

Tribal Practices for Wellness in Indian Country (TPWIC)

Tribal Practices for Wellness in Indian Country (TPWIC) supports culture as a path to chronic disease prevention and wellness in American Indian and Alaska Native communities.

TPWIC Mission

TPWIC builds resilience and connections to community, family, and culture, which over time can reduce risks for chronic diseases and promote wellness.

The Centers for Disease Control and Prevention (CDC) funds 36 Tribes and Urban Indian Organizations through the TPWIC cooperative agreement, with the goal of reducing illness and death from chronic diseases. The long-term goals of TPWIC are to increase resilience and use of cultural practices to reduce illness and death from chronic diseases such as diabetes, heart disease, stroke, and cancer.

Why TPWIC?

AI/AN communities have many strengths and resiliency based on tribal culture and traditional ways of life. However, AI/AN culture and traditions have been severely disrupted by colonialism, loss of land, and policies, such as assimilation, relocation, and tribal termination. This has resulted in historical trauma, as well as health, social and economic inequities, which have put AI/AN populations at higher risk for chronic diseases.

Background

CDC's National Center for Chronic Disease Prevention and Health Promotion met with tribal cultural leaders to identify traditional and cultural practices to strengthen community, family, and cultural connections for the reduction of chronic disease risks among AI/AN communities.

Tribal leaders suggested these strategies because they were not widely understood nor supported by federal agencies at that time. For AI/AN tribes and communities, cultural and traditional teachings and practices build strength and resilience and support healthy lives. These practices have been the basis of the TPWIC program since 2018.

About the TPWIC Program

TPWIC aims to support mental health and emotional wellbeing among community members. TPWIC success is measured by:

- **Increased cultural connectedness**
- **Increased social connectedness**
- **Increased consumption of healthy traditional foods and/or increased physical activity in communities.**

TPWIC supports a 5-year cooperative agreement (2022-2026) with approximately \$5 million in funding per year. Funding is for American Indian Tribes, Alaska Native Villages, tribal organizations that work with tribes, and Urban Indian Organizations.



TPWIC Strategies

- **Family and community activities that connect cultural teachings to health and wellness**
- **Seasonal cultural and traditional practices that support health and wellness**
- **Social and cultural activities that promote community wellness**
- **Intergenerational learning opportunities that support wellness and resilience**
- **Cultural teachings and practices about traditional healthy foods to promote health, sustenance, and sustainability**
- **Traditional and contemporary physical activities that strengthen wellbeing**

Tribal Practices for Wellness in Indian Country

Locations of Urban Indian Health Centers and Tribes for 2022-2026



Urban Indian Organizations

1. [All Nations Health Center](#) (Missoula, MT)
2. [American Indian Health and Services](#) (Santa Barbara, California)
3. [Gerald L. Ignace Indian Health Center](#) (Milwaukee, WI)
4. [Indian Health Board of Minneapolis](#) (Minneapolis, MN)
5. [Indian Health Center of Santa Clara Valley](#) (San Jose, CA)
6. [Native American Rehabilitation Association of the Northwest](#) (Portland, OR)
7. [Native Americans for Community Action](#) (Flagstaff, AZ)
8. [Native Health](#) (Phoenix, AZ)
9. [Oklahoma City Indian Clinic](#) (Oklahoma City, OK)
10. [San Diego American Indian Health Center](#) (San Diego, CA)
11. [Seattle Indian Health Board](#) (Seattle, WA)
12. [Tucson Indian Center](#) (Tucson, AZ)
13. [United American Indian Involvement](#) (Los Angeles, CA)

Tribes

14. [Aleutian Pribilof Islands Association on behalf of the Atka Tribe](#) (Atka Island, AK)
15. [Cherokee Nation](#) (Tahlequah, OK)

16. [Chickahominy Indian Tribe](#) (Providence Forge, VA)
17. [Chickasaw Nation](#) (Ada, OK)
18. [Fort Peck Community College](#) (Poplar, MT)
19. [Hualapai Tribal Council](#) (Peach Springs, AZ)
20. [Jamestown S'Klallam Tribe](#) (Sequim, WA)
21. [K'ima:w Medical Center](#) (Hoopa, CA)
22. [Knik Tribe](#) (Palmer, AK)
23. [Lac Courte Oreilles Band Lake Superior](#) (Hayward, WI)
24. [Nez Perce Tribe](#) (Lapwai, ID)
25. [Northern Arapaho Tribe](#) (Fort Washakie, WY)
26. [Pascua Yaqui Tribe](#) (Tucson, AZ)
27. [Red Cliff Band of Lake Superior Chippewas Indians](#) (Bayfield, WI)
28. [Santa Ana Pueblo](#) (Santa Ana Pueblo, NM)
29. [Sault Sainte Marie Tribe of Chippewa Indians](#) (Sault Ste. Marie, MI)
30. [Seminole Tribe of Florida](#) (Hollywood, FL)
31. [Sisseton-Wahpeton Oyate of the Lake Traverse Reservation](#) (Sisseton, SD)
32. [Spirit Lake Tribe](#) (Fort Totten, ND)
33. [The Zuni Youth Enrichment Project](#) (Zuni, NM)
34. [Wabanaki Public Health and Wellness on behalf of the Houlton Band of Maliseet Indians](#) (Houlton, ME)
35. [White Earth Nation](#) (Ogema, MN)
36. [White Mountain Apache Tribe](#) (Whiteriver, AZ)



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health