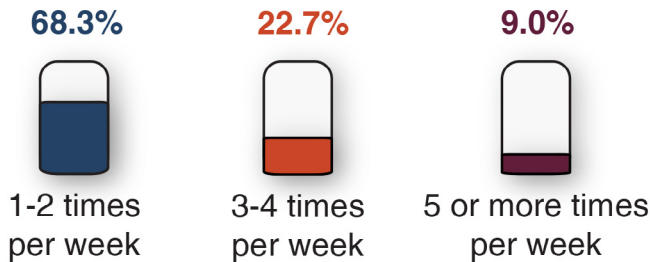


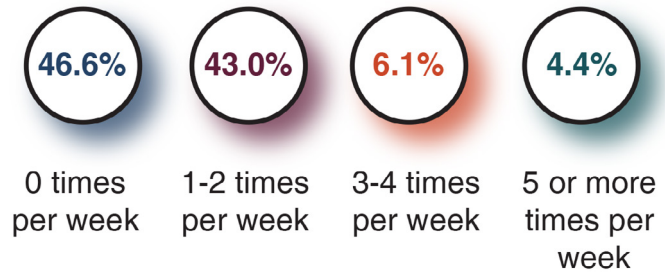


Traditional Foods



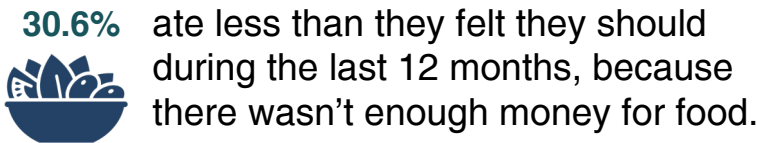
Among **34.9%** of Urban Elders who consumed traditional foods regularly, most did so between 1-2 times per week.

Cultural Participation

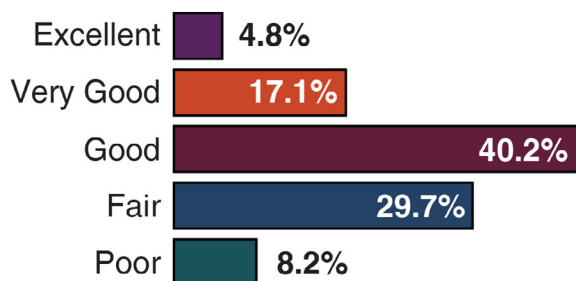


Urban Elders were most likely to participate in smudging (49.7%), powwows (49.5%), and consuming cultural/traditional foods (29.9%).

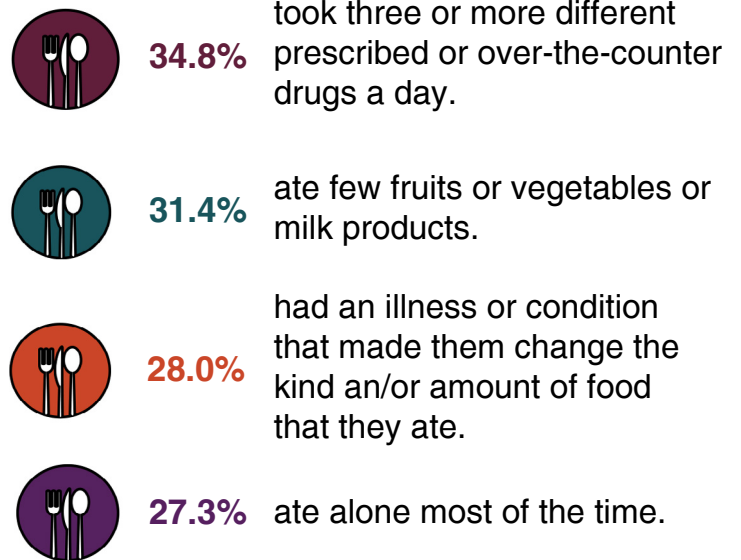
Affordability



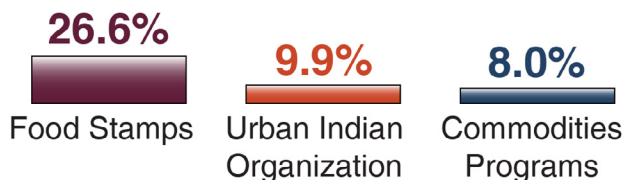
Self-Reported Nutritional Quality of Diet



Nutritional Health Barriers



Nutritional Programs



Elders were most likely to say that they took part in nutrition programs 1-2 days in the past month (68.4%), followed by 3-5 days (14.0%).

Nutritional Health Status

