



Office of Clinical and Preventive Services
Division of Clinical and Community Services



2019

**NATIONAL
&
COMMUNITY-BASED
SERVICES**

CONFERENCE

Good health and wellness in Indian country (GHWIC)- best practices

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Albuquerque Area Southwest Tribal Epidemiology
Center

August 26-August 30, 2019



NATIVE WELLNESS
For the LOVE of THE PEOP_E

Comprehensive Approach to Good Health and Wellness in Indian Country Program

- Funded by Centers for Disease Control & Prevention in Fall 2014;
- To promote community level changes that support health and wellness and prevent type 2 diabetes, heart disease, & stroke and their associated risk factors;
- Albuquerque Area Tribal Epidemiology Center (AASTEC)'s aim to provide leadership, technical assistance, training, & resources to tribes in our respective areas.



Good Health & Wellness in Indian Country Prevention Areas

1. Reduce the usage of commercial tobacco & decrease exposure to secondhand tobacco smoke;
2. Increase access to & consumption of healthy food & beverages including fruits, vegetables, & water;
3. Increase promotion of alternatives to less healthy foods & beverages that are in high sodium, sugars and solid fats;
4. Increase support for breastfeeding;
5. Increase opportunities for physical activity;
6. Increase health literacy;
7. Strengthen team-based care & community linkages to promote healthy communities



AASTEC Tribal Sub-awards

- To prevent heart disease, stroke, type 2 diabetes & affiliated risk factors (commercial tobacco);
- Using community level change strategies;
- 10 Sub-awards awarded



Southern Ute shining mountain wellness center (Ignacio, co)

- Promoting breastfeeding;
- Created a lactation room located in the tribal building;
- Trained four staff as Certified Lactation Counselor;
- Offer breastfeeding classes.



Ramah Navajo school board- (Ramah, NM)

Goal: Increase access to & consumption of healthy food & beverages including fruits, vegetables, & water;



Pueblo of Laguna- (Laguna, NM)

Goal: Increase access to & consumption of healthy food & beverages including fruits, vegetables, & water;



Questions?

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