

# 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 as 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 Western and Native science.
- We promote social justice and health equity.
- We serve our community with "Sacred Hospitality."

