

In response to: RFP for Training and Technical Assistance Opportunity I + PSE Approaches to Childhood Obesity Prevention in Rural Communities Project

Submitted to: Western Maternal and Child Health Nutrition Partners - Nutrition Leadership Network

Submitted by: Winslow Indian Health Care Center  
500 N Indiana Ave. Winslow AZ 86047  
Nicole Lawrence, MPH, CHES, RDN, LDN  
Supervisory Dietitian  
Nicole.lawrence@wihcc.org  
928-289-6254

**Background:**

According to the results of a study, Obesity and Overweight in American Indian and Alaska Native Children, 2006–2015 published in the September 2017 publication of the American Journal of Public Health, “Overall, in American Indian and Alaska Native children aged 2 to 19 years, the prevalence of overweight (definition 2: BMI  $\geq$  85th but < 95th percentile) was 18.5% and obesity was 29.7%.”

The Winslow Indian Health Care Center (WIHCC) is an outpatient medical facility which serves approximately 5900 children from the southwest region of the Navajo Nation (Birdsprings, Dilkon, Indian Wells, Leupp, Teesto, Tolani Lake, Jeddito and White Cone Chapters), Nation, Holbrook, Joseph City and Winslow.

WIHCC’s Pediatric Wellness Task Force is currently engaged in efforts to prevent and reduce obesity by organizing obesity prevention and intervention programs at the individual, community and clinic levels, creating partnerships with existing childhood obesity prevention and intervention programs, working with schools to enhance student engagement with obesity prevention and working with organizations to build capacity for implementing childhood obesity prevention efforts.

Current programs offered at WIHCC are:

- Fitness Fun in the Sun: A one month summer nutrition education and fitness program for children ages 7-15 offered to the Winslow community
- Hozhoogo lina Kids Camp: A one day Spring Break and Fall Break nutrition education and fitness program for children ages 5-15 offered to communities on Navajo Nation
- Fit Kids of Northern Arizona: A one-on-one year round proven clinical intervention obesity program to teach children and parents how to make healthy lifestyle choices
- Coordinated Approach to Child Health (CATCH) training: A one day training for area school representatives based on the CDC’s Whole School, Whole Community, Whole Child model. In addition to training, schools can receive the K-5<sup>th</sup> Grade CATCH curriculum, Activity Box to facilitate fitness activities, fitness equipment and

technical assistance from WIHCC Wellness Team should they choose to implement the program.

Proposal: The WIHCC Pediatric Wellness Task Force currently includes representatives from local health departments and health care organizations who are dedicated to preventing childhood obesity among Native Americans. Our vision is to use our previous efforts as a springboard to create a Regional Coalition / Network of health care organizations, community based organizations health departments, and schools in Northern Arizona who can collaborate to create a comprehensive plan of action to address childhood obesity among our service population.

Using the Social Ecological Model to identify the interactive effects of interpersonal, intrapersonal, community, institutional, and public policy factors on childhood obesity, Coalition / Network organizations will:

- Identify currently utilized obesity prevention strategies
- Identify successes gained with implemented strategies
- Identify challenges faced when implementing current strategies
- Identify currently available resources to implement and sustain strategies

Based on the needs, challenges and capabilities of each organization and with the training and technical assistance received from the University of Minnesota's Systems Approaches for Healthy Communities Program, Coalition / Network representatives will collaborate to:

- Create a comprehensive strategic plan to address childhood obesity among Native American in the Northern Arizona region using the I+ PSE framework
- Identify which I + PSE strategy (s) their organization will implement
- Identify what resources / support they will need to implement the strategy (s)
- Secure funding to facilitate implementation and sustainability of strategy (s)
- Provide ongoing support to each other
- Revise the strategic plan as necessary
- Evaluate our progress towards preventing childhood obesity

Our current team members include myself, Sausha Nells RN (WIHCC Youth Wellness Nurse) and Regina Eddie, PhD, RN (Assistant Professor School of Nursing at Northern Arizona University. We are currently partnering with The Arizona Health Zone-Cooperative Extension, Northern Region but hope to create partnerships with additional organizations (Navajo and Coconino County Health Departments, Navajo Nation Health Department, Fit Kids of Arizona, Northern Arizona University, Headstarts, School Districts, Little Colorado Medical Center, etc.) so that we can be most effective in preventing childhood obesity in Northern Arizona.