[Translated from Navajo:  Hello.  My name is Norman Bahe.  I am born of the Towering House clan and By the Water clan, my maternal grandparents’ clans are the Water by the Sea clan, my paternal grandparents are the Tobacco Towering House clan.  This is how I will introduce myself.]

Greetings from the Navajo Nation Museum on behalf of the Dine Nation between the Four Sacred Mountains in the Four Corners Region.

In the past we were taught that Mother Nature provides us with food that we can collect and prepare to maintain a good health to give us our strength in terms of stamina and what we need daily to make it a successful day.

Today we have health factors that are affecting our people, including our youth. The biggest threat that we have today is diabetes and at the same time we are also combating obesity.

There are some good food but a lot of our people have gone to beyond their level of intake of different food that has caused what we have here today as a health problem.

Physically, we have to maintain exercise and a lot of our people did a lot of running in the mornings towards the east. Ands also around the year, we have other things that we have to practice.

We want to win this battle. We want to make not only Navajo people and other Indian people but the rest of the country to where people are healthy again and maintaining a healthy diet by use of our concept here the Navajo way with corn, beans, and squash and by connecting with our sacred beings, our holy people, through the use of our sacred tobacco. I think we can win this battle here.