|  |  |  |  |
| --- | --- | --- | --- |
| **Strategies** | **Short-term Outcome** | **Intermediate Outcomes** | **Long-term Outcomes** |
| 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  Tribal, Inter-Tribal, governmental, and nongovernmental collaborations that strengthen wellbeing  Intergenerational learning opportunities that support wellbeing and resilience  Cultural teachings and practices about traditional healthy foods to promote health, sustenance and sustainability  Traditional 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 teachings  Increased number of community members participating in health education activities conducted in Native language  Increased number of community members aware of community calendar  Increased 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 practices  Increased number of community members participating in traditional food programs that promote health and sustenance  Increased number of tribal members harvesting and preserving foods  Increased number of opportunities for traditional and contemporary physical activity  Increased number of community members participating in activities that teach traditional and contemporary physical activities  Increased number of community members participating in community, social and cultural activities that teach cultural knowledge, practices, and historical events  Increased number of community members participating in cultural teachings that support wellbeing and resilience  Increased number of community members participating in intergenerational programs offered that support wellbeing and resilience | Increased understanding of and engagement in healthy living practices  Increased community, social and cultural activities focused on sharing cultural knowledge and practices  Increased sense of belonging to tribe and community  Increased feelings of connection to and pride of tribal culture  Increased knowledge of tribal history and culture  Increased inclusion of traditional foods in diets  Increased participation in traditional and contemporary physical activity events  Increased 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. |