

## 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 August 1, 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.



*Wellness Works Show with Adrienne, Lindsey, and Tania*

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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](mailto:myq6@cdc.gov) with a short description of the photo!

## Announcements

### New UIHI Broadcast: Safe Sleep & Breastfeeding in Indian Country

August is National Breastfeeding Month! Breastfeeding has been shown to greatly reduce the risk of Sudden Infant Death Syndrome (SIDS).<sup>1</sup> The American Academy of Pediatrics currently recommends exclusively breastfeeding new babies for the first 4-6 months.<sup>2</sup> Based on recent national data, 13.2% of American Indian and Alaska Native infants were exclusively breastfed for their first 6 months, and 20.7% were breastfed for 12 months.<sup>2</sup>

The Urban Indian Health Institute, a partner within the National Action Partnership to Promote Safe Sleep (NAPPSS), is working to share and promote the NAPPSS' Action Plan with health care providers to encourage active conversations about safe sleep behavior with infant caregivers. This is Part 1 of a 3-Part series focusing on increasing breastfeeding and safe infant sleep behaviors in Indian Country.

View the UIHI's [new broadcast online](#) to learn about the NAPPSS strategies you can use for engaging and communicating with infant caregivers.

Visit the [National Breastfeeding Month](#) website for more information on ways to promote breastfeeding within your community.



### National Indian Health Board (NIHB)

Call for nominations for the *NIHB Outstanding Service Award*. Awardees will be recognized during the 33rd Annual Tribal Health Conference National Awards Gala.

**Deadline: August 15, 2016** [Learn more.](#)



### We R Native Contest

Northwest Portland Area Indian Health Board (NPAIHB) #REPRESENT. AI/AN youth are invited to share ways in which they show their Native pride throughout summer. To enter the contest, post a story on social media using #REPRESENT.

**Deadline: August 20, 2016.** [Learn more.](#)

### Food Price "Watchers" Wanted Across Indian Country

LONGMONT, Colorado (August 4, 2016) – First Nations Development Institute (First Nations) is seeking up to 75 people or organizations – located on or near Indian reservations across the U.S. – to monitor and report food prices on a monthly basis over a 12-month period. Participants each will be paid \$500 at the end of the study.

**Applications due: September 8, 2016** by 5 p.m. Mountain Time

Learn more [here](#)

## Articles

### Disparities in Adult Cigarette Smoking — United States, 2002–2005 and 2010–2013

Although cigarette smoking has substantially declined since 1964, disparities in tobacco use varies among racial/ethnic populations. What are the implications for public health practice? What is already known about this topic? To find out more, read [here](#).

### Organized dentistry brings oral health awareness to health workers in Navajo Nation

*Originally published on July 15<sup>th</sup>, 2016 (ADA)*

Thanks to a collaborative effort among the Navajo Nation, the Arizona American Indian Oral Health Initiative, the Arizona Dental Association and the ADA's Council on Access, Prevention and Interprofessional Relations, Community Health Representatives are working to provide the same friendly guidance to their communities when it comes to oral health.

Read the full article here: [ADA | Navajo Nation Health Workers](#)

## Webinars

### Access to Exercise in Native America

“ You need to exercise more.” How many times has your doctor told you that? Doctors frequently prescribe exercise as a way to fight obesity and high rates of diabetes in Native America. But where and how you exercise depends on what you have available. Many rural tribal communities lack gyms. It can be hard for urban residents to find a safe place to go for a jog. Lack of exercise facilities could cut into a person’s motivation. How do you get yourself off the couch and working up a sweat when there’s not many places available? Learn more [here](#).

**When:** August 12, 2016

## Trainings and Conferences

### National Tribal Forum for Excellence in Community Health Practice

Rooms at the Northern Quest Resort and Casino are available on a first-come first-served basis with rates starting at \$96 per night. [Register](#) today and [book your room](#) to lock in the conference rate. [Register Here!](#)

**When:** August 30-31, 2016

**Where:** Spokane, Washington

### Nike Native Fitness Training

#### Hosted by NPAIHB’s Western Tribal Diabetes Project

Participants learn skills from the Native American Fitness Council in basic aerobic training, creative fitness training techniques, and culturally specific approaches to health & wellness. People who are encouraged to attend are Diabetes Coordinators, Tribal Fitness Coordinators, Community Wellness Trainers, Youth Coordinators, and Tribal Leaders. To register please follow the link below. **For questions please contact:** [wtdp@npaihb.org](mailto:wtdp@npaihb.org)

**When:** August 30-31, 2016

**Where:** Nike World Headquarters, Beaverton, OR

**Online registration:** <https://www.surveymonkey.com/r/NativeFitnessXIII>

### First Annual Conference on Native American Nutrition

This conference will be a first-of-its-kind forum to share and advance knowledge related to the dietary health of Native communities. It represents a commitment by the Shakopee Mdewakanton Sioux Community and the University of Minnesota to co-organize a series of annual national conferences focused on the nutrition of Native peoples.

Tribal leaders, Native and non-Native practitioners, researchers, public health experts, and others are invited to exchange Indigenous and academic scientific knowledge; discuss current practices; listen to, connect with, and learn from each other; and candidly explore ways to overcome the existing obstacles to greater understanding. Additionally, the conference aims to identify areas of needed research, discuss practical applications, and foster new collaborations.

Abstracts for oral and poster presentations may be submitted online until August 15. The full agenda, registration, abstract submission, and other information are available at [SeedsOfNativeHealth.org/Conference](http://SeedsOfNativeHealth.org/Conference). Register soon, as space will be limited!

**When:** September 26-27, 2016

**Where:** Prior Lake, Minnesota

### Cross Cultural Health Care Program (CCHCP) Training: Closing the Gap, Cultural Competency Training of Trainers Institute

This Institute provides a 5-day intensive course for organizations to meet mandates and recommendations for culturally and linguistically appropriate services. [Learn more](#)

**When:** October 31-November 4, 2016

**Where:** Seattle, WA

## Funding Opportunities

### Food Sovereignty Assessment Grants

Grants for Native communities to conduct community food assessments in order to better understand the historical, current, and future state of their local food systems. The assessment results should be used in developing plans to reclaim control over local food systems and promote healthy Native communities.

**Geographic coverage:** Nationwide

**Application Deadline:** August 10, 2016

**Sponsor:** First Nations Development Institute

Learn more here: [RHI Hub](#)

### 2016-2017 Tribal Accreditation Support Initiative

The National Indian Health Board (NIHB), with support from the Centers for Disease Control and Prevention, Office for State, Tribal, Local, and Territorial Support, is providing awards to Tribal health departments for the Tribal Accreditation Support Initiative (Tribal ASI). The Tribal ASI will fund 8-10 Tribes at amounts ranging from \$5,000 to \$10,500 to work in one or more categories related to strengthening the Tribal health department and working towards public health accreditation as defined by the Public Health Accreditation Board.

**Application Deadline:** August 26, 2016, by 11:59pm Eastern Time via email.

Learn more here: [ASI Info](#)

## Contact Information

### National Center for Chronic Disease Prevention and Health Promotion

Office of the Medical Director  
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](mailto:myq6@cdc.gov) with the words "TRIBAL DIGEST" in the subject line.



### First Nations Announces Grants for FDPIR Programs to Provide Nutrition Education

First Nations Development Institute ([First Nations](#)) has launched the "Nutrition Education for Native American Communities" project that will provide grant support to Native communities interested in starting or expanding nutrition education programming for Food Distribution Program on Indian Reservations (FDPIR) recipients. With the generous support of the [Walmart Foundation](#), First Nations plans to award up to 30 grants totaling \$10,000 each to FDPIR programs that expand access to nutrition education programs in Native communities and measure the effectiveness of education interventions.

**Grant Period:** September 1, 2016, and end June 1, 2017.

**Application Deadline:** August 23, 2016, at 5 p.m. MDT.



### Interventions for Health Promotion and Disease Prevention in Native American Populations

Awards funding to develop, adapt, and test the effectiveness of health promotion and disease prevention interventions in Native American (NA) populations.

**Geographic coverage:** Nationwide

**Letter of Intent (Optional):** July 24, 2016

**Application Deadline:** August 24, 2016

**Sponsor:** National Institutes of Health

Learn more here: [RHI Hub](#)