

Covering Indian Country



March 2025

Spotlight: A renewed commitment to wellness

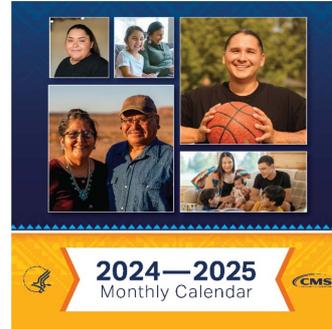
For much of Indian Country, March heralds the arrival of spring, a season often associated with fresh starts and a renewed commitment to wellness.

People are more likely to prioritize wellness when they know which [preventive health services](#) are available and how to access them. Having a tool to keep track of each household member's health history and medications may be helpful, too.

For these reasons, we encourage you to share [CMS's August 2024–December 2025 tribal calendar](#) (PDF, 13 MB, 42 pp), which features:

- Resources to help families take steps to better manage their health
- Ample space to list family members' allergies, medical conditions, medications, upcoming appointments, and more

Also, remember to download CMS's regional brochures from [the Outreach and Education Resources web page](#). The brochures help consumers learn more about health care coverage and locate their nearest Indian health facility.



March: Developmental Disabilities Awareness Month

Everyone deserves the opportunity to grow and thrive.

When disabilities are identified early, kids are more likely to receive the services they need.

Contact your local Indian health care provider, visit [HealthCare.gov/coverage](https://www.healthcare.gov/coverage) or call **1-800-318-2596**.



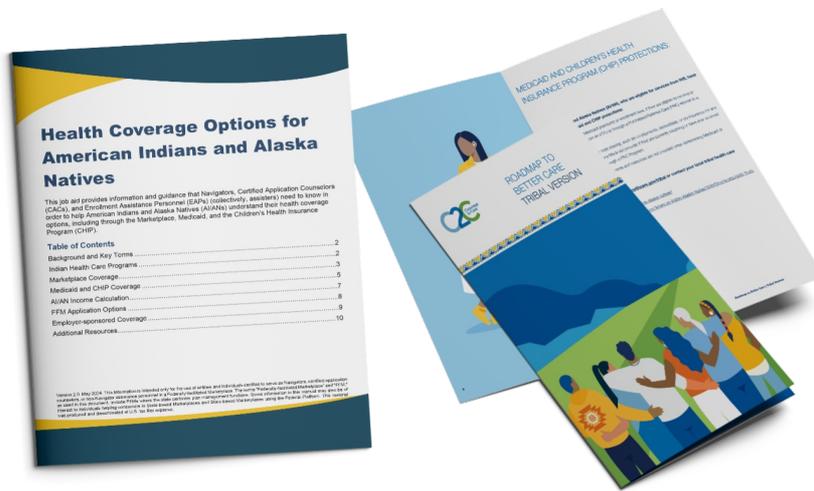
Share this ad in your newsletter or on your website. For more information, please visit CMS's [Outreach and Education Resources page](#).



Post it

Make sure your kid is meeting growth and development milestones. Schedule a well-child visit today.

[#CMSNativeHealth](#)



Access these online, tribal-specific resources anytime:

- [Health Coverage Options for American Indians and Alaska Natives](#) (PDF, 208 KB, 10 pp) provides an overview of certain tribal protections in the Marketplace, Medicaid, and the Children’s Health Insurance Program.
- The [tribal version of the Roadmap to Better Care](#) (PDF, 3.3 MB, 27 pp) explains what health care coverage is and how to use it to stay well.

Health observances

March is National Nutrition Month

Many people focus on nutrition’s physical aspect, without regard for the spiritual, emotional, or relational aspects.

This year’s theme for National Nutrition Month[®] is Food Connects Us. In keeping with that theme, read [an article that highlights nutrition’s role in holistic well-being](#). The article references ways in which preparing, cooking, or sharing food with others may help:

- Strengthen ties between friends or family members
- Facilitate intergenerational knowledge sharing within communities

Colorectal cancer awareness

March is National Colorectal Cancer Awareness Month, and March 20 is Blue Beads Day. Both health observances promote routine screening for cancer in the colon or rectum.

Colorectal cancer screening is [a preventive health service](#) typically recommended for people ages 45–75.

Several different [screening options](#) are available. One option is colonoscopy, a procedure done to look for and remove polyps (growths) before they become cancerous.

For more information about that screening option, download the infographic, [My Colonoscopy Tools](#) (PDF, 427 KB, 1 p).



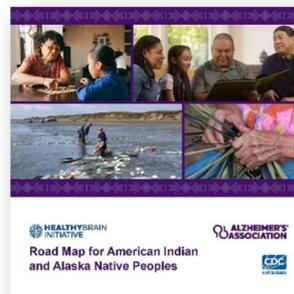
Additional resources

Healthy Brain Initiative’s updated road map

[The second edition of the Healthy Brain Initiative’s Road Map for American Indian and Alaska Native Peoples](#) (PDF, 13.3 MB, 88 pp) is now available.

This newly updated resource offers strategies to improve brain health and address dementia. It also includes community stories about how some of those strategies are being implemented.

One community story features efforts by the Pyramid Lake Paiute Tribe and the [International Association for Indigenous Aging](#) to prevent wandering among tribal elders who have dementia.



Funding opportunities

RCORP–Pathways

Deadline: April 14

[View the RCORP–Pathways funding opportunity](#)

Rural Communities Opioid Response Program (RCORP)–Pathways grants are available to help improve behavioral health care in rural areas. Grantees must collaborate with organizations to:

- Create new, youth-focused, peer-driven behavioral health care support programs
- Offer behavioral health care career pathway opportunities in rural communities

Rural MOMS Program

Deadline: April 22

[View the Rural MOMS Program funding opportunity](#)

The Rural Maternity and Obstetrics Management Strategies (MOMS) Program is offering cooperative agreements to support collaborative networks that will improve maternal and infant health outcomes in rural areas. Applicants must have a network strategy for:

- Long-term sustainability
- Data collection and sharing
- Effective collaboration and communication

Calendar of events

Tribal Health Equity Data Symposium

March 4–5

Washington, DC, live-streaming

[Register for the Tribal Health Equity Data Symposium livestream](#)

Hosted by the National Indian Health Board and funded by CMS, the Tribal Health Equity Data Symposium will highlight the importance of a tribally driven, culturally grounded approach to data collection, analysis, governance, and communications. Registration for in-person attendance has closed, but the livestream option is available.

Telebehavioral health webinars

The Indian Health Service TeleBehavioral Health Center of Excellence (TBHCE) is sponsoring the following [tele-education webinars](#) for health care team members:

Program Sustainability webinar series, 12 p.m. Eastern

- March 10 – Tribal/University Partnerships: Using a Community-Based Participatory Approach to Build Sustainable Programs

TBCHE webinar series, 12 p.m. Eastern

- March 11 – Helping People Plan Then Act to Improve Their Quality of Life
- March 25 – Helping People Focus on Solutions (Solution-Focused) and Tell a Story of Surviving and Thriving (Narrative Therapy)
- April 8 – Helping People Manage Problematic Thinking

International Meeting on Indigenous Child Health

March 28–30

Winnipeg, Manitoba

[Register for the International Meeting on Indigenous Child Health](#)

The International Meeting on Indigenous Child Health explores programs and strategies to promote the well-being of Indigenous children and youth worldwide.



11th International Meeting on Indigenous Child Health

March 28-30, 2025 • Winnipeg, Manitoba

Protecting Our Children Conference

March 30–April 2

Orlando, Florida, and Virtual

[Register for the Protecting Our Children Conference](#)



NICWA
National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

The 43rd annual Protecting Our Children Conference theme is “Honoring the Sacred.” Sponsored by the National Indian Child Welfare Association, the conference is geared toward social service providers, legal professionals, tribal leaders, federal program staff, and advocates for children.

Webinars on early childhood preventive care

CMS invites all interested staff from state Medicaid and CHIP programs and managed care plans, pediatric care providers, public health agencies, and other quality improvement partners to take part in [a webinar series on early childhood preventive care](#). Each webinar will be held from **2–3 p.m. Eastern**.

- March 31 – Overview of the Improving Preventive Care in Early Childhood Affinity Group and Expression of Interest Process
- April 14 – Addressing Barriers to Well-Child Visits and Preventive Care: Promising Approaches to Transportation in Medicaid and CHIP

Annual NCUIH conference

April 23–24

Washington, DC

[Register by March 7 for early bird pricing](#)

Urban Indian organization (UIO) staff, health care professionals, policymakers, community leaders, and advocates are encouraged to attend the annual National Council of Urban Indian Health (NCUIH) conference. The day before the conference, NCUIH will offer training to UIO boards of directors. Additionally, UIOs are invited to participate in **Capitol Hill Day April 25**.

The banner features a woman in traditional Indigenous attire on the left. In the center is a shield-shaped logo with a hand and a spiral, and the text "ANNUAL CONFERENCE Washington, D.C. 2025". On the right, the URL "ncuih.org/conference" is displayed. At the top, it says "EARLY BIRD REGISTRATION". At the bottom, it lists the schedule: "April 22 : Board Training (for UIOs only) | April 23 – 24 : Conference | April 25 : Hill Day (for UIOs only) | The Westin Washington, DC Downtown".

EARLY BIRD REGISTRATION

ncuih.org/conference

April 22 : Board Training (for UIOs only) | April 23 – 24 : Conference | April 25 : Hill Day (for UIOs only) | The Westin Washington, DC Downtown

Get email updates

Join us on **LinkedIn**

Follow us on

[Contact us](#)

Do you have news to share? Send it to coveringic@kauffmaninc.com for possible inclusion in an upcoming newsletter. Contact us with other comments or feedback, too.

About the newsletter

Covering Indian Country is published by the Centers for Medicare & Medicaid Services (CMS) Division of Tribal Affairs to share resources, success stories, and best practices with the people who connect tribal communities to health care coverage.

[Download Adobe Reader](#) for the best reading experience with PDF files.