



# HWC HISTORY

- 2014
  - HDAC was formed
  - Kwa Xho Garden Grand Opening
  - 1st Annual Walk to Stop Diabetes
- 2015
  - Developed 1st Strategic Plan
- 2016
  - Grants Received: CDSME, ACL, ACORNS
  - Received CDC Diabetes Recognition
- 2017
  - Supported the start of the Together We Can Program
- 2018
  - Developed 2nd Strategic Plan
  - NIHB funding
- 2019
  - Received CTCP funding
  - DSMP received ADA Accreditation
- 2020
  - Mailed 220 Diabetic Kits to patients for COVID
  - Drive-thru Veggie Boxes for Elders
- 2021
  - 1st GONA for Native youth
  - Grant Received: HRSA
  - 1st Tobacco Cessation Workshop
- 2022
  - Developed 3rd Strategic Plan
  - Changed name to "Hinth'el Wellness Council"

*CDSMP: Chronic Disease Self-Management Program; ACL: Community Living; ACORNS: Advancing California Opportunities to Renew Native Health Systems; ADA: American Diabetes Accreditation; HRSA: Health Resources and Service Administration; NIHB: National Indian Health Board; CTCP: California Tobacco Control Program*

## Join the Hinth'el Wellness Council!

We invite members of our Local 6 tribes, community members, program partners and Native peoples living in Lake County to join the Hinth'el Wellness Council.

If you are interested in joining or learning more, contact:

**PUBLIC HEALTH ACTIVITY ASSISTANT**  
(707) 263-8382 x1625

## Meeting Information

We invite you to join us for our monthly meetings. Lunch provided at all meetings.

**MEETING DATES**  
3rd Thursday of the Month

**MEETING LOCATION**  
In-person\* and Zoom

*\*In-person location varies between tribal locations and LCTHC Lakeport*



# HINTH'EL WELLNESS COUNCIL

Join Us In Empowering and Promoting Wellness in Our Community



## Lake County Tribal Health

Modern Medicine  Personalized Care  
925 Bevins Ct., Lakeport • www.lcthc.com

# Empowering and Promoting Wellness in our Community



**EMPOWER**



**STRENGTHEN**



**LEAD**

## Hinth'el Wellness Council (HWC)

The Hinth'el Wellness Council (formerly known as the Hinth'el Diabetes Action Council, HDAC) is a community advisory group that serves the LCTHC Public Health Diabetes and Tobacco Programs.

## What We Do

HWC and tribal leadership work together to educate and restore healthy minds, bodies, and spirits by preventing diabetes and managing its complication among our Native families and diabetic patients of Tribal Health, including expectant mothers, children, youth, women, men, and elders.

## Our Mission and Values

**EMPOWER** the community by promoting Native Wellness through community events and LCTHC Diabetes and Tobacco Programs.

**STRENGTHEN** community-clinic linkages by sharing Native perspectives. Share your vision for Native wellness and advocate for the community.

**LEAD** Strategic Planning and Program implementation. Work directly with program staff to improve programs for our Native Community.

## HWC Activities

HWC provides education and support in:

- Diabetes prevention and self-management,
- Chronic disease self-management education,
- Peer-to-peer services to tribes,
- Empowering families to cultivate their healing and change from within,
- Growing and preparing healthy foods together,
- Breastfeeding and maternal health,
- Commercial tobacco cessation services,
- Local tribal knowledge of traditional tobacco use,
- Cultural activities toward youth wellness, and
- Happiness and wellness through elder teachings.