

N C C D P H P
GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY
TRIBAL RESOURCE DIGEST

Welcome to Centers for Disease Control and Prevention’s (CDC) tribal resource digest for the week of August 14, 2017. The purpose of this digest is to help you connect with the tools and resources you may need to do valuable work in your communities.



Fishing in Alaska

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Request for Photos

Please send any photos of GHWIC work (community gardens, events, team meetings, etc.) to Anisha Quiroz, AQUIROZ@cdc.gov with a short description of the photo.

Announcements

Listening Session for the Proposed 2018 Diabetes Prevention Recognition Program (DPRP) Standards

The Centers for Disease Control and Prevention's (CDC's) National Diabetes Prevention Program will be hosting a listening session on the proposed 2018 Diabetes Prevention Recognition Program (DPRP) Standards on Wednesday, August 23, from 2:30-3:30 pm EST. The DPRP Standards are revised every three years to reflect current science and best practices. The proposed 2018 DPRP Standards have also been revised to align with the proposed Centers for Medicare and Medicaid Services' Medicare Diabetes Prevention Program (MDPP) rule found [here](#). During this call, CDC experts will provide a high-level overview of the proposed DPRP Standards. Participants are encouraged to review changes to the proposed Standards prior to the call, found [here](#). Register [here](#).



Smoke-free Casino Resources

The Americans for Non-Smokers Rights: www.no-smoke.org

Keeps track of smoke-free casinos

- Includes toolkits, stories, factsheets and studies on smoke-free casinos that can be used as tools for gaining support of casinos becoming smoke-free. There are even a few examples of governor letters of support.

APHA's Tribal Public and Environmental Health Think Tank

- Link to YouTube video: "[Tobacco: Honoring our Traditions and our Health](#)" depicts tobacco prevention efforts in Wisconsin Tribal communities, highlighting the importance of reclaiming traditional tobacco.
- Additional smoke-free casino resources and stories on APHA's TPEHT website: <https://apha.org/topics-and-issues/environmental-health/partners/think-tank>
- Become a member of the Tribal Public and Environmental Health Think Tank: <https://www.apha.org/topics-and-issues/environmental-health/partners/think-tank/who-they-are>

Virtual Conference—Incorporating Public Health Skills to Improve Quality of Life: Examples From Native American Food Systems

The Western Region Public Health Training Center (WRPHTC) is hosting its first virtual conference bringing together public health workers, researchers, and educators to discuss and develop the skills needed to tackle disparities in diet-related disease and food access. The goal of the conference is to present and practice strategies in the areas of assessment, policy development, and assurance that can promote the development of local food systems and improve community health, particularly on tribal lands. Read more [here](#).

When: August 22-24, 2017



Native Heart Health Symposium: Issues and Innovations

The 2-day gathering will bring together various professionals in the Southeast region who are invested in American Indian health with a special focus on heart health. We will be offering optional continuing education units (CEU) through Western Carolina University's Division of Educational Outreach. Our aim is to attract attendees who represent various Southeastern tribal entities, state agencies, federal agencies, clinicians, public health practitioners, researchers, and community members at large. Read more [here](#).

When: October 25-26, 2017

Where: **Harrah's Cherokee Casino & Resort—Cherokee, NC**

Funding Opportunities

2017 Tobacco-Free College Program for Community Colleges and Minority-Serving Institutions

Truth Initiative is launching its new Tobacco-Free College Program, which offers 17-month grants of up to \$20,000 to community colleges and minority-serving institutions to adopt a 100 percent tobacco-free college policy. Grantees receive guidance through webinars, learning communities and one-on-one consultations throughout the grant period. There are 2 options for webinars in conjunction with this. Read more [here](#).

Deadline: October 11, 2017

Native Agriculture & Food Systems College Scholarships

First Nations Development Institute (First Nations) is now accepting applications for the fourth year of its “**First Nations Native Agriculture and Food Systems Scholarship Program**” that aims to encourage more Native American college students to enter the agricultural sector in Native communities. First Nations will award five scholarships of \$1,000 each to Native American college students majoring in agriculture and related fields, including but not limited to agribusiness management, agriscience technologies, agronomy, animal husbandry, aquaponics, environmental studies, fisheries and wildlife, food production and safety, food-related policy and legislation, food science and technology, horticulture, irrigation science, nutrition education, and sustainable agriculture or food systems. Read more [here](#).

Deadline: **September 28, 2017 @ 5pm MDT**

Webinars

Advancing Health Equity in Tribal Communities through Public Health Accreditation

This webinar will highlight the work that has been done by NPA and the [National Indian Health Board](#) at the national level as well as by local health care providers, such as the [Yellowhawk Tribal Health Center](#), to advance health equity and improve health outcomes for AI/ANs. Read more [here](#).

When: **August 24, 2017 @ 3pm EDT**



Great Plains Tribal Chairmen’s Health Board Community Health Webinar Series

The Community Health Department will be hosting monthly webinars for tribal partners. Contact information below regarding times and dial-in information.

Marie Zephier, MPH
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Great Plains Tribal Chairmen’s Health Board
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Date	Topic	Presenter(s)
9/13/17	Using the Indigenized Traditions to Make Health Choices	Thosh and Chelsea
10/11/17	Active Living Everyday	Kendra Roland, Cancer Prevention
11/8/17	LEAN Essentials	Eugene Giago, PC
12/13/17	Making PSE Changes in Tribal Communities	Shannon Udy, PSE Health Educator

Contact Information

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4770 Buford Highway, MS F80
Atlanta, GA 30341
(770) 488-5131

<http://www.cdc.gov/chronicdisease/index.htm>

The digest serves as your personal guide to repositories of open and free resources where you can find content to enrich your program or your professional growth. Please note that CDC does not endorse any materials or websites not directly linked from the CDC website. Links to non-Federal organizations found in this digest are provided solely as a courtesy. CDC is not responsible for the content of the individual organization web pages found at these links.

If you have comments or suggestions about this weekly update, please email Anisha Quiroz at AQUIROZ@cdc.gov with the words “**TRIBAL DIGEST**” in the subject line.

POARCH CREEK INDIANS OFFER CULINARY MEDICINE COOKING CLASS

Article submitted by Wynell Bell, M.S., Grant Coordinator from Poarch Band Creek Indians

The Poarch Creek Indians Health and Elder Division in cooperation with the University South Alabama Mitchell Cancer Institute and the Wind Creek Casino Cooking Studio held a four week cooking class geared toward healthy eating based on the Mediterranean Diet. The purpose of the class was to show Tribal Members various ways of preparing food using less fat and sugar, and fewer carbohydrates and calories while increasing fiber intake without sacrificing taste.

The classes were held once a week for four weeks at the Wind Creek Casino Cooking Studio. Nancy Brumfield, registered dietitian with Mitchell Cancer Institute, was the speaker for the program along with Wind Creek Casino Chef Brandon Thrash. The classes consisted of an educational component followed by a hands-on cooking session by the participants.

The participants were divided in groups of twos and each group was given a particular recipe to follow and prepare. Once the food was prepared, each group made a plate for presentation according to the serving size of the recipe. These plates were used to discuss the nutritional value and taste. The group then had a sit down meal utilizing the remaining food and was able to compare each recipe on the ease of the preparation, as well as, taste. Each class lasted two and a half hours.

The four week classes included the preparation of spaghetti cooked four different ways utilizing less meat and more lentils, healthy breakfasts, healthy salads and healthy snacks.

Funding was provided by the Poarch Creek Indian Health and Elder Division and the Good Health and Wellness in Indian Country Grant. The program originated at Tulane University in New Orleans, LA to enhance medical and nursing students' knowledge of healthy eating habits which they could then convey to their patients suffering with chronic illnesses such as diabetes and heart disease. The University of South Alabama Mitchell Cancer Institute purchased the program from Tulane University and through a CDC grant has offered it to women of low socio-economic status in Mobile, AL.

The Health and Elder Division of the Poarch Creek Indian Health Clinic plans to continue to offer these classes to Tribal members. The focus will be on foods which are typically used on a daily basis by Tribal Members with an emphasis on using more fresh vegetables and fruits, lean meats and fish while practicing portion control.

Tribal Member Kay Archer said, "I enjoyed the class immensely. I've been telling everyone about it, so I hope you do it again. It was very informative, and I learned everything I needed. I will try to put it to good use."



Photo
Front row left to right: Sheila Odom, Myra King, Cathy Langley; Nancy Brumfield, Registered Dietitian, USA Mitchell Cancer Institute, Kay Archer, Carrie Martin, Voncille Peters, Kelly Dirting, Tammy Graham and Ruth Hogan

Back row left to right: Danny King, Chef Brandon Thrash, Bonnie Garrett, Marsha Fendley, Connie Narragon