GHWIC Background
Between 2014-2019, the Centers for Disease Control and Prevention (CDC) will invest over $78 million in chronic disease prevention efforts through the Good Health and Wellness in Indian Country (GHWC) initiative. With the support of GHWC funding, eleven Tribal Epidemiology Centers (TECs):

- Coordinate evaluation activities and data collection to highlight the regional work of GHWC-funded Tribes and Tribal organizations.
- Provide technical assistance to GHWC-funded Tribes and Tribal organizations.
- Enhance cross-sector partnerships and strengthen American Indian and Alaska Native (AI/AN) networks across the service region.

Regional Efforts to Prevent and Manage Chronic Disease
Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) coordinates the GHWC evaluation in the Indian Health Service (IHS) Albuquerque Area. In the past year, eleven Tribes and Tribal organizations have supported chronic disease prevention and management by:

1. Improving Access to Spaces for Physical Activity
The Pueblo of Santa Ana Wellness Project has taken multiple steps to increase the use of an existing recreation path in their community. They gathered community input through coalition meetings, community prioritization gatherings, and surveys. This resulted in a campaign to improve the seating, shade, and signage of the path.

2. Promoting Breastfeeding
The Southern Ute Indian Tribe created a lactation room located in a tribal building, trained four staff as Certified Lactation Counselors, offered breastfeeding classes, and regularly participated in local/regional breastfeeding coalitions to promote the initiation, duration, and lifetime health benefits of breastfeeding.

3. Increasing Access to Traditional and Healthy Foods
The Pueblo of Nambe enhanced its Community Farm Program by expanding its community garden yield, partnering with the Wellness Center to establish a hoop house, establishing four backyard hoop houses, and delivering traditional farming education to Nambe youth.

Activity Spotlight: Southwest Tribal Tobacco Coalition
The commercial tobacco prevention efforts led by AASTEC are an example of GHWC grantee work to create sustainable, Native-centered resources that can be used and shared throughout communities to improve the overall health and well-being of the AI/AN population.

At the core of our efforts is the Southwest Tribal Tobacco Coalition (STTC), which brings together dozens of area tribes, tribal organizations, and other partners on a quarterly basis to support policy and systems change related to commercial tobacco prevention and control. The STTC has collectively partnered with AASTEC GHWC program staff to inform local public health surveillance systems and develop and disseminate culturally appropriate small media products including a brochure, infographic, an electronic guide to tribe-specific commercial tobacco prevention/control resources, and a comic book to reach Native youth. More STTC work can be found on the AASTEC website at www.aastec.net.
Indigenous knowledge of food production is a powerful asset that tribes have to prevent chronic disease. Seven of ten subawardees expanded local food production in the last three years. Some expanded pre-existing plots while others built new gardens. Some subawardees partnered with other tribal programs to install hoop houses. A number of subawardees weigh all the food they produce, while others count their progress in acres tended. Overall, Area tribes supported by the GWHIC program are working to regain sovereignty over their food supply.

All ten subawardees and one directly funded Tribe in the Albuquerque Area developed, implemented or enhanced a policy, system, or environment-focused program during the first three years of GHWIC. Communities decided on an activity that was right for them based on comprehensive health assessments, aided by AASTEC. One community drafted a policy for the fair distribution of goods from their community farming operation. Another updated the guidelines for food service in their community school. Seven made substantial improvements to their food systems. Still others improved opportunities for physical activity such as expanding hours of operation so more tribal members could access the fitness center in evenings after work and on weekends.

Subawardees in the Albuquerque Area have demonstrated the power of community-driven work to address chronic diseases. Grant recipients have leveraged local knowledge by tapping into a diverse array of sectors for coalition work. We categorized a diversity of partners engaged in multisector coalition efforts. Partnerships sometimes networked with other tribal communities as subawardees reached out to other tribes for input on their projects.

### By the Numbers

- **11** tribes have developed, implemented, or enhanced PSE-focused programs to promote health and prevent chronic disease
- **29** new or expanded community gardens in targeted settings
- **153** unique sectors represented in coalitions to address chronic disease