

N C C D P H P
GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY
TRIBAL RESOURCE DIGEST

Welcome to the Centers for Disease Control and Prevention’s (CDC) tribal resource digest for the week of September 5, 2016. The purpose of this digest is to help you connect with the tools and resources you may need to do valuable work in your communities.



Site Visit San Carlos Apache Tribe

*Dr. Jamie Ritchey, Larry Alonso harvesting a pickly pear
 (which was cooked during the field trip)*

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Request for Photos

Please send any photos of GHWIC work (community gardens, events, team meetings, etc.) to Anisha Quiroz, myq6@cdc.gov with a short description of the photo!

Announcements

The White House/Council on Native American Affairs: Save the date for the 8th Annual White House Tribal Nations Conference

This conference provides tribal leaders from the 567 federally recognized tribes with the opportunity to interact directly with high-level federal government officials. [Learn more](#)

When: **September 26, 2016**



Native Agriculture & Food Systems Scholarship Program

The purpose of the Native Agriculture and Food Systems Scholarship Program is to encourage more Native American college students to enter these fields so that they can better assist their communities with these efforts. In an attempt to increase the number of students entering these fields, First Nations will award ten \$1,000 scholarships for the 2016-2017 academic school year to Native American college students majoring in agriculture and agriculture-related fields, including but not limited to: agribusiness management, agronomy, animal husbandry, aquaponics, environmental engineering, fisheries and wildlife, food production and safety, food-related policy and legislation, food science and technology, horticulture, irrigation science, nutrition education, and sustainable agriculture or food systems.

Learn more [here](#).



University Vision, Design and Capacity (U-VDC) Technical Grant Writing Workshops

The University Vision, Design and Capacity (U-VDC) technical grant writing workshops, part of the HETAP initiative, provide university and health professionals with strategies to make grant proposals more competitive. This hands-on, two-day workshop is for junior faculty, staff and college/university health professionals who are interested in community-based participatory research; who are committed to working with underserved populations; and who want to build their institution's capacity to compete and receive competitive grant awards. Learn more [here](#).

When: **September 13-14, 2016**

Where: **Fond du Lac Tribal and Community College**

Articles

National Indian Health Board and Great Plains Tribal Chairmen's Health Board Meet to Discuss New Strategies to Improve Health Systems for American Indians and Alaska Natives

For Immediate Release

Press Release August 29, 2016 / Rapid City, SD

Today, the National Indian Health Board (NIHB) and Great Plains Tribal Chairmen's Health Board (GPTCHB) met in a historic joint meeting to discuss Health Systems Improvement for American Indians and Alaska Natives (AI/ANs). The meeting was called after a series of reports by the Centers for Medicare and Medicaid Services (CMS) found that certain facilities in the Great Plains Area of the Indian Health Service (IHS) are providing substandard care and failing to live up to the federal trust responsibility for health. Specific topics covered included how to increase the number of Native physicians in the workforce, ways to restructure the IHS in the Great Plains Area, increasing funding to the IHS, moving from direct service models to self-governance models of healthcare and ways to leverage existing relationships and federal Tribal advisory committees like the Secretary's Tribal Advisory Committee to get additional federal resources to Tribes.

Read more [here](#).



1,000 Grandmothers Project Received National Recognition

DC's Division of Reproductive Health and the National Center for Injury Prevention and Control worked together with the International Association of Indigenous Aging on 1,000 Grandmothers, a project that created opportunities for tribal elders (especially grandmothers) to mentor and educate young Native parents on safe sleep practices for infants. In recent months, 1,000 Grandmothers has been recognized in several locations for its success.. Read more [here](#).

Webinars

September 2016 Obesity Prevention Webinar Series

Building the Case for Enhanced Client Engagement for Obesity Prevention through Health Coaching
by Michelle Archuleta, MS

Notah Begay III Foundation - Addressing Childhood Obesity and Children's Health in Indian Country
by Olivia Roanhorse, MPH & Michelle Gutierrez, MA

<http://ihs.adobeconnect.com/ihs-hpdp>

When: **September 13, 2016, 1:00pm ET**



Promoting Healthy Food Choices and Physical Activity in a Rural American Indian Community

Since the 1990s, American Indian and Alaska Native (AIAN) communities have seen an increase in health promotion programs that teach healthy food choices and support physical activity as strategies to decrease risk factors and manage type 2 diabetes. This presentation will share strategies implemented in one American Indian community that strive to make healthy food choices and physical activity a community responsibility, not individual challenge. Learn more [here](#).

When: **September 13, 2016, 12:15pm PDT**



Diabetes Prevention and Management Tools for Congregations

Diabetes is a growing concern in our congregations and communities. This webinar will highlight a Faith Leaders Toolkit and opportunities for congregations to address diabetes. Materials have been produced by the National Diabetes Education Program, a program of the National Institutes of Health and the Centers for Disease Control and Prevention, and staff from this program will be our guest speakers. Learn more [here](#).

When: **September 21, 2016, 12:00PM MDT**



Achieving Health Equity—One Policy at a Time

Public policies within and outside the health sector have a significant impact on population health and health inequities. Given its role in ensuring population health and eliminating health inequities, the Washington State Department of Health (DOH) initiated efforts to apply a health equity lens to proposed state legislation. The department embedded health equity considerations into decision-making processes across a broad array of sectors. Learn more [here](#).

When: **September 22, 2016, 3:00pm EDT**

Trainings and Conferences

National Conference on Tobacco or Health

The National Conference on Tobacco or Health (NCTOH) is one of the largest, long-standing gatherings of the United States tobacco control movement. It attracts a diverse set of public health professionals to learn about best practices and policies to reduce tobacco use—the leading preventable cause of disease and death in the United States. [Learn more](#)

When: **March 22-24, 2017**

Where: Austin, TX

Funding Opportunities

Pilot Studies to Detect and Prevent Suicide Behavior, Ideation and Self-Harm in Youth in Contact with Juvenile Justice System (R34)

This initiative supports research to test the effectiveness of combined strategies to both detect and intervene to reduce the risk of suicide behavior, suicide ideation, and non-suicidal self-harm (NSSI) by youth in contact with the juvenile justice system. Opportunities for detection and prevention start at early points of contact (e.g., police interaction, the intake interview) and continue through many juvenile justice settings (e.g., pre-trial detention, juvenile or family court activities, court disposition, placement and on-going care in either residential or multiple community settings.) Read more [here](#).

Contact Information

National Center for Chronic Disease Prevention and Health Promotion

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4770 Buford Highway, MS F80
Atlanta, GA 30341
(770) 488-5131

<http://www.cdc.gov/chronicdisease/index.htm>

The digest serves as your personal guide to repositories of open and free resources where you can find content to enrich your program or your professional growth. Please note that CDC does not endorse any materials or websites not directly linked from the CDC website. Links to non-Federal organizations found in this digest are provided solely as a courtesy. CDC is not responsible for the content of the individual organization web pages found at these links. If you have comments or suggestions about this weekly update, please email Anisha Quiroz at myq6@cdc.gov with the words "TRIBAL DIGEST" in the subject line.

Poster Contest

Help support wellness at Santa Ana
by creating a healthy community
gathering poster & win a bicycle!



Who:

- Open to all Pueblo of Santa Ana community and tribal members
- Adult 18+ category and child category

What:

- A poster that illustrates the resilient spirit of the Tamaya people to be posted throughout the community
- Easy to read from across the room
- Use combination of words & pictures
- Contains at least two of the categories listed on the back of this flyer
- Prizes will be bicycles and helmets

When:

- Entries due September 16, 2016

Contact Perdita Wexler with questions
771-6770

Pueblo of Santa Ana Healthy Community Gathering
poster courtesy of Perdita Wexler.

Tips for Healthy Community Gatherings

Use the tips below to ensure you are offering healthy options:

- Offer fresh fruits and/or vegetables every time food is served
- Whole grain muffins, bread & crackers, blue corn mush and blue corn muffins
- Serve small portions of foods high in calories, sugar or salt

Beverages are also a food, be sure to provide sugar free options:

- Pitchers of water with fruits or veggies to add flavor
- Unsweetened coffee and Indian tea with fat free or low fat milk

Make physical activity part of all gatherings:

- Schedule brief activity/stretch breaks led by a group member
- Mention to attendees that it is fine to move within the space (standing, stretching)

Find additional tips and resources at
<http://www.santaana-nsn.gov/wellness/>

Reduce, Reuse and Recycle whenever possible

Help Our Community Be Healthy and Enjoy Life