

TRIBAL PUBLIC HEALTH

AIHC Mission: Improve the Overall Health of Indian People of WA State
Strategy: Advocacy, Policy and Programs to Advance Best Practices

PULLING TOGETHER FOR WELLNESS

Leadership Engagement

Community Engagement

Tribally and Urban Indian Driven

- Maternal Infant Health
- Women, Infant, Children (WIC)
- Maternal, Infant, Early Childhood Home Visiting
- Immunizations
- Commercial Tobacco and Vaping
- Youth Marijuana Prevention and Education
- Youth Suicide Prevention
- Food Sovereignty, Healthy Eating
- Arthritis Prevention/Walking Program
- Elder's Chronic Care Blood Pressure Self-Mgt.
- Foundational Public Health Services
- Public Health Emergency Preparedness Response

Culturally Appropriate and Community Specific

Maternal Infant Health Strategic Plan

In Partnership with WA State Departments of Health, Children, Youth and Families and the Health Care Authority, and Department of Social and Health Services

DATA

Historical and Intergenerational Trauma
Equity and Health Disparities
Adverse Childhood Experience
Lateral Violence, Oppression, ongoing Discrimination and Racism

DATA

3/6/2019

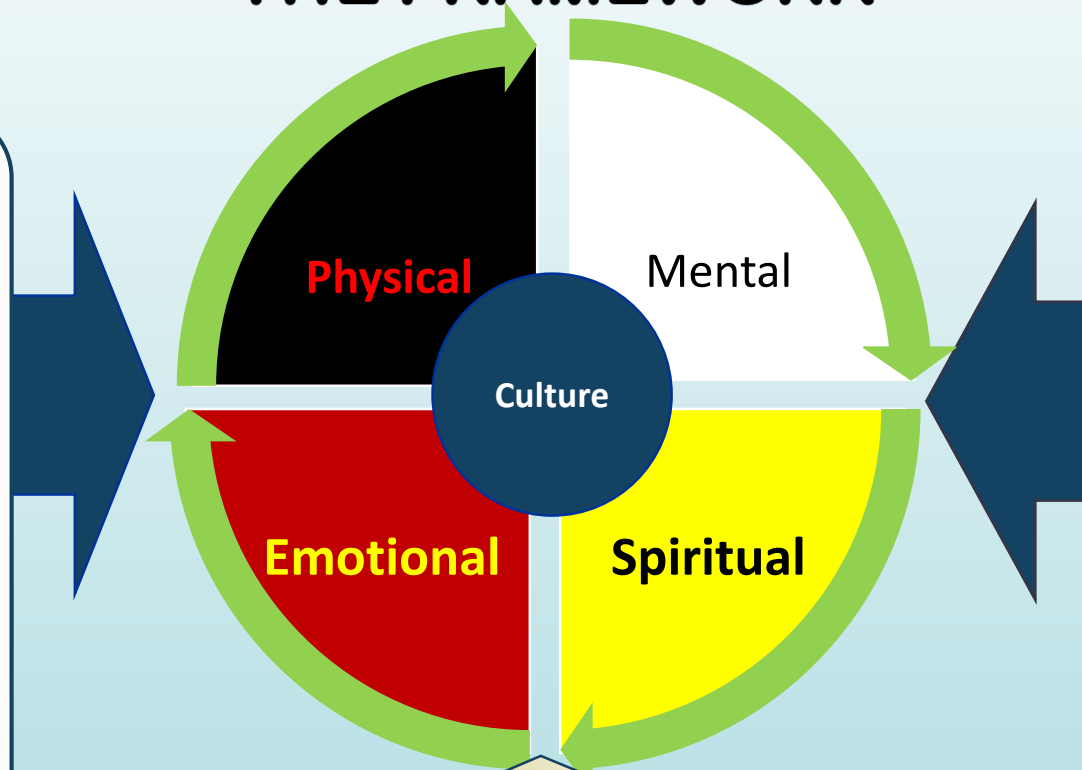


Pulling Together for Wellness

THE FRAMEWORK

Components of the PTW framework:

- Mobilizing at the Tribal/Community Level
- Leadership and Community Engagement
- Recruit and Retain Partners
- Specific Outreach to Youth and Elders
- Engagement of Cultural Resources and Traditional Healers
- Inclusion of Cultural Consideration in the Planning Process
- Use of Storytelling – Balance of Data and Stories
- 7 Generation Strategies – Strength-based
- Integrates Trauma Informed Strategies



Tools of the PTW Framework:

- Definition, Vision and Values of the PTW Framework
- Partnership Development Inventory and Process
- Community Health Assessments and Environmental Scans
- Inventory of Cultural Appropriate Strategies
- Matrix: Vision, Goals, Indicators, Strategies (including PSE, EB, PB, PP)
- 18 Competence Domains (knowledge, skills, and abilities)

Generational Clarity

HEAL

Historical Trauma, Ongoing Discrimination, & Racism
Equity and Social Determinants of Health
Adverse Childhood Experiences (NEAR)
Lateral Violence and oppression



Strengthening Tribal Communities by “Pulling Together for Wellness”

Policy, Systems, and Environmental Change

Policies:

- ❖ Strategies aimed at creating or amending laws, tribal codes, ordinances, resolutions, mandates, regulations or rules
- ❖ Agreements between people and groups, e.g., MOUs

Systems:

- ❖ Strategies that impact all elements of an organization, institution, or system and affects how we deliver services and how people work together

Environments:

- ❖ Strategies that involve physical or material changes to the physical, social, or cultural environment. Could be a built environment

Strengthening Tribal Communities by “Pulling Together for Wellness”

AIHC Strategies

1. What policy, system, or environmental change would have a positive impact your tribe/community and strengthen immunization best practices?
2. What AI/AN cultural strategies or adaptations would strengthen your tribal or urban Indian community’s support of immunizations best practices?
3. What strategic resources would strengthen tribal immunization outcomes?

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."



**PULLING TOGETHER
FOR WELLNESS**



Strengthening Tribal Communities by “Pulling Together for Wellness”

VISION: What are Healthy T-U Indian Communities?

Our babies are born healthy; our mothers and fathers are supported.

Tribal and Urban Indian youth (infants, adolescents and teens) are strong in mind, body, and spirit.


Our elders live long healthy lives (100+).

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Strengthening Tribal Communities by “Pulling Together for Wellness”

VISION What are Healthy T-U Indian Communities?	GOALS (desired outcomes) What you want to Accomplish	OUTCOME INDICATORS (data sources in parentheses) <i>How we know where we are now, and whether we are moving toward the goal</i>	STRATEGIES <i>Policy, System or Environmental (P,S, or E)</i> <i>(Evidence-based Practice, Practice-based Evidence, Promising Practice, Best Practice, Great Idea)</i>
<p>Our babies are born healthy; our mothers and fathers are supported.</p> <p>Tribal and Urban Indian youth (infants, adolescents and teens) are strong in mind, body, and spirit.</p> <p>Our elders live long healthy lives (100+).</p> <p>Our environments are safe and provide all people with culturally appropriate choices to be healthy.</p> <p>Our systems, policies, and environments are trusted, empower our people, are culturally competent, and promote health equity.</p>	 <p style="text-align: center; font-size: 2em; font-weight: bold;">May Mtg</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">Aug Mtg</p> <p style="text-align: center; font-size: 3em; font-weight: bold;">Overall Review</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">Oct Mtg</p>		