

September 2009, HP/DP Update and Funding Opportunities

Updates:

The 13th quarterly IHS **Open Door Forum** will be on **October 28, 2009 at 9AM PST** (noon ET). Please help pass the word, this teleconference/WebEx Forum will **focus on increasing physical activity** across the lifespan and the **financial impacts of childhood obesity** will also be discussed. **Attached is a flyer** that provides additional information. If you have any questions, you may contact Alberta Becenti at Alberta.becenti@ihs.gov

The Quinault Indian Nation, is sponsoring a **Motivational Interviewing training** provided by **Darryl Tonemah, Ph.D** at the **Quinault Beach Resort in Ocean Shores, WA**. The dates for the training are **October 27 & 28, 2009**. There is no registration cost for this event. During the evening of October 27th, there will be a community dinner to honor Darryl; on October 28th, Darryl will provide a free concert. For reservations please call 888.461.2214. For more information on the training, please contact Frieda Ralston at 360.276.8211 or email her at fralston@quinault.org. You may also contact Joe.Law@ihs.gov the Portland Area IHS HP/DP Coordinator regarding this event.

The **California Area IHS** is hosting the 4th Annual two-day **Best Practices Conference** for providers on **November 3rd and 4th** at Holiday Inn Capitol Plaza Sacramento, CA. Its **focus will be on improving patient care through best practices and GPRA tracking**. **Attached is a flyer** that provides additional information or visit <http://www.ihs.gov/FacilitiesServices/AreaOffices/California/Universal/PageMain.cfm?p=424&CallID=867>

Indian Health Service is sponsoring a **free training** in the ***On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention*** program will be held in **Albuquerque, November 18-19, 2009**. This program is innovative combination of physical, educational and nutritional activities that incorporate tribal traditions and history. It is a 12-session interactive program for elementary-aged youth and the **curriculum is available at no expense**; but **all programs seeking to implement the curriculum must attend a T.R.A.I.L. training prior to receiving a manual**. The training is geared towards public health professionals, diabetes health educators, and youth development professionals who work with tribal communities. **Attached is a one-page information sheet** and registration is now open. For more information or the registration visit: <http://registration.firstpic.org/trailNational2009/index.php>

CDC Recommendations for Communities to Address Obesity identifies 24 recommended strategies for obesity prevention and a suggested measurement for each strategy that communities can use to assess performance and track progress over time. For more details visit: http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm?s_cid=rr5807a1_e

The **Institute of Medicine's Committee on Childhood Obesity Prevention Actions for Local Governments** was convened to identify promising actions that local governments can take to curb obesity among children. The **2009 report *Local Government Actions to Prevent Childhood Obesity*** presents the committee's menu of recommended action steps for local government officials to consider in their efforts to prevent childhood obesity in their community.

More information is available in the PDF report brief at:
<http://www.iom.edu/CMS/3788/59845/72798/72800.aspx>

For your review **attached is a copy of the American College of Sports Medicine “Message Points: Exercise and Energy Balance”**. Under points on “Policy and economic implications”, they recommend that Electronic Health Records include fields to record each patient’s physical activity (along with vital signs). FYI, in case you are not aware the Indian Health Service Electronic Health Record (and RPMS) includes such a field.

An article **“Innovative effort to address diabetes and obesity”** was published in Indian County Today. It reports that in June, the Tribal Council of the Sherwood Valley Band of Pomo Indians in Northern California formally adopted as tribal policy nutritional foods and increased physical activity at tribally sponsored functions. To view the article visit:
<http://www.indiancountrytoday.com/archive/52194987.html>

On July 9, 2009, by the California Center for Public Health Advocacy (CCPHA) released **“The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults – 2006”**. The **study found that the cost of overweight, obesity and physical inactivity had climbed to \$41 billion in 2006, nearly double the amount reported in 2000**. The report supports the benefit gained by both private and public sectors when federal, state and local policies make prevention a top priority. For more:
<http://www.publichealthadvocacy.org/costofobesity.html>

The **California WIC Program** will be offering fresh fruits and vegetables, whole grains and infant food starting on October 1, 2009. More information is available at:
<http://www.cdph.ca.gov/programs/wicworks/Pages/WICNewFoodPackages.aspx>

One key health promotion and disease prevention activity is **promoting and increasing breastfeeding rates**. CDC’s breastfeeding webpage provides evidence-based policy and environmental approach to breastfeeding protection, promotion, and support at:
<http://www.cdc.gov/breastfeeding/>

Funding Opportunities:

1. **CDC** announced the release of \$373 million in grants from the American Recovery and Reinvestment Act of 2009 to fund the first part of a new \$650 million public health initiative, **Communities Putting Prevention to Work**. The goal is to **reduce risk factors for chronic diseases and promoting wellness** and the initiative will fund communities, states, tribes, and territories. **Application Due: 12/1/2009**
<http://www.grants.gov/search/search.do;jsessionid=5QvRKy4Q1Q2zFSt7xnmBpvkJJ3CZL9sLVgmWnzDNTThfvQ0D8PLd!-1017983794?opId=49571&mode=VIEW>

- More details: Applicants are required to submit a Letter of Intent, deadline for Letter of Intent is October 30, 2009.
- Several forms of pre-application support will be available. Specific information:
www.cdc.gov/CommunityHealthResources.
- Pre-application conference calls will be conducted. Funding Opportunity Announcement (FOA) information will be available for potential applicants on three separate conference

calls, conducted by the Centers for Disease Control and Prevention (CDC). These are anticipated for September 30, 2009 and October 1, 2009. Watch www.cdc.gov/CommunityHealthResources for specific dates and times and for information on how to access these calls, (2) A dedicated mailbox for inquiries as been established. Questions can be emailed to: CPPW@cdc.gov. Answers to submitted questions will be posted for all website users to view on www.cdc.gov/CommunityHealthResources, (3) A series of expert-led webinars will be offered, each offered live and then available by web archive covering the following topics: Obesity/ Physical activity/ Nutrition Policy, Tobacco Policy, and Evidence-based Policy Intervention. The scheduled dates and times for these webinars will be located on CDC's Community Health Web Portal at www.cdc.gov/CommunityHealthResources, (4) A single source for community tools for application development is available via CDC's Community Health Web Portal www.cdc.gov/CommunityHealthResources, (5) The American Recovery and Reinvestment Act of 2009 grants have additional reporting requirements applicants should be familiar with prior to submitting with more information available at <http://www.recovery.gov/?q=content/timeline>

2. United HEROES Service-Learning Grant service-learning grant program is available for youth-led community education projects in selected U.S. states. These grants of up to \$1,000 to support teachers, service-learning coordinators, and students in the health professions to implement service-learning projects around childhood obesity and to engage children and youth ages 5 to 25 as volunteers. **Application Due: 10/22/2009**
<http://ysa.org/MyYSA/YSAContent/YSANews/tabid/219/articleType/ArticleView/articleId/175/UnitedHealthHEROESServiceLearningGrantsDeadlineOctober22.aspx>

3. Youth Leaders for Literacy grants from Youth Service America and National Education Association. The grants are for children and youth, ages 5-25, who offer innovative ways to increase literacy skills and appreciation for reading among their peers. 30 grants will be awarded for \$500 in grants and \$500 in books from the Pearson Foundation. **Application Due: 10/30/2009**
<http://tinyurl.com/neaysayll>

4. Hidden Valley Salad Dressings - Love Your Veggies Grant Program. The makers of Hidden Valley Salad Dressings are accepting applications for 2009-10. The purpose of the program is to help schools execute innovative programs that will increase the access to, and consumption of, fresh fruits and vegetables in the lunchroom. Ten \$10,000 grants will be awarded to elementary schools across the US to support the development of a vegetable program offering fresh produce to be implemented as early as April 2010 and lasting through the 2010-2011 school year. **Application Due: 11/6/2009**
<http://loveyourveggies.com/checklist.php>

5. NFL Grassroots Program: A Community Football Fields Program is an NFL Grassroots Program to provide, non-profit, neighborhood-based organizations with financial and technical assistance. In particular, the program aims to improve the quality, safety, and accessibility of football fields to local youth and community members. The NFL Grassroots Program will provide selected applicants with up to \$200,000 for improvement projects. **Application Due: 10/30/2009**
http://www.lisc.org/docs/2009_NFL_RFP.pdf

6. The Nathan Cummings Foundation Health Program Grants provides Health Program Grants as part of its commitment to improving people's health and well-being,

especially for those with low- to moderate-socioeconomic status and the disadvantaged. The Foundation supports projects that address any of their three objectives: 1) health access, 2) environmental health, and 3) capacity building. Award amounts may vary. **Application Due: Rolling (Letters of Inquiry)**

<http://www.nathancummings.net/health/index.html>

7. The Prudential Foundation Revitalizing Community Grants promotes sustainable communities by focusing its grant making on education, economic development and civic infrastructure. Examples of funded projects are helping to improve schools, promoting neighborhood activities, and preserving parks and playgrounds (the only focus city in CA listed is Los Angeles). Award amounts vary. **Application Due: Rolling**

<http://www.prudential.com/view/page/public/12373>

8. The CIGNA Foundation - CIGNA Community Grants provides grants to projects that focus their efforts on five priority areas including: 1) the health of women, children and families, 2) obesity awareness and prevention, 3) patient/doctor communications and health literacy, 4) elimination of gender and ethnic disparities with health care, and 5) maintenance of healthy minds and bodies. The pay particular attention to projects demonstrating creativity, responsiveness, and that are beneficial and achievable. Award amounts vary. **Application Due: Rolling**

http://www.cigna.com/about_us/community/grant_application_details.html

9. Bikes Belong Offers funding for Bicycle Advocacy and Facilities, from a national coalition of bicycle suppliers and retailers working together to put more people on bicycles more often. They welcome grant applications from organizations and agencies within the United States that are committed to "putting more people on bicycles more often." The Bikes Belong Grants Program funds projects in two categories: 1) facilities; and 2) advocacy. Request up to \$10,000 and in very limited cases amounts over \$10,000. An average of fifteen grants per year. **Accepted: Quarterly** <http://bikesbelong.org/>

10. Jenny's Heroes is awarding \$25,000 to individuals who submit the best community development project ideas. Projects must have long-lasting impact and be specific in need (e.g. repairs, upgrades, equipment, community improvements). **Application Due: Rolling**

http://www.jennysheroes.com/application_form.shtml

11. Regional Community Health Grants Program, Aetna Foundation, the program provides **funding focused on reducing disparities in health care among racial and ethnic populations** in eligible geographic areas Nationwide. **Application Due: Ongoing**

http://www.aetna.com/foundation/grants_reg/

Open Door Forum # 13

Increase Physical Activity across the Life span: Multi-level Approaches.

Quarterly Tele-conference/WebEx

Topic: Open Door Forum – Increase Physical Activity across the Life Span: Multi-level Approaches.

Host: Alberta Becenti

Date: Wednesday, October 28, 2009

Time: 12:00 pm, Eastern Standard Time
(GMT -05:00, New York)

Teleconference Number: 866-699-3239

Session Number: 710 086 004

Session Password: 102809

Open Door Forum on strategies to increase physical activity

On October 28, 2009 please join the Indian Health Service (IHS) for our **13th** quarterly Open Door Forum. This teleconference/WebEx Forum will focus on the Health Promotion/Disease Prevention program. The forum provides a unique American Indian Alaskan Native (AI/AN) tailored approach to increasing physical activity across the lifespan. Strategies include community, school, worksite, and clinical approaches. The financial impacts of childhood obesity will also be discussed.

PowerPoint presentations will be available on the agency Health Initiatives website approximately one week prior to this Forum – please download the presentations so you can follow along. There will be time for questions at the end of the presentations. Presentations will also be available during the WebEx and the WebEx will be recorded if you miss this Forum.

To sign into WebEx

1. Right click on the WebEx link and select “open hyperlink”: <https://ihs-hhs.webex.com>
1. Click on Training Center
2. Click on Join the Directors Open Door Forum
3. Type in your name, email address and the password:

Continuing professional education credits are available for physicians, nurses, and dental professionals after completing a feedback survey (on Survey Monkey). To complete the survey, right click on this link, select “open hyperlink” or copy and paste the link into your browser:

https://www.surveymonkey.com/s.aspx?sm=fLOWLAvVEInGSEudG1QTIg_3d_3d

Registered dietitians and some other professionals can obtain credits from their professional organizations using the CME certificate.

The PowerPoint presentations from previous Open Door Forums are available under “What’s New” of the agency Initiatives website.

Questions? Contact these Director's Three Initiatives Leads:

Health Promotion/Disease Prevention, Alberta Becenti at Alberta.Becenti@ihs.gov

Chronic Care, Dr. Ty Reidhead at Charles.Reidhead@ihs.gov

Behavioral Health, Peter Stuart at Peter.Stuart@ihs.gov

Open Door Forum # 13

The October 28, 2009 IHS Forum will focus on multi-level strategies to increase physical activity to reduce chronic conditions and diseases among AI/AN population. Physical inactivity is a major risk factor for heart disease, obesity, diabetes, and other risk factors including high blood pressure and triglycerides. Recommending appropriate regular physical activity is important in preventing the growing burden of chronic diseases and conditions.

Learning Objectives

The learner will be able to:

1. Discuss the importance of screening for and promoting physical activity in the clinic.
2. Describe at least three strategies to implement physical activity for all ages in various settings.
3. Discuss the financial cost of childhood overweight and obesity.

ACCREDITATION*:

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The IHS Clinical Support Center designates this educational activity of *AMA PRA Category 1 Credit™* for each hour of participation; each person will earn up to two hour for participating. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This Category 1 credit is accepted by the American Academy of Physician Assistants and the American College of Nurse Midwives.

The Indian Health Service Clinical Support Center is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center Commission on Accreditation. This activity is designated 2.0 contact hours for nurses.

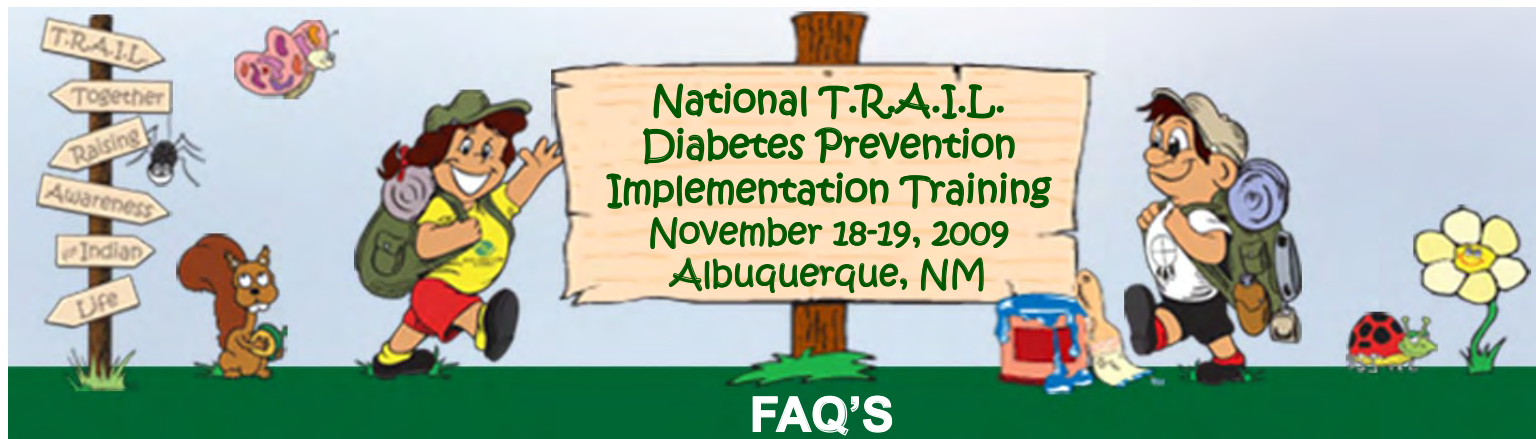
The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.



The IHS Division of Oral Health designates this continuing dental education course for up to 2 hours. Each attendee should claim only those hours of credit actually spent in the educational activity.

Disclosure Statement: As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation.

* Registered dietitians and some other professionals can obtain credits from their professional organizations using the CME certificate.



FAQ'S

Topic: In 2003, Indian Health Service (IHS), National Congress of American Indians (NCAI), Boys & Girls Clubs of America (BGCA), and Nike, Inc., initiated a prevention program aimed at reducing the onset of diabetes among Native American youth. The program – *On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention* – is an innovative combination of physical, educational and nutritional activities. T.R.A.I.L. is a 12 session program for elementary-aged youth that provides a comprehensive understanding of healthy lifestyles in order to prevent diabetes. The program is presented with four themes: *About ME and My Health; Diabetes and Nutrition; Making Smart Food Choices and Sharing Knowledge With Others*. Woven throughout the program are self-esteem, teamwork and prevention activities. Participants draw from Tribal traditions and history to learn about nutrition, food choices, media influences and the impact of diabetes.

The T.R.A.I.L. curriculum is available at no expense; however, all programs seeking to implement the curriculum must attend a T.R.A.I.L. training prior to receiving a manual.

Dates: November 18-19, 2009

Location: Hyatt Regency Albuquerque
330 Tijeras, NW
Albuquerque, NM 87102
Phone: 505.842.1234

Audience: This training is geared towards public health professionals, diabetes health educators, and youth development professionals who work with tribal communities.

Registration Fee: There is no fee to attend this training. You may visit <http://registration.firstpic.org/trailNational2009/index.php> to register. Each participant will receive one copy of the T.R.A.I.L. curriculum.

Lodging: The special rate of \$80 per night (plus tax) for single occupancy has been established for the group. Attendees may make reservations by calling the Hyatt at 505.842.1234 and asking for a room with the Code IHS123. Be sure to call prior to October 27, 2009 in order to take advantage of the group rate.

- *Participants are responsible for covering costs of lodging.*

Transportation: Participants should fly into Albuquerque International Sunport (ABQ). Please contact a shuttle or cab company to arrange transportation to the hotel. For rental cars, take a shuttle from the airport terminal to the Sunport Car Rental Center.

- *Participants are responsible for covering costs of major travel and ground transportation.*

Scholarships: A limited number of scholarships are available to cover hotel and flight expenses. Request scholarship funds during the registration process at <http://registration.firstpic.org/trailNational2009/index.php>. Those who request a scholarship should receive a decision within approximately two weeks of application.

Agenda:

Registration	Wednesday, November 18.....	8:30 – 9:00 am
Workshops/TA	Wednesday, November 18.....	9:00 – 5:00 pm
Workshops/TA	Thursday, November 19.....	9:00 – 12:00 pm

Future Trainings: Another training is being planned for summer 2010. If you would like to be contacted with information about that training, email lmason@firstpic.org.

Additional Info: Contact Lauren Mason at 301.261.3633 or lmason@firstpic.org. Also check <http://registration.firstpic.org/trailNational2009/index.php> for additional meeting details.



Message Points: Exercise and Energy Balance

Exercise and Weight Management

- There is strong evidence from the majority of the scientific literature that physical activity is an important component of an effective weight loss program.
- Physical activity is one of the most important behavioral factors in weight maintenance and improving long-term weight loss outcomes. In fact, participation in an exercise program has proven to be the very best predictor of maintaining weight that was lost.
- Effective weight loss and maintenance depend on a simple equation called energy balance: Calories expended through physical activity and normal lifestyle functions must exceed calories consumed.
- It is a myth that exercise can actually prevent weight loss by leading exercisers to overeat. Research and common sense disprove this notion. Look around the gym or the jogging trail. If this were the case, wouldn't those who regularly exercise be the fattest?

Other Benefits of Exercise

- Exercise and physical activity have been proven to help prevent chronic conditions such as heart disease, osteoporosis, anxiety, depression, obesity and diabetes.
- Studies show that when students are more active (through physical education, classroom activity, play, etc.) they improve test scores and attendance and experience fewer discipline problems and sick days.

Policy and economic implications

- Physical activity and exercise are key components of workplace wellness programs, which have been shown to return \$2.90 to \$5.96 in cost savings for every dollar invested by the employer. Participants in workplace wellness programs have reduced absenteeism, error rates and health care costs; they feel more alert, have better rapport with co-workers, and enjoy their work more.
- Physical activity and exercise must play a vital role in health system reform. Cost savings from healthy lifestyles can help fund broader coverage for the underserved.
- Stimulus funds designated for electronic medical records should include fields to record each patient's physical activity level. Exercise IS medicine and should be measured as a vital sign like blood pressure or cholesterol levels.

- Reimbursement for services such as healthy lifestyle counseling or clinical exercise physiologists could go a long way toward improving health and reducing health care costs.
- Physical activity needn't involve expensive equipment, gym memberships or team athletics. Simple activities like walking, accumulated in 10-minute bouts, can have significant benefits.
- Communities can do much to encourage physical activity by developing bike paths and walking trails, encouraging walkable neighborhoods, opening school facilities to after-school activities, and enacting other exercise-friendly policies.