joined the KANA team in September 2020. The goal of the Anchorage-based Patient Advocate is to ensure KANA patients, particularly Elders or anyone needing special assistance, are supported and experience a smooth transition in care from Kodiak and the village communities to Anchorage. Kelly also operates as a point of contact for assistance, questions and needs that may arise.

“Often, when patients reach out to me, something has gone wrong,” explained Kelly. “What I enjoy most about this position is having the capacity to support patients emotionally, and strategically finding solutions to address their needs.”

Kelly comes to KANA with a robust education in health services, having completed her bachelor’s degree from University of Alaska Fairbanks in Psychology and Health Promotion in 2017, and a Masters of Public Health (MPH) from Rollins College in May 2020. As she began working in the medical field, she quickly learned barriers to medical care for patients began before they set foot in a clinic. Her desire for patient-centric, whole-person care led her to complete a Masters of Public Health. Throughout her MPH, she learned to acknowledge the whole picture when assessing health behaviors, their motives, and proposing solutions to complex health issues. Her background elevates her ability to serve KANA Beneficiaries and propose innovative solutions to healthcare needs.

KANA currently has three positions intended to help patients navigate the health care system including: KANA’s Patient Advocates Pam Helms and Kelly Slaven, both KANA employees; and Kodiak-based ANTHC Liaison Phyllis Amodo, also appointed this last year. The ANTHC Liaison works closely with KANA’s Patient Advocates to ensure patient experiences at ANMC are as smooth as possible.

According to Karissa Stoecker, KANA’s Revenue Cycle Director who oversees the Patient Advocates, the primary objective of the Patient Advocates is to assist patients in accessing resources and if needed, help be the voice for the patient when there are challenges accessing health services and getting the care desired. Stoecker explained, “our Kodiak-based advocate, Pam, generally works with patients who have questions about referrals and connecting patients



“What I enjoy most, is having the capacity to support patients emotionally and strategically finding solutions to address their needs.”

with local resources. Pam works to connect patients with resources to assist not just with health care but other needs patients may have in their lives such as assistance with housing and food.” Stoecker continued, “Kelly, our Anchorage-based advocate, works to assist KANA patients who have traveled to receive care in Anchorage. Most often she supports patients in navigating ANMC, assisting with lodging issues and helping with patient travel concerns.”

Kelly Slaven can be reached by phone at 907.942.5126 or by email at kelly.slaven@kodiakhealthcare.org, or kyislaven@anthc.org.

Celebrate **your heart!**

It's estimated that 80 million American adults have some type of cardiovascular disease. In the United States, the most common type of heart disease is coronary artery disease, which can lead to a heart attack. You can greatly reduce your risk through lifestyle changes. While some risk factors cannot be changed, such as genetics, there are some you can control, like not smoking, exercising more and making healthier food choices.



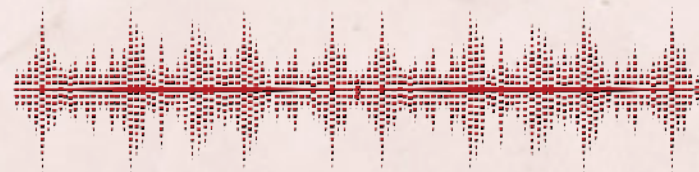
The average adult heart beats **72 times a minute;**
100,00 times a day; and **2.5 billion times**
over the course of a lifetime.

Your heart has it's own electrical supply.
That means it's **capable of beating** even if it is
separated from your body.



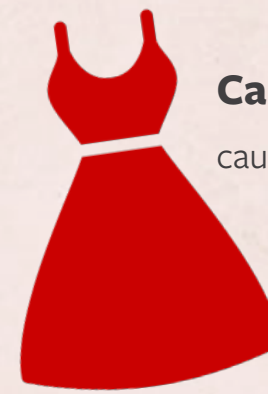
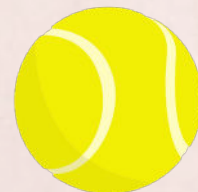
Each minute your heart pumps 5.5 liters of blood.

That's about **1 million barrels of blood** during the average lifetime.
That's more than three super tankers or 200 train tank cars.



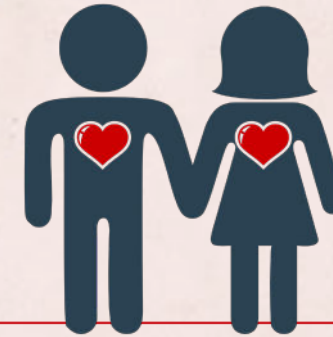
Your heart beat changes and mimics the music you listen to.

Squeeze a tennis ball. That's how hard a beating heart works to pump blood. You're using about the same amount of force your heart uses to pump blood out to the body.
Even at rest, the muscles of the heart work twice as hard as the leg muscles of a person sprinting.



Cardiovascular disease is the **No. 1 killer of women**, causing **1 in 3** deaths each year.

That's approximately **one woman every minute.**



Men and women often have **different heart attack symptoms.** While the most common symptom for both is chest pain, **women often experience less obvious signs.**

Heart Attack Symptoms in **MEN**

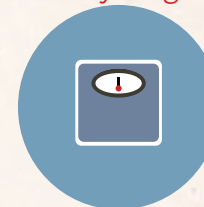
Nausea and vomiting • jaw, neck or back pain
• squeezing chest pressure or pain
• shortness of breath.

Heart Attack Symptoms in **WOMEN**

Nausea and vomiting • jaw, neck or upper back pain
• chest pain but not always • pain or pressure in the lower chest or upper abdomen • shortness of breath • fainting • indigestion • extreme fatigue.

Tips to keep your heart happy and healthy:

Maintain a healthy weight.



Make healthy food choices.



Stay active.



Quit Smoking.



Know the **ABCs** of Heart Health.

- A** **Take Aspirin as directed by your health care professional.** Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke.
- B** **Control your blood pressure.** Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor.
- C** **Manage your cholesterol.** Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease.

Your heart does some pretty amazing things. Show it some love, and *Live Heart-Healthy!*



COVID-19 VACCINATION MISSION



On December 11, the Food and Drug Administration (FDA) issued an Emergency Use Authorization for the Pfizer BioNTech COVID-19 vaccine for individuals ages 16 years and older. The Pfizer vaccine is given in two doses, three weeks apart.

On December 15, the Pfizer BioNTech COVID-19 vaccine arrived at KANA, and was ready for distribution a few days later. In collaboration with the United States Coast Guard Air Station, KANA wasted no time kicking off its inoculation campaign against COVID-19.

KANA was able to create a dedicated Immunization Team consisting of highly skilled nurses and physician assistants whose professional backgrounds ranged in critical care and emergency medical management. This team's knowledge and skillset would allow them to quickly respond to an anaphylaxis reaction and convert into a medivac team, if required.

KANA worked through the challenges of transporting the vaccine, which requires an ultra-cold freezer for temperature management, to village communities with assistance from the United States Coast Guard Air Station Kodiak. The effort on behalf of the two organizations has bolstered a strong collaboration for what has become a community campaign to fight the COVID-19 virus.

On December 21, 2020, KANA's Immunization Team was airlifted by USCG helicopter to Ouzinkie to administer the Pfizer/BioNTech vaccine to all KANA's frontline healthcare workers and all village Elders aged 65 and older, diagnosed with high-risk chronic health conditions. Over the next few days, the team flew to Port Lions, Old Harbor, Larsen Bay, Karluk, and Akhiok to administer the COVID-19 vaccine to identified Beneficiaries and essential healthcare workers. A total of 141 vaccine doses were administered to our village Beneficiaries and a total of 64 doses were administered to KANA healthcare workers within a week of the vaccines arrival to Kodiak Island. Nursing Director Stephanie Rowe RN stated, "We are all in this together, caring for each other. I cannot tell you how many times we heard a Beneficiary tell us, 'I heard the USCG helicopter fly overhead, and I could breathe a little easier, they're here, and bad weather was not going to stop the team from coming to help us!' What an amazing feeling to be able to help our Beneficiaries with limited health care availability."

Arctic Care 2021

The Kodiak Area Native Association will partner with Joint Base Elmendorf-Richardson (JBER), to host military healthcare providers in Kodiak for Arctic Care 2021, planned for May 3 through May 18, 2021.

Innovative Readiness Trainings are collaborative programs that benefit communities as well as the military. These trainings provide hands-on experience for Active, Guard, and Reserve Service Members to prepare for deployment, while also providing incidental benefit to communities via no-cost healthcare.

The Army Reserve Command, Army National Guard, Marine Corps Reserve, Navy Reserve, and Air National Guard will support this mission through the delivery of medical, dental, optometry, and veterinary services.

All services are planned to be available in all Kodiak communities, and will be open to all at no cost to the patient.

Though the COVID-19 pandemic has presented challenges to Arctic Care planning, COVID-19 mitigation strategies will be used to ensure a safe and successful mission for visiting service members and the patients they see.

In September 2020, KANA hosted mission planners and key personnel from several Services for a site survey, meeting with KANA leadership as well as other community organizations like the Kodiak Island Borough School District (KIBSD). Tribal leaders from some villages extended invitations to the planning team, and a small group traveled to three of our remote communities by way of USCG helicopter to meet with Tribal and community leaders, village clinic staff, and residents.

Strong partnerships and a spirit of cooperation fostered between KANA, local organizations, Tribes, and community members have made it possible for programs like Arctic Care 2021 to bring resources to Kodiak. KIBSD, for example, offered their buildings to support the IRT, which has been instrumental in ensuring the success of this mission.

More information about Arctic Care 2021 will be provided on KANA's homepage at www.kodiakhealthcare.org in the coming months.

The last Arctic Care was held in Kodiak in Spring 2017, taking place from March 28 through April 6. 3,930 patients were served and 5,859 procedures were completed using temporary clinics. Clinics were set up in the City of Kodiak and surrounding villages, and provided medical, dental, optometry and veterinary services to under-served community members at no cost. The event was a joint effort sponsored by the Office of Secretary of Defense's Innovative Readiness Training (IRT), led by the Air Force Reserve Command, and in partnership with KANA.

PATIENTS SERVED AT ARCTIC CARE 2017



838 Medical Patients



1184 Dental Patients



1632 Optometry Patients



276 Veterinary Patients





KANA's Unsung Heroes

Early in the COVID-19 pandemic, many of KANA's employees stepped up to help provide safe, continuous care to our Beneficiaries. In the face of many unknowns about the pandemic, KANA staff worked to keep their communities safe. The KANA Facilities Team have been true 'unsung heroes' during challenging times. Every department in our organization has relied on them for support, and they have stepped up and quickly adapted, making sure KANA's infrastructure continues to run smoothly in spite of COVID-19.

"Our guys are kind of like the 'Three Musketeers', except there's more than three of us," said KANA's Facilities Director Steven Smith. "You know, it's all for a one and one for all. We do everything as a team - the 'one for all' mentality. We recognize we're just part of a much larger service to the community in ultimately helping to provide quality healthcare."

In order to continue to provide quality services, several major changes were quickly introduced within the organization, including: moving administration staff offsite to

work from home, erecting and staffing COVID-19 testing sites, and instituting safety and security measures in each of KANA's facility locations.

These changes necessitated transporting COVID-19 medical supplies and equipment from the airport to KANA's clinics and testing site, delivery of telehealth iPads to patients to allow for remote medical services, along with several other COVID-19-related activities. The Facilities Team helped facilitate those changes by working with the different departments throughout KANA to ensure they had the necessary equipment and supplies provided at the right place, at the right time.

"I think generally, we just picked up the pieces," explained Smith. "We've seen most of our guys go from working 40 hour weeks to 60 and 70, and sometimes 80 hours a week. So they're doing their regular full time jobs that they had, and supplementing those additional requirements that are needed. We are running medical supplies, transporting COVID-19 test kits and actual live test samples. Our guys

KANA's Facilities Team, Left to Right: Lachlan Morris, Facilities Technician; Caleb Pruitt, Facilities Technician; Steven Smith, Facilities Director; Brian Kilborn, Warehouse Coordinator; Roger Mendoza, Facilities Technician; Wesley Martin, Facilities Foreman; Erik Reed, Capital Projects Construction Manager; and Chris Nocon, Facilities Technician.

were constantly running back and forth between the airport and to our healthcare clinics, as well as our COVID-19 testing site."

When travel in and out of the villages was restricted during the beginning of the coronavirus pandemic, availability of food and medical supplies among village residents became a major concern. Working in tandem with KANA's Employment, Training and Support Services staff, the Facilities Team worked together to ensure the acquisition and delivery of groceries, cleaning products and first aid items. Over 100,000 lbs. of supplies were delivered, along with subsistence supplies and fresh produce. All of the supplies were transported from the grocery and supply stores to the airport on a regular basis by Facilities personnel over a seven-month period.

"I think from the standpoint of food supplies and stuff, that's actually fairly normal for us," said Smith. "We supplement those things that were traditionally done by the family members where, because of travel restrictions due

to COVID-19, they were no longer able to travel to town to pick up the necessary supplies for their families."

Smith summarized his thoughts about his team, "the folks that are in Facilities are exemplary. They've responded with an upbeat attitude and have acted as true professionals. They have not questioned the validity of concerns that are out there, they've just stepped right up and said, 'Tell me what you want to do.' I'm very proud of them."

"The folks that are in Facilities are exemplary. They've responded with an upbeat response and have acted as true professionals."

- Steven Smith, Facilities Director



New Dietary Guidelines Recommended for Moms and Little Ones

For 40 years, the U.S. Dietary Guidelines for Americans have been providing recommendations about what to eat and drink for better health.

The newest edition issued at the end of December — Dietary Guidelines for Americans, 2020-2025 — had some big changes. These are the first guidelines that include infants and toddlers (children under 2 years), and breastfeeding and pregnant women.

Since 1980, an updated version of the Dietary Guidelines was released every five years. The basic guidelines have remained the same over the years: Eat more whole grains; fruits and vegetables; lean meats and dairy; and a small amount of healthy fats like avocados, nuts and olive oil. Each update contained some small changes that reflected the advances in nutrition research and how the foods and drinks we consume play an important role in preventing diseases.

Stephanie Shryock is a registered dietitian, International Board-Certified Lactation Consultant and coordinator of the Women, Infants and Children Program (WIC) for the Kodiak Area Native Association. Shryock said she was excited about the new Dietary Guidelines, calling them a “wonderful resource for families and health care workers.” Shryock has worked with infants, toddlers, and pregnant

and breastfeeding women for the past 10 years.

“These categories of people need special guidelines for several reasons, but primarily due to their body going through an especially critical time in the lifespan,” she said. “For example, a pregnant or breastfeeding mother’s eating habits and lifestyle choices may not only affect her health, but may also affect her child’s health too.”

Science shows that early food preferences influence later food choices.

“The time from birth until two is vital for establishing healthy dietary patterns and eating habits that may influence a person’s health throughout the rest of their life,” Shryock said.

Guidelines for infants and toddlers through 2 years old

The new Dietary Guidelines align with the feeding recommendations from the American Academy of Pediatrics that have been around for several years: Feed infants only human milk for the first 6 months if possible. If breast milk is not available, an infant should have only iron-fortified commercial formula.

Babies should continue to drink human milk for at least the first year of life even as solid foods are slowly introduced around 6 months old. At that age, infants are developing

the skills needed to eat solid foods, such as holding their head and neck upright and bringing their hand and objects to their mouth. Babies’ first foods should be nutrient-rich foods from all the food groups: iron- and zinc-fortified baby cereal, pureed or soft meats, seafood, beans, eggs, plain yogurt, cheese, fruits and vegetables. Infants under age 1 should not have cow’s milk, plant milks, fruit juice, soda, or caffeinated drinks. These beverages do not contain the correct amount of nutrients to replace human milk or iron-fortified infant formula. Cow’s milk can be hard for an infant’s system to process. These beverages may also contain added sugars that can lead to children growing up at an unhealthy weight.

The new Dietary Guidelines recommend introducing infants to potentially allergenic foods at 4 to 6 months old, along with other foods. Typical foods that may cause an allergic response include foods that contain peanuts, tree nuts, eggs, fish, shellfish, and cow’s milk. These foods should be slowly introduced early in life to prevent allergic reactions from developing. Parents with infants with severe eczema or an egg allergy should check with their health care provider before feeding foods with peanuts. Cow’s milk should be slowly added beginning at age 1.

Introduce infants to one single-ingredient new food every three to five days, said Diane Peck, registered dietitian with Alaska’s Physical Activity and Nutrition program. Watch to see if there are any reactions, such as a rash. Start small with ½ ounce to 1 ounce of a single food once a day. Slowly increase the amount and number of foods. Within a few months of starting solid foods, a baby’s daily diet should include small amounts of a variety of foods with different flavors and textures from all food groups.

Additional guidelines for toddlers ages 1-2

In the second year of life, toddlers may continue to drink human milk, but should be getting the majority of their calories and nutrients from healthy, age-appropriate foods and beverages.

“During this period, nutrients critical for brain development and growth must be provided in adequate amounts,” Shryock said. “Children in this age group consume small quantities of foods, so it’s important to make every bite count!”

Toddlers should be eating the same healthy foods as infants ages 6 months and older, with increasing variety in tastes and textures. Whole, vitamin-D fortified cow’s milk and fortified soy milk can be introduced at 1 years old. Cereals should include whole grains. Whole fruit is best, but if parents and caregivers are serving 100% fruit juice, toddlers should have no more than 4 ounces (½ cup) in a day. The best drinks for toddlers are water, plain cow’s

milk, unsweetened soy milk, or human milk.

Infants and young children have no room in their diet for the added calories that come from added sugars. Added sugars are those not found naturally in a food, but instead added during processing. That includes sugars added to foods, like some yogurts and cereals, and to drinks, like soda and flavored milk. Those added sugars can lead to childhood obesity, dental cavities, and chronic diseases, such as diabetes that can develop even in young children.

Sugary drinks provide much of the added sugar consumed by little children. For the best health, toddlers should not drink toddler milks, flavored milk like chocolate or strawberry, and sugary drinks. Sugary drinks include soda, powdered drink mixes, sports drinks, vitamin-enhanced waters, and fruit-flavored drinks or punch.

Play Every Day’s recent messages promote giving water and milk to little children instead of sugary drinks. Children watch what their parents and caregivers are eating and drinking. If adults choose a bottle of water instead of a bottle of a soda or vitamin drink, children watching them will be more likely to want that healthy option, too.

Guidelines for pregnant or breastfeeding women

Women who are pregnant or breastfeeding should follow the same dietary recommendations as other age groups, but with extra calorie and nutrient needs at different stages, especially during the second and third trimester of pregnancy, and when providing breast milk to their babies and toddlers. Pregnant women should work with their health care provider to determine the appropriate supplements and amount of healthy weight gain during their pregnancy.

Helpful meal pattern and healthy food ideas

There are helpful resources online if you’re wondering what all these Dietary Guidelines actually look like on your plate, or what you should feed your infant or toddler. Visit the Dietary Guidelines Food Sources of Select Nutrients to see which foods are good sources of important recommended nutrients.

Learn more about healthy eating from birth through all stages of life and get personalized calorie and meal patterns at [MyPlate.gov](https://www.myplate.gov). Parents can find a wide variety of nutrition and other useful health information for children of all ages at [HealthyChildren.org](https://www.HealthyChildren.org).

This article was originally published on the State of Alaska Play Every Day blog in February 2021. You can find this article published at: <http://dhss.alaska.gov/dph/PlayEveryDay/blog/Lists/Posts/Post.aspx?ID=486>.

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COVID-19 VACCINE NOW AVAILABLE

**KANA'S IHS BENEFICIARIES AGES 16 YEARS OLD AND OLDER
CAN NOW REGISTER TO RECEIVE THE COVID VACCINE!**

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MY COVID-19
VACCINE!**



KANA



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