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ACKNOWLEDGEMENTS

This publication was supported by the Cooperative Agreement Number, 58DP005442, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services (HSS).

This guide was created by the Great Plains Good Health and Wellness (GPGHW) Program housed at the Great Plains Tribal Chairmen’s Health Board (GPTCHB). It was developed for our tribal partners throughout the Great Plains region and contains resource and training information from the community health programs at GPTCHB and our regional partners.

On behalf of GPTCHB, we offer our appreciation to our regional partners and stakeholders for their participation in this training and resource guide.

- Great Plains Tribal Epidemiology Center (GPTEC)
- Northern Plains Healthy Start Program
- North Dakota Diabetes Prevention and Control Program (NDDPCP)
- North Dakota Department of Health (NDDOH)
- The Center for Health Outcomes and Prevention Research Evaluation Services (CHOPR)
- North Dakota State University’s American Indian Public Health Resource Center (NDSU ARPHRC)
- Collaborative Research Center for American Indian Health (CRCAIH)
- Great Plains Quality Innovation Network (QIN)
- South Dakota Department of Health (SDDOH)
- South Dakota State University (SDSU) Extension
- Sioux San Indian Health Service
- US Department of Agriculture (USDA)
- Black Hills Center for American Indian Health
- National Native Network
Founded in 1986, Great Plains Tribal Chairmen’s Health Board (GPTCHB) serves as an advocate and liaison to U.S. Department of Health and Human Services entities, including the Indian Health Service, and state and local partners on behalf of its 17 member tribes and one Indian Service Area in the Great Plains states of South Dakota, North Dakota, Nebraska and Iowa. In addition, the health board works with tribal communities through research, prevention, outreach, academic, recovery support, technical assistance and epidemiologic programs to improve health status and eradicate health disparities among the region’s 170,000 tribal members.
GPTCHB’s Health Promotion Programs within the Community Health Department is comprised of the Great Plains Good Health and Wellness (GPGHW) Program, Great Plains Good Health and Wellness Tobacco (GPGHWT) Project, Diabetes Prevention Project (DPP), Community-Clinical Linkages Project (CCLP) and the Partnerships to Advance Tribal Health (PATH) collaborative project. Through these projects, the health promotion programs focus on building tribal capacity to implement policy, system, and environmental (PSE) change strategies within their respective communities.

The health promotion programs offer technical assistance, training, and educational resources on many topics such as: tobacco prevention and policy creation, traditional foods, community action planning, community health assessments, diabetes prevention, community-clinical linkages, physical activity and nutrition, among others.

Goals of the health promotion programs division include increased positive changes in attitudes, beliefs, knowledge, awareness, and behavioral intentions for relevant PSE strategies and increased use of community-based resources to better control or prevent chronic disease. Long-term outcomes of the Health Promotion Program division include reduced rates of death and disability due to diabetes, heart disease, and stroke.
The prevention programs within GPTCHB’s Community Health Department are comprised of the Great Plains Colorectal Cancer Screening Initiative (GPCCSI), the Great Plains Chronic Disease Self-Management Education Program (GP-CDSMEP) and the Great Plains Breast and Cervical Cancer Early Detection Program (GP-BCCEDP). The prevention programs primarily focus on decreasing cancer incidence and mortality rates.

The Prevention Programs division of the Community Health Department work as a collaborative process through which a community and its partners pool resources to promote cancer prevention, improve cancer detection, increase access to health and social services, and reduce the burden of cancer. These efforts will contribute to reducing cancer risk, detecting cancers earlier, improving treatments, and enhancing survivorship and quality of life for cancer patients.

Long-term outcomes of the prevention programs include building a coordinated cancer control approach among tribal, state, regional, public and private cancer control stakeholders to implement activities along the cancer continuum. Additional outcomes include decreasing health disparities and improve the quality of life including cancer survivorship by providing a forum for input, advocacy, education, collaboration, planning and action.
**SDDOH Breastfeeding-Friendly Business Initiative**

The South Dakota Department of Health is encouraging businesses to take an online pledge to become a Breastfeeding-Friendly Business in order to support both breastfeeding customers and employees. The pledge states a business will provide a welcoming environment where breastfeeding mothers are able to breastfeed in public spaces within the business, encourage a welcoming attitude from staff, management, and to the fullest extent possible other customers, place the Breastfeeding Welcome Here window cling in each public entrance to the business establishment, and accommodate breastfeeding employees to allow appropriate time and space necessary to pump. The following documents were developed to provide businesses with guidance and tools necessary to create a breastfeeding-friendly environment:

- BEST Feeding: Each Ounce of Mother's Milk Counts
- Breastfeeding Support Policy
- Staff Training: Education & Expectations of a Breastfeeding-Friendly Business
- Break Time for Nursing Mothers under the FLSA
- Employer Breastfeeding Accommodation Form - designed as a communication tool between employer and employee to proactively work together to plan for breastfeeding accommodation needs upon return from maternity leave.

By taking the pledge, businesses demonstrate a commitment to mothers, children, and families in our South Dakota Communities. Learn more about the initiative, download materials, and take the pledge to become a Breastfeeding-Friendly Business at www.healthySD.gov/breastfeeding.

**S D D O H  C O N T A C T  I N F O R M A T I O N:**

Megan Hlavacek
Megan.hlavacek@state.sd.us
605.598.6277

**SDDOH Breastfeeding Kits for Moms and Physicians**

The South Dakota Department of Health WIC Program understands the challenges of breastfeeding and created a kit containing information and resources to help ensure your success. Visit www.sdwic.org/breastfeeding/parents for downloadable kit materials or to request a free printed Mom's Breastfeeding Kit. Healthcare providers are a mother's most reliable source when it comes to breastfeeding information, so a Physician's Breastfeeding Kit containing information and materials to help strengthen their resolve to support breastfeeding is also available at www.sdwic.org/breastfeeding/physicians.

**S D D O H  C O N T A C T  I N F O R M A T I O N:**

Beth Honerman
Beth.honerman@state.sd.us
605.367.7498
**NDDOH Infant Friendly Workplace Designation**

In 2009, the North Dakota Legislature passed legislation to protect a woman’s right to breastfeed her child in any location, public or private, where the woman and child are otherwise authorized to be. This legislation also established an "infant-friendly" designation for workplaces that adopt breastfeeding support policies. The North Dakota Department of Health created a sample workplace policy and provides assistance to businesses related to accommodating nursing mothers in the workplace. For more information about becoming an Infant Friendly Workplace please visit our website at http://www.ndhealth.gov/breastfeeding

**NDDOH Contact Information:**
Mikaela Scholsser, RD, LRD
mlschlosser@nd.gov
701.328.4529

**NDDOH Breastfeeding Friendly Hospital Designation**

The North Dakota Department of Health recognizes the important role health care providers play in encouraging and supporting women who choose to breastfeed. Hospital practices have been found to impact a mother’s decision to initiate breastfeeding and how long she continues to breastfeed. In an effort to support health care providers, the North Dakota Department of Health offers two free continuing education (CEU) trainings. The first option is a three-hour, in person workshop, The Breastfeeding Skills Training. The second option can be completed at any time, online, for five CEU’s. The five online breastfeeding modules can be accessed at http://www.ndhealth.gov/breastfeeding, under the Health Care tab.

**NDDOH Contact Information:**
Mikaela Scholsser, RD, LRD
mlschlosser@nd.gov
701.328.4529

**All Women Count!**

The All Women Count! Program provides breast and cervical cancer screenings to eligible women in South Dakota. The program offered through the South Dakota Department of Health provides breast and cervical cancer screening services to uninsured or underinsured women in South Dakota who meet age and income guidelines. There are numerous facilities across South Dakota who provide All Women Count! services. To learn more, visit www.getscreened.sd.gov/count or call 1-800-738-2301.
**Better Choices, Better Health® SD**
The suite of Chronic Disease Self-Management Education workshops, known locally in South Dakota as Better Choices, Better Health® SD (BCBH), are designed to help adults living with ongoing physical and/or mental health conditions, such as arthritis, heart disease, depression, lung disease, diabetes, chronic pain, etc. and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes. These evidence-based programs, originally developed by Stanford University and licensed through the Self-Management Resource Center, are delivered in community settings. The workshop sessions are facilitated by trained leaders, many of whom are living with an ongoing health condition(s) or are a caregiver themselves. The workshop’s success is built on participants learning skills and strategies that strengthen their conditions in their ability to manage their health and improve their quality of life.
Visit www.betterchoicesbetterhealthsd.org for more information and to find a list of scheduled workshops in South Dakota.

**Contact Information:**
Richard Mousseau  
Richard.mousseau@gptchb.org  
605.721.1922 ext. 110

Jennifer Williams  
jennifer.williams@gptchb.org  
605.721.1922 ext. 144

**SDDOH Diabetes Prevention and Control Program**
This program collaborates with healthcare facilities and communities to increase access to self management programs to prevent and control diabetes. Visit diabetes.sd.gov to learn more about available programs such as the Diabetes Prevention Program and the Diabetes Self-Management Program. Free educational materials from the South Dakota Department of Health are available at http://doh.sd.gov/catalog under the “Diabetes” tab.

**SDDOH Contact Information:**
Kayla Magee, RN  
Kayla.magee@state.sd.us  
605.773.2981

**SDDOH Heart Disease and Stroke Program**
This program partners with health systems to increase utilization of health information technology, and promotes healthy South Dakota communities through prevention, detection and monitoring of cardiovascular diseases. Visit http://doh.sd.gov/diseases/chronic/heart disease to learn more about these efforts.
IHS Cancer Support Leadership

This training is offered to American Indian and Alaska Native people interested in cancer support in their own communities. The three day training gives participants a unique opportunity to work together in a safe, supportive environment to learn and practice skills to help people affected by cancer in their communities.

GP-TCHB Contact Information:
Richard Mousseau
Richard.mousseau@gptchb.org
605.721.1922 ext. 110

Delta Dental Mobile Program

The Delta Dental Mobile Program provides oral health services to underserved children. The program includes two trucks that serve as mobile clinics to provide preventive, diagnostic, and restorative care to kids across the state, and dental hygienists and community health workers based on the states Native American reservations. Delta Dental manages, operates and staffs the mobile trucks, and works with local community site partners to identify children most in need of care who can least afford it. No patient will be denied services due to inability to pay. For more information about the Mobile Program or having a truck visit your community (being a local site partner), contact one of the representatives below or visit www.deltadentalsd.com.

Delta Dental Contact Information:
Teresa Masteller
teresa.masteller@deltadentalsd.com
605.494.2565

Zach Parsons
zach.parsons@deltadentalsd.com
605.494.2578

South Dakota Cancer Coalition

The vision of the South Dakota Cancer Collation is to reduce the human and economic impact of cancer on South Dakotans through the promotion and support of collaborative, innovative, and effective programs and policies for cancer prevention and control. Visit www.cancersd.com for the 2015-2020 SD Cancer State Plan, program updates and funding opportunities.

SDDOH Contact Information:
Sarah Quail
sarah.quail@state.sd.us

Great Plains Breast and Cervical Cancer Early Detection Program

A newly funded program named “Honor Every Woman” is housed within the Community Health Department of the Great Plains Tribal Chairman’s Health. The goal of the program is to increase appropriate breast and cervical cancer screening among American Indian/Alaska Native women in the Great Plains Area. Honor Every Woman provides public education, free and low cost breast and cervical cancer screenings, and diagnostic services* to low income, uninsured and underserved Ai/AN women. Additionally, Honor Every Woman will navigate women to appropriate resources and assist in a variety of ways to ensure screening is achieved.

*Honor Every Woman is laying the groundwork to support direct breast and cervical cancer screenings and diagnostic services and currently cannot fund them.

GP-BCCEDP Contact Information:
Kelley LeBeaux
Kelley.lebeaux@gptchb.org
605.721.1922
**Diabetes Prevention Project**

The Great Plains Tribal Chairman's Health Board's Diabetes Prevention Project provides training and technical assistance to South Dakota tribes to increase the number of AI/AN adults participating in a CDC recognized national diabetes prevention program.

**USDA Contact Information:**
- Nichole Cottier: nichole.cottier@gptchb.org, 605.721.1922
- Shannon Udy: shannon.udy@gptchb.org, 605.721.1922

**SDPI Conversation Map Program**

A group-based interactive approach to diabetes management education. The Conversation Map Program is a patient-centered, innovative tool for diabetes education developed in collaboration with the American Diabetes Association. Unlike more traditional, lecture-based approached to learning, Conversation Map sessions are centered around interaction and collaboration among patients, materials, and the facilitator.

**Sioux San Contact Information:**
- Kibbe Conti, RD, CDE: kibbe.conti@ihs.gov, 605.355.2440
- Cindy Hein, RN, CDE: cindy.hein@ihs.gov, 605.355.2239

**Great Plains Colorectal Cancer Screening Initiative**

The goal of the GPCCSI is to provide support in increasing the rates of colorectal cancer screenings within tribal communities via sub-awards to implement evidence-based interventions. GPCCSI provides sub-awards to 21 clinics in the Great Plains area. GPCCSI also provides educational materials and the rollin’ colon at health fair events. These educational materials and the rollin’ colon provide community members with increased awareness of CRC symptoms, screenings, and help guide CRC discussions. Learn more about GPCCSI by visiting [www.gptchb.org](http://www.gptchb.org).

**GPCCSI Contact Information:**
- Chad Ratigan: chad.ratigan@gptchb.org, 605.721.1922 ext. 131

**Health Literacy Training & Resources**

**Cancer Continuum Modules**

This training provides attendees with education on topics such as Cancer 101, healthy diets, environment and cancer, colorectal cancer, breast cancer, living wills and advanced directives, lung cancer, cervical cancer, prostate cancer, palliative care, and survivorship.

**GPTCHB Contact Information:**
- Tinka Duran: Tinka.duran@gptchb.org, 605.721.1922
**Community Action Planning**

This training will help build tribal capacity in creating an assessment driven Community Action Plan (CAP). CAPs are beneficial for tribes who have completed community health assessments and are looking for the next steps.

**GPTCHB CONTACT INFORMATION:**
Jennifer Williams
jennifer.williams@gptchb.org
605.721.1922 ext. 144

**Community Health Assessment Overview**

This training will provide tribal communities with an overview of the many different types of community health assessments that are available for them to utilize. This overview will describe pros and cons of many different community health assessments.

**GPTCHB CONTACT INFORMATION:**
Jennifer Williams
jennifer.williams@gptchb.org
605.721.1922 ext. 144

**North Dakota State University American Indian Public Health Resource Center**

AIPHRC's goal is to improve health systems, access to services, and health outcomes in these rural, impoverished communities by providing technical assistance that includes public health services and programming, research, education, and policy. The tribes can also be provided with self-determination tools, including the 638 Toolkit, as a template for assuming the management and control of health services. Technical assistance services provided include: Cultural capacity building, assessing service and program priorities, assessing tribal priorities related to health disparities, conducting community assessments, strategic planning, grant writing, developing public health resources, developing public health programs, and more.

**NDSU CONTACT INFORMATION:**
Vanessa Tibbitts
vanessa.tibbitts.ndsu.edu
701.231.6666

**SDDOH Cardiac Ready Communities**

The focus of the Cardiac Ready Communities (CRC) Program is to educate, equip, and empower local community members to be better prepared and more confident in helping a patient experiencing a cardiac event prior to the ambulance arriving. This collaborative response to a public cardiac event is referred to as a System-of-Care, where laypersons, dispatchers, Emergency Medical Services (EMS), police, fire, and hospital staff all work together for the betterment of the community and its members. For more information on the Cardiac Ready Communities Program please visit: https://doh.sd.gov/diseases/chronic/heartdisease/cardiacreadycommunities
Patient Navigator Training

The Patient Navigator Training offers a full curriculum designed to build patient navigator skills and knowledge. Patient navigators are members of the healthcare team who help patients “navigate” the healthcare system and get timely care. Navigators help coordinate patient care, connect patients with resources, and help patients understand the healthcare system. Patient navigators work in many areas of healthcare. Many have one chronic disease focus area such as cancer, heart disease, or diabetes.

GPTCHB CONTACT INFORMATION:
Tinka Duran
tinka.duran@gptchb.org
605.721.1922

Community Health Webinar Series

To increase health literacy throughout Indian Country, the Great Plains Good Health and Wellness team hosts a monthly webinar series that focuses on optimal health issues. The team invites you to attend a webinar or access the previously completed webinars on our YouTube Channel at: https://www.youtube.com/channel/UCOmRjs1EYNxEwoPMKTIek_A

GPTCHB CONTACT INFORMATION:
Jennifer Williams
jennifer.williams@gptchb.org
605.721.1922 ext.144

Policy, System and Environment (PSE) Change Strategies

This training develops tribal understandings of policy, system, and environmental (PSE) change strategies. This training also shows the benefits of PSE change strategies and distinguishes the differences between PSE changes and programmatic interventions.

GPTCHB CONTACT INFORMATION:
Jennifer Williams
jennifer.williams@gptchb.org
605.721.1922 ext. 144

Policy, System and Environment Tool (PSE-T) Overview

The PSE-T is an assessment tool that was modified to fit the needs of tribal communities and adapted from the Centers for Disease Control and Prevention’s (CDC) Community Health Assessment aNd Group Evaluation (CHANGE) Action Guide. This tool helps tribal advisory committees measure community health, create knowledge, and implement effective strategies reflective of cultural views and beliefs to reduce the rates of death and disabilities due to chronic diseases.

GPTCHB CONTACT INFORMATION:
Jennifer Williams
jennifer.williams@gptchb.org
605.721.1922 ext. 144
Great Plains Partnerships to Improve Community Health (GPPICH) Media Toolkit

The GPPICH Media Toolkit offers strategies, provides resources, and educates tribal partners on how to encourage media collaboration with planners, communicators, educators, and other health professionals in their communities. The toolkit is designed to support various communication efforts to assist tribal communities in meeting their healthy intervention goals. To request a copy of the GPPICH Media Toolkit please contact Jennifer Williams or Devero Yellow Earring.

GPTCHB CONTACT INFORMATION:
Jennifer Williams
jennifer.williams@gptchb.org
605.721.1922 ext 144

Sioux San One-on-One Education resources

The Sioux San IHS in Rapid City offers one on one education with a registered dietician, Kibbe Conti, RD, CDE. One on one case management education with the Health Technicians at the Okiciyapi Wellness Center, as well as one on one classes and case management with the Special Diabetes Prevention Program. One on one education is available Monday-Friday 8-5pm and is located on the 3rd floor of the Sioux San Hospital in Rapid City.

SIoux SAN CONTACT INFORMATION:
Russell Price
russell.price@ihs.gov
605.355.2239
Lisa Tompkins
lisa.tompkins@ihs.gov
605.355.2279

Nutrition & Traditional Foods Resources & Training

Harvest of the Month

Harvest of the month is an educational program from the South Dakota Department of Health designed to help you add more fruits and vegetables to your daily routine more often—at home, at work, and at school. Visit www.sdharvestofthemonth.org for more information.

CONTACT INFORMATION:
Larissa Skjonsberg
larissa.skjonsberg@state.sd.us
605.773.3737
Suzanne Stluka
suzanne.stluka@sdstate.edu
605.688.4038
**SDDOH Healthy Foods and Beverages at Meetings and Presentations Model Policy**

The Healthy Foods and Beverages at Meetings and Presentations Model Policy is designed to help businesses offer healthier food and drink options at all business sponsored and/or coordinated meetings and presentations. Download the South Dakota Department of Health model policy at: www.goodandhealthysd.org/workplaces/policies.

**SDDOH CONTACT INFORMATION:**
Megan Hlavacek  
megan.hlavacek@state.sd.us  
605.598.6277

**Munch Code**

Munch Code is a tool developed by the South Dakota Department of Health to make choosing healthier snacks easier. Visit www.munchcode.org for concession and vending model policies and resources that support making concession/vending offerings healthier and strategies to encourage community support.

**SDDOH CONTACT INFORMATION:**
Megan Hlavacek  
megan.hlavacek@state.sd.us  
605.598.6277

**Lifestyle, Exercise, Attitude and Nutrition (LEAN) Series**

Our Certified Health Coaches facilitate wellness workshops utilizing Dr. Sears’ Lifestyle, Exercise, Attitude, and Nutrition (LEAN) principles. The L.E.A.N. Start series is a complete wellness program that focuses on sustainable healthy lifestyle changes for the whole family. All workshops include workbooks, recipes, healthy snacks and Interactive activities. L.E.A.N. Expectations is a series of educational workshops that teach those preparing for pregnancy, including expecting and nursing mothers, how to care for themselves and their babies. These workshops are a great addition to any worksite wellness program.

**GPTCHB CONTACT INFORMATION:**
Nichole Cottier  
nichole.cottier@gptchb.org  
605.721.1922 ext. 157
**SDDOH NUTRITION AND PHYSICAL ACTIVITY PROGRAM**

The SDDOH Nutrition and Physical Activity Program coordinates activities to improve efforts to prevent obesity and other chronic disease by promoting good nutrition and increased physical activity. Key initiatives include healthy vending, concessions and snack bars, active transportation, worksite wellness, and healthy school and childcare environments. Nutrition and physical activity resources and information can be found at healthysd.gov.

**SDDOH CONTACT INFORMATION:**
Larissa Skjonsberg  
larissa.skjonsberg@state.sd.us  
605.773.3737

Sue Alverson  
susan.alverson@state.sd.us  
605.256.5740

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**Pick It! Try It! Like It!**

Pick It, Try It, Like It materials are filled with tips for selecting, exploring, and cooking a wide variety of fruits and vegetables. Factual information complements simple, healthy, and tested recipes. Colorful fact sheets, recipe cards, and educational videos provide educators and families with fun, engaging tools to enhance any dietary curriculum. The toolkit is a compilation of evidence-based policy, systems, and environmental change tools for child care, school, community and family settings. Newly developed materials include traditional Native American produce.

**CONTACT INFORMATION:**
Angela Knodel  
Angela.knodel@sdstate.edu  
605.688.4038

Suzanne Stluka  
Suzanne.stluka@sdstate.edu  
605.688.4038

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**SDDOH Nutrition and Physical Activity Funding Opportunities**

Throughout the year a number of grants are made available to help communities, schools, organizations and businesses in South Dakota promote and encourage physical activity, healthy eating, and overall health and wellness. Learn more about these funding opportunities at www.healthysd.gov/fundingopportunitites.

**SDDOH CONTACT INFORMATION:**
Larissa Skjonsberg  
larissa.skjonsberg@state.sd.us  
605.773.3737
GPGHW developed many traditional foods resources including: posters, rack cards, and recipe cards. These resources were piloted at GPTCHB’s 5th Annual Health Summit, where GPGHW collected feedback on these resources. Other materials and presentations on traditional foods are also available.

Recipe Cards

GPTCHB CONTACT INFORMATION:
Shannon Udy
shannon.udy@gptchb.org
605.721.1922 ext. 156
USDA Food and Nutrition Services

The USDA Mixing Bowl website (whatscooking.fns.usda.gov) provides household recipes, large quantity recipes, cookbooks, recipe tools and fact sheets for wholesome, affordable family meals. At www.choosemyplate.gov there are resources for planning meals on a budget, tips for healthy eating, and information on the local flavors, foods, and recipes of individual states and territories.”

The USDA Farm to School website (www.fns.usda.gov/farmtoschool) provides fact sheets, resources and tools for getting started with a Farm to School program. Resources include, but are not limited to:

- Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Gardens
- Gardens in Tribal Communities: information about how Tribal representatives are using school gardens to preserve tribal language, connections to the land, and sources of traditional foods for school meal programs.
- Farm to School Planning Toolkit
- Local Meat in Child Nutrition Programs: Increasing Opportunities for Small and Mid-Sized Livestock Ranchers and Fishermen
- Information about grants and loans to support farm to school programs

USDA Contact Information:
David Von Behren, MPH, APR
Regional Public Affairs Director
USDA Food & Nutrition Service
Mountain Plains Regional Office
303-844-0314

Physical Activity Resources & Training

Sioux San Hospital Physical Activity Policy

For more information about the Sioux San Physical Activity Policy contact information is listed below.

Contact Information:
Nichole Flomm, QAPI Coordinator
605.355.2223
Physical Activity Kit (PAK) Training

The PAK is based on best and promising practices to increase physical activity. The PAK toolkit can be used in schools, communities, worksites, Head Start programs, elderly centers, and youth programs. The goal of the PAK is to increase the time American Indians and Alaskan Natives spend in medium to high physical activity for all ages across the lifespan.

GPTCHB Contact Information:
Nichole Cottier
nichole.cottier@gptcb.org
605.721.1922 ext. 157

SDPI&SDPP: Okiciyapi Wellness Center
Located on Sioux San Campus: Come in for an assessment and goal setting with a health technician.

Sioux San Contact Information:
Russell Price, Health System Specialist
605.355.2476
Sandor Iron Rope
605.355.2411
Stephen YellowHawk
605.355.2353

SDDOH Worksite Physical Activity Model Policy

The Worksite Physical Activity Model Policy provides a framework to encourage and support employee physical activity and create a worksite culture that supports health and total well-being. Download the South Dakota Department of Health model policy at www.goodandhealthysd.org/workplaces/policies.

SDDOH Contact Information:
Nikki Prosch
nikki.prosch@sdstate.edu
605.882.5240

International Traditional Games Society

The International Traditional Games Society focuses on the recovery, restoration, and reintroduction of American Indian games. The society offers three levels of “Culture for Survival” clinics. Great Plains Good Health and Wellness staff completed the level 1 training which allows them to share the games with students, families, and in summer camps. For more up-to-date information on clinics in your area, including horse culture clinics visit www.traditionalnativegames.org.

Contact Information:
Shannon Udy
shannon.udy@gptcb.org
605.721.1922 ext. 156
Basic Tobacco Cessation for Native Communities

This accredited certification program teaches interventions with an emphasis on the use of commercial nicotine products used in Native American communities. The program offers culturally responsive treatment strategies to assist native peoples dependent on nicotine products. Certification candidates receive adapted multimodal educational tools specific to Native American health.

Contact Information:
Richard Mousseau
Richard.mousseau@gptchb.org
605.721.1922

Great Plains Tobacco Prevention Project

Great Plains Tribal Chairmen’s Health Board Tobacco Prevention Project is a program that assists 18 tribes with education, resources, training and policy development for tobacco use and cessation. Along with educational tools for health risks associated with tobacco, we also have educational information on traditional tobacco.

GPTCB Contact Information:
Terra Houska
terra.houska@gptchb.org
605.721.1922 Ext. 117
Healthcare Systems Cessation and Tobacco-Free Policies

To help make cessation and tobacco-free environments a priority for healthcare facilities, the South Dakota Department of Health developed Healthcare Systems Strategies for Tobacco Cessation and Healthcare System Model Tobacco-Free Policy. Download these resources at: www.goodandhealthysd.org/healthcare/practice-guidelines.

SDDOH PROF (Programs and Resource Online Facilitator)

The South Dakota Department of Health provides an online training platform designed to educate health professionals on the South Dakota QuitLine, how to talk to tobacco users and ways to refer patients to the QuitLine. Visit www.dohprofsd.org to access the South Dakota QuitLine training, as well as additional modules in other chronic disease areas.

SDDOH CONTACT INFORMATION:
Jacob Parsons
Jacob.parsons@state.sd.us
605.773.3737

SDDOH Tobacco Funding Opportunities

The South Dakota Tobacco Control Program provides grant funding for school and community tobacco prevention and control efforts, as well as disparities based tobacco prevention and control activities. Learn more about these funding opportunities at http://doh.sd.gov/tobacco or www.goodandhealthysd.org/fundingopportunities

SDDOH CONTACT INFORMATION:
Jacob Parsons
jacob.parsons@state.sd.us
605.773.3737
SDDOH TOBACCO CONTROL PROGRAM

This program coordinates statewide efforts to prevent tobacco use initiation among youth and young adults, promote quitting among adults and youth, eliminate exposure to secondhand smoke and identify and eliminate tobacco-related disparities. Key initiatives include promoting the SD QuitLine as well as tobacco-free buildings and grounds policies in K-12 schools, post-secondary institutions, parks, outdoor venues and multi-unit housing. More information can be found at befreessd.com. South Dakota QuitLine 101 training and quarterly webinars for health professionals are available at sdquitline.com/training. Toolkits and resources to implement, promote and enforce tobacco policy work in tribal communities and schools can be found at www.findyourpowersd.com.

SDDOH CONTACT INFORMATION:
Jacob Parsons
Jacob.parsons@state.sd.us
605-773-3737

Tobacco Free Nebraska

Tobacco Free Nebraska (TFN) is the state’s comprehensive tobacco prevention program that works to:
• Help people quit,
• Eliminate exposure to secondhand smoke,
• Keep youth from starting,
• Reach underserved populations.
The movement includes many partners across the state.
Call 1-800-QUIT-NOW
http://dhhs.ne.gov

Iowa QuitLine

Iowa is a toll-free, statewide, tobacco cessation telephone counseling hotline. Trained counselors provide callers with information about the health consequences of tobacco use, assistance in making an individualized quit plan, and on-going support through optional follow-up calls.
Call 1-800-QUIT-NOW
https://iowa.quitlogix.org/

North Dakota QuitLine

Here you’ll find several free tobacco cessation programs to help you quit and stay quit - your way.

There is more than one way to quit tobacco. No single method of quitting works for everyone. NDQuits offers several free options so you can find the way that works best for you. All NDQuits services include free counseling, advice and support and free nicotine replacement products for those who qualify.

Call 1.800.QUIT.NOW
https://ndquits.health.nd.gov/get-started/enroll-online/
GPTCHB Tobacco Resources

No Smoking Signs in Lakota, Dakota and HoChunk (Winnebago), with original artwork.

Please contact: Terra.houska@gptchb.org to design some in your language.

Sacred Willow, 3rd Edition.

Updated with Biological information, propagation instructions and gathering instructions.

Targeted towards the Lakota and Dakota Tribes.

Please contact:

Terra.houska@gptchb.org to design some for your tribe and your traditional tobacco.

Quarterly Newsletter

- March
- June
- September
- December

Posters and handouts relating to the economic impacts of smoking, tobacco use and pregnancy as well as smoking and diabetes.

Hand held fact cards on 2nd hand smoke, 3rd hand smoke, economic impacts and traditional tobacco vs. commercial tobacco.
Over the years, the Community Health Department has partnered with several regional entities including universities, hospitals, and other non-profit institutes. The following pages highlight the resources and trainings offered by our partners in the Great Plains region.

**CENTER FOR HEALTH OUTCOMES AND PREVENTION RESEARCH**

CHOPR’s role is part facilitator, part researcher, and part program manager. Services that CHOPR offers include:

- Designing evaluations to determine whether a program is having intended impacts.
- Designing data collection forms, procedures, and databases to capture and store data.
- Recommendations of ways programs can improve service delivery, program effectiveness, and efficiency.
- Modification of data collection materials for cultural and linguistic appropriateness.
- Creation of needs assessments and implementation in diverse settings.
- Development of logic models, data analysis, and result presentations or reports.

**CONTACT INFORMATION:**

Center for Health Outcomes And Prevention Research
Sanford Research
2301 E. 60th St. North
605.312.6200
Jessica Hanson
Jessica.hanson@sanfordhealth.org

DenYelle Kenyon
denyelle.kenyon@sanfordhealth.org

**COLLABORATIVE RESEARCH CENTER FOR AMERICAN INDIAN HEALTH (CRCAIH)**

CRCAIH holds an annual summit on American Indian Health Research that brings stakeholders together for joint planning, training, and dissemination of ongoing projects as well as an annual research pilot grant funding mechanism is open to all applications from all organizations. Research divisions of CRCAIH include pediatric asthma, living kidney donation, and emergency department utilization. Their Community Engagement and Innovation Division engages community stakeholders to develop health and research priorities lists, offer feedback on outreach activities and research findings.

**CONTACT INFORMATION:**

info@crcai.org
www.crcai.org—605.312.6232
Partnerships to Advance Tribal Health (PATH)

PARTNERSHIP TO ADVANCE TRIBAL HEALTH

Improving Health and Health Care for Indian Country

PATH is a two-tiered project that assists Indian Health Service with quality improvement initiatives and community-clinical linkage projects. Eagle Butte Service Unit, Rosebud Service Unit and Sioux San Service Unit all participate in this pilot project that focuses on improving the Quality of Care within each facility. The improvements are then communicated with tribal health programs in an effort to bridge gaps in services. This project collaborates with HealthInsight, a regional Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO), and is partnering with Indian Health Service (IHS) and their hospitals to improve the health of American Indian and Alaska Native people. This three year initiative is being funded by the Center for Clinical Standards and Quality at the Centers for Medicare & Medicaid Services (CMS).

CONTACT INFORMATION:
Nichole Cottier
nichole.cottier@gptchb.org
605.721.1922

North Dakota Diabetes Prevention and Control Program (NDDPCP)

The ND Diabetes Prevention and Control Program (NDDPCP) works to prevent and control diabetes by partnering with many agencies to increase awareness about the disease and its risk factors. The two main focal points of the program are the Diabetes Self-Management Education and the Diabetes Prevention Programs. The program partners with tribes to implement the Diabetes Prevention Program and would like to explore other opportunities to partner.

CONTACT INFORMATION:
ND Diabetes Prevention and Control Program
600 East Boulevard Ave. Dept. 301
Bismarck, ND 58505

Jane Myers, RDN, LRD, CDE
Diabetes Program Director
jmyers@nd.gov
701.328.2698
Great Plains Quality Innovation Network (QIN)

The Great Plains QIN was established to carry out the work of the Centers for Medicare & Medicaid Services (CMS) Quality Improvement Organization (QIO) program within Kansas, Nebraska, North Dakota and South Dakota. The Great Plains QIN assists healthcare and community providers improve quality of care by providing technical assistance, convening earning and action networks for sharing best practices, and collecting and analyzing data for improvement. The Great Plains QIN is working to improve health outcomes and reduce issues of health disparities among people with diabetes. One strategy focuses on increasing opportunities for education for both patients and trainers in Diabetes Self-Management Education (DSME). Visit the Great Plains QIN website at: www.greatplainsqin.org

Contact Information:

North Dakota
Tasha Peltier RT(R),
Quality Improvement Specialist
Quality Health Associates of ND
3520 N. Broadway
Minot, ND 58701
tpeltier@qualityhealthnd.org
701.852.4231

South Dakota
Denise Kolba, MS,CNS,RN
Program Manager
South Dakota Foundation for Medical Care
2600 West 49th St., Ste. 300
Sioux Falls, SD 57105
denise.kolba@area-a.hcqis.org
605.336.3505

Nebraska
Dee Kaser, RN, CDE,
Quality Improvement Advisor
CIMRO of Nebraska
1200 Libra Dr., Ste 102
Lincoln, NE 68512
dee.kaser@area-a.hcqis.org
402.476.1399 ext. 506

Great Plains Tribal Epidemiology Center (GPTEC)

GPTEC is just one of 12 partner tribal epidemiology centers funded by the Indian Health Service’s Division of Epidemiology and Disease Prevention to assist in improving the health of American Indians and Alaska Natives throughout the United States. GPTEC provides a variety of different services including training, technical assistance, and capacity-building to its partners in accordance with its funded projects and in other cases to the extent possible. These services focus on a variety of areas, most specifically:

• Data collection, analysis, and dissemination
• Evaluation (including plans, methodologies, and parameters)
• Systems connections, partnership-building, and other collaboration.

To learn more about GPTEC, please visit gptec.gptchb.org.

Contact Information:

PJ Beaudry
pj.beaudry@gptchb.org
605.721.1922 ext. 155
Northern Plains Healthy Start Program

Currently Healthy Start has Community Health Workers serving moms and children in the South Dakota communities of Crow Creek, Flandreau, Sisseton-Wahpeton, and Standing Rock and the North Dakota communities of Fort Berthold, Spirit Lake, Standing Rock, and Turtle Mountain.

Moms in these communities can receive case management services; home visiting; prenatal, parenting, and life skills education; depression and intimate partner violence screenings and referrals; breastfeeding classes and support, as well as developmental screenings and referrals for their children. Families enrolled in the Healthy Start program have opportunities to earn valuable supports such as portable cribs, car seats, clothing, infant care supplies, diapers, and more through their participation in Healthy Start’s many educational opportunities.

Contact Information:
Crow Creek                      Flandreau & Standing Rock                Sisseton-Wahpeton
Becky Diehm                    Melissa Gabriel                                      Patsey Seaboy
605.840.4498                  605.721.1922 Ext. 123                             605.698.8434
Lynn Big Eagle                 605.721.1922 Ext. 101

Spirit Lake Nation                                         Turtle Mountain
Tara Fox                                Tina La Fountain
701.766.4472                         701.477.5778

Three Affiliated Tribes of ND
Shawn Charging
701.460.7470

Sioux San Special Diabetes Program for Indians

Sioux San Hospital Rapid City Service Unit: Special Diabetes Programs for Indians and the Special Diabetes Prevention Program

Contact Information:
Lisa Tompkins, RN, BSN, Nurse Specialist
Director/Coordinator/Supervisor Okiciyapi Wellness Center/Special Diabetes Prevention Program
3200 Canyon Lake Drive, Rapid City, SD 57702
Lisa.tompkins@ihs.gov
605.355.2279

Russell Price, Health System Specialist
Russell.price@ihs.gov
605.355.2411
Our organization recognizes that environmental change needs to be brought about through a process of community dialogue, community decision-making, and community action. This fosters making the healthy choice an easy choice for individuals. SDSU Extension is utilizing community-based Wellness Coalitions on American Indian reservations and urban populations in South Dakota to prevent and reduce obesity of children, youth, and their families. The Wellness Coalitions, facilitated by SDSU Extension and/or their partnership contractors, are conducting community needs assessment to engage the local community to select and implement community strategies, and their corresponding activities. Example strategies for these communities, and other communities who are also interested in this work will include, but are not limited to:

- Promote access to fruits and vegetables
  - Farm to School
  - School & Community Gardens
  - Farmer’s Markets
  - Training & Outreach in Food Production, through beginning farmer/rancher workshops and/or home and commercial gardens
  - Food Safety and Preservation
- Increase healthy behaviors such as consumption of healthy food and beverages
  - Harvest of the Month
- Healthy Concessions/Healthy Vending (Schools, Recreation Facilities)
  - Worksite Wellness
  - Increased consumption of healthy traditional foods in American Indian communities
- Provide access to physical activity opportunities
  - Integration of traditional games into community/schools/youth programs
  - Development of community fitness zones
  - Worksite Wellness
- Walkability
- Master of Public Health Program
  - Working in partnership with tribal communities is South Dakota and the Great Plains region, faculty and grad students can serve as resources in public health research, program development, data analysis, and program evaluation.

Utilizing this community-based approach allows the Wellness Coalition and communities to have ownership over the activities they select, which will result in greater success and sustainability. The core of this program is a collaborative of organizations and individuals, interested in food production, food sovereignty, chronic disease prevention, and overall health and nutrition. Extension offices and partners in each area will work with these coalitions to design Program outreach and resource development in accordance with local goals. Visit SDSU Extension’s website at www.igrow.org.

C O N T A C T  I N F O R M A T I O N:
Suzanne Stluka
605.688.4038
Suzanne.stluka@sdstate.edu
South Dakota Department of Health

Good & Healthy South Dakota, created by the South Dakota Department of Health Office of Chronic Disease Prevention and Health Promotion, offers a wide array of programs and services to help all South Dakotans make the healthy choice the easy choice. Free chronic disease prevention and health promotion educational materials are available to order online at doh.sd.gov/catalog. Other information including upcoming events, key data, success stories and model policies can be found at goodandhealthysd.org.

Contact Information:
605.773.3361

American Indian Public Health Center

The American Indian Public Health Resource Center (AIPHRC) is dedicated to partnering with American Indian tribes and organizations to improve the delivery of culturally appropriate public health services that focuses on public health education, public health services, public health research, and public health policy. The American Indian Public Health Resource Center is interested in furthering partnerships and increasing collaborations with partners.

Contact Information:
NDSU Dept. 2662
Fargo, ND 58108-6050
701.231.6666

Black Hills Center for American Indian Health

Founded in 1998 in Rapid City, South Dakota, BHCAIH works in collaboration with American Indian Tribes and tribal communities in conducting research to better educate our people on an array of health issues including cancer, tobacco control and heart disease. Visit their website for more information at http://www.bhcaih.org/home.html.

National Native Network

The mission of the National Native Network is to enhance the quality and performance of public health systems to reduce commercial tobacco-related illnesses and cancer disparities among American Indian and Alaska Native populations. Visit their website for more information at https://keepitsacred.itcmi.org/.

Contact Information:
nnn@itcmi.org