



PHYSICAL ACTIVITY

PHYSICAL ACTIVITY AND CHRONIC DISEASE

Three out of four American Indian and Alaska Native (AI/AN) adults are overweight or obese, compared to about half of Non-Hispanic Whites.¹ Moreover, AI/AN adults are more than twice as likely to experience diabetes.² Physical activity is an important tool for the prevention and management of chronic diseases.³ AI/AN communities are promoting physical activity as part of a broader campaign to support health and wellness in Indian Country.

MEASURING GHWIC IMPACT

Through the Good Health and Wellness in Indian Country (GHWIC) initiative, **113 AI/AN communities** are implementing systemic changes to make exercise more accessible. They are reclaiming a more holistic sense of health to address heart disease, diabetes, obesity, and wellness in their communities.



Through GHWIC funding, grantees are building healthier and more active communities. For instance...

More than **14,500**

AI/AN people have improved access to physical activity through GHWIC, 41 times the number of individuals at baseline in 2014.*



350

Baseline 2014

14,500+

2017

91 tribal settings

have generated new policies to promote physical activity through GHWIC, 10 times the number of settings at baseline in 2014.*



10

Baseline 2014

101

2017

*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

GHWIC IN ACTION



The Lower Brule Sioux Tribe passed a policy improving access to diabetes prevention and maintenance classes promoting physical activity and healthy behavior. As a result, at-risk individuals have been screened for diabetes and up to **40% of eligible individuals** are attending classes with physical activity lessons.



The Bemidji area tribal and urban Indian communities implemented **38 new policies and environmental changes** to promote physical activity. One community implemented a group fitness program that increased physical activity for **1,402 adult participants** and another enacted a workplace policy to allow employees to participate in physical activity events during the work day.

GHWIC IS SUCCESSFUL THROUGH A NETWORK OF TRIBAL PARTNERSHIPS

12 Tribes

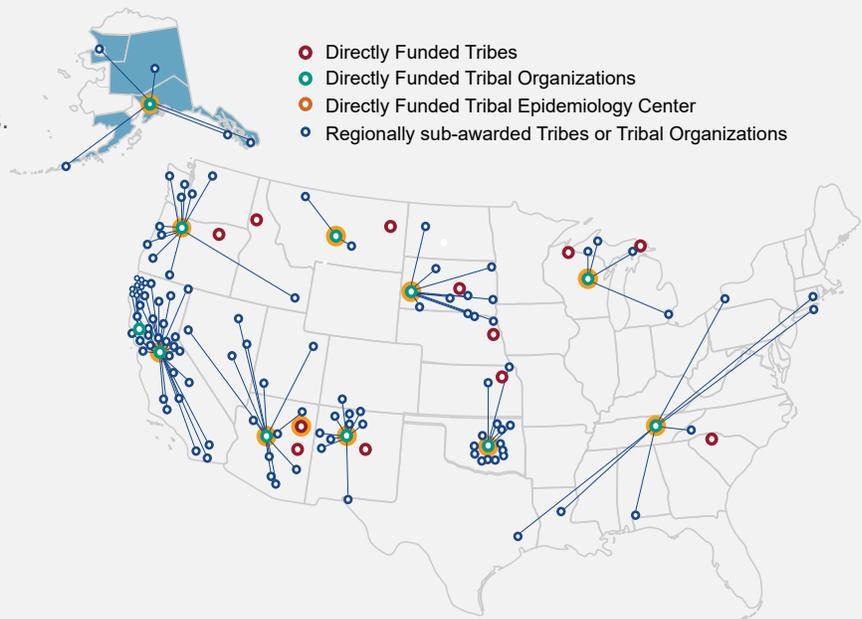
address health disparities through policy, systems, and environmental change activities.

11 Tribal Organizations

provide sub-awards, technical assistance, and resources to 113 regional AI/AN partners. Even more tribal organizations receive trainings and resources through GHWIC efforts.

11 Tribal Epidemiology Centers

coordinate regional evaluations of the GHWIC initiative.



LESSONS LEARNED

- AI/AN communities ensure programmatic sustainability and foster healthy habits to prevent chronic disease by culturally adapting physical activity programs.
- Community driven solutions to increase physical activity produce high impact programs with greater local support and participation.

Citations

1. CDC. (2017). Summary Health Statistics: National Health Interview Survey: 2015. Retrieved from <http://www.cdc.gov/nchs/nhis/shs/tables.htm>
2. CDC. (2016). Summary Health Statistics: National Health Interview Survey: 2014. Retrieved from <http://www.cdc.gov/nchs/nhis/shs/tables.htm>
3. Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity: the evidence. *CMAJ*, 174(6), 801-809. <https://doi.org/10.1503/cmaj.051351>



611 12th Ave South, Seattle, WA 98144
Phone: (206) 812-3030 Fax: (206) 812-3044
Email: info@uihi.org Website: www.uihi.org
GHWIC Storymap: <https://tinyurl.com/ghwic>

