HEALTH PROMOTION
NATIVE AMERICANS FOR
COMMUNITY ACTION
WELLNESS CENTER

NACA
Native Americans for Community Action, Inc.

SHEENA TALLIS, HEALTH PROMOTION MANAGER
CARRIE DALLAS, LIFE PROGRAM COORDINATOR
TENILLYA CODY, TOBACCO PROGRAM COORDINATOR
NACA, INC.

- Founded in 1971
- 501©3, Urban Indian Health Center, FQHC
- Serves the local community (native and non-native) with quality family health, mental health, and wellness services
- Works with insured and uninsured
- Two medical providers, 10 behavioral health providers
- About 50 staff total
- Three locations
SPECIAL DIABETES PROGRAM FOR INDIANS

21 Years of Funding

NACA Inc. has been funded since 2010.

NACA Inc. Health Promotion staff is funded to provide services:

1. **Family Health Center**
   1. Review and meet regarding IHS DM standards of care
   2. Coordination of care to the Wellness Center, Podiatry, MNT
   3. Patient pre-screening and huddles

2. **Behavioral Health Clinic**
   1. Provide education to substance abuse classes
   2. Assist in care coordination to Family Health Center and Wellness Center
PROGRAM OBJECTIVES

**Physical Activity Best Practice**

**Objective 1:** Target group: 25 patients living with diabetes in the Flagstaff area should receive:

1. Fitness assessment
2. Have at least 2 personal training appointments

**Objective 2:** Diabetes Prevention

Target group: 20 patients at risk for diabetes who will complete the 16 week Prevent T2 curriculum

**Objective 3:** Community awareness to promote health and diabetes prevention awareness

Target group: 70% or 5,500 American Indian/Alaskan Natives living in Flagstaff
OBJECTIVE 1: PHYSICAL ACTIVITY

Health Coaches (HC) pre-screen provider schedules one day prior to appointments.

- Huddle includes: HC, FNP, MAs, RN, and RD
- Goal: Connect with at least 2 patients per day to meet IHS DM Standard of Care
- HC use MI and BAP to connect patients to RD for MNT or WC for exercise instruction and Podiatrist
- HC provider self-management care and education
- Complete referral to WC meet BP
OBJECTIVE 2: DIABETES PREVENTION PROGRAM

Health Coaches (HC) pre-screen provider schedules one day prior to appointments.

Huddle includes: HC, FNP, MAs, RN and RD

Goal: Review risk factors for pre-DM classes

HC use MI and BAP to connect patient to pre-DM class and RD for MNT or WC for exercise instruction

HC provide self-management care and education

Complete referral to WC

Patient enrolls in 16 week program

Receives all services at no cost for duration of program
OBJECTIVE 3: COMMUNITY EDUCATION

NACA HP supports community events to promote health:

1. Spring into Summer Hiking Series
   1. Four years
   2. Over 100 participants
2. Planning of Sacred Mountain Prayer Run
3. Assist partnering agencies to conduct community walks/runs
   1. Flagstaff community Pow Wow
4. Collaborate to improve access to care
   1. Diabetes Together
   2. Northern Arizona Cancer Prevention
5. Assist in Just Move its
FOOT EXAMS INCREASED BY 20%
DIABETES EDUCATION

Nutrition by any provider – Increased by 11%
Physical Activity – Increased by 12%
Other – 33%
Any – 22%

*Nutrition by RD – 1%
Diabetes Education

% Patients

Audit Year

IHS Diabetes Audit
PHQ – 9 SCREENINGS – INCREASED BY 38%
PROJECTS FOR INTEGRATION

1. Health Coach program
2. Health education for BH groups
3. “Integrated” referral from BH → NACA FHC → NACA WC
4. DSME and Personal Training Workbook
5. Working on Wellness – employee wellness program
6. Shared medical appointment
Contact Information:

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CARRIE DALLAS
PROGRAM COORDINATOR
TPWIC Grant

Tribal Practices for Wellness in Indian Country is Center for Disease Control funded program.

This 3 year program supports tribal practice activities and events, focused on building resiliency and connection between community, family, and culture, while encouraging a healthy lifestyle and reducing risk factors for chronic diseases.
Center for Disease Control and Prevention (CDC) recognizes:

- America Indian/Alaskan Natives (AI/AN) have higher rates of chronic disease than other racial and ethnic groups in the United States.
- AI/AN have the highest prevalence of diabetes, heart disease, and stroke deaths.
- And, are more likely to be obese and smoke cigarettes.
- Studies demonstrate that culture and language have a positive impact on health and wellness.

L.I.F.E. recognizes:

- It is critical to establish programming that enhances or reintroduces traditional practices, culture, and language to impact the health and wellness of our community members.
<table>
<thead>
<tr>
<th>Strategies</th>
<th>Short-Term</th>
<th>Intermediate</th>
<th>Long-Term</th>
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<tbody>
<tr>
<td>1. Intergenerational learning opportunities that support wellbeing and resilience.</td>
<td>Increase number of community members participating in intergenerational programs offered that support wellbeing and resilience.</td>
<td>Increase intergenerational interactions with a positive impact on wellbeing.</td>
<td>Reduce morbidity and mortality due to diabetes, heart disease, stroke, and cancer.</td>
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<tr>
<td>2. Traditional and contemporary physical activities that strengthen wellbeing.</td>
<td>Increase number of community members participating in activities that teach traditional and contemporary physical activities.</td>
<td>Increase participation in traditional and contemporary physical activity events.</td>
<td>Increase resilience to diabetes, heart disease, stroke, and cancer through cultural practices and knowledge.</td>
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<tr>
<td>3. Seasonal cultural and traditional practices that support health and wellness</td>
<td>Increase number of community members participating in social and/or tribal cultural activities conducted to learn about tobacco use, healthy food, and physical activity and lifestyle practices.</td>
<td>Increase community, social, and cultural activities focused on sharing cultural knowledge and practices.</td>
<td></td>
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<tr>
<td>Combined Strategies 1, 2, and 3</td>
<td>Increased number of community members participating in 1, 2, and 3.</td>
<td>Increase number of community members reporting stronger understanding of and engagement in healthy living practices.</td>
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YEAR 1: April 30, 2018 to April 30, 2019

Strategy 1: Intergenerational learning opportunities that support wellbeing and resilience.

Activity 1.1
• Youth Powwow Dance Program (YPDP)

Activity 1.2
• Community Wellness Powwow
• YPDP “Welcoming into the Circle”

Activity 1.3
• Adult Nutrition & Exercise Classes

Activity 1.4
• Talking Circles
Year 1 Short-Term Outcome

Attendance Averages by Event Type

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Total Number of Attendees</th>
</tr>
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<tbody>
<tr>
<td>Class</td>
<td>22.09756098</td>
</tr>
<tr>
<td>Event</td>
<td>19.55555556</td>
</tr>
<tr>
<td>Meeting</td>
<td>11.5</td>
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</tbody>
</table>

Total: 52.65811654
Qualitative Data

Belmont Process and Talking Circles to gather information:

- What do you see?
- What do you feel?
- What do you hear?
- What do you need?
Qualitative Data => Quantitative Data Process

• Belmont responses given at the Talking Circles are placed into categories. Categories are derived from the intermediate outcomes within NACA’s grant proposal.

• Then, we calculated the percentage of each category to the total number of responses counted.

• We use this data to guide our activities and to provide a more balanced program for our participants, while focusing on the grant goals and objectives.
<table>
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<tr>
<th>INTERMEDIATE PROJECT OUTCOMES</th>
<th>PERFORMANCE MEASURES</th>
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<tbody>
<tr>
<td>I. Increase community social and cultural activities focused on sharing cultural knowledge and practice</td>
<td>I. Social and Cultural Activities</td>
</tr>
<tr>
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<td>Examples: Powwow Culture, Beadwork, Cultural Presentations, Family Communication</td>
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<tr>
<td>I. Increase intergenerational interactions with positive impact on wellbeing</td>
<td>II. Resilience and Well-Being</td>
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<td>Examples: Happy, Beauty, Creativity, Health, Love, Fun, Smiles</td>
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<td>II. Increase number of community members reporting stronger understanding of engagement in healthy living practices</td>
<td>III. Traditional and Contemporary Healthy Foods/ Nutrition</td>
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<td>Examples: Native Food, Recipe Ideas, Healthy Meals, Balance Diet</td>
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<td>III. Increase participation in traditional and contemporary physical activity events</td>
<td>IV. Traditional and Contemporary Physical Activities</td>
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<td>Examples: Exercise, Workout, Weight Loss, Dancing</td>
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Year 1: Performance Measure Outcomes

- I. Social and Cultural Activities: 36%
- II. Resilience and Well-being: 43%
- III. Traditional and Contemporary Healthy Foods/Nutrition: 11%
- IV. Traditional and Contemporary Physical Activities: 10%
Performance Measure Responses, Year 1

I. Social and Cultural Activities
II. Resilience and Well-being
III. Traditional and Contemporary Healthy Foods/Nutrition
IV. Traditional and Contemporary Physical Activities
• We are tracking overweight and obese participants to help get them into healthy range.

• L.I.F.E. provides Sunday Family Fitness and Tuesday Powwow Dance Practice.
YEAR 2: April 30, 2019 to April 30, 2020
Strategy 2: Traditional and contemporary physical activities that strengthen wellbeing

Activity 2.1
• Traditional Running

Activity 2.2
• Teaching Important Elements of Running

Activity 2.3
• Walk-to-Run Program

Activity 2.4
• Louis Tewanima Footrace

Activity 2.5
• Aerobic Winter Challenge

Activity 2.6
• 3rd Annual Community Wellness Conference and Evening Social Powwow
YEAR 3: April 30, 2020 – April 30, 2021
Strategy 3: Seasonal, cultural, and traditional practices that support health and wellness.

Activity 3.1
- Indigenous Gardening

Activity 3.2
- Natural Herbs and Traditional Medicine Presentations

Activity 3.3
- Family Nutrition and Organic Cooking Class

Activity 3.4
- Community Harvest Feast

Activity 3.5
- Elder Caring

Activity 3.6
- Indoor Gardening

Activity 3.7
- Creation of Program Book
MAP OF 2018 TPWIC AWARDEES

Urban Programs
Rural Programs
L.I.F.E. Program Staff Contact information:

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Tenillya Cody
Tobacco Program Coordinator
ARIZONA STUDENTS AIMING FOR PREVENTION (A.S.A.P.)

• Native American students from Flagstaff High School and Northland Preparatory
• Established in 2010
• Native Americans for Community Action, Inc.
• Students Taking A New Direction (S.T.A.N.D.)

MISSION:
To promote healthy lifestyles and prevent chronic disease. We are against the use of recreational use of tobacco, while keeping ceremonial tobacco sacred.

VISION:
To be the First Tobacco-Free Generation
COCONINO ANTI-TOBACCO STUDENTS (C.A.T.S.)

- Coalition based out of Coconino High School
- Adult Coordinator: Tiffany Kerr
- Coconino County Public Health Services District
- A.S.A.P. & C.A.T.S. have been working on the same initiative in Flagstaff, therefore, we collaborate on policy work and events.
ACTIVITIES

Peer Education
  • Partnership with the NACA Pathways Youth Program

Community Outreach & Education Events

National Tobacco Days
  • GASO, Through with Chew, Kick Butts Day, WNTD

Trainings
  • Regional - Fall and Spring
  • State - Winter Summit

Summer Conference
  • 3 day conference
  • National leaders in tobacco control and prevention.
When teens have easier access to tobacco, more of them will get addicted.

Counter Strike is about teenagers making a difference in their community by working with local law enforcement to identify stores that sell tobacco to minors.

Counter Strike is a partnership of S.T.A.N.D. and the Arizona Attorney General’s Office.
POLICY INITIATIVE, 2010-2017, SMOKE FREE PARKS

Passed June 2017, and went into effect July 2017.

Prohibits the use of all combustible tobacco products, in all city parks and cemeteries.

Activities:

• Cigarette Butt Clean-Ups
• Community Survey
• City Council Meetings
• Stakeholder Meetings for Support
POLICY INITIATIVE, 2017-2018, ELECTRONIC CIGARETTES


Includes electronic device language in the current City of Flagstaff Tobacco-Free Air Ordinance.

Activities:
City Council Meetings
Training
Meetings for Support
POLICY INITIATIVE, 2017-2019, TOBACCO 21

Raises the minimum age to purchase and sell tobacco products from 18 to 21.

Activities

- Community Survey
- Training
- Meetings with council members and attending meetings
POLICY INITIATIVE, 2017-2019, TOBACCO 21

Passed July 2, 2019, and goes into effect August 2, 2019.

NEXT STEPS

• Tobacco Retail License
• Education
Contact Information:

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Thank You For Your Time