



FOOD AND NUTRITION

FOOD INSECURITY LINKED TO CHRONIC DISEASE

American Indians and Alaska Natives (AI/AN) are twice as likely to be food insecure compared to whites.¹ Persistent food insecurity leads to higher rates of chronic disease including diabetes.² Since 2014, Good Health and Wellness in Indian Country (GHWIC) has supported AI/AN communities as they develop community-driven and culturally-adapted strategies, increasing opportunities for AI/AN communities to live healthier lives.

MEASURING GHWIC IMPACT

AI/AN communities exercise tribal self-governance and autonomy to implement projects that promote the health and well-being of AI/AN people. Activities have been customized to meet the needs of the tribal grantees with a focus on tribal facilities, workplaces, schools, early education centers, elder centers, and community spaces.

“As Indigenous people we draw on our cultural knowledge and community resources to prevent and manage chronic diseases.”

-Grantee



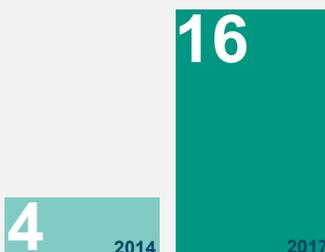
15,000*

American Indian and Alaska Native people now have better access to healthier foods through...



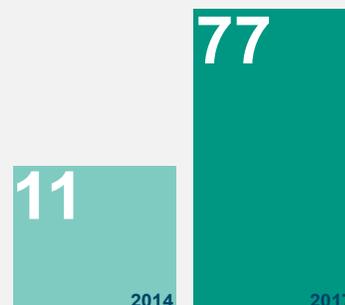
16

new tribal settings with low sodium nutrition guidelines*



77

new tribal settings promoting healthy and nutritious food*



*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

GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY IN ACTION



The Kickapoo Health and Wellness program hired **six interns** to assist with community projects and develop leadership skills. Through expanded staff capacity, the tribe increased the number of traditional foods planted and harvested, and established a new pollinator garden to maintain plant soil culture and support the crop sustainability.



The Great Lakes region adopted and proposed **14 new tribal policies** that increase opportunities for healthier food options in tribal facilities and events. A Great Lakes tribal community also created a collection of traditional seed libraries to promote and sustain traditional foods.

GHWIC IS SUCCESSFUL THROUGH A NETWORK OF TRIBAL PARTNERSHIPS

12 Tribes

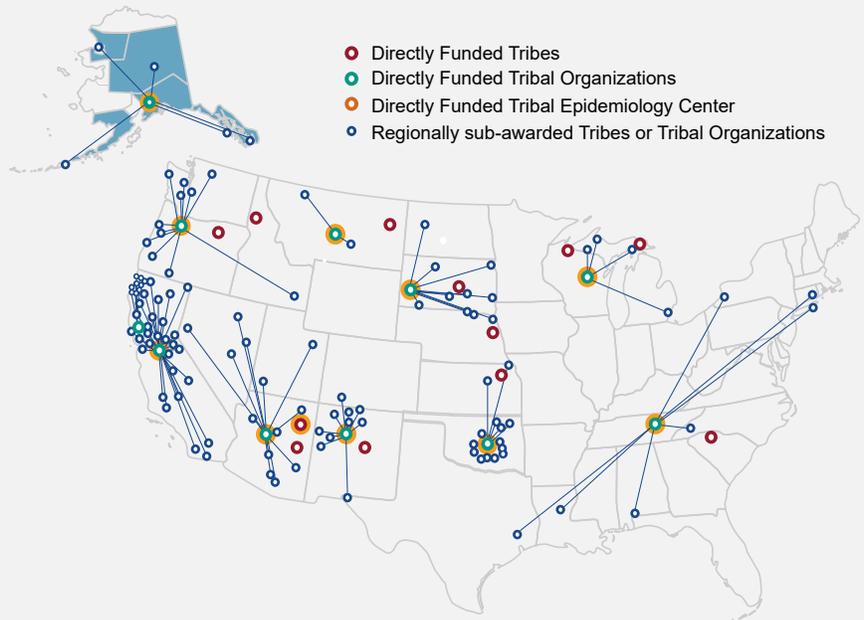
address health disparities through policy, systems, and environmental change activities.

11 Tribal Organizations

provide sub-awards, technical assistance, and resources to 113 regional AI/AN partners.

11 Tribal Epidemiology Centers

coordinate regional evaluations of the GHWIC initiative



LESSONS LEARNED

- **113 AI/AN communities** have successfully implemented strategies to increase access to healthier foods in their communities using culturally adapted strategies, increasing partnerships, and incorporating community-driven ideas into programming.
- By exercising tribal self-governance and autonomy, AI/AN communities promoted indigenous approaches to health and well-being across Indian Country.

Citations

1. Jernigan, V. B. B., Huyser, K. R., Valdes, J., & Simonds, V. W. (2017). Food Insecurity among American Indians and Alaska Natives: A National Profile using the Current Population Survey–Food Security Supplement. *Journal of Hunger & Environmental Nutrition*, 12(1), 1-10. <http://doi.org/10.1080/19320248.2016.1227750>

2. Seligman, H., Schillinger, D. (2010). Hunger and Socioeconomic Disparities in Chronic Disease. *The New England Journal of Medicine*, 363(1), 6-9.



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