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| **Strategies** | **Short-term Outcome** | **Intermediate Outcomes** | **Long-term Outcomes** |
| Family and community activities that connect cultural teachings to health and wellnessSeasonal cultural and traditional practices that support health and wellnessSocial and cultural activities that promote community wellnessTribal, Inter-Tribal, governmental, and nongovernmental collaborations that strengthen wellbeingIntergenerational learning opportunities that support wellbeing and resilienceCultural teachings and practices about traditional healthy foods to promote health, sustenance and sustainabilityTraditional and contemporary physical activities that strengthen wellbeing | Increased number of community members participating in family-centered community activities and events that teach, build upon, celebrate, and strengthen cultural and traditional practices and teachingsIncreased number of community members participating in health education activities conducted in Native languageIncreased number of community members aware of community calendarIncreased number of community members participating in social and/or Tribal cultural activities conducted to learn about traditional tobacco use, healthy food, physical activity, and lifestyle practicesIncreased number of community members participating in traditional food programs that promote health and sustenanceIncreased number of tribal members harvesting and preserving foodsIncreased number of opportunities for traditional and contemporary physical activityIncreased number of community members participating in activities that teach traditional and contemporary physical activitiesIncreased number of community members participating in community, social and cultural activities that teach cultural knowledge, practices, and historical eventsIncreased number of community members participating in cultural teachings that support wellbeing and resilienceIncreased number of community members participating in intergenerational programs offered that support wellbeing and resilience | Increased understanding of and engagement in healthy living practicesIncreased community, social and cultural activities focused on sharing cultural knowledge and practicesIncreased sense of belonging to tribe and communityIncreased feelings of connection to and pride of tribal cultureIncreased knowledge of tribal history and cultureIncreased inclusion of traditional foods in dietsIncreased participation in traditional and contemporary physical activity eventsIncreased intergenerational interactions with a positive impact on wellbeing | Reduced morbidity/ mortality due to diabetes, heart disease and stroke, and cancer.Increased resilience and use of cultural practices to reduce diabetes, heart disease and stroke, and cancer. |