

Priorities:

- Substance Abuse Prevention
- Resource Training
- Recruitment
- Activities
- Media
- Asset Building



A Lil Bit About Us...

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. According to the Choctaw Nation membership department, there is a total of 179,000 registered Choctaws.

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.

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

- Underage Drinking Poster/Essay Contest: K-12th grade students throughout the Choctaw Nation participated in this contest. The winning posters are displayed in facilities throughout the Choctaw Nation. This year there were over 900 entries.
- Adolescent Health Conferences in Choctaw, McCurtain and Haskell Counties which educated (850) 5th grade students on hygiene, bullying, self-esteem, nutrition, physical fitness, diabetes, tobacco, alcohol & meth.
- Summer Activity Camps were held in Boswell, Broken Bow, Coalgate, Durant, Hugo & Clayton. The 3-5 day camps were established through the partnerships in the coalitions and were held to educate 10-12 year olds on the importance of proper nutrition, physical fitness and the dangers of using tobacco, alcohol and meth.
- March Against Meth-A (1) day meth prevention program which educated students on the problems that come with using meth. Partners included local District Attorneys, Law Enforcement, Tribal Police, Drug Task Force, and former meth users. In March of 2006 this program was in the following schools, Atoka, Hugo, Boswell, Soper, Wilburton, Stigler and Moyers.
- Monthly Healthy Lifestyles Article which is published in the Bishinik which is the Choctaw Nation Tribal newspaper. Topics of the article dealt with health issues and concerns of the Choctaw Nation.
- Choctaw Nation Youth Advisory Board "To The Youth Of The Nation" article which is published monthly in the Bishinik and discusses the issues that youth face.
- Billboards were developed and posted throughout the Choctaw Nation targeting tobacco, alcohol and meth and healthy living for youth.
- Commercials were aired throughout the Choctaw Nation on Diabetes.
- Healthy Kids Snack Cookbook was developed through the partnership of HLS and OSU Extension
- Sprouts, a nutrition and physical fitness DVD was developed by HLS and CN Youth Advisory Board. The DVD was distributed throughout the Choctaw Nation at Head Starts and health fairs.
- HLS is a member of the Community Coalitions in the Choctaw Nation, this allows HLS to partner with other state agencies, business owners, community members in providing events and education to develop a healthier community. Coalitions include: Partnership for Change, Bryan County Turning Point Coalition, Believers In Boswell, Choctaw County Coalition, McCurtain County Coalition (Coalition For Change), Push County Turning Point Coalition, Pittsburg County Coalition (Local Service Coalition), A Better Clayton, Living In Latimer, Leflore County Coalition, Haskell County Coalition.

Choctaw Nation Healthy Lifestyles TASK Force
Choctaw Nation of Oklahoma ~ 10 1/2 Counties in SE Oklahoma

Key Activities (cont.)

- Get Movin Program-HLS received funding for a (1) year grant that was implemented in the 5th grade classroom once a month to educate students on nutrition and physical fitness. The program was in the following schools, Boswell, Atoka, Coalgate, Clayton, Hugo.
- Community Drug Awareness Trainings were held in Choctaw and McCurtain counties. Partners included local law enforcement, District Attorneys, DEA, Tribal Police, Drug Task Force, Choctaw Nation Core Capacity, Choctaw Nation Project Child, Oklahoma State Health Dept.
- Town Hall Meeting was held in Talihiina to educate community on Underage Drinking. Presentations were made by local Law Enforcement, Assistant District Attorney and individuals who had lost teens in alcohol related accidents.
- Assisted Believers In Boswell in Grant application for a Youth Center, awarded October, 2006
- Project Falummichechi a domestic violence prevention programs is currently in 28 classrooms a month in the following schools, Boswell, Soper, Bennington, Durant, Valliant, Clayton, Buffalo Valley, Heavener, Atoka, Tupelo, Moyers, Rattan, Hugo. We are currently in our 3rd year of promoting this program and hope to add several schools each year.
- Youth Explosion 2, a Christian Youth Concert in which over 3,000 individuals attended. The event is designed and promoted by Choctaw Nation Healthy Lifestyles Program and Choctaw Nation Youth Advisory Board.
- Battle of the Bands
- National Teach-In Day was held in the 5th Grade Classroom in Boswell, this lesson was to educate youth on the problems of drinking alcohol and was taught by HLS & YAB.



Major Outcomes:

Choctaw Nation Youth Advisory Board

The Youth Advisory Board, (YAB) was initiated through the Choctaw Nation Healthy Lifestyles Taskforce and their desire to hear the concerns of the youth of the Choctaw Nation. The YAB is a group of dedicated students working to provide a better and brighter future for the youth of the Choctaw Nation. They have been very active in many projects, which include but are not limited to Project Falummichechi, Media Campaigns, Youth Explosion, Health Fairs, Community Coalitions/Service, and Monthly newspaper articles.

The Choctaw Nation Youth Advisory Board represents youth residing in the SE Oklahoma counties identified as the Choctaw Nation service area. Youth members of this advisory board have challenged themselves to engage the Youth of the Choctaw Nation to take responsibility for their health and their future.

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. The Choctaw Nation Youth Advisory Board meets each month, while participating individually at the local level (community) on an on-going basis.

The identified five roles of the Choctaw Nation Youth Advisory Board member are as follows: Team Player, Role Model, Evaluator, Advisor, and Decision Maker. Each member takes each of these roles seriously and makes a commitment and pledge to honor such positions to the Choctaw Nation Council and their communities. The Advisory Board's vision is to promote healthier Choctaw Youth and feels that by investing in and utilizing all youth as valuable assets can accomplish this.

"SPROUTS"

Sprouts was accomplished by partnering with many entities which included, Choctaw Nation Healthy Lifestyles, Oklahoma State Dept. of Health, Vista, Choctaw Nation Salad Sisters and Southeastern Oklahoma State University. Today's sedentary children needs our support finding fun and motivating ways to get the exercise and good nutrition they need, the Sprouts video is an excellent way to do this. The video has a selection of exercises, nutritional information and health tips for children 3-5 years old. There are many outstanding actors in this film that include, teenagers of the Youth Advisory Board, the Salad Sisters and puppets. SPROUTS was designed to get young children up off the couch and get moving. The videos are currently being utilized by the Choctaw Nation Head Starts, as well as many community youth programs and coalitions. Videos are also being distributed throughout the communities in Choctaw Nation in partnership with identified Turning Point Coalitions.

Project Falummichechi

Project Falummichechi was created by a young red headed Irish Indian girl ~ Claire Richard who wanted to change the lives of her people ~ the Choctaw Nation Tribe. Project Falummichechi meaning to reclaim the dignity lost by the cycle of abuse that disproportionately claims the lives of Native Americans in Southeastern Oklahoma. This curriculum addresses domestic violence and how to deal with one's emotions in a healthy manner. This program is now implemented in 28 class rooms, every month of the school year by the Youth Advisory Board under the supervision of the Choctaw Nation Healthy Lifestyles TASK Force. Over One hundred fifty (150) high school youth serves as mentors to 2nd grade children through this comprehensive school-based curriculum, which consists of an evaluation component and 8 classroom lessons. This program will truly provide a major and lasting contribution to improve the health of our youth throughout Oklahoma.



Partners:

- Bishinik/Tribal Newspaper
- Chief Gregory E. Pyle
- Chi-hullo-li
- Choctaw Nation Grants Coordinator
- Choctaw Nation Hospital Administrator
- Choctaw Nation Tribal Council Member
- 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 Executive Director of Health
- CN Food Distribution
- CN Head Start
- 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
- Oklahoma State Turning Point Initiative
- Push. County Turning Point Coalition
- Partnership For Change Coalition
- Coalition For Change
- Living In Latimer Coalition
- Haskell County Coalition
- Le Flore County Coalition
- Local Service Coalition
- A.B.C. Coalition
- Believers In Boswell
- Bryan County Turning Point Coalition