

Sacred Life

Wiconi Wakan



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The Great Plains Good Health and Wellness (GPGHW)

Anpétu Wašté,

As the threat of COVID-19 gently fades, the world as we once understood it materializes. The virtual haze that we've been forced into ebbs ever so slightly. Organizations and communities alike are testing the waters of "normalcy." While the need for togetherness has never left us, the cautious brave take their first steps forward into the world anew. In the surge for connection, in-person get-togethers are arising. Meetings, trainings, and gatherings are meekly gaining traction. With a hopeful heart, the Great Plains Good Health and Wellness (GPGHW) team looks forward to embarking on this new world together with you. In this issue, you'll read how our tribal partners have persevered, get inspired to walk, and learn about all the great trainings, partnerships, and funding opportunities available to you.

TRIBAL PARTNER SUCCESS

MISSOURI BREAKS INDUSTRIES RESEARCH INC

Our Missouri Breaks team has established four mother's rooms across the Cheyenne River Reservation and advocating for the addition of a breastfeeding policy to the CRST Public Health Code. These rooms provide a comfortable place for mothers to breastfeed their wak'hányeža supporting both baby and mother's health. In addition to establishing the mother's rooms, we have just wrapped up our CRST Know Your Numbers Campaign. This campaign distributed health education messag-



es to our community through social media posts, newspaper articles, and radio PSAs. While distributing health education on diabetes, cholesterol, high blood pressure, heart disease, and stroke, we encouraged our community members to visit their physicians to prevent and manage chronic health conditions. A total of fifty-five individuals submitted entries showing they know their numbers. We recently finished a local educational video about vaping for teens and parents for Take Down Tobacco Day

(<https://www.youtube.com/watch?v=2CabkTkPjkk>).

THE WINNEBAGO COMPREHENSIVE HEALTHCARE SYSTEM

The Winnebago Comprehensive Healthcare System (WCHS) has been working hard to develop and implement a prediabetes registry patient log. This registry will assist in monitoring and tracking the number of individuals who have prediabetes and provide guidance to care. One intervention strategy is through a Lifestyle Balance class. WCHS began hosting this Lifestyle Balance class, in-person at the beginning of April. WCHS also hopes to hire a Chronic Case Manager to provide seamless patient process-

ing from one service to the next. Having a wrap-around delivery model will encourage follow-through and assist in removing barriers to healthcare. The ultimate push is to create a team-based approach that will help combat chronic disease in the Winnebago community.

OYATE TECA PROJECT

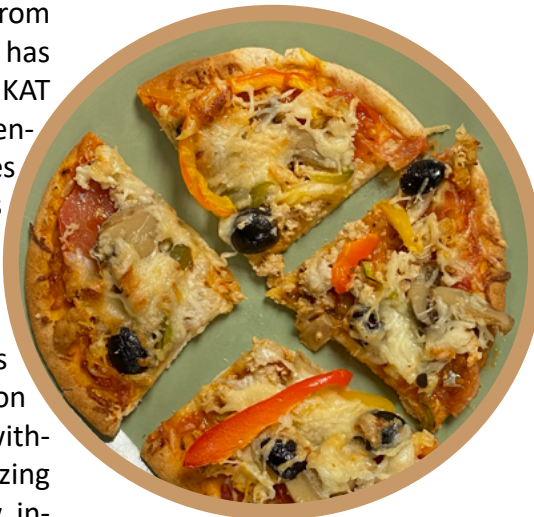
The Oyate Teca Project (OTP) is getting a new 20,000 sq. ft. youth center; the completion timeline is scheduled for summer 2022. An investment for the community of Kyle, SD that will include a teaching kitchen, a cannery

for students in the garden program to process their vegetables, and a café, all essential elements that will enhance the gardening program. The Medicine Root Gardening Program (MRGP) hosts weekly gardening classes via Zoom to help interested community members grow their food. OTP grows fresh vegetables and hosts weekly fresh vegetable distribution for community members of the Oglala Sioux Tribe. The gardening classes are held every Wednesday evening and have 42 students enrolled. OTP hosts gardening classes with guest speakers such as Olympic Gold medalist Billy Mills, Jim Kennard (President of the Food for Everyone Foundation), Clay Bolt (Natural History and Conservation Photographer), and John Haas, a former educator and facilitator. They have all shared their stories and expertise on growing food, healthy eating, and gardening tips. OTP has recently purchased three refrigeration units that are used for marketing their locally grown produce. The refrigeration units will be placed at Signing Horse Trading post in Manderson, the Kyle Youth Center, and in the mobile market traveling to different Pine Ridge Indian Reservation areas for easier access to healthy foods. They will be partnering with the Double Bucks Program to encourage their customers to purchase more nutritious food.



SANTEE HEALTH & WELLNESS CENTER

At the Santee Health and Wellness Center, we believe there is always something to be thankful for. The pandemic forced us to step outside of our norm to maximize health outreach efforts by quickly figuring out how to reach the community while encouraging and maintaining the shelter at home guidelines. Throughout that process, we successfully utilized social media/Facebook with overwhelmingly positive feedback from the community. GPTLHB funding has allowed our team to partner with KAT Marketing's Native Reach team to enhance our communication strategies and platforms! Significant effort was set forth by our team, and now our organization has not only its website but also its apps. The enhancement of these communication strategies will maximize our health education and prevention efforts and reach within the Santee community. Maximizing health education platforms to now include in-person, print & mail, Facebook/social media, desktop computer access, mobile phone, mobile tablets, and even via smart TV's will be a crucial component to significantly impacting the community.

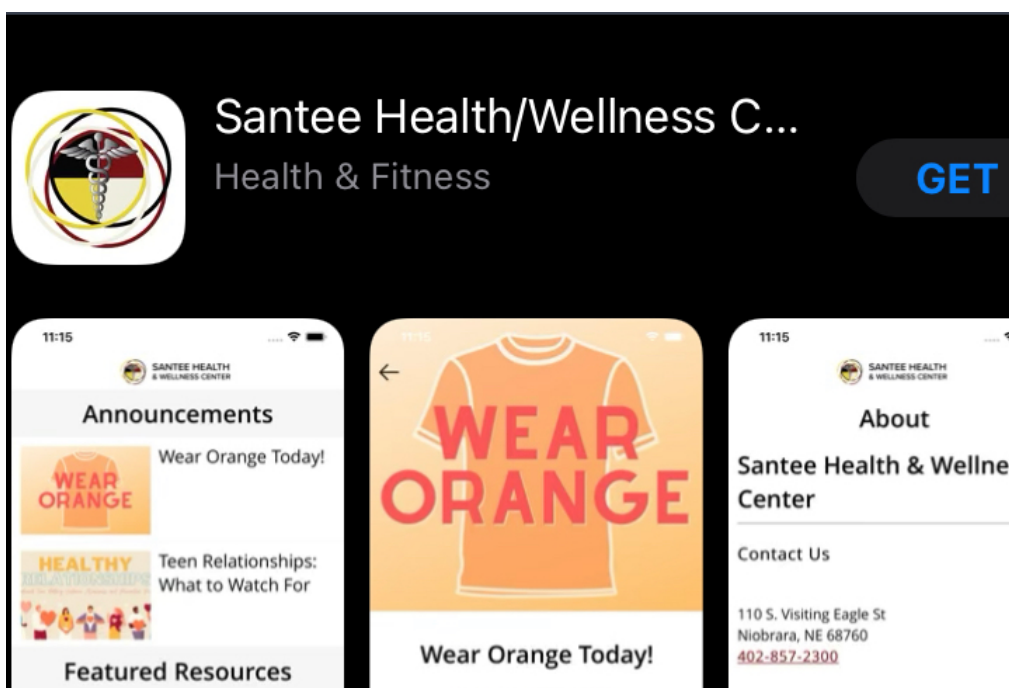


SISSETON WAHPETON OYATE

With closures throughout our tribe, our facility realized the importance of continuing to provide a service to track our community member's health screening numbers. This year we are already at 228 assessments and reassessments with our community members. We also offer virtual nutritional and cooking videos at our Diabetes Center to pass along information that we thought would help our community. After showing the video, we would make to-go meals for our viewers to try, with each meal never exceeding 450 calories.

SPIRIT LAKE TRIBE'S SACRED LIFE CENTER

The Special Diabetes Program for Indians for the Spirit Lake Tribe works to offer an after-school and summer prevention program opportunity for youth at risk for type 2 diabetes. Project staff have conducted in-school screenings and recruitment for program participants at local schools and began their first classes at the end of March. Activities planned for the youth program include a raised garden bed project including education on food preservation, canning, drying, and freezing. Fitness activities will also be included in the camp, such as sport and outdoor activities, to instill an early behavior of healthy eating and a physically active lifestyle to prevent the development of chronic diseases such as type 2 diabetes, heart disease, and stroke. Project staff plan to partner with other health care professionals such as dietitians, pharmacists, and nurse practitioners to take part in the educational aspects of the program, creating a bridge between community and healthcare.



WALK TOWARDS WELLNESS

Walking is one of those fundamental movement patterns that we do all the time. Like any movement pattern, the more efficient we are at doing it, the better our health, wellness, and fitness become. Let's talk about five simple ways anyone can incorporate more walking into their life.

Make it a part of your routine. Use walking to wake the body and mind up in the morning or to relax after dinner. Regardless of when you choose to walk, it's always a wise decision.

Include walking in your workouts. A gentle walk is an excellent addition to any warmup or cooldown. Walking is also great to include in-between sets. Walking is just a great workout in and of itself. Two, five, or even 10-minutes can do a lot for your health and fitness aspirations.

Park further away. Being a walker doesn't mean you need fancy shoes or that you need to dress in spandex! Parking further away from any building can make you just as much of a walking guru as anyone. Doing this will save you time from looking for a closer parking spot, make it less likely you get a door ding, give you more time to breathe and think before you get to your destination, and break up all the sedentary behavior we find ourselves in these days.

Get a partner. Be it a four- or two-legged variety matters not. Having a walking partner is one of the most excellent types of partners out there. Not only will they keep you accountable, but you also connect on multiple levels (physical, mental, emotional, etc.), which always deepens the relationship for the better.

Compete. This doesn't mean you need to compete in the Olympics as a world-class speed walker. Instead, you can join a walking club, register for 5K's, or even compete using multiple technological services. There are countless apps and trackable technologies that can add a competitive component to your walking.

We hope this gave you a different perspective on this fantastic mode of transportation. Take care and remember to take it one step at a time.



Free Apps That We Recommend



Map My Walk



Walkmeter



Argus



Fitbit



Charity Miles



SherpaShare



Everlance



Hudlr



MileWiz

NEW DIETARY GUIDELINES FOR AMERICANS!

Every five years, Americans receive updated guidelines for healthy eating based on the latest research. The aim of these guidelines is to help Americans foster healthy diet patterns and live healthy lives. Experts and researchers with the U.S. Departments of Agriculture (USDA) and the Department of Health and Human Services (HHS) update these new dietary guidelines, and the newest 2020-2025 guidelines were just published on December 29, 2020. You can visit the www.dietaryguidelines.gov website for more information! But what has changed since the last guidelines? What is new?

The newest guidelines have a strong emphasis on the incorporation of “personal preferences, cultural traditions, and budgetary considerations.” There is no “one-size fits all”

approach to diet and nutrition. The Dietary Guidelines for Americans have been developed to fit a variety of diet patterns, preferences, and traditions. In fact, these can strengthen approaches to healthy diets.

The guidelines also include guidance for infants and toddlers and highlight the importance of dietary choices across the lifespan. The goal is to “**Make Every Bite Count**” and help all Americans lead healthier lives by following a healthy diet pattern at every life stage. Foods can provide the nutrients and energy that our bodies need to live healthy and fulfilling lives.

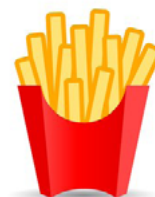
The Dietary Guidelines make some specific recommendations, too.



Foods to include in your diet often: vegetables,

fruits, grains (especially whole grains), fat-free dairy products, lean meat, beans, peas, and nuts.

Foods to limit in your diet: foods with added sugars and saturated fat (should be less than 10% of daily calorie intake in people older than 2 years old and avoided in children under 2 years old).



These new guidelines are built on the previous versions and formulated along with public comments and input from experts in research and federal agencies. There are new tools published to help with goal-setting and to find information on how to “Make Every Bite Count” on a budget or to meet your own personal needs.

Key MyPlate Tools & Resources



MyPlate.gov

The newly designed website will be more visual and streamlined with easy-to-find information.



New MyPlate Quiz

Consumers receive a snapshot of how they're doing on the MyPlate food groups and get personalized resources based on their quiz results.



Start Simple with MyPlate app – (www.choosemyplate.gov/startsimpleapp)

Our app encourages users to set simple daily food group goals, see progress, and earn badges to celebrate success! New...sync results from the MyPlate Quiz to set goals! Available in the App Store and Google Play.



Personalized MyPlate Plans

Find personal food group targets with the MyPlate Plan.



New Toolkits for Partners and Professionals

Targeted roadmaps to key assets for dietitians, food industry, public health, educators, and communications partners.



Oral Health in Primary Care TeleECHO Series in North Dakota

The North Dakota Department of Health Oral Health Program is working with the Center for Rural Health to provide FREE training with education credits for members of healthcare teams in North Dakota. The goal of this TeleECHO™ series, entitled Oral Health in Primary Care, is to improve oral health and overall health for patients who are underserved in North Dakota.

A total of ten, free, virtual, one-hour sessions will be included between March 2021 and the end of August. The live TeleECHO™ events include didactic and case presentations focused on various oral health topics including the need to address oral health in healthcare settings (evidence-based best practices); completing pediatric dental screens in a healthcare setting; applying and billing for fluoride varnish in a healthcare setting (clinical workflow and patient impact); medical-dental integration in North Dakota; dental screening and oral health for older adults; and, oral health and pregnancy among others. All trainings will be recorded and available online for later viewing with continuing education credits.

Learn more about this ECHO series, review our flyer, or register now for upcoming sessions.

The dedicated North Dakota Hub Team responsible for identifying speakers and case presentations include dental providers, pediatricians, primary

care providers, dental hygienists and assistants, and representation from the North Dakota Medicaid Office. If you have any questions about this ECHO series, please contact Julie Reiten, Project ECHO Coordinator at Julie.a.reiten@UND.edu. If you have specific questions about the North Dakota Department of Health Oral Health Program, please contact the Program Director, Cheri Kiefer, at ckiefer@nd.gov.



Community Health Workers Improve Patient Care

Community Health Workers (CHWs) are critical for improving quality improvement initiatives because they provide insight into patient needs and the patient experience.

As trusted members of the communities they work in, CHWs see firsthand the gaps that exist in health and social service delivery. CHWs also have the benefit of working closely with staff and service providers, allowing them to integrate a variety of perspectives when problem-solving. Including CHWs in patient care teams ensures that health systems are design with affected communities in mind.

The Community Health Worker Collaborative of South Dakota (CHWSD) is working to promote, support, and sustain the CHW profession in South Dakota. The CHWSD has adopted the American Public Health Association (APHA) definition of a CHW, “A Community Health Worker (CHW) is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting

relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.”

In collaboration with the South Dakota Department of Health, the CHWSD developed the SD Community Health Worker Planning and Assessment Toolkit to provide organizations and health systems with resources to hire and integrate CHWs into their teams.

The SD Community Health Worker Planning and Assessment Toolkit Includes:

- **Overview of the CHW profession**
- **Talking points for engaging decision-makers**
- **Sample job description and interview guide**
- **Best practices for integrating CHWs into clinical teams**
- **Recommendations for CHW funding and demonstrating return on investment**

The toolkit is free to use and can be accessed in either a self-paced format or as a continuing education course. Two (2) CEUs are available for medical providers, nurses, social workers, counselors, addiction and prevention professionals, pharmacists, and dentists, dental hygienists and dental assistants. Contact the CHWSD for more information.

For more information and to access the toolkit, visit www.chwsd.org/chw-toolkits/. For more information about the CHWSD, visit www.chwsd.org or email info@chwsd.org.

UPCOMING EVENTS

TRIBAL TOBACCO ADVOCACY TOOLKIT TRAINING

May 19 @ 8:30-1:30 PM MST
Presenter: Rae O'Leary, MBIRI
Who should attend:

Anyone looking for assistance on educating a tribal community or American Indian population on the dangers of commercial tobacco use and advocating for tobacco policy.

Learning objectives:

1. Identify resources available in the Canli Coalition's Tribal Tobacco Toolkit.
2. Learn resources for collecting and sharing data to draft and implement policy and educate your community.
3. Become comfortable using the toolkit to support your own advocacy for tobacco change.

Take your first step and register here.

<https://us02web.zoom.us/join/register/tZloduusrzoiGtxnqi-WV7PlwxWQqXvA9U7jN>

ILLEGAL DRUGS AND OPIOIDS IN INDIAN COUNTRY SERIES

Great Plains Tribal Opioid Response in collaboration with HPOG PHP, Great Plains Native Connections, and Great Plains Tribal Epidemiology Center is hosting a free 19 session virtual educational series.

Upcoming Topics:

Historical & Intergenerational Trauma

May 5, 2021

Opioid Awareness

May 12, 2021

Human Trafficking & Sex Slave Trade

May 19, 2021

Domestic Violence & Elder Abuse

May 26, 2021

Endangered Children & Adverse Childhood Experiences 1

June 2, 2021

Endangered Children & Adverse Childhood Experiences 2

June 9, 2021

Taking Action

June 16, 2021

Staci Eagle Elk, Program Manager
staci.eagleelk@gptchb.org

To register or view past sessions visit: <https://bhr.gptchb.org/illegal-drugs-and-opioids-in-indian-country-series/>



INDIGENIZED QUESTION PERSUADE AND REFER TRAINING

Facilitators: Connie O'Marra & Ethleen Iron Cloud-Two Dogs

Presented by Teca Kici Okijupi/Connecting With Our Youth & Great Plains Native Connections

**MAY 24th @ 5:30-7:30 PM MST
 7:30-9:30 PM EST**

REGISTER HERE:

https://gptchb.zoom.us/webinar/register/WN_phras8LwQvi-9aiZDAAo70Q

Please submit questions to amanda.flores@gptchb.org or call Community Behavioral Health at 605-721-1922




TRIBAL TOBACCO ADVOCACY

TOOLKIT TRAINING



WEDNESDAY, MAY 19, 2021

**8:30-1:30
MST**

**TAKE YOUR FIRST STEP
AND
REGISTER TODAY**

Why attend?
 You'll have the chance to preview the Tribal Tobacco Toolkit and learn how to:

<ul style="list-style-type: none"> • BUILD YOUR COALITION • COLLECT & SHARE DATA • EDUCATE YOUR COMMUNITY 	<ul style="list-style-type: none"> • FIND PARTNERS, RESOURCES & FUNDING OPPORTUNITIES • DRAFT & REVISE POLICY • IMPLEMENT & CELEBRATE YOUR ACCOMPLISHMENTS
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FUNDING OPPORTUNITIES

IMPLEMENTING AND EXPANDING SELF-MEASURED BLOOD PRESSURE MONITORING IN SOUTH DAKOTA



Grant Objective: Facility could utilize Target: BP, Check. Change. Control, Million Hearts SMBP, or American Medical Association/Johns Hopkins Blood Pressure Control Program guidance to implement a self-measured blood pressure monitoring (SMBP) program within their practice, add additional patients to current SMBP program, or expand to additional providers or sites.

RFA Release: January 1, 2021

RFA Due Date: Application review and award is ongoing until all funding has been awarded

Selection: An estimated minimum of 3 facilities will be funded

Project Period: Project period lasts one calendar year, beginning one month after award

Anticipated Award Amount:

\$20,000 per facility (up to \$60,000 total)

Primary Contact: Rachel Sehr, Heart Disease and Stroke Prevention Coordinator

Primary Contact Email:
Rachel.Sehr@state.sd.us

Application Procedure: Applications are due via electronic submission to Rachel.Sehr@state.sd.us.

**All awarded initiatives would be developed and implemented with assistance from the 1815 team. 1815 team consists of experts from DSU – CAHIT and SD Department of Health who have extensive knowledge and experience related to 1. electronic health records, 2. data, workflow, process analysis, 3. strategic plan development and implementation, 4. PDSA cycles, and 5. policy and protocol development. Additional partners may be utilized as needed. All team members are available to awarded facilities/organizations as a resource for accepted grant activities at no charge to the awardee.*

View the full instructions and application at www.goodandhealthysd.org/about/fundingopportunities/

Deadline: May 24, 2021

Agency: CDC

Link: <https://www.grants.gov/web/grants/view-opportunity.html?oplId=330543>

The Coronavirus Aid, Relief, and Economic Security (CARES) Act of 2020 allocated funds to the Centers for Disease Control and Prevention (CDC) to states, localities, territories, tribes, tribal organizations, urban Indian health organizations, or health service providers to tribes. CDC announces the availability of funds to achieve the goal of the CARES Act in protecting the American people from the public health impacts of COVID-19. This Notice of Funding Opportunity (NOFO) supports this work through training and deployment of community health workers (CHWs) and by building and strengthening community resilience to fight COVID-19 through addressing existing health disparities in the population.

COMMUNITY HEALTH WORKERS FOR COVID RESPONSE AND RESILIENT COMMUNITIES (CCR)



May 5th National Day of Awareness for Missing and Murdered Indigenous Women and Girls

**Drugs are weapons used to steal
our women and children.
We must fight back.**

LEARN MORE AT BHR.GPTCHB.ORG



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