



# Indian Health Service

HEALTH PROMOTION DISEASE PREVENTION

Cooperative Agreements Newsletter • Date of Issue: October 22, 2010 • <http://www.ihs.gov/hpdp>

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

This newsletter is dedicated to the hard work and creativity each 2009 Cooperative Agreement Awardee has demonstrated throughout this year. The work that has been done in creating programs, using best practices, and engaging the community at every level is impressive. Awardees have run camps and afterschool programs, held a myriad of events, engaged tribal leaders, formed working committees, and worked on changing health policies. Awardees have also successfully collected data on all four Core Measures (adult health, youth health, worksite health policies, and school site health policies). This data will help inform policy makers, both nationally and locally, and provide awardees with important data for future work.

The following reports demonstrate the multifaceted work the 2009 Cooperative Agreements have done this past year.

## 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.

FCP Youth on the Move was busy this summer with two of the four programs of the HPDP Cooperative Agreement. Two consecutive 1-week day camps took place and were filled with physical activity and cooking and nutrition experiences. Participants of the summer feeding program had the opportunity to increase knowledge and improve their diet as they received weekly nutrition education and activity challenges.

One goal of the day camp was to have participants start to make healthy food choices. This was accomplished through activities such as connecting a song with an educational concept. For example, while campers were allowed to choose their own breakfast, each morning the song "1-2-3" (Jackson 5) was played to re-enforce the message of choosing three food groups. Another example was through campers baking and cooking a variety of healthy foods such as fiber-rich muffins, baked chicken tenders, and melon balls.



Another goal was to achieve recommended levels of physical activity per week. Sixty minutes of physical activity was accomplished and exceeded by campers participating in activities at a local camp for 3 of the 5 days of the camp. Activities included group games, team building, hiking, climbing, canoeing, swimming, giant swinging, and archery. At our home base we engaged in pedometer activities, Physical Activity Kit (PAK) and other games, yoga, and swimming. To measure involvement, campers filled out daily activity logs.

A third program goal of the day camp was to establish and measure tobacco and alcohol perceptions of use among youth. This goal was accomplished by conducting a perception survey with participating youth.

During the summer feeding program, Youth on the Move's goal was to increase awareness of nutrition. Nutrition education related to fruits and vegetables was distributed weekly and included a "something to do" activity. Educational topics about fruit and vegetable consumption included: "why," "how much," "variety," "organic," "fresh/canned/or frozen," "preparing and cleaning," and "pie or plain – sugar." One of the activities was to prepare and clean vegetables. To conduct this activity, each participant was given a bag of carrots and a vegetable peeler.

The summer of 2010 has been one marked by a movement toward better nutrition, increased physical activity, decreased health risks, and feeling good!



*Youth and FCP Youth on the Move staff at summer events*

## **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).

Y-DPP is a program for our Native youth in the metropolitan area to learn how to live healthy lifestyles based on the decisions they make and change based on food consumption, genetics/family history, physical activity, substance abuse, and leadership/involvement. After an individual's first clinical visit with the Y-DPP Coordinator, participants are able to attend a variety of activities to earn lapel pins. Based on their involvement and participation, these pins can be traded for incentives that promote health and exercise. The curriculum consists of 1-hour sessions for fifteen weeks or one-on-one clinical visits once a month with the Y-DPP for four months. After graduation, the participants have an option to stay involved in the Y-DPP Task Force to start implementing what they learned as leaders for their community.

Y-DPP goals and objectives are to provide education and activities related to healthy eating and physical activity, to aid in the prevention of diabetes, and to increase resilience in substance abuse by providing groups focused on prevention of alcohol and tobacco use.

The Y-DPP has been in the progress of implementing a program and evaluating the

effectiveness of the following activities: (1) Y-DPP curriculum; (2) Beacons After School Program; (3) Y-DPP classes held at the Indian Health Board; (4) Y-DDP Youth Council; (5) Y-DPP Dance Troop/Twin Cities Medtronic Marathon; (6) Y-DPP Elder's Dinners; and (7) Y-DPP Task Force (Leadership/Community Involvement).

Currently, Y-DPP members are in the process of training for the Twin Cities Medtronic 5k on October 2, 2010, continuing nutrition and dance lessons at Ginev Golden Eagles of Minneapolis. For the rest of September, Y-DPP will implement the Youth Council (September 22, 2010), Elder's Dinner (September 23, 2010), and other Y-DPP classes (September 14, 20, and 28).

## **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 (IHCR) 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 providing education related to diet and nutrition. In addition, the physical activity and fitness objectives are to reduce no-activity leisure-time activities while increasing moderate physical activity. Finally, by increasing the number of participants in employer-sponsored group health promotion activities, IHCR is addressing the goal to promote education programs designed to prevent disease and improve health and quality of life.

On May 19, 2010, a total of 46 IHCR employees participated in the IHCR 1<sup>st</sup> Annual Employee Health and Fitness Day Poker Walk. This was a fun event to celebrate a national health observance created to promote the benefits of physical activity for employees through work site health promotion activities. The setting was a scenic park located just across the street from the clinic. The length of the course was slightly over one mile. The challenge was to draw one playing card at each of the five stations along the course. The prizes for the top three poker hands were gardening supplies — just in time for spring planting!

Despite the rainy day, 35% of IHCR employees participated in this event. Together we took 105,544 steps for a total of 52 miles. We also burned a total of 7,360 calories. Most importantly, we had fun. This will definitely be an annual event!

The pictures tell the story:



*As the theme from "Rocky" plays in the background, Tammy Davis, Edward Rogers, and Stacie Nutt are full of energy as they climb the stairs past station three.*



*Tim Shadlow confidently draws a card from Gabrielle Taylor.*



*Deanna Holman beams delight with her completed poker hand!*



*Holly Shinnen seems pleased with her new gardening supplies.*

## 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 members 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 the University of Wisconsin-Madison to provide an ongoing community-based program that focuses on reducing television time, increasing physical activity and fruit/vegetable consumption, and reducing consumption of sugar-sweetened snacks and beverages among youth.

During the past several months, OHPDP distributed over 2,000 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. Not only has the number of community members being served increased, but behavior-related changes have improved as well: OHPDP had a total of 93 compliant patients referred into our program throughout the year. Out of those 93 people, 80 reported engaging in at least one additional healthful behavior, a 90% success rate for positive lifestyle changes! Additionally, OHPDP was able to assess 37 patients regarding their overall wellness assessment score. On average, the 37 individuals demonstrated a 31.08% increase in overall wellness score, with 20 of 37 patients reporting a score improvement over 24%.



2010 OHPDP calendar and Spring Fling Health Fair

## **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 had its kickoff event on May 19, 2010, and will continue to have monthly activities for health promotion.

WHPP has experienced several accomplishments over the past year, both at the level of program and evaluation. First, it has enjoyed high participation rates in all its events. More adults are engaging in physical activity through a walking program and other associated activities. On May 19, 2010, WHPP sponsored a Poker Walk/Run which included a mile route with healthy snacks. Thirty community members participated in this event, and the individual with the best poker hand at the end of the walk won a 20-watt stereo system. WHPP also sponsored a Prevention Day Health Fair with booths set up to test blood sugar levels, measure blood pressure, and conduct a variety of other screenings. Approximately 350 community members attended the fair, with 40 vendors participating.

Adults were also active on behalf of their children, volunteering as coaches and assistants with newly formed youth team sports. WHPP also conducted an after-school program that started after spring break and lasted until May 5, 2010. Pilates, Tai Chi, Zumba, yoga, aerobics, core exercise, karate, and self-defense classes started in the spring and will continue throughout the grant period.

This past spring WHPP co-sponsored an After-Prom Night and an After-Graduation Lock-In with the Pawnee Nation Substance Abuse Program and Juvenile Intervention Center. These two events, which went on into the early morning hours, were very well attended (135 seniors and juniors and 75 seniors, respectively) and enjoyed by all participants.

WHPP is also involved with developing physical activity plans for elders. The program will be working with elders on a one-on-one basis, creating individualized flexibility and fitness plans for participants. This individualized approach to increasing physical mobility will be combined with the "Eat Better, Move Better" curriculum. WHPP works with other adults in the community by providing Yoga, Pilates, Aerobics, Core Exercise, Tai Chi, Zumba, and Kenpo/Self Defense classes on an ongoing basis.

Activities have also extended into the school. During the school year, WHPP has conducted an after-school program for Pre-K thru Grade 5. As part of this program WHPP has introduced the CATCH curriculum, physical activity, healthy snacking, tutoring, and PAK for modified American Indian games. After the school year was completed, youth were able to continue wellness activities by attending the Circle of Learning Adventure Camp from June 7 to 11, 2010. Students completed puzzle and coloring book activities related to health and fitness; played basketball, football, and soccer; and learned about healthy body and other nutrition-focused information.

WHPP currently advocates for smoke-free schools, work sites, and activities by asking



smokers to leave the grounds. WHPP will continue to provide tobacco cessation resource guides to community members and send referrals for cessation to the IHS Health Educator. WHPP will begin to construct an official tobacco policy to permanently eliminate smoking from schools, work site, and other community activity premises.

Plans for the upcoming year include obtaining funding to enhance bike trails, sidewalks, and crosswalks in and around the community.

### **Penobscot Nation Health Department, Indian Island, ME**

#### ***Project: Penobscot Nation Health Department Health Promotion/Disease Prevention***

Penobscot Nation is committed to helping community members prevent chronic diseases by providing regular opportunities for members to get active, eat nutritiously, and engage in activities to help maintain a healthy lifestyle.

Through the HP/DP project, the Penobscot Nation Health Department (PNHD) will sponsor and implement various Youth on the Move activities to provide the appropriate tools to community members to decrease the rate of obesity and the subsequent onset of various chronic diseases, particularly Type II Diabetes. In addition, PNHD will provide an array of nutrition classes and programs to increase physical activity and healthy eating behaviors. PNHD will also provide multiple physical activity programs to help people keep physically active in a way that meets a wide range of exercise abilities and levels and is fun, too.

### **Accomplishments**

The PNHD teamed up with the Summer Youth Worker Program to provide a teen prevention program aimed at reducing the incidence of chronic diseases. Topics discussed during the prevention program include oral care, diabetes prevention, identity and self-esteem, substance abuse, bullying and domestic violence, sexually transmitted disease, suicide prevention, and the protection of legal rights. The Summer Youth Workers also participated in a series of nutrition education classes designed to increase participants' nutrition knowledge, exposure to new healthy foods, and cooking abilities.

The PNHD has also implemented a community wellness program whereby participants come together once a week to engage in activities and discussion about strategies to keep active and to eat healthfully. The first 30 minutes of the 1-hour session is devoted to a nutrition topic, and the last 30 minutes of the program is spent actively engaging in a physical activity. Participants have a nutrition and physical activity goal, and they keep a logbook to track their progress and get feedback from the wellness program support team.

One successful PNHD exercise program has been Zumba, an energetic Latin aerobic dance; the implementation of this class has helped many community members stay active this summer while having fun!

Finally, over the past several months, PNHD and Youth on the Move began a Food Pantry Nutrition Program. Food samples that make use of nourishing, inexpensive, and easy-to-prepare meals are offered to participants at each program session, and recipes and



nutrition information are also dished up and offered to those in attendance.

Thanks HDPD for funding these great programs!



*Community Wellness Meeting*

### **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 is implementing a variety of strategies to promote physical activity and healthy eating.

The goal of the project is to address the problem of youth obesity in the Santa Ana Community. Its goals include: (1) promoting physical activity through group and individual exercise initiatives for youth, and (2) increasing healthy eating knowledge and behaviors among youth. Recent accomplishments of the Youth Health and Fitness Program include the following:

- Collaborations through the Santa Ana Youth Health Advisory Council resulted in sponsorship of Youth Health and Fitness Day and Youth Nutrition Day. The Council also started plans to provide a PAK training to multiple tribal departments, and nutrition consultation was provided for the Tribal Department of Natural Resources summer youth camp.
- Youth Health and Fitness Day was held to introduce youth in the community to a variety of physical activities. A total of 49 youth participated in the day, which offered 45-minute sessions of jump rope, basketball, archery, self-defense, Drums Alive/circuit training, volleyball, and softball/baseball. Evaluation of favorite activities included having the youth choose the top three activities in which they would like to participate again in the coming months. The project is using this information in current program planning.
- Youth Nutrition Day provided a variety of games and learning activities for 31 youth. The Santa Ana Childcare program provided a salad bar lunch, and the youth were challenged to make the most colorful plate they could from the food.

Upcoming project plans include implementing the Together Raising Awareness for Indian Life (TRAIL) diabetes prevention curriculum and offering a 6-week self-defense class.





*Youth learn self-defense and jump rope during the Youth Health and Fitness Day.*

## **Southeastern Alaska Regional Health Consortium, Wrangell, AK**

### ***Project: Healthy Wrangell Program***

The goal of the Southeast Alaska Regional Health Consortium (SEARHC) Healthy Wrangell project is to improve nutrition (e.g., fruit and vegetable consumption), increase physical activity, and reduce tobacco use and exposure to secondhand smoke. Using a modified Mobilizing Action through Policy and Planning (MAPP) community planning model, the project will work to support and enhance the work of the Healthy Wrangell Coalition and other local partners by facilitating evidence-based public health practices and programming in the schools and community of Wrangell. This proposal will assist the community to implement nutritionally sound practices within the school, including the expansion of a new school food service, development of school meal plan and nutritional guidelines, and increased access to fruits and vegetables through a community garden. In addition, this proposal also seeks to promote tobacco cessation, increase community knowledge about the dangers of secondhand smoke through an educational campaign, and implement best practices to increase the number of residents engaging in physical activity.

**Objective 1:** Increase access to fruits and vegetables in Wrangell through evidence-based practices by July 2012.

- Healthy Wrangell provided technical assistance to help start Wrangell's first community garden. To date, a total of 30 beds have been built.



- A new policy was adopted by the two grocery stores in Wrangell; they now offer produce-only gift certificates.
- During 2009, community-wide education occurred about fruit and vegetable consumption, including targeting the school meal provider, the Diamond C, with information about nutrition.
- Healthy Wrangell began research and planning for a community-wide orchard that will be constructed with support from the Fruit Tree Planting Foundation, Healthy Wrangell Coalition, Wrangell Public Schools, the city and borough of Wrangell, Wrangell Medical Center, Visitors Bureau, and the state of Alaska.

**Objective 2:** Increase the number of people in Wrangell that are protected by clean indoor air policies by July 2012.

- A focus group for tobacco media was conducted prior to beginning the community-wide tobacco media campaign in March 2010.



*SEARHC's demonstration bed has inspired families to grow vegetables like broccoli and cauliflower next year.*



*Yummy vegetables... Tomatoes don't like to be outside in Alaska, so we make personal greenhouses for them. Growing food in Alaska is a learning process!*



*Healthy Wrangell is letting local businesses who have adopted smoke-free policies know we appreciate them.*



*During the hike and harvest program this summer, families, including the dogs, picked berries and other local foods. (The dogs really eat berries right off the berry bush, but they prefer them from the sticky hands of children.)*

- A local media campaign regarding clean indoor air policies has been showcased in the local newspaper and on the radio, as well as through local informational display boards.
- Northern Lights Taxi and the American Legion's bingo hall have adopted tobacco-free policies. The local media campaign will highlight their progress.

**Objective 3:** Increase access to physical activity in Wrangell by July 2012.

- A geocaching club began with a partnership among community organizations, including the City of Wrangell, the Parks and Recreation Department, the Healthy Wrangell Coalition, City of Wrangell's Chamber of Commerce, Boy Scouts of America, and the Wrangell School District.
- SEARHC supported the renovation of a large public archery range that provides residents with a traditional physical activity.
- A pilot hike and harvest program to increase access to local healthy foods and physical activity kicked off in Spring 2010 and continued throughout the summer.

It has been an active and productive year for the Healthy Wrangell project. In addition to making progress on the three focus areas — physical activity, nutrition, and reducing tobacco exposure — the Core Measures survey was completed, analyzed, and shared with the Healthy Wrangell Coalition.

## **Washoe Tribe of Nevada and California, Gardnerville, NV**

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

The Washoe Tribe of Nevada and California uses their HP/DP funds for Living Yesterday for Tomorrow (LYFT): A Youth Lifestyles Improvement Program. LYFT had a very eventful summer, with each colony of the tribe planning and carrying out different trips and activities.

Carson Colony (22 youth), the northern-most colony in Washoe, conducted a variety of summertime activities, including horseback riding, camping trips, and making a playground next to the gym. Youth went on the "big trip" with Woodfords colony to the Grand Canyon. They went rafting down the Colorado River and walked out onto the "Skywalk" overlooking the canyon. The meals they brought on the Grand Canyon trip included an abundance of fresh fruit and vegetables as well as low-fat and low-sugar snacks. But of course, when kids are working that hard, they need a little treat. So at least one night on each camping trip they were able to eat S'mores. Youth were not, however, provided any sodas, chips, or high-fat snacks like the infamous Twinkie. The youth decided they "really don't like Army food" (D. Malone) associated with the "Meals Ready to Eat" provided for backpacking. Overall, the kids had a great time on the trip, although they did have some trouble with the more than 20-mile walk up the canyon trail.



Dresslerville Colony (33 youth) did a lot of swimming, hiking, archery, paintball, and camping. They had teams with Stewart Colony for a paintball hunt at the ranch. Dresslerville used over 5,000 rounds of paintballs, and the trees are still covered with biodegradable, water-soluble paint. The kids washed up well; they spent two days in the local swimming pool making up for the mess they made! Almost 45 kids (total count with parents) went swimming on one day.

Stewart Colony (12 youth) joined Dresslerville for most of their summer adventures. They engaged in paintball games, lake rafting, and a week of camping, hiking, and looking at geysers at Yellowstone National Park.

Woodfords Colony (18 youth) did the most on a daily basis, with hiking activities every day and fishing almost every day. The youth also participated in service activities around the colony, from helping build the greenhouse and clean up the playground to assisting with the new bus shelters. Woodfords youth really did a lot of work.

For the final week of the summer, all the communities headed out for cultural camp at Meeks Bay tribal resort campground. The youth did a lot of storytelling and “running from the bears” (A. Pretty on Top).

During all this fun, the Community Health Department collected the measurements associated with tracking LYFT’s progress toward its goals. A total of 80% of the youth lost a minimum of 1/4 inches in abdominal circumference. The average fingerstick blood sugar dropped 8 points. One young man was pre-diagnosed with a pre-diabetic

condition, and this diagnosis caused him to go to the clinic for a full physical with good result. The youth themselves said they felt better and had more energy than they “ever remember” (pretty good to say for an 8-year-old!). Youth went from having trouble with a mile-long walk to making the 20-mile hike up the Grand Canyon. Talk about endurance!

### June 21, Fishing at Red Lake



- June 16, TRAIL and Martial Arts followed by Community Service Clean up of the Playground and Garden



PowerPoint slides from presentations about LYFT

## 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 multi-pronged approach to addressing this disparity.

Within 3 years, the program aims to 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.

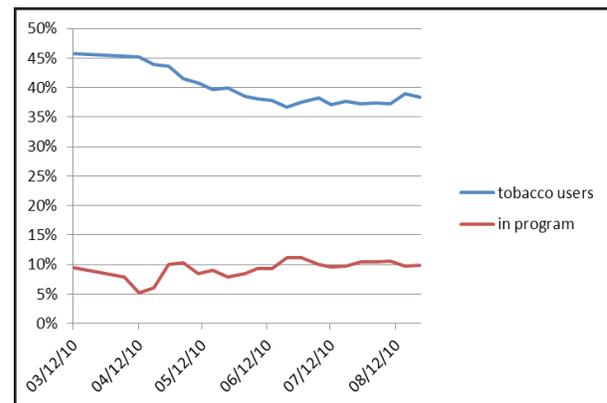
**Objective 1:** Increase knowledge about harmful effects of tobacco use on personal and fetal health among at least 85% of pregnant Alaska Native women served by the program.

**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).

Over the past several months, program staff have developed informational materials aimed at reducing smoking among pregnant women and distributed them to various clinics and hospital locations. These materials are being made readily available to pregnant women, and staff continues to monitor the tobacco screening

rate to see if it decreases as material distribution occurs. Weekly classes to provide education and cessation services to pregnant women are offered at the pre-maternal home at YKHC. Nicotine Dependence Treatment Counselors contact all pregnant women who use tobacco to offer cessation counseling services and to recruit into the tobacco cessation program. Once women are recruited into the program, initial and follow-up cessation counseling is provided. In an effort to increase education and awareness about tobacco prevention and cessation, radio advertisements targeted at young girls and women are aired regularly. Educational materials, such as the "Angelina's Journey" DVD and other brochures, are mailed to all YKHC-served women who report being pregnant.



*Tobacco Use In Pregnant Women Since Objectives Were Implemented.*