

Indian Health Service Health Promotion/Disease Prevention Newsletter

Cooperative Agreements Newsletter • Issue: June 1, 2010 • <http://www.ihs.gov/hpdp>

Health Promotion/Disease Prevention Program 2009 Awardees: Progress and Commitment

In Fiscal Year 2009, the Indian Health Service Health Promotion/Disease Prevention (IHS HP/ DP) Program awarded eleven new Cooperative Agreements to tribal and urban Indian organizations for the 2009 to 2011 funding cycle. The purpose of the Cooperative Agreements are to enhance and expand health promotion and chronic disease prevention to reduce health disparities among American Indian/Alaska Native (AI/AN) populations through innovative and effective community, school, clinic, and work-site health promotion and chronic disease prevention programs. Focused efforts include enhancing and maintaining personal and behavioral factors that support healthy lifestyles, such as making healthier food choices; avoiding the use of tobacco, alcohol, and other harmful substances; being physically active; and demonstrating other positive behaviors to achieve and maintain good health.

2010 Cooperative Agreement Grantees' Training

From January 12 to 13, 2010, the IHS HP/DP Program held a 2-day training in Albuquerque, NM, for its 2009 awardees. Eighteen grantees and presenters were joined by one of the IHS Area HP/DP Coordinators for this intensive workshop on developing objectives, program evaluation, data management and record keeping, and documentation of program activities in IHS's Resource and Patient Management System (RPMS).

During the Cooperative Agreement Grantees' Training, Ms. Alberta Becenti, Project Officer for the Cooperative Agreement Grants and IHS HP/DP Consultant, gave a comprehensive overview of the HP/DP Cooperative Agreement awards and the evolution of HP/DP from an initiative to a program at IHS. Ms. Mary Wachacha, National IHS Area HP/DP Consultant, spoke about the relevance of good documentation for evaluation and the importance of the RPMS in supporting that effort. Her in-depth presentation demonstrated the versatility and functionality of the system, enabling many at the training to see its importance for their program evaluations. Dr. Jeanette Hassin from Kauffman & Associates, Inc. (KAI) spoke about the role and

importance of specific, measurable, achievable, realistic, and time-defined objectives for developing a strong and relevant program evaluation. She also discussed the multiple aspects of program evaluation and the importance of tracking the implementation process.

The training was not all work. Ms. Becenti offered grantees several opportunities to burn up some energy through fun-filled mini physical activity sessions. Some participants even took advantage of the beautiful Albuquerque weather to take a sunrise "power" walk.



Photo Caption: Attendees at 2009 Cooperative Agreement Albuquerque Training.

Finally, the training afforded grantees the opportunity to share information and learn from each other's experiences, a process that enriched all involved. Remember, technical assistance is only a phone call or email away. Ms. Maureen Wimsatt at KAI can be reached at maureen.wimsatt@kauffmaninc.com or (509) 789-2677. Program questions, as always, should be addressed with Ms. Becenti. She can be reached at alberta.becenti@ihs.gov or (505) 248-4238.

Thank you all for participating and for the wonderful work that you do!

Alberta Becenti **Jeanette Hassin, PhD**
Indian Health Service Kauffman & Associates, Inc.

Forest County Potawatomi Community • Crandon, WI

***Project: Forest County Potawatomi Youth
on the Move***

In order to reduce risk factors, preventable disease, and injury among tribal members, the Forest County Potawatomi (FCP) Community is implementing a multidimensional intervention called Youth on the Move.

Upcoming events for Forest County Potawatomi (FCP) Youth on the Move include a spring walking program, summer nutrition and physical activity day camp, nutrition education for summer feeding program, and an autumn hike in the Porcupine Mountains.

The goal and objectives for the walking program include increasing physical activity to 150-300 minutes per week. The summer day camp will implement a comprehensive program to promote health and prevent disease in youth. The goal of providing the nutrition education as part of the summer feeding program is to improve nutritional awareness through weekly educational activities with participants. Similar to the goal for the walking program, the Porcupine Mountain excursion seeks to increase physical activity to 150-300 minutes per week among participating youth.

Recently, the FCP Youth on the Move completed its spring walking program, which included a youth walk video, pedometer "scavenger hunt," PAK activities, and other activities.

Fort Belknap Indian Community Harlem, MT

Project: Fort Belknap Headstart-12 Fit Program

The Fort Belknap Headstart-12 Fit Program is building on proven best practices and using a multifaceted approach that incorporates culture, technology, diet, and fitness into a broad-based intervention for youth to reduce obesity, diabetes, and cardiovascular disease among tribal members. By addressing the problem both at school and in the community environment, the program incorporates traditional activities and food and modern technology (e.g., Wii Nintendo interactive games) into a broad-based program.

The five goals of the Headstart-12 Fit Program are listed below.

- Goal 1. Reduce obesity among youth by 10% in three years.
- Goal 2. Improve diet by increasing healthy food consumption among youth.
- Goal 3. Utilize culture to improve health.
- Goal 4. Ensure technology for improved health is accessible to youth.
- Goal 5. Increase access to exercise equipment for youth.

Indian Health Board of Minneapolis, Inc., Minneapolis, MN

Project: Youth Diabetes Prevention Program

The Youth Diabetes Prevention Program (Y-DPP) is working toward developing healthy lifestyles for the future of the Minneapolis community. Y-DPP has developed a program that includes the curriculum from Work Out Low Fat (WOLF) and Diabetes Education in Tribal Schools (DETS). By using these two curricula, Y-DPP has already seen the effect of these programs on eating behavior and physical activity. Children are going home asking their families to change their ways of eating, and teachers are helping by bringing healthy snacks and asking the children to first eat their fruits and vegetables from their school lunches before the other food. Y-DPP is also using the curricula during the after-school program, BEACONS, that is provided at Anishinabe Academy and the Anne Sullivan School.



Photo Caption: Student holding a "FEAR FACTOR" (snack time) item. The kids loved the green juice, no matter how funky or intimidating it may have looked. It was a hit!

By focusing on Y-DPP's goals and objectives, the project hopes to make an impact on the Native American community by providing resources to prevent the onset of diabetes among the youth. To that end, the Y-DPP has organized Elder Dinners for the kids to learn how to cook healthy meals while serving their Elders. In addition, Y-DPP has organized a dance troop for community events for the kids to promote diabetes prevention among youth. As part of the program's summer activities, kids will learn about the effects of substance abuse as well as diabetes prevention. Y-DPP is also striving to decrease substance abuse and increase awareness of the dangers of alcohol and tobacco use.

Indian Health Care Resource Center of Tulsa • Tulsa, OK

Project: American Indian Pre-Diabetes and Obesity HP/DP Program

The American Indian Pre-Diabetes and Obesity HP/DP Program at Indian Health Care Resource Center of Tulsa (IHCRC) identifies, engages, assesses, and assists American Indian children, youth, and adults who are at risk of cardiovascular disease or diabetes in a voluntary effort to lead a healthier lifestyle.

The goals and objectives are integrated with the Department of Health and Human Services (HHS) "Healthy People 2020" objectives for improving nutrition, increasing physical activity and fitness, and providing educational programs for the worksite and health care setting. The program's objectives are to increase consumption of fruits and vegetables, reduce consumption of beverages with added sugar, and increase the number of office visits that include education related to diet and nutrition. In addition, the physical activity and fitness objectives are to reduce no-activity, leisure-time activity while increasing moderate physical activity. Finally, by increasing the number of participants in employer-sponsored health promotion activities and increasing the number of participants in group health promotion activities, IHCRC is addressing the goal to promote education programs designed to prevent disease and improve health and quality of life.



Photo Caption: During family group class time, Deanna Douthit, Activity Specialist, encourages container gardening by helping young participants make biodegradable pots for starting their own container tomatoes.

The first three quarters of this year have been very productive with the development of surveys, tools, and reports to evaluate the program objectives. Materials have been developed to recruit participants. In addition to individual nutrition and exercise counseling, several group activities have been developed and implemented. Some of these are described below.

- IHCRC held a class for adults called "Building Healthy Habits for Weight Loss." This class meets weekly for 11 weeks, helping participants turn weight-gaining lifestyle patterns into weight-losing habits in a nonjudgmental and supportive atmosphere.
- IHCRC celebrated National Nutrition Month® with a cooking class: "Nutrition From the Ground Up." Also, IHCRC conducts a family group class that provides an opportunity for parents to attend the "We Can!™ (Ways to Enhance Children's Activity & Nutrition)" parent program while their children participate in weekly group exercise. Both groups were combined to provide education on making healthy meals and snacks with an emphasis on increasing fruit and vegetable consumption.
- IHCRC employees also attended quarterly "Lunch and Learns" to become better informed about different wellness-related topics while also enjoying a healthy lunch. Finally, The Restoring Harmony Powwow in Tulsa offered IHCRC the opportunity to provide information about the IHCRC program, distribute health and wellness educational materials, and administer the Adult and Youth Behavioral Health

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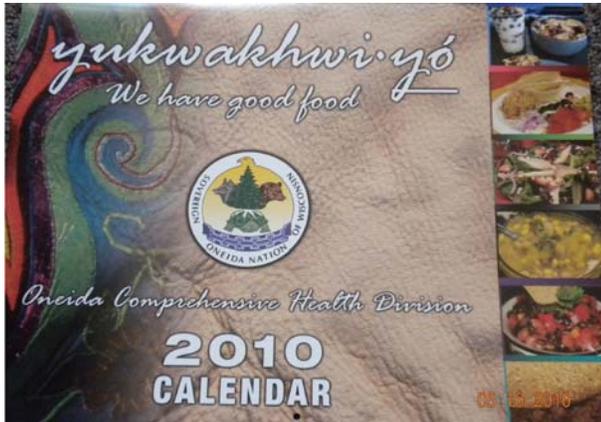
Oneida Tribe of Indians of Wisconsin • Oneida, WI

Project: Oneida Health Promotion and Disease Prevention

Oneida Health Promotion and Disease Prevention (OHPDP) strives to empower its community to honor their personal roles and responsibilities in making positive lifestyle choices that will improve health, quality of life, and prevent chronic disease. The program is evaluating the effects that wellness coaching and group health education have on risk factors for diseases, such as diabetes, obesity, cardiovascular disease, and cancer as well as on lifestyle change sustainability.



OHPDP educates Oneida Community Health Center provider referred clients and encourages a change in unhealthy behaviors through wellness coaching using Motivational Interviewing and Appreciative Inquiry. In addition, healthy lifestyles are promoted by offering an annual Spring Fling Health Fair, quarterly group health education, and distributing a community calendar. Furthermore, OHPDP is working with University of Wisconsin- Madison to provide an ongoing community-based program that focuses on reducing TV time, increasing physical activity, reducing sugar sweetened snacks/beverages, and increasing fruit/ vegetable consumption among youth.



OHPDP distributed over 2000 calendars to the Oneida community and employees, and Tribal Vice-Chair Kathy Hughes presented 75 calendars to the Centers for Disease Control. With the successful addition of a Health Promotion Specialist, OHPDP has been able to double its services to serve more than 100 provider referred clients.

Pawnee Nation of Oklahoma Pawnee, OK

Project: Wellness and Health Promotion Program

The Wellness and Health Promotion Program (WHPP) works with higher management and other staff members. WHPP seeks to decrease alcohol and substance abuse by adolescents, to prevent children's exposure to secondhand tobacco smoke, and to reduce tobacco use. WHPP had its kickoff event on May 19, 2010, and will continue to have monthly activities for health promotion. Although the formal kickoff has not yet occurred, WHPP has experienced several accomplishments over the past several months, including a successful basketball league with 10 teams from around Pawnee Nation that will participate in a tournament at the end of the season. WHPP also conducted an after-school program that started after spring break and lasted until May 5, 2010. Karate and self-defense classes occurred this spring and will continue through the grant period. Pawnee Nation held an after-prom party

through WHPP, with a total of 135 attending the event. In addition, a blue print for the development of sidewalks and trails has been developed this year. WHPP also collected the Core Measure data and inputted this information using Survey Monkey. Finally, WHPP will be continuing to provide tobacco cessation resource guides to community members and send referrals for cessation to the IHS Health Educator.

Upcoming events for WHPP include an After Graduation Lock-In that is co-sponsored by the Substance Abuse Program and Juvenile Intervention Center; a softball co-ed tournament to be held Memorial Day Weekend at Pawnee Nation's Moses Yellow Horse Field; the Pawnee Nation's Health Fair, including a HP/DP Run/ Walk event during Powwow Weekend; National Employees' Health and Fitness Day; and a Poker Walk sponsored by HP/DP wherein participants walk laps to earn playing cards that will contribute to their "poker hand."

Penobscot Nation Health Department • Indian Island, ME

Project: Penobscot Nation Health Department Health Promotion/Disease Prevention

The Penobscot Nation Health Department (PNHD) is committed to helping community members prevent chronic diseases by providing regular opportunities for members to get active, eat nutritiously, and learn strategies to maintain a healthy lifestyle.



Photo Caption: Snowshoe Club

Two of the PNHD's objectives aimed at meeting the overarching goal of preventing chronic diseases among the Penobscot community include: (1) decreasing obesity by 3% among Penobscot Nation members who receive services at PNHD; and (2) increasing fitness participation so that 40% of the Penobscot community population regularly participates in a PNHD sponsored fitness program between August 2010 and August 2011.

The PNHD has witnessed several accomplishments over the last several months. These accomplishments are summarized below. • This past winter, 13 youth participated in a biweekly Snowshoe Club. The club combined lessons about Native culture (e.g., navigation and identifying animal tracks) with information about nutritious snacks that will help them to stay healthy, strong, and active.

- In February, the Penobscot Nation Tribal Council approved two policies. First, the Penobscot Nation will make accommodations for working mothers who breastfeed their infants. Secondly, the Nation has issued a ban on smoking in nearly all public buildings. The policies are aimed at making the community a healthier and safer place to live and work.
- This spring, Penobscot Elders are meeting weekly for an Elder Nutrition Class. During each class session, Elders sample different nutritious foods, talk about recipes and other food-related activities, and play nutrition focused games.
- Nine children (ages 3 to 4) are currently participating weekly in Daycare Nutrition Classes with a registered dietitian. During the class, the kids learn how to identify foods in Wabanaki and English, play nutrition-related games, read books that pertain to nutrition, and sample different healthy foods.



Photo Caption: Fit Club

Pueblo of Santa Ana Bernalillo, NM

Project: Youth Health and Fitness Project

The Pueblo of Santa Ana Community Wellness Program is using Health Promotion/Disease Prevention funds to build upon and expand community interventions to address youth obesity. Entitled “Youth Health and Fitness Project,” the Pueblo of Santa Ana plans to implement a variety of strategies to promote physical activity and healthy eating.



Photo Caption: Photo of an ice breaker during the Santa Ana Youth Health Council meeting in May 2010. Members of the Council are from the Santa Ana Departments of Education, Natural Resources, Wellness, and Childcare.

The goal of the project is to address the problem of youth obesity in the Santa Ana Community. Its objectives for the first year are listed below.

- Establish a staffing structure and strengthen partnerships for program planning, implementation, and evaluation.
- Provide opportunities for physical activity for groups and individuals and implement interventions to promote healthy eating.
- Explore models for the promotion of healthy lifestyles among families.

Over the past several months, the project coordinator was hired, and nutrition and fitness contractors were identified and contracted. In addition, the Santa Ana Youth Health Advisory Council, a group which includes tribal leadership, has been formed to collaborate and coordinate efforts among all local departments and agencies serving Santa Ana youth. To date, two meetings have taken place with the Council, and a schedule of ongoing monthly meetings is in place. Finally, the Pueblo of Santa Ana has collected Core Measures data and have developed an online option for community members submitting this information. The Albuquerque Area Southwest Tribal Epidemiology Center has been contacted to assist with local analysis of this data as well as other program evaluation activities.

Southeastern Alaska Regional Health Consortium • Wrangell, AK

Project: Healthy Wrangell Program



Photo Caption: The Development of the Healthy Wrangell Community Garden

The Southeastern Alaska Regional Health Consortium (SEARHC) is using HP/DP funds to support the Healthy Wrangell Program. The goals of the Healthy Wrangell Program are to increase physical activity, access to fruits and vegetables, and clean indoor air. The Healthy Wrangell Program is achieving goals by partnering with and assisting other organizations, businesses, and community members in healthy community projects to reach the program's goals. The program is also seeking to increase access to fruits and vegetables and physical activity in the community by assisting with the creation of a community garden and by partnering with the Healthy Wrangell's Coalition to create a Geocaching Club, the latter of which is a sustainable effort. One of the Healthy Wrangell Program's accomplishments toward clean indoor air this year was to assist in developing a no smoke policy in cabs for the local taxi company, Northern Lights.

Washoe Tribe of Nevada Gardnerville, NV

Project: Living Yesterday for Tomorrow: A Youth Lifestyles Improvement Program

The Washoe Tribe of Nevada uses their HP/DP funds for Living Yesterday for Tomorrow (LYFT): A Youth Lifestyles Improvement Program. LYFT focuses on implementing lifestyle changes in diet and physical activity, building self-esteem and self-confidence, and developing interpersonal and leadership skills.



Photo Caption: Washoe youth planting seedlings as part of the garden for seniors and senior food program.

Over the last two months, LYFT has begun working together with the Summer Foods Program and the Youth Recreation Departments to get the HP/DP grant up and running. Through these partnerships, LYFT is planning educational and service activities for each community. For example, LYFT is working to build a softball field, construct a garden for seniors, and clean up communities within the Washoe Tribe. The Directors of the Recreation Departments have also generated a list of other potential future activities for LYFT participants, including camping, hiking, and gardening programs as well as nature weekends with "hunts" for Native foods and medicines. LYFT's long-term vision is to conduct a trip to the Grand Canyon for a long boot campstyle walk.

Yukon-Kuskokwim Health Corporation • Bethel, AK

Project: Reducing Tobacco Use in Pregnancy in YK Delta Women

The prevalence of tobacco use in pregnancy is a major disparity facing Alaska Native pregnant women of the Yukon-Kuskokwim Delta region of Southwestern Alaska. The Yukon-Kuskokwim Health Corporation (YKHC) has adopted a multipronged approach to address this disparity. Within 3 years, the program aims reduce the prevalence of tobacco use during last 3 months of pregnancy to less than 40% among Alaska Native women served by YKHC. The program's objectives are described below.

- Objective 1: Increase knowledge about harmful effects of tobacco use on personal and fetal health among at least 85% of pregnant Alaska Native women served by the program.
- Objective 2: Within 3 years, increase percentage of pregnant tobacco users who receive cessation counseling to at least 40%.
- Objective 3: Spend at least 15% of YKHC HP/DP grant budget on tobacco counter marketing adverts (i.e., radio and print) targeted at young girls and women (15-35 years of age).



Photo Caption: A weekly tobacco education session.

YKHC has successfully implemented the proposed project with the hiring of a full-time staff member. YKHC is currently sending educational materials about tobacco use to pregnant women and conducting weekly educational sessions at the pre-maternal home in Bethel, AK. YKHC has been working to improve cessation counseling rates among the target population, and proactive program staff contact with pregnant tobacco users is at approximately 100%. The program has also been successful in increasing awareness about the health effects of tobacco use in pregnancy amongst the general population served by YKHC.

For more information about prevention resources, please visit the following websites:

- <http://www.ihs.gov/hpdp>
- <http://www.justmoveit.org/>
- <http://www.healthynativecommunities.org/>



If you should have any questions about the HP/DP Newsletter, please call or email:

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