

Indigenous Ancestral Wisdom and Well-Being as a One Health Framework: A Culturally Adapted Video Series for Tenetehara Adolescents

Ana Emilia Figueiredo de Oliveira

Full Professor, Federal University of Maranhão (UFMA), Brazil

Vice-Coordinator, Open University of the Unified Health System of UFMA (UFMA), Brazil

Cellany Tomaz Gonçalves Guajajara

Dentistry Student, Federal University of Maranhão (UFMA), Brazil

Elza Bernardes Ferreira

Adjunct Professor, Federal University of Maranhão (UFMA), Brazil

General Coordinator, Open University of the Unified Health System of UFMA (UNA-SUS/UFMA), Brazil

Inara Medeiros

Dentistry Student, Federal University of Maranhão (UFMA), Brazil

João Pedro Costa Pedrosa

Master's Student, Dentistry, Federal University of Maranhão, Brazil

Cecilia Claudia Costa Ribeiro

Full Professor, Federal University of Maranhão (UFMA)

Distance Learning Coordinator, Open University of the Unified Health System at UFMA (UNA-SUS/UFMA), Brazil

Abstract

Indigenous ancestral practices have long supported human, environmental, and territorial well-being. However, exposure to non-indigenous habits has caused territorial loss, decreased physical activity, and the replacement of traditional diets with ultra-processed foods, resulting in more non-communicable diseases, mental disorders, and oral health issues among indigenous peoples in Brazil. To this end, this article aimed to develop and disseminate a series of culturally and linguistically adapted educational videos for Tenetehara (Guajajara) adolescents, through a One Health perspective. Four educational videos were developed based on scientific evidence and Indigenous knowledge, focusing on ancestral healthy lifestyles, the risks of adopting non-Indigenous ("Karaiw") lifestyles, environmental impacts, and the responsibility of Indigenous youth in health and territorial protection. They were narrated in Tupi-Guarani by an indigenous dentistry student and with subtitles in Portuguese and English, the series uses open access audiovisual resources for accessibility and cultural relevance. Integrating indigenous cosmology and sustainable living, the series reinforced cultural identity, critical thinking about lifestyle influences, and youth engagement. These tools have effectively promoted adolescent health and empowerment by illustrating how Indigenous ways of life serve as practical models for public health, sustainability, and territorial integrity, serving as a model for the Public Health and One Health approach.

Keywords

Public Health, Health Promotion, Indigenous Peoples, One Health, Educational Videos.

