

ALASKA NATIVE 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) will invest 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 organizations.
- Provide technical assistance to GHWIC-funded Tribes and Tribal 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

Alaska Native Tribal Health Consortium's (ANTHC) Alaska Native Epidemiology Center (ANEC) coordinates GHWIC activities in the Indian Health Service (IHS) Alaska Area. ANEC supports chronic disease prevention and management in regional Tribal Health Organizations (THO). Examples of this support include:

1. Leadership and Management Skills Training

In April 2019, ANEC hosted a two-day interactive *Leadership and Management Skills for Non-Managers* workshop facilitated by Management Concepts. This training covered influence in the modern workplace, the link between natural emotions and influence, how to create an influence strategy for different audiences, and effective communication. Participants included ANEC's THO partner site staff as well as representatives from other state and Tribal organizations. Participants are now using the skills gained in the workshop to ensure sustainability of GHWIC-related policy and system changes.

2. Tobacco Prevention Qualitative Data Collection Support

In March 2019, one of ANEC's THO partner sites requested in-person technical assistance with data collection. ANEC staff helped administer a survey for patients, community members, and staff on an expanded tobacco-free policy and the perceived compliance with Alaska's new Smokefree Workplace Law. ANEC staff also conducted interviews and collected participant's personal reasons for supporting smoke-free policies and tobacco cessation services. These data will help support more tobacco prevention initiatives at the THO.

3. Play Every Day Partnership

ANTHC has continued to partner with the State of Alaska's Play Every Day media campaign in the final year of GHWIC. The goal of the partnership was to increase rural-focused public service announcements (PSAs) and media promoting physical activity and consumption of healthy drinks among children. Prior to the partnership, the majority of media messaging featured urban areas. To ensure adequate rural resident input on statewide health and nutrition messages, ANTHC hosted two focus groups with rural Alaska Native residents on the Alaska Native Health Campus. These focus groups informed the third round of PSAs created through this partnership, which will air in Fall 2019. The PSAs can be viewed here: [youtube.com/playeverydayAK](https://www.youtube.com/playeverydayAK).



BY THE NUMBERS

5

Number of THOs
partnered with annually
from 2014-2019

21

Number of policy, systems,
and environmental changes
THOs completed in 2019
that promoted health
and prevented
chronic disease

40,724

Number of Alaska Native
people directly influenced
through policy, systems,
and environmental
changes

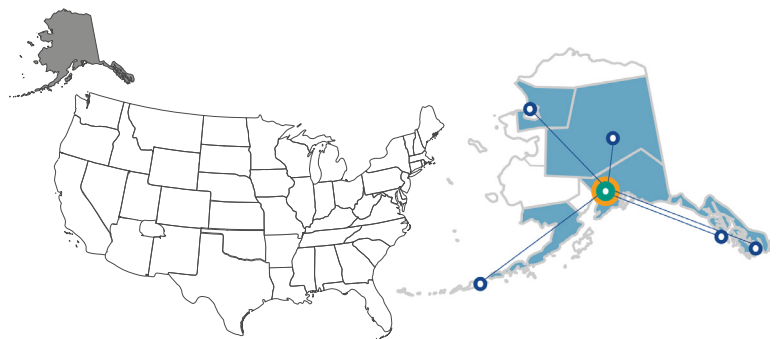
ACTIVITY SPOTLIGHT: SUSTAINABILITY FOR POLICY, SYSTEM AND ENVIRONMENTAL CHANGES

In 2019, ANEC focused on sustainability for the policy, systems, and environmental (PSE) changes THO partner sites implemented throughout GHWIC. ANEC provided technical assistance to the partner sites to complete Washington University in St. Louis' Program Sustainability Assessment Tool (PSAT) for each applicable PSE change. The PSAT assesses environmental support, funding stability, partnerships, organizational capacity, program evaluation, program adaption, communications, and strategic planning. THO partner sites used the results to assess internal and external factors impacting their PSE changes, and created a plan to inform and prioritize resources to ensure their work continues.

The five THOs' sustainability planning ensures changes such as diabetes point-of-care screening, a Baby-Friendly Hospital Designation, electronic health records screening and referral improvements, tobacco-free campus policies, healthy food policies, health literacy initiatives, employee wellness policies, and more continue into the future. By focusing on sustaining their efforts, the THOs ensured chronic disease prevention continues for nearly 41,000 Alaska Native people.



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



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