

What is BRFSS?

The Makah Tribe now has the opportunity to conduct a second Behavioral Risk Factor Surveillance System (BRFSS) Survey in 2014. The first BRFSS survey was done in 2001. This opportunity will allow us to look at trends in our community's health and take action based on what the community says.

Coming in 2014.....



Why is it important?

This survey will allow us to look at trends in Makah Health over time by comparing to 2001 BRFSS data. It will also allow us to identify new areas of opportunity.

What's different about BRFSS?

BRFSS looks at topics that are not covered by our current data sets:

- More specific alcohol/drug use questions
- Community nutrition
- Emotional wellness
- Health assessment for broader age group

Contact us

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Assessing Makah Health

How we are putting our survey results to work.

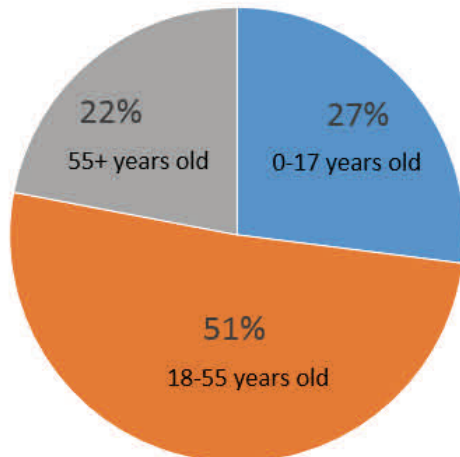


Why is community data important?

The Makah Senior Program has participated in a health and wellness survey in 2004, 2007, 2010, and 2013 through the National Resource Center on Native American Aging (NRCNAA). Makah seniors also participated in community wide survey (BRFSS) in 2001.

The results of these surveys help our community understand the health challenges facing Makah Seniors as well as the entire community. Results are used to meet the needs of the community.

Our population at a glance



How healthy are our seniors?

Makah Senior Survey results				
	2004	2007	2010	2013
Overweight or obese	89%	95%	91%	?
Have Diabetes	14%	26%	23%	?
Smoke cigarettes daily	23%	8%	17%	?
Exercised by walking in a given month	29%	62%	68%	?



Putting our survey results to work

	Action taken
Obesity prevention, increase physical activity	<ul style="list-style-type: none"> • New walking and exercise classes • Chair fitness and stretching classes • New crosswalks • Cooking classes • Traditional foods workshops
Diabetes Prevention	<ul style="list-style-type: none"> • Additional walking and yoga classes • Cooking classes • Fitness classes at school and Teen Center • Case management
Quit tobacco	<ul style="list-style-type: none"> • Acupuncture & acupressure • Lifestyle coaching • Counseling services

