

# The Steps Program in the Colville Confederated Tribes, Washington State

Funding Period: 2003–2008

CDC's Steps Program funds states, cities, and tribal groups to implement community-based chronic disease prevention programs to reduce the burden of obesity, diabetes, and asthma by addressing three related risk factors: physical inactivity, poor nutrition, and tobacco use. Steps-funded programs are showing what can be done locally in schools, work sites, communities, and health care settings to promote healthier lifestyles and help people make long-lasting and sustainable changes that can reduce their risk for chronic diseases.

## Background

The Confederated Tribes of the Colville Reservation (Colville) is located on 1.4 million acres in north-central Washington State. The reservation has more than 5,000 residents, including both Colville Confederated Tribe members and their families and non-tribal residents, living either in small communities or in rural settings. Approximately half of the 9,000 members of the confederation's 12 tribal bands live on or adjacent to the reservation. Colville Steps efforts are focused on the significant health impact of chronic diseases and health disparities in this American Indian population.

## Spotlight on Success

- School lunch programs are improving through staff training in nutrition and the implementation of cafeteria surveys. Nutrition education and physical activity events are integrated into the regular school day. Individual Active Care Plans are developed in all reservation schools for students with asthma.
- The Colville Steps Program offered preventive screenings during the work day at multiple work sites, along with nutrition counseling and information on quitting tobacco use. In addition, special events and classes were actively promoted for both employees and their families.

## Community Partnerships

The Colville Steps Program benefits from multiple community partnerships that help guide the direction of program implementation. The governing body of the reservation and tribal governments are engaged, along with local and regional coalitions that address juvenile justice, health care, diabetes, schools, and economic development.

## Contact

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