



The Healthy Native North Carolinians Network (HNNC), administered by the UNC American Indian Center, facilitates sustainable community changes to support health and wellness within North Carolina's tribes and urban Indian organizations by leveraging common goals and resources. Using an indigenous approach to holistic health, HNNC addresses physical, mental, emotional, and spiritual wellbeing. Since 2011, HNNC has created a successful model for developing organizational capacity, tribal self-determination, and intertribal collaborations.

There are three key components of HNNC.

**1. Support for Self-Determined Action Plans-**

Financial support for self-determined initiatives enables communities to create and administer the change they wish to see in their communities. Health and wellness activities have included the creation of community gardens, talking circles, walking trails, annual 5Ks, farmers markets, fruits and vegetable powwow concessions, and more.

**2. Capacity-Building Consultations and Workshops-**

Tailored technical assistance is provided to Native leaders in community development, implementation of activities, and evaluation. Capacity-building workshops and webinars are responsive to community health and wellness interests and goals.

**3. Cross-Community Collaborations-**

Participants are encouraged to share stories, challenges, cultures, and successes at annual capacity building workshops and by visiting other communities to learn from one another.

**Priority Focus Areas**

- Activities that integrate mental, emotional, spiritual, and physical wellbeing
- Tribal infrastructure improvements
- Cultural revitalization and preservation
- Activities and educational programming that promotes indigenous ecological knowledge
- Land conservation and increasing access to natural areas (tribal or public lands)
- Practices and policies to increase access to healthy local foods and physical activities
- Equipment, supplies, and strategies to sustain health and wellness programming
- Human resource development

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*The American Indian Center is a public service center at UNC Chapel Hill where our mission is to bridge the richness of Native cultures with the strengths of Carolina through research, education and service. Through strategic programming and partnerships, we strive to bring together tribes, Native communities, University partners, and students to promote inclusion, tribal self-determination and engaged scholarship.*