

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

A REGIONAL GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY UPDATE

ALBUQUERQUE AREA REGIONAL UPDATE

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 (GHWIC) initiative. With the support of GHWIC funding, eleven Tribal Epidemiology Centers (TECs):

- Coordinate evaluation activities and data collection to highlight the regional work of GHWIC-funded Tribes and Tribal organizations.
- Provide technical assistance to GHWIC-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 GHWIC 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 GHWIC 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 GHWIC 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.

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

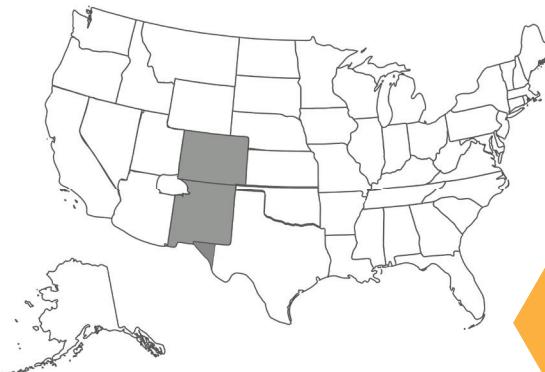
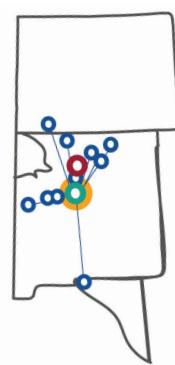
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unique sectors represented in coalitions to address chronic disease

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.

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 GHWIC program are working to regain sovereignty over their food supply.

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.



- Directly Funded Tribes
- Directly Funded Tribal Organizations
- Directly Funded Tribal Epidemiology Centers
- Regionally sub-awarded Tribes or Tribal Organizations