

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) invested 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 highlighting the regional work of GHWIC-funded Tribes and Tribal health organizations.
- Provide technical assistance to GHWIC-funded Tribes and Tribal health 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 13 Navajo chapters by:

1. Building Healthy Navajo Communities

NEC collaborated with the Healthy Native Communities Partnership (HNCP) to provide a facilitation training to 13 Navajo chapters called the *Community Wellness Plan Toolkit: A Guide to Building Healthy Navajo Communities*. The facilitation skills developed through this training focus on community-based partnership and the development of local community wellness plans.

2. Nurturing Relationships and Connections

NEC provided technical assistance to 13 Navajo chapters to provide local health and demographic data through community assessments, strategic planning, and structured interviews. The technical assistance NEC provided to Navajo chapters offered an in-depth overview of the participating chapters' local demographics, beliefs, knowledge, and readiness to implement change.

3. Providing Culturally Grounded Trainings

NEC provided public health training to 13 Navajo chapters and incorporated the Navajo cultural philosophy through the Navajo Wellness Model which focuses on the four cardinal directions and includes the cultural teachings representing each direction. For community wellness planning, NEC encouraged chapters to focus on increasing access to healthy foods and physical activity.



By the Numbers

17

Partnerships with chapters supporting regional epidemiology and disease surveillance

4

Trainings provided on chronic disease prevention and management strategies

902

People affected by a new commercial tobacco ordinance in one chapter

Activity Spotlight: "A Guide to Building Healthy Navajo Communities"



The NEC, in partnership with the HNCP, the Navajo Community Health Representatives, and the Navajo Division of Community Development, provided four phases of training for community wellness planning in Year 4. NEC reached out to 13 Navajo chapters to guide, mentor, and assist them in their community wellness planning focused on funding provided by the Healthy Diné Nation Act (a.k.a. the Junk Food Tax). The NEC was successful at reaching at least two Navajo chapters from all five Navajo agencies (Eastern, Ft. Defiance, Western, Northern, and Central).

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



- Directly Funded Tribes
- Directly Funded Tribal Epidemiology Centers



Urban Indian
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A Division of the Seattle Indian Health Board