

LESSONS LEARNED IN PRIMARY PREVENTION

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Medical Providers' Best Practices
& GPRA Measures Conference
Sacramento, CA
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Outline

- * Understand three levels of prevention; differentiate disease care from health care.
- * Review examples of Toiyabe's primary prevention work.
- * Explore future Toiyabe primary prevention interventions.
- * Discuss variables needed to transition from a treatment-only to prevention & treatment organization.
- * Questions and answers.



TOIYABE
INDIAN HEALTH PROJECT

Toiyabe Service Area

11,435 sq. mi.

Mono County →

Bridgeport Indian Colony
Mono Lake Kutzadika'a Tribe
Utu Utu Gwaitu Paiute Tribe
Antelope Valley Indian Community of Coleville Paiutes



← Inyo County

Bishop Paiute Tribe
Timbisha Shoshone Tribe
Fort Independence Indian Reservation
Lone Pine Paiute-Shoshone Reservation
Big Pine Paiute Shoshone Tribe of the Owens Valley



Bishop, CA

Bridgeport, CA



Death Valley, CA



**Do we have a
Health-Care System**

or a

Disease-Care System?

Fact: In 2014 we spent \$3.1 Trillion on health care.

Fact: 75% of our health-care costs went to chronic disease treatment.

Fact: \$2.3 TRILLION dollars was needed to treat chronic disease.

SOURCE: Centers for Medicare & Medicaid Services, Office of the Actuary.

Conclusion?

Our “health-care system” is really a “disease-care system”.



Our medical providers are mopping up the floor around an overflowing sink of growing chronic disease.

Primary Prevention...

Can decrease the flow from that chronic disease faucet!

3 Levels of Prevention

CDC

- ▣ **Primary Prevention is designed to prevent disease from occurring.**
- ▣ **Secondary Prevention aims to find and treat disease early.**
- ▣ **Tertiary Prevention intends to manage complicated, chronic disease.**

Selected Primary Prevention Strategies

- * Active Living
- * Healthy Eating
- * Tobacco Free Environments

Examples



8/ 4/2012



8/ 4/2012



8/ 4/2012



8/ 4/2012





8/ 4/2012











BE ALERT!
This equipment is for use by individuals who are physically fit and have been instructed in the proper use of this equipment. Do not use this equipment if you are injured, pregnant, or have any medical conditions that may be aggravated by exercise. Always use proper form and technique. If you are unsure of how to use this equipment, ask a fitness professional for assistance. Do not use this equipment if you are under the influence of alcohol or drugs. Always use common sense and common sense.







**WEEKLY EXERCISE
SIGN-IN**

Date	Name	Program	Time
11/20	Carol	Cardio	11:00-11:30
11/21	Carol	Cardio	11:00-11:30
11/22	Carol	Cardio	11:00-11:30
11/23	Carol	Cardio	11:00-11:30
11/24	Carol	Cardio	11:00-11:30
11/25	Carol	Cardio	11:00-11:30
11/26	Carol	Cardio	11:00-11:30
11/27	Carol	Cardio	11:00-11:30
11/28	Carol	Cardio	11:00-11:30
11/29	Carol	Cardio	11:00-11:30
11/30	Carol	Cardio	11:00-11:30

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11/25	Carol	Cardio	11:00-11:30
11/26	Carol	Cardio	11:00-11:30
11/27	Carol	Cardio	11:00-11:30
11/28	Carol	Cardio	11:00-11:30
11/29	Carol	Cardio	11:00-11:30
11/30	Carol	Cardio	11:00-11:30

BELL
PATENT NO.
4,207,243







Welcome

This Outdoor Exercise Center is provided free of charge to visitors of the Bishop City Park.

It is intended to provide a physical activity venue to enhance the general health of participants, including improvements in endurance, strength, and balance.

The Center is a joint project of the Bishop City and the Inyo County.















Painte Palace Casino
JACKPOT CITY
FULL COUNTRY SERVICE





Montana
Lilacs









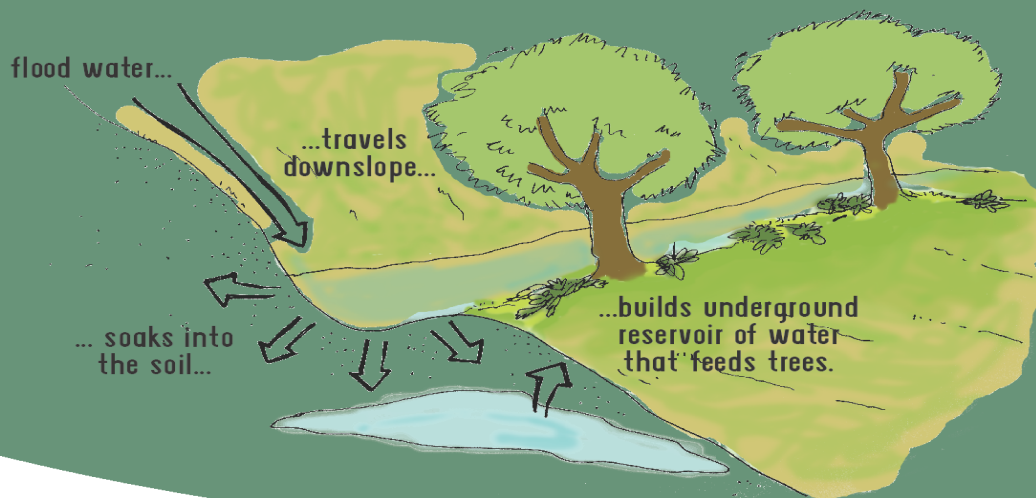
I love
my
aunt.

district
Fresh



DEATH VALLEY

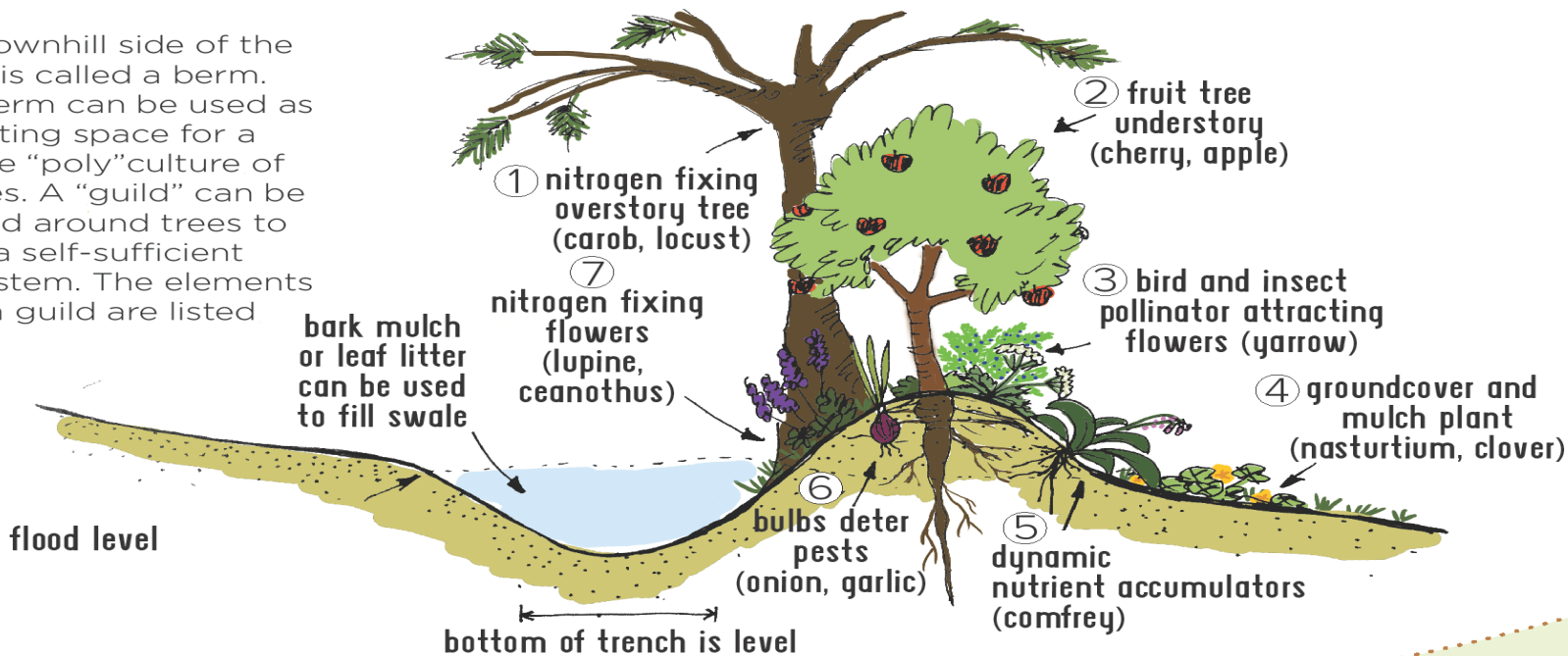
WHAT IS A PERMACULTURE SWALE ?



A permaculture swale is a type of earthworks that allows the landscape to passively harvest water without the use of pipes, tanks, pumps, or any mechanized equipment. In any area where there is sufficient flood water, swales slow down the flow of water by allowing it to sink down into the ground soil, then spread back up into plant roots.

PLANTING FRUIT TREE GUILDS

The downhill side of the swale is called a berm. The berm can be used as a planting space for a diverse "poly"culture of species. A "guild" can be planted around trees to grow a self-sufficient ecosystem. The elements of a guild are listed here:



TIMBISHA INDIAN VILLAGE
COMMUNITY GARDEN



PLANTS

+ TREES:

- (5) Mesquite (or other leguminous tree)
- (6) Olive
- (5) Fig
- (3) Pomegranate
- (3) Mulberry

+ ANNUAL VEGGIES:

Fall/Winter

(use cold frames to protect from frost):

- Lettuce
- Onion
- Turnip
- Radish
- Carrot

Spring/Summer

(use Remay cloth to provide shade):

- Tomato
- Melon (on trellises)
- Sweet potato
- Corn

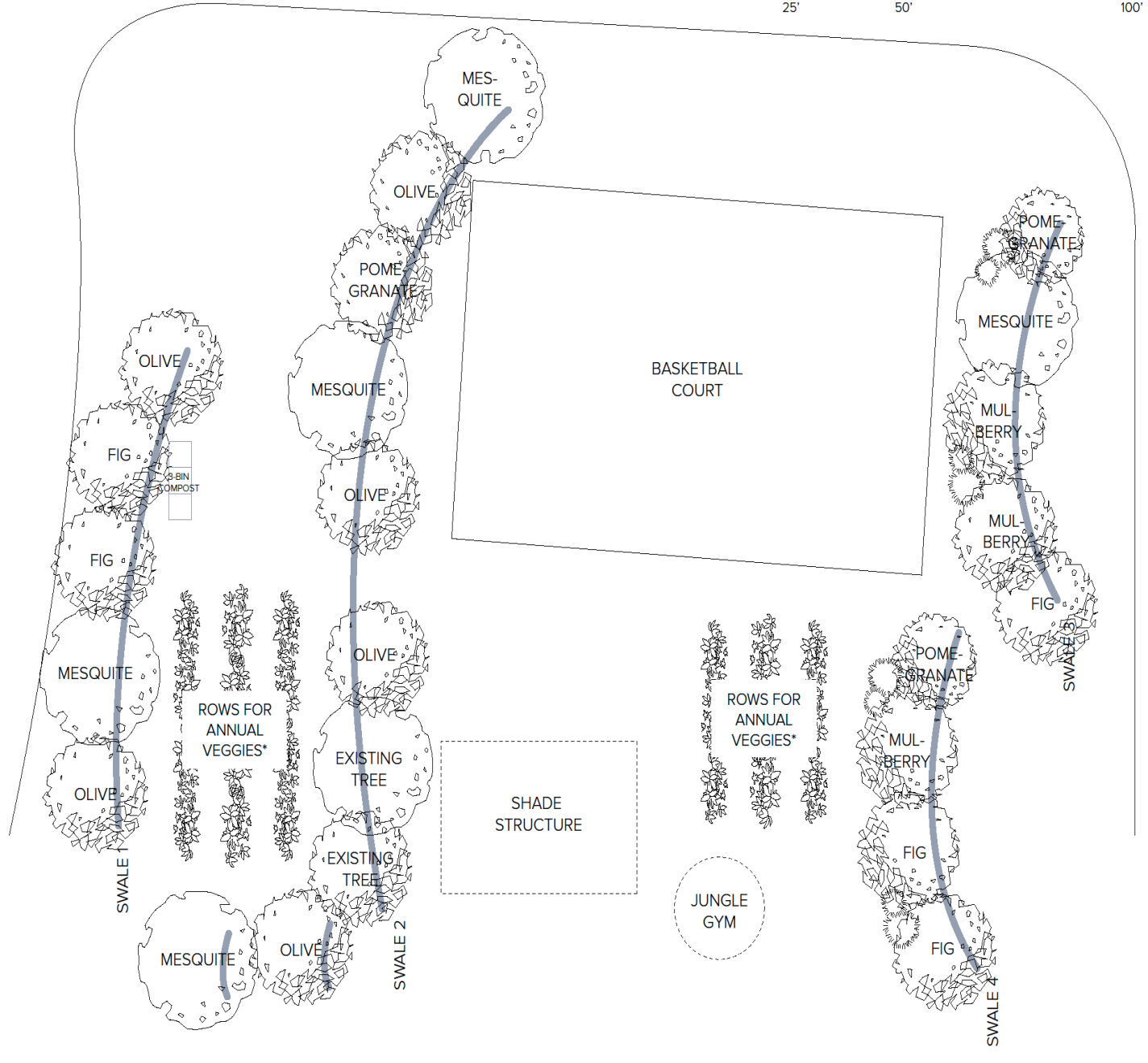
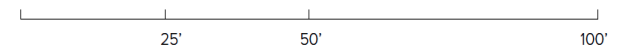
+ UNDERSTORY

PLANTS FOR SWALES:

- Alfalfa cover crop
- Nopales
- Sunchokes
- Amaranth
- Chayote
- Lovage
- New Zealand spinach groundcover

IRRIGATION ZONES

- ① Trees - west of b-ball court
- ② Understory shrubs - west
- ③ Vegetable rows - west
- ④ Trees - east of b-ball court
- ⑤ Understory shrubs - east
- ⑥ Vegetable rows - south



















2012/11/06
17:46:48



2012/11/07
16:21:34









25















Since last year...

...we were fortunate to be awarded two new CDC grants:

* REACH

Racial and Ethnic Approaches to Community Health

* PICH

Partnerships to Improve Community Health

Future Healthy Eating Plans:

Big Pine Paiute Tribe

Sustainable Food System Project

Ovens Valley Career Development Center

Bishop Tribal Agriculture Program

Lone Pine Paiute Shoshone Tribe

Shade & Tree Project

Future Healthy Eating Plans:

Bridgeport Indian Colony

Traditional Ecological Knowledge &
Gardening Expansion Program

Bishop Paiute Tribe

- * Bishop Paiute Food Sovereignty Program
- * Head Start Gardening Expansion Project

Inyo County Schools

School Garden & Gardening Curriculum
Program

Future Active Living Plans:

Bridgeport Indian Colony

Multi-Use Trail and Bike Check-out Program

Lone Pine Paiute Shoshone Tribe

Community Activity Area Project

Bishop Environmental Management Office

Trail Expansion and Water Station Project

Cerro Coso Community College

Indoor/Outdoor Exercise Centers Project

Future Active Living Plans:

Big Pine Paiute Development Corporation
Wellness Center Sustainability Program

Bishop Indian Head Start
Active Play Area Expansion Project

Mono County Community Development
Coleville Clinic to Camp Antelope Trail
Project

Future Active Living Plans:

Big Pine Paiute Tribe

Active Play Area & Water Station Project

City of Bishop

Softball Fields Renovation Project

Bishop Paiute Tribe

Community Wellness Center Design &
Equipment Project

**All planned activities, initiatives,
and interventions
described above have a smoke-
free policy associated
with them.**

Primary prevention is our strategy to mitigate unsustainable health-care costs and to reduce pain and suffering due to preventable chronic disease.

It's a strategy that we hope more and more IHS clinics will explore!

Questions?

So, what's necessary to shift from a treatment-only clinic to a prevention and treatment clinic?

Awareness

It costs more to treat than to prevent.

Treatment-only approaches are unsustainable.

Will

Organization must want to
change

Money

If you don't have enough,
you need ...

Partners

Organizations with similar
agendas

Endowments

Granting agencies

Toiyabe

We had the awareness

We had the will

We didn't have the money

So....we found partners

- ▣ 1998 – We received an IHS Community-Directed DM grant.
- ▣ 2005 – We leveraged that status to receive an IHS Healthy Heart Demonstration grant.
- ▣ 2010 – We leveraged good results to receive an IHS Healthy Heart Initiatives grant.
- ▣ 2011 – We leveraged our IHS grants management experience to receive a CDC Community Transformation grant.
- ▣ 2014 – We leveraged our CDC grants management experience to receive two CDC community development grants: REACH and PICH.

The leveraging continues:

REACH and PICH have multi-sectoral partnership requirements

- Tribes (of course)
- School Districts
- Transportation Departments (including CalTrans)
- Municipalities
- County governments
- Health & Human Services
- Other collaboratives

Clinic Directors

The underlying question:

How can we get some of that grant money?

Lessons Learned

Awareness and will must precede partnership development or grant proposals.

Lessons Learned

Awareness is easy.

Will to change is difficult.

It involves making some investments in personnel.

Lessons Learned

There has to be a clinic

“Primary Prevention
Champion”.

Lessons Learned

- * This “Champion” needs a dedicated job description.
- * Probably not a medical staffer.
- * Grant writing ability is a bonus.

Lessons Learned

This “Champion” needs freedom to develop both “needs” assessments and “strengths-based” assessments throughout the service area.

Lessons Learned

This “Champion” needs Administrative support and frequent consultation to help identify “strategic opportunities”.

Lessons Learned

This “Champion” needs to follow up on “strategic opportunities” by joining coalitions, organizations, task forces, etc. that are clinical, Tribal, and non-Tribal (This is the beginning of a partnership coalition...and helps identify community champions).

Lessons Learned

Grant/endowment seeking

- *Match needs and strengths with the grantor's objectives.

- *Write application with the reviewer's perspective in mind.

- *Emphasize both need and organizational competence.

- *Detailed budget with justifications.

Lessons Learned

Grant/endowment seeking

*Emphasize the big four:

Leadership/Partnerships

Communications

Evaluation

Sustainability

First Grant

- ▣ Follow through on all reporting requirements.
- ▣ Attend all required grantor meetings.
- ▣ Manage the budget carefully.
- ▣ Hire smart, dedicated people.
- ▣ Follow through on communications, evaluation, and sustainability plans.

Make the grantor WANT
you to apply again!

Get that First Grant

Leverage your success!

Health Promotion & Disease Prevention Programs



TOIYABE
INDIAN HEALTH PROJECT



Diabetes Prevention Program



Healthy Heart Program

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