Pawnee Nation:

Published Articles

The Pawnee Nation REACH US Program and Pawnee County Headstart want to build a healthier community. The Pawnee Nation REACH US Program recently purchased the CATCH curriculum and physical activity sets for the Pawnee and Cleveland Head Start programs. All of the Headstart teachers participated in the curriculum training held at the Pawnee Nation and plan to implement the activities this school year.

CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8. The CATCH Program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.

If you are interested in the CATCH curriculum for your school or youth organization, contact Christi or Debbie at Pawnee Nation REACH US (918) 762-3873, ext. 5.

For more information about CATCH, the website is www.catchinfo.org. The Pawnee Nation REACH US (Racial and Ethnic Approached to Health) Program is funded through a grant from the Oklahoma State Department of Health, www.strongandhealthy.ok.gov.

The Pawnee Nation received the prestigious award of a "Certified Healthy Business 2010" from the Oklahoma State Department of Health, the Oklahoma Academy, The State Chamber, and the Oklahoma Turning Point Council. The award recognizes Oklahoma businesses that provide health and wellness opportunities and are working to improve the health status of Oklahomans. To be certified, businesses must meet specific criteria, including providing employee health screenings, workplace health and nutrition education, opportunities for physical exercise activities, management support for healthy workplace environments, tobacco use prevention activities, and sharing wellness activities within their respective communities.

The Oklahoma Certified Business Program recognizes three award categories. They are: Certificates of Excellence, Certificates of Merit and Certificate Awards. The Pawnee Nation received the "Certificate of Merit" award. Our next goal is to become a Tobacco-free reserve so that we can achieve the prestigious "Certified Healthy Business Excellence" award. We could be one of only three tribes in the state of Oklahoma to be tobacco-free. This is a prestigious accomplishment for any tribe in the United States. Achieving this status would be a victory for the tribe and the community.

The website link to view the award information and the other organizations in Oklahoma that were acknowledged this year is http://www.ok.gov/health/. Thank you to all who contribute daily to the health and wellness of the Pawnee Nation employees and the community.