

Tribal Practices for Wellness in Indian Country (TPWIC)

Tribal Practices for Wellness in Indian Country (TPWIC) supports tribal practices as a path to prevention and wellness promotion in American Indian and Alaska Native (AI/AN) communities.

TPWIC Mission

TPWIC encourages and supports tribal practices that build resiliency and connections to community, family, and culture. Over time, these can reduce risk factors for chronic disease and promote wellness among AI/AN.

Why TPWIC?

AI/AN communities have many strengths and resiliency on the basis of tribal culture and traditional ways of life. However, these have been severely disrupted by European colonization, loss of land, and policies such as cultural assimilation, relocation of tribal members to urban areas, and tribal termination. This results in higher rates of chronic disease and underlying risk factors such as obesity and commercial tobacco use.

For AI/AN tribes and communities, cultural and traditional teachings and practices build strength and resilience and support healthy lives. Tribal leaders suggested these practices are not widely understood nor supported by federal agencies. To better understand these approaches, CDC's National Center for Chronic Disease Prevention and Health Promotion hosted convenings with tribal cultural leaders during which seven strategies were identified that strengthen connections to community, family, and culture, which can reduce risks for chronic disease among AI/AN. These practices are the basis of the TPWIC strategies for awardees to put into action.

About the TPWIC Program

The TPWIC strategies fall into the following three general areas:

- **Health Promotion:** increased traditional physical activity, traditional foods, and overall healthy living practices
- **Cultural Practices:** increased knowledge and sharing of tribal history and cultural practices
- **Social and Emotional Wellbeing:** increased sense of belonging to tribe, sense of connection to culture, and intergenerational interactions are having a positive impact on wellbeing

TPWIC is a four-year cooperative agreement (fiscal year 2018–2021). American Indian Tribes and Alaska Native Villages, tribally designated organizations that work with tribes, and 15 Urban Indian Organizations receive a total of approximately \$5 million per year.

TPWIC Strategies

- **Connect cultural teachings to health and wellness**
- **Support seasonal cultural practices that support health and wellness**
- **Implement social and cultural activities that promote community wellness**
- **Establish and maintain collaborations that strengthen well-being**
- **Support inter-generational learning for well-being and resilience**
- **Promote traditional healthy foods**
- **Promote traditional and contemporary physical activities**



Tribal Practices for Wellness in Indian Country

Locations of Tribes and Urban Indian Health Organizations for 2018-2021



Urban Indian Health Centers

1. American Indian Assn of Tucson dba Tucson Indian Ct (*Tucson, AZ*)
2. American Indian Health & Family Services (*Detroit, MI*)
3. American Indian Health & Services, Inc (*Santa Barbara, CA*)
4. Central Oklahoma American Indian Health Council Inc (*Oklahoma City, OK*)
5. Denver Indian Health & Family Services, Inc (*Denver, CO*)
6. First Nations Community HealthSource (*Albuquerque, NM*)
7. Indian Health Board of Minneapolis, Inc (*Minneapolis, MN*)
8. Indian Health Center of Santa Clara Valley (*San Jose, CA*)
9. Indian Health Council, Inc (*Valley Center, CA*)
10. Native American Rehabilitation Assn of the Northwest (*Portland, OR*)
11. Native Americans for Community Action, Inc (*Flagstaff, AZ*)
12. Native Health (Phoenix) (*Phoenix, AZ*)
13. Sacramento Native American Health Ctr (*Sacramento, CA*)
14. Seattle Indian Health Board (*Seattle, WA*)
15. United American Indian Involvement, Inc (*Los Angeles, CA*)

Tribes

16. Aleutian Pribilof Islands Assn, Inc (*Anchorage, AK*)
17. Cherokee Nation (*Tahlequah, OK*)
18. Hualapai Indian Tribe (*Peach Springs, AZ*)
19. Jamestown S'Klallam Tribe (*Sequim, WA*)
20. Kickapoo Tribe (*Horton, KS*)
21. K'imaw Medical Center (*Hoopla, CA*)
22. Northern Arapaho Tribe (*Fort Washakie, WY*)
23. Oneida Nation (*Oneida, WI*)
24. Pascua Yaqui Tribe (*Tucson, AZ*)
25. Pueblo of Santa Ana (*Santa Ana Pueblo, NM*)
26. Salish Kootenai College (*Pablo, MT*)
27. San Carlos Apache Tribe (*San Carlos, AZ*)
28. Sault Ste. Marie Tribe of Chippewa Indians (*Sault Ste. Marie, MI*)
29. Seminole Tribe of Florida (*Hollywood, FL*)
30. Shoshone-Bannock Tribes (*Fort Hall, ID*)
31. Southcentral Foundation (*Anchorage, AK*)
32. Thunder Valley Community Development Corp (*Porcupine, SD*)
33. United Indian Health Services (*Arcata, CA*)
34. Wabanaki Health and Wellness (*Bangor, ME*)
35. Winnebago Tribe of Nebraska (*Winnebago, NE*)
36. Zuni Youth Enrichment Project (*Zuni, NM*)

