Good Health and Wellness in Indian Country (GHWIC) is a Centers for Disease Control and Prevention (CDC) funded initiative (grant no. NU58DP006732) awarded to the Rocky Mountain Tribal Leaders Council (RMTLC). GHWIC’s goal is to support a coordinated, holistic approach to healthy living and chronic disease prevention, reinforce the work already underway in Indian Country to make healthy choices and lifeways easier for American Indians and Alaska Natives, and to build off the previous GHWIC cycle to emphasize strategies in Native communities, reduce obesity, prevent type 2 diabetes, reduce commercial tobacco use, and other risk factors for heart disease and stroke.

The RMTLC GHWIC project purpose:
1. increase the purchase of healthy foods and physical activity with an emphasis on walking,
2. increase breastfeeding,
3. Reduce prevalence of commercial tobacco use,
4. Reduce incidence of type 2 diabetes
5. Reduce the prevalence of high blood pressure and high cholesterol.

- Through tribal subawards, the GHWIC program provides funding, training, technical assistance, and evaluation support to Montana/Wyoming Tribes and Urban Indian Organizations (UIOs) conducting activities across all four strategies addressing policy, systems, and environmental changes and community clinical linkages.
- In fiscal year 3 (Sept 30, 2021 --Sept 29, 2022), more than 50% of overall award was given to tribes/tribal orgs who applied for funding and met the application requirements.

For additional information, please contact:

Sonya Big Leggins
Program Director
sonya.bigleggins@rmtlc.org

Laura Little Owl
Program Coordinator
laura.littleowl@rmtlc.org

Ada L. Bends
Tobacco Coordinator
ada.bends@rmtlc.org
Building **RESILIENCY** through promoting **HEALTHY CHOICES**

**Strategy 1:** prevent obesity

**Strategy 2:** prevent and control commercial tobacco use

**Strategy 3:** support type 2 diabetes prevention

**Strategy 4:** support heart disease and stroke prevention

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**Fort Belknap Indian Community of Nakoda and Aaniih Nations**

**Blackfeet Nation**

**Crow Nation**

**Chippewa Cree Tribe of Rocky Boy**

**Little Shell Tribe of Chippewa Indians of Montana**

**Eastern Shoshone of Wind River Reservation**

**Northern Arapaho of Wind River Reservation**

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**ROCKY MOUNTAIN TRIBES WHO HAVE/HAD RECEIVED GHWIC 2 FUNDS**

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**Diabetes Workshop**

Spring 2023

Collaboration with Billings Area IHS

**Regional Diabetes Translational conversations**

*preliminary*

Collaboration with NACD & CDC

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**Indigenous Breastfeeding Training**

October 10-14, 2022

Billings, MT