

# ALBUQUERQUE AREA SOUTHWEST 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) 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

Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) coordinates GHWIC evaluation in the Indian Health Service (IHS) Albuquerque Area. AASTEC supports chronic disease prevention and management in 27 Tribes by:

### 1. Increasing Access to Traditional and Healthy Foods - Pueblo of Laguna

The Pueblo of Laguna has established a community garden with two hoop houses and healthy traditional cooking classes to increase access to traditional and healthy foods. For the past two summers, the Honoring Healthy Traditions project has hired youth interns to learn traditional farming practices from elder community farmers. In addition, the interns also mentored children ages 5-8, teaching them about gardening and healthy snacks, and engaging in tobacco education. The interns also learned “invaluable lessons such as teamwork, patience, critical thinking, planning ahead, hard work, laughter, and to respect the power of Mother Earth’s elements.” The Kawaika Kitchen traditional cooking series provides weekly healthy cooking classes that incorporates traditional teachings and cooking concepts taught by traditional cooks from the community.

### 2. Increasing Access to Traditional Health and Foods - Pueblo of Sandia

The Pueblo of Sandia established a community determined traditional food system to increase access to traditional and healthy foods. The Pueblo established a community garden consisting of 30 family plots that are elderly accessible and an orchard that has a total of 409 fruit trees. There has been steadily growing interest and participation of families in the community garden. Crops grown in 2019 included sweet corn, white corn, potatoes, onions,

tomatoes, squash, chilies, jalapeños, and gourds. Food grown by the Pueblo gets distributed back to the community.

### 3. Reducing Exposure to Second Hand Smoke - Pueblo of Zia and Five Sandoval Indian Pueblos, Inc.

The Pueblo of Zia partnered with Five Sandoval Indian Pueblos, Inc. to reduce the burden of commercial tobacco use and exposure to secondhand smoke. The strategy used in Zia Pueblo has been to promote the respectful use and preservation of traditional tobacco practices for ceremonial purposes. For example, youth were taught how to properly use traditional tobacco, how to identify traditional tobacco plants while on hikes led by an elder, and traditional farming practices from a local farmer that grows traditional tobacco. The Pueblo recently developed a commercial tobacco free policy for their Tribal buildings and all community events are now commercial tobacco smoke free.



## BY THE NUMBERS

# 37

Number of multi-sectoral collaborations to enhance chronic disease prevention efforts

# 40

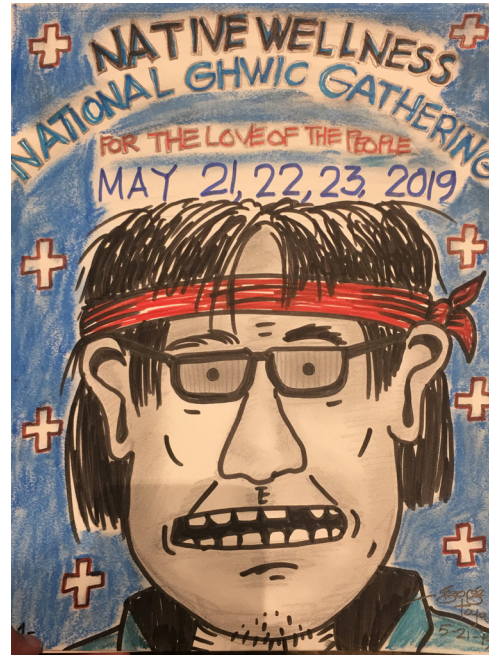
Number of instances of technical assistance or consultative support

# 405

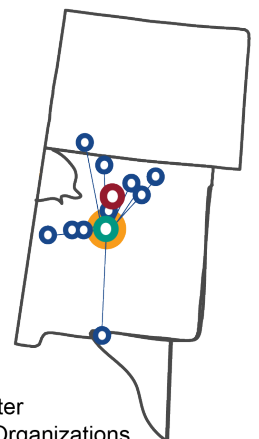
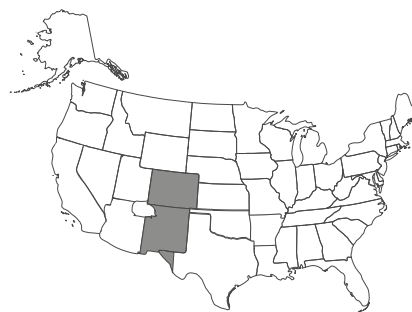
Number of people reached through capacity building efforts

## ACTIVITY SPOTLIGHT: NATIVE WELLNESS FOR THE LOVE OF THE PEOPLE GATHERING

AASTEC's GHWIC Program planned and hosted the Native Wellness for the LOVE of THE PEOPLE Gathering for GHWIC participants that took place on May 21-23, 2019 in Albuquerque and brought together 134 participants from 12 Indian Health Service administrative areas. The conference was interactive by design to foster relationship building and provide opportunities for participants to share what they learned from their GHWIC efforts and to talk about what is truly important for making community level changes that support health and benefit AI/AN people. The conference was based on the premise that we all have something to learn and we all have something to teach. The facilitation methods (i.e., networking experiential activities, Rez Café, Open Space Technology, and regional breakout meetings) were carefully selected to invite participation and peer-to-peer teaching instead of relying on passive learning methods such as PowerPoint presentations.



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



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