

Choctaw Nation - SE Oklahoma Counties
Choctaw Nation Healthy Lifestyles TASK Force
Established 2001

At a Glance

Choctaw Nation of Oklahoma (CNO), a federally recognized Indian tribe, is comprised of 10 ½ counties in southeastern Oklahoma, unique service area of 15,000 square miles of rugged, mountainous terrain. The service area is roughly equivalent to the state of Vermont. According to the Choctaw Nation membership department, total tribal membership in 2003 was 160,052. There are 91,000 Choctaws in the State of Oklahoma with 69,000 residing in the 10 ½ county service area.

In the fall of 2001, Chief Pyle recognized the increasing epidemic of diabetes and obesity that threatens the Choctaw people. He created a special task force, the Diabetes Multi-Resource Task Force, to work toward preventing diabetes among Choctaws.

The Task Force members were health professionals, Choctaw Nation program directors, a representative of the Choctaw Nation tribal council, and Chief Gregory E. Pyle. In 2003, the task force changed its name to the Healthy Lifestyles Task Force and expanded their focus on all the health problems facing Choctaw people. Since then, other community and state partnerships have been developed and have joined the task force in improving the health of the Choctaw Nation and their communities. Diabetes remains the most serious health issue for Choctaw Nation.

Due to this collaboration effort, many preventive health services within the Choctaw Nation Health Services has proven extremely successful as well as expanded supportive community based initiatives. The motto of the Choctaw Nation Healthy Lifestyle TASK Force is "Healthy Living = Longer Live".

Key Activities of 2005

- Implemented Event Calendar, One Central Contact for all program events
- Surveyed Youth to obtain insight into the many obstacles they face, will utilize information to develop projects/programs to address needs of youth
- Preventive Health Website is being developed with links to each program
- Each program will have links to information that will be accurate and updated on a regular basis.
- Preventive screening form has been completed and will be used to help make sure that patients who need recommended screenings are receiving them.
- Grants Department fully developed with 2 full time staff members
- Seven grants submitted in FY 2005 and four funded
- Preliminary work underway to incorporate a "Health Foundation"
- Develop and enhance community activities
- Health Screenings
- 5K Runs in Talihina, Durant, Hugo, Tuskahoma, Skullyville (WTW)
- Community Coalition-Summer Arts Camp educating youth on the fundamentals of arts.
- Involvement with communities on developing and enhancing walking trails, skateboard parks, baseball fields all areas promoting physical exercise.
- Through the Push County Turning Point Coalition partnership, a program was developed to better educate our communities on the effects of alcohol. This program utilizes a golf cart and drunk driving goggles to show individuals the effect that alcohol has on them. This program will be utilized through out the Choctaw Nation.
- Developed walking programs with area community centers.
- Partnered with area coalitions for applications of Tobacco Settlement Endowment Trust Grants.
- Involvement with communities for health education booths at County Fairs
- Implemented Project Child Program, a school based preventative health program
 - I Died' Who's Next – Drinking and Driving Simulated School Assembly / 9th-12th
 - Project ALERT – 7th & 8th grade school curriculum, 9 sessions addressing alcohol, tobacco and drug prevention. This curriculum has an evaluation component

- Implement Diabetes Detection Initiative (DDI)
- Chief Pyle Fitness Challenge: This initiative educates and promotes to employees of the Choctaw Nation the importance of exercise and nutrition. There are a total of 16 teams with 10 members on each team.
- Media Campaigns to raise awareness of the importance of healthy living through television, radio and billboards.
- Diabetes Cookbook: This cookbook was developed thru a recipe contest and will provide individuals with tools necessary in preparing a diabetic meal.
- Poster Contest: K-12th grade students through out the Choctaw Nation participated in this contest. The winning posters of the contest are displayed in facilities throughout the Choctaw Nation which allows the awareness to be raised on the importance of a “Healthy Lifestyle”
- Placed playground equipment at each health care facility to promote physical activity.
- Implemented diabetes prevention program in the public school systems for 5th grade students – Salad Sisters
- Trail of Tears Virtual Walk
- Implemented nutrition and exercise program at Jones Academy
- Strengthened relationships/collaborations with outside entities. Ex. OUHSC, OSDH, Turning Point, CDC, and IHS
- Health Fairs/Adolescent Health Conference
- Health Screenings for Walk This Weigh events, which is a social marketing campaign in partnership with the Turning Point Coalitions to promote physical activity and weight loss.
- Health Education Sessions for employees (WTW)
- 5K Runs in Talihina, Durant, Hugo, Tuskahoma, Skullyville (WTW)
- Drug Education & Cardio Vascular Prevention programs in area communities- CORE Capacity
- Leadership Through Tradition Youth Camp: Targeted children ages 10-15, educating them on abstinence, drugs/alcohol, morals, and Choctaw Traditions.
- Monthly Bishinik Article promoting Healthy Lifestyles
- Monthly Healthy Lifestyles Newsletter
- Expand Partnerships
- Fitness Rooms in Community Centers
- Community Coalition Member which allows Choctaw Nation to partner with other state agencies, business owners, community members in providing events and education to develop a healthier community. (ABC Community Coalition, Partnership For Change, Choctaw County Coalition, Believers in Boswell, Pushmataha County Turning Point Coalition)
- Community Coalition –Summer Arts Camp education youth on the fundamentals of arts.
- Promote Physical Fitness & Nutrition Initiative Programs/Initiative
- Get Movin, 5th grade walking program utilizing the virtual “Trail of Tears” map

Priorities of the Partnership

- Communication & Collaboration
- Community Involvement
- Diabetes Prevention
- Education & Training
- Quality Clinical Services
- Physical Fitness and Nutrition
- Youth Leadership

Partners

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| • Bishinik/Tribal Newspaper | • Choctaw Nation Grants Coordinator |
| • Chief Gregory E. Pyle | • Choctaw Nation Hospital Administrator |
| • Chi-hullo-li | • Choctaw Nation Tribal Council Member |
| • Choctaw Nation Executive Director of Health | • Choctaw Nation Youth Advisory Board |
| | • CN Adult Education |

- CN Child Care Assistance
- CN Community Based Social Workers
- CN Community Health Representatives
- CN Diabetes Nurse Educators
- CN Diabetes Wellness Center
- CN Director of Nursing
- CN Food Distribution
- CN Head Start
- CN Headstart
- CN Health Service Authority Physicians
- CN Higher Education
- CN Housing Authority
- CN Indian Child Welfare/Family Services
- CN Johnson O'Malley
- CN LIHEAP
- CN Marketing
- CN Nutrition Elderly Service
- CN Nutritionist
- CN Operations & Management
- CN Preventative Health
- CN Public Relations
- CN Recovery Center
- CN Upward Bound
- CN Vocational Rehabilitation
- CN WIA
- CN WIC
- Core Capacity
- Deputy Administration of Northern Region of Choctaw Nation Health Services
- Deputy Administrator of Southern Region of Choctaw Nation Health Services
- Oklahoma State Department of Health
- Project Child
- REACH 2010
- VISTA Volunteer

For More Information:

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