



The Health Promotion and Disease Prevention Initiative (HP/DPI) is developing a coordinated, systematic approach to enhance national, regional, and local preventive health programs and services by working with Tribes, Tribal organizations, IHS staff and health consultants.

### **Promoting healthy lifestyles builds healthier communities.**

American Indians and Alaska Natives are disproportionately affected by health conditions and chronic diseases directly related to lifestyle factors such as physical inactivity, poor diet, commercial tobacco use, and underage drinking. The goal of the HP/DPI is to create healthier American Indian and Alaska Native communities by developing, coordinating, implementing, and disseminating effective health promotion and chronic disease prevention programs through collaboration with key stakeholders and by building on individual, family, and community strengths and assets.

### **Key Elements of the Health Promotion and Disease Prevention Initiative**

HP/DPI has initiated a wide range of prevention efforts designed to meet its goal of creating healthier communities. The initiative is providing cooperative grants to encourage tribal/urban organizations to develop innovative interventions. It is building local capacity through the Healthy Native Communities Fellowship program and Youth Leadership programs. HP/DPI is increasing access to an online clearinghouse that contains best and promising practices/local efforts, resources, training tools, wellness data, and community assessment tools for health promotion and disease prevention. Health providers, professionals, community health workers and other individuals who want to make positive changes in their local communities can access the HPDP tools and information by visiting the web site at: [www.ihs.gov/hpdp](http://www.ihs.gov/hpdp).

The HP/DP Policy Advisory Committee was established to provide oversight and policy guidance to the Initiative. The Prevention Task Force has developed a strategic plan to enhance and improve disease prevention and health promotion efforts. HP/DP coordinators in each of the 12 IHS areas provide support for developing, implementing, and evaluating these efforts.

### **Key Accomplishments of the Health Promotion and Disease Prevention Initiative**

In addition to putting in place the key components noted above, other HP/DP accomplishments include:

**Awarding 33 competitive grants** – The grants focus on behavioral risk factors that contribute to chronic disease.

**Supporting over 200 fellows** – With HPDP support, the fellows have graduated from the Healthy Native Communities Fellowship program training.

**Conducting Community Champion Forums** – The forums have taken place in each of the 12 IHS Areas with over 500 participants.

**Creating the *Physical Activity Kit*** – Collaborating with the University of New Mexico, HPDP has produced and launched a new *Physical Activity Kit (PAK)*, *Staying on the active path in native communities...a lifestyle approach* designed for use in schools, communities, worksites, Head Start programs, elderly centers, and youth programs.

