PHYSICAL ACTIVITY



PHYSICAL ACTIVITY AND CHRONIC DISEASE

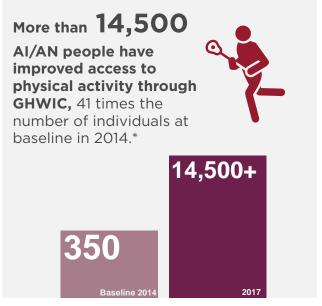
Three out of four American Indian and Alaska Native (AI/AN) adults are overweight or obese, compared to about half of Non-Hispanic Whites. Moreover, AI/AN adults are more than twice as likely to experience diabetes. Physical activity is an important tool for the prevention and management of chronic diseases. AI/AN communities are promoting physical activity as part of a broader campaign to support health and wellness in Indian Country.

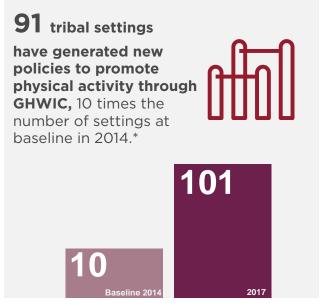
MEASURING GHWIC IMPACT

Through the Good Health and Wellness in Indian Country (GHWIC) initiative, 113 Al/AN communities are implementing systemic changes to make exercise more accessible. They are reclaiming a more holistic sense of health to address heart disease, diabetes, obesity, and wellness in their communities.



Through GHWIC funding, grantees are building healthier and more active communities. For instance...





^{*}Under GHWIC, grantees choose which health interventions to report data on. Thus, aggregated counts may not represent the totality of work being done by all grantees

GHWIC IN ACTION



The Lower Brule Sioux Tribe passed a policy improving access to diabetes prevention and maintenance classes promoting physical activity and healthy behavior. As a result, at-risk individuals have been screened for diabetes and up to **40% of eligible individuals** are attending classes with physical activity lessons.



The Bemidji area tribal and urban Indian communities implemented **38 new** policies and environmental changes to promote physical activity. One community implemented a group fitness program that increased physical activity for **1,402 adult participants** and another enacted a workplace policy to allow employees to participate in physical activity events during the work day.

GHWIC IS SUCCESSFUL THROUGH A NETWORK OF TRIBAL PARTNERSHIPS

12 Tribes

address health disparities through policy, systems, and environmental change activities.

11 Tribal Organizations provide sub-awards, technical assistance, and resources to 113 regional AI/AN partners. Even more tribal organizations receive trainings and resources through GHWIC efforts.

11 Tribal Epidemiology

coordinate regional evaluations of the GHWIC initiative.



LESSONS LEARNED

- Al/AN communities ensure programmatic sustainability and foster healthy habits to prevent chronic disease by culturally adapting physical activity programs.
- Community driven solutions to increase physical activity produce high impact programs with greater local support and participation.

Citations

 $1. \ \, \text{CDC.} \ (2017). \ \, \text{Summary Health Statistics: National Health Interview Survey: 2015}. \ \, \text{Retrieved from http://www.cdc.gov/nchs/nhis/shs/tables.htm}$

2. CDC. (2016). Summary Health Statistics: National Health Interview Survey: 2014. Retrieved from http://www.cdc.gov/nchs/nhis/shs/tables.htm

3. Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity: the evidence. CMAJ, 174(6), 801–809. https://doi.org/10.1503/cmaj.051351













