



GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY, 2019 - 2024

The purpose of this grant is to reduce rates of death and disability from commercial tobacco use, diabetes, heart disease and stroke, reduce the prevalence of obesity, and prevention of other chronic disease risk factors and conditions (e.g. oral health, dementia, COPD) among American Indians and Alaska Natives (AI/AN).

STRATEGY 1

Implement evidence-informed and culturally-adapted policy, system, and environmental changes (PSE) to prevent obesity.

ACTIVITIES

1. Improve **tribal food and beverage** programs/systems (e.g., community gardens, farmers markets, public transportation routes to food stores, access to healthy foods at community venues or schools, food service guidelines and nutrition standards);
2. Collaborate with partners to **improve land use design** to connect activity-friendly routes (e.g. sidewalks, bicycle routes, public transit) with everyday destinations (e.g., homes, schools, work sites, parks);
3. Increase continuity of care/community **support for breastfeeding** by incorporating services into existing community support services (e.g. early care and education centers, community health centers, home visiting programs); establish culturally-appropriate and accessible **lactation support services** (support groups, walk-in clinics, Baby Cafes); and provide **breastfeeding support training** to health care providers, community health workers, peer support providers, etc. that work with mothers and babies.

STRATEGY 2

Implement evidence-informed and culturally-adapted PSE to prevent and control commercial tobacco use.

ACTIVITIES

1. Implement **commercial tobacco-free policies** within workplaces, restaurants, bars, casinos, schools, multi-unit housing, indoor and outdoor events, celebrations, and gatherings;
2. Provide referrals to evidence-based **commercial cessation treatment**, including counseling and FDA-approved medications.

STRATEGY 3

Implement evidence-informed and culturally-adapted community-clinical linkages (CCL) to support **type 2 diabetes prevention**.

ACTIVITIES

Expand access to National Diabetes Prevention Program (National DPP) lifestyle change program:

1. Increase **awareness of prediabetes** among tribal members and health care providers/health professionals (e.g., community wide events, educational campaigns, health-care provider/health professional training);
2. Support **prediabetes screening, testing, and referral** to CDC-recognized type 2 diabetes prevention programs by health care teams, community partners, health paraprofessionals;
3. Establish or **expand reach** of CDC-recognized **type 2 diabetes prevention programs** in AI/AN communities and promote sustainability (e.g., access existing resources, CDC-recognized programs offered by other organizations);
4. Develop culturally-relevant approaches to increase program **participation and retention** among AI/AN members (e.g., culturally relevant materials, innovative retention strategies, community members trained as lifestyle coaches).

STRATEGY 4

Implement evidence-informed and culturally-adapted CCL to support **heart disease and stroke prevention**.

ACTIVITIES

1. Expand engagement of Community Health Representatives, community health aides, and other paraprofessionals to become effective members of **chronic disease prevention/management teams** within their local health care systems to **manage and refer** community members with or at **high risk of high blood pressure or high blood cholesterol** to locally available health and prevention care programs;
2. **Implement team-based care**, including non-physician team members (e.g., nurses, pharmacists, patient navigators), in managing patients with or at risk for high blood pressure and/or high blood cholesterol;
3. Develop culturally-relevant materials and approaches to **link tribal/village resources and clinical services to support prevention, detection, and control of high blood pressure and/or high blood cholesterol**.



Contact Information

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Each subawardee must address at least one Component 1 Strategy, yet does not need to address all four strategies; however, all four strategies must be addressed across the group of subawardees over the 5-year period.