Health Equity Project: Northern California SOPHE

Northern California (NC) SOPHE Chapter

NC-SOPHE is focusing on diabetes prevention among urban Native Americans in San Mateo County by partnering with Intertribal Friendship House located in Oakland. The efforts are focused in connecting community members to gardening and traditional Native American foods. The project weaves multiple activities to increase access to, knowledge of, and self-efficacy in growing and preparing traditional healthy foods and fresh vegetables.

Evidence-Based/Best Practices

NC-SOPHE Chapters Selected Best Practice Community Advocacy for Diabetes

The Community Advocacy for Diabetes program is identified as a best practice by Indian Health Services. The intervention is defined as any combination of individual and social actions that are directed at developing a positive policy environment for diabetes, raising awareness of diabetes, and building support to address diabetes.

Capacity Building & Policy, Systems and Environmental Changes

NC-SOPHE Chapter’s Capacity Building Achievements

- As the grantor, SOPHE provided budget and program implementation technical assistance to NC-SOPHE Chapter. SOPHE staff conducts site visits with NC-SOPHE’s key project personnel.
- NC-SOPHE used Community Readiness Model to assess the stage of readiness of the target community and develop appropriate diabetes prevention strategies.
- NC-SOPHE Chapter was awarded by SOPHE the SOPHE Communities Putting Prevention to Work (CPPW) mini-grant for Clearing the Air: Influencing Tobacco-Use Prevention Policy.
- Intertribal Friendship House and NC-SOPHE collaborated with the Oakland Food Policy Council in efforts to recognize IFH’s community garden.
- NC-SOPHE worked with IFH to create a Health Policy Manual for the Community Center which in-turn began a new health campaign for the Center.

Dissemination

NC-SOPHE Chapter project dissemination activities included four conference presentations, four magazines printings and one newspaper publications.

NC-SOPHE Chapter “(Re) building of AI/AN community health through implementing Healthy Food Programs: A Case Study of Intertribal Friendship House (IFH)” abstract was accepted at:
- Fourth Health Disparities Conference: Utilizing Interdisciplinary Strategies to Advance from Disparity to Reform
- SOPHE & NACDD 2011 Joint Academy and Midyear Meeting: A Tapestry for Change: Addressing Chronic Health Issues in a Dynamic World
- 40th Annual Meeting and National Health Conference for the Association of American Indian Physicians: “SHARED VISIONS; BLENDING TRADITION, CULTURE, AND HEALTH CARE FOR OUR NATIVE COMMUNITIES

Other Dissemination Venues:
- Social media: Facebook, Twitter, and LinkedIn.
- NC website: www.ncsophe.org