

# Why Evaluate? Indigenous Evaluation Frameworks

2<sup>nd</sup> Annual Conference on Native American Nutrition  
Prior Lake, MN  
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*Oglala Lakota*

Chair, Department of Public Health

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# Traditional View of Public Health



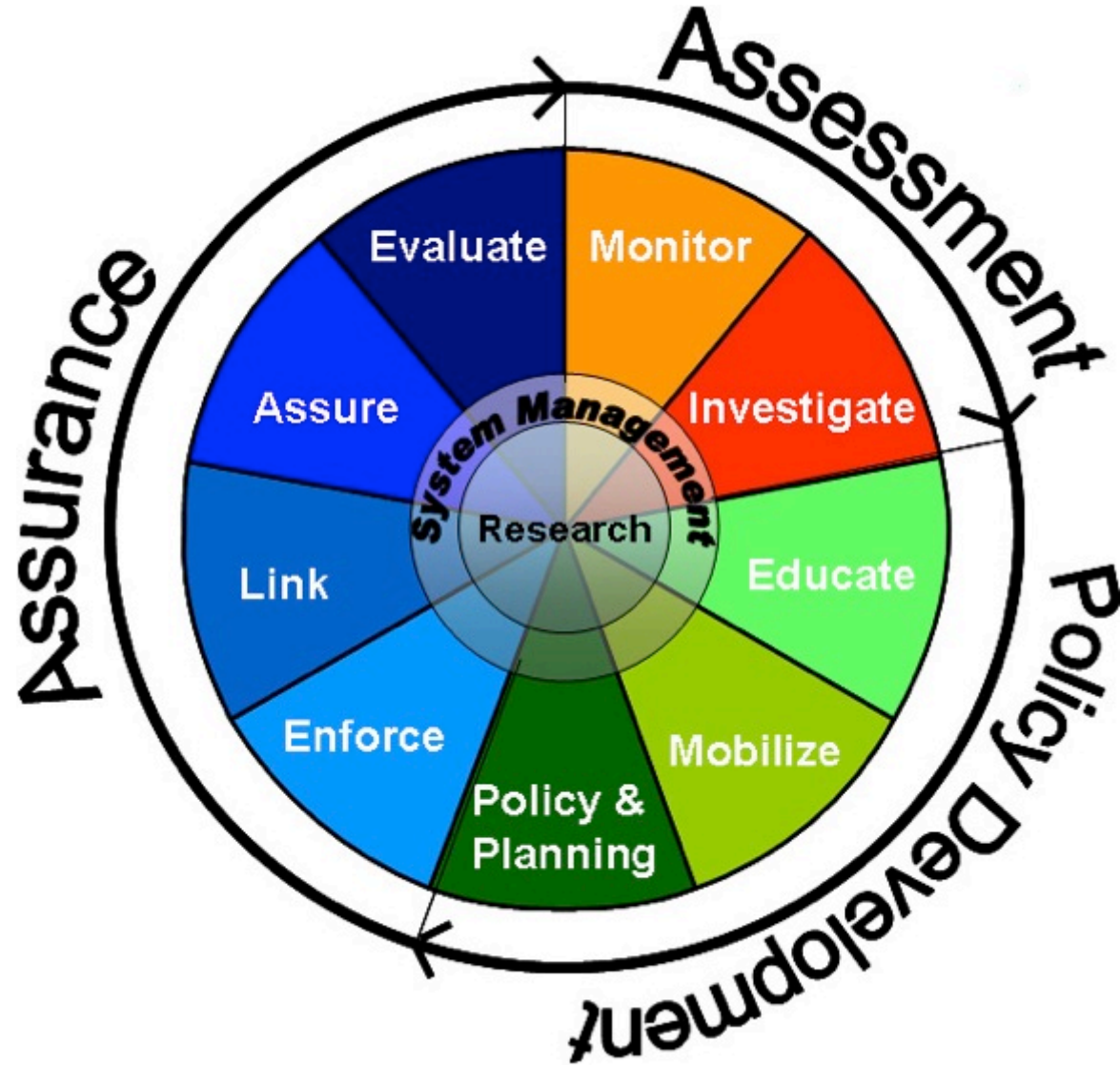
# What is Public Health?

- “the fulfillment of society’s interest in assuring the conditions in which people can be healthy”<sup>1</sup>
- Achieved through the application of health promotion and disease prevention technologies and interventions designed to improve and enhance quality of life<sup>2</sup>

<sup>1</sup>Institute of Medicine, The Future of Public Health

<sup>2</sup>Association of Schools of Public Health

# Ten Essential Services

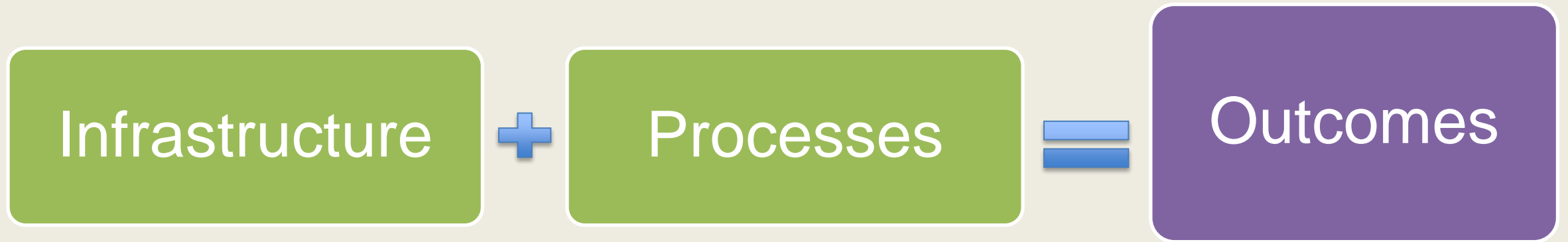


# PUBLIC HEALTH INTERVENTIONS SEEK TO CREATE OR FACILITATE POSITIVE BEHAVIORS

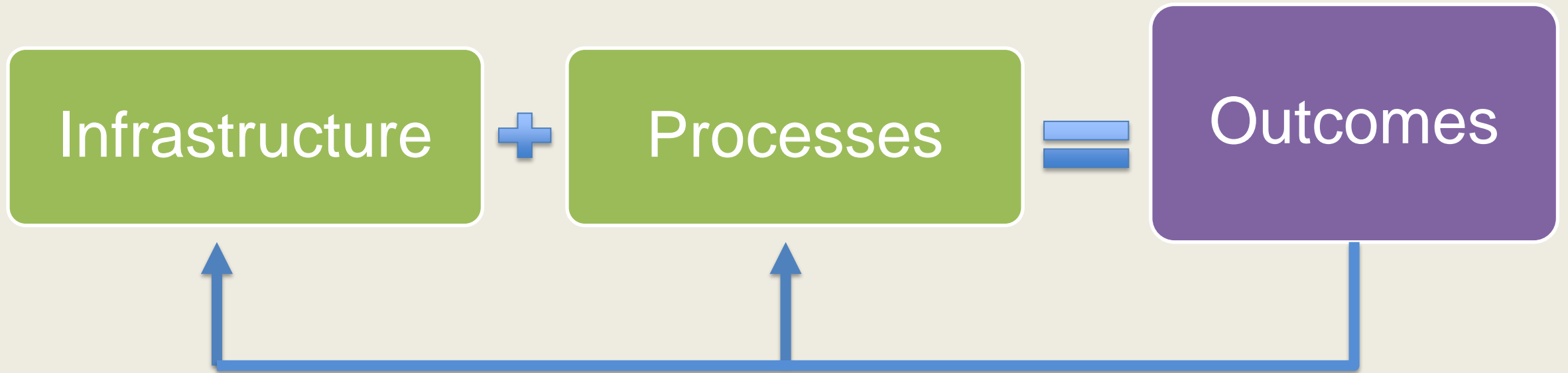
At the individual or community level

Policy, systems and environmental changes still seek to ultimately impact individual or community behavior

# Intervention Design



# Intervention Design



# EVALUATION...

Helps us to understand the relationships and effectiveness of intervention design



# Levels of Evaluation

- **Formative**
  - Takes place *before or during* a project's implementation with the aim of improving the project's design and performance
- **Process**
  - Assessment of how a program is being implemented
- **Outcome**
  - Assessment of the changes that have taken place
- **Impact**
  - Assessment of longer term changes

# Process

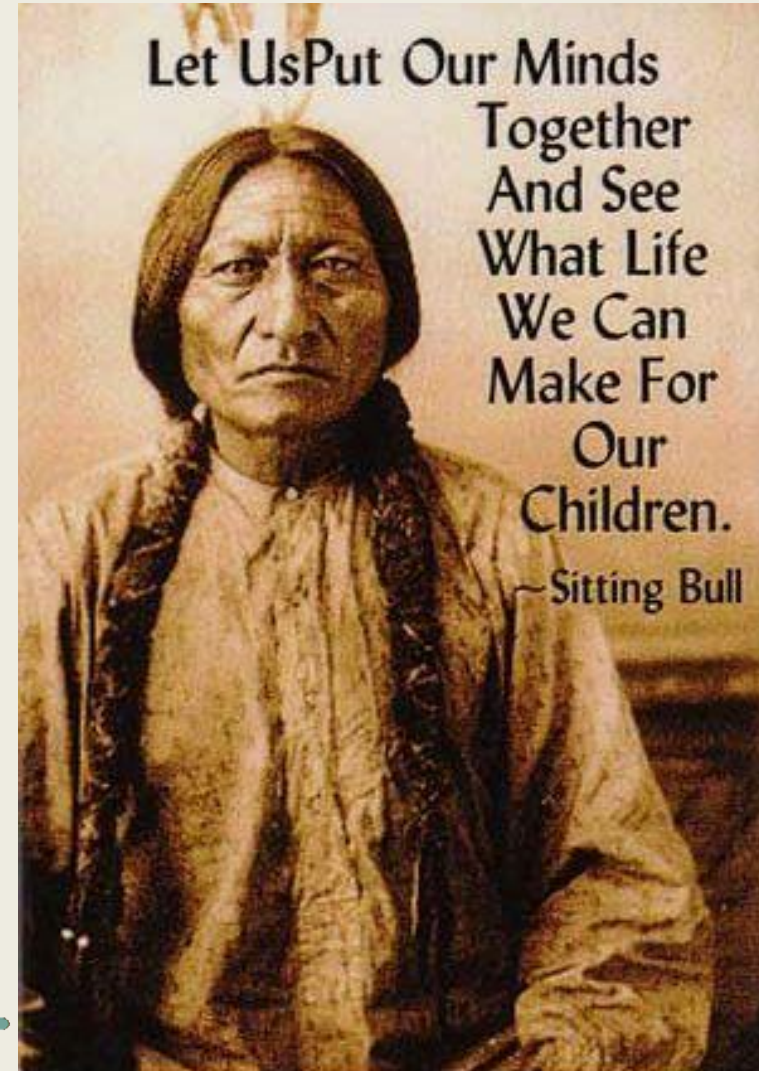
- **Process Monitoring**
  - Describing who received your services and the resources it took
  - “How many...?”
- **Process Evaluation**
  - Seeks to understand if your intervention was delivered as intended and the quality of delivery

# Outcome

- **Outcome Monitoring**
  - What changes took place after the conclusion of your intervention?
- **Outcome Evaluation**
  - Can changes be attributed to your intervention?

# Evaluation in a Cultural Context

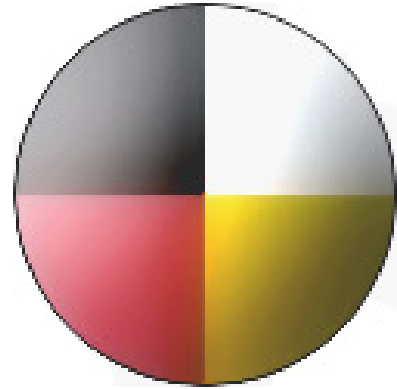
*Helps us to understand the processes and effectiveness of intervention design*



# MEDICINE WHEEL

**NORTH**

**WEST**



**EAST**

**SOUTH**

# MEDICINE WHEEL



# MEDICINE WHEEL & Determinants of Public Health

EDUCATIONAL

ENVIRONMENTAL



CULTURAL

SOCIAL

# MEDICINE WHEEL

DECISIONS

ACTIONS

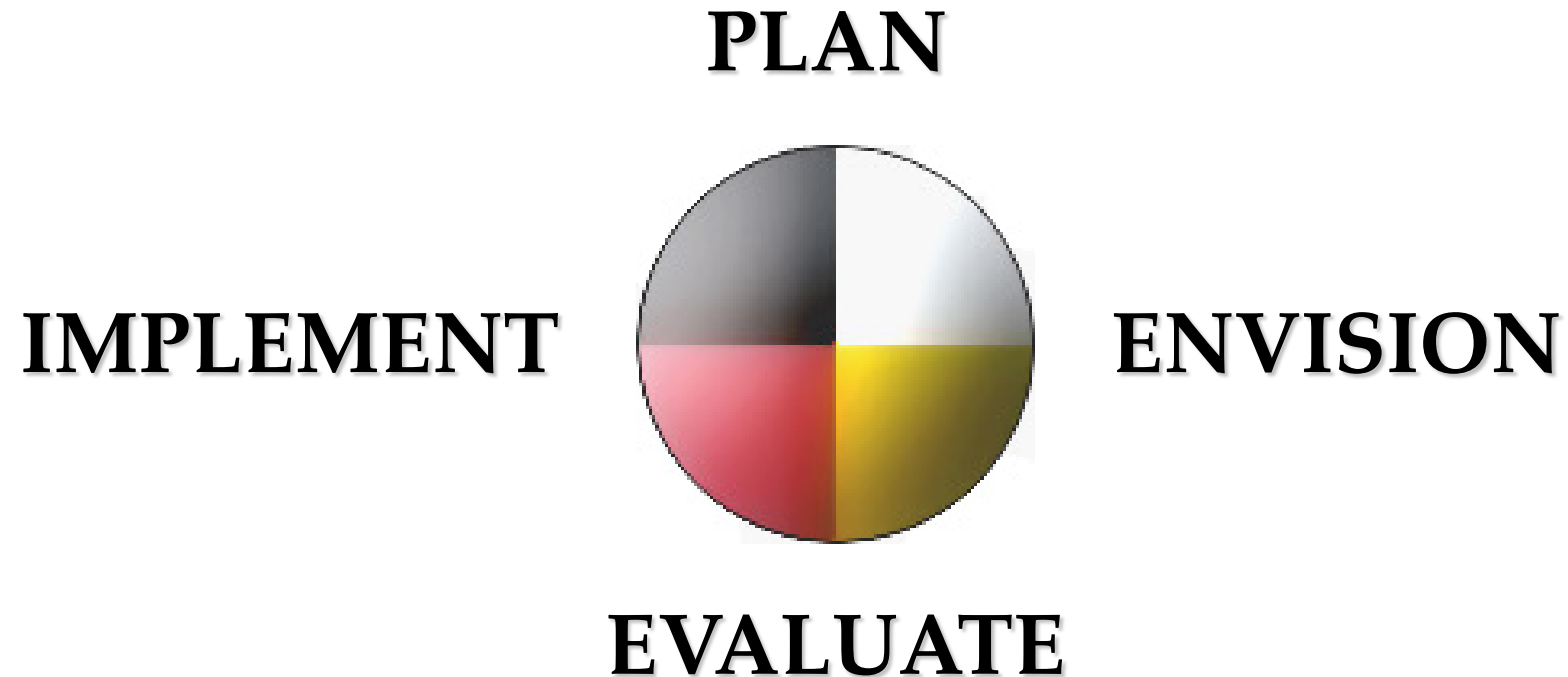


VALUES

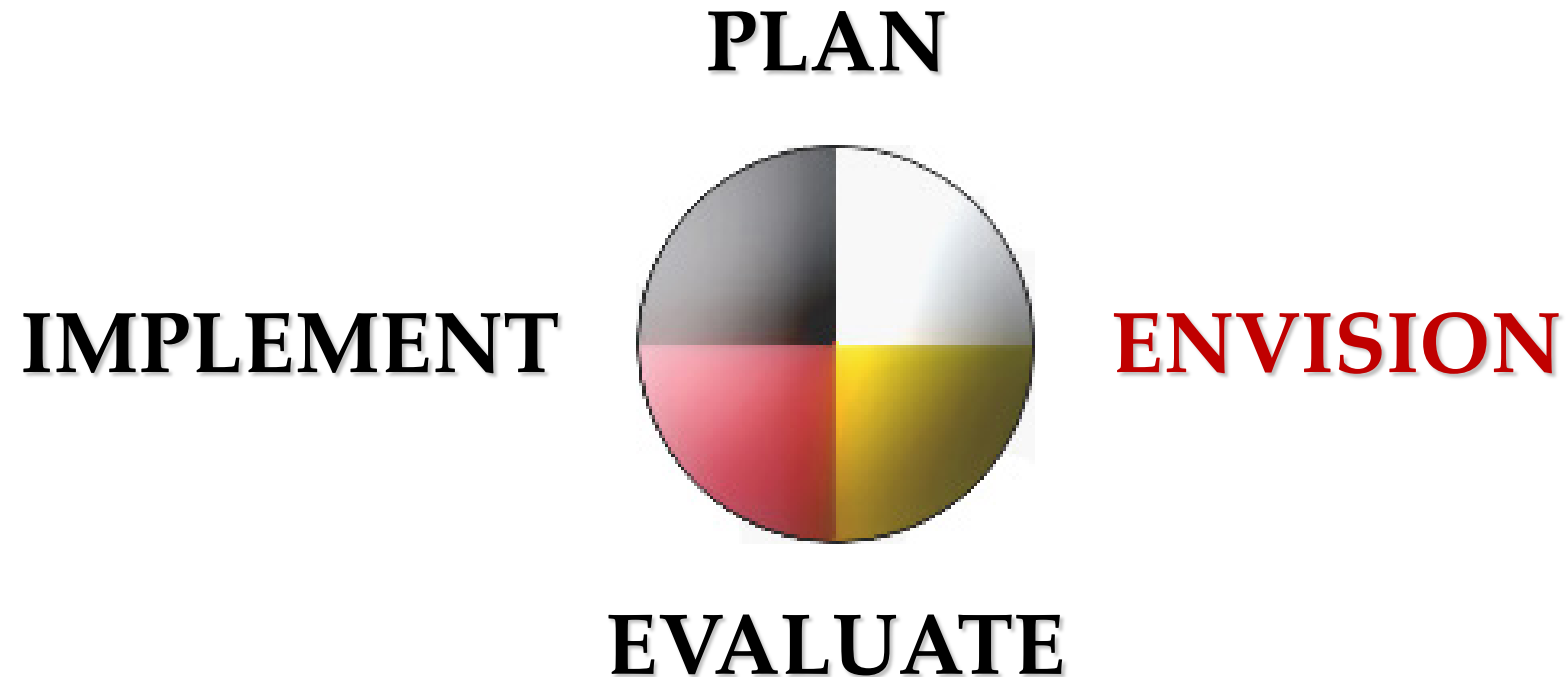
REACTIONS



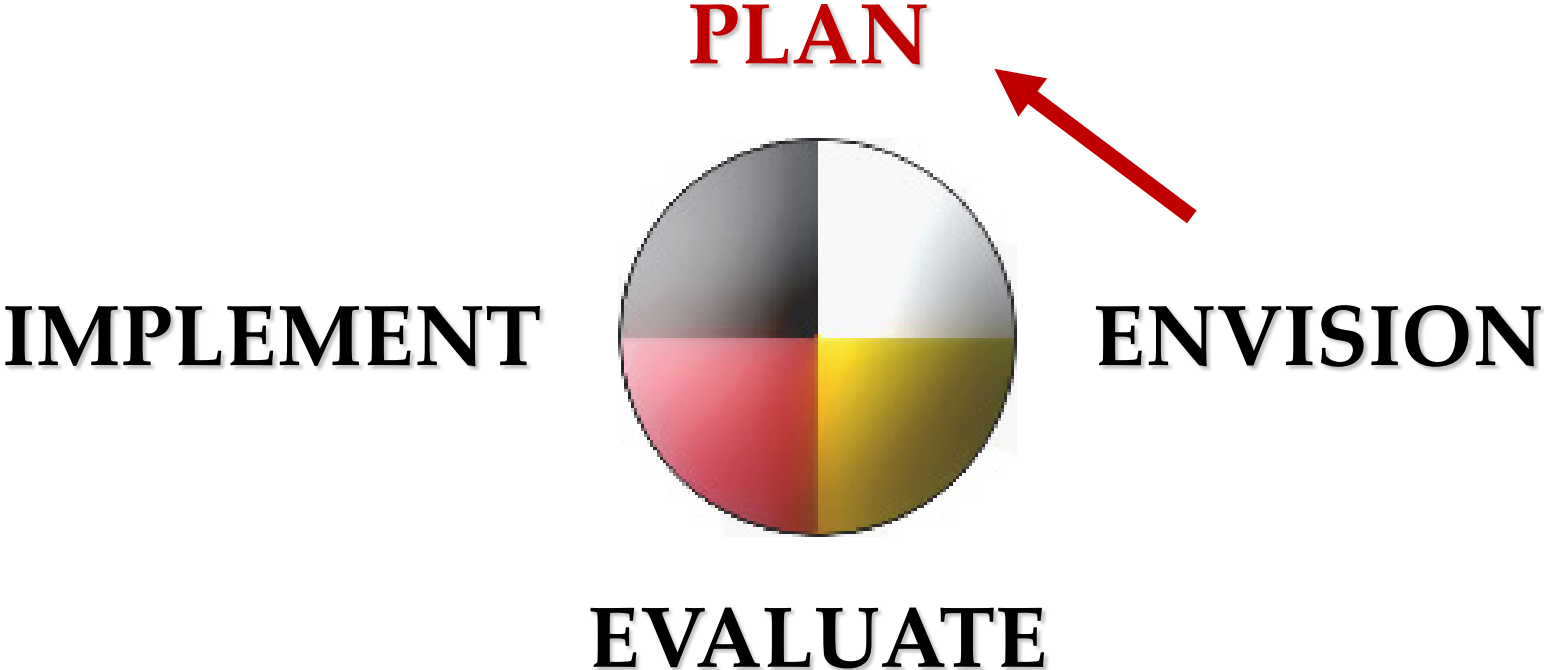
# MEDICINE WHEEL & Program Evaluation



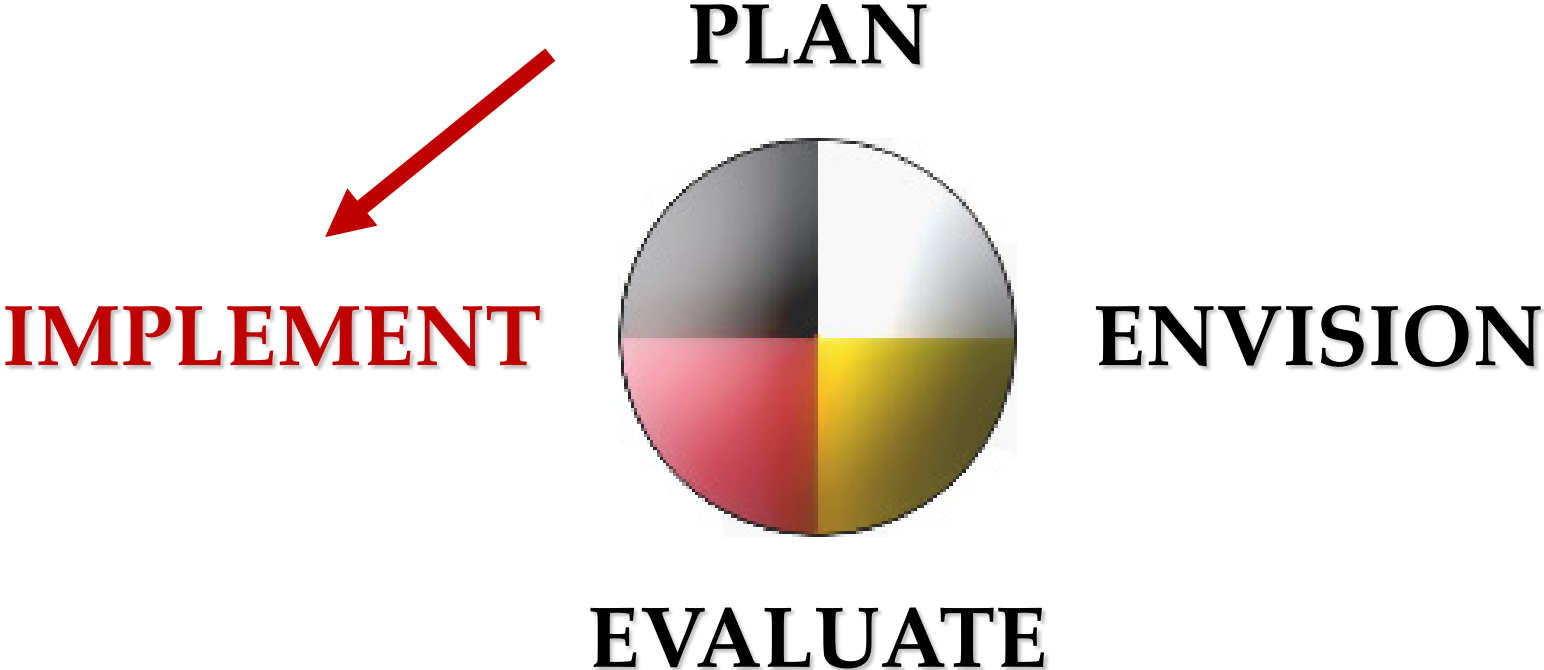
# MEDICINE WHEEL & Program Evaluation



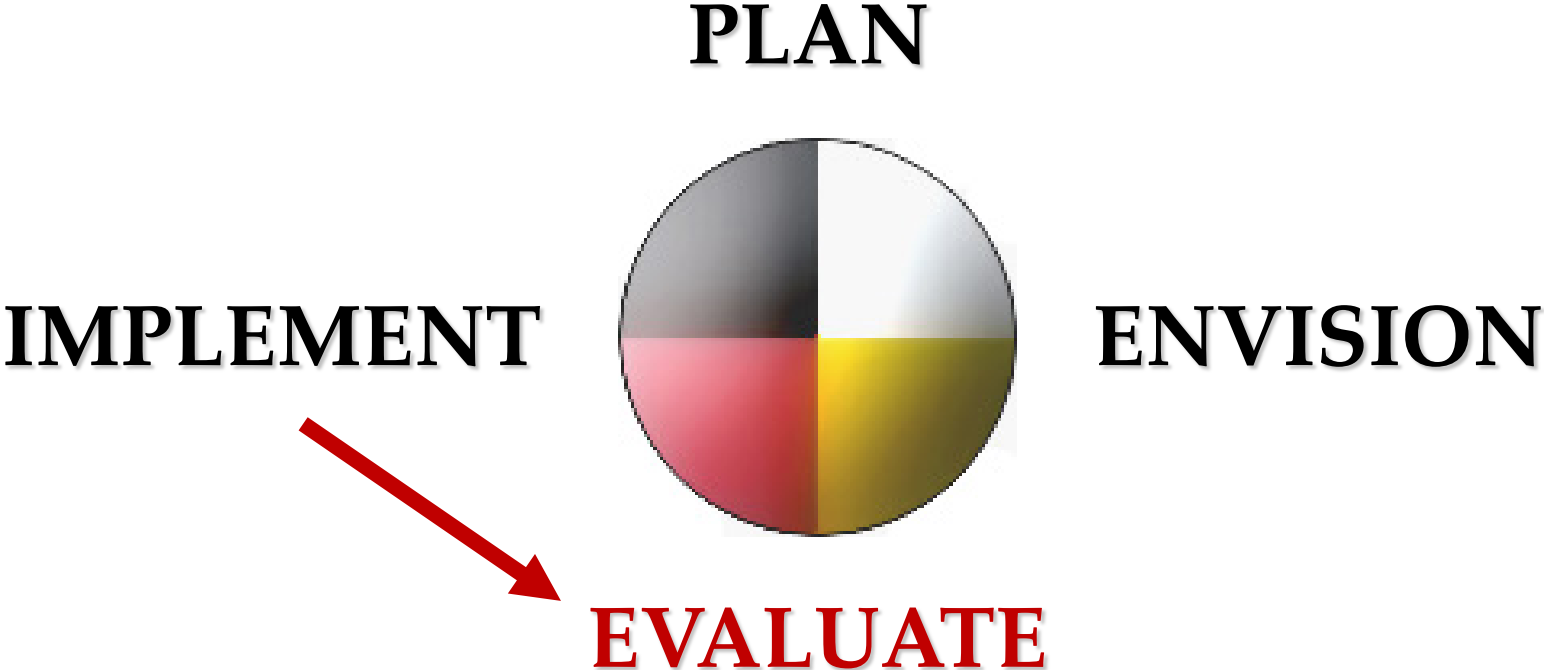
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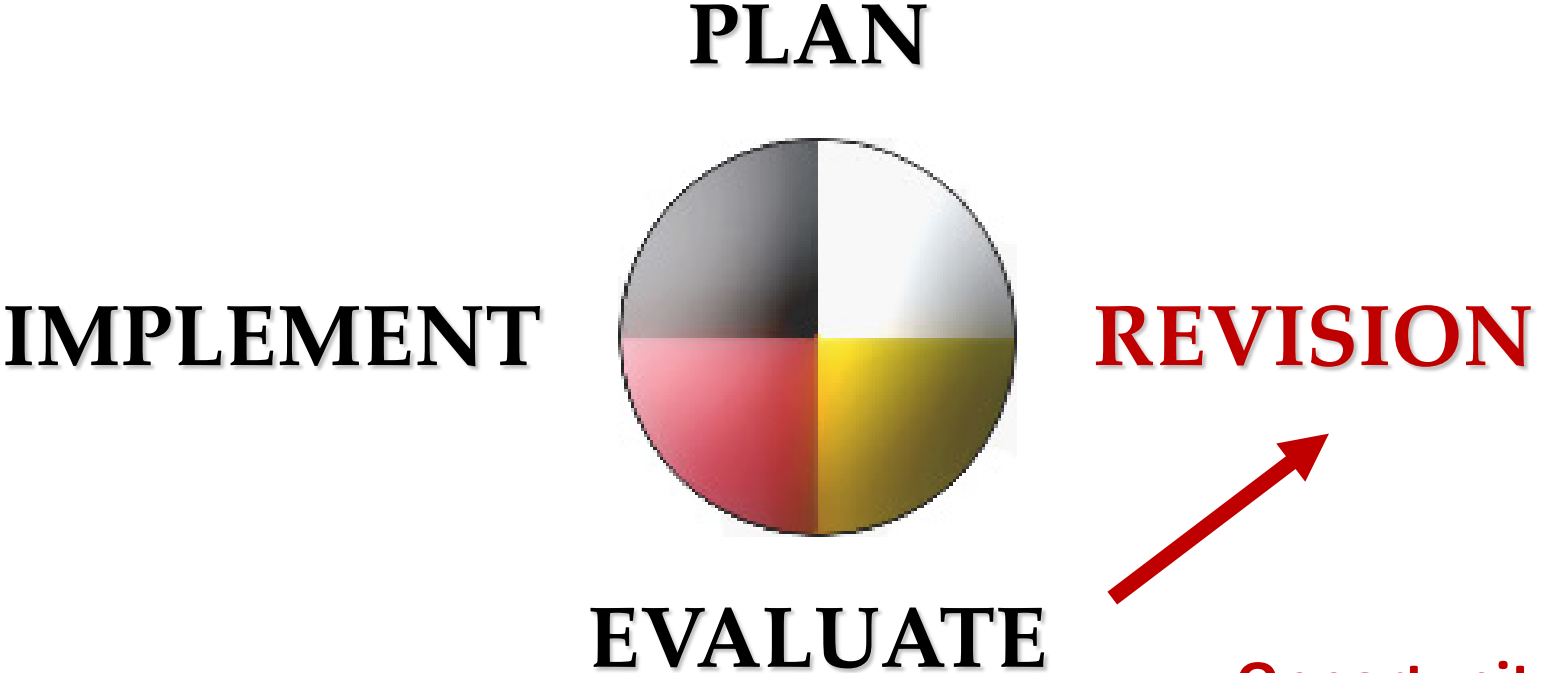
# MEDICINE WHEEL & Program Evaluation



# MEDICINE WHEEL & Program Evaluation



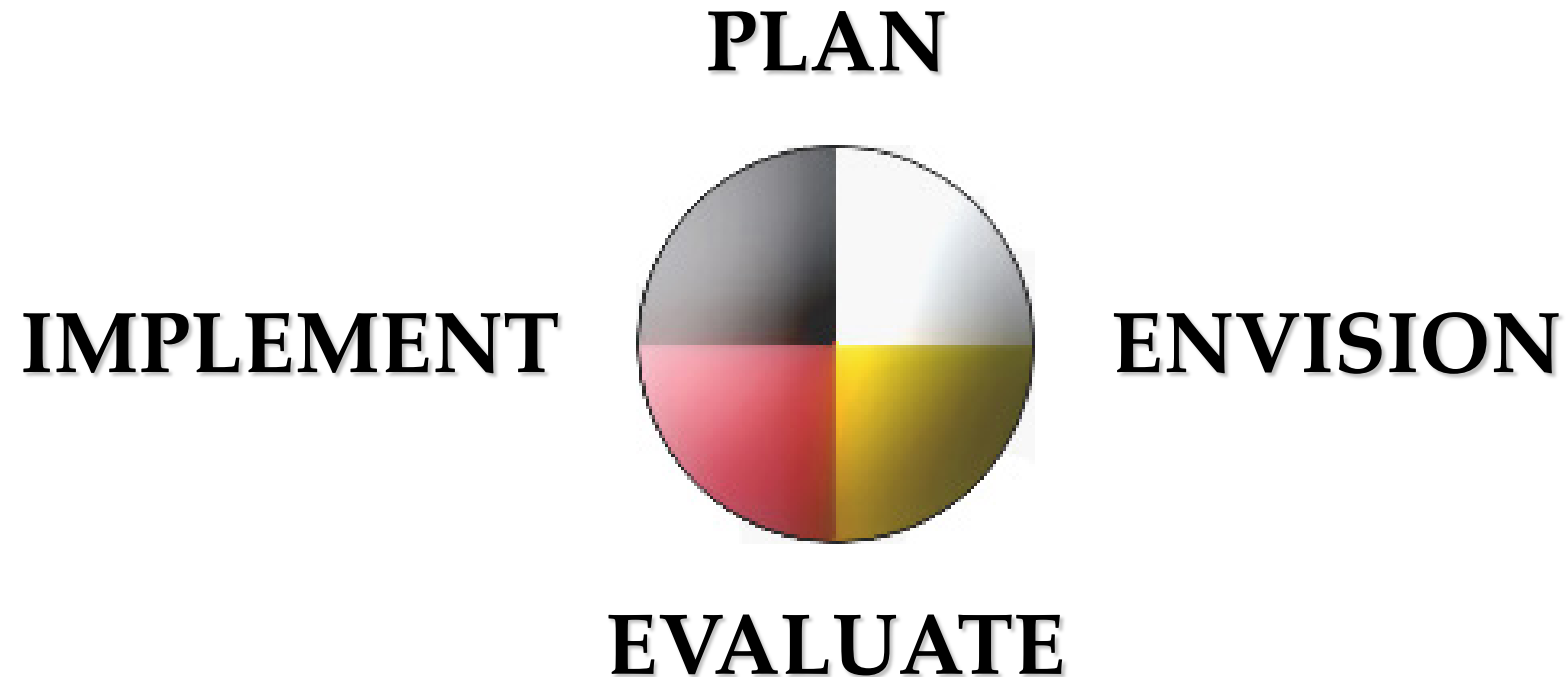
# MEDICINE WHEEL & Program Evaluation



Opportunity to document and share results.

Mitakutye Oyasin!

# MEDICINE WHEEL & Program Evaluation



# Turning Point

## PUBLIC HEALTH PERFORMANCE MANAGEMENT SYSTEM





# What Works in Public Health?

- **Evidence Based Practice**—using the best available evidence to make informed public health practice decisions.
- **Best Practice**—PH programs, interventions, and policies that have been evaluated, shown to be successful, and have the potential to be adapted and transformed by others working in the same field.

# What Works in Public Health?

- **Emerging Practice**—Incorporates the philosophy, values, characteristics, and indicators of other positive/effective public health interventions.
- **Promising Practice**—Has strong quantitative and qualitative data showing positive outcomes, but does not yet have enough research or replication to support generalizable positive public health outcomes.

Healthy Indian Country Initiative  
Promising Prevention Practices  
Resource Guide

PROMOTING INNOVATIVE TRIBAL PREVENTION PROGRAMS



National Indian  
Health Board



**Best Practices in American Indian &  
Alaska Native Public Health**

A Report from the Tribal Epidemiology Centers 2013

# Need for AI PH “Evidence-Based Practices”

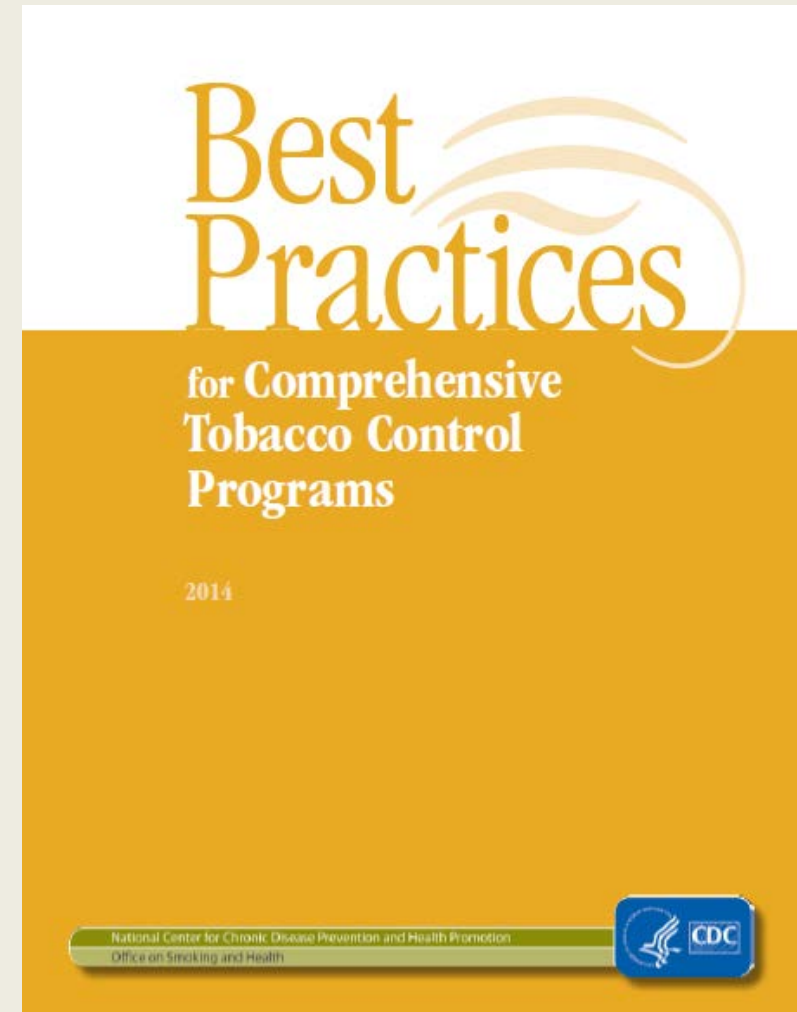
- Whose evidence is it?

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- Whose evidence is it?
- Do current EBPs work in tribal communities?

# Need for AI PH “Evidence-Based Practices”

- Whose evidence is it?
- Do current EBPs work in tribal communities?
- Examples from Tobacco Control and Diabetes Prevention.



# Need for AI PH “Evidence-Based Practices”

## Tobacco Control Strategies

- 100% Tobacco & Smoke Free
  - **Is this culturally competent?**
  - **Does one-size fit all?**



# Need for AI PH “Evidence-Based Practices”

## Diabetes Prevention Strategies

- What are they?

**Type 2 diabetes**

**What is type 2 diabetes?**  
People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

**Did you know?**  
Most people do not know that they have type 2 diabetes.

**Diabetes can lead to health problems**  
(Diabetes causes damage to blood vessels - in your body)

- Stroke
- Blindness
- Heart attacks
- Kidney failure
- Amputation

Diabetes also causes:  
• Damage to your bones, skin or sexual problems

But the good news is blood sugar control can help prevent these problems!

**Your Doctor and Nurse care:**

- See your regularly for check-ups.
- Make you in a dietitian and get advice on healthy eating.
- Take your medications about your medication.
- Teach you how to monitor your blood glucose levels.
- Refer you to a diabetes educator center.

**What you can do:**

- Eat 3 meals a day, starting with breakfast.
- Eat small portions of nutritious vegetables.
- Drink water instead of sugary drinks.
- Move from instead of fats, sweets, and potato snacks.
- Keep sidewalks to walk or use a bike.
- Eat less by using smaller serving sizes.
- If you are overweight - try to lose some weight.
- If you drink alcohol, limit the amount you drink as it might affect your blood glucose levels and your weight.
- Keep active and exercise regularly - 30 minutes or more most days.
- Quit smoking - quitting makes your health problems worse. Call Quitline or 888 778 7789.

**My plan:** Changes I will make in the next 3 months.

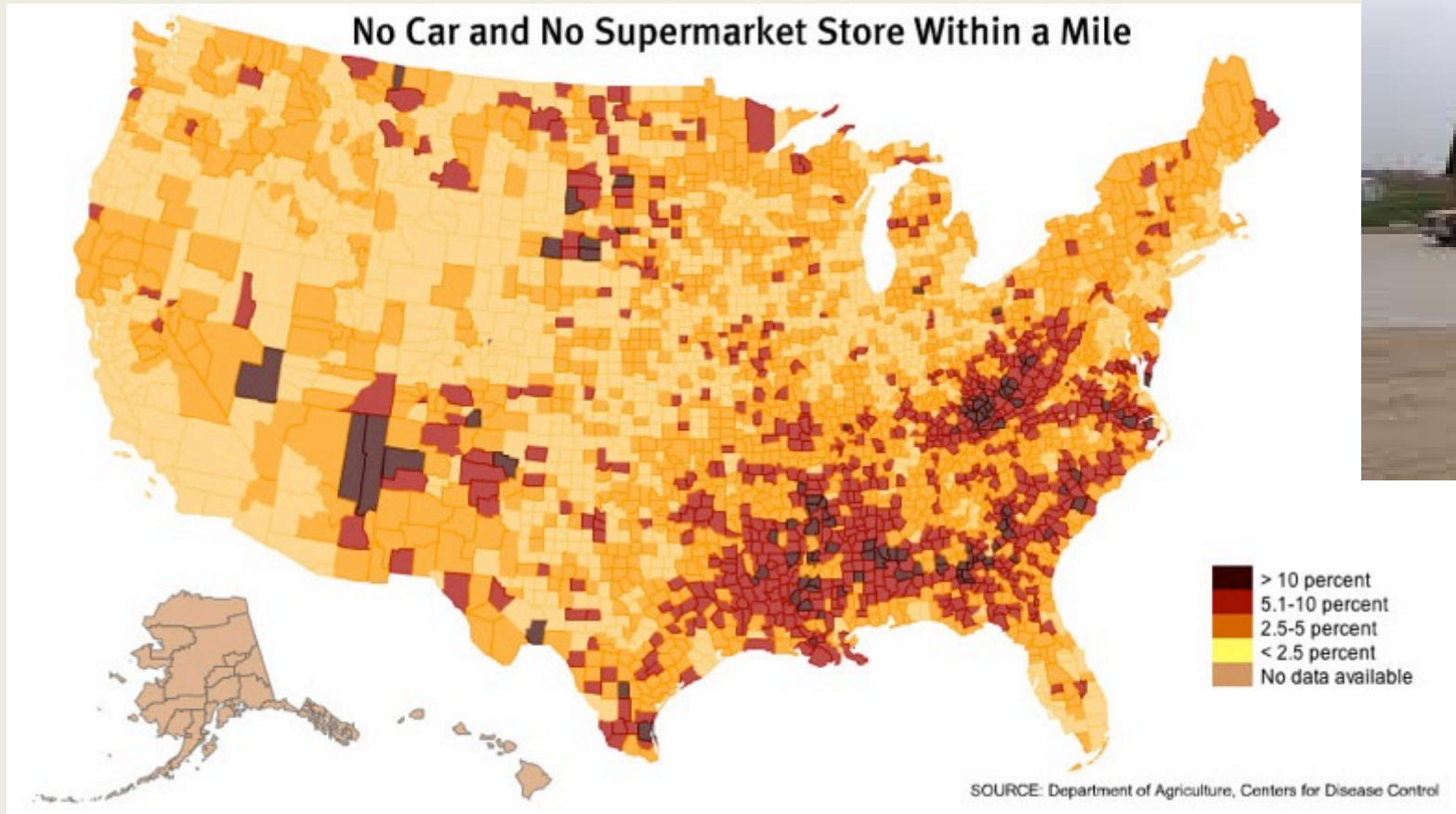
Logos for NDSU, Diabetes (1-800-541-5555), and other organizations are at the bottom.



# Need for AI PH “Evidence-Based Practices”

## Diabetes Prevention Strategies

- Access to healthy food?



# Need for AI PH “Evidence-Based Practices”

## Diabetes Prevention Strategies

- Access to healthy food?
- Access to safe places to exercise?



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# Need for AI PH “Evidence-Based Practices”

## Diabetes Prevention Strategies

- Access to healthy food?
- Access to safe places to exercise?
- Cultural factors?



# Need for AI PH “Evidence-Based Practices”

## How do we know what works in Indian Country?

- Research
- Evaluation
- How?



NORTHWEST INDIAN COLLEGE  
TRADITIONAL  
PLANTS & FOODS





## Promising Programs

# Knowledge Building



Nizhonigo Iina  
(Beautiful Life)  
-Diné (Navajo)-

Mino- Bimaadizi (S/he lives well,  
leads a good life, has good health)  
-Ojibwa-

qwi, wiil-wen k'owen  
(Healthy and well/good)

Ata' Kalita'tsla  
(To be Healthy)

**What does it mean to be Healthy and Well in your traditional language?**

*Wicozani*

Hozhó  
(Walking in Beauty)  
-Diné (Navajo)-

Un: dem: mo:tla ho'e'gen-na  
(Living Aware, Living Healthy)  
-Zuni-

Nié dijé Ki' Paca ÚSKaTé Dé- Úwai Ke  
Úda ÁTa  
(Health and Culture: The Perfect Gift)

Ké  
(Family, Kinship)  
-Diné (Navajo)-

- Build on existing research, evaluation, knowledge.
- Participatory framework
- Place matters! Social determinants of health/indigenous indicators

# How do we Build an American Indian Evidence Base in Public Health?

- **Research and Evaluation**
  - Challenges? Opportunities?
- **How do we identify potential programs?**
- **What are the priority areas?**
  - Diabetes, tobacco, research, cancer...
- **How do we disseminate information?**
  - Publications? Conferences? (NIHB PH Summit?) Websites?
- **Next Steps?**