



www.rmtlc.org/ghwic/ | 406.252.2550

GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY GOALS:

- To reduce rates of death and disability from commercial tobacco use by 5%
- To reduce prevalence of obesity by 3%
- To reduce rates of death and disability from diabetes, heart disease, and stroke by 3%

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.



FOCUS AREAS

Aligned with Policy, Systems, and Environmental Strategies (PSE) & Community Clinical Linkages (CCL)



Strategy 1: Implement evidence-informed and culturally-adapted policy, system, and environmental changes to prevent obesity



Strategy 2: Implement evidence-informed and culturally-adapted policy, system, and environmental changes to prevent and control commercial tobacco use



Strategy 3: Implement evidence-informed and culturally-adapt community-clinical linkages to support type 2 diabetes prevention



Strategy 4: Implement evidence-informed and culturally-adapted community clinical linkages to support heart disease and stroke prevention

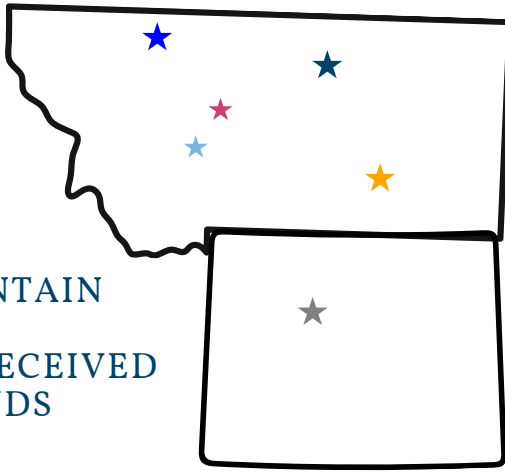
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ROCKY MOUNTAIN TRIBES WHO HAVE/HAD RECEIVED GHWIC 2 FUNDS



- ★ Fort Belknap Indian Community of Nakoda and Aaniiih 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

Building **RESILIENCY** through promoting **HEALTHY CHOICES**



Strategy 1: prevent obesity



Strategy 2: prevent and control commercial tobacco use

Traditional Games Training
 July 17-19, 2018
 Little Shell Tribe Cultural Center
 1229 Stucky Road, Great Falls, MT 59404

Registration required.
 Email: mtmt@sp2dhs.org
 Visit: www.mtmt.org/registration for more information.

Diabetes Workshop Spring 2023 Collaboration with Billings Area IHS

Regional Diabetes Translational conversations *preliminary Collaboration with NACD & CDC

Creator's Gift
 Keep Native Tobacco Sacred.
 SACRED - CEREMONIAL - SAFE

Native Tobacco Voices Leadership Survey:

- survey development
- updates previous American Indian Tobacco Survey (2017-2018)



Strategy 3: support type 2 diabetes prevention



Strategy 4: support heart disease and stroke prevention

The Joy of Breastfeeding Choices

The Top 5 Reasons to Breastfeed:
 1. Breast milk is the best source of nutrition for infants.
 2. Breastfeeding helps protect against infections and chronic diseases.
 3. Breastfeeding helps protect against SIDS and sudden infant death syndrome.
 4. Breastfeeding helps protect against obesity and type 2 diabetes in children.
 5. Breastfeeding helps protect against breast and ovarian cancer in women.



Indigenous Breastfeeding Training October 10-14, 2022 Billings, MT

MAY IS STROKE AWARENESS MONTH

Did you know...
STROKE
 Leading cause of Death in United States
 Major cause of disability among adults
Preventable and Treatable
 Save a relative, know the SIGNS

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 Good Health & Wellness in Indian Country
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