



## ACTION PLAN

### 2010 NHBP Tribal Community Census

#### March 2011

In 2010, the Nottawaseppi Huron Band of the Potawatomi (NHBP) Tribe conducted a Tribal Community Census. 308 Household responses were returned out of 613 mailed (50.2% response rate). 564 adults were represented (69.1%), 252 children were represented (30.9%). The following is a list of key findings, and the *action steps* that the NHBP is taking or planning to take in order to address the finding in hopes of decreasing or eliminating the need.

No.	Key Finding	Action	Department	Strategic Goal
1	High Risk of Cardiovascular Disease	<p>Improvement of prescription drug program coverage and access to provide for additional savings.</p> <p>Increase sub-specialty services to add Cardiologist (amount of time to be determined)</p> <p>Increase in cardiovascular disease prevention programming such as: exercise classes, smoking cessation programs, nutrition education classes and regular scheduled physicals/screenings (including EKG)</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p>	Health and Human Services	<p>Old: Development of a onsite pharmacy or 340B program to fill prescriptions for Tribal members and save significantly on Contract Health pharmacy cost.</p> <p><b>Proposed New:</b> Identify better access and cost efficient methods/sources to handle the pharmacy needs of Tribal members therefore providing a savings to the Contract Health budget.</p> <p>Reduce the proportion of Tribal members at risk of cardiovascular disease.</p>
2	Lack of medical resources for Tribal members	<p>Increased staff resources and adjust Contract Health policy to mandate Tribal members to utilize NHBP clinic services available to them.</p> <p>Implement advertising campaign, utilizing symbols that Tribal members can identify with our clinic and healthcare services (i.e. Dr. Terrapin Turtle).</p>	Health and Human Services	<p>Old: Reach and maintain 80% of NHBP Tribal members using its clinic services.</p> <p><b>Proposed New:</b> Reach and maintain 80% of NHBP Tribal members using its clinic services.</p>

		<p>New and up to date medical and program brochures, outlining all the services the health department can provide (i.e. clinic, behavioral health and contract health).</p> <p>Increase capability of doing more point of care testing, so that fewer laboratory studies get sent out which takes more time to come to a diagnosis.</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p> <p>Provide website and technological upgrades such as: Calendar of events, electronic health forms, electronic health records and electronic emergency notification system</p>		<p>Investigate additional services provided under CHS Priority II level to determine feasibility.</p> <p>Develop a comprehensive marketing plan that targets specific age groups and high risk groups, through identifiable symbols and methods Tribal members can identify with (i.e. Dr. Terrapin &amp; Facebook).</p>
3	20% of Tribal members <u>do not</u> have health insurance.	<p>Utilization Coordinator facilitates enrollment in Medicare, Medicaid/Public Assistance programming.</p> <p>Possible recommendation: offer health insurance to Tribal members or subsidize a health insurance plan to reduce premium costs to Tribal members?</p> <p>Behavioral health and substance abuse treatment fills a portion of this gap.</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p>	Health and Human Services	<p>Old: N/A</p> <p><b>Proposed New:</b> Explore medical plans/insurance options to bridge CHS gaps or subsidize a health insurance plan to reduce premium cost to Tribal members.</p> <p>Implement a health department compliance program, which will help facilitate future health department accreditations.</p>
4	10% of Tribal members have diabetes	<p>Increase Nutrition Education Programming</p> <p>Encourage Tribal members to participate in programs which provide lifestyle change, such as PATH (Personal Action Toward Health)</p> <p>The health clinic offers a multidisciplinary approach based on the chronic care model in dealing with referrals, treatment and prevention of chronic diseases.</p> <p>Increase exercise classes (yoga, zumba, cardiovascular</p>	Health and Human Services	<p>Old: Increase active self management of chronic disease management programs.</p> <p><b>Proposed New:</b> Implement best practice chronic disease self management programs such as: PATH (Personal Action Toward Health, DSME (Diabetes Self Management Program) and Healthy Families.</p>

		<p>exercise and strength training) is offered to Tribal members to facilitate prevention of diabetes.</p> <p>Access to blood sugar monitors, glucometer strips, and A1C testing available on site at NHBP clinics.</p> <p>Provide better access to fresh fruits and vegetables through Title VI programs, Project Fresh and local farmers markets.</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p>		<p>Reduce the proportion of Tribal members that acquire diabetes. (prevention)</p> <p>Reduce the number of complications Tribal members suffer from diabetes. (treatment)</p>
5	<p>8.3% of adults have asthma (7.7% national)</p> <p>12.3% of children (9.6% national)</p>	<p>Asthma Educator</p> <p>Home Health Program (i.e. examines environmental surroundings to reduce possible asthma triggers).</p> <p>Screenings/treatment plans are available at the NHBP health clinics. (i.e. spirometry, peak flow, breathing treatments w/nebulizer, blood oxygen and school asthma action plans.</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p>	Health and Human Services & Environmental Department	<p>Old: N/A</p> <p><b>Proposed New:</b> Reduce the burden of asthma in both adults and children. (NIH: <i>Control of Asthma</i> national guidelines)</p> <p>Produce policy requiring NHBP Tribal members to utilize the health clinics primary care services and sub-specialty referral system.</p>
6	8.0% of adults are depressed (7.7% national)	<p>Individual group counseling sessions</p> <p>UV light therapy for Seasonal Affect Disorder</p> <p>Clinical screenings conducted for both adult and children using the <i>Patient Health Questionnaire</i>.</p> <p>Provider offering prescription</p> <p>Depression screenings at health events</p> <p>Individual, couples, and group therapy provided by behavioral health providers.</p>	Health and Human Services	<p>Old: N/A</p> <p><b>Proposed New:</b> Explore and implement best practice measures to screen, treat, and alleviate symptoms of depression.</p>

7	33% never married with children [Note: this is a finding not a determination that having children outside of marriage is an issue]	<p>Nurturing parent program</p> <p>Healthy Families Program</p> <p>Teen Pregnancy Program</p> <p>Individual, couple, and group therapy provided by behavioral health providers.</p> <p>Annual family camp</p>	Health and Human Services	<p>Old: N/A</p> <p><b>Proposed New:</b> N/A</p>
8	<p>11.9% of children are not living with Parents</p> <p>6.3% living with their Grand Parents</p> <p>5.6% living with another Relative/Other</p>	<p>Healthy Families Program</p> <p>Individual, couple, and group therapy provided by behavioral health providers.</p> <p>Annual family camp</p> <p>Indian Child Welfare Act (ICWA) monitoring and case management provided.</p>	Health and Human Services	<p>Old: N/A</p> <p><b>Proposed New:</b> N/A</p>
9	11.7% have inadequate home insulation	Development of a weatherization program that compliments/mandates implementation to those receiving home heating assistance.	Housing	<p>Old: N/A</p> <p><b>Proposed New:</b> Reduce the percentage of Tribal members that have inadequate home insulation.</p>
10	<p>20.1% have no internet access</p> <p>21.1% have no computer</p>		Community Development	<p>Old: N/A</p> <p><b>Proposed New:</b> N/A</p>

11	<p>9.7% have no form of reliable transportation</p> <p>39% have no public transportation</p>	Transit bus service	Community Development	<p>Old: Expand current transportation options to Tribal members such as: Large busses or shuttles to events and appointments.</p> <p><b>Proposed New:</b> Expand current transportation options to Tribal members such as: Large busses or shuttles to events and appointments.</p>
12	<p>13.3% Less than High School (14.1% national)</p> <p>33.9% High School/GED (30.9% national)</p> <p>38.6% Some College/Tech (28.0% national)</p> <p><b>14.2% College Grad/Above (27.0% national)</b></p>	<p>Education Incentive Program</p> <p>Tutoring assistance</p> <p>Testing assistance (GED, etc.)</p> <p>Higher education scholarships</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p> <p>Participate in college night and other events that promote increased interest in college.</p>	Education	<p>Old: N/A</p> <p><b>Proposed New:</b> Increase the percentage of youth that complete high school.</p> <p>Increase the percentage of Tribal members that graduate college/above.</p>
13	Of the 11.3% adults currently enrolled in school, only 56% are receiving financial aid.	<p>Higher education scholarships</p> <p>Promote financial resources and provide assistance to students in completing if needed.</p>	Education	<p>Old: N/A</p> <p><b>Proposed New:</b> Increase the percentage of students that receive financial aid for schooling.</p>
14	28.5% unemployment rate	<p>Invest in business ventures that support Tribal member employment (e.g., Power Panel)</p> <p>Grow the NHBP government organizational structure to provide employment opportunities.</p> <p>Behavioral health chronic care treatment and case management provide for holistic approach to care.</p>	Community Development	<p>Old: N/A</p> <p><b>Proposed New:</b> Reduce the unemployment rate.</p>

15	\$40,000 median household income compared to \$49,777 national median household income	<p>Invest in business ventures that support Tribal member employment (e.g., Power Panel)</p> <p>Grow the NHBP government organizational structure to provide employment opportunities.</p>	Community Development	<p>Old: N/A</p> <p><b>Proposed New:</b> Increase the median household income.</p>
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