

GREAT PLAINS TRIBAL EPIDEMIOLOGY CENTER

A REGIONAL GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY UPDATE

GREAT PLAINS 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

Great Plains Tribal Epidemiology Center (GPTEC) coordinates GHWIC evaluation in the Indian Health Service (IHS) Great Plains Area. In the past year, the Great Plains Tribal Chairman's Health Board, the Great Plains Tribal Epidemiology Center, and eleven Tribes and Tribal organizations have supported chronic disease prevention and management by:

1. Creating Wellness Policies

Programs from across the region developed wellness policies that allow for anywhere from 30-60 minutes of administrative leave in order to exercise or attend a wellness class such as a Diabetes Prevention and Self-Management. One community is also working towards passing a tax on unhealthy foods and sugar-sweetened beverages. A second community has passed policy prohibiting smoking within 50 feet of Tribal buildings to promote health and well-being.

2. Promoting Health and Wellness Activities

Each program hosted various wellness activities, such as walking and weight loss challenges, and provided chronic disease awareness and prevention education to communities in the form of health fairs, fact sheets, presentations, and activities.

3. Emphasizing Healthy, Traditional Foods

A number of programs have emphasized eating healthy and traditional foods through cooking classes, provision of healthy after-school snacks, and community gardening. One program harvested 1,200 pounds of produce from their garden, inspiring members throughout the community to develop individual or family gardens by incentivizing a "garden of the month" recognition process.



Activity Spotlight: Good Health and Community Wellness Symposium

The Great Plains Good Health and Wellness program (the Great Plains Component 2 grantee), in partnership with the Partners in Community Health (PICH) program and a wide-reaching partnership network, has successfully hosted a "Good Health and Community Wellness Symposium" for the past three years.

This symposium provides a platform for Area grantees to share their program work, successes, and challenges with peers and national partners in attendance. Through successful partnership, outreach, and communication, grantees from across the Great Plains Area gather on an annual basis to network and learn from each other's programs. In addition, grantees are provided training opportunities and receive reports from the GPTEC on Great Plains Area-level changes resulting from their programs. These symposiums have been a very successful platform for sharing best-practices and spreading awareness of the impacts of Good Health and Wellness in Indian Country funding across the Great Plains Area.

By the Numbers

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communities have cultivated one or more community gardens as a result of the Good Health and Wellness programming

An important and powerful method of promoting healthy eating and reclaiming traditions is through community gardening. Over 1,200 lbs of produce were harvested by the Santee Sioux Nation, inspiring many community members to develop individual private gardens. Produce from those gardens is given out for free at tribal health centers and used in cooking demonstrations to provide the community with tools and knowledge for healthy eating.

The Winnebago Tribe of Nebraska developed a new community garden, providing fresh produce to the senior center to feed at least 60 people a day. Elders are also encouraged to take produce home with them to use in their own cooking.

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policies promoting physical activity and healthy behaviors have been adopted to date across the region

Each of these wellness policies serves to make the healthy choice the easier choice. In the Lower Brule Sioux Tribe, the Tribal Council passed a policy granting employees one hour of administrative leave to attend diabetes classes and expanded the number of locations where classes are held to increase access for various worksites.

As a result, many at-risk individuals have been screened for diabetes, and up to 40% of eligible and at-risk individuals are attending classes. Classes promote healthy foods and appropriate physical activities, and provide information on managing and preventing diabetes and other chronic diseases.

16,000

individuals have been directly influenced by health and wellness programming

In addition to efforts to promote healthy eating and physical activity, the Great Plains Tribal Chairmen's Health Board Component 2 program has developed and implemented activities and opportunities for community members to reduce exposure to commercial tobacco smoke.

The Great Plains Tribal Chairmen's Health Board Component 2 program assisted the Canli Coalition in Cheyenne River Sioux Tribe with a competition to design a traditional No Smoking sign. The signs have been shared widely and used to successfully remind people of smoke-free zones.

Map of GHWIC-funded Tribes and Tribal organizations in the IHS Great Plains Area

