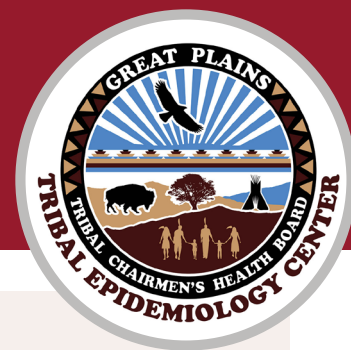


# GREAT PLAINS AREA TRIBAL EPIDEMIOLOGY CENTER

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

The Great Plains Tribal Chairmen's Health Board (GPTCHB) supports chronic disease prevention and management in the Indian Health Service's (IHS) Great Plains Service Area. GPTCHB includes the Great Plains Tribal Epidemiology Center (GPTEC), which coordinates GHWIC evaluation in the region, and GPTCHB's Health Promotion Department, which supports 13 sub-awardees as a Component 2 recipient. GPTCHB supports chronic disease prevention and management in 18 regional Tribes and Tribal organizations through:

### 1. Chronic Disease and Diabetes Roundtable

The Great Plains Good Health and Wellness program (GPGHW – Component 2 – Great Plains Tribal Chairmen's Health Board) and the Great Plains Tribal Epidemiology Center partnered to host a two-day roundtable to bring together Good Health & Wellness in Indian Country project staff (C1 grantees and C2 grantees), Special Diabetes Program for Indian grantees, and other key partners from across the Great Plains Area to share their activities and successes, learn new strategies, tell their stories, data education and network across the region. This year's Roundtable included presentations on indigenous evaluation, an overview of data considerations and quality, and using media for program and health promotion.

### 2. Winnebago Tribe of Nebraska

The Winnebago Public Health Department completed the delivery of infant nutrition and behavior education from the project's registered dietitian, Certified Diabetes Educator (CDE), and nutrition presentations along with medical nutrition therapy and diabetes self-management education. By providing lunch and learns, she would also partner with the public health nurses to provide a medical nutrition presentation in the lobby of the IHS during the prenatal clinic. The Youth Staying Healthy curriculum was taught in the Winnebago Public Schools and the St. Augustine's Catholic School. The classes were taught by a public health nurse CDE,

project coordinator, and Whirling Thunder Wellness nurse and personal trainer. In collaboration with the Nebraska Department of Roads, Winnebago Tribal Council, Winnebago Public School, Village of Winnebago and GHWIC Project, a round-about on the north entrance into Winnebago on Highways 77/75 traveling through downtown will be constructed in Spring 2020. Native Life-Style Balance Diabetes Prevention Program (DPP) classes were offered at the Little Priest College and taught. The Whirling Thunder Wellness Program is seeking CDC recognition for the DPP.

### 3. Lower Brule Sioux Tribe

The Lower Brule Diabetes Program (LBDP) provided screenings, prevention, promotion, and education on diabetes. Five community screenings for diabetes, using the American Diabetes Association – Diabetes Risk Test, were held within the community. Weekly Diabetes Self-Management Education (DSME) classes were held at work sites throughout Lower Brule. Also, the LBDP staff provided diabetes prevention education at local community events, health fairs and the diabetes screenings.



## BY THE NUMBERS

# 110

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

# 92

Number of trainings on chronic disease prevention and management strategies

# 1,294

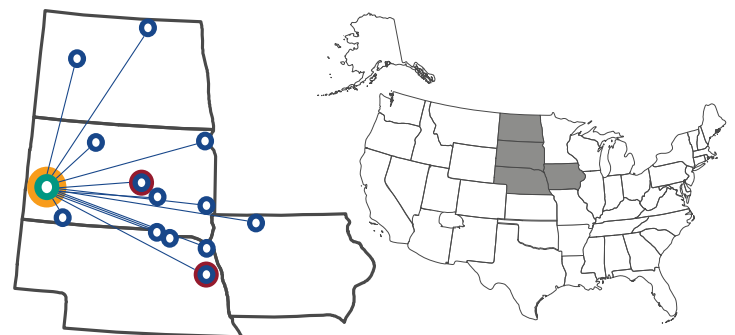
Number of people reached through capacity building efforts

## ACTIVITY SPOTLIGHT: GREAT PLAINS GOOD HEALTH AND WELLNESS PROGRAM

The Great Plains Good Health and Wellness program (GPGHW) and GPTEC collaborated to establish a partnership with KAT Marketing to produce and highlight GHWIC Component 1 and Component 2 subawardees successes. Digital stories may be used as an expressive medium for programs to showcase successes to Tribal leadership and community members to aid in sustainability. GPGHW worked with KAT Marketing and six Component 2 subawardees and one Component 1 recipients to develop six digital stories which were premiered at the 5th Annual Good Health and Community Wellness Symposium in August. GPGHW also hosted a digital story training in partnership with Portland Indian Health Services. Joe Law, IHS Health Educator, trained participants on how to develop their own digital success stories to promote and sustain their programs. As a result, GPGHW can provide the digital story training, and use their own digital stories as examples to future Tribal partners and offer technical assistance in creating their own digital stories. Sustainability is discussed in many different contexts but regardless of the specific definition or model, it is important to consider how planning for the changing of funding and steps beyond can allow for continued impact by the agency on the communities they serve. As such, the Great Plains Good Health and Wellness program encourages the importance of sustainability by providing a sustainability factsheet and resources to Component 1's and Component 2 subawardees.



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



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