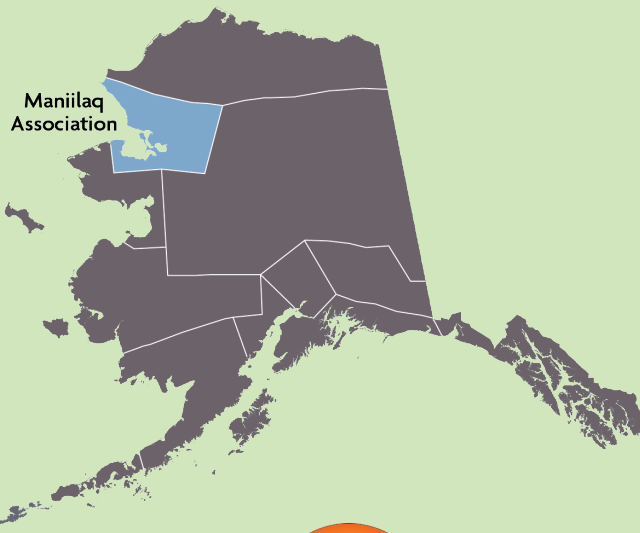


Wellness Strategies for Health 2014-2019 SUCCESSES

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 Maniilaq Association to make community-chosen and culturally-responsive health improvements in tobacco prevention, nutrition, health literacy, and community-clinical linkages. With the EpiCenter's support, Maniilaq was able to achieve the successes below.



Reduced tobacco use and exposure

- ✓ Passed tobacco-free campus policy
- ✓ Revised tobacco screening and referral procedures



Improved community-clinical linkages

- ✓ Created policies for screening of abnormal blood pressure and body-mass index, including referrals as needed



Increased access to healthy foods

- ✓ Reduced sugary drink access at cafeteria
- ✓ Installed water bottle filling stations
- ✓ Passed healthy food policy



Increased health literacy

- ✓ Updated campus signage in English and Iñupiaq
- ✓ Implemented required staff health literacy training
- ✓ Created organizational passive education plan



These successes allow Maniilaq to fulfill their mission, "Savaqatigiiksugut (we are working together). Working together to provide high quality, culturally relevant health, social and tribal services."