

GOOD HEALTH & WELLNESS IN INDIAN COUNTRY

A Comprehensive Approach

Program Need

Chronic diseases and their risk factors remain widespread among American Indians and Alaska Natives, as they are across the country. However, the burden in Indian Country is far higher than virtually everywhere else in the United States. Compared to white adults, American Indian/Alaska Native adults are more likely to be obese, to have been diagnosed with diabetes, to have high blood pressure, and to be current cigarette smokers.

In response to these disparities, CDC created Good Health and Wellness in Indian Country, a program offering a more coordinated and holistic approach to chronic disease prevention and health promotion. The program addresses the unique needs of Indian Country and seeks to reestablish a culture of health by building communities and environments that empower people to take charge of their health.



Program Summary

Good Health and Wellness in Indian Country is a 5-year, \$13 million/year initiative that started in fiscal year 2014. The program enlists tribes and tribal organizations as change agents to improve the individual and community health of American Indians and Alaska Natives.

Eleven tribes work on a combination of effective community-chosen and culturally adapted strategies. These strategies aim to reduce commercial tobacco use and exposure, improve nutrition and physical activity, increase support for

breastfeeding, increase health literacy, and strengthen team-based care and community-clinical links.

Awardees customize effective approaches for their communities to create sustainable programs, broaden community and cross-sector partnerships, and demonstrate health improvements.

Eleven tribal organizations provide leadership, technical assistance, training, and resources to tribes and villages in their Indian Health Service (IHS) administrative areas to initiate program activities that will lead to improvements in health.

Expected Outcomes

CDC expects Good Health and Wellness in Indian Country to demonstrate measurable outcomes that improve health and quality of life.

The three long-term outcomes are

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

CDC expects populations served by this program to experience increased access to smoke-free or tobacco-free environments, healthy food and beverage options, physical activity opportunities, and opportunities for chronic disease prevention, risk reduction, or management through community programs linked to clinical services.





This increased access will lead to positive changes in attitudes, beliefs, knowledge, awareness, and behavioral intentions related to health.

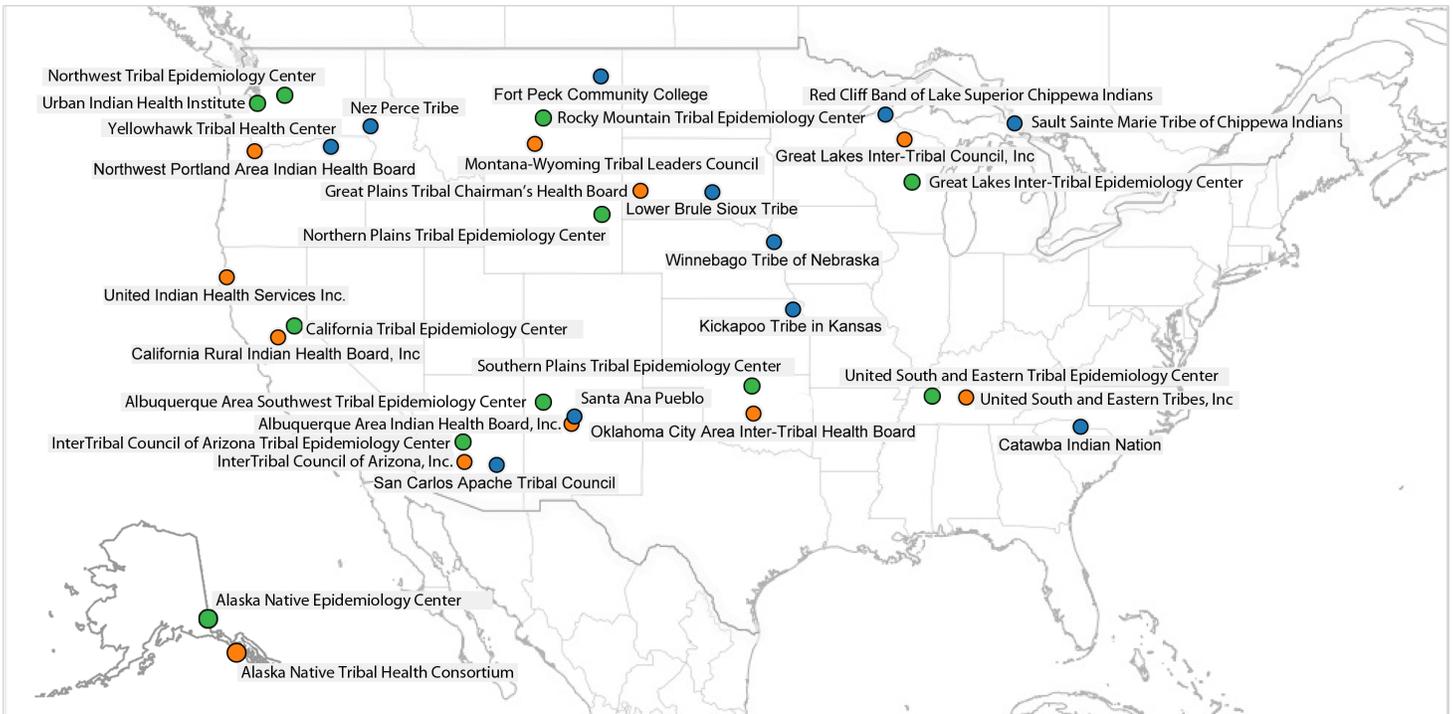
These in turn translate into increased daily consumption of fruit and vegetables, rates of breast feeding, consumption of healthy beverages, physical activity, community supports to control chronic disease through self-management, and reduced exposure to secondhand smoke.

Evaluation

CDC is working with the Urban Indian Health Institute (UIHI) to coordinate an Indian Country-wide evaluation of the program. Additional awards fund Tribal Epidemiology Centers to work with awardees to implement evaluation activities coordinated by UIHI.

<p>Award total for Component 1: \$2,324,325 Average award: \$211,298</p> <p>Award total for Component 2: \$8,993,397 Average award: \$812,127</p> <p>Award total for Evaluation: \$1,889,800 Average award: \$171,800</p>
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Comprehensive Approach to Good Health and Wellness in Indian Country Awards (DP14-1421PPHF14)



● Component 1 (11 awards)
 ● Component 2 (11 awards)
 ● Tribal Epidemiology Centers (11 awards)

National Center for Chronic Disease Prevention and Health Promotion

