

Good Health & Wellness project operates from the Indian Center, Inc. in partnership with the Omaha Tribe of Nebraska

The Indian Center was founded in 1968, and provides value to the Native American community throughout Nebraska by creating and obtaining programs that empower self-sufficiency and positive quality of life standards in individuals and families. The organization serves through offices in Lincoln, Omaha, and Scottsbluff, Nebraska.



Good Health & Wellness Community Health Need Assessment

In Year one, evaluator and coordinators were hired, Community Needs Assessment was developed, surveyors were identified, and trained. After the training, the survey was implemented in three communities on the Omaha reservation and in Lincoln. The evaluation report clearly identified health priorities which were similar across the communities.

**Great Plains Tribal
Chairmen's Health Board**
Good Health & Wellness Sub-Award
Community Health Needs Assessment
Communities of
Pender Rosalie & Walthill (Omaha
Reservation)
Lincoln (Lancaster County)
Evaluation Outcome Results
28 September 2015

3 Priorities Identified

1. Unavailability to health foods

- Assist families with application for SNAP

- Health Educations Sessions on Nutrition

- Assist families with Food Programs

2. Access to basic health care

- Assist families with Medicaid application

- Medical Referrals to NUIHC

3. Lack of resource to physical activity

- Diabetes Risk Assessment-BMI- PTON

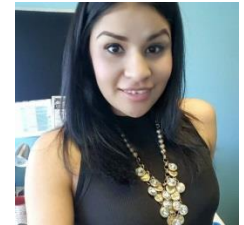
Omaha Tribe Carl T. Curtis Health Education Center, Omaha Tribe, will began the ground building for new clinic in Walthill.

Good Health & Wellness

Linking for Good Health

The Linking for Good Health project goal is improve access to community health systems of care by hiring a community health worker who will focus on providing health education on nutrition and physical activities, chronic disease management, health promotion and prevention, initialing medical referrals and case management.

- ❖ Complete a Diabetes Risk Assessment
- ❖ Medical and Dental referrals
- ❖ Community Based Service referrals



Partnership Building

Kari Erickson, Diabetic Education from Nebraska Urban Indian Medical Center
Referral & Health Education Sessions

Dr. Anitra Warrior with Morningstar Counseling and Society of Care Suzanne Mealer, Community Health Representative – Physical Activity referrals for those identified to be at risk for Diabetes, Cardiovascular and Obesity.

Training

Body Works Training at Lincoln Lancaster Health Department, April 5, 2016.

Living Well Training at Lincoln Medical Education Partnership in Lincoln, Ne June 15, 16, 22 and 23, 2016. June 15, 2016

Attended Certified Nursing Assistant (CNA) training- The classes will be held at Nebraska Health Care Association. July 15, 2016 to August 2, 2016

Activities

June 25, 2016: Indian Center Inc. 3rd Annual Health Fair. Twenty-two booths took part in the health fair with sixty-six community members who participated in the event.

Dr. Anitra Warrior, available to provide a brief screenings on anxiety, depression and stress.

Nebraska Urban Indian Health Medical Center provided Blood pressure, blood glucose and diabetic screenings

Online. Applications offered by NDHHS Medicaid



Indian Center 7th Annual Celebration

: Hosted a booth to outreach Native American with 25 brief diabetes risk screenings completed. Seventeen Native Americans participants signed up to attend the first sessions of 6 Health Education Sessions – Living Well Curriculum.



Contact Information

Ashley Denney
Community Health Worker
(402) 440-9355
adenney@icindn.org
www.indiancenterinc.org

Nettie Grant Sikyta
Program Director
(402) 440-6060
ngrantsikyta@icindn.org
www.indiancenterinc.org

