

GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY

California Tribal Epidemiology Center
Year 4 Summary Report for Tribes
2017-2018



INTRODUCTION

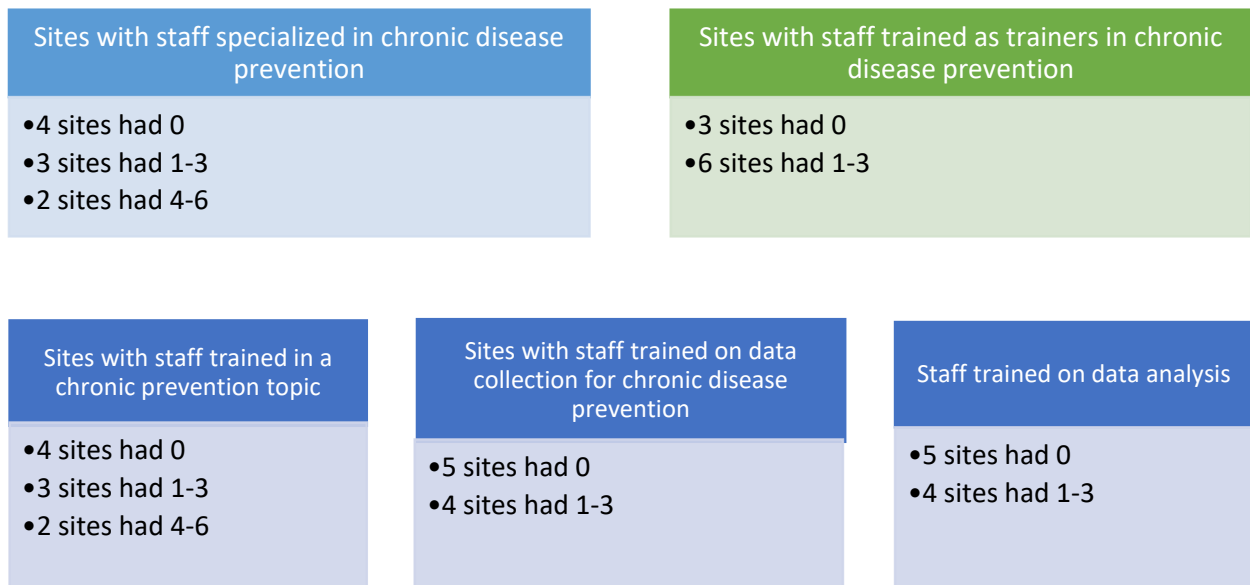
The Good Health and Wellness in Indian Country (GHWIC) is a Centers for Disease Control and Prevention (CDC) funded project to assist with improving the health among American Indians and Alaska Natives (AIAN) in Tribes (including Tribal Organizations and Tribal Health Programs). The evaluation of the GHWIC relies upon partnerships with the Urban Indian Health Institute (UIHI) and with eleven Tribal Epidemiology Centers (TECs). The goal of this project is to evaluate the impact on national and regional levels of GHWIC project, which supports 22 Tribes.

The California Tribal Epidemiology Center (CTEC) was funded to conduct an Area level evaluation on chronic disease prevention activities of the GHWIC project of California Rural Indian Health Board, Inc. (CRIHB). CTEC's focus for the project evaluation is on capacity building. CTEC's plan included conducting evaluation on how epidemiology and evaluation capacity of Tribes has increased, how information has been shared across Tribes within the Area and across Areas, and whether epidemiology and evaluation trainings and technical assistance were provided to the AIAN community to increase capacity.

EPIDEMIOLOGY AND EVALUATION CAPACTY IN TRIBES

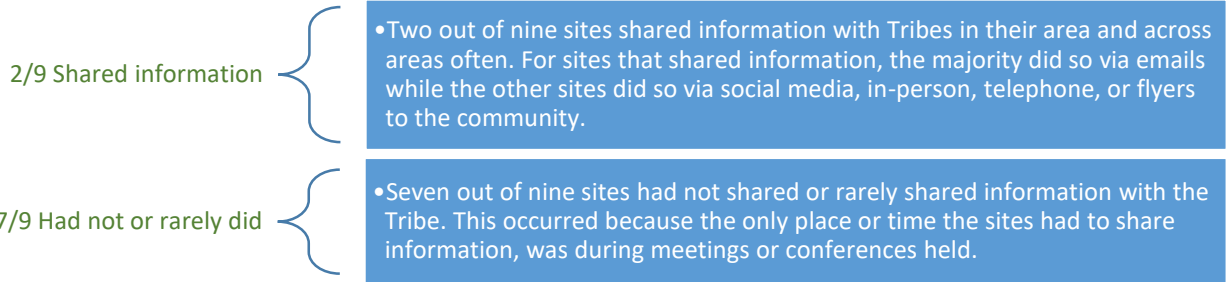
For this evaluation, CTEC administered a Tribal Capacity survey to Tribes to determine if epidemiology and evaluation capacity increased within this year. CTEC conducted nine site visits to administer this Tribal Capacity survey.

The survey results are as follows:

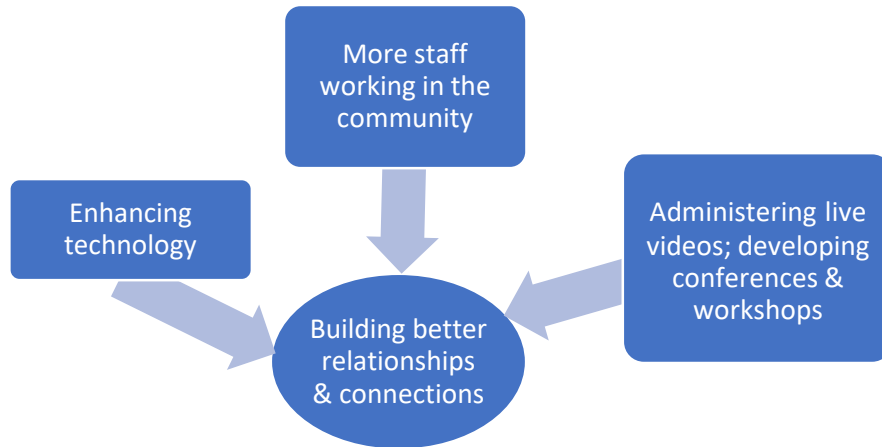


INFORMATION SHARING ACROSS TRIBES WITHIN THE AREA AND ACROSS AREAS

Methods used to share information across Tribes within the Area and across Areas varied from one Tribe to another. CTEC conducted nine key informant interviews in the communities served by GHWIC.



Sites recommended changes on how to improve methods of sharing information in Tribes and across Tribes.



According to the sites, sharing information in Tribes and across Tribes is important to help build connections to support one another. Sharing information could help the community gather information on new programs being implemented, share ideas on successes and challenges, and share resources and tools to prevent “reinventing the wheel.”

DEVELOPMENT OF PARTNERSHIPS ACROSS TRIBES

Developing partnerships in the community has a positive impact in program success for Tribes. Tribes developed several partnerships:

- One Tribe partnered with agriculture organizations
- One Tribe partnered with a business
- Four Tribes partnered with community organizations
- Six Tribes partnered with education

- Two Tribes partnered with health promotion programs
- Eight Tribes partnered with health systems
- One Tribe partnered with insurers
- Two Tribes partnered with local government
- One Tribe partnered with social services
- One Tribe partnered with state government agencies
- Twelve Tribes partnered with Tribal organization and community members
- One Tribe partnered with a U.S. government agency (U.S. Department of Agriculture)

TRAININGS AND TECHNICAL ASSISTANCE (TA) PROVIDED IN EPIDEMIOLOGY AND EVALUATION TO THE COMMUNITY

Each GHWIC project year, trainings and TA are provided to the community. This year these were aimed at enhancing capacity building activities to improve effectiveness of chronic disease prevention programming in Tribes.

Twelve trainings were provided to the community relating to chronic disease prevention and management strategies. Another six trainings were provided to the community on evaluation methodologies. In addition, 90 instances of TA were provided to the community.

SUCSESSESS AND CHALLENGES

There were several key features that have made the project successful. Tribes shared their experiences during the different phases of the project. One important element was being able to work in a team. Collaboration allowed the grantees to focus on and complete the project



objectives within the timeframe. Having personal interest in producing good outcomes to contribute to the betterment of the community was also significant. Tribes were also able to form partnerships within their departments and with Tribal and non-Tribal organizations. The Tribes faced several challenges which included a high employee turn-over rate and unqualified staff. This meant that individuals had to be trained with the

necessary skills, which caused delays. Additional challenges included dealing with extreme weather conditions and natural disasters (flooding and fires). Extremely hot temperatures easily dried and withered plants, while extremely cold temperatures froze plants over, affecting the food/herbs in certain community gardens. Community engagement was another pressing challenge the communities faced. This meant having difficulty in acquiring participants through outreach. Sustaining staff and participants involved in the activities was another challenge. Once they were in the program, it was difficult for the communities to keep participants interested and committed.

If you would like more information, please feel free to contact CTEC at (916) 929-9761; www.crihb.org/ctec