

# NORTHWEST PORTLAND AREA TRIBAL EPIDEMIOLOGY CENTER

## A REGIONAL GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY UPDATE

### PORTLAND AREA REGIONAL 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 highlighting 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

Northwest Tribal Epidemiology Center (NWTEC) coordinates GHWIC evaluation in the Indian Health Service (IHS) Portland Area. Wellness for Every American Indian to Achieve and View Health Equity (WEAVE-NW) is a project of NWTEC. NWTEC supports chronic disease prevention and management in all 43 regional Tribes by:

##### 1. Building Public Health Capacity

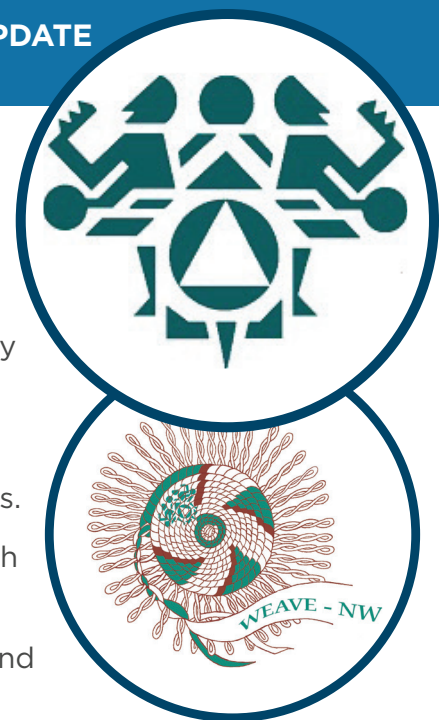
Since the start of the project, WEAVE-NW provided capacity building opportunities including trainings, sub-awards, workshops, and technical assistance to NW member Tribes. Through WEAVE-NW, NWTEC conducted 21 in-person trainings and workshops. Training topics included: motivational interviewing, strategic planning, health data literacy, and traditional foods/nutrition. These trainings reached 1,073 participants, and 36 of NWTEC's 43 member Tribes. WEAVE-NW also provided 55 instances of technical assistance, supporting 21 of NWTEC's 43 member Tribes.

##### 2. Nurturing Relationships and Connections

The Northwest Tribal Food Sovereignty Coalition held a strategic planning meeting in March 2018 to build new relationships, leading to the formation of task teams, and began action planning for the next year. The coalition planned a Food Sovereignty gathering that took place on September 27th, 2018. The gathering had a total of 160 participants and was a celebration of traditional foods, and medicine.

##### 3. Innovations in Care

In the last year, while in collaboration with the HIV/HCV/STI Clinical Services Project, NWTEC established and piloted a new Tribal Endocrinology TeleECHO Clinic. The goal of this project is to increase the capacity of primary care providers to safely and effectively treat and manage complex diabetes patients. Within the last year there were a total of six TeleECHO clinics provided, during which 5 cases were presented. The clinic series was attended by 66 participants from 9 unique member Tribes.



## By the Numbers

12

Collaborative  
partnerships  
supporting chronic  
disease prevention

27

Trainings on chronic  
disease prevention  
and management  
strategies

56

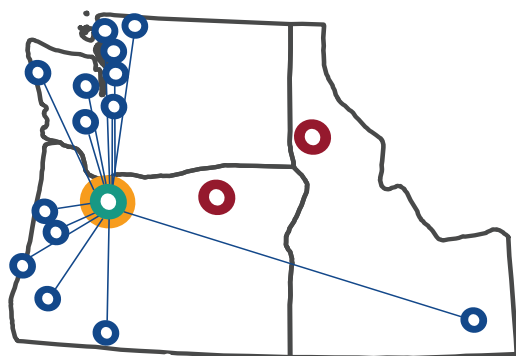
Policy, systems, and  
environmental changes  
promoting health and  
preventing chronic  
disease

## Activity Spotlight: Creating Sustainable Food System Change



In one GHWIC sub-awardee Tribe, staff are working to improve the food system by expanding community gardens located at their senior buildings and schools. The garden coordinator continues her professional development through the Washington State University's Master Garden program and has also become a certified Permaculture Educator. Two garden apprentices have been hired, trained, and supervised by the Garden Coordinator. Ongoing community-supported agricultural boxes are delivered to community members and classes are provided through the Diabetes Prevention Program at the clinic.

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



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



Urban Indian  
Health Institute  
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