ROCKY BOY

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 Chippewa Cree people.

Community Survey Data Insights

During the summer of 2024, the Rocky Boy Health Center surveyed 417 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.

N**utrition: Increased access and education about food distribution programs and financial supports would increase healthy eating.**

- 45% of respondents said they could get **some healthy foods some of the time**.
- 76% of respondents said they could increase their healthy eating if they had **more information on food distribution programs.**
- 74% said they could increase their healthy eating if they had a **coupon or a voucher**.

Physical Activity: Simple improvements to everyday outdoor exercise spaces would increase physical activity.

- 65% of respondents say they get their exercise through **everyday activities**.
- 69% of respondents say they would exercise **more or a lot more** if there were **better walking paths** in the community.
- 69% of respondents say they would exercise **more of a lot more** if there was **better seating** available in parks and along community trails.

Contact Information

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