

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

A REGIONAL GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY UPDATE

GHWIC BACKGROUND

Between 2014-2019, the Centers for Disease Control and Prevention (CDC) invested 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 health organizations.
- Provide technical assistance to GHWIC-funded Tribes and Tribal health 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 GHWIC evaluation in the Indian Health Service (IHS) Albuquerque Area. AASTEC supports chronic disease prevention and management in 27 Tribes by:

1. Reducing Exposure to Second Hand Smoke – Mescalero Apache Tribe

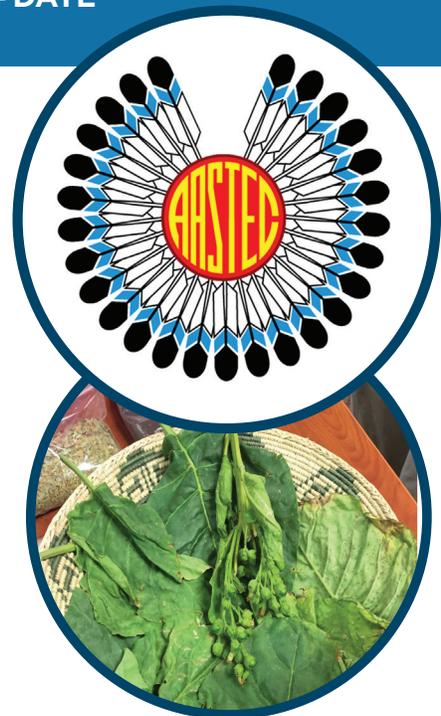
The Mescalero Apache Tribe has taken steps to implement a comprehensive commercial tobacco-free community policy to decrease second-hand smoke exposure. They have begun a community education campaign that focuses on promoting respect for sacred use of tobacco and increasing knowledge of the harmful effects of commercial tobacco. They gathered community input through focus groups to draft a tobacco-free event policy for all events organized, operated, or owned by the Mescalero Apache Tribe.

2. Increasing Access to Traditional and Healthy Foods – Ramah Navajo

Ramah Navajo has enhanced their Traditional Foods Program using a holistic approach to increase access to traditional and healthy foods in the community by encouraging and supporting community gardeners and sustaining community and cross-sector partnerships. Ramah Navajo is working with 30 local families in their gardens and fields to plant, grow, maintain, and harvest traditional and other healthy foods through sustainable organic gardening. They are also working with the local store and clinic to increase access to fruits and vegetables in the community.

3. Increasing Access to Traditional and Healthy Foods – Ysleta del Sur Pueblo

Ysleta del Sur Pueblo has established a thriving community garden and incorporated culture-based agricultural practices to increase access to traditional and healthy foods. The Tribal Council demonstrated a commitment to sustaining GHWIC efforts into the future by designating a one-acre plot of land for the community garden. As a result, production increased from 58 pounds of produce to 658 pounds, a 1,034% increase, in just one year alone. All produce was disbursed back to the community. Nutrition fact sheets have been developed for every crop grown along with recipes for how to use the produce.



By the Numbers

27

**Tribes engaged
in assessment
activities**

78

**Trainings on chronic
disease prevention,
evaluation,
and resource
development**

20,989

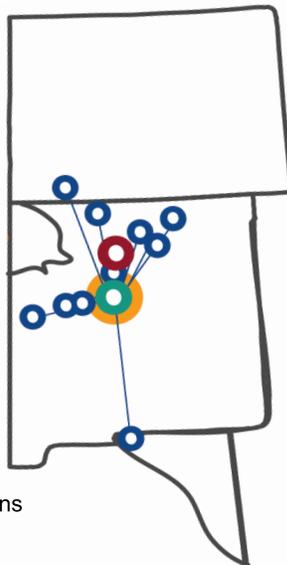
**Estimated
individuals reached
by GHWIC- funded
activities**

Activity Spotlight: Supporting Indigenous Data Sovereignty in the Albuquerque Area



AASTEC is committed to honoring tribal sovereignty and working side-by-side with tribes to provide meaningful data. In 2017, the AASTEC GHWIC Program convened a Native think tank in collaboration with the Santa Fe Indian School Leadership Institute, resulting in a road-map to strengthen our efforts to provide the highest quality data to the Tribal nations and bands we serve. As a result, AASTEC has developed, “Introduction to Data Science” and “Indigenous Data Sovereignty” teaching modules that will be combined with basic public health principles and offered as a course at a local tribal college. AASTEC has also delivered numerous Indigenous Data Sovereignty presentations directly to tribes and tribal leaders as well as to non-Indigenous audiences that produce data about tribes in our area to influence data practice.

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



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



**Urban Indian
Health Institute**
A Division of the Seattle Indian Health Board