

Table 4: Summary of overarching policy, systems and environmental priorities and planned action steps during the summit and reported stages of change, successes and challenges six months later by Region H

Area of Focus	Planned Action Steps	Time Frame	Stages of Change and Successes	Challenges
Systems	<ul style="list-style-type: none"> Investigate various software systems Customize and implement new software that helps with reminder and billing issues 	1-2 years	<p>Stages of change six months post-summit: Getting ready / maintaining activities</p> <ul style="list-style-type: none"> Cheyenne River initiated conversation with IT department and are getting ready to turn on the customized reminder system Great Plains Tribal Chairmen’s Health Board worked with IT systems and reminder systems at the colorectal cancer facility <p>Stages of change one year post-summit: Currently implementing and evaluating activities</p> <ul style="list-style-type: none"> Conducted an HPV Seminar in our area 	<ul style="list-style-type: none"> It can take time to transition to a new IT system and train staff. Scaling up is the next challenge Coordinating with other programs to provide a speaker system and being unable to purchase food with grant funding
Policy: Tobacco	<ul style="list-style-type: none"> Include e-cigarettes to tax compact with state Update the policy to include e-cigarettes Increase awareness of e-cigarettes Communicate with CDC’s Office of Smoking and Health Partner with Food and Drug Administration (FDA) representatives 	1-2 years	<p>Stages of change six months post-summit: Not ready / currently implementing activities</p> <ul style="list-style-type: none"> Cheyenne River worked with the Canli Coalition to introduce cigarette tax compacts and update policy and ordinance to include e-cigarettes Efforts to increase awareness e-cigarettes are underway Incorporated the 5 A’s of tobacco cessation in services Trained 300 people on state quitline and National Indian Network quitlines, which increased referrals from 19% to 49.5% Tobacco Health Educator is working on communication and education efforts under the CDC Good Health and Wellness program <p>Stages of change one year post-summit: Not ready (No other updates)</p>	<ul style="list-style-type: none"> Policies restricting e-cigarettes may not happen in the 1-2 year timeframe. Waiting on the state to set the precedence of increasing age of sales of e-cigarettes to 21 Policy change is hard and takes time
Environment: Physical activity and nutrition	<ul style="list-style-type: none"> Increase the number of walking paths Build funding opportunities Create awareness for a lifestyle of healthy exercise and nutrition in schools Youth diabetes management Special diabetes management Walking class 	1-2 years	<p>Stages of change six months post-summit: Currently implementing / maintaining and evaluating activities</p> <ul style="list-style-type: none"> Youth Diabetes Program at Cheyenne River has been given an award Conducted health fairs and powwows with adults and children, where they measure blood pressure and glucose levels and pass out health information Adapted and implemented CDC’s PSE Change Tool and developed a community action plan to tackle tobacco, nutrition and physical activity Reached about 500 youths though community events, where they educated youths on the importance of physical activity (funded by Partnerships to Improve Community Health grant) Created media consent forms to promote physical activity using social media and newspapers Planned the creation of a video of students being physically active Working with Special Diabetes Program that organizes physical activity and healthy eating challenges Instituted physical activity-leave, a type of administrative leave at the Tribal Health Department <p>Stages of change one year post-summit: Getting ready (No other updates)</p>	<ul style="list-style-type: none"> Funding is needed to organize a survivorship support group Funding to create walking paths is limited Coordinating with high schools to organize physical activity events on their tracks Being unable to purchase food with grant funding to promote healthy eating