Abstract

Alaska Native people are disproportionately impacted by chronic diseases such as diabetes (CDC, 2008). A paradigm shift to health promotion strategies that engage the community and build upon Alaska Native history, values, and culture is necessary to achieve individual and community wellness. The Community Readiness Model measures a community’s readiness to take action on an issue and can guide the identification of manageable steps to promote sustainable change and a healthier community.

This Project Practicum Report describes the application of the Community Readiness Model to one rural Alaskan community whose members were interested in addressing the rise in diabetes. Initial assessment indicated that the community was in the pre-planning stage with good awareness of the issue, but little focus or detail to their planning. Based on this assessment, a stage specific plan was developed and shared with the community, setting the stage for continued community-academic partnership to address the issue.