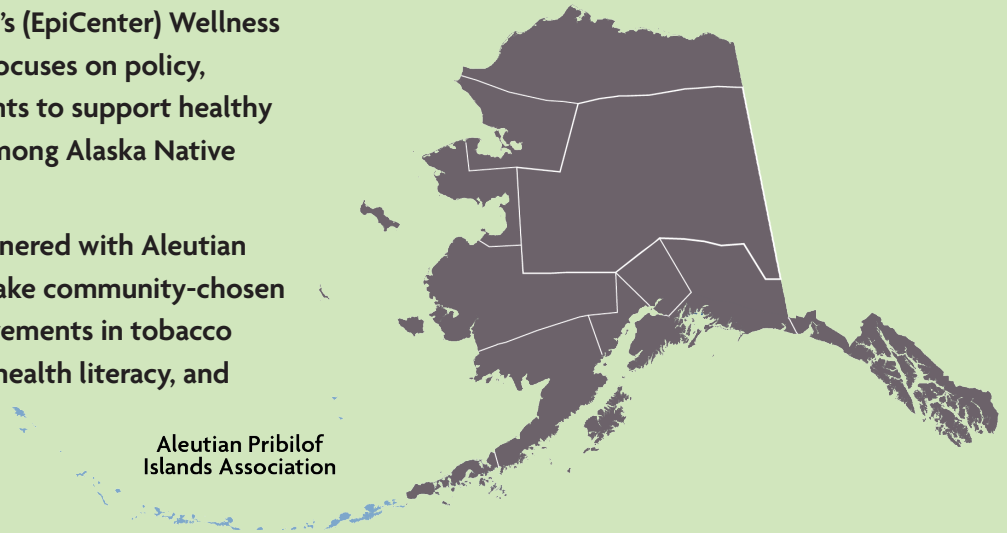


Wellness Strategies for Health 2014-2019 SUCCESSES

The Alaska Native Epidemiology Center's (EpiCenter) Wellness Strategies for Health* (WSH) program focuses on policy, system, and environmental improvements to support healthy living and chronic disease prevention among Alaska Native and American Indian people.

To implement this work, EpiCenter partnered with Aleutian Pribilof Islands Association (APIA) to make community-chosen and culturally-responsive health improvements in tobacco prevention, nutrition, physical activity, health literacy, and community-clinical linkages. With the EpiCenter's support, APIA was able to achieve the successes below.



Increased access to healthy foods

- ✓ Implemented Head Start policy to increase access to traditional foods



Reduced tobacco use and exposure

- ✓ Passed tobacco-free campus policy
- ✓ Created new patient tobacco screening and referral process



Improved community-clinical linkages

- ✓ Created patient chronic disease-related screening and referral processes



Increased physical activity opportunities

- ✓ Created partnerships for new St. George fitness center
- ✓ Passed an employee wellness policy



Increased health literacy

- ✓ Implemented required staff health literacy training
- ✓ Updated informational signage at clinics



APIA
ALEUTIAN PRIBILOF ISLANDS ASSOCIATION

These successes allow APIA to fulfill their mission "To assist in meeting the health, safety, and well-being needs of each Unangan/Unangas community."