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<th>Area of Focus</th>
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| Systems      | • Investigate various software systems  
• Customize and implement new software that helps with reminder and billing issues | 1-2 years | Stages of change six months post-summit: Getting ready / maintaining activities  
• 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  
**Stages of change one year post-summit: Currently implementing and evaluating activities**  
• Conducted an HPV Seminar in our area | • 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 | • 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 | Stages of change six months post-summit: Not ready / currently implementing activities  
• 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  
**Stages of change one year post-summit: Not ready (No other updates)** | • 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 | • 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 | Stages of change six months post-summit: Currently implementing / maintaining and evaluating activities  
• 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  
**Stages of change one year post-summit: Getting ready (No other updates)** | • 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 |