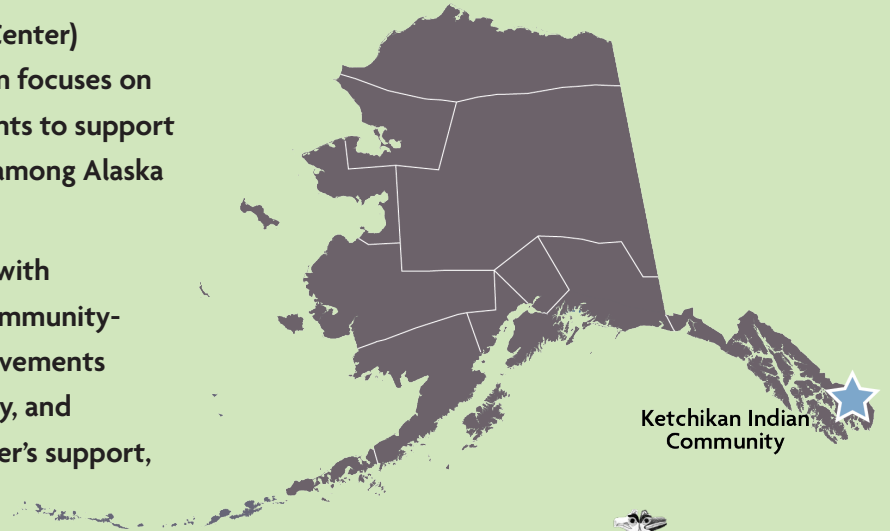


Wellness Strategies for Health 2014-2019 SUCCESSES

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 Ketchikan Indian Community (KIC) to make community-chosen and culturally-responsive health improvements in tobacco prevention, nutrition, health literacy, and community-clinical linkages. With the EpiCenter's support, KIC was able to achieve the successes below.



Ketchikan Indian Community



Reduced tobacco use and exposure

- ✓ Passed tobacco-free campus policy
- ✓ Created clinical, dental, and behavioral health tobacco screening and referral procedures



Improved community-clinical linkages

- ✓ Implemented Chronic Disease Self-Management Education, Diabetes Self-Management Education, and Diabetes Prevention Programs



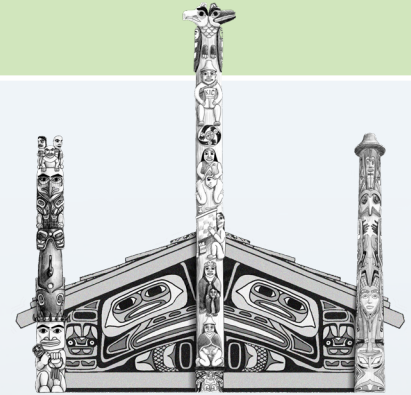
Increased health literacy

- ✓ Updated campus signage to match new policies and procedures



Increased access to healthy foods

- ✓ Passed and implemented healthy food policy
- ✓ Created localized healthy food purchasing procedure



These successes allow KIC to fulfill their vision to “ensure the prosperity of a culturally rich heritage and a thriving community of healthy and economically self-sufficient Tribal Citizens.”