

Get Involved

#FeedYourDNA

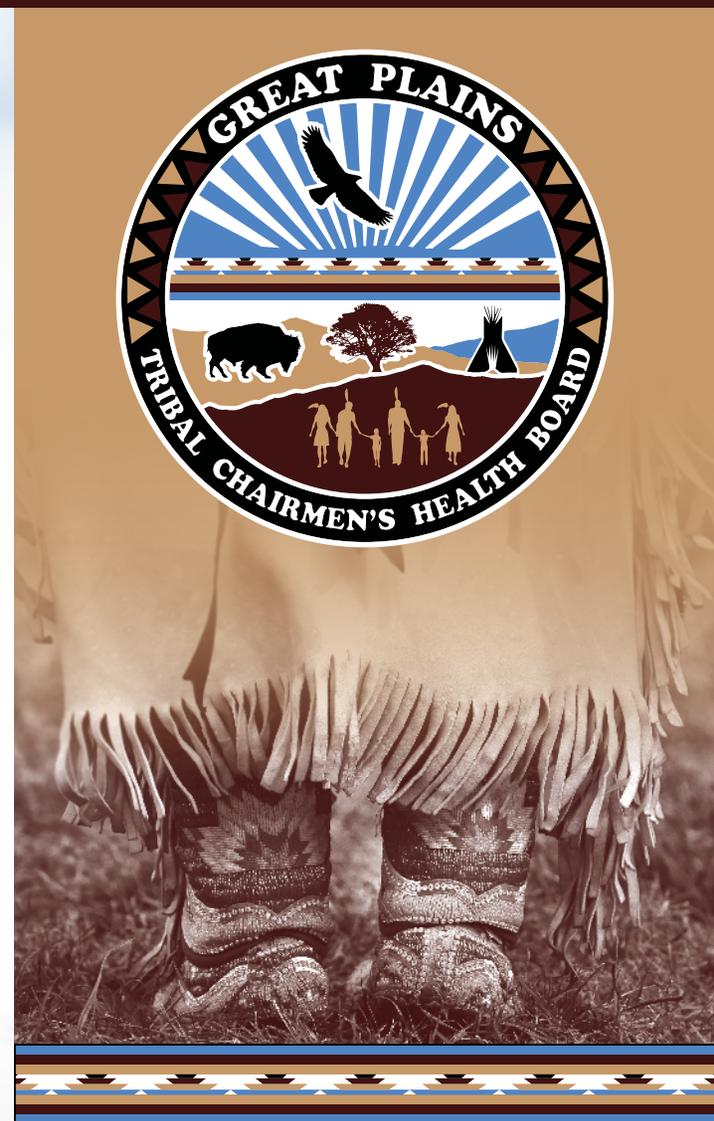
is an ongoing message; we are working to reach more Tribal Communities with our campaign through the continued use of the slogan. Get up-to-date information on GPTCHB through our Facebook, Twitter and LinkedIn accounts.



#FeedYourDNA



Feed Your DNA



Great Plains Tribal Chairmen's Health Board

1770 Rand Road
Rapid City, SD 57702
Phone: 605-721-1922
Fax: 605-721-1932

www.gptchb.org



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GREAT PLAINS GOOD HEALTH AND WELLNESS PROGRAM

#FEEDYOURDNA



What is #FeedYourDNA?

The Great Plains Good Health and Wellness (GPGHW) Program created a social media campaign to engage youth and their families through social media outlets, Twitter and Instagram. The goal of our #FeedYourDNA campaign is to shine a light on healthy behaviors in the Great Plains area.

Ways we can feed our DNA:

- Mentally (reading)
- Spiritually (praying)
- Physically (exercise)
- Emotionally (positive attitude)

Whether we feed our DNA mentally, spiritually, physically, or emotionally, every choice we make affects our health in some way. What we want is our youth to become more conscious of how they can take care of their mind, body, and spirit by encouraging them to think about actions they can make to reduce the risk of type 2 diabetes, heart disease, and stroke. In order to do this we ask that you send a tweet or post a picture of an action, choice or practice that you do on Twitter or Instagram using the hashtag #FeedyourDNA.



Your Involvement is Key!

It is important for everyone to take time to recognize the daily tasks that they do to improve their overall health, whether that's going for a walk, praying, or helping others. We need to take the initiative to become a positive voice to improve the lives of ourselves and everyone around us. Utilizing this message of empowerment will help guide our youth in a direction towards a healthy lifestyle.

Tell us how you feed your DNA by using #FeedyourDNA on any social media platform.

