

# MONTANA REACH

## CDC: Racial and Ethnic Approaches to Community Health

Montana REACH is rooted in practical values and local wisdom that make our communities strong. This work respects personal responsibility, family leadership, and community safety. For example, a new Produce Rx program with the Confederated Salish and Kootenai Tribes includes work requirements to ensure participants are actively contributing while improving their health. In Fort Peck, wellness efforts prioritize the family as the foundation of a healthy community, emphasizing parental involvement and setting a strong example for the next generation. At Rocky Boy, initiatives to promote physical activity focus on public safety and protecting lives by reducing pedestrian accidents on local roads.

### PROGRAM GOAL

Montana REACH is a five-year partnership where the Montana Office of Rural Health and AHEC works closely with the Confederated Salish and Kootenai Tribes, Fort Peck Tribes, Rocky Boy, and Montana DPHHS to strengthen Native communities through practical, lasting solutions to reduce chronic disease. Montana REACH is specifically working in areas of Nutrition, Produce Rx, Physical Activity, and Family Wellness.



*"MT REACH aligns with the goals of Montana DPHHS Nutrition and Physical Activity Program to make active living and healthy eating easier everywhere Montanans live, work, learn, and play. Local perspectives and collaboration on these strategies help provide effective solutions that work for Montana's communities." - MT DPHHS Program Staff*

### PROGRAM TIMELINE

September 2023 - September 2028

### MORE INFORMATION

REACH puts local solutions first. Backed by the CDC, the program is designed to strengthen community health and reduce long-term healthcare costs by preventing chronic diseases before they start—especially in high-risk areas. This is the first time Montana is participating in REACH, and the program is making smart use of federal support by building on existing state and local efforts.

### IMPACT & RETURN ON INVESTMENT

#### Why This Program Matters:

- Proposes **practical and impactful solutions** for preventing chronic diseases in Montana's Tribal Communities.
- Champions solutions that are **feasible in rural and frontier communities** to address safety and food availability.
- Promotes **personal responsibility in health and improves community safety**.

While Montana REACH is awarded through 2028, its funding is **renewed annually**. A continued investment ensures the future success of the Montana REACH's mission.

