



USET Good Health & Wellness in Indian Country

Kate Grismala

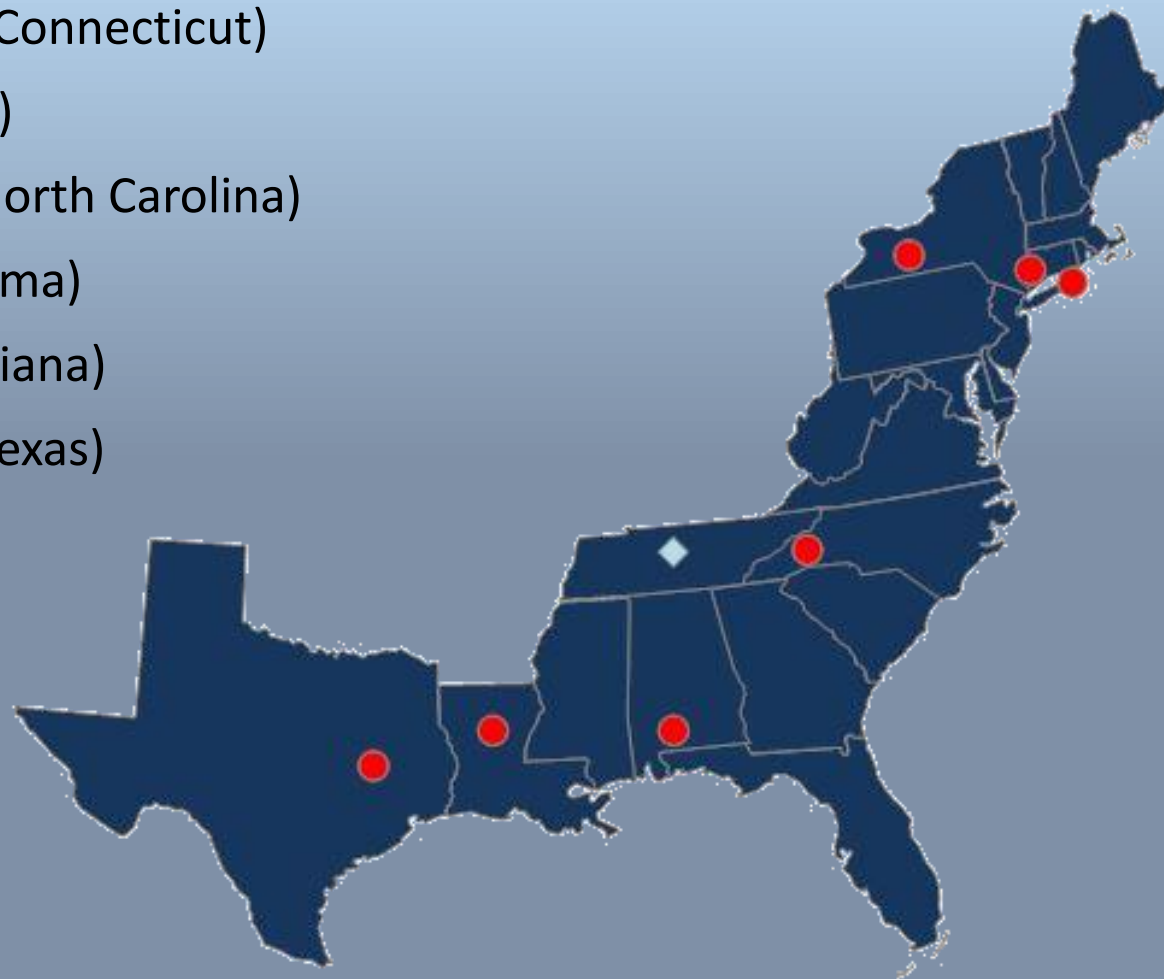
USET Tribal Health Program Support Assistant Director



USET GHWIC

Seven Sub-awardees – Each have very different needs

1. Seneca Nation of Indians (New York)
2. The Mohegan Tribe of Connecticut (Connecticut)
3. Shinnecock Indian Nation (New York)
4. Eastern Band of Cherokee Indians (North Carolina)
5. Poarch Band of Creek Indians (Alabama)
6. Jena Band of Choctaw Indians (Louisiana)
7. Alabama-Coushatta Tribe of Texas (Texas)





USET GHWIC



USET has been:

- Tailoring materials for each Tribal Nation
- Supporting Tribal Nations in their growth
- Developing personal relationships and professional connections among the Tribal Nations
- Increasing Tribal Nations' knowledge base regarding program planning



Program Planning Technical Assistance



USET has provided technical assistance in all areas of program planning, including:

- Developing surveys
- Facilitating focus groups
- Collecting, analyzing, tracking, and reporting data
- Creating workplans and logic models
- Developing communication tools for community engagement and feedback
- Drafting program implementation plans
- Developing budgets



Program Planning Resources



USET has provided several resources in all areas of program planning, including:

- Tools to facilitate the program planning process
- Webinars addressing common questions and issues.
- Huddle – a user-friendly file-sharing program for communication
- Data collection and analysis tools





Program Planning Workshops

The USET staff provides program planning workshops — both annual workshops for the GHWIC sub-awardees and periodic workshops for all Nashville Area Tribal Nations. These workshops offer technical assistance and resources that are tailored to meet the needs of the attendees, as well as an opportunity for attendees to share their stories and collaborate with one another.





Program Implementation

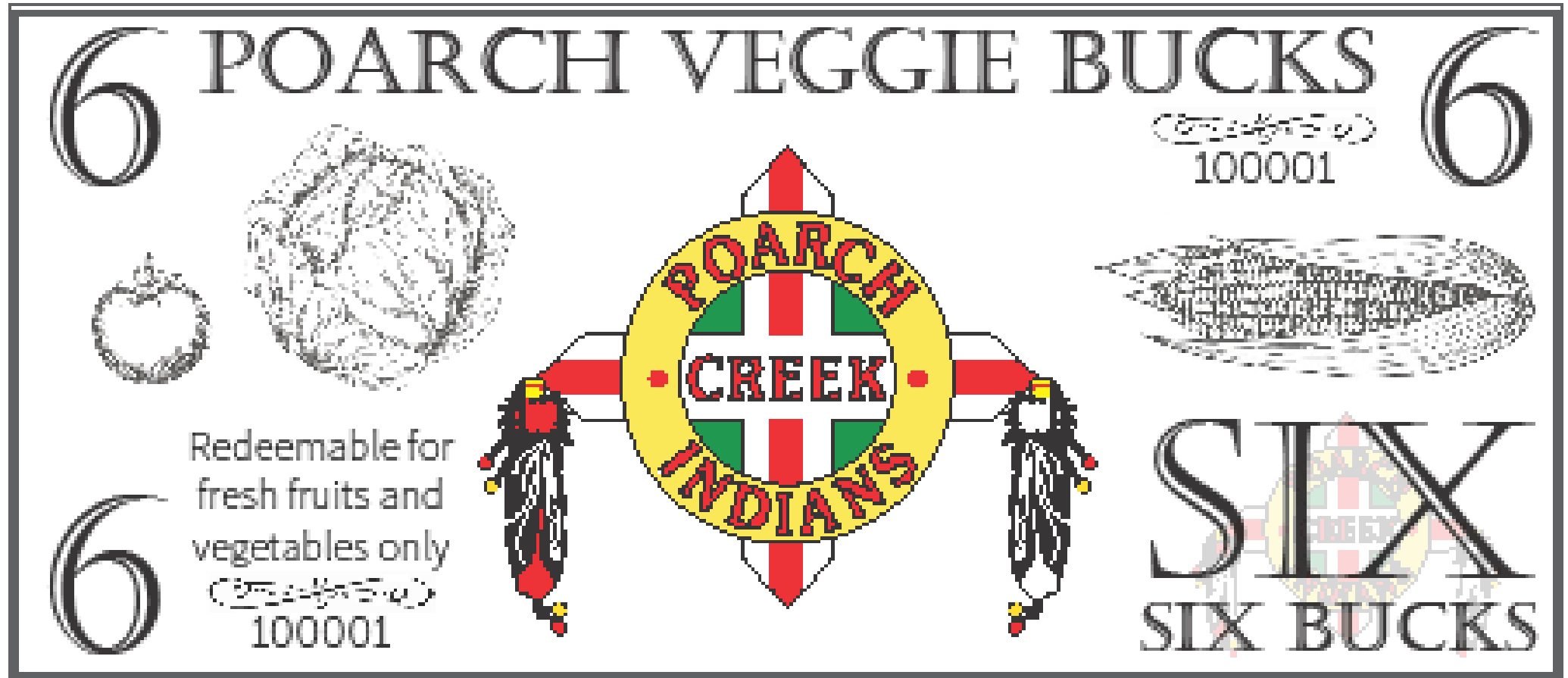
The sub-awardees are implementing:

- Glucose testing compliance/monitoring
- Blood pressure monitoring
- Policies that unite existing activities to address access to healthy foods, exercise, and tobacco-free environments
- Breastfeeding programs
- Community fitness programs
- Partnering with local vendors and businesses to increase healthier choices of food options
- Softball teams
- Cooking classes
- Veggie bucks as incentives
- Community gardens
- Farmers market
- Youth fitness camp





Creative Incentives





Evaluation = Storytelling



USET is encouraging Tribal Nations to evaluate through storytelling.





Storytelling

While coming together to exchange stories is an ancient tradition, it is still relevant today. Evaluations use personal stories through different narrative techniques to get information on the impact of development initiatives.





Personal Stories



- *Personal stories are useful for evaluation because of their following attributes:
- Storytelling lends itself to participatory change processes because it relies on people to make sense of their own experiences and environments.
 - Stories can be used to focus on particular interventions while also reflecting on the array of contextual factors that influence outcomes.
 - Stories can be systematically gathered and claims verified from independent sources or options.
 - Narrative data can be analyzed using existing conceptual frameworks or assessed for themes that arise.
 - Narrative options can be integrated into on-going organizational processes to aid in program planning, decision making, and strategic management.

*McClintock C (2004). Using Narrative Options to Link Program Evaluation and Organization Development. *The Evaluation Exchange* IX: 4 Winter 2003/2004. <http://www.hfrp.org/evaluation/the-evaluation-exchange/issue-archive/reflecting-on-the-past-and-future-of-evaluation/using-narrative-methods-to-link-program-evaluation-and-organization-development>

Success Story Tools

USET has provided the Tribal Nations with:

- A checklist for developing a success story that was created by the CDC
- And a tutorial about the “Success Story Made Easier” website that was developed by the National Center for Chronic Disease Prevention and Health Promotion within the CDC.



Success Stories



Seneca Nation

Success Story

Alabama-Coushatta Tribe of Texas Community Gardens



 Angels Shell

Alabama-Coushatta Tribe of Texas Community Gardens

Summary

Because they now have easy access to fresh vegetables, Tribal Citizens are learning more about healthy foods and enjoying the fresh taste that is now available to them. Cooking classes and recipe books are now being discussed as new projects to help build a healthier community.

Challenge

The Alabama-Coushatta Tribe of Texas is located in Polk County, Texas. The U.S. Department of Agriculture (USDA) Economic Research Service's "Your Food Environment Atlas" 2015 reports that there were seven grocery stores located throughout Polk County, with no reported specialized food stores such as farmers markets. To access these larger grocery stores, Tribal citizens must travel outside the boundary of the reservation. Prior to this project, there were no community gardens located within the Polk County or within the boundaries of the Reservation.



"My favorite part of this grant has been the garden with the Head Start children. They are so amazed to see their garden grow. They sing to the garden and water it every day. They are amazed at seeing the green vegetables coming out of the ground."

- Nancy Johnson

Solution



The Good Health and Wellness in Indian Country Project Manager, Nancy Johnson, worked with the Steering Committee to conduct a Community Health Assessment. The community stated that access to healthy foods should be a top priority for the Tribal Nation.

The Sam Houston State University Nursing Department partnered with the Tribal Nation to provide assistance with the community health gardens. Ms. Johnson, the Steering Committee and the nursing students worked with the Health Clinic, Head Start Program, and Youth Center to build community gardens outside their buildings. Each group identified what they wanted in their gardens, and assisted in building, planting, and caring for their own gardens.

Results

The health clinic staff, youth group, and Head Start children have been very excited to watch their gardens grow. Each department has been active in watering and weeding their gardens.

The health clinic used herbs from their gardens in a potluck lunch. The youth group used onions from their garden in a gumbo dish. The youth were amazed at how much better the onions tasted from their garden than from the local grocery store. The youth are now grasping the difference that fresh foods make in the taste of their meals. The Head Start children have been so excited about their garden that they designed and wrote thank you cards to the CDC for funding their community garden.

The Tribal Nation is planning for more gardens. The youth have asked specifically for a garden that they can use to plant fruit, and the health clinic wants to plant more vegetables. The Tribal Nation is looking into how they can plant a garden at the Senior Center.



Contact

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Alabama-Coushatta Tribe of Texas



Catawba Indian Nation





Running Club – Spirit Sprinters





That's a Wrap!

Questions
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Contact

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Diabetes, Heart Disease & Stroke Prevention

*A Comprehensive Approach to Good Health and Wellness
in Indian Country*

Wellness Strategies for Health



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

EPIDEMIOLOGY CENTER



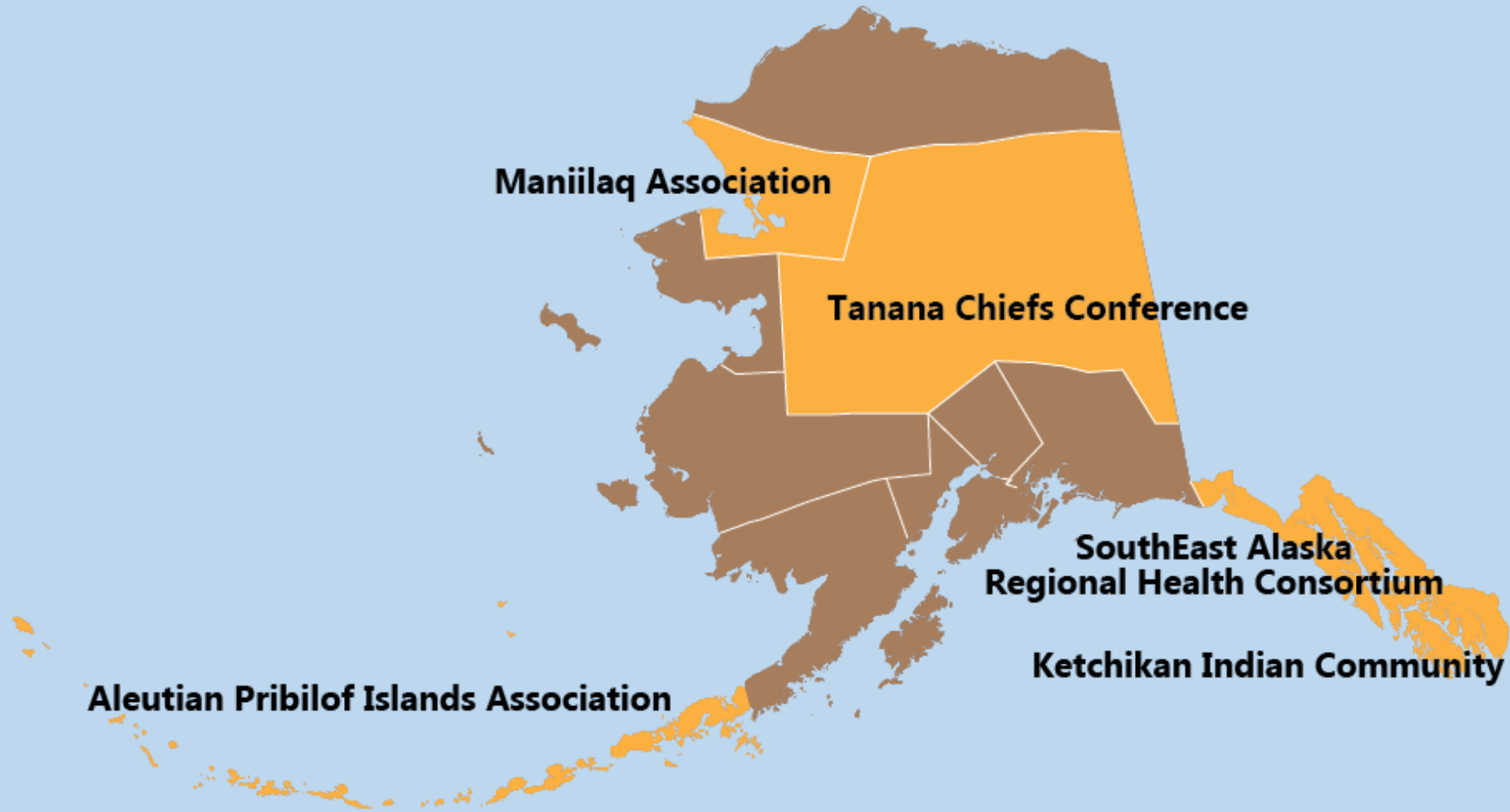
Project Overview

Successes

Challenges

Lessons Learned

Sub-Awardee Tribal Health Organization Partner Sites



Year 1

**Community
Health
Assessment**

Years 1-2

**Identify Focus
Areas and
Strategies**

Years 2-5

**Implement and
Measure
Progress**

Evaluation

Chief Andrew Isaac Health Center

TANANA CHIEFS CONFERENCE

Welcome Danahdet



**Welcome
to Our
Tobacco-Free
Campus**



**Welcome
to Our
Tobacco-Free
Campus**



**Welcome
to Our
Tobacco-Free
Campus**



**Welcome
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Tobacco-Free
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**Welcome
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Campus**



Are you over 50?
Are there children
under the age of 2
in your home?
Do you have a
chronic disease?
If you answered
YES, AND YOU ARE
ILL, MEET!



Health Literacy Assessment



Wellness Strategies for Health





Challenges



Outside the “Comfort Zone”

Organizational change

EHR transitions

Lessons Learned

MOA

Adequate funding

**Training, Technical
Assistance**

Data

Willingness to learn

Thank You!



Good Health and Wellness in Indian Country

Ursula E. Bauer, PhD, MPH

**Director, National Center for Chronic Disease Prevention
and Health Promotion**



Harnessing Solutions in Indian Country

American Indians and Alaska Natives share a connection to lifeways that can sustain health and wellness.

CDC's Tribal Advisory Committee:
Find ways to work directly with tribes and tribal organizations to build on strengths to improve health.



Good Health and Wellness in Indian Country

- 2014: 5 year, \$15 million per year initiative
- Funds tribes, tribal organizations and Tribal Epidemiology Centers (TECs)
- Long term goals:
 - Reduce rates of death and disability from tobacco use by 5%.
 - Reduce the prevalence of obesity by 3%.
 - Reduce rates of death and disability from diabetes, heart disease, and stroke by 3%
- Evaluation coordinated by Urban Indian Health Institute and TECs
- Deep and broad reach in Indian Country
- Communities of practice
- Built for growth

Good Health and Wellness in Indian Country

- Built for growth:
- FY2017 Omnibus Budget: \$16 million additional resources to grow
 - FY2017: New Funding Opportunity coming soon
 - FY2018: Additional Funding Opportunities
 - Fund more tribes and tribal organizations
 - Expand scope of work to include tribal practices that promote health and wellness

Tribal Practices – Seven Themes



- **Family & Community** Activities That Connect Cultural Teachings To Health & Wellness
- **Seasonal Cultural** & Traditional Practices That Support Health & Wellness
- Social & Cultural Activities That Promote **Community Wellness**
- Intertribal and NGO **Collaborations** That Strengthen Wellbeing
- **Intergenerational Learning** Opportunities That Support Wellbeing & Resiliency
- Cultural Teachings & Practices About **Traditional Healthy Foods** To Promote Health, Sustenance & Sustainability
- Traditional & Contemporary **Physical Activities** That Strengthen Wellbeing

Good Health and Wellness in Indian Country

- Implement effective, culturally connected strategies to:
 - Reduce commercial tobacco use
 - Protect against secondhand tobacco smoke
 - Improve nutrition, including reducing use of low nutrition foods and beverages
 - Increase physical activity
 - Work with health systems to improve control of high blood pressure, management of heart disease and diabetes

Current GHWIC Awardees and Activities

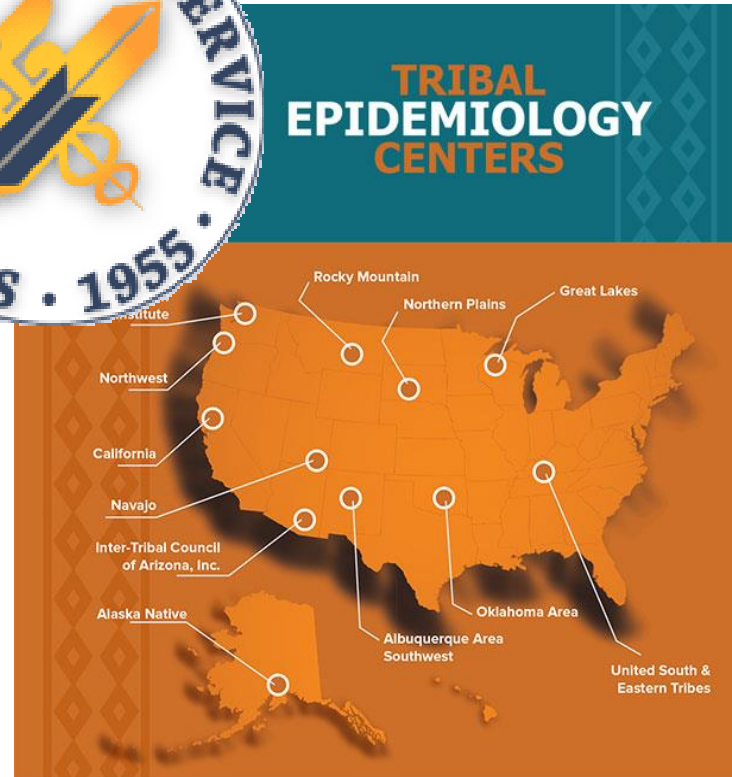
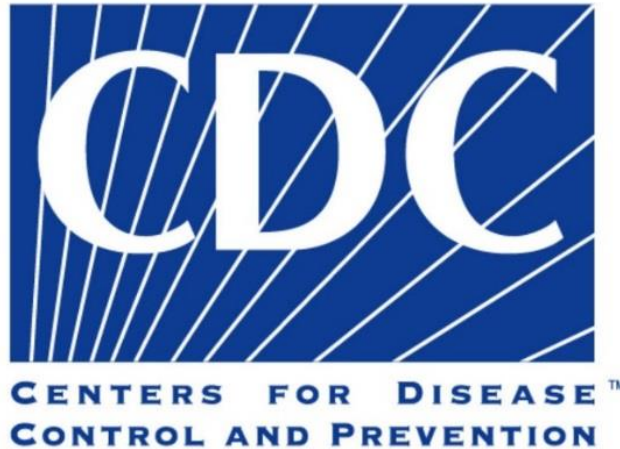
Twelve Tribes

- Use community-chosen, culturally adapted policies, systems and environmental improvements to achieve GHWIC's long-term goals
- **Year One Activities:**
 - Community Health Assessments
 - Convened cross-sector workgroups
 - Assembled Staff
- **Year Two Activities:**
 - Grantees choose from a number of different outcomes, categorized by domain

Eleven Tribal Organizations

- Provide leadership, training, technical assistance and resource support to tribes within their Indian Health Service Administrative Areas
- **Year One Activities:**
 - Assessed existing infrastructure
 - Hired qualified staff
 - Supported tribes (subawardees) in strengthening partnerships and implementing strategies
- **Years Two - Five Activities:**
 - Provide technical assistance to tribes to complete strategies
 - Provide evaluation assistance

Evaluation

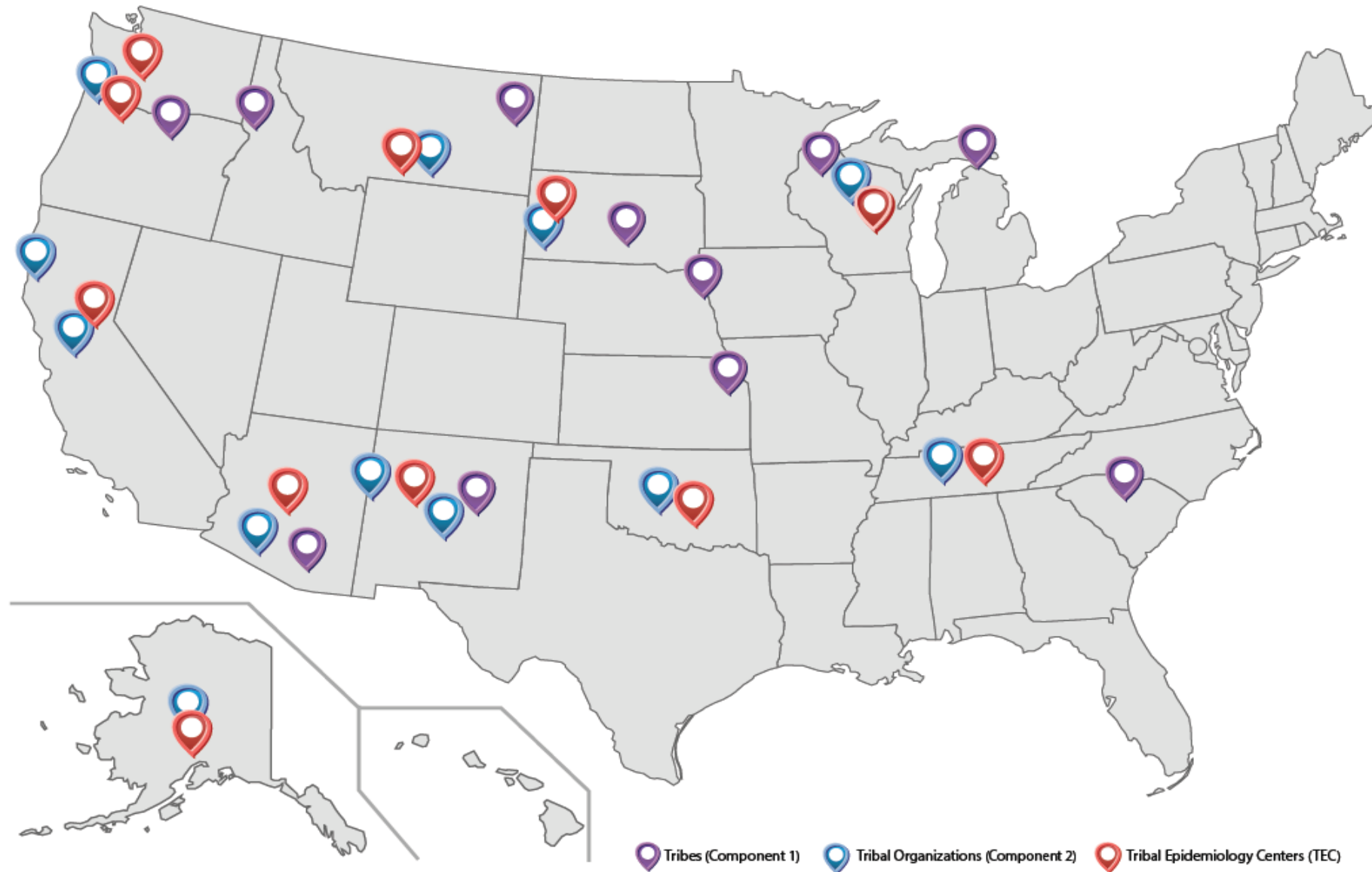


Urban Indian Health Institute
A Division of the Seattle Indian Health Board

Eleven Tribal Epidemiology Centers (TECs) provide technical assistance to tribes and tribal organizations in their area to evaluate the impact of program activity at the tribe and area levels. The Urban Indian Health Institute coordinates the national evaluation of GHWIC.

Good Health and Wellness in Indian Country: FY 2016 Investments (34 Awards)

National Center for Chronic Disease Prevention and Health Promotion



Program Achievements

GHWIC work: coordinated, holistic tribally-driven approach to strengthen capacity to improve health of American Indians and Alaska Natives.

Examples:

- Albuquerque Area Southwest Tribal Epidemiology Center: Partner with University of New Mexico to train paraprofessionals from 27 Albuquerque tribes to prevent and manage diabetes, heart disease, stroke, risk factors. Train and mobilize up to 200 tribal professionals each year
- California Rural Indian Health Board: Redwood Valley Rancheria adopted nutrition guidelines for all Tribal sponsored activities
- Catawba Indian Nation: Partnership with YMCA to provide CDC-recognized pre-diabetes program to tribal members

Broad and deep reach into Indian Country

Through sub-awards, grantees are reaching many tribes in their areas

Sub-awardees – year 3/year 4

- **ANTHC: 5/5 awardees**
- **AASTEC: 10/9**
- **CRIHB: 25/TBD**
- **GLITC: 4/2**
- **GPTCHB: 11/10**

Sub-awardees – year 3/year 4

- **ITCA: 13/13 awardees**
- **RMTLC: 2/2**
- **NPAIHB: 11/11**
- **SPTCHB: 13/18**
- **UIHS: 9/9**
- **USET: 8/8**

Thank you!
Questions?

