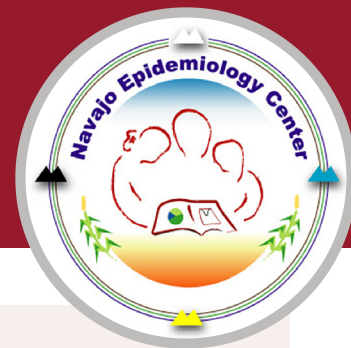


# NAVAJO TRIBAL EPIDEMIOLOGY CENTER

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

Navajo Epidemiology Center (NEC) coordinates GHWIC evaluation in the Indian Health Service (IHS) Navajo Area. NEC supports chronic disease prevention and management in 14 Navajo chapters through:

### 1. Community Wellness Plan Toolkit: A Guide to Building Healthy Navajo Communities

On the final day of the Toolkit training in October 2018, NEC conducted a content examination to see how much people learned throughout the entirety of the training that consisted of three two-day trainings.

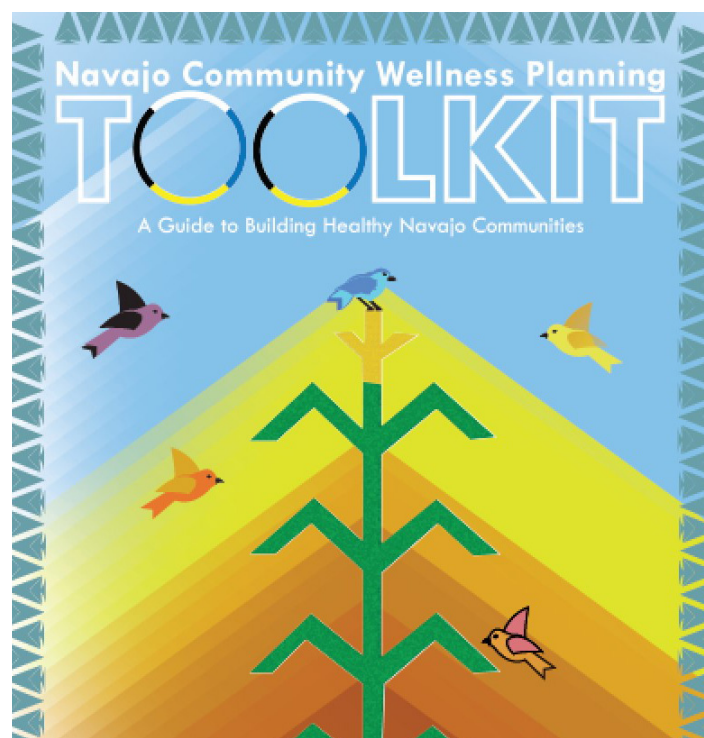
### 2. Focus Groups

NEC conducted 13 focus-groups to do a detailed review of the Toolkit materials with Navajo Chapters that completed the Toolkit Training. The content included reviewing the graphics, phrasing, activities, design, colors, length, and cultural relevancy.



### 3. Tobacco Education in Schools

NEC reached 40 schools and provided education on the dangers of commercial tobacco use, the dangers of false/misleading advertising of commercial tobacco, and the importance of cultural use of traditional tobacco.



## BY THE NUMBERS

# 15

Number of new or enhanced partnerships with Tribes and/or Tribal programs

# 14

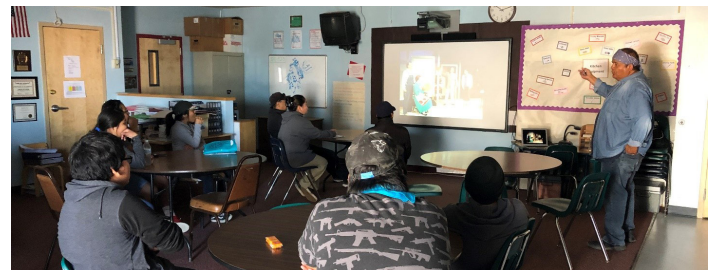
Number of instances of technical assistance or consultative support

# 52

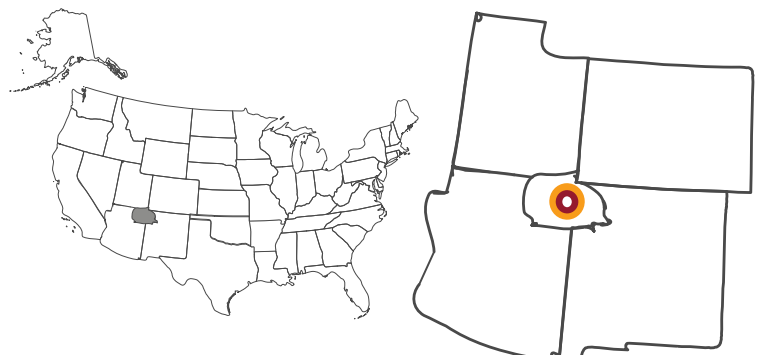
Number of people reached through capacity building efforts

## ACTIVITY SPOTLIGHT: TOOLKIT TRAINING KNOWLEDGE ASSESSMENT

The Toolkit training knowledge assessment was conducted at the end of the Toolkit trainings in October 2018. To conduct the knowledge assessment, NEC conducted a content examination with all of the participants of the Toolkit training. The examination consisted of 35 questions (18 multiple choice, 1 open-ended, 15 rating questions) covering the materials and activities of the trainings on planning, implementation, and evaluation of community wellness planning. Participants in the knowledge assessment included 26 chapter officials and CHRs, with an average age of 48. 88% of the participants were women. Of the 26 participants, 24 participated in at least 2 of the trainings. The knowledge assessment demonstrated that participants in the trainings were able to correctly answer multiple choice questions about community wellness planning, implementation and evaluation just over 80% of the time, with a modest standard deviation of 15%. Participants reported moderate to high self-efficacy to lead chapter wellness programming.



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



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