

INTER-TRIBAL COUNCIL OF ARIZONA 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

Inter-Tribal Council of Arizona Tribal Epidemiology Center (ITCA) coordinates GHWIC evaluation in the Indian Health Service (IHS) Phoenix Area. ITCA supports chronic disease prevention and management in 15 Tribal communities and Tribal organizations. For example:

1. San Carlos Apache Tribe

San Carlos Apache Tribe has contacted young Apache artists who have reconnected to healthy Apache lifestyles rooted in the traditional way of life. These artists helped to create calendars depicting seasonal food systems reflective of a pre-reservation Apache diet. In addition to the calendars, they have created an “Animal and Plant” book that highlights the Apache words for each entry as well as its English translation. The book also depicts traditional homeland boundaries where these traditional foods can be found. Currently, for Year 5, they are creating a “Human Anatomy” book that will show the Apache words for each body part alongside the English translation.

2. Social Network Analysis

ITCA conducted a Social Network Analysis (SNA) survey which captured information regarding the Chronic Disease Prevention Working Group (CDPWG) and partnerships formed through this project. SNA is a process which investigates how individuals interact through social networks. ITCA’s SNA work maps peer-to-peer connections amongst tribal departments, but also between Tribes who are part of the GHWIC Project. This work has helped strengthen the connections between ITCA, GHWIC coalitions, state health departments, Indian Health Service, community health representative programs, and elders/cultural resources. The SNA survey occurred once in Year 1 and twice per year thereafter. The number of full network ties between Tribes, IHS, ITCA, State Health Departments, and the GHWIC Coalition increased ten-fold between time 1 (20 ties) and time 6 (238 ties).



By the Numbers

122

Partnerships supporting collaborative and comprehensive approaches to chronic disease prevention efforts

24,929

People directly influenced through policy, systems, and environmental (PSE) changes

63

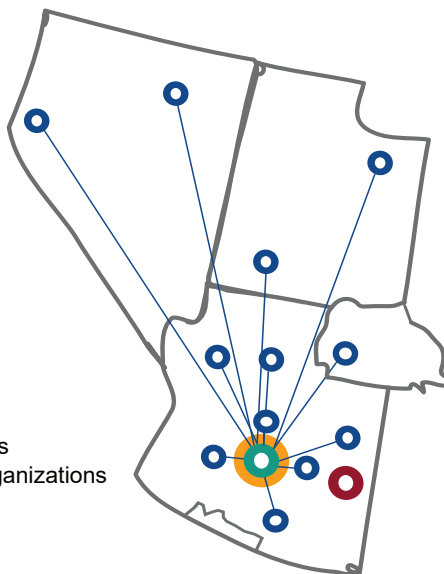
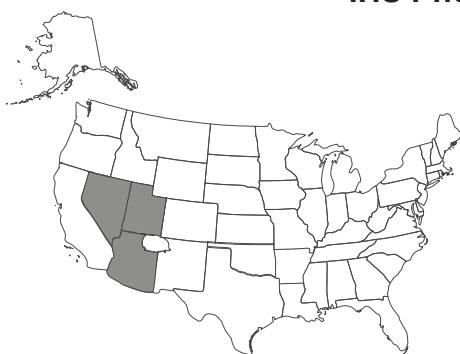
PSE change strategies promoting health and chronic disease prevention in GHWIC funded communities

Activity Spotlight: Creating Commercial Tobacco-Free Environments



ITCA's GHWIC tobacco supplement, funded by the Office of Smoking and Health (OSH), focused on evidence-based commercial tobacco prevention activities. ITCA conducted tobacco policy assessments to determine what policies were established within tribal communities and to educate Tribal Leaders and decision makers about the need for approval of tobacco policies to create tobacco-free environments. ITCA provided training and technical assistance by encouraging Tribes to utilize the CDC Tips Media Campaign materials, or to develop culturally-specific messages and images, to be used in tribal newspapers and radio stations that highlight the dangers of commercial tobacco smoke and secondhand smoke. Additionally, 300 no smoking, no vaping, and custom signage in their Native languages were distributed to tribal partners. The signs were posted at tribal building entrances/exits, parks, gas pumps, and tribal vehicles.

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



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



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