

Billings Area Injury Prevention Newsletter

Billings Area Indian Health Service

April-June 2010 Edition

Volume 4, Issue 2

Crow Service Unit Injury Prevention Exposition 2010

June 2010- The concept of an Injury Prevention Exposition was developed through the partnership coalition of the Big Horn County DUI Task Force, the Crow DUI Task Force, Big Horn County Health Programs, the Crow Tribe Health Programs, Local Law Enforcement Agencies, and Indian Health Service early in 2010 at the Community Health Program Meetings. The participating partnerships felt if we could capture injury prevention and healthy life styles to present an exposition of the services and education that we offer, we could better inform the community about their options in bettering their safety and welfare, as well as putting names and faces to their providers of the available programs.

Sixty three (63) youth from 6-13 years of age entered into the tournament. The Senior Division first place winner was Larkin Chandler, age 13 with 8/10 hoops, seven(7) year old Mathias Cloud won first in the 5-7 year old division, 6/10. Kimberly Spotted, 10, won the 8-10 year first prize with 6/10 and DJ Cottie, 12, 5/10 claimed the 11-12 year Division first prize. The first place prizes were donated by the Big Horn County DUI Task Force. They were family tickets to Big Splash or Geyser Park in Billings. Second place prizes in the Shoot were Spalding Basket Balls donated by Wal-Mart and third place prizes donated by Crow Mercantile.



The first partnership exposition was a myriad of educational programs to 5-15 year old youngsters. Each youngster participating was asked to read and sign a dedication statement, promising that they would always wear their safety belt and that they would not drink or drive, nor would they ride in a car with anyone who had been drinking. The Youth were then asked to attend each education presentation and present their finished and signed statement to the Coordinator, Deb Haines, CSU IP to enter the 'Shoot for your Life' basketball free throw tournament.

The Education presentations were: Drug and Alcohol and DUI Prevention-Crow Wellness, SOAR, Crow Tribal Native American Traffic Safety, Respect the Cage-Montana Department of Transportation, SOAR-Native American Traffic Safety, BIA LES-Go-Cart driving demonstration and Traffic Accident Scene Investigation procedures, Big Horn County Sheriff Fatal Vision Goggles Demonstration, BHC Diabetes Program-Twister, BHC DUI Task Force alcohol information and intoxication hand-outs, Area-CSU IP-Bike Rodeo, BHC Mental Health-Self Esteem Education. The MDOT Respect the Cage demonstration of the dummy flying out of the windows upon vehicle impact impressed the youth the most.



It is estimated that we had 150 people attend the Exposition including adults and children less than five years of age and people left the Exposition discussing what they learned. Teenagers were overheard saying they didn't realize buckling up could keep you from flying out of the vehicle during a car crash. CSU IP felt that comment alone was a worth while lesson learned in traffic safety on the Crow Reservation. **Article submitted by Deb Haines, Crow IHS Injury Prevention Coordinator, 406-638-3474.**



"INJURIES ARE PREVENTABLE!"

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Injury Prevention Links



IHS.gov



IHS Injury Prevention Program



Injury, Violence, Safety website

Talk Back!

The IHS IP Newsletter would like to get your feedback on improving the newsletter! Please send an email to Darcy.Merchant@ihs.gov to provide comments or suggestions.

July 2010

**National Fireworks
 Safety Month**

fireworksafety.com



**Eye Injury
 Prevention Month**

foh.dhhs.gov/Public/NYCU/eyeinjury.asp



UV Safety

preventblindness.org



August 2010

**Medic Alert
 Awareness Month**

medicalert.org



Area Wide News and Events

Billings Area Office

**Billings Area OEHE Welcomes Jr.
 COSTEP**

May 2010– This summer we have Anne Kenney joining us as a participant in the Junior Commissioned Officer Student Training and Extern Program (JRCOSTEP). Anne attended Butler University in Indianapolis, IN where she received her B.A. in Science, Technology, and Society, and is currently a graduate student at Emory University’s Rollins School of Public Health where she will graduate with an MPH in May 2011. She is very interested in epidemiology and has enjoyed getting the opportunity to work in the field of injury prevention this summer. She hopes to work for the Indian Health Service after graduation.



Pictured Above: Anne Kenney, IHS summer JRCOSTEP, Billings Area OEHE.

This summer Anne has been helping out with various injury prevention projects. She has been working with both Indian Health Service and Rocky Mountain Tribal Epidemiology Center on a study to better understand intentional and unintentional injury among American Indians in Montana and Wyoming. She is also assisting with both data collection and analysis in GPS Motor Vehicle Crash Identification Projects taking place at many of our service units. Anne is also enjoying helping out with various community-based intervention projects including car seat clinics and the 2010 Crow Injury Prevention and Healthy Lifestyle Expo.

Article submitted by Darcy Merchant, Assistant Area IP Specialist, 406-247-7097.

Fort Belknap Service Unit

**Fort Belknap Injury Prevention
 Program Updates**

April-June 2010– Avis and I have been doing a few things this spring. During the month of April, Avis set up a safety display at the Harlem Prom. We also had a Harlem High School Student do a PSA on the dangers of drinking, driving and also seat belt safety.

Gemma Rides At The Door set up a booth for us at the Hays Lodge Pole prom. The middle of April the Head Start center held a health fair at the Mission Rec. Center in Hays. We made over 100 safety bags for the event. The bags included poison prevention, seat belt safety, and bike safety ECT...

The end of April we brought in the “Respect the Cage” vehicle from the department of transportation. We planned on having them go to Hays High School one day and Ft. Belknap the next day. The weather was terrible so we were only able to go to Hays. The students watched the “room to live” video then went outside and viewed the actual car in the video.

In May I did elderly fall prevention training for the Personal Care Attendants. There were a total of 10 at this training. I also put on a seat belt/car seat training in Hays at the John Capture Center the 14th. Twelve individuals came to the training. I was able to help install five Car seats and five booster seats at the event. The end of the month we had a small bike Safety presentation for the youth involved in the bike riding club at Ft. Belknap. We gave them a helmet and safety info.

In June we held our annual rabies clinic in all four areas of our reservation. We gave a total of 187 vaccinations at the clinic. Darcy Merchant and his co-step are helping us start our motor vehicle crash data project for the Ft. Belknap reservation. Looking forward to working on this. I am also working on renewing my CPS certification, it is due this month. Our future events include a bike rodeo, car seat clinic, and plans to purchase a mobile radar trailer this year.

Article submitted by Stan Zander, Jr., Fort Belknap IP Coordinator, 406-353-3165.

Did You Know?

- ◆ In 2007, there were 3,443 fatal unintentional drownings in the United States, averaging ten deaths per day!
- ◆ More than one in five fatal drowning victims are children 14 and younger!
- ◆ Nonfatal drownings can cause brain damage that may result in long-term disabilities including memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state).

Source: Centers for Disease Control and Prevention.

September 2010

**America on the Move –
 Month of Action**

americaonthemove.org



**Baby Safety
 Awareness Month**

jpma.org



**National Food Safety
 Education Month**

foodsafety.gov



**National Preparedness
 Month**

Cosponsored by
 American Red Cross
 National Headquarters

redcross.org

U.S. Dept of Homeland
 Security

ready.gov



Area Wide News and Events

Confederated Salish & Kootenai Tribes

**Early Childhood Services Stu-
 dents Receive New Bike Helmets**

CSKT Early Childhood Services would like to thank the CSKT Occupational Safety and Health Committee and the IHS Injury Prevention Program for the generous donation to our program for the purchase of a bike helmet for each and every child in our program. Instructions were included for parents on how to properly fit the helmet to their child.

Article submitted by Fred Steele, Confederated Salish & Kootenai Tribal Health Department, freds@cskt.org



Events, Schedules, and Announcements

July 7th, 2010– Annual Blackfeet Fire & Safety Fair, please contact Freda Heavy Runner for more info at 406-338-6140.

July 10th-14th, 2010– MT-WY Native Youth Academy, Salish-Kootenai College; Pablo, MT.

July 20th-21st, 2010– Indian Health Service Environmental Health Services Strategic Planning meeting, Jameson Federal Building, 2nd Floor Room 2A, 2900 4th Avenue North, Billings, MT.

July 20th-21st, 2010– Rocky Mountain Tribal Wellness Initiative's (SPF-TIG) Tribal Epidemiology Workgroup is going to meet from approximately 9:00 am - 2:00 pm at the MT-WY Tribal Leader's Council, 222 North 32nd Street, Suite 401, Billings, MT.

July 20th-23rd, 2010– National Child Passenger Safety Technician Course; Glasgow, MT. Please [click here](#) to register.

July 27th-30th, 2010– Introduction to Injury Prevention training, Blackfeet Tribal Housing Authority Building, Browning, MT. For more information, please contact Jodee Dennison at 406-247-7098.

July 27th-30th, 2010– National Child Passenger Safety Technician Course; Helena, MT. Please [click here](#) to register.

August 16th-19th, 2010– National SAFE Playground Assessment training; Chinle, AZ. Please [click here](#) to register.

September 8th-11th, 2010– National Child Passenger Safety Technician Course; Billings, MT. Please [click here](#) to register.

September 14th-17th, 2010– National SAFE Playground Assessment training; Chinle, AZ. Please [click here](#) to register.

September 14th-17th, 2010– National Child Passenger Safety Technician Course; Lewistown, MT. Please [click here](#) to register.

**IHS Introduction to Injury Prevention Level I
 Training Announcement!!!**

July 27-30th, 2010– An **Introduction to Injury Prevention Level I Training** sponsored by the Billings Area IHS Injury Prevention Program and Blackfeet Service Unit OEHE will be held at the Blackfeet Housing Authority in Browning, MT.

Course Description:

The 3 1/2 day course utilizes group activities, case studies, and lecture formats to introduce participants to injuries as a public health problem. The course includes a discussion of the IHS Injury Prevention Program, with emphasis on the six components of successful programs: Epidemiology, Coalitions, Marketing, Advocacy, Intervention and Evaluation.

tions, Marketing, Advocacy, Intervention and Evaluation.

The target audience for the course is community members, tribal and IHS employees, and others who are interested in preventing injuries in their community.

Registration deadline is July 15, 2010 and enrollment is open to the first 25 participants.

For more information and to register, please contact Jodee Dennison, Area Injury Prevention Specialist, at 406-247-7098.

Safety Spotlight: Summer Safety



Staying Safe in the Hot Weather

Tips For Preventing Heat Related Illnesses

- **Stay hydrated:** Increase your intake of fluids and avoid drinking alcohol, coffee, and other diuretics.
- **Keep Cool:** Wear lightweight, light-colored, loose-fitting clothing, and seek out shaded areas when outdoors.
- **Do Not Leave Children In Cars:** Even in cool weather, car temperatures can heat up very quickly. Never leave a child unattended in a car, even if the windows are cracked.
- **Sun Safety:** Make sure to protect yourself from the sun. Wear sunglasses to protect your eyes and apply sunscreen to exposed parts of your skin 30 minutes before going outdoors.

Source: Center for Disease Control and Prevention. Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety.

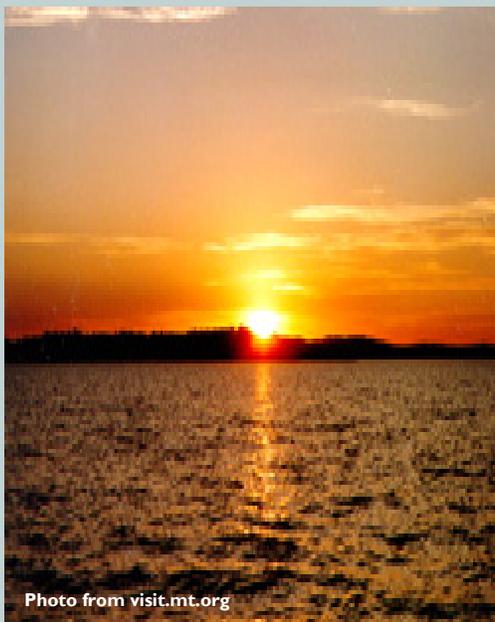


Photo from visit.mt.org



Water Safety

Tips for staying Safe in the Water

Native American drowning rates were nearly three times that of whites and more than twice that of blacks (CDC 2003).

- **Never Swim Alone:** Use the buddy system and discourage others from swimming alone
- **Supervise Children:** Never leave a child unsupervised while swimming. It takes just moments for a child to drown.
- **Do Not Mix Alcohol and Swimming:** Stay away from alcohol when swimming or boating.
- **Wear Your Life Jacket:** Always wear a life jacket when boating. Also, if you are not a strong swimmer, be sure to wear a life jacket while swimming.

Source: Center for Disease Control and Prevention. Unintentional Drowning: Factsheet

References:

1. Centers for Disease Control and Prevention. Web-Based Injury Statistics Query and Reporting System (WISQARS)(2003). Available from: URL: www.cdc.gov/ncipc/wisqars.
2. Center For Disease Control and Prevention. Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety. (2009) Available from: URL: www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp
3. Center for Disease Control and Prevention. Unintentional Drowning: Factsheet. (2010). Available from: URL: <http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>





Mission of the Indian Health Service

Injury Prevention Program

Billings Area Indian Health Service

Office of Environmental Health & Engineering

Injury Prevention Program

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Please [click here](#) to visit the Billings Area Indian Health Service website.

Past Newsletters

For Past Issues of the Billings Area IHS Injury Prevention Newsletter, please [click here](#) to be redirected to the National IHS Injury Prevention website's Area Programs webpage.

Billings Area Injury Prevention Newsletter is edited by Darcy Merchant.

THE MISSION OF THE INDIAN HEALTH SERVICE IS TO RAISE THE PHYSICAL, MENTAL, SOCIAL, AND SPIRITUAL HEALTH OF AMERICAN INDIANS AND ALASKA NATIVES TO THE HIGHEST LEVEL.

THE GOAL TO ASSURE THAT COMPREHENSIVE, CULTURALLY ACCEPTABLE PERSONAL AND PUBLIC HEALTH SERVICES ARE AVAILABLE AND ACCESSIBLE TO AMERICAN INDIAN AND ALASKA NATIVE PEOPLE.

OUR FOUNDATION. TO UPHOLD THE FEDERAL GOVERNMENT'S OBLIGATION TO PROMOTE HEALTH FOR AMERICAN INDIAN AND ALASKA NATIVE PEOPLE, COMMUNITIES, AND CULTURES AND TO HONOR AND PROTECT THE INHERENT SOVEREIGN RIGHTS OF TRIBES.

OUR MISSION:

TO RAISE THE HEALTH STATUS OF AMERICAN INDIANS AND ALASKAN NATIVES TO THE HIGHEST POSSIBLE LEVEL BY DECREASING THE INCIDENCE OF SEVERE INJURIES AND DEATH TO THE LOWEST POSSIBLE LEVEL AND INCREASING THE ABILITY OF TRIBES TO ADDRESS THEIR INJURY PROBLEMS.