

# Sacred Life

Wiconi Wakan



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## MEET OUR NEWEST TRIBAL PARTNERS

Happy New Year!

The Great Plains Good Health and Wellness (GPGHW) program is pleased to announce our newly awarded Tribal Partners for our most recent funding opportunity Good Health and Wellness in Indian Country (GHWIC) through the Centers of Disease Control and Prevention (CDC). Congratulations to the Santee Sioux Tribe Health and Wellness Center, The Oyate Teca Project (Oglala Sioux Tribe), Winnebago Comprehensive Health Care System (Winnebago Tribe of Nebraska), Missouri Breaks Industries Research, Inc. (Cheyenne River Sioux Tribe) and the Spirit Lake Tribe! The awarded programs will plan and implement community-driven and culturally adapted policy, system, and environmental (PSE) and community clinical linkages strategies to; prevent obesity, prevent and control commercial tobacco use, support type 2 diabetes prevention and support heart disease and stroke prevention. Strategies such as increased purchasing of healthy foods, increased breastfeeding, reducing the prevalence of commercial tobacco use, reducing the incidence of type 2 diabetes are designed to help reduce the burden of chronic disease and improve health in the Great Plains Tribal communities. We are very excited and honored to be working with these programs! Please see the next page for more details on each program.

In good health,  
The GPGHW Team

# Great Plains Good Health & Wellness Awards Five Tribes

## Winnebago Comprehensive Healthcare System



The Winnebago Public Health Department (WPHD) has been honored by being selected for the Great Plains Good Health and Wellness program award. In previous awards, we have been able to focus on Diabetes, but this grant allows us to focus on pre-diabetes as well as chronic disease management with a case manager. Chronic disease management has been identified through our Community Health Assessment as an area that we are lacking. A Chronic Case Manager will allow our department to follow up with the screenings that our CHR's conduct and refer those individuals to the correct available resources. Creating a team based approach is necessary in order to combat chronic disease in our community.

## Oyate Teca Project



The Oyate Teca Project, based out of Kyle, SD, has been growing fresh vegetables for some time. The project has partnered with Running Strong for American Indian youth and launched the farmer's market, offering gardening classes, food safety classes and does accept EBT/SNAP benefits. The project has successfully implemented policy, system, and environmental (PSE) strategies, and to further these goals, they will be purchasing refrigeration units to provide locally grown vegetables from the program garden to outlying businesses and communities not able to access the farmer's market.



## Santee Health & Wellness Center



The Santee Health & Wellness Center's project will utilize PSE goals and objectives that will improve tribal food and beverage systems by implementing a Culinary Health Education and Fitness (CHEF) program to prevent obesity, create a home-based chronic disease management program to support heart disease and stroke prevention, and advance sidewalks within the community to improve land use design and encourage physical activity. In addition, the project will focus on linking community resources and clinical services to emphasize support, prevention, and detection by developing culturally relevant materials using social media, visual education, and other educational tools and communication strategies.

## Missouri Breaks

MISSOURI BREAKS  
*Creating Opportunities for Health*



Missouri Breaks will capitalize on previous success related to tobacco policy and expand the Canli Coalition's public health model to healthy food and beverages, breastfeeding, and diabetes. Our primary initiative is to advocate for a Health Code for the Cheyenne River Sioux Tribe that comprehensively addresses threats to our populations health. We will also advocate for businesses and schools to adopt healthy food and beverage policies and breastfeeding policies. To accompany our policy advocacy and raise community awareness on chronic disease prevention, we will coordinate a community-based media campaign relevant to our Lakota culture.

## Spirit Lake



The Spirit Lake Tribe Special Diabetes Program for Indians is dedicated to those who have lost the battle with diabetes, to those who are fighting the battle, and to those who are fighting to prevent this disease. The Good Health & Wellness grant gives us the opportunity to provide more services such as offering Diabetes Prevention Program (DPP) classes. We now also have the effort to fight obesity by developing a healthy food initiative at business meetings and community events. With the critical health issues and needs identified by our Comprehensive Community Assessment, Good Health & Wellness will provide insight for our overall project goal.



# The Journey of Evaluation

Hello, my name is Stella Zimmerman, founder of ACET, Inc. We have had the honor of working with the Great Plains Good Health & Wellness (GPGHW) Program as the external evaluator since the first funding cycle from the Center for Disease Control and Prevention (CDC) in 2014. Thank you for inviting us to contribute to the first issue in 2020.



## Evaluation: What Is It?

Evaluation is a process used to create knowledge and capture the journey of your GPGHW-funded projects, from planning to implementation and reporting.



Icon made by Eucalypt from www.flaticon.com.



## Evaluation: Why?

In reflecting on the values and principles shared in the Indigenous Evaluation Framework,<sup>1</sup> evaluation allows the opportunity for those involved to embark on a journey of learning. The balance created between implementation and evaluation ensures we learn, improve, and strengthen programs to better serve communities.



## Evaluation: How?

We work in collaboration with GPGHW-funded projects to develop an evaluation plan tailored to project goals. We can also assist in designing data-collection tools that are culturally valid and relevant to the needs of your project; identifying strategies to analyze data; and using feedback your project collected to improve the GPGHW program.

We offer evaluation webinars, provide one-on-one technical assistance, and create resources to help measure progress, prepare success stories, and use feedback collected to make improvements. The ACET team looks forward to working with you on your project.

<sup>1</sup> LaFrance, J., & Nichols, R. (2009). Indigenous evaluation framework: Telling our story in our place and time. Alexandria, VA: American Indian Higher Education Consortium.

### Great Plains Good Health & Wellness Community Health Webinar Series

SD Department of Health & American Heart Association

Presented by: Rachel Sehr & Chrissy Meyer

February is American Heart Month! Did you know that every 40 seconds someone in the U.S. has a heart attack or stroke? Learn more about how you can identify your risks and take small, simple steps to improve your heart and brain health.

Great Plains Good Health and Wellness  
**COMMUNITY HEALTH WEBINAR SERIES**  
SOUTH DAKOTA DEPARTMENT OF HEALTH & AMERICAN HEART ASSOCIATION

American Heart Association  
SOUTH DAKOTA DEPARTMENT OF HEALTH

For more information contact:  
Health Educator Julie Nelson  
Julie.nelson@gptchb.org  
605-721-1922 x 117

PRESENTED BY: RACHEL SEHR & CHRISSEY MEYER

February is American Heart Month! Did you know that every 40 seconds someone in the U.S. has a heart attack or stroke? Learn more about how you can identify your risks and take small, simple steps to improve your heart and brain health.

TO ACCESS WEBINAR:  
https://zoom.us/j/780087140?pwd=dThDM2ZuVFpUaEpQZ0kvY1RMQSt2UT09  
Dial by your location:  
+1 929 436 2866 US  
Meeting ID: 780 087 140

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For more information contact:

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Julie.nelson@gptchb.org  
605-721-1922 x 117

TO ACCESS WEBINAR:  
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Dial by your location:  
+1 929 436 2866 US  
Meeting ID: 780 087 140




# UPCOMING EVENTS

## Good Health & Wellness Program Community Health Webinar

Healthy Living: Heart Disease & Stroke  
Feb. 12, 2020 @ 1 PM  
Presented by: American Heart  
Association & SD Department of Health

### TO ACCESS WEBINAR:

 [https://zoom.us/  
j/780087140?pwd=dThDM2Zu-  
VFpUaEpQZ0kvY1RMQSt2UT09](https://zoom.us/j/780087140?pwd=dThDM2Zu-VFpUaEpQZ0kvY1RMQSt2UT09)

 Dial by your location:  
+1 929 436 2866 US

 Meeting ID:780 087 140

Save the Date for future webinars:  
March 11, 2020 @ 1 PM  
*Presented by: American Indian Cancer  
Foundation*  
April 08, 2020 @ 1 PM

## 1st Annual Lakota Food Summit by Lakota Food Sovereignty Coalition

February 18-20th, 2020  
Holiday Inn- Rushmore Plaza  
Rapid City, South Dakota

This is the first ever Lakota based food summit, focused on Lakota traditions, culture, food sovereignty and community education.

This summit is proud to have a wide variety of topics and sessions for attendees to choose from, as well as vendors\* and hands on learning. Topics range from traditional plants, soils, and high tunnels to honey farming and nutrition. Speakers include Keynote Speaker Elsie Meeks and Sean Sherman, Sioux Chef.

To see more details and a full schedule of the event go to: <https://sfrelsi.wixsite.com/lakotafoodsummit>

For any questions regarding this event contact us at: [dianne@thundervalley.org](mailto:dianne@thundervalley.org)

## 2020 Tribal Public Health Conference

The Southern Plains Tribal Health Board and 7th Generation have announced their 2020 Tribal Public Health Conference entitled 'Reclaiming Healthy Narratives in Indian Country'. For more information about the 2020 Tribal Public Health Conference, please visit <https://www.tphconference.org>.

When: April 14-16, 2020

Where: Durant, Oklahoma



## Less Than 61 Days until the 2020 Annual National Tribal Public Health Summit



### Register by February 14 for Early Bird Rates!

Join NIHB at the 11th Annual National Tribal Public Health Summit (TPHS) on March 17-19, 2020 in Omaha, NE. This premiere Indian public health event attracts over 500 public health professionals, elected leaders, advocates, researchers, and community providers. This event features dynamic national speakers, interactive presentations, a welcoming reception, a fitness event, networking opportunities, an exhibit hall and marketplace, local host activities, and the presentation of the Native Public Health Innovation Awards.

Learn more or register today on the conference website. Discounted early bird rates end February 14!

## Save The Date! March 24, 2020

Our friends with the Canli Coalition on the Cheyenne River Sioux Reservation have been doing grassroots tobacco prevention work for some time. We wanted to be sure you were made aware of a great training opportunity they are offering for tribal communities in regards to tobacco policy, systems and environmental changes. The Canli Coalition's Tribal Tobacco Toolkit Training will be March 24th in Mitchell, SD (registration coming soon) in conjunction with the SD Spring Tobacco Institute on March 25th. Both will be free trainings!



# FUNDING AND OPPORTUNITIES

## Planning and Developing Infrastructure to Promote the Mental Health of Children, Youth and Families in American Indian/Alaska Natives (AI/AN) Communities

**Deadline: March 9, 2020**

Agency: Substance Abuse and Mental Health Services Administration (SAMHSA)

**Link:** <https://www.samhsa.gov/grants/grant-announcements/sm-20-010>

Description: The purpose of this program is to provide tribal and urban Indian communities with tools and resources to plan and design a holistic, evidence and community-based, coordinated system of care to support mental health for children, youth, and families. These grants are intended to increase the capacity and effectiveness of mental health systems serving AI/AN communities. Circles of Care grant recipients will focus on the need to reduce the gap between the need for mental health services and the availability of such services for the target population. The program has a strong emphasis on cross-system collaboration, inclusion of family, youth and community resources, and cultural approaches.

**Point of Contact: Program Issues** - Amy Andre, [amy.andre@samhsa.hhs.gov](mailto:amy.andre@samhsa.hhs.gov)  
**Grants and Budget Issues** - Corey Sullivan, [FOACMHS@samhsa.hhs.gov](mailto:FOACMHS@samhsa.hhs.gov)

## HRSA Rural Health Care Coordination Program Grant

**Deadline: Thursday, March 12, 2020**

The Health Resources and Services Administration (HRSA) is accepting applications for fiscal year (FY) 2020 Rural Health Care Coordination Program. The purpose of this program is to support rural health consortiums aiming to improve access and quality of care through application of care coordination strategies with the focus areas of collaboration, leadership and workforce, improved outcomes, and sustainability in rural communities.

The FY 2020 President’s Budget does not request funding for this program. This notice is a contingency action taken to ensure that, should funds become available for this

purpose, HRSA can process applications and award funds in a timely manner. It should be noted that this program may be cancelled prior to award. Read more at: <https://hab.hrsa.gov>

## South Dakota Tobacco Control Program Disparities Grant

**Closes: March 27, 2020**

The purpose of the Disparities Grant Program is to promote long-term change aimed at reducing disparate tobacco use among the following SD TCP priority populations: youth and young adults, American Indians, pregnant women, Medicaid clients, smokeless tobacco users, and the behavior health populations. Full descriptions of each priority population can be found in the Priority Population Guidelines, located on <https://befreesd.com/about-us/priority-populations/overview/>.

Disparities grants are awarded to local governmental and non-profit community-based organizations, coalitions, and groups that support the mission of the SD TCP. Examples include, but are not limited to, youth groups, schools, post-secondary institutions, civic associations, service clubs, healthcare organizations, faith-based organizations, parent groups, neighborhood associations, and local community coalitions.

Contact [Kacee.Redden@state.sd.us](mailto:Kacee.Redden@state.sd.us) for more information.

## South Dakota Tobacco Control Program Community School Partnership Grant

**Closes: March 27, 2020**

The SD-TCP is committed to helping develop community/school-based programs designed to encourage, promote and support tobacco-free lifestyles. The purpose of the Community/School Partnership Grant is to support local community/school-based efforts, promote implementation of the South Dakota Tobacco Control State Plan, and foster collaboration among organizations across the state to ultimately reduce the toll of tobacco use in South Dakota. The purpose of the Community/School

Partnership grant program is to link community/school tobacco prevention and control efforts in order to achieve maximum impact. Partnership efforts must be led by both community/school representatives and must implement activities that impact both local school districts and the community-at-large.

Contact your Regional Coordinator for more Information.

## South Dakota Tobacco Control Program Regional Contacts

### Southeast Region

**Hilary Larsen**  
605-444-6341  
[h.larsen@voa-dakotas.org](mailto:h.larsen@voa-dakotas.org)

### Northeast Region

**Ashley Heyne**  
605-276-5104  
[AHeyne@bhssc.org](mailto:AHeyne@bhssc.org)

### Central Region

**Elizabeth Bye**  
605-494-3616  
[EBye@bhssc.org](mailto:EBye@bhssc.org)

### Western Region

**Joan Lindstrom**  
605-394-5120  
[jlindstrom@bhssc.org](mailto:jlindstrom@bhssc.org)



# FEBRUARY IS AMERICAN HEART MONTH



## Join Together To Protect Your Heart and Celebrate February as American Heart Month

**H**eat disease is a leading cause of death in the United States. Most middle aged people (90 to 95 percent) and young adults (75 to 80 percent) have one or more risk factors for heart disease,

### American Heart Month

- February •

such as diabetes, high blood pressure, or high blood cholesterol, or being a smoker or overweight. Having more than one risk factor increases your risk for heart disease much more than having just one.

**D**id you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful meeting our health goals when we join forces with others.

**H**ere are some facts, how-to tips, and resources to inspire you to join with others to improve your heart health.

#### Why Reaching Out Is Good

Having positive, close relationships and feeling connected with others benefits our overall health, including our blood pressure

and weight. Having people in our lives who will motivate and care for us helps, but having feelings of closeness and companionship helps our health too.

Making the following heart healthy lifestyle changes will be easier and more successful if you work with other motivated people:

- **Get physically active.**
- **Achieve a healthy weight and maintain it.**
- **Eat heart healthy foods.**
- **Quit smoking.**

You don't have to make big changes all at once. Small steps will get you where you want to go.

#### Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- **Ask a colleague to walk with you on a regular basis, put the date on both your calendars, and text or call to make sure you both show up.**

- **Join an exercise class at your local community center and bring a neighbor along. Carpool to make it a regular date.**

- **Grab your kids, put on some music, and do jumping jacks, skip rope, or just dance.**

- **Make your social time active and encourage everyone—family and friends alike— to think of fun things that get you off the couch and moving.**

**T**he Cardiac Ready Community (CRC) Program works to educate, equip, and empower local community members to be better prepared and more confident in helping someone experiencing a cardiac event prior to the ambulance arriving. Please share this video series (CRC Hope, CRC Achievable, CRC Fear) with anyone interested in starting a community team to work toward CRC designation! Reach out to Megan Hlavacek at [Megan.Hlavacek@state.sd.us](mailto:Megan.Hlavacek@state.sd.us) with questions or interested contacts.



#### THROUGH WITH CHEW WEEK

Feb. 16-22

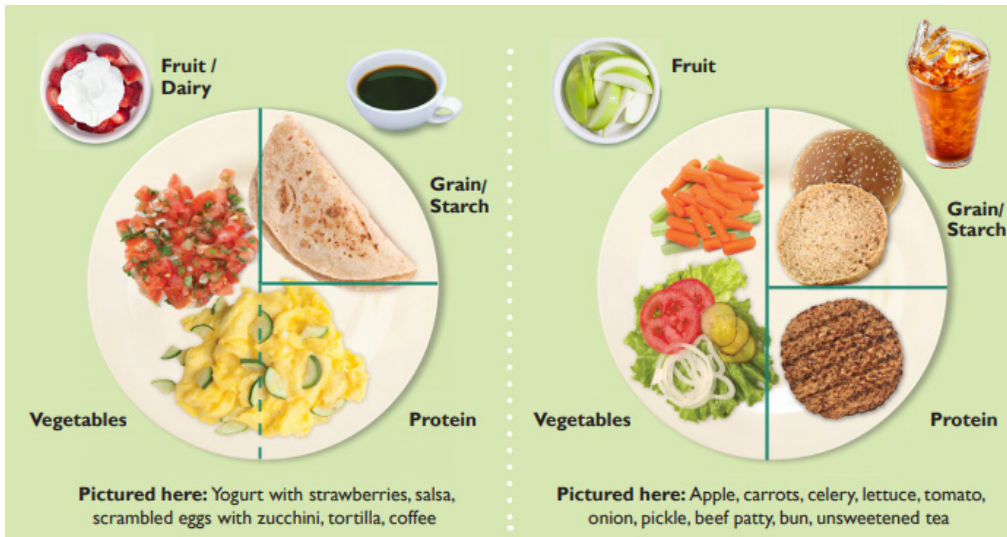
**A**ccording to the CDC, adult smokeless tobacco use is highest in the states of Wyoming, West Virginia, Arkansas and Montana. \*In 2017, 6.1% of adults in South Dakota used smokeless tobacco. To this end, The Through With Chew Week campaign's objective is to educate people about the dangers of smokeless tobacco. The week lands on the 3rd full week in February (February 16-22, 2020).





# MARCH IS NATIONAL NUTRITION MONTH

## My Native Plate: An Easy Way to Help Your Family Know How Much to Eat



### Use your plate as a guide to help you eat in a healthy way!

- 1 Fill half of your plate with vegetables.
- 2 Fill the other half of your plate with a grain/starch and a protein.
- 3 Add a side of fruit.

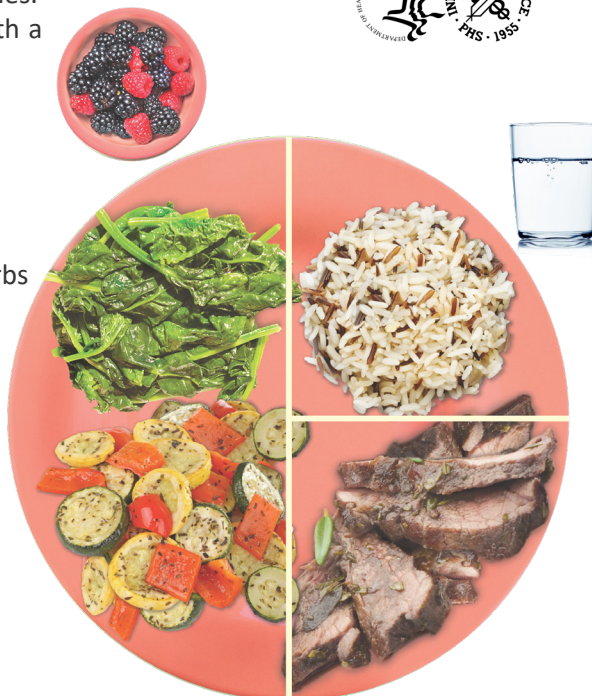
#### Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

### REMEMBER:

- STAY ACTIVE
- DRINK WATER
- USE A 9" PLATE

Produced by:  
Indian Health Service, Division of Diabetes Treatment and Prevention. For more information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)



### Vegetables and Fruits

#### Tips:

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

#### Examples:

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra,

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

### Proteins

#### Tips:

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

#### Examples:

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products,

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

### Grains and Starch

#### Tips:

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

#### Examples:

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash,

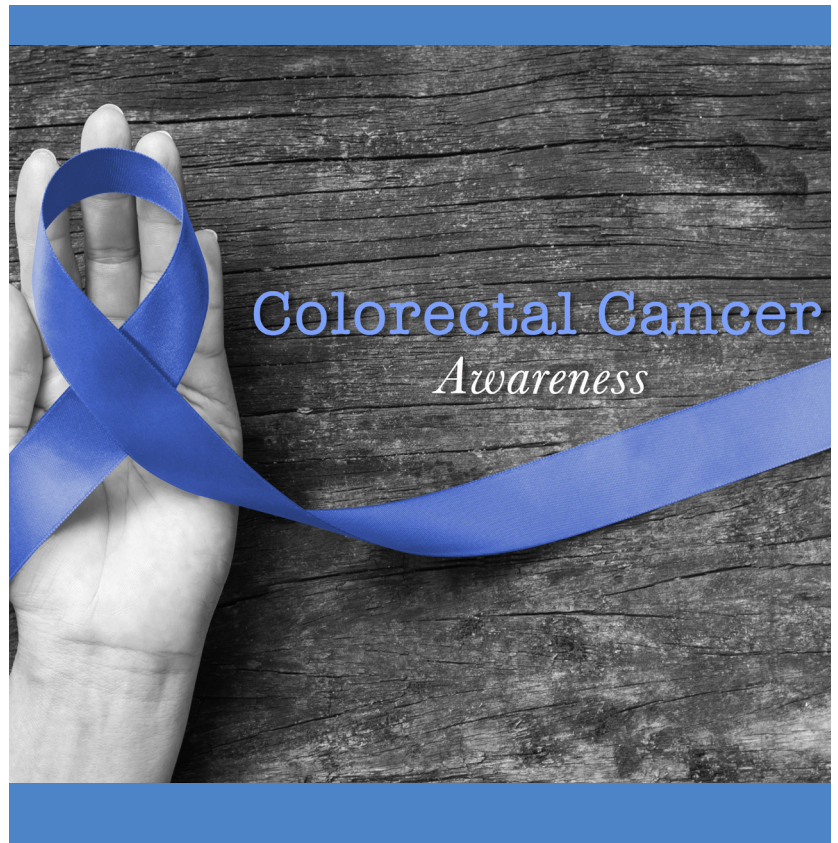


## March is National Colorectal Cancer Awareness Month!

Colorectal Cancer (CRC) incidence rates are higher in the American Indian/Alaskan Native population compared to non-Hispanic white population. CRC incidence rates are higher in AI/AN males than AI/AN women. (57.7% vs. 41.8%) For AI/AN, early onset CRC incidence rates in men are the highest in the Northern Plains; Southern Plains is the 2nd highest followed by Alaska. Early onset CRC rates for women in the Northern Plains have decreased and have substantially increased in the Southern Plains and Alaska. If detected in an early stage before spreading, your survival rate greatly increases by 90%. Know the signs, know your family history and beat the statistics by getting screened for colorectal cancer.

To raise awareness, utilize the hashtag, **"#ShowYourBlueGP"** in any social media platform.

Eugene Giago  
eugene.giago@gptchb.org



## Are you a Native American Woman between the ages 21-29? Are you uninsured or underinsured? Are you NOT eligible for Medicaid?

Register at Native Women's Health Care at 3200 Canyon Lake Dr. to be screened for cervical cancer and you may be eligible to receive a \$33 Corner Pantry gas card.

For more information contact  
Dawn Arkinson, Patient Navigator, GP-BCCEDP  
@ 605-219-0927  
OR  
Call Native Women's Health Care  
@605-342-7400



*Honor Every Woman*



health.gptchb.org/gpbccedp  
bccedp@gptchb.org

### Great Plains Good Health & Wellness Team

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