

Choctaw Nation of Oklahoma

Healthy Lifestyles ~ Youth Advisory Board

10 1/2 Counties in SE Oklahoma ~ 2009

Priorities:

- ◆ Domestic Violence
- ◆ Life Skills
- ◆ Tobacco Prevention
- ◆ Underage Drinking
- ◆ Physical Health
- ◆ Meth Prevention

About Us...

The Choctaw Nation of Oklahoma (CNO), a federally recognized Indian tribe, whose nations borders include 10 ½ counties in southeastern Oklahoma. This unique service area covers 15,000 square miles of rugged, mountainous terrain as well as some of the most picturesque areas of the state. According to the Choctaw Nation membership department, there are currently 179,000 registered Choctaws.

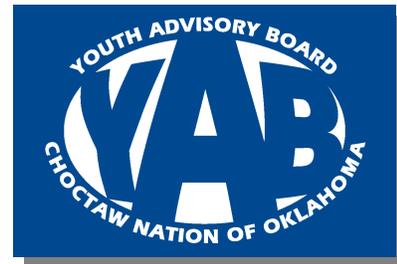
In the fall of 2001, with the dramatic increase in diabetes in native Americans, Chief Greg Pyle recognizing this as a threat to the Choctaw people as well with the epidemic rise in obesity (directly related to diabetes) among his tribal nation, created the Diabetes Multi-Resource Task Force.

With the focus of preventing diabetes among Choctaws, the Task Force assembled members of the health care profession as well as, Choctaw Nation program directors, a representative of the Choctaw Nation tribal council, and Chief Gregory E. Pyle to deal with this urgent issue. In 2003, the task force changed its name to the Healthy Lifestyles Task Force and expanded their focus to encompass all the health problems facing Choctaw people, with special emphasis on the Youth. After engaging the "Youth of the Nation" a voice was born, which now is recognized on the local, state and national level as the Choctaw Nation Youth Advisory Board. In 2004, the Choctaw Nation Healthy Lifestyle Division was institutionalized within the Community Health Division of the Choctaw Nation. To date, this program facilitates and fosters the best practices to promote Healthy Lifestyles at the local grassroots level within the Choctaw Nation. Many local and state partnerships have been developed and have joined the Choctaw Nation Healthy Lifestyles Program to improve the health of the Choctaw Nation and citizens residing in SE Oklahoma. Due to this collaborative effort, many preventive health services within the Choctaw Nation Health Services has proven extremely successful as well as expanded supportive community based initiatives. One of the greatest achievements of this effort has been the creation of the Choctaw Nation Youth Advisory Board. This organization serves as the cornerstone of the Healthy Lifestyles program and empowers local citizens and youth to take action in promoting and improving health where they live. With a unique and diverse membership with over 150 members, they continue to serve as a model for youth led and youth involved programs, initiatives and projects throughout the state. This initiative of the Choctaw Nation truly lives up to their motto: **"Healthy Living = Longer Life"** and will benefit its members for generations to come.



Choctaw Nation Youth Advisory Board

WE ARE a group of students from across the entire Choctaw Nation with one goal in mind. The Choctaw Nation Youth Advisory Board wants to challenge the youth of this great nation to become the leaders of tomorrow. The Youth Advisory Board works to empower youth to come together and work towards addressing community needs. We set goals to develop positive visions for the future of the Choctaw Nation. Our mission is to help grow healthy, productive and civic minded adults. If you want to grow and expand your opportunities join us! You need a willing spirit and a heart that reaches out to other people and you will be amazed at the results.



Significant Outcomes:

The Choctaw Nation Healthy Lifestyles Program and Youth Advisory Board continues to impact the health and quality of life for all residents residing in the 10 1/2 County service area. Through the hard work and dedication from the staff to the empowering youth led activism among the youth advisory board....the results are overwhelming. The YAB works hard to provide a better and brighter future for the youth of SE Oklahoma. Through their efforts, initiatives and leadership, CN youth's attitudes toward tobacco prevention and underage drinking are slowly changing in the economically impoverished and extreme rural communities of the Choctaw Nation. The YAB has been successful in the adoption of the Social Host Law in many cities across SE Oklahoma ~ sending out a message that underage drinking is unacceptable. No longer is the "prevention message" being told by adult leaders, but by the Youth of the Nation. It is the belief of the Choctaw Nation Youth Advisory Board that through community service, mentorship, communication and education, Choctaw Nation Leadership can and will empower future generations to be a healthier and stronger nation.

Key Activities:

- ◆ SWAT— Students Working Against Tobacco—HIP HOP SWAT
- ◆ 2M2L—Underage Drinking
- ◆ Social Host Law Promotion
- ◆ Educational Scholarships
- ◆ Dating Violence Prevention
- ◆ Health Fit Club Planning
- ◆ Fitness Camps
- ◆ Balloons Over Hugo
- ◆ After Prom Lock-In
- ◆ Boys and Girls Club
- ◆ CATCH Programs
- ◆ Team Building Activities
- ◆ Baby Blanket Drive—Preg. Center
- ◆ Sprouts/Nutrition & Fitness DVD
- ◆ Systems of Care
- ◆ Community Service Projects
- ◆ Youth Leadership Training
- ◆ Drama/Skit Presentation
- ◆ Back to School Bash
- ◆ Youth Summit/Explosion
- ◆ Senior Citizens Dance
- ◆ Town Hall Meetings on Underage Drinking—Take It Back
- ◆ Youth Mentoring/Tutoring
- ◆ Candle Light Vigil
- ◆ Family Fun Day
- ◆ County Fair(s)
- ◆ Legislative Day at the Capital
- ◆ Camp Plea
- ◆ Tutoring
- ◆ Health Fairs



Partners:

Bishinik/Tribal Newspaper
 Chief Gregory E. Pyle ~ Tribal Council
 Choctaw Nation Youth Center
 Boys and Girls Club
 SWAT ~ 2M2L
 Oklahoma State Department of Health
 Choctaw Nation AFL
 CN Youth Outreach
 CN Healthy Lifestyles
 Public Schools
 Law Enforcement
 CN Diabetes Nurse Education
 REACH US
 Teen Pregnancy Care Center
 APRC
 District Attorney ~ City Councils
 Home Health ~ Dept. of Human Services
 Lifetime Legacy
 Project CHILD
 Local Churches ~ Nursing Homes
 Oklahoma State Turning Point Initiative
 Atoka/Coal County
 Partnership For Change Coalition
 McCurtain Co. Coalition For Change
 Living In Latimer Coalition
 Haskell County Coalition
 Le Flore County Coalition
 Pittsburg Co. Local Service Coalition
 Choctaw County Coalition
 A.B.C. Coalition
 Believers In Boswell
 Pushmataha Co. Turning Point Coalition
 Bryan County Turning Point Coalition

Social Host Ordinance Passes in the City of Hugo



**COMMUNITY SERVICE
 MENTORSHIP
 COMMUNICATION
 EDUCATION**

Key Activities:

- ◆ METH Prevention Campaign
- ◆ School Prevention Curriculum(s) Implementation—
Too Good For Drugs, Y.A.T.A.
Project Falvmichi, Project Alert
- ◆ On Applebee Pond/Life Skills
- ◆ Park Clean-Up Day
- ◆ July Celebration
- ◆ Labor Day Festival
- ◆ Movie Madness Night—Stomping BUTTs on Hollywood—Tobacco Prevention/Awareness Event
- ◆ Youth Leadership Conference
- ◆ Adolescent Health Conference
- ◆ Suicide/Self Esteem Prevention
- ◆ Summer Arts Programs
- ◆ Newspaper Article -Youth of the Nation
- ◆ City Ordinance Development and Policy Development/Adoption for Tobacco Control and Underage Drinking
- ◆ Homecoming Parade
- ◆ Teddy Bear Drive
- ◆ Fund Raising
- ◆ Choctaw Nation Fit Kids Club
- ◆ Leadership Video Development
- ◆ Walking Trail Development
- ◆ Walking and Fitness Initiatives
- ◆ New York Youth Leadership Summit and Conference
- ◆ Blue Ribbon Week/Domestic Violence
- ◆ Halloween Carnivals
- ◆ Earth Day

Pregnancy Care Center Baby Shower

