

OKLAHOMA 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

Oklahoma Tribal Epidemiology Center (OKTEC) coordinates GHWIC evaluation in the Indian Health Service (IHS) Oklahoma Area. OKTEC supports chronic disease prevention and management in 20 Tribes and Tribal organizations through:

1. Wichita & Affiliated Tribes of Oklahoma Tobacco Survey

OKTEC developed a tobacco survey for the Wichita & Affiliated Tribes to gauge interest and need for a comprehensive tobacco cessation program in their area which includes six counties and eight other Tribal nations. To date, OKTEC has received approximately 40 surveys for analysis.

2. Training for Sub-Awardees

Trainings were provided to sub-awardees and Tribal partners based on feedback from previous surveys and technical assistance requests. The topics of these trainings include tobacco basic intervention skills, motivational interviewing (MI), and indigenous research methods. The trainings are provided on an as needed and annual basis to all Southern Plains Tribal Health Board area partners.



3. Caring Van Screenings

The Caring Van was donated by Blue Cross/Blue Shield of Oklahoma to SPTHB (Southern Plains Tribal Health Board). The Caring Van may be requested by Tribes and Tribal serving organizations, at no cost, to assist with community/Tribal wide events and provide a number of screenings including HIV, BMI, blood pressure, glucose, and foot checks. In addition, the Caring Van also provides educational health materials. During any given time of the year, the Caring Van averages 4-6 events a month across the state of Oklahoma.



BY THE NUMBERS

13

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

26

Number of trainings on chronic disease prevention and management strategies

9

Number of policy, systems, and environmental changes that improve links between healthcare systems and community resources

ACTIVITY SPOTLIGHT: GROW, GATHER, HUNT PROGRAM

Osage Nation's Grow, Gather, Hunt Program is a three-part program in which traditional means of gardening, foraging, and hunting is taught throughout the spring and summer to each of the three villages in Oklahoma's largest county, Osage county. In the "Grow" portion of the program, a master Gardener educates participants on the "four sisters" garden (beans, squash, corn, sunflowers). Participants also learn to preserve their gardens for the winter. In the "Gather" portion, participants use a field guide developed by the Osage public health nurse to identify edible plants in the region. Participants also learn to use collected plants to make a healing salve. The "Hunt" portion is the highlight of the program. It is a three-day summer camp in which Tribal youth, 10-14 years old, learn about healthy eating, diabetes, traditional tobacco, and physical activities centered around the traditions of the Osage nation. The youth learn archery, fishing with traditional methods, and traditional Osage games. The summer camp takes place on the campus of the Osage Nation's Tribal complex.



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

