

COMMUNITY HEALTH RESOURCE GUIDE 2021



GREAT PLAINS TRIBAL LEADERS HEALTH BOARD

2611 ELDERBERRY BLVD, RAPID CITY, SD 57703

WWW.GPTCHB.ORG

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ACKNOWLEDGEMENTS

This guide was created by the Great Plains Good Health and Wellness (GPGHW) Program housed at the Great Plains Tribal Leader's Health Board (GPTLHB). It was developed for our tribal partners throughout the Great Plains region and contains resources and training information from the community health programs at GPTLHB and our regional partners.

On behalf of GPTLHB, we offer our regional partners and stakeholders our appreciation for their participation in this training and resource guide:

Great Plains Tribal Epidemiology Center (GPTEC)

Northern Plains Healthy Start Program

North Dakota Diabetes Prevention and Control Program (NDDPCP)

North Dakota Department of Health (NDDOH)

The Center for Health Outcomes and Prevention Research Evaluation Services (CHOPR)

North Dakota State University's American Indian Public Health Resource Center (NDSU ARPHRC)

Collaborative Research Center for American Indian Health (CRCAIH)

Great Plains Quality Innovation Network (QIN)

South Dakota Department of Health (SDDOH)

South Dakota State University (SDSU) Extension

American Indian Cancer Foundation

US Department of Agriculture (USDA)

Black Hills Center for American Indian Health

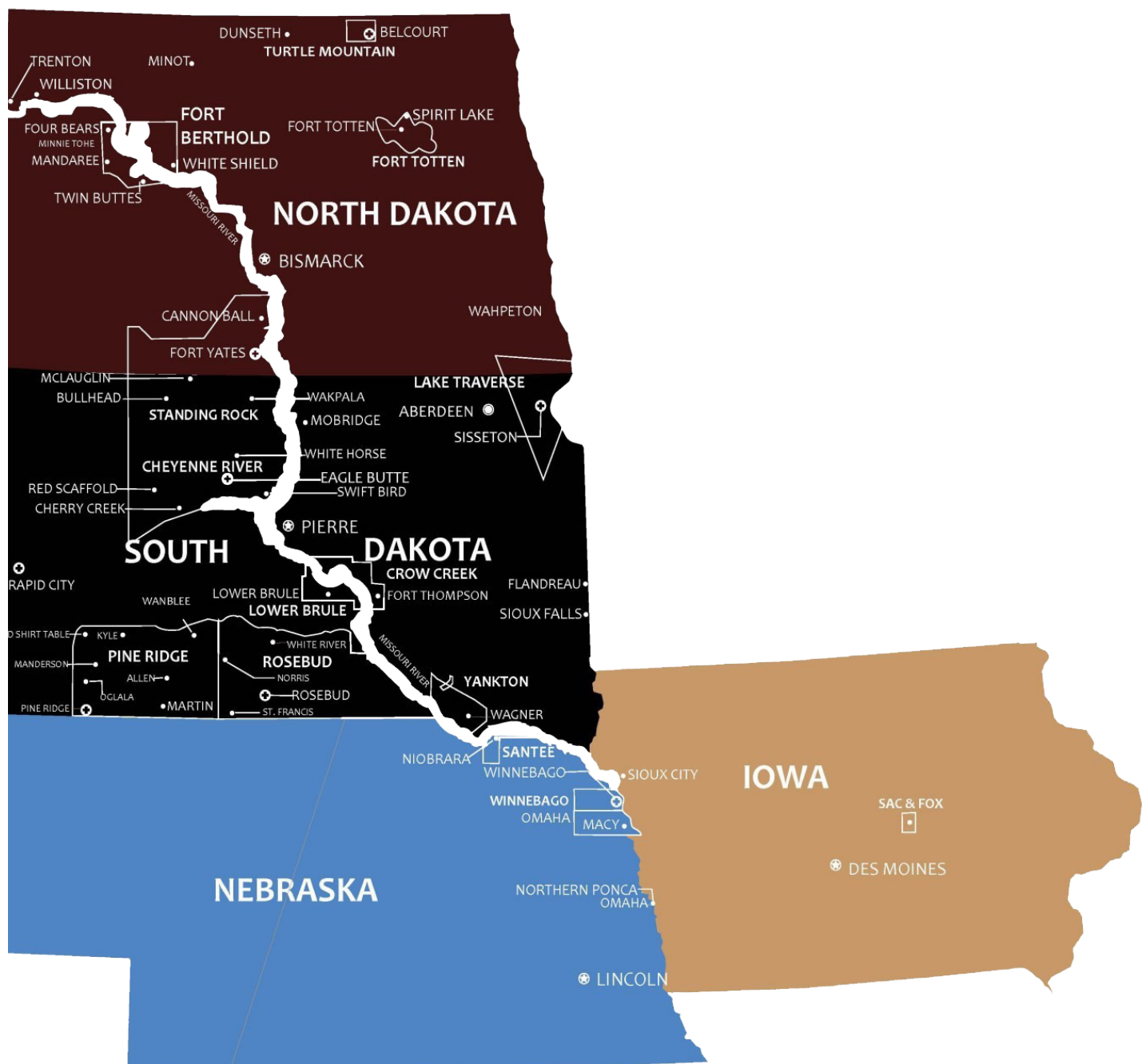
National Native Network



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ABOUT GREAT PLAINS TRIBAL LEADER'S HEALTH BOARD

Founded in 1986, Great Plains Tribal Leader's Health Board (GPTLHB) serves as an advocate and liaison to U.S. Department of Health and Human Services entities, including the Indian Health Service, and state and local partners on behalf of its 17 member tribes and one Indian Service Area in the Great Plains states of South Dakota, North Dakota, Nebraska, and Iowa. In addition, the health board works with tribal communities through research, prevention, outreach, academic, recovery support, technical assistance, and epidemiologic programs to improve health status and eradicate health disparities among the region's 170,000 tribal members.



ABOUT COMMUNITY HEALTH DEPARTMENT'S HEALTH PROMOTION PROGRAMS

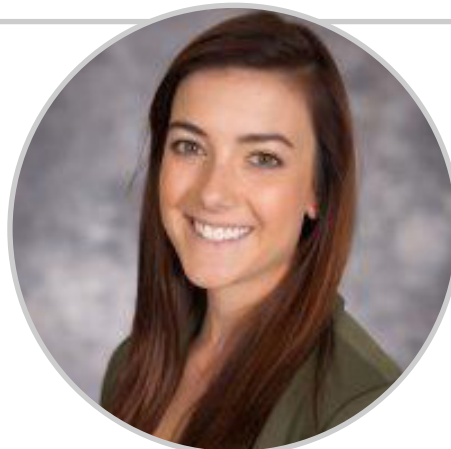
The Good Health and Wellness Program is housed within the Community Health Department at Great Plains Tribal Leader's Health Board. The Good Health and Wellness Program focuses on building tribal capacity to implement policy, system, and environmental (PSE) change and community-clinical linkage (CCL) strategies within their respective communities.

The Good Health and Wellness Program offers funding as well as technical assistance, training, and educational resources on topics such as increased purchasing of healthy foods, increased breastfeeding, reducing the prevalence of commercial tobacco use, reducing the incidence of type 2 diabetes, and supporting heart disease and stroke prevention.

The Good Health and Wellness Program goals include increased positive changes in attitudes, beliefs, knowledge, awareness, and behavioral intentions for relevant PSE strategies and increased use of community-based resources to better control or prevent chronic disease. Long-term outcomes of the Good Health and Wellness Program include reduced rates of death and disability due to diabetes, heart disease, and stroke.



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ABOUT THE COMMUNITY HEALTH DEPARTMENT'S PREVENTION PROGRAMS

The Prevention Programs within GPTLHB's Community Health Department comprise the Great Plains Colorectal Cancer Screening Initiative (GPCCSI) and the Great Plains Breast and Cervical Cancer Early Detection Program (GP-BCCEDP). The Prevention Programs primarily focus on decreasing cancer incidence and mortality rates.

The Prevention Programs division of the Community Health Department work as a collaborative process through which a community and its partners pool resources to promote cancer prevention, improve cancer detection, increase access to health and social services, and reduce the burden of cancer. These efforts will reduce cancer risk, detect cancers earlier, improve treatments, and enhance survivorship and quality of life for cancer patients.

Long-term outcomes of the Prevention Programs include building a coordinated cancer control approach among tribal, state, regional, public, and private cancer control stakeholders to implement activities along the cancer continuum. Additional outcomes include decreasing health disparities and improve the quality of life, including cancer survivorship, by providing a forum for input, advocacy, education, collaboration, planning, and action.

BREASTFEEDING TRAINING & RESOURCES

SDDOH BREASTFEEDING-FRIENDLY BUSINESS INITIATIVE

The South Dakota Department of Health encourages businesses to take an online pledge to become a Breastfeeding-Friendly Business to support breastfeeding customers and employees. This pledge states that a company will provide a welcoming environment where mothers can breastfeed in public spaces within the business and encourage a welcoming attitude from staff and management. Place a “Breastfeeding Welcome Here” window cling in each public entrance to the business establishment, and accommodate breastfeeding employees to allow appropriate time and space necessary to pump. The following documents were developed to provide businesses with guidance and tools required to create a breastfeeding-friendly environment:

- BEST Feeding: Each Ounce of Mother’s Milk Counts
- Breastfeeding Support Policy
- Staff Training: Education & Expectations of a Breastfeeding-Friendly Business
- Break Time for Nursing Mothers under the FLSA
- Employer Breastfeeding Accommodation Form was designed as a communication tool between employer and employee to proactively plan for breastfeeding accommodation needs upon re turning from maternity leave.

By taking the pledge, businesses demonstrate a commitment to mothers, children, and families in our South Dakota Communities. Learn more about the initiative, download materials, and take the pledge to become a Breastfeeding-Friendly Business at www.healthySD.gov/breastfeeding.

CONTACT INFORMATION:

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SDDOH BREASTFEEDING KITS FOR MOMS AND PHYSICIANS

The South Dakota Department Of Health’s WIC Program understands breastfeeding challenges and created a kit containing information and recourses to help ensure your success. Visit www.sdwic.org/breastfeeding/parents for downloadable kit materials or to request a free printed Mom’s, Breastfeeding Kit. Healthcare providers are a mother’s most reliable source for breastfeeding information, so a Physician’s Breastfeeding Kit containing information and materials to help strengthen their resolve to support breastfeeding is also available at www.sdwic.org/breastfeeding/physicians.

SDDOH CONTACT INFORMATION:

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NDDOH INFANT FRIENDLY WORKPLACE DESIGNATION

In 2009, the North Dakota Legislature passed legislation to protect a woman's right to breastfeed her child in any location, public or private, where the woman and child are otherwise authorized to be. This legislation also established an "infant-friendly" designation for workplaces that adopt breastfeeding support policies. The North Dakota Department of Health created a sample workplace policy and assists businesses in accommodating nursing mothers in the workplace. For more information about becoming an Infant Friendly Workplace, please visit our website at <http://www.ndhealth.gov/breastfeeding>

NDDOH BREASTFEEDING FRIENDLY HOSPITAL DESIGNATION

The North Dakota Department of Health recognizes the critical role health care providers play in encouraging and supporting women who breastfeed. Hospital practices have impacted a mother's decision to initiate breastfeeding and how long she continues to breastfeed. North Dakota Department of Health offers two free continuing education (CEU) training. The first option is a three-hour, in-person workshop, The Breastfeeding Skills Training. The second option can be completed at any time, online, for five CEU's.

The five online breastfeeding modules can be accessed at:

<http://www.ndhealth.gov/breastfeeding>, under the Health Care tab.

CONTACT INFORMATION:

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COMMUNITY-CLINICAL LINKAGES TRAINING & RESOURCES

SDDOH DIABETES PREVENTION AND CONTROL PROGRAM

This program collaborates with healthcare facilities and communities to increase access to self-management programs to prevent and control diabetes. Visit diabetes.sd.gov to learn more about available programs such as the Diabetes Prevention Program and the Diabetes Self-Management Program. Free educational materials from the South Dakota Department of Health are available at <http://doh.sd.gov/catalog> under the “Diabetes” tab.

CONTACT INFORMATION:

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DELTA DENTAL MOBILE PROGRAM

The Delta Dental Mobile Program provides oral health services to underserved children. The program includes two vehicles that serve as mobile clinics to provide preventive, diagnostic, and therapeutic care to kids across the state and dental hygienists and community health workers based on Native American reservations. Delta Dental manages, operates, and staffs the mobile trucks and works with local community site partners to identify children most in need of care who can least afford it. No patient will be denied services due to inability to pay. For more information about the Mobile Program or having a truck visit your community (being a local site partner), contact one of the representatives below or visit www.deltadentalsd.com.

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SDPI CONVERSTAION MAP PROGRAM

A group-based interactive approach to diabetes management education, the Conversation Map Program is a patient-centered, innovative tool for diabetes education developed in collaboration with the American Diabetes Association. Unlike traditional, lecture-based approaches to learning, Conversation Map sessions are centered around interaction and cooperation between patients, materials, and the facilitator.

CONTACT INFO:

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SDDOH HEART DISEASE AND STROKE PROGRAM

This program partners with health systems to increase the utilization of health information technology and promotes healthy South Dakota communities through prevention, detection, and monitoring of cardiovascular diseases. Visit <http://doh.sd.gov/diseases/chronic/heart-disease> to learn more about these efforts.

SOUTH DAKOTA CARDIOVASCULAR COLLABORATIVE

The mission of the South Dakota Cardiovascular Collaborative is to improve the quality of life of all South Dakotans through the prevention and control of heart disease and stroke. Visit <https://doh.sd.gov/diseases/chronic/heart-disease/state-plan.aspx> for the statewide Cardiovascular Strategic Plan and accompanying resources.

SDDOH CONTACT INFORMATION:

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GREAT PLAINS BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

A newly funded program named “Honor Every Woman” is housed within the Community Health Department of the Great Plains Tribal Chairmen’s Health Board. The program aims to increase appropriate breast and cervical cancer screening among American Indian/Alaska Native women in the Great Plains Area. Honor Every Woman provides public education, free and low-cost breast and cervical cancer screenings, and diagnostic services to low-income, uninsured, and underserved AI/AN women. Additionally, Honor Every Woman will navigate women to appropriate resources and assist in various ways to ensure screening is achieved.

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NORTH DAKOTA DIABETES PREVENTION AND CONTROL PROGRAM (NDDPCP)

The ND Diabetes Prevention and Control Program (NDDPCP) works to prevent and control diabetes by partnering with agencies to increase awareness about the disease and its risk factors. The two main fo

cal points of the program are the Diabetes Self-Management Education and the Diabetes Prevention Programs. The program partners with tribes to implement the Diabetes Prevention Program and explore other opportunities to partner.

CONTACT INFORMATION:

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COMMUNITY HEALTH WORKER COLLABORATIVE OF SOUTH DAKOTA

When it comes to Community Health Workers (CHWs), South Dakota is relatively new to developing a formal CHW program. Many CHW and CHW-like positions have been established across South Dakota, including tribal Community Health Representative (CHR) programs, but no statewide workforce has been developed. The CHWSD launched in January 2020 to promote, support, and sustain the CHW profession in South Dakota. The CHWSD serves as the statewide organization supporting CHWs, focusing on five (5) goal areas: Awareness, Training, Workforce Development, Reimbursement, and Career Ladder / Lattice. Learn more about the CHWSD by visiting www.chwsd.org or contact the CHWSD at info@chwsd.org or 605-937-9730.

SOUTH DAKOTA COMMUNITY HEALTH WORKER (CHW) PLANNING AND ASSESSMENT TOOLKIT

The CHW Planning and Assessment Toolkit is intended to provide you with background knowledge, resources, tips, and recommendations for hiring and utilizing a CHW. It is ideal for managers and key decision-makers advocating for or implementing a CHW program at their organization. This toolkit focuses on healthcare and social service settings; however, the information found in this toolkit is also applicable to community settings as they relate to and interface with healthcare settings. The toolkit is available in two different formats - a self-guided resource version and a CEU version.

Visit www.chwsd.org/chw-toolkits/ to learn more about the toolkit and available CEUs. For more information about the CHWSD and the toolkit, visit www.chwsd.org.

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SOUTH DAKOTA CANCER COALITION

The vision of the South Dakota Cancer Coalition is to reduce the human and economic impact of cancer on South Dakotans through the promotion and support of collaborative, innovative, and effective programs and policies for cancer prevention and control.

Visit www.cancersd.com for the 2015-2020 SD Cancer State Plan, program updates and, funding opportunities.

CONTACT INFORMATION:

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ADVANCING PALLIATIVE CARE IN NORTHERN PLAINS AMERICAN INDIANS: UNDERSTANDING BARRIERS TO PALLIATIVE CARE

PALLIATIVE CARE STUDY: LIVING WELL WITH SERIOUS ILLNESS “WICOKUJE SICA YUHA AKISNIYA WICONI”

Through talking circles and interviews, we will listen to cancer patients, their caregivers, tribal leaders, and tribal healers to identify their needs and concerns regarding living well with cancer. We will speak with health care providers providing care on and around reservations to understand the challenges they face in delivering palliative care. We will use the information we learn to create an educational program for culturally tailored and community-driven providers for the Lakota people and help us create other interventions that can increase access to palliative care services for tribal communities.

We have three specific aims for our talking circles and interviews:

1. Understand the perspectives of Lakota cancer patients, caregivers, tribal leaders/ healers’ and their health care providers about living well with cancer.
2. Characterize the barriers to living well faced by cancer patients residing in Cheyenne River, Pine Ridge, and Rosebud.
3. Use the information we learn from our conversations with the community to create a palliative care educational program and intervention that is culturally relevant to patients living on tribal lands in South Dakota and beyond.

BETTER CHOICES BETTER HEALTH SD

The Chronic Disease Self-Management Education workshops, known locally in South Dakota as Better Choices, Better Health SD (BCBH), is designed to help adults living with ongoing physical or mental health conditions, such as arthritis, heart disease, depression, lung disease, diabetes, chronic pain, etc. Caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes.

These evidence-based programs, initially developed by Stanford University and licensed through the Self-Management Resource Center, are delivered in community settings. The workshop sessions are facilitated by trained leaders, many of whom live with an ongoing health condition(s) or are caregivers themselves. The workshop’s success is built on participants learning skills and strategies that strengthen their needs in their ability to manage their health and improve their quality of life.

***BCHB now offers virtually attended workshops and a mailed toolkit that provides participants with the same skills and strategies.** Call 1-888-484-3800 or visit www.betterchoicesbetterhealthsd.org for more information and find a list of scheduled workshops in South Dakota.

CONTACT INFORMATION:

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IHS CANCER SUPPORT LEADERSHIP

This training is offered to American Indian and Alaska Native people interested in cancer support in their communities. The three-day training gives participants a unique opportunity to work together in a safe, supportive environment to learn and practice skills to help people affected by cancer in their communities.

ALL WOMEN COUNT!

The program provides breast and cervical cancer screenings to eligible women in South Dakota. The South Dakota Department of Health program offers breast and cervical cancer screening services to uninsured or underinsured women in South Dakota who meet age and income guidelines. There are numerous facilities across South Dakota that provide All Women Count Services. To learn more, visit www.getscreened.sd.gov/count or call 1-800-738-2301.

HEALTH LITERACY TRAINING & RESOURCES

COMMUNITY HEALTH WEBINAR SERIES

To increase health literacy throughout Indian Country, the Great Plains Good Health and Wellness team hosts a monthly webinar series that focuses on optimal health issues. The team invites you to attend a webinar or access the previously completed webinars on our YouTube Channel at:

<https://www.youtube.com/channel/UCyE-OfgkCacwHbl-bumNyYg/featured>

POLICY, SYSTEM AND ENVIRONMENT (PSE) CHANGE STRATEGIES

This training develops understandings of policy, system, and environmental (PSE) change strategies. This training also shows the benefits of PSE change strategies and distinguishes the differences between PSE changes and programmatic interventions.

POLICY, SYSTEM AND ENVIRONMENT TOOL (PSE-T) OVERVIEW

The PSE-T is an assessment tool modified to fit the needs of tribal communities and adapted from the Centers for Disease Control and Prevention's (CDC) Community Health Assessment and Group Evaluation (CHANGE) Action Guide. This tool helps tribal advisory committees measure community health, create knowledge, and implement effective strategies reflective of cultural views and beliefs to reduce death rates and disabilities due to chronic diseases.

COMMUNITY HEALTH ASSESSMENT OVERVIEW

This training will provide tribal communities with an overview of the many different community health assessments available for them to utilize. This overview will describe the pros and cons of many various community health assessments.

COMMUNITY ACTION PLANNING

This training will help build tribal capacity in creating an assessment-driven Community Action Plan (CAP). CAPs are beneficial for tribes who have completed community health assessments and are looking for the next steps.

CONTACT INFORMATION:

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SDDOH CARDIAC READY COMMUNITIES

The focus of the Cardiac Ready Communities (CRC) Program is to educate, equip, and empower local community members to be better prepared and more confident in helping a patient experiencing a cardiac event before the ambulance arriving. This collaborative response to a public cardiac event is referred to as a System-of-Care, where laypersons, dispatchers, Emergency Medical Services (EMS), police, fire, and hospital staff all work together to better the community and its members. For more information on the Cardiac Ready Communities Program, please visit: <https://doh.sd.gov/diseases/chronic/heart-disease/cardiareadycommunities>.

CONTACT INFORMATION:

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CANCER CONTINUUM MODULES

This training provides attendees with education on cancer 101, healthy diets, environment and cancer, colorectal cancer, breast cancer, living wills, advanced directives, lung cancer, cervical cancer, prostate cancer, palliative care, and survivorship.

PATIENT NAVIGATOR TRAINING

The Patient Navigator Training offers a full curriculum designed to build patient navigator skills and knowledge. Patient navigators are members of the healthcare team who helps patients “navigate” the healthcare system and get timely care. Navigators help coordinate patient care, connect patients with resources, and help patients understand the healthcare system. Patient navigators work in many areas of healthcare. Many have one chronic disease focus area, such as cancer, heart disease, or diabetes.

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NORTH DAKOTA STATE UNIVERSITY AMERICAN INDIAN PUBLIC HEALTH RESOURCE CENTER

AIPHRC aims to improve health systems, access to services, and health outcomes in these rural, impoverished communities by providing technical assistance that includes public health services and programming, research, education, and policy. The tribes can also be supplied with self-determination tools, including the 638 Toolkit, as a template for assuming the management and control of health services. Technical assistance services include Cultural capacity building, assessing service and program priorities, assessing tribal priorities related to health disparities, conducting community assessments, strategic planning, grant writing, developing public health resources, developing public health programs, and more.

CONTACT INFORMATION

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701.231.6666

NUTRITION & TRADITIONAL FOODS RESOURCES & TRAINING

HARVEST OF THE MONTH

Harvest of the month is an educational program from the South Dakota Department of Health designed to help you add more fruits and vegetables to your daily routine more often—at home, at work, and school. Visit www.sdharvestofthemonth.org for more information.



MUNCH CODE

Munch Code is a tool developed by the South Dakota Department of Health to make healthier snacks easier. Visit www.munchcode.org for concession and vending model policies and resources that support making concession/vending offerings healthier and strategies to encourage community support



SDDOH NUTRITION AND PHYSICAL ACTIVITY PROGRAM

The SDDOH Nutrition and Physical Activity Program coordinates activities to prevent obesity and other chronic diseases by promoting proper nutrition and increased physical activity. Key initiatives include healthy vending, concessions and snack bars, active transportation, worksite wellness, and healthy school and childcare environments. You can find nutrition and physical activity resources and information at healthysd.gov.



S.D.D.O.H. HEALTHY FOODS AND BEVERAGES AT MEETINGS AND PRESENTATIONS MODEL POLICY

The Healthy Foods and Beverages at Meetings and Presentations Model Policy is designed to help businesses offer healthier food and drink options at all company-sponsored or joint meetings and presentations. Download the South Dakota Department of Health model policy at: www.goodandhealthysd.org/workplaces/policies.

CONTACT INFORMATION:

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605.773.3737

THE DISH: REAL TALK ABOUT FOOD

The Dish: Real Talk About Food helps improve your health, wellbeing, and resilience by providing real talk about food. These short lessons offer life tips to equip you to plan meals, save money, and shop and eat healthier. The interactive micro-lessons are self-paced, and the mobile nature of many Internet-accessible devices (i.e., smartphones) encourages learning at the point-of-decision making, such as engaging in quick decision guide lessons in a grocery store. Additionally, the asynchronous “anytime, anyplace” lessons aim to mitigate traditional barriers to attending in-person classes, such as issues with transportation, variable work schedules, and child-care limitations. [https:// thedishrealtalk.com](https://thedishrealtalk.com)

PICK IT! TRY IT! LIKE IT! PRESERVE IT!

Our materials are filled with tips for selecting, preparing, and preserving a wide variety of fruits and vegetables. Colorful fact sheets, recipe cards, and educational videos provide educators and families with fun, engaging tools to enhance any dietary curriculum! The toolkit is a compilation of evidence-based policy, systems, and environmental change tools for childcare, school, community, and family settings. Newly developed materials include Lakota and some Dakota language and a Dakota perspective in the lesson plans.

CONTACT INFORMATION:

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LIFESTYLE, EXERCISE, ATTITUDE, AND NUTRITION (L.E.A.N) SERIES

Our Certified Health Coaches facilitate wellness workshops utilizing Dr. Sears' Lifestyle, Exercise, Attitude, and Nutrition (LEAN) principles. The L.E.A.N. Start series is a complete wellness program that focuses on sustainable healthy lifestyle changes for the whole family. All workshops include workbooks, recipes, healthy snacks and, interactive activities. L.E.A.N. Expectations is a series of educational seminars that teach those preparing for pregnancy, including expecting and nursing mothers, to care for themselves and their babies. These workshops are a great addition to any worksite wellness program.

CONTACT INFORMATION:

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USDA FOOD AND NUTRITION SERVICE

Our mission at FNS is to increase food security and reduce hunger by providing children and low-income people access to food, a healthful diet, and nutrition education in a way that supports American agriculture and inspires public confidence. Our 15 nutrition assistance programs touch the lives of one in four Americans each year, from infants to the elderly; taken together, these programs comprise American's nutrition safety net, ensuring that no eligible American goes hungry. FNS makes accessibility of nutritious foods for Native American families and those living on Indian Reservations a priority. The USDA My Plate Kitchen website (myplate.gov/myplatekitchen) provides household recipes that can be searched by ingredient, course, nutrition goal, available cooking equipment, or cost. The site allows you to compile favorite recipes into a cookbook that can be downloaded and printed. There are cooking videos too!

THE START SIMPLE WITH MYPLATE APP

This app is a tool to help you meet healthy eating goals one at a time.

Learn more at myplate.gov/startsimTpleapp and take the nutrition quiz to help tailor nutrition goals suitable for you. The App allows you to set daily food goals, see real-time progress, and earn badges along the way.

THE USDA OFFICE OF COMMUNITY FOOD SYSTEMS

website: (<https://www.fns.usda.gov/cfs>) provides fact sheets, resources, and tools for starting a farm-to-school program. It shares information about grants and loans to support your efforts, such as USDA Farm to School Grants. You'll find information about how Native farm-to-school programs are building Tribal school gardens and serving traditional foods in school meal programs. For example, some resources available include:

- **Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Gardens**
- **Gardens in Tribal Communities**
- **Farm to School Planning Toolkit**
- **Local Meat in Child Nutrition Programs**

TEAM NUTRITION

Team Nutrition is an initiative to support child nutrition programs through training and technical assistance. This site includes resources for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

USDA'S FOOD DISTRIBUTION PROGRAM on Indian Reservations (FDPIR) Sharing Gallery (<https://www.fns.usda.gov/fdpir/fdpir-sharing-gallery>) is a source of inspiration and sharing of nutrition education materials, recipes, photos, news, grant opportunities, and other resources.

THE SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)

WIC aims to safe-guard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, breastfeeding guidance, and referrals to health care (<https://www.fns.usda.gov/wic>). Please use the following contact information to learn more about applying for WIC:

<https://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>.

FIND INFORMATION ON ALL OF OUR PROGRAMS AND MORE AT: <https://www.fns.usda.gov/>

CONTACT INFORMATION:



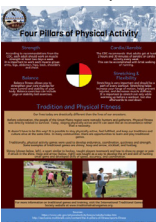
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TRADITIONAL FOOD RESOURCES

GPGHW developed many traditional food resources including: posters, rack cards, and recipe cards. Other materials and presentations on traditional foods are also available. To request an order sheet of all available resources, please contact Shannon Udy.

Great Plains Good Health and Wellness Program Resource Order Form

Publication	Description	Quantity
PSE Change Brochure	This brochure contains the definition of policy, system, and environmental changes and the benefits they have to a community as well as ways to begin PSE changes in your community.	
Feed Your DNA Brochure	Feed Your DNA	
 <p>Could You Have Prediabetes? Brochure</p>	In this brochure discussion topics will cover the difference between prediabetes and type 2 diabetes. The inside pamphlet contains a prediabetes risk test with solutions and next steps if the test suggests prediabetes. Learn the complications of type 2 diabetes and how prediabetes is a chance to change your lifestyle before a type 2 diabetes diagnosis. Contact information on back of brochure can be personalized	
 <p>Bring Back the Tradition of Breastfeeding</p>	In this brochure the benefits of breastfeeding are covered. Learn helpful tips for breastfeeding for mom and baby. Contact information on back of brochure can be personalized.	
 <p>Four Pillars of Physical Activity</p>	Understand the different forms of physical activity and their benefits to the body.	



Tradition and Nutrition Feed Your DNA!

WILD MINT

Wild Mint or Ceyaka, is often infused to make a traditional tea. This tea is sweetened using honey and often used for medicinal purposes. Ceyaka is found growing along creeks and other waterways. Ceyaka is best harvested until mid August. Ceyaka can be utilized while fresh, or dried for later use.

Did you know?
Wild mint can be used to treat colds and upset stomachs.

Great Plains Good Health and Wellness Program | 1770 Rand Road | Rapid City, SD 57702 | (P) 605.721.1922 | (F) 605.721.1932 | gptchb.org



Ceyaka (Mint) Tea

INGREDIENTS:
 1/4 Cup dried crushed Ceyaka
 3 Cups boiling water
 1/2 cup honey
 5 cups ice water

Instructions: Place 3 cups of water in a sauce pan with 1/4 cup dried crushed ceyaka and bring to boil. Once it begins boiling, let boil for 10 minutes or until the water turns a green color. Pour through strainer (to separate loose ceyaka) into pitcher and stir in honey. Add ice water and serve.

Nutritional Information: Calories 63.8, Total Fat 0.0g, Sodium 5.6g, Total Carbohydrates 17.3g, Protein 0.1g.

Great Plains Good Health and Wellness Program | 1770 Rand Road | Rapid City, SD 57702 | (P) 605.721.1922 | (F) 605.721.1932 | gptchb.org

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PHYSICAL ACTIVITY RESOURCE & TRAINING

PHYSICAL ACTIVITY KIT (PAK) TRAINING

The PAK is based on best and promising practices to increase physical activity. The PAK toolkit can be used in schools, communities, worksites, Head Start programs, elderly centers, and youth programs. The goal of the PAK is to increase the time American Indians and Alaskan Natives spend in medium to high physical activity for all ages across the lifespan.

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DAKOTA AND LAKOTA TRADITIONAL GAMES RESOURCE GUIDE

Easily used, these flip cards are intended for families who are camping, teachers in classrooms, tribal programs, parks employees, or museum presenters. Play is the highest form of joy. The games bring values from the old tribal cultures:

- **Honoring the person who gave the most challenge.**
- **Respecting your competitors.**
- **Having courage, persistence, and skill.**
- **Being humble even when winning.**

You can find the guide online at <https://extension.sdstate.edu/sites/default/files/2019-11/P-00137.pdf>.

CONTACT INFORMATION:

Kimberly Cripps Kimberly.cripps@sdstate.edu
605.688.4440

SOUTH DAKOTA WORKWELL

Worksite wellness is a growing practice that provides employers and their employees with information to encourage healthy habits and prevent chronic diseases. The South Dakota Department of Health and WorkWell is here to provide resources for South Dakota employers to implement policy and environmental changes that will ultimately improve employee health and affect the company's bottom line. We are here to provide technical assistance to employers and increase the number of businesses that maintain an active workplace wellness program. The Office of Chronic Disease Prevention and Health Promotion offers various funding opportunities to assist organizations working to reduce the burden of chronic disease in SD throughout the year.

CONTACT INFORMATION:

Enid Weiss eweiss@bhssc.org
605.868.8118



LIVING HEALTHY WORKS.
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

FIT & STRONG (F&S)

Fit, and Strong is an evidence-based physical activity/behavior change intervention successfully implemented in multiple community-based settings across South Dakota. F&S blends a multiple component exercise program (aerobic, muscle strengthening, and flexibility) with group problem solving & education. Trained leaders offer the program throughout 8-or-12-weeks. F&S is also offered virtually in an at-home setting, allowing participation in the program across the state. To learn more about bringing F&S to your community or to learn more about upcoming workshops, visit <https://extension.sdstate.edu/fit-strong>.



WALK WITH EASE

Walk With Ease (WWE) is an evidence-based walking program implemented for 6-weeks. The program has been shown to reduce pain and improve overall health in program participants. WWE is offered in two different formats 1) Group-Led, in-person sessions with trained, CPR Certified leaders or 2) Self-guided (virtual) where individuals engage in self-study lessons and connect online with a group of people to practice how to walk safely and comfortably. If participants can be on their feet for 10 minutes without increased pain, they can succeed with WWE. To learn more about bringing WWE to your community or to learn more about upcoming workshops, visit: <https://extension.sdstate.edu/walk-ease>.



SDDOH WORKSITE PHYSICAL ACTIVITY MODEL POLICY

The Worksite Physical Activity Model Policy provides a framework to encourage and support employee physical activity and create a worksite culture that supports health and total well-being. Download the South Dakota Department of Health model policy at www.goodandhealthysd.org/workplaces/policies.

CONTACT INFORMATION:

Nikki Prosch Nikki.prosch@sdstate.edu

605.688.6409

Register at: 1.888.484.3800

TOBACCO EDUCATION RESOURCES & TRAINING

BASIC TOBACCO CESSATION FOR NATIVE COMMUNITIES

This accredited certification program teaches interventions emphasizing the use of commercial nicotine products used in Native American communities. The program offers culturally responsive treatment strategies to assist native peoples dependent on nicotine products. Certification candidates receive adapted multimodal educational tools specific to Native American health.

CONTACT INFORMATION:

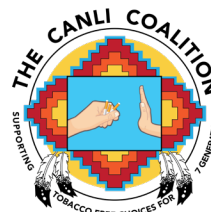
Richard Mousseau Richard.mousseau@gptchb.org
605.721.1922

TRIBAL TOBACCO ADVOCACY TOOLKIT

The Canli Coalition of the Cheyenne River Sioux Tribe has created an online toolkit containing tips on educating a tribal community or American Indian population on the dangers of commercial tobacco use and advocating for tobacco policy. The toolkit contains different topic areas such as coalition building, collecting and sharing data, educating the community, and draft policies. You can find the toolkit at www.findyourpowersd.com/toolkit

CONTACT INFORMATION:

Rae O'Leary Rae.oleary@mbiri.com
605.964.1260



HEALTHCARE SYSTEMS CESSATION AND TOBACCO-FREE POLICIES

To help make cessation and tobacco-free environments a priority for healthcare facilities, the South Dakota Department of Health developed Healthcare Systems Strategies for Tobacco Cessation and Healthcare System Model Tobacco-Free Policy.

Download these resources at: www.goodandhealthysd.org/healthcare/practice-guidelines.

TOBACCO-FREE NEBRASKA

Tobacco-Free Nebraska (TFN) is the state's comprehensive tobacco prevention program that works to:

- **Help people quit,**
- **Eliminate exposure to secondhand smoke,**
- **Keep youth from starting,**
- **Reach underserved populations.**

The movement includes many partners across the state.

Call 1-800-QUIT-NOW <http://dhhs.ne.gov>

SDDOH PROF (PROGRAMS AND RESOURCE ONLINE FACILITATOR)

The South Dakota Department of Health provides an online training platform designed to educate health professionals on the South Dakota QuitLine, how to talk to tobacco users, and ways to refer patients to the QuitLine. Visit www.dohprofsd.org to access the South Dakota QuitLine training and additional modules in other chronic disease areas.

SDDOH TOBACCO FUNDING OPPORTUNITIES

The South Dakota Tobacco Control Program provides grant funding for school and community tobacco prevention and control efforts and disparities-based tobacco prevention and control activities. Learn more about these funding opportunities at <http://doh.sd.gov/tobacco> or www.goodandhealthysd.org/fundingopportunities

CONTACT INFORMATION:

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605.773.3737

SDDOH TOBACCO CONTROL PROGRAM

This program coordinates statewide efforts to prevent tobacco use initiation among youth and young adults, promote quitting among adults and youth, eliminate exposure to secondhand smoke and identify and eliminate tobacco-related disparities. Key initiatives include promoting the SD QuitLine and tobacco-free buildings and grounds policies in K-12 schools, post-secondary institutions, parks, outdoor venues, and multi-unit housing. You can find more information at befreesd.com. South Dakota QuitLine 101 training and quarterly webinars for health professionals are available at sdquitline.com/training. Tobacco toolkits have resources to implement, promote and enforce tobacco policy work in tribal communities and schools at www.findyourpowersd.com.

CONTACT INFORMATION:

Kacee Redden Kacee.redden@state.sd.us
605-367-7025

QUITLINE FOR

IOWA

Iowa is a toll-free, statewide tobacco cessation telephone counseling hotline. Trained counselors provide callers with information about the health consequences of tobacco use, assistance in making an individualized quit plan, and ongoing support through optional follow-up calls. Call 1-800-QUIT-NOW
<https://iowa.quitlogix.org/>

NEBRASKA

Here you'll find several free tobacco cessation programs to help you quit and stay quit - your way. There is more than one way to quit tobacco—no single method of leaving works for everyone. NDQuits offers several free options so you can find the way that works best for you. All NDQuits services include free counseling, advice and support, and free nicotine replacement products for those who qualify. Call 1.800.QUIT.NOW
<https://ndquits.health.nd.gov/get-started/enroll-online/>

GPTLHB TOBACCO RESOURCES

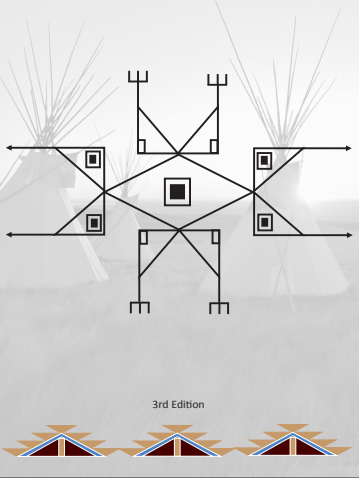
No Smoking Signs in Lakota, Dakota and HoChunk (Winnebago), with original artwork.

PLEASE CONTACT:

Shannon.udy@gptchb.org



SACRED WILLOW



Sacred Willow, 3rd Edition.

Updated with biological information, propagation and gathering instructions.

Targeted towards the Lakota and Dakota Tribes.

Posters and handouts relating to the economic impacts of smoking, e-cigarettes and harvesting cansasa.

Hand held fact cards on 2nd hand smoke, 3rd hand smoke, economic impacts, and traditional tobacco vs. commercial tobacco.

PLEASE CONTACT:

m.lendshishorse@gptchb.org to design for your tribe and your traditional tobacco.

Tobacco Fact Sheet E-Cigarettes

Keep Tobacco Sacred, Honor Your Health, Honor Your Nation

What are Electronic Cigarettes?

Electronic cigarettes, also known as e-cigarettes or vapor cigarettes, are battery-operated devices that resemble traditional cigarettes. However, instead of burning tobacco, they generally contain cartridges filled with nicotine and other chemicals. When the e-cigarette is used, the liquid chemicals in the cartridge are turned into a vapor or steam that is inhaled by the smoker.

Among all of the alternative tobacco products, e-cigarettes are the least regulated. They have no warning labels and can be sold to people of any age. The FDA has not approved e-cigarettes as a way to quit smoking. People with cancer who want to quit smoking should use approved quitting methods.

According to one analysis by the U.S. Food and Drug Administration (FDA), the tobacco solution used in e-cigarettes contains a toxic chemical found in antifreeze and several cancer-causing chemicals, such as nitrosamines. Little more is known about the types or concentrations of chemicals, including nicotine, in e-cigarettes. However, the chemicals in e-cigarettes, the potential harmful effects, and the addictiveness vary based on the brand.

Most e-cigarettes are manufactured to look like conventional cigarettes,

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Harvesting and Preparation of Cansasa

Green colored counties are the distribution map of recent findings of cansasa. Please note that it may be found in counties that are white, many counties in the state are not surveyed.

It is called "red-willow" because its bright red color that is the color of the people's skin.

Green colored counties are the distribution map of recent findings of cansasa. Please note that it may be found in counties that are white, many counties in the state are not surveyed.

Way to gather cansasa is during winter time, after the last thunder or before the thunder between the months of December and March is when the sap is in the roots and when cansasa is gathered, it should be offered tobacco and a prayer if you are going to use it in the pipe. In some tribes, they hold harvest ceremonies for their tobacco.

It is found along the creek beds with the trees. It is a deep red. Elders have said that it got its color from the people's skin, so it would be easy to find. When cut properly the root will be left intact, then cut, it destroys the plant and won't grow back. Only the bigger branches are to be cut, the smaller ones can grow to be cut later.

Gathering cansasa is a great way to bring those you love together. It allows peers to work together to form a bond. In past times, cansasa was harvested by certain people so it was protected. It was passed down by females, and men were instructed how to pick cansasa and how to prepare it.

In their monthly cleansing (menstruation cycle) should not be around cansasa or all things made from it.

Commercial Tobacco Will Cost You

Hechel Oyate Kin Nipi Kte "So that the People May Live"

Your Health!	Your Check Book!
<p>43.8% of American Indian/Alaska Native (AI/AN) adults reported current use of commercial tobacco in 2013.</p> <p>Cardiovascular disease is the leading cause of death among AI/AN.</p> <p>Lung cancer is the leading cause of cancer deaths among AI/AN.</p> <p>Smokers are at a higher risk of developing diabetes.</p> <p>400,000 deaths in a year are attributed to smoking.</p>	<ul style="list-style-type: none"> One pack a day for an entire year is the same amount as a trip for one person to go to Disney World! Smoking-related illness costs more than \$300 billion each year. Direct medical care for adults costs \$170 billion each year. \$5.6 billion in lost time at work due to secondhand smoke exposure. Smokers take up the cost of insurance premiums that affect all non-smokers.

The tobacco industry targets our AI/AN populations by using our culture, art and names that attract our people by making us think its spiritual and all natural.

KEEP TOBACCO SACRED!

Great Plains Good Health and Wellness Program
1770 Rand Road | Rapid City, SD 57702 | (605) 721.1922 | (605) 721.1922 | gptchb.org

3rd Hand Smoke

www.gptchb.org

Thirdhand smoke is generally considered to be residual nicotine and other chemicals left on a variety of indoor surfaces by tobacco smoke. This residue is thought to react with common indoor pollutants to create a toxic mix. This toxic mix of thirdhand smoke contains cancer-causing substances, posing a potential health hazard to nonsmokers who are exposed to it, especially children.

<http://forbabysakesd.com/>

Traditional Tobacco vs Commercial Tobacco

www.gptchb.org

Commercial Tobacco Fact: There are more than **7,000** chemicals in cigarette smoke. More than 70 of those chemicals are linked to cancer.

Traditional Tobacco Fact: Redwillow grows all over the Great Plains near water and has multiple medicinal uses.

COMMUNITY HEALTH DEPARTMENT PARTNER RESOURCES

Over the years, the Community Health Department has partnered with several regional entities, including universities, hospitals, and other non-profit institutes. The following pages highlight the resources and training offered by our partners in the Great Plains region.

CENTER FOR HEALTH OUTCOMES AND PREVENTION RESEARCH

CHOPR's role is part facilitator, part researcher, and part program manager. Services that CHOPR offers include:

- Designing evaluations to determine whether a program has intended impacts.
- Creating data collection forms, procedures, and databases to capture and store data.
- Recommendations of ways programs can improve service delivery, program effectiveness, and efficiency.
- Modification of data collection materials for cultural and linguistic appropriateness. Creation of needs assessments and implementation in diverse settings.
- Development of logic models, data analysis, and result presentations or reports.

CONTACT INFORMATION:

Center for Health Outcomes And Prevention Research

Sanford Research

2301 E. 60th St. North

605.312.6200

DenYelle Kenyon denyelle.kenyon@sanfordhealth.org

Jessica Hanson jessica.hanson@sanfordhealth.org

CONTACT INFORMATION:

OHC Special Diabetes Program for Indians

Beverly Grimshaw Beverly.grimshaw@ihs.gov

SDPI Program Director

605.719.4049

SOUTH DAKOTA DEPARTMENT OF HEALTH

Good & Healthy South Dakota, created by the South Dakota Department of Health Office of Chronic Disease Prevention and Health Promotion, offers a wide array of programs and services to help all South Dakotans make the healthy choice the easy choice. Free chronic disease prevention and health promotion educational materials are available to order online at doh.sd.gov/catalog. Other information, including upcoming events, critical data, success stories, and model policies, can be found at goodandhealthysd.org.



CONTACT INFORMATION

605.773.3361

AMERICAN INDIAN CANCER FOUNDATION

The American Indian Cancer Foundation (AICAF) works to eliminate the cancer burdens of Native people through improved access to prevention, early detection, treatment, and survivor support. AICAF strives to partner with tribal and urban community members, leaders, healthcare providers, and others, working toward effective and sustainable cancer solutions. Through health systems partnerships, community education and outreach, and research, AICAF engages Native populations in discovering their own cancer best practices.

AICAF's three strategies are to:

- Bring attention to Indigenous cancer burdens and solutions
- Advance capacity through training, technical assistance, and culturally tailored resources
- Increase the availability of reliable Native-focused cancer data and solutions

CONTACT INFORMATION:

Melissa Buffalo mbuffalo@aicaf.org
MS, Deputy Director

Chris Johnson cjohnson@aicaf.org
MA, Prevention and Policy Manager



COLLABORATIVE RESEARCH CENTER FOR AMERICAN INDIAN HEALTH (CRCAIH)

CRCAIH holds an annual summit on American Indian Health Research that brings stakeholders together to plan, train, and disseminate ongoing projects. They also have a yearly research pilot grant funding mechanism open to all organizations. Research divisions of CRCAIH include pediatric asthma, living kidney donation, and emergency department utilization. Their Community Engagement and Innovation Division engages community stakeholders in developing health and research priorities lists and offering feedback on outreach activities and research findings.

CONTACT INFORMATION:

info@crcaih.org
www.crcaih.org
605.312.6232



GREAT PLAINS QUALITY INNOVATION NETWORK (QIN)

Great Plains QIN currently provides services to the Centers for Medicare & Medicaid Services (CMS) under the Quality Improvement Organization (QIO) program in North Dakota and South Dakota. Individuals receiving care, community leaders, and healthcare professionals are at the table, working together to make healthcare more accessible, safer, and more affordable. Great Plains QIN also partners with Indian Health Service hospitals under the Partnership to Achieve Tribal Health, another CMS-funded program. Great Plains QIN's team of quality experts offers technical assistance and shares best practices, tools, and success stories. Education and training are offered, free of charge, utilizing data to drive improvement. Great Plains QIN's vision is to make health in our region the best in the nation through collaboration and partnership. To learn more, visit www.greatplainsqin.org. Team members and their contact information can be found under "About Us" and "Who We Are."

GREAT PLAINS TRIBAL EPIDEMIOLOGY CENTER (GPTEC)

GPTEC is just one of 12 partner tribal epidemiology centers funded by the Indian Health Service's Division of Epidemiology and Disease Prevention to assist in improving the health of American Indians and Alaska Natives throughout the United States. GPTEC provides various services, including training, technical assistance, and capacity-building to its partners by its funded projects and in other cases to the extent possible.

These services focus on a variety of areas, most specifically:

- Data collection, analysis, and dissemination
- Evaluation (including plans, methodologies, and parameters)
- Systems connections, partnership-building, and other collaboration.
- To learn more about GPTEC, please visit gptec.gptchb.org.

CONTACT INFORMATION:

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605.721.1922

NORTHERN PLAINS HEALTHY START PROGRAM

Healthy Start has Community Health Workers serving moms and children in the South Dakota communities of Crow Creek, Flandreau, Sisseton-Wahpeton, and Standing Rock and the North Dakota communities of Fort Berthold Spirit Lake Standing Rock, and Turtle Mountain.

Moms in these communities can receive case management services; home visiting; prenatal, parenting, and life skills education; depression and intimate partner violence screenings and referrals; breastfeeding classes and support, as well as developmental screenings and referrals for their children. Families enrolled in the Healthy Start program have opportunities to earn valuable assets such as portable cribs, car seats, clothing, infant care supplies, diapers, and more through their participation in Healthy Start's many educational opportunities.

CONTACT INFORMATION:

Crow Creek
Becky Diehm
605.840.4498

Standing Rock
Marlo Free
605.823.2574

Sisseton Wahpeton Oyate
Jessica Eagle
605.924.6511

Pine Ridge
Amanda Bannan
605.867.1704 ext 208

Spirit Lake Nation
Tara Fox
701.766.4472

Turtle Mountain
Valentina Lafountain
701.477.5778

General Information
Monta Little Soldier, Rapid City—Central Office
605.721.1922

Linda Little Field, Rapid City – Central Office
605.721.1922

NATIONAL NATIVE NETWORK

The mission of the National Native Network is to enhance the quality and performance of public health systems to reduce commercial tobacco-related illnesses and cancer disparities among American Indian and Alaska Native populations.

Visit their website for more information at:
<https://keepitsacred.itcmi.org/>.



CONTACT INFORMATION:

nnn@itcmi.org

SOUTH DAKOTA STATE UNIVERSITY EXTENSION

Our organization recognizes that environmental change needs to be brought about through a process of community dialogue, community decision-making, and community action. This fosters making the healthy choice an easy choice for individuals. SDSU Extension utilizes community-based Wellness Coalitions on American Indian reservations and urban populations in South Dakota to prevent and reduce the obesity of children, youth, and their families. The Wellness Coalitions, facilitated by SDSU Extension or their partnership contractors, are conducting community needs assessments to engage the local community in selecting and implementing community strategies and related activities. Example strategies for these communities and other communities who are also interested in this work will include, but are not limited to:

- **Promote access to fruits and vegetables**
 - Farm to School
 - School & Community Gardens
 - Farmer's Markets
 - Training & Outreach in Food Production, through beginning farmer/rancher workshops or home and commercial gardens
 - Food Safety and Preservation
- **Increase healthy behaviors such as consumption of healthy food and beverages**
 - Harvest of the Month
- **Healthy Concessions/Healthy Vending (Schools, Recreation Facilities)**
 - Worksite Wellness
 - Increased consumption of healthy traditional foods in American Indian communities
- **Provide access to physical activity opportunities**
 - Integration of traditional games into community/schools/youth programs
 - Development of community fitness zones
 - Worksite Wellness
- **Walkability**
- **Master of Public Health Program**
 - Working in partnership with tribal communities in South Dakota and the Great Plains region, faculty and grad students can serve as resources in public health research, program development, data analysis, and program evaluation.

Utilizing this community-based approach allows the Wellness Coalition and communities to have ownership over the activities they select, which will result in tremendous success and sustainability. The core of this program is a collaborative of organizations and individuals interested in food production, food sovereignty, chronic disease prevention, and overall health and nutrition. Extension offices and partners in each area will work with these coalitions to design Program outreach and resource development by local goals. Visit SDSU Extension's website at <https://extension.sdstate.edu>

CONTACT INFORMATION:

Michelle Tjeerdsma Michelle.tjeerdsma@sdstate.edu
605.688.4038

BLACK HILLS CENTER FOR AMERICAN INDIAN HEALTH

Founded in 1998 in Rapid City, South Dakota, BHCAIH works in collaboration with American Indian Tribes and tribal communities in researching to better educate our people on an array of health issues, including cancer, tobacco control, and heart disease.

Visit their website for more information at <http://www.bhcaih.org/home.html>.



WE ARE WARRIORS EMERGENCY OPERATIONS AND TRAINING CENTER

The We Are Warriors Emergency Operations and Training Center established by the GPTLHB, with the assistance of Team Rubicon, serves as an Emergency Operations Center (EOC) for 18 tribal nations across a four-state region, and provide training on disaster mitigation to individuals from these areas. The EOC also develops and implements culturally responsive public health emergency management plans and procedures in support of Great Plains Area tribal communities. Located within the GPTLHB central office in Rapid City, the We Are Warriors EOC is staffed with public health experts from within, the GPTLHB community health and epidemiology programs, and the Oyate Health Center.

CONTACT INFORMATION

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605-719-5402

