Cultural Impact on Care/Service

Health is a ***cultural construct*** based on cultural issues and beliefs about the nature of disease/illness and the human body. Therefore, should be considered in the delivery of services.

COVID-19 among American Indian Alaskan Native Population

The COVID-19 pandemic has disproportionately affected American Indian and Alaska Native populations across the country. AI/AN have infection rates **over 3.5 times higher** than non-Hispanic whites, are over **four times more** likely to be hospitalized as a result of COVID-19 and **have higher rates** of mortality at younger ages than non-Hispanic whites.

This has highlighted the need for comprehensive, culturally appropriate personal and public health services that are available and accessible to all American Indian and Alaska Native people.

Itaa qaatsiy oo'qalyani – Having the strength to persevere our lives.
Artist Duane Koyawena

Tribal COVID-19 challenges

- **FUNDING!**
- Connectivity
- Data
- Deaths
- Cultural Interruptions
- Transportation
- Tribal Executive Orders
  - Limited Tribal Operations
  - Stay At Home Orders
- Increased Exposure
  - Multi-Generational Homes

- Limited Services
- Community Communication
- Increased Anxiety & Depression
- Burnout
- Access to water
- Seasonal Change
- Increased Domestic Violence
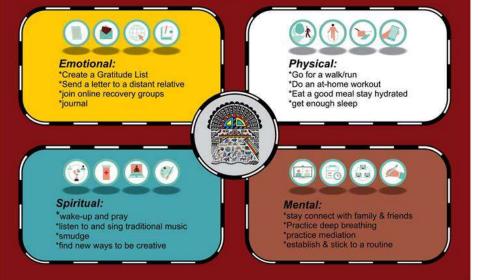- Lack of Family Support to both parents and youth

Tribal Resiliency

Surviving, Advocating, Healing & Thriving!

Native Americans have been resilient and continue to be resilient to this day. We continue to move forward and regain our energy and determination to live life and to overcome adversities from current and past events.

- Collectively
- Culture
- Spirituality
- Prayer
- Beliefs
- Family/Community

MAINTAINING EMOTIONAL, PHYSICAL, AND SPIRITUAL DURING SELF QUARANTINE

For many of us, in recovery, Long periods of isolation are reminiscent of our days of active alcoholism. During these times it is important that we take deliberate measures to remain well balanced and fit in all areas of your life so that we may remain of service to others in their time of need.

Emotional:
*Create a Gratitude List
*Send a letter to a distant relative
*join online recovery groups
*journal

Physical:
*Go for a walk/run
*Do an at-home workout
*Eat a good meal stay hydrated
*get enough sleep

Spiritual:
*wake-up and pray
*listen to and sing traditional music
*smudge
*find new ways to be creative

Mental:
*stay connect with family & friends
*Practice deep breathing
*practice mediation
*establish & stick to a routine

WARRIOR UP AND WEAR A MASK

OUR TRIBE NEEDS YOU!

#maskupPYT

MORE INFO: covid19.pascuayaqui-nsn.gov

VACCINATED
FOR THE LOVE OF OUR PEOPLE

BlueCross BlueShield Arizona | Health Choice
An Independent Licensee of the Blue Cross Blue Shield Association

Cultural Sources of Strength and Resilience: A Case Study of Holistic Wellness Boxes for COVID-19 Response in Indigenous Communities

- Gifts to Bring Calm, Relieve Stress, and Strengthen Cultural Connection

- Gifts to Support the Mental and Physical Health of Children

- Gifts to Nourish Body and Spirit

- Resources to Prevent the Spread of COVID-19

Traditional Indigenous foods are highly nutritious. They're healing, spiritual and comforting. They are home to our people. When we provide traditional foods to our people, we are healing as well.

BlueCross BlueShield Arizona
An Independent Licensee of the Blue Cross Blue Shield Association

Health Choice

Supporting Resiliency in Tribal Health

Native American cultures are highly diverse, and each community will have its own set of expectations, beliefs, and practices

- Cultural Humility
- Continued Advocacy
- Create Access to Healthcare
- Better Data
- Workforce Development
- Culturally Appropriate Communication
- Be Trauma Informed
- Build Trust
- Get Educated on Tribal Issues

"The Hopi people have developed a way of life rooted deep in the traditions and experiences of their ancestors. We look to the wisdom of the past to assist us in those decisions which determine the future of ourselves and our children. To follow another course would be untrue and would bring upon us those troubles which fall upon a people who are not true to themselves and their beliefs."
— Hopi elders of Shongopovi

BlueCross BlueShield Arizona | Health Choice
An Independent Licensee of the Blue Cross Blue Shield Association

References

- [Cultural Sources of Strength and Resilience: A Case Study of Holistic Wellness Boxes for COVID-19 Response in Indigenous Communities](#)

- [Indian Health Service/Coronavirus](#)

- [Getting To and Sustaining the Next Normal: A Roadmap for Living with COVID](#)