

Healthy Active Native Community (HANC) Absentee Shawnee Tribal Health Worksite Wellness Project



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ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



SHAWNEE CLINIC

LITTLE AXE HEALTH CENTER

PLUS CARE

THE *KA KE TO FA* (WALK) PROGRAM

*Overview of Developing and Evaluation of a Native American
Worksite Wellness Program*



Healthy Active Native Community (HANC) Absentee Shawnee Tribal Health Worksite Wellness Project

Who are we?

The Absentee Shawnee Tribe is located in central Oklahoma in Shawnee, Oklahoma. We have a tribal membership of 4,343.

The tribal health program has been serving the AI/AN community in Shawnee and Little Axe since 1994.

The AST Health program is the largest service program at the tribe with 3 service sites and boasting 253 health employees.



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“Practice what you preach”

It is fundamental to cultivate a culture
of health and wellness for patients.

Only in recent AST health history, it was recognized
to demonstrate a similar commitment
to the health and well-being of its employees.



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Goal: To increase employee participation in moderate intensity physical activity (MIPA).

CDC Strategies selected:

- Creation of or enhanced access to places for PA combined with informational outreach activities (Winnable Battle Strategy 6)
- Social support interventions in community/worksite setting (CDC Winnable Battle Strategy 3 and Community Guide Recommended strategy 5)
- Implemented in a worksite setting (Community Guide Recommended strategy 2).



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Steps Taken:

- Strong support from middle and upper management
- External partnership with University of Oklahoma Health Sciences Center (OUHSC) - Health Promotion Programming and Evaluation
- Enhanced an existing Wellness Policy
- Utilized employee steering committee
- Emphasized the use of a buddy system
- Collected MIPA employee data (baseline, mid-point, post)
- Share Success Stories



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Lessons Learned

- If implementing use of equipment, be sure to know the product well before introducing to your target group
- Use of alternates on employee steering committee
- Changing the environmental culture of an organization is not going to happen over night through just one project...but it is a start!
- Think beyond and increase sustainability by increasing opportunities for employee wellness



Healthy Active Native Community (HANC) Absentee Shawnee Tribal Health Worksite Wellness Project



Healthy Active Native Community (HANC)
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Ne yi wa!


(Thank you)



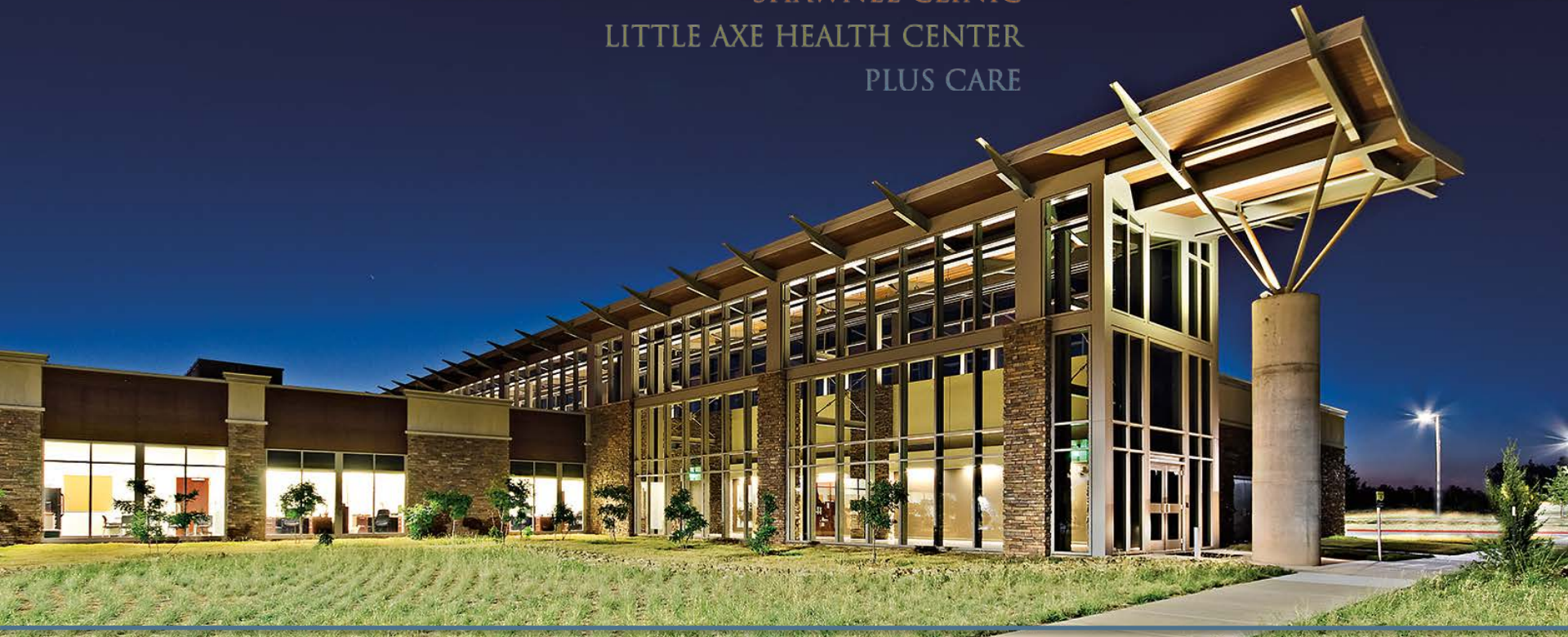


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Ho-Chunk Nation Health and Wellness Division

HANC Grant and Sustainable Organic
Community Gardens

Tradition



The people of the Ho-Chunk Nation have always been hunters, gatherers and gardeners. After the tribe began to reclaim our homelands throughout Wisconsin we began the process to re-vitalize our native lifeways.

The sole purpose of the Organic Community Gardens are to reconnect the people and youth to their horticulture heritage and lifestyles.

HANC Grant

- Funded in 2016
- Established three new organic community gardens
- Supported the growth of two existing organic community gardens.
- Purchased perennial plants and fruit bearing trees to be planted within the communities.

Healthy Perennials

- Strawberries
- Blueberries
- Rhubarb
- Herbs
- Fruit Bearing Trees
- Asparagus
- Garlic
- Raspberries

Physical Activity

- Ho-Chunk tribal members of all ages came out and assisted in the development and planting of the community gardens.
- This resulted in families coming together and enjoying a day of physical activity spent outdoors.
- Tribal members learned valuable gardening expertise from Wisconsin Master Gardeners.

Tribal Recruitment

Organic Gardening Trail 2017



May 20th, 2017

Volunteers needed!

Organic Community Garden
PLANTING Trail

*Join in traveling to all three
organic gardens in one day.*

1). Starting in Sandpellow, Black River Falls, WI

Breakfast @ 7:00AM (D1CC)

Planting Location: District 1 – Sandpellow (next to elder rental units)

Organic Gardening Trail 2017



3) Indian Heights Organic Garden Planting

Supper @ 6:00PM (IH comm. Bldg.)

Planting Location: IH (located near
Elder rental units).

NEED: Volunteer to head the pot luck supper,
please call me if you are interested.

Thank you so much!!!



2) Blue Wing Organic **Garden Planting**

Lunch @ 1:00PM

Location: Blue Wing
Community Building

Planting at garden!!!!

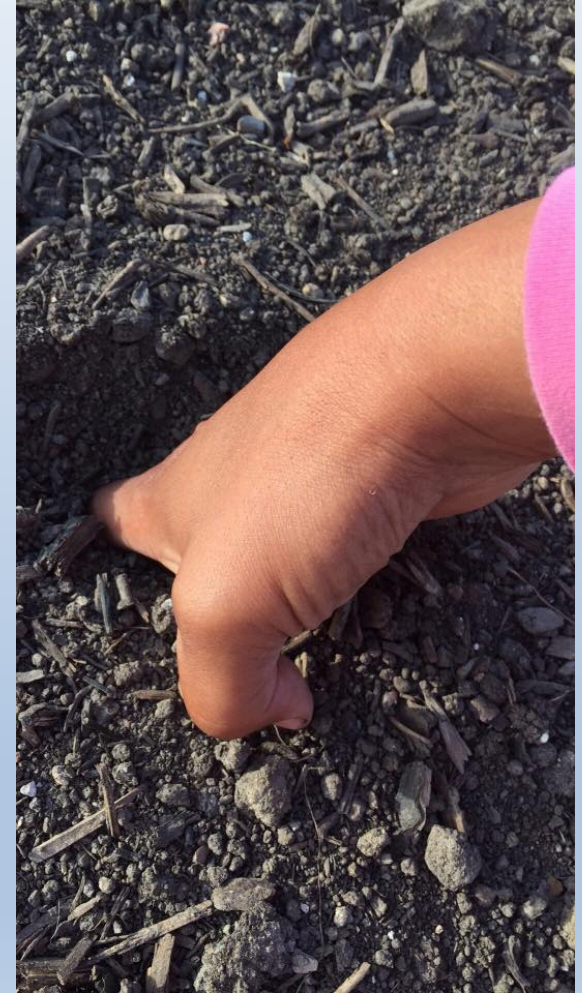
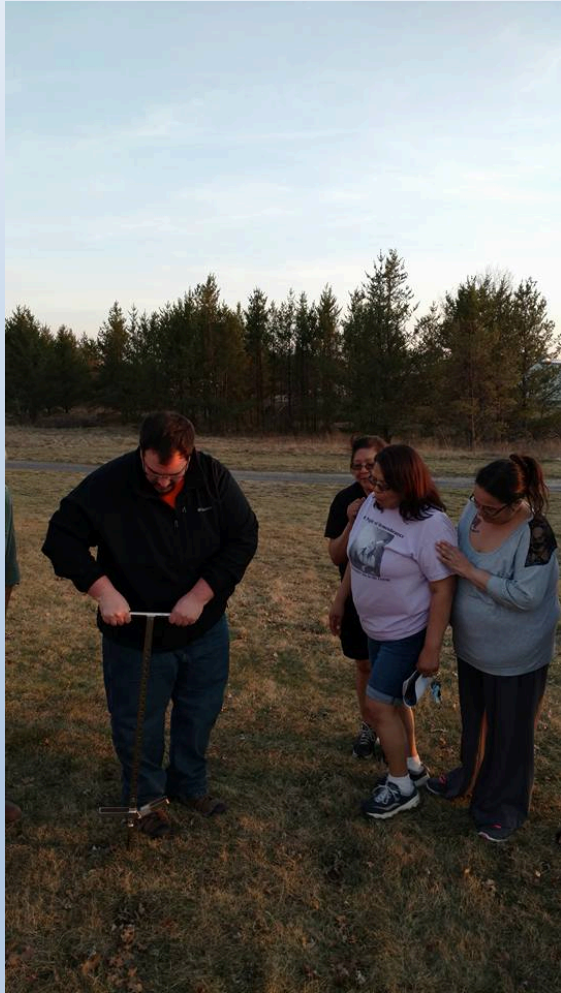
**HHCA Garden projects invites you to join the gardening trail as we
start the 4th year of organic gardening.**

*Please sign up today if you are interested in participating. HHCA will provide paper products,
water, and meat products; need volunteers for cooking, planting, clean-up crew, just be there
to support.*

For more information: Melanie Stacy at HHCA 608-374-1245 –or- 608-343-2010, –or- Like us
at “Ho-Chunk Nation Organic Community Garden”.

Volunteers are welcome to sign up today!!!!

Planting New Roots



Raised Garden Beds



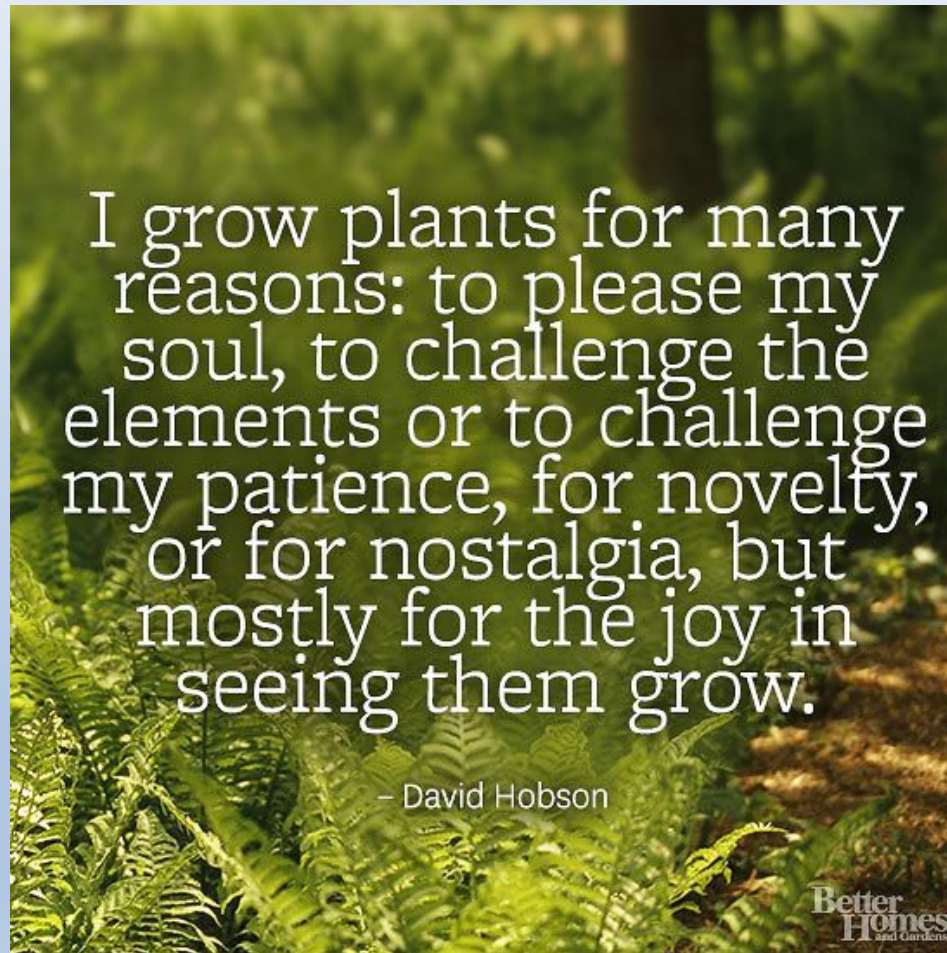
Outcomes and Evaluation

- The Ho-Chunk Nation now currently has 5 Community Organic Gardens throughout the state of WI.
- All gardens are taken care of on a volunteer basis by community members.
- Community members are sharing in the labor and the harvests with other community members.

Cultural Adaptation

- Community togetherness has been a way of life for hundreds of years for the Ho-Chunk People.
- Incorporating language education
- Traditional food cooking classes
- Food preservation
- Community members consuming organic fruits and vegetables.

Healthy Active Native Communities



I grow plants for many reasons: to please my soul, to challenge the elements or to challenge my patience, for novelty, or for nostalgia, but mostly for the joy in seeing them grow.

- David Hobson

Better
Homes
and Gardens



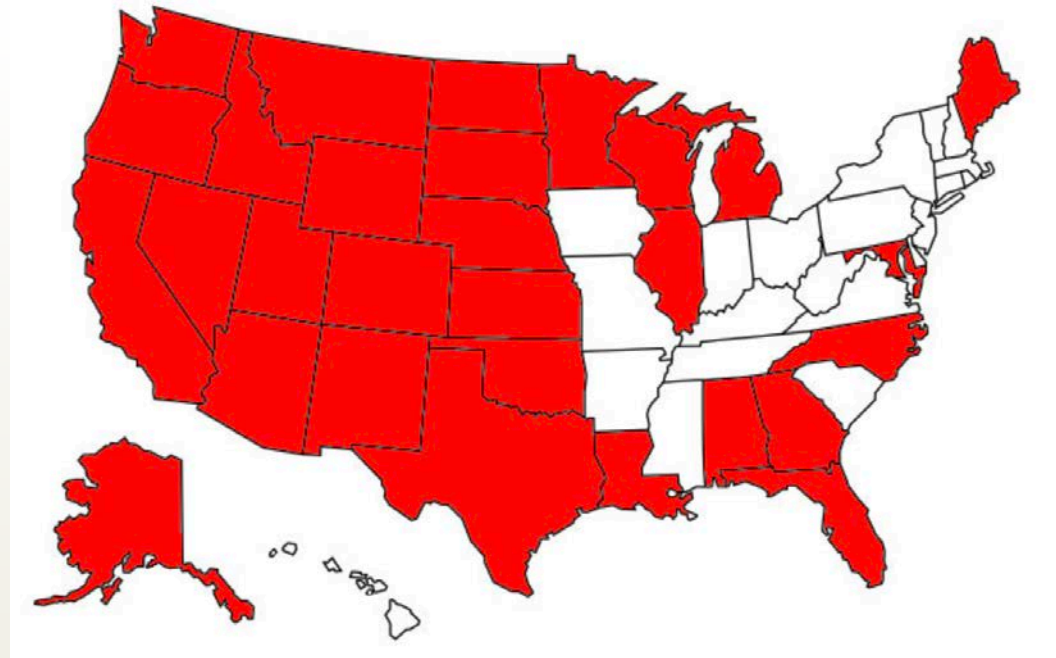
Healthy Active Native Communities

JAMIE MCDANIEL
ALICIA MILLER
SARA PETERSON

Association of American Indian Physicians

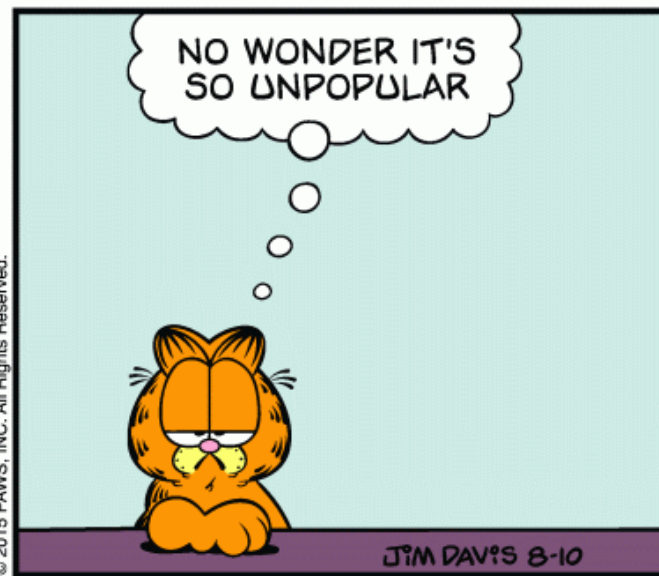


- Founded in 1971
- Over 400 member physicians
- Public health programming
- Student programs
- Annual Events

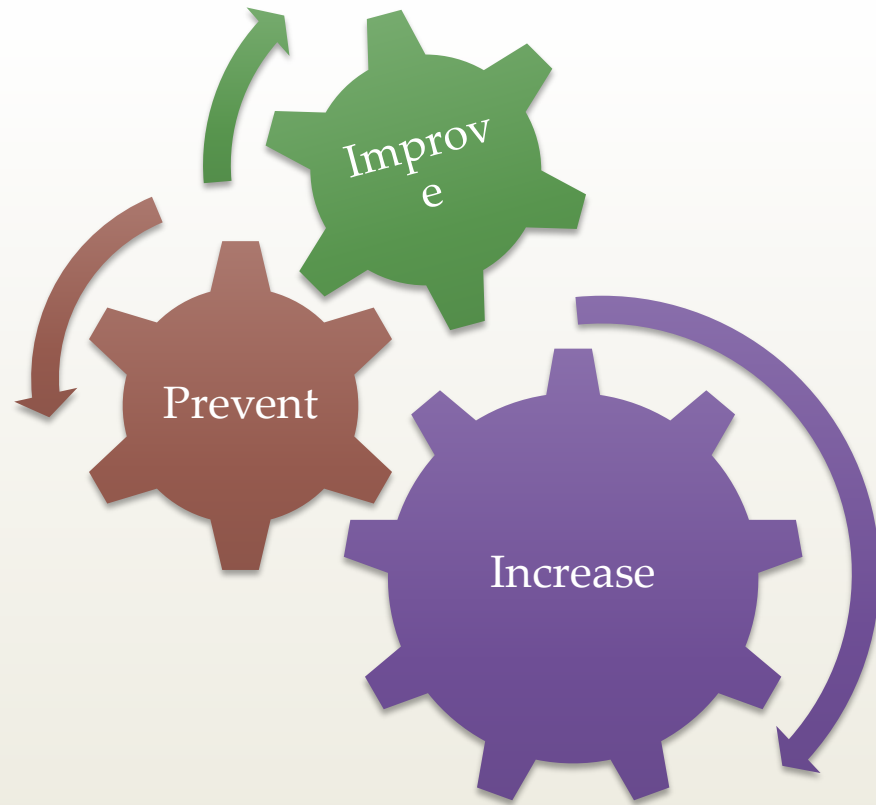


HANC – Where it began

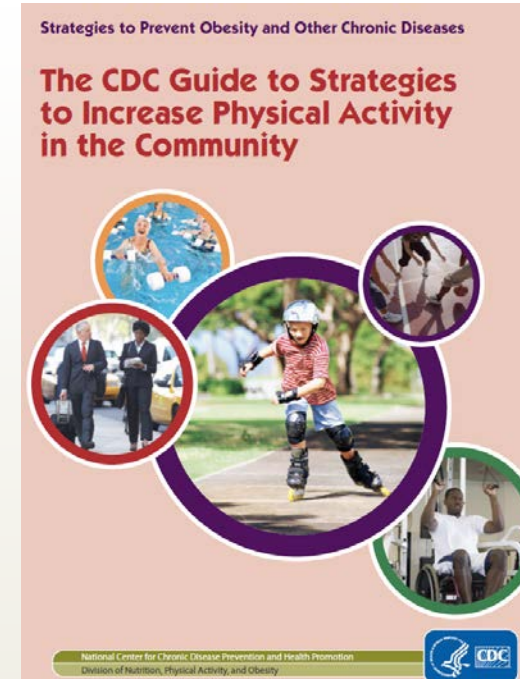
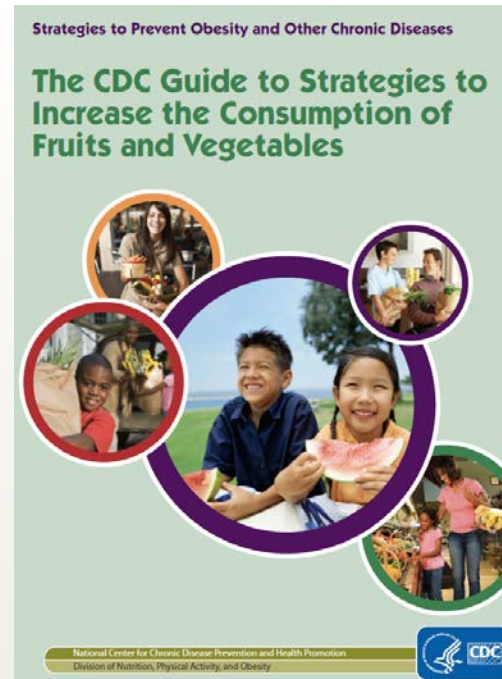
- Cherokee Nation (OK)
- Pueblo of Jemez (NM)
- Center for Cherokee Plans (NC)
- Organized Village of Kasaan (AK)
- Zuni Youth Enrichment Project (NM)
- Boys & Girls Club of the Southern Ute Indian Tribe (CO)
- White Earth Wellness Project (MN)
- Sault Tribe of Chippewa Indian (MI)
- Hoonah City Schools (AK)
- Jena Band of Choctaw Indians (LA)
- Bad River Band of Lake Superior Tribe of Chippewa Indian (WI)
- Yavapai Apache Nation (AZ)



HANC – Capacity Building Assistance (CBA)



HANC - Improve



<http://www.thecommunityguide.org/index.html>

HANC - Prevent

Policy

- Includes laws, rules, and regulation
- Ex. – restrict smoking in public places, time off during work hours for physical activity

System

- Includes changes in organizational procedures (i.e., personnel, resource allocation, programs)
- Ex. – Sustainability efforts, change in processes

Environmental

- Includes changes to the economic, social, or physical environments
- Ex. – Encourage ceremonial tobacco over commercial, low fat food options available in vending machines, walking paths



Absentee Shawnee Tribal Health System



Ho-Chunk Nation Department of Health

HANC Partner Communities



Igiugig Village Council



Indian Child and
Family Preservation
Program

Interactive Group Work

- Decide on a community and Winnable Battle
- Develop one policy, system or environmental approach
- Determine how to gain community and leader buy-in
- Develop one aspect of sustainability not related to funding
 - <http://archived.naccho.org/topics/HPDP/diabetes/upload/Sustainability-Planning-Guide-for-Healthy-Communities-A-Summary.pdf>
 - https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf




Community Capacity Attributes

HEALTHY

- Optimism
- Consensus Building
- Broad Public Interest
- Collaboration
- Empowered Citizens

UNHEALTHY

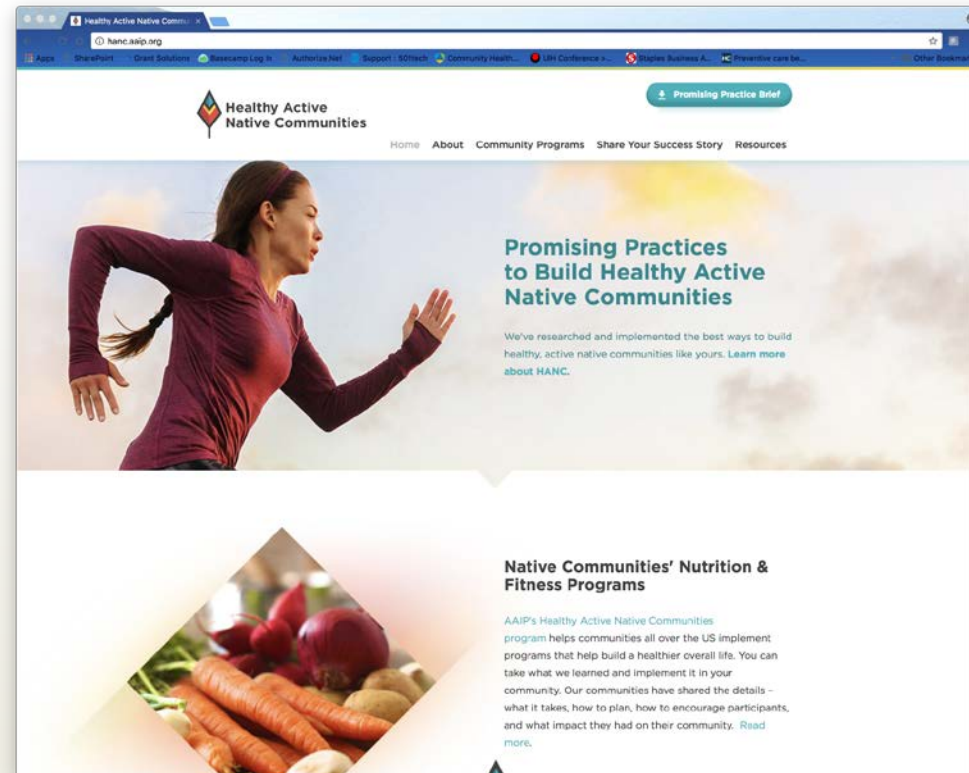
- Cynicism
 - Focus on division
 - Narrow Interest
 - Confrontation
 - Apathetic Citizens
- 

PSE Example

- Policy:
 - Require minimum percent of foods sold in vending machines meet nutritional requirements
- Systems:
 - Work with existing or new machine operators to change product mix
- Environment:
 - Create marketing and educational materials to inform customers of healthy changes



HANC - Increase





When the world says

Give up.

Hope whispers...

Try it one more time