



Partners in Good Health and Wellness

A Skills and Knowledge Based Training to Prevent and Manage Chronic Disease

Culturally Adapting the Project ECHO CREW training for Native Americans to prevent type 2 diabetes, cardiovascular disease and stroke.

CHR & SDPI programs are important partners in linking community members with health care. They are vital to the good health & wellness of Native Americans.



Increased community- clinical linkages.

Objective: Train a cadre of 50 tribal paraprofessionals annually on chronic disease/risk factor prevention and management

**Finding balance between
Native American and
Western health theories is
critical for impacting local
and population health**

What is health?





Ancestors Way of Life

Helped to protect from
diseases like diabetes,
heart disease, & stroke.

Family & community
members helped each
other.

Belonging

HelpingEachOther

WorkingHard

BeingSubstanceFree

Hunting

Balance

Farming

BeingActive

NoTV

RespectGrindingCorn

Traditions

WalkingPrayer

Spirituality

DancesTraditionalValues

CleanEnvironment

IdentityRelationships

EatingHealthyFoods

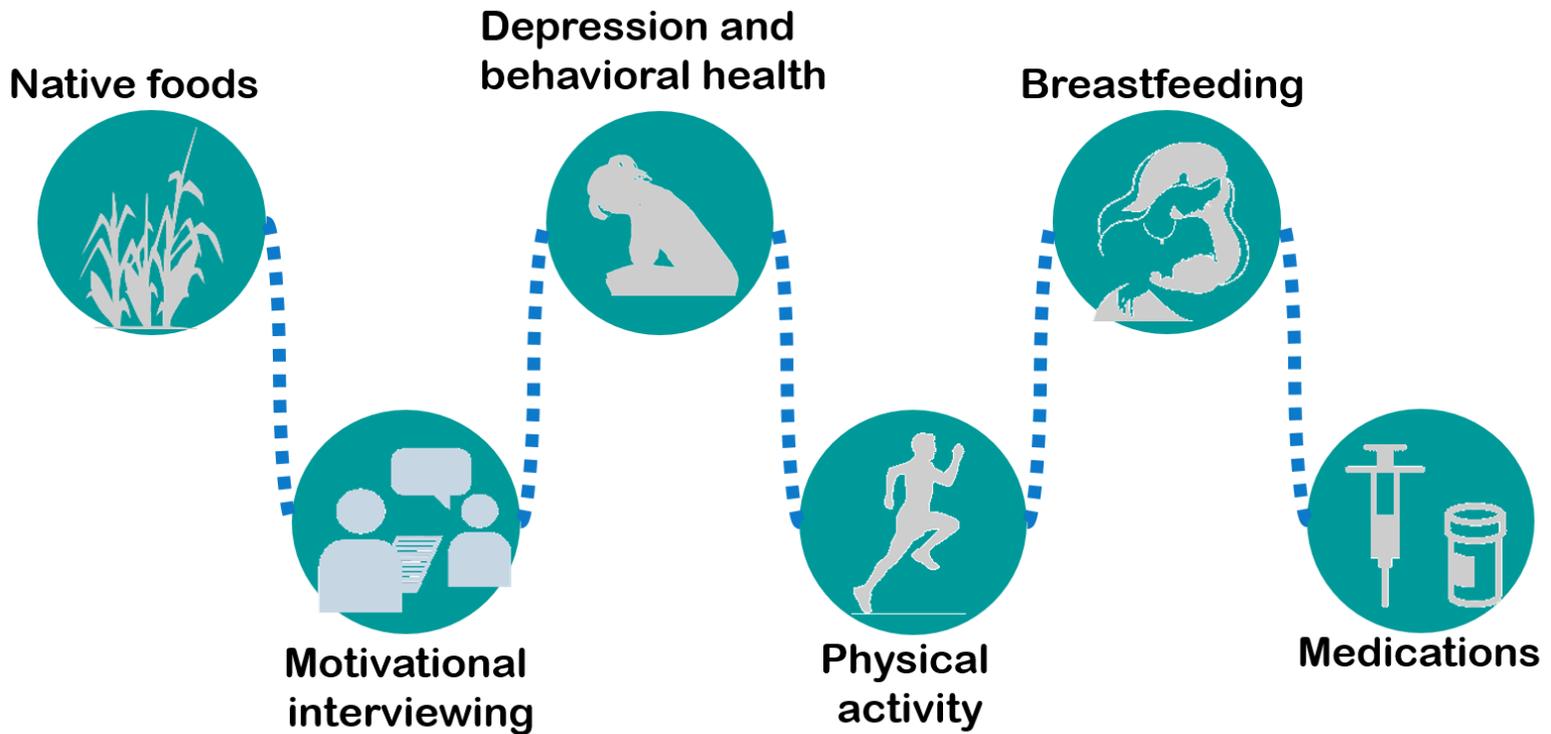
TraditionalMedicine

LivingToSeeGrandkids



Program Description

The PGHW curriculum is delivered over a 4-month period. Topics include:



During the 4-month period:

- **4-day in-person training**
- **Weekly teleECHO clinics**
- **Testing and Graduation Session**

UP TO 5 SKILL ENDORSEMENTS CAN BE EARNED

Foot Health
and
Counseling
Education

Blood
Pressure
Counseling
and
Education

Blood
Glucose
Counseling
and
Education

Depression
Screening

Weight
Management
Counseling
and
Education

Adaptation Process & Outcomes

BUILDING TRUST IN A SAFE ENVIRONMENT

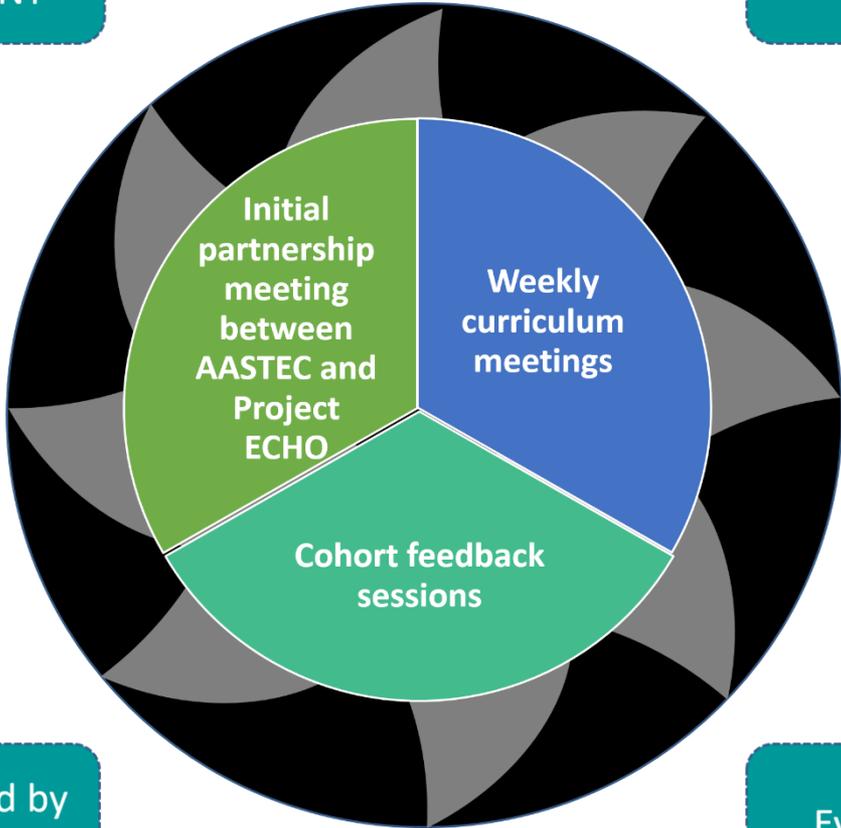
Cardiovascular disease, stroke, & breastfeeding included

Project ECHO Native American Training Support Analyst hired

Culturally relevant materials developed

Native American Content & Content Experts added to training

Participants provided with teaching tools



Recruitment handled by AASTEC

Evaluation modified

Cohort Recommendations

Meditation
Cultural sharing
Regional traditional foods
Traditional recipes
Native American speakers
Involve elders
Integration of traditional and western medicine
Complementary alternative medicine
Prayer
Cooking with wild game
Food access issues
Programs share successes
Self care techniques
Traditional greetings
Atole
Traditional meals and snacks
Native American doctor
Traditional foods
Traditional lifestyles
Traditional seasonal diets
Traditional herbs
Food then and now

Best Things About Training



Cultural elements

Hands-on interactive training

Information and topics

Knowledgeable instructors

Belonging

Helping Each Other

Working Hard

Being Substance Free

Hunting

Balance

Farming

Being Active

No TV

Respect Grinding Corn

Traditions

Walking Prayer Spirituality

Dances Traditional Values

Clean Environment

Identity

Relationships

Eating Healthy Foods

Traditional Medicine

Living To See Grandkids

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