

# National Indian Health Board



## Communicating in Indian Country: Healthy Heart, Healthy Brain

The Association of State and Territorial Health Officials (ASTHO) and the International Association for Indigenous Aging are honored to announce the release of ready-to-use communication materials about heart and brain health among American Indian and Alaska Native communities, with support from the CDC. The series [Communicating in Indian Country: Healthy Heart, Healthy Brain](#) includes posters, flyers, provider guide, radio public service announcements, and short videos (coming soon) with important medical information and key messages with input from public health, tribal health, and aging experts. Here's how you can put these materials into use:

- **Increase** your understanding of the tribal sovereignty and contributions from American Indian and Alaska Native communities to public health practice.
- **Meet** with tribal health and tribal-serving organization leaders to coordinate outreach and dissemination of materials within your community.
- **Download and distribute** the provider guide to healthcare providers and facilities within your network to encourage use of culturally aware messages and medical information.

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