GHWC 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 evaluation 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
Inter-Tribal Council of Arizona Tribal Epidemiology Center (ITCA) coordinates GHWC evaluation in the Indian Health Service (IHS) Phoenix Area. In the past year, ITCA has supported chronic disease prevention and management for fifteen Tribes and Tribal organizations by:

1. Fostering Partnerships
The ITCA GHWC project fosters collaboration and learning among Area Tribes through Chronic Disease Prevention Working Group (CDPWG) meetings. During CDPWG, Area Tribes complete Social Network Analysis (SNA) surveys. SNA maps peer-to-peer connections within specific Tribal communities and across regional partners that intersect with GHWC efforts. ITCA analysis reveals that peer-to-peer connections have strengthened amongst ITCA, GHWC coalitions, state health departments, Indian Health Service, community health representative programs, and elders/cultural resources.

2. Promoting Policy, Systems, and Environmental (PSE) Change
Many Area Tribes focus on systems-level change through community-clinical linkages, while others devote time towards environmental change through the implementation of community gardens, demonstration gardens, natural walking paths with Indigenous language signs for plants along the trail, and the harvesting of seasonal traditional food within the community. Support for these events reflects community-based and culturally-adapted approaches that Tribes have utilized throughout development and implementation of GHWC activities.

3. Providing Training and Technical Assistance
ITCA and partner organizations provide targeted and tailored epidemiological training/technical assistance (T/TA) on activities related to seven chronic disease prevention areas. Training and technical assistance supports health and wellness projects identified in Tribal community-based action plans. ITCA identifies areas of T/TA from evaluations, discussions with Tribes, and feedback from Tribal site coordinators and Tribal health and wellness coalition members.

Activity Spotlight: Revitalizing a Community Garden at Yavapai-Apache Nation
The Yavapai-Apache Nation worked closely with a community coalition to revitalize the Dorothy & Wesley White Community Garden. Dorothy & Wesley White once grew healthy and traditional foods for the community and were thought of as grandparents to the community. Today, the revitalized community garden has raised garden beds, fruit trees, flowers for pollinators, and is a place for gardeners (from novice to expert) to grow fresh food and share ownership of the garden. Families and Tribal departments maintain garden beds. Food harvested is utilized in healthy cooking classes provided throughout the Tribe. Thanks to partnerships with Tribal departments, volunteers, and Tribal leadership, the community garden continues to be a success.

September 2017
The thirteen regionally sub-awarded Tribes that increased access to healthy and traditional food are comprised of the following bands, villages, and communities:

- Arizona (7) Tribes comprised of 13 villages and 16 communities
- Nevada (4) Tribes comprised of 4 distinct bands and 2 communities.
- Utah (2) Tribes comprised of 8 bands.

There can be geographical distance between villages, bands, and communities for each Tribe. Many Area Tribes have started implementation of GHWIC activities within the main band or village and are in the process of expanding services to the remaining bands, villages, and communities in the Tribe, while navigating respective leadership and cultural protocols within each community.

By the Numbers

- **13** Tribes increased access to healthy and traditional food
- **2** Tribes adopted policies that protect the health of the population from exposure to secondhand smoke
- **187** instances of technical assistance, training, guidance, and consultative support provided to Tribal partners

The Duckwater Shoshone Tribe revised a tobacco policy to cover e-cigarettes, no smoking in Tribal vehicles, and no smoking within 25 feet of all Tribal facilities (exception for traditional tobacco during tribal ceremonial/healing purposes). The Te-Moak Tribe of Western Shoshone enacted the “Te-Moak Tribal Smoke Free Workplace” ordinance, prohibiting use of commercial tobacco within 25 feet of Tribal buildings and facilities which includes e-cigarettes and vaporizers. The ordinance provides an exception for ceremonial use of tobacco. An additional seven Tribal partners are currently in varying stages of developing or strengthening commercial tobacco prevention policies with their communities.

Since 2014, ITCA has provided 187 instances of technical assistance, training, guidance and consultative support to regionally funded Tribes and Tribal organizations. For example, at the request of GHIWC Tribal partners, ITCA developed a data training on gathering, analyzing, and presenting data. The training was conducted during a regional GHIWC meeting with all 13 sub-awarded communities and administered individually with each Tribe and their local health and wellness coalitions. This data training continues to be the most popular training resource offered by ITCA. An enhanced version of the training is now offered by ITCA that delves deeper into the development of skip patterns in epidemiological information databases.

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

- Red Circle = Directly Funded Tribes
- Green Circle = Directly Funded Tribal Organizations
- Orange Circle = Directly Funded Tribal Epidemiology Center
- Blue Circle = Regionally sub-awarded Tribes or Tribal Organizations