

Making the Healthy Choice the Easy Choice

CTG Strategic Directions

- Healthy eating & active living
- Substance free living
- Social & emotional wellbeing
- Safe physical environments
- Clinical preventive services

CONTACT US

If you would like to find out more
please contact:

Makah Community Transformation

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Made possible with funding from the
Centers for Disease Control and Prevention

Makah Community Transformation

Year 1 & 2 Review



Makah Community Transformation

Year 1 & 2 Accomplishments

“Making the Healthy Choice the Easy Choice”

I. Identifying Concerns and Opportunity

Leadership & Coalition guidance

- Prioritizing areas of concern and opportunity
- ENACT (Environmental Nutrition & Activity Community Tool)

Surveys:

- Share Your Thoughts
- HEAL MAPPS
- Try This, Not That
- Farmers Market Surveys
- Playground Assessment
- BRFS

Community Engagement

- Senior Center focus group
- Walkability & Bikeability events
- 3 Health Fairs
- July 4th Block Party
- Summer Youth Summit
- 9th grade class
- School Board
- Tribal Division Directors

Assess Existing Data:

- Makah Community Health Report

II. Creating Opportunity

- Community Transformation Coalition
- Cape Loop Trail – 7 miles of new walking and biking trail
- Building effective partnerships
- Pedestrian Safety Signs
- Bahokus Peak Challenge
- Bunny Dash & Makah Day Fun Run
- Employee Health & Fitness Month
- Sail River Heights BBQ
- Walk & Bike to Work days
- Bike Safety Rodeo
- Healthy Mini Mart – Better Choices Section
- USDA Grant – Sea to School
- Tribal members to trainings & workshops
- Hired & mentored 5 college students to conduct chronic disease prevention outreach & education

III. Advancing Issues

Makah Cultural framework

Physical Activity

- Walking & Biking
 - Walking & Biking Maps
 - Create walking & biking routes
 - Develop walking & biking groups
 - Bike repair/Bike share project
 - Address safety concerns

Healthy Foods

- Traditional Foods
 - Hunting, gathering, preparing, preserving
- Local stores - marketing & stocking technical assistance
- Establish local farmers market
- Support existing Community Garden
- Head Start, School & Senior Center

Substance Free Living

- Community Engagement – visioning
- Cultural healing
- Supportive policies

Social & Emotional Wellness

- Community events
- Connections