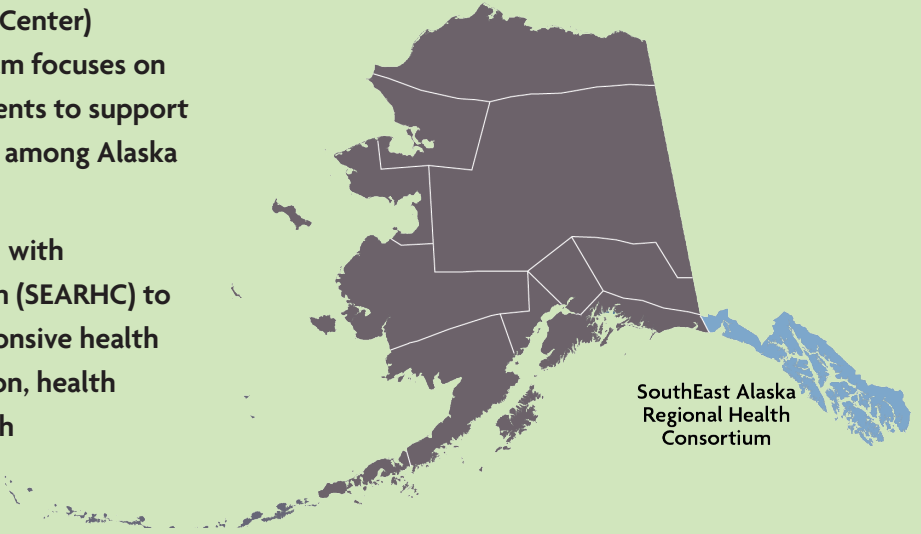


Wellness Strategies for Health 2014-2019 SUCCESSES

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 SouthEast Alaska Regional Health Consortium (SEARHC) to make community-chosen and culturally-responsive health improvements in tobacco prevention, nutrition, health literacy, and community-clinical linkages. With the EpiCenter's support, SEARHC was able to achieve the successes below.



Reduced tobacco use and exposure

- ✓ Revised tobacco-free campus policy
- ✓ Added electronic health record tobacco e-referral



Increased health literacy

- ✓ Increased patient portal awareness and use



Improved physical activity opportunities

- ✓ Created policy allowing employees' families to use fitness center
- ✓ Implemented bike-friendly improvements



Increased breastfeeding

- ✓ Supported Baby-Friendly Hospital Designation



Increased access to healthy foods

- ✓ Passed traditional foods policy
- ✓ Partnered with Sitka Tribe on offering fresh produce



These successes allow

SEARHC to fulfill their vision

“to promote a healthy

balance of mind, body, and

spirit.”