

AMERICAN INDIAN HEALTH COMMISSION FOR WASHINGTON STATE



**PULLING TOGETHER
FOR WELLNESS**

A healthy Tribal and Urban Indian community is a safe and nurturing environment, where American Indian and Alaska Native people can experience emotional, spiritual, physical, and social health. Healthy communities provide the resources and infrastructure needed to empower people to make healthy choices and to ensure health equity.

OUR VISION



- Our babies are born healthy; our mothers and fathers are supported.
- Our tribal youth and adults are strong in mind, body, and spirit.
- Our elders live long healthy lives (100+).
- Our families have access to healthy nutritious food and know how to hunt, catch, gather, grow, harvest and preserve it.
- Our families play and learn together in safe and nurturing environments.
- Our people are self-sufficient and have opportunities for employment and life-long learning.
- Our people have safe affordable housing.
- Our people have self-responsibility.
- Our people are happy, kind, and have good humor.
- Our communities nurture our children and respect our elders.
- Our communities embrace traditional values about respect and honor of all people of all ages.
- Our communities have food sovereignty and access to clean toxic free plant foods and medicines.
- Our communities practice and hand down traditions from generation-to-generation in ceremony, language, and living.
- Our communities value ceremonial use of tobacco.
- Our communities respect and are connected to our natural environment.
- Our environments are safe and provide all people with culturally appropriate choices to be healthy.
- Our environments are free of abuse of alcohol, commercial tobacco, and other drugs.
- Our systems, policies, and environments are trusted, empower our people, are culturally competent, and promote health equity.



OUR VALUES

A commitment to the following values will inform and guide the development and implementation of the Pulling Together for Wellness prevention framework:

- We honor tribal sovereignty and self-identity are the highest principles.
- We encourage a shared responsibility for the health of our communities.
- We honor the importance of culture as our way of life and as a key to health prevention.
- We serve our elders and our next generation.
- We help our Tribe and/or community.
- We embrace a life course perspective; starting with babies and moms.
- We respect all people.
- We acknowledge how resources are distributed show community values as in investing in vulnerable members of society.
- We understand the importance of community incentives and healthy competition.
- We protect and strengthen culture, traditional values, and spirituality.
- We embrace the importance of rest and seasonal living.
- We honor the importance of ceremony and time to heal.
- We embrace the seven-generation principle with the wisdom and experience of our ancestors and elders as fundamental to the protection of our future generations.
- We honor our stewardship and interconnected relationship with the natural environment and serve as a voice to protect it.
- We honor the value of medical and Native science.
- We promote social justice and health equity.
- We serve our community with "Sacred Hospitality."

