

N C C D P H P

GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY

TRIBAL RESOURCE DIGEST

Welcome to Centers for Disease Control and Prevention’s (CDC) tribal resource digest for the week of October 23, 2017. The purpose of this digest is to help you connect with the tools and resources you may need to do valuable work in your communities.



Yogurt Parfait Bar—Tamaya Wellness Center

Provided for the Purple and Pink Even to grow awareness of domestic violence and cancer prevention



*Photos courtesy of Perdita Wexler
Pueblo of Santa Ana*

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Request for Photos

Please send any photos of GHWIC work (community gardens, events, team meetings, etc.) to Anisha Quiroz, AQUIROZ@cdc.gov with a short description of the photo.

Announcements

IHS SDPI Diabetes Prevention Program Toolkit

The National Diabetes Prevention Program website now links to the IHS SDPI Diabetes Prevention Program Toolkit. The information and materials in this toolkit provide keys to success and lessons learned from 38 diabetes prevention programs addressing the needs of American Indian and Alaska Native communities. Read more [here](#).



First-Ever Youth Compendium of Physical Activity Just Released!

The National Collaborative on Childhood Obesity Research (NCCOR) has launched online the [Youth Compendium of Physical Activities](#) to help childhood obesity and physical activity researchers and practitioners estimate the associated energy expenditure of a variety of activities in which youth participate. The Youth Compendium of Physical Activities provides measures of energy expenditure for 196 common youth activities including sedentary activities, standing activities, playing and participating in games, and walking and running. Learn more [here](#).

Webinars

Great Plains Tribal Chairmen's Health Board Community Health Webinar Series

The Community Health Department will be hosting monthly webinars for tribal partners. Contact information below regarding times and dial-in information.

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Date	Topic	Presenter(s)
11/8/17	LEAN Essentials	Eugene Giago, PC
12/13/17	Making PSE Changes in Tribal Communities	Shannon Udy, PSE Health Educator

Funding Opportunities

USDA Community Facilities Direct Loan and Grant Program

The USDA Community Facilities Direct Loan and Grant Program provides direct loans and/or grants for essential community facilities in rural areas. Priority is given to healthcare, education, and public safety projects. Funds may be used to construct, enlarge, or improve facilities. Applications accepted on an ongoing basis. Read more [here](#).



Indian Health Service Youth Regional Treatment Center Aftercare Pilot Project

A grant for a youth regional treatment center aftercare pilot project designed to address the gap in services that occurs when youth are discharged upon successful completion of a Youth Regional Treatment Center (YRTC) program and return to their home community where necessary support systems may not exist. The goal of this pilot project is to develop promising practices between YRTCs and Tribal communities to reduce alcohol and substance use relapse by identifying transitional services that can be culturally adapted to meet the needs of AI/AN youth to increase resiliency, self-coping, and provide support systems. Read more [here](#).

Deadline: **November 12, 2017**



Clif Bar Family Foundation: Small Grants Program

These grants are awarded in five focus areas, including creating healthy food systems, increasing opportunities for outdoor activity, and reducing environmental health hazards. Small grants average approximately \$7,000 each. Read more [here](#).

Deadline: **February 1, 2018**

Contact Information

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<http://www.cdc.gov/chronicdisease/index.htm>

The digest serves as your personal guide to repositories of open and free resources where you can find content to enrich your program or your professional growth. Please note that CDC does not endorse any materials or websites not directly linked from the CDC website. Links to non-Federal organizations found in this digest are provided solely as a courtesy. CDC is not responsible for the content of the individual organization web pages found at these links.

If you have comments or suggestions about this weekly update, please email Anisha Quiroz at AQUIROZ@cdc.gov with the words "TRIBAL DIGEST" in the subject line.