

# National Indian Health Board



## Youth Engagement in Tribal Public Health Panel Discussion

On May 12, 2022, during the Closing Session of the **National Indian Health Board**'s (NIHB) annual **National Tribal Public Health Summit** (TPHS) 2022 NIHB hosted a Youth Engagement in Tribal Public Health Panel Discussion. This panel was moderated by Tamee Livermont, who was joined by panelists Rory Wheeler, Mikah Carlos, and Kiara Tantaquidgeon.

NIHB recognizes that our Native youth are leading the way in their communities by earning advanced degrees, participating in grassroots movements, and taking on leadership roles. We are inspired by the strength, vision, and resiliency of our young people, and NIHB is committed to providing the resources and mentorship to grow the next generation of Indian health advocates.

Panelists talked about their experiences in the world of Tribal Public Health, Indigenous representation, and how to involve Native youth in daily work. The panelists discussed how many of their own experiences in their classes, and seeing firsthand what was happening in their communities, were part of what inspired them to work in Tribal Public Health.

Getting more Indigenous youth involved in Tribal public health is a major goal for the panelists. Many youth are excluded from the conversations about youth and how to better engage them. “Youth knows what is and isn’t working in their communities, and it’s important to include them in the work,” said Mikah Carlos, “We should facilitate those conversations with youth, not interject with our own ideas. Invite youth to the table and listen to them.”

The theme of this year’s summit, Tribal Health IS Public Health, was brought up throughout the panel, and the panelists had much to say. Many of the conversations came back to one main idea – culture is prevention. Public health interventions are usually steeped in Western knowledge and ideals that do not necessarily match up with Native knowledge, culture, and practice. To the panelists, the key to addressing this is representation. “Until we’re doing it for ourselves, these institutes will never do it for us,” said Tamee Livermont.

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