

# GREAT LAKES INTER-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

Great Lakes Inter-Tribal Epidemiology Center (GLITEC) coordinates GHWIC evaluation in the Indian Health Service (IHS) Bemidji Area. GLITEC supports chronic disease prevention and management in 34 Tribes and four urban Indian health organizations through:

### 1. Community Events and Policies

**Bay Mills Indian Community Farmer's Market** has shown continued growth over the last five years. This year, the community supported the building of a Farmer's Market pavilion and is the first to create and have government approval for its own **Cottage Food Policy** on reservation lands. The Bay Mills Indian Community Cottage Food Policy exalts American Indian/Alaska Native traditional foods and culturally significant practices. The building is commercial tobacco smoke-free and displays signs created for the Tribe by GLITEC. The potential long-term effects of the Cottage Food Policy and the adoption of commercial tobacco smoke-free policy by other Tribal communities in the region are quite promising.

### 2. Food Sovereignty Movement

**Sacred Roots at American Indian Health and Family Services (AIHFS)** in Detroit is a food sovereignty movement funded through GHWIC funds with the technical assistance of old partnerships, GLITEC, and the finding of new partnerships with the Public Health Law Center and Eastern Market Corporation. The program has given way for the formation of a Food Sovereignty Alliance made of urban community members who worked for the creation of the Healthy Foods Option policy, a community garden, a commercial kitchen with policies and procedures for operation, and a network of fresh produce providers.

### 3. Tobacco Cessation

Commercial tobacco cessation is an AI/AN multi-region health focus priority, most notably with miseducation about cultural tobacco use and lack of infrastructure for treating commercial tobacco use. GLITEC used this opportunity to host a training with the University of Arizona which trained staff, Tribal members, and leaders in the *Five A's* smoking cessation plan (Ask, Advise, Assess, Assist, Arrange) and allowed for cultural training of pharmacy students, GLITEC staff, and communities in the Bemidji area. The *Five A* model is a practical organization construct for effecting behavioral changes in lifestyles associated with chronic diseases. The training in the Bemidji area is marking the pathway for treatment with reimbursable referrals for tobacco cessation and creation of policy for commercial tobacco smoke-free buildings.



## BY THE NUMBERS

# 52

Number of data focused partnerships to enhance regional epidemiology and surveillance

# 47,534

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

# 22

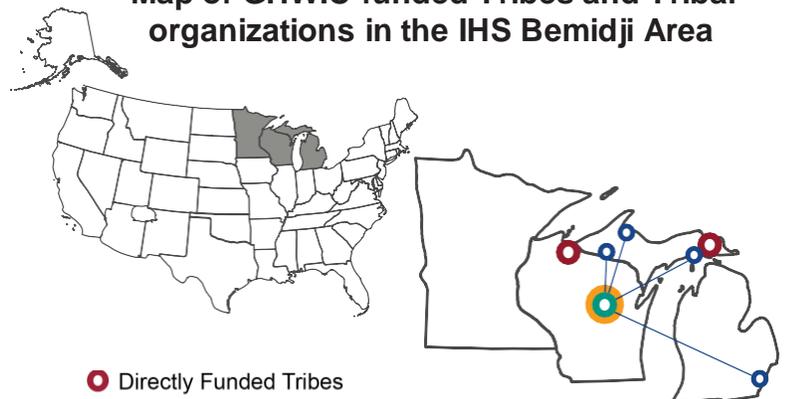
Number of policy, systems, and environmental changes to improve access to health and/or traditional foods

## ACTIVITY SPOTLIGHT: TOBACCO INTERVENTION SKILLS TRAINING

Up to this point, commercial tobacco cessation is a process not recognized by medical treatment. However, using GHWIC funds, GLITEC partnered with IHS, University of Arizona Healthcare Partnership, regional Tribal leaders and community members, and Bemidji region pharmacy programs to conduct a Basic Tobacco Intervention Skills certification training. The training focused on educating participants in nicotine dependence, commercial tobacco cessation, and cultural understanding of traditional tobacco. Participation in this training will create a chain reaction for patients having the ability to do one-on-one appointments that are reimbursable with a pharmacist. Lac Vieux Desert is an example of a tribal community where such a training has had a positive effect. The community structured and implemented a referral system for its members, created a Health Clinic policy, and succeeded in creating commercial tobacco smoke-free work environments on the reservation. Partnering with regional pharmacy programs creates sustainability for the training and certification and for creation of new programs in the Bemidji area.



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



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