

Indian Health Service All Tribal and Urban Indian Organization Leaders Call

FEBRUARY 9, 2023



IHS Update



ROSELYN TSO

DIRECTOR

INDIAN HEALTH SERVICE





Chief Medical Officer Update

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Strategy 1 - Prevent

- Get vaccinated, get your bivalent (Omicron) booster
- Getting vaccinated is the key to decreasing the impact of COVID-19
- There is an increase in flu this season
- There is an early increase in cases of RSV
- Flu vaccinations are available!!!!



American Indian/Alaska Native Vaccination Rates

Data reflective of 1/10/2023 for I/T/Us within the IHS jurisdiction

AI/AN Age Group	Received at Least 1 Dose	Primary Series Complete	Completed Primary Series + Bivalent Doses Administered
Age 65+	94.5% (140,054)	71.7% (106,243)	32.4% (34,459)
Age 18+	79.2% (675,525)	58% (494,409)	21.9% (108,277)
Age 12-17	51.2% (74,815)	40% (58,469)	15.8% (9,249)
Age 5-11	25.6% (46,349)	18.6% (33,640)	13.6% (4,585)
Age <5	9.1% (10,112)	Not Validated	(91)

I/T/U Vaccination Activities:

- Immunization focus at I/T/Us:
 - Influenza vaccines
 - Routine immunizations for all ages
 - COVID Vaccines
 - ~ 17,000 doses administered in December & January
 - Primary COVID vaccine series for all ages
 - Bivalent vaccines for 6 months and older
 - 143,696 doses have been administered to all races
 - Of those, 122,202 (85%) doses were administered to AI/AN individuals

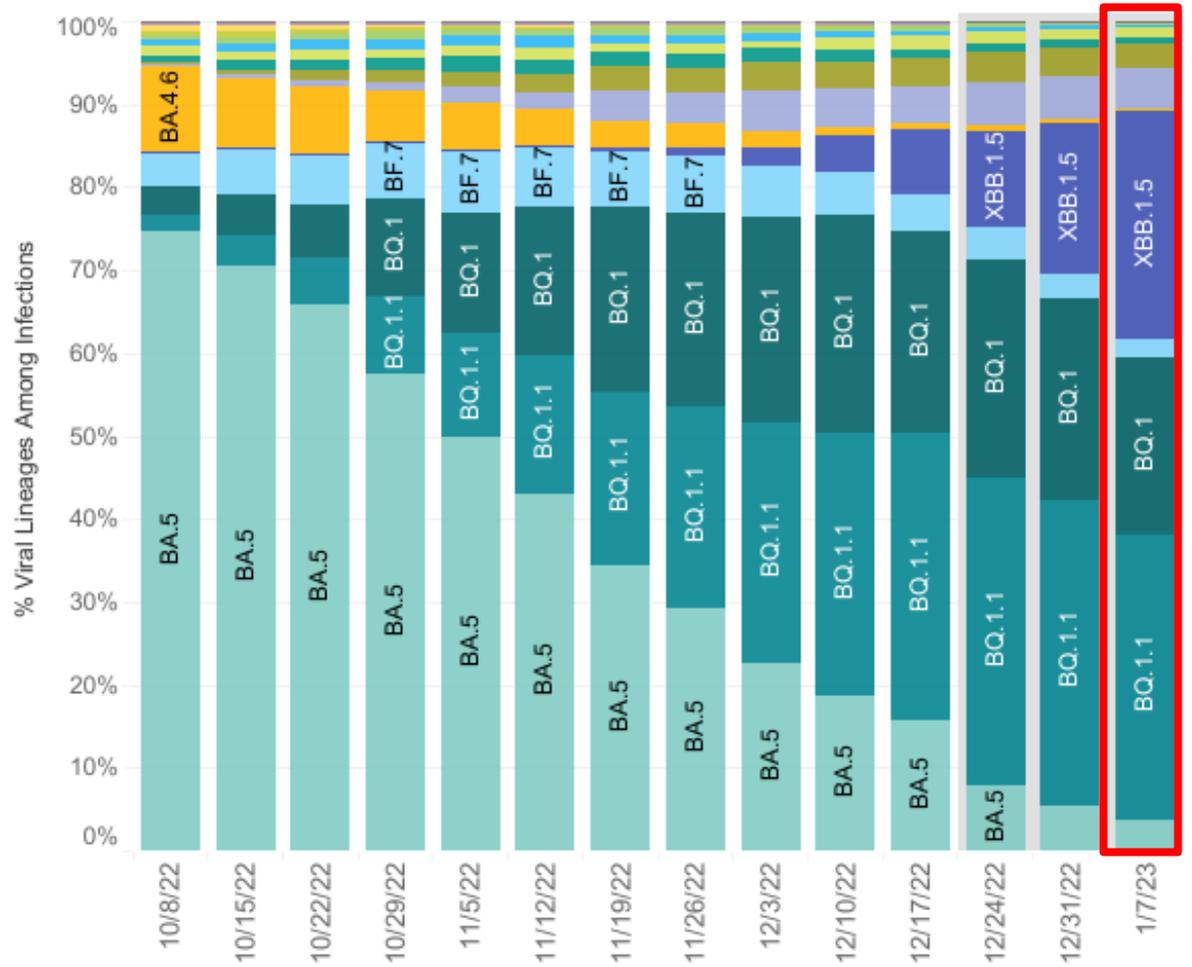


Data Considerations: All data is from the IHS COVID-19 Dashboard

- *Administration data is still being validated for primary series < 5 years
- A significant number of administered doses have been given to “Unknown Race”. Areas are actively working to determine if race data can be recovered.
- Some AI/AN patients may have been vaccinated outside of IHS facilities that chose the IHS for vaccination; these doses are not reflected in this data.

Variants

- BQ & XBB variants are predominating in the U.S.
 - **Regardless of circulating variants, Bivalent Boosters are effective at making a more diverse and robust immune response for protection from severe disease.**
 - XBB.1.5 is a subvariant of Omicron BA.5, and bivalent boosters retain decent efficacy against it.
 - XBB.1.5 is the most transmissible Omicron subvariant to date, according to some sources.
 - The virus has a mutation that allows it latch on to ACE2 receptors and infect cells more easily.
 - Though XBB.1.5 is more transmissible, it is thought to be less likely to cause severe disease, especially in individuals previously vaccinated or infected.
- Immunity wanes over time. Bivalent boosters still offer the best, updated protection against severe disease and complications, especially in elders.



Reference: <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>

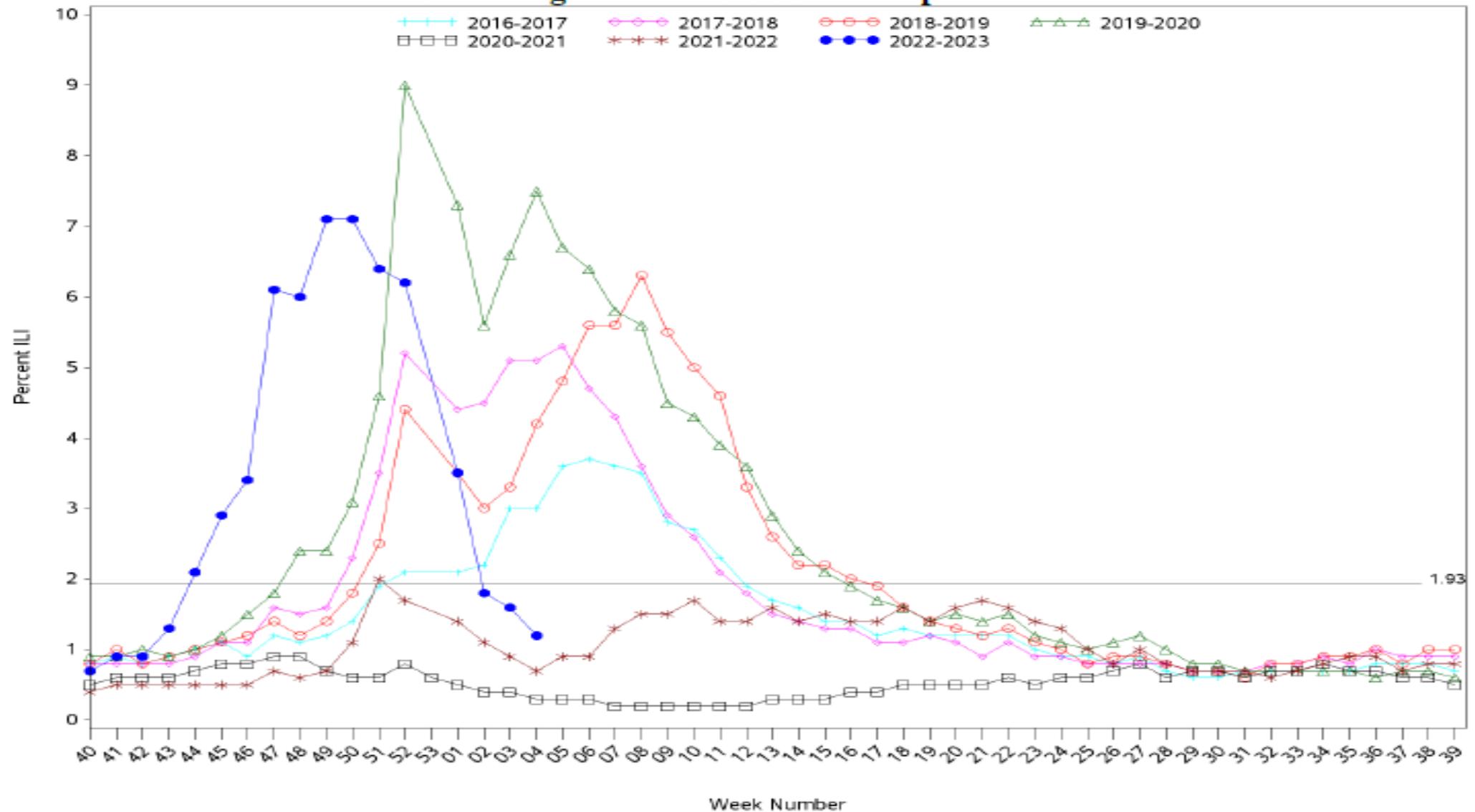
Strategy 2 - Detect

- 5.14 million tests have been performed, 11.8% positive
- Current 7-day rolling positivity is 12.6%
- Home testing: many kits sent out, supply is available and still encourage use

Also Abbott kits for RSV, Flu, Strep and COVID are available from NSSC



All Reporting IHS Areas
Influenza-Like Illness (ILI) for Current Surveillance Year and Previous Six Surveillance Years
Percentage of Visits for ILI Visits per Week



Test and Treat

Established Test and Treat for our communities up to 81 registered sites with another 200 providing Test2Treat

Closely follow the use of the anti-viral medications

Clinical guidance was provided to the IHS areas

Encourage the use of the Test2Treat sites



Strategy 3 - Treat

- ❖ Therapeutics: Monoclonal antibody therapy is available
 - ❖ Remdisivir is approved for outpatient treatment
- ❖ The oral antivirals are approved
 - Paxlovid is provided at Test 2 Treat
 - Some evidence that paxlovid may decrease chance of long covid



Strategy 4 - Recover

- ❖ Manage Long COVID
- ❖ Increase mental health services, pilot training of mental health aides
- ❖ If you are having symptoms that continue after COVID see your primary care doctor
- ❖ Up to 30% of people that tested positive for COVID will have Long COVID



Threat of Opioids

The Toll of the Opioid Epidemic

1.6M

In 2019, **1,600,000** people had an opioid use disorder. ¹⁸



In 2020, 68,630 out of 91,799, or **74.8%**, of total overdose deaths, involved opioids. ¹⁹



Harm Reduction Efforts

- ❖ Harm Reduction Efforts Updated IHM 3:35 Dispensing Naloxone to Community First Responders
- ❖ New naloxone toolkits to support OTC naloxone availability (FDA anticipates March 2023)
- ❖ New Naloxone Toolkit and Training Curriculum for School Employees
- ❖ Fentanyl Test Strips Pilot project



US transplant waiting list

U.S. Transplant Waiting List – Candidates by Race/Ethnicity					
Organ	All Candidates	# of AI/AN Candidates	AI/AN % of All Candidates	# of White Candidates	White % of All Candidates
All Organs	106,666	901	0.8	43,054	40.4
Kidney	90,235	792	0.9	32,377	35.9
Liver	11,704	94	0.8	7,865	67.2
Heart	3,531	11	0.3	2,004	56.8
Lung	922	2	0.2	661	66.6

Source: HRSA. U.S. Organ Procurement and Transplantation Network (OPTN). Based on OPTN data as of August 23, 2021.

https://optn.transplant.hrsa.gov/data/view-data-reports/national-data/*



American Indian/Alaska Native

- The number of organ transplants performed on American Indians/Alaska Natives in 2020 was 30 percent of the number of American Indians/Alaska Natives currently waiting for a transplant. The number of transplants performed on whites was 48.8 percent of the number currently waiting.
- While about 0.8 percent of the total candidates currently waiting for transplants are American Indian/Alaska Natives, they comprised 0.6 percent of organ donors in 2020.
- In 2020, 28.8 percent of the organs recovered from American Indians/Alaska Natives came from living donors as compared to 33.4 percent of white living donors.
- American Indians/Alaska Natives are more likely to develop a case of hepatitis C than the white population, a cause of liver failure.



Transplants by ethnicity

Transplants Performed in the U.S. by Recipient Ethnicity, 2020		
	Number	Percentage of Total 2020 Transplants
AI/AN	280	0.7
White	20,997	53.8
Total Transplants	39,036	100

Source: HRSA. U.S. Organ Procurement and Transplantation Network (OPTN). Based on OPTN data as of August 23, 2021.

<https://optn.transplant.hrsa.gov/data/view-data-reports/national-data/>



How can we increase transplants?

- ❖ Education of our communities
- ❖ Encourage organ donation
- ❖ Diagnosis earlier
- ❖ Provide guidance for potential recipients
- ❖ Spread the word



Community Cancer Project

- ❖ Created a work team including I/T/U, tribal organizations and academic medical centers
- ❖ Develop plans for regionalized cancer care
- ❖ Increase the number of providers to provide telehealth
- ❖ Work with academic centers to improve cultural sensitivity and appropriateness
- ❖ Work with academic centers to provide care near the tribal communities
- ❖ Our Public Health Aide program includes navigators for cancer care
- ❖ Maximize community-based cancer screening





Thank You



FY 2025 National Tribal Budget Formulation Work Group

JILLIAN E. CURTIS
CHIEF FINANCIAL OFFICER
INDIAN HEALTH SERVICE



National Tribal Budget Formulation

The FY 2025 National Tribal Budget Formulation Work Session will take place Tuesday, February 14 – Wednesday, February 15 at the Hubert H. Humphrey Building in Washington, DC. At this meeting Tribal Representatives from each of the 12 IHS Areas will:

- Determine a unified recommendation for the FY 2025 IHS Budget;
- Identify key policy recommendations; and
- Select a theme for the Tribal Budget Recommendations.



Progress to Date

Tribal and Urban Indian Organization Leaders from across the country have participated in a number of key activities leading up to next week's national meeting.

- ✓ Planning and Evaluation Session
- ✓ Area Budget Consultations
- ✓ Preparation of Budget Recommendations, Hot Topics, and Accomplishments
- ✓ Area Report Webinars
- ✓ Resource Day



FY 2025 Target Level

The National Tribal Budget Formulation Work Group identified a FY 2025 funding target of \$51.4 billion in mandatory funding.

- This funding level is +\$2.4 billion above the FY 2024 Tribal Budget Recommendation, and represents a proxy for a “full funding budget.”
- The top five programs receiving the largest funding expansion recommendations are:
 - Indian Health Care Improvement Fund
 - Maintenance & Improvement
 - Alcohol & Substance Abuse
 - Dental Services
 - Hospitals & Health Clinics



Next Steps

After the National Tribal Budget Formulation Work Session, Tribal Representatives and Technical Support Team Members will work with NIHB to produce the FY 2025 Tribal Budget Recommendations.

- The National Tribal Budget Formulation Work Group Co-Chairs will present the FY 2025 Tribal Budget Recommendations at the HHS Annual Tribal Budget Consultation.
- The IHS will use the Tribal Budget Recommendations as the Foundation for its FY 2025 budget request to HHS.







FDPIR Nutrition Education





Increasing Access to Healthy Foods in Indian Country



United States Department of Agriculture

FDPIR Food Package

Each month, participating households receive a food package to help them maintain a nutritionally balanced diet.



Participants select from more than 100 products, including:

- Frozen beef, chicken, and pork options
- Canned meat, poultry, and fish
- Fresh, dried, and canned fruit and juice
- Fresh and canned vegetables
- Soups
- A variety of pasta, rice, flour, cereals, and other grain products including whole grain options
- Canned and dry beans
- Peanuts and peanut butter
- Cheese
- Low-fat milk, nonfat dry milk, and skim evaporated milk
- Eggs

Nutrition Education

Nutrition education is changing the way program participants cook and eat.

Of the respondents who picked up educational materials or took part in nutrition education activities:

- An estimated **52%** made changes to their cooking or eating
- Of those who made changes, **40%** used the recipes offered



Nutrition education activities and materials include:

- Cooking demonstrations
- Calendars
- Taste tests
- Newsletters
- Recipes
- Fact sheets
- Cookbooks
- Workshops



Nutrition education topics are culturally relevant and geared towards the specific needs and interests of FDPIR participants.

Frozen Ground Bison

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



A lean ground meat that is a traditional food for many Native American communities. This product comes frozen.

How To Use It

Frozen ground bison can be used in casseroles, lasagna, and chili or as stuffing for squash. Use in place of ground beef or turkey.

How To Store It

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?

Bison contains protein which helps build healthy bones, muscles, skin, and blood.



USDA is an equal opportunity provider, employer, and lender.

USDA
Foods

Bison Chili *Makes 10 servings*



Ingredients

- 2 lbs. ground bison
- 1 small onion, diced
- 2 cans tomato sauce, no salt added (15 oz. each)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- 2 teaspoons chili powder
- ¼ teaspoon cayenne pepper
- 1 ½ cups kidney beans, cooked, drained

Directions

Wash hands with soap and water.

1. In a large skillet, over medium-high heat, cook ground bison and onions until meat is brown and onion is translucent.
2. Drain any excess fat.
3. Add tomato sauce, spices, and beans.
4. Let simmer on low for at least 20 minutes. Bison should reach a final internal cook temperature of at least 160 °F as measured with a food thermometer before serving.

Recipe adapted from Chickasaw Nation Nutrition Services, Get Fresh Initiative.

September 2022 | FNS - 951



FDPIR Sharing Gallery



Recipes & Cookbooks



Handouts



Videos



Photos



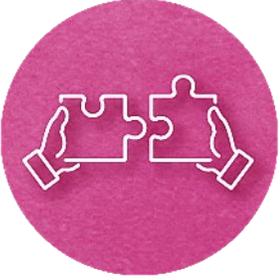
Toolkits



Grants



In the News



Additional Resources



CNCT

Community Nutrition Champion Training



OKLAHOMA TRIBAL ENGAGEMENT PARTNERS

CNCT
Community Nutrition Champion Training
FDPIR Lesson Plan

Healthy Eating with MyPlate

Full Demonstration

Objectives

Customers will...

- Learn the benefits of using MyPlate as a guide for healthy eating.
- Identify MyPlate food groups and FDPIR food from each.
- Learn where traditional ingredients fit within MyPlate.
- Include foods from all MyPlate food groups into daily meals and snacks.

Incentive (optional)

- Measuring spoons
- Reusable zip top bag
- Snack container

Featured Recipe

- Trait Mix

CNCT
Community Nutrition Champion Training
FDPIR Lesson Plan

Vary Your Veggies

Full Demonstration

Objectives

Customers will...

- Learn the benefits of eating a variety of veggies.
- Include fresh, frozen, and canned veggies in meals and snacks.
- Include traditional veggies in meals and snacks.

Incentive (optional)

- Veggie brush
- Can strainer
- Cutting board
- Measuring spoons
- Measuring cups
- 4-in-1 kitchen tool

Featured Recipe

- CNCT Three Sisters Stir-Fry

CNCT
Community Nutrition Champion Training
FDPIR Lesson Plan

Vary Your Protein Foods

Full Demonstration

Objectives

Customers will...

- Learn the benefits of eating a variety of protein foods.
- Include lean meat and poultry, seafood and nuts, beans and seeds in meals and snacks.
- Include traditional protein foods in meals and snacks.

CNCT
Community Nutrition Champion Training
FDPIR Lesson Plan

Add Dairy to Your Plate

Full Demonstration

Objectives

Customers will...

- Learn the benefits of eating a variety of dairy foods.
- Include low fat or fat-free dairy foods in meals and snacks.
- Understand DHT milk and use it in meals and snacks.

Incentive (optional)

- Liquid measuring cup
- Measuring spoons

Featured Recipe

- CNCT Ice Cream in a Jar

CNCT
Community Nutrition Champion Training
FDPIR Lesson Plan

Whole Grains

Getting the Biggest Bang for Your Bite!

Full Demonstration

Objectives

Customers will...

- Learn the difference between whole grains and enriched grains.
- Learn the benefits of eating whole grains.
- Include whole grains in meals and snacks.
- Include traditional grains in meals and snacks.

Incentive (optional)

- Can strainer
- Cutting board
- Rotary cutter
- Measuring spoons
- Measuring cups

Featured Recipe

- CNCT Bean Guesadillas

Materials Used in Demonstration

- MyPlate Poster (Displayed so Champion can reference grains group during demonstration)
- CNCT Whole Grains Handout
- CNCT Whole Grain in Tortilla Handout
- CNCT Bean Guesadilla Recipe
- USDA Foods Product Information Sheets - Tortillas, Whole Grain, frozen (optional)
- Whole Grains Survey

Words to Be Translated

Grains

CNCT
Community Nutrition Champion Training
FDPIR Lesson Plan

Fruit

Full Demonstration

Objectives

Customers will...

- Learn the benefits of eating a variety of fruits.
- Include fresh, frozen, canned, and dried fruits in meals and snacks.
- Include traditional fruits in meals and snacks.

Incentive (optional)

- Mixing bowl
- Mixing spoon
- Six-cup muffin tin
- Measuring spoon
- Measuring cups

Featured Recipe

- CNCT Blueberry Blue Corn Muffins

Materials Used in Demonstration

- MyPlate Poster (Displayed so Champion can reference fruit group during demonstration)
- CNCT Fruit Handout
- CNCT Blueberries Handout
- Blueberry Blue Corn Muffin Recipe
- USDA Foods Product Information Sheets - Blueberries, Unsweetened, Frozen (optional)
- Fruit Survey

Words to Be Translated

Blueberry



FDPIR Nutrition Education Funding



Partnership Opportunities



United States Department of Agriculture



Questions & Answers

Next Tribal Leader and UIO Leader Call:

March 2, 2023

