

# CONFEDERATED SALISH & KOOTENAI

## Landscape Assessment Summary

### Overview

Montana REACH is a 5 year cooperative agreement with CDC with the goal of elevating Indigenous health knowledge to reduce the burden of chronic disease. MT REACH is specifically working in areas of **Nutrition, Produce Rx, Physical Activity, and Family Wellness.**

### Landscape Assessment Objectives

- Learn about the existing work/resources in MT REACH focus areas.
- Gather community feedback on focus areas.
- Provide actionable insights for MT REACH priorities and strategies.
- Dates: October 2023 - September 2024

### Critical Context

#### Tribal Sovereignty



Tribal Sovereignty is one of the community's greatest strengths.

#### Location & Climate



Frontier geography and harsh climate create challenges when accessing fresh produce and recreating outside.

#### Cultural Relevance



Program success hinges on the strategy's cultural relevance to the Salish, Kootenai, and Pend d'Oreille people.

### Community Survey Data Insights

During the summer of 2024, the CSKT Food Sovereignty surveyed 254 people at community events and online regarding their current habits, wants, and needs surrounding healthy eating and physical activity. Most respondents were age 35-54.

**Nutrition: Increased coupons or vouchers and education about food distribution programs would increase healthy eating.**

- 39% of respondents said they could get **some healthy foods some of the time.**
- 78% of respondents said they would could increase their health eating if they had a **coupon or a voucher.**
- 67% of respondents said they could increase their healthy eating if they had **more information on food distribution programs.**

**Physical Activity: Simple improvements to everyday outdoor exercise spaces and expanded hours would increase physical activity.**

- 63% of respondents say they get their exercise through **everyday activities.**
- 62% of respondents say they would exercise **more or a lot more** if there were better hours at exercise locations.
- 55% of respondents say they would exercise **more of a lot more** if broken glass/needles/trash was **cleaned up** in parks and along community trails.

### Contact Information

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