

WISE FAMILIES

A pilot project in Klukwan, which is a joining of the Chilkat Indian Village's strategic plan and SEARHC health initiatives.

"Yee gu.aa yax x'wan."



Southeast Alaska Regional Health Consortium(SEARHC)

- **PL 93-638 tribal organization**
- **Established 1975 by Tlingit,
Haida, & Tsimpshian tribes.**
- **18 member Board of
Directors**
- **1,000 employees**
- **Eight HRSA 330 clinics**





Chilkat Indian Village of Klukwan

- Situated on the Chilkat River in the heart of the Chilkat Bald Eagle Reserve~22 miles from Haines
- Governed by tribal government – The only village in SE other than Metlakatla.
- Largely subsistence economy
- Main employers are the school and tribal government.

WF Goal and Objective

Goal: Support community programs and alliances that enable people to adopt healthy lifestyles that contribute to the prevention, delay and/or mitigation of the consequences of CVD, cancer, diabetes and obesity based on supporting traditional Tlingit knowledge and activities.

Object: Reduce tobacco use and exposure, improve nutrition, and increase physical activity of camp participants

SEARHC WISE Funding

- **CDC WISEWOMAN (2000)**
- **IHS WISEWOMAN (2003)**
- **IHS HPDP (WISEFAMILIES) (2005)**
- **HRSA MCH – Innovative Approaches to Healthy Weight in Women (WISE At Every Size) (2006)**

Expanding the WISEWOMAN Framework

- Why WISE FAMILIES?

Well

Integrated

Screening and

Evaluation



WISEWOMAN
Yaa Kudzigéiyi Shaawát
Part of the SEARHC Family

Goals

- **Integrate CVD screening elements into every residents annual exam.**
- **Integrate lifestyle counseling into the clinical care setting, using best practices - including motivational interviewing.**
- **Demonstrate a significant & measurable reduction in CVD risk**

Supporting People to Make Healthy Behavior Changes is a Challenge.

Weaving health message into tribal,
social & economic development plans

WISEFAMILIES

KLUKWAN TRADITIONAL
KNOWLEDGE CAMP



The Mission of the Klukwan Traditional Knowledge Camp is to educate individuals and families in traditional Chilkat values, arts, and subsistence skills.

Klukwan Traditional Knowledge Camp Philosophy and Ten Year Wellness Plan

We believe that to know complete wellness, one must be healthy in mind, body, and spirit. For this reason our approach is three-fold--- addressing all aspects of our beings.

Complete Wellness

Mind: Integrate Tlingit Language into all camp activities to reinforce the language revitalization goals of the community.

Body: Traditional Native foods are better suited to our bodies, and the effort needed to gather subsistence foods provides the exercise we need to stay physically fit.

Spirit: Develop and host Spirit Camps where those suffering spiritually can reconnect to the Creator, to the land, to the cultural heritage, and to other people.

Klukwan Traditional Knowledge Camp Activities:

- Traditional Woodworking & Construction Skills Camp
- Subsistence Skills Camps
 - Hooligan Camp
 - Salmon Camp
 - Moose Camp
 - Community Garden
- Traditional Fine Arts Camp
 - Wood Carving
 - Spruce/Cedar Bark Basket weaving
 - Chilkat/Ravenstail Weaving
 - Regalia Sewing/Beading

How are we accomplishing our objectives

- Support Klukwan Traditional Knowledge Camps by sharing behavior change skills
- Provide clinical risk factor screening to every resident
- Evaluate impact of camp participation using WISEWOMAN risk assessment methods

How are we accomplishing our Objectives

- Community Tobacco Educators
- Brief Motivational Encounter Training
- Physicals for students at the school prior to summer fish camps
- Community Gardens
- Pedometers for everyone getting PE and Lifestyle Counseling

Collaboration and Funding Sources:

- SEARHC Wise Families Grant
- Chilkat Indian Village Higher Ed./Voc. Ed.
- Klukwan Educational Trust Scholarships
- University of Alaska Southeast-Outreach Program
- Alaska Humanities Forum-Rose Rural/Urban Exchange Program
- ANA SEDS Grant: Native Artist and Chilkat Host Training Project
- Department of Education Grant: Klukwan Language Revitalization Project
- Putney Student Travel Organization

For more information:

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