

COOPERATIVE AGREEMENTS NEWSLETTER

March 2012 <http://www.ihs.gov/hdp/>

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

This issue of the Indian Health Service Health Promotion/Dis-ease Prevention (IHS HP/DP) program newsletter features accomplishments and lessons learned over the past six months from 11 communities that received Cooperative Agreement awards for fiscal years 2009–2011. This newsletter provides a glimpse of the diverse, positive, and innovative programs taking place in the 11 communities. Program updates over the past two years are available in prior newsletters posted on the IHS HP/DP website (<http://www.ihs.gov/>). The IHS HP/DP Cooperative Agreements enable the unique communities to enhance and expand efforts in decreasing the impact of chronic diseases, especially obesity and diabetes, among American Indian/Alaska Native (AI/AN) populations. Using science and evidence-based strategies, the communities are implementing interventions to their specific culture and health priorities. The diverse programs include strong prevention elements and emphasize institutional and community-wide efforts to eliminate health disparities, promote health, support healthy behaviors, and prevent illness, including the following:

- Strategies that demonstrate the ability to change knowledge, attitudes, beliefs, or behavior among community leaders, change agents, and local decision makers

- Policy interventions that influence community health behaviors and outcomes – especially in schools, work sites, and health care settings
- Environmental strategies that facilitate community-level changes- such as improvements in infrastructure to increase opportunities and access for physical activity
- Effective, sustainable collaborations

Year 3 of the grant cycle brought a new training and technical assistance provider from A-Team Solutions, LLC (ATS). Alberta Becenti, IHS HP/DP Project Officer & A-Team Solutions, LLS, held quarterly conference calls to discuss progress of grantee programs, share and exchange information among grantees, & ATS provided 2 training topics “Developing presentations for Local and National audiences” & “Program Measurement”. These calls helped ATS understand the goals of the programs, understand and appreciate how interventions are implemented in the diverse and unique communities, and provide comments and recommendations on the annual reports for year 2. One identified outcome of the conference calls was the need for additional reference resources which ATS provided to the grantees. The general resource list included references for the following seven topics: 1) Strategies



for Participant Recruitment and Retention; 2) Assessing community readiness for change; 3) Assessing program attributes; 4) Data sources for National and State-level comparisons; 5) Resource for local tribal data and support for HP/DP programs; 6) Resources for community-based HP/DP program planning, implementation and evaluation; 7) Examples of logic models. ATS will continue to provide support and assistance for grantees to accomplish their goals.

2012 Cooperative Agreement Grantees' Learning Community

Two learning Community Webinars have taken place since the beginning of 2012. These learning meetings give grantees an opportunity to learn and share from each other's experiences. In October Pawnee Nation and Penobscot presented their successes and challenges. They described their HP/DP program initiatives, activities, strategies and outcomes. Also, ATS held a training on how to develop effective presentations for conferences. The training provided tips for selecting appropriate materials for the presentation, data presentation, formatting slides, and general messaging about the HP/DP Cooperative Agreement Program.

Additional resources include:

- Effective Presentations: by Kathleen Bauer. Available at: www.med.yale.edu/library/education/effective.pdf
- Making Community Presentations: contributed by Eric Wadud, edited by Bill Berkowitz and Jerry Schultz. Available at: http://ctb.ku.edu/en/tablecontents/sub_section_main_1029.aspx
- Communicating Information to Funders for Support and Accountability: contributed by Chris Hampton, edited by Vincent T. Francisco and Bill Berkowitz. Available at: http://ctb.ku.edu/en/tablecontents/sub_section_main_1376.aspx

In January 2012, ATS held a training on selecting program outcome measurements and indicators. The presentation provided strategies and approaches for selecting data collection methods and reporting program outcomes. Additional resources include:

- The Road to Results: Designing and Conducting Effective Development Evaluation (World Bank) http://www-wds.worldbank.org/external/default/WDSContentServer/WDSP/IB/2010/01/18/000334955_20100118044841/Rendered/PDF/526780PUB0Road101Official0Use0Only1.pdf

- Measuring Health Promotion Impacts: A Guide to Impact Evaluation in Integrated Health Promotion http://www.health.vic.gov.au/healthpromotion/downloads/measuring_hp_impacts.pdf
- Real World Evaluation: Working Under Budget, Time, Data and Political Constraints <http://www.eval.org/SummerInstitute08/08SIHandouts/Uploaded/aea08.si.rughA.pdf>

During this final year of the IHS HP/DP Cooperative Agreement program, all the grantees are working arduously to continue to make positive changes in their communities. All the program coordinators and staff in the IHS HP/DP cooperative program manage data, oversee a variety of programs (onsite as well as off-site), and serve their communities in multiple roles. They are making positive changes in their communities on a daily basis and, because of their dedication and efforts, their communities are healthier.

Special thanks to all the grantees for contributing the articles for this newsletter.

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Alberta Becenti: Indian Health Service

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A-Team Solutions, LLC

Indian Health Board of Minneapolis

Youth Diabetes Prevention Program

The Youth Diabetes Prevention Program (YDPP) of Minneapolis has had a very busy 6 months.

We participated in summer fun runs, hosted a Christmas party, restructured our program, and strengthened our community collaborations. During the past six months we attended five fun runs, with an average of 6 kids attending each run, in the Twin Cities area. Our Christmas party in December for the children and families had a gigantic turn out. The event sparked interest in many of the Indian Health Board's (IHB) prevention service programs. The event was for families to enjoy time with each other as well as with our growing program.

Our annual evaluation discovered that, although the program was effective in improving knowledge (see table and graph), there was no improvement in food consumption behaviors. For that reason, we hired a part-time Registered Dietician to implement parent and family education sessions. With her expertise, we look to improve our education to entire families, as well as strengthen our partnerships with community organizations.

Our partnership with the Ginew Golden Eagles after-school program is currently doing a photo-voice project. The project involves 14 children (ages 11+) taking pictures of places where they are active/inactive, get healthy/unhealthy meals, and write narratives of those places. The project teaches children about the socio-ecological influences in their daily life. We will use this information to plan lessons that take into account how children view their environment. Furthermore, children will be invited to present their projects to community development institutes and policy makers.

We are also involved in improving the Golden Eagles food service policies. Our dietitian will begin a healthy meal service program that will serve food to approximately 25 kids each night. We will build the foundation to have nutrition and dietetic students gain valuable experience in developing and maintaining a quality food service program.

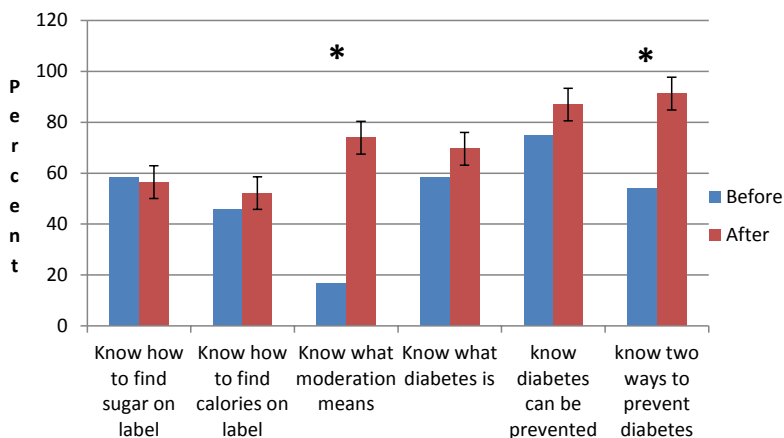
Our collaboration with the local Little Earth subsidized housing properties' college prep program is continuing to develop. We are currently providing

Table 1: Food consumption frequencies, based on average answers

	BEFORE	AFTER
Eat Fruits with a meal	Sometimes	Sometimes
Eat Fruits as a snack	Sometimes	Sometimes
Eat vegetables with a meal	Little	Sometimes
Eat vegetables as a snack	Little	Little
Eat fast food or junk food	Little	Sometimes

support and speakers for their health related courses. We hope to expand our photo-voice project and carry out focus groups, with the goal of using this as a needs/strengths assessment for Little Earth. Finally, our continued partnership with the Beacons after-school program is as strong as ever. We still provide diabetes prevention lessons to approximately 29 third to fifth grade students. The popularity of our lessons in this sector has grown tremendously.

Knowledge and Skills Acquired by Students



At the "Elder Dinners" children prepare and serve healthy meals to community elders.

Forest County Potawatomi, Crandon, WI

Project: Youth on the Move Program

With the “Youth on the Move” program in its third year of implementation, the Forest

County Potawatomi tribe is making strides towards better health. The “Youth on the Move” program aims to reduce the risk of chronic disease and increase healthy behaviors by providing opportunities that encourage and promote nutrition and physical activity.

Opportunities to be physically active and eating right are essential, especially in our rural community, where opportunities for exercise and healthy eating are limited. Our program works very hard to address these challenges by offering programs throughout the year so that, no matter the season, youth have healthy choices.

Looking back at the past 6 months, youth in the community have embarked on a variety of fun activities that embrace the different seasons and encourage healthy living. These activities included the Summer Feeding Program, Youth Day Camp and the Porcupine Mountain Fall Hike.

The Summer Feeding Program in 2011 offered youth and their families several opportunities to try healthy foods and increase knowledge about the importance of daily consumption of fruits and vegetables. Over 8 weeks, participants received weekly educational handouts and take home challenges to incorporate the lessons they learned into their daily life.

Last August, 15 children participated in our week-long Youth Day Camp. Ten of the fifteen children participated all 5 days. The Day Camp taught children the importance of eating well and being active through culturally appropriate, hands-on learning experiences. The youth participated in a minimum of 60 minutes of physical activity and ate a well balanced diet each day.

At the Day Camp, youth practiced the principles of MyPlate (introduced in 2010 by U.S. Department of Agriculture (USDA)). The children helped prepare the meals each day, allowing them to try new foods and learn how to prepare them in a safe and healthy way. These cooking activities were a camp favorite. Participants received a cookbook for kids and were encouraged to share their favorite recipes with their parents.

Youth spent the afternoons at Camp Luther, a summer camp with access to a variety of outdoor activities. They stayed active by swimming, hiking, canoeing, zip lining and participating in archery. The activities not only encouraged physical activity, but also allowed youth to enhance their communication, problem solving and teamwork skills. Children explored their cultural background through traditional arts and crafts sessions. Global issues, such as world hunger, were also introduced when they visited a local food pantry. At the end of each day children were asked to record their food intake and physical activity in their personal journals and encouraged to share with their family.

This past September, 81 youth and adults participated in the second annual Porcupine Mountain Fall Hike. The weekend event provided families an opportunity to enjoy the beauty of nature and make healthy choices together. Eighty-six percent of the participants hiked the 2.5 mile hike and everyone participated in a self paced hike along the scenic waterfalls. This weekend was truly a unique and memorable experience that allowed younger and older generations to learn from each other. The event reinforced the holistic approach to improving health by incorporating the mind, body and spirit components, which



Kids in the kitchen at HPDP Day Camp, 2011



Youth at Porcupine Mountain State Park, September 24, 2011

all play a huge role in increasing overall health and well-being.

The “Youth on the Move” Walking Program will be held February through April. The Walking Program allows youth to learn about the importance of physical activity and shows how much fun it is with snowshoeing, walking, pedometer exercises and physical activity kit (PAK) games. Youth will have their BMI measured and will complete a wellness survey at the start of the program and upon completion, to monitor success and behavior change.

The “Youth on the Move” program will continue its efforts toward increasing the health and well-being of the Forest County Potawatomi Community. The earlier children start making healthy choices, the more likely they will spread those behaviors to others and continue to make healthy choices into adulthood.

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 Program in urban Tulsa principally serves

members of the Cherokee, Muscogee Creek and Osage tribes of northeastern Oklahoma. Indian Health Care Resource Center of Tulsa serves all federally recognized tribes with clients representing 157 different tribes. The IHS, HP/DP grant has enabled IHCRC to provide educational programs and activities designed to prevent disease and improve health and quality of life health for adults, youth, and families.

Adult group wellness classes are offered each month to provide participants experiential learning opportunities. The HPDP classes offered during the past six months included: The Case for Breakfast; Healthy Meals in Minutes with Steam Cooking Bags; Super Foods for a Super You; Meal Planning;

Make Your Plate Great; Making Healthier Fast Food Choices; Healthy Holiday Cooking; Avoiding Portion Distortion; Diet Myths; and Family Meals. The group classes are well attended and often generate a waiting list. Each class has an average of ten participants.

Flyers are produced every other month to promote the IHCRC Free Wellness Classes including those offered by the HPDP program. These flyers are distributed and posted throughout the clinic. Clients are encouraged to attend as many classes as they wish.

Adults seek to learn what they consider important. They also have experiences that can be shared with others. The IHCRC Wellness Kitchen provides the setting for class participants to have concrete, actual, hands-on experiences while making decisions and sharing their

knowledge with each other. The class topics address some of the common nutrition challenges and barriers that our clients face.

The challenge faced with the HPDP group classes is to make sure that all registrants including those on the waiting list have an opportunity to attend the classes of their choice so they learn what is important to them. All class registrants are contacted the day before the class. Those on the waiting list are also contacted in anticipation of registrants who confirm their place in the class but may not be able to attend at the last minute. If the waiting list is too long to accommodate the entire class roster, a second class on the same topic is offered on an alternate date.

Currently, we are testing a system for diabetes and cholesterol screening, and health and wellness referral. This process will hopefully become more streamlined with the introduction of electronic health records. The screening process follows the recommendations of the IHS Division of Diabetes Treatment and Prevention.



Cooking class at IHCRC

Oneida Tribe of Indians of Wisconsin, Oneida, WI

Project: Health Promotion/Disease Prevention Cooperative Agreement: Twata>kali=t@ts

During the first two years of the Cooperative Agreement, Oneida Health Promotion and Disease

Prevention (OHPDP) has been successful in implementing two new programs and a campaign to increase physical activity opportunities: TRIAD (Taking Responsibility in Addressing Diabetes), HCSF (Healthy Children, Strong Families) and JMIO (Just Move It-Oneida). The HP/DP Cooperative Agreement enables us to use strong data-driven processes to evaluate and enhance our programs.

TRIAD - Implementing Wellness Coaching with an Exercise Program Increases Retention

From our pilot studies during years one and two, we have seen positive results from the wellness coach program. So far, during Year 3, we have enrolled 61 patients, of which 7 did not start a program, 7 finished and are no longer active, and 47 are still active with a program. Of the 54 who worked with a program, 38 have shown positive behavior changes. Two quit smoking; 7 lost weight; 36 started regular exercise and; 8 had reduction in stress.

Patients in the TRIAD program are very successful, however; there are still some that do not meet the target objective for the program of exercising at least 150 minutes per week. Therefore, as of January 2012, we implemented a case management team meeting consisting of members from the Diabetes Team, Oneida Family Fitness Personal Trainers, and Health Promotion Coaches.



Oneida HPDP: (Left to right) Sarah Phillips, Jenny Berna, Dawn Krines Glatt, Brandon Wisneski, Tina Jacobsen, and Stefanie Reinke

Healthy Children, Strong Families

The Healthy Children, Strong Families program is a Diabetes Prevention Program for families with young children. Families learn how to: increase physical activity, decrease TV time, increase fruit & veggie intake, and decrease consumption of sugary foods & beverages.



Since introducing the program to our medical providers, 12 children and their families have been referred. Retention in those referred into the program has not been as successful as the intervention study. During the

next six months, we plan to work with UW-Madison in an effort to determine the cause and find solutions to improve retention.

Just Move It Oneida

JUST MOVE IT (JMIO) is a series of non-competitive walk/run and other physical, cultural, and wellness activities held on the Oneida reservation. Events are open to families of all ages. Our Community Health Nurses offer health screenings at each event. The screening has helped to promote and recruit community members into our programs. The Fitness Staff walk with participants to motivate, support, as well as ensure participant safety.

During Year 2 of the HPDP Cooperative Agreement, we replicated the National Just Move It campaign into our community and collected baseline data. To make the national campaign our own, we added themes to each event and provide educational



booths to improve knowledge and awareness of the benefits of physical activity and eating healthy. Our baseline data included 463 registered community members. Ninety-four community members participated in at least 3 events and 3 community members participated in at least 8 events. Over the last 6 months, our second year offering JMIO, we have had 79 community members from 2010-2011 re-join JMIO. Additionally, we have recruited 242 new people for this year's JMIO, giving us a total registration count of 321. Our registration form includes four questions related to physical activity, fruit and vegetable consumption, sugary food/beverage consumption, and screen time. Now 6 months into the second

year of JMIO, we are seeing positive changes in the 79 community members that participated last year. There are 21 of the 79 reporting an increase of at least 1 day/week in physical activity. Of those who did not show an improvement in physical activity, 41 are reporting at least 3 days of physical activity per week. Twenty-six people report an increase in fruit and vegetable consumption of at least 1 serving per day and 12 reports a decrease in sugary beverage servings per day. There were 13 of the 79 reporting a reduction in daily screen time.

We have learned several important lessons that have helped us with our current implementation and our plans to sustain our goals in the future. While we brought with us

a strong belief in the value of using data to enhance programming, our pilot approaches and collaborative work have reinforced this value and allowed us to identify ways to sustain our goals. Building partnerships takes considerable time and effort, especially when it involves working across different agency priorities and histories. We have found success in these partnerships by always remembering that our goal is to support our community, not simply our program. Wellness Coaching has not only become a part of TRIAD, it is now an integral part of our Comprehensive Health System. We never rest on our laurels either, and as our community changes, its needs change and we continue to seek out ways to meet those needs through effective communication including monthly case management team meetings.



Pawnee Nation of Oklahoma, Pawnee, OK

Pawnee Nation HP/DP Healthy Nation

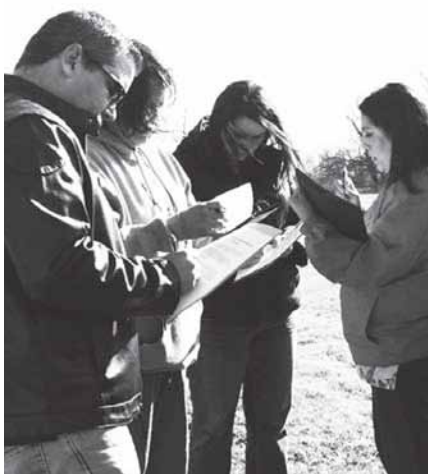
The benefits of physical activity far outweigh the possibility of adverse outcomes. To increase the

proportion of adults who engage regularly in moderate physical activity, **Zumba Fitness Class** has come to Pawnee Nation. Instructor Jennie Williams is an Oklahoma State University student who is certified in Zumba. From September 6 through October 30, classes were held every Tuesday and Thursday evenings for an hour. A full class of 20 participants attended each class (more would have attended if space permitted).

HP/DP Healthy Nation's **Nutrition Advisory Board**, which consists of the IHS Dietician, the Title VI Nutrition director, the Food Distribution director, the Diabetes coordinator, and the HP/



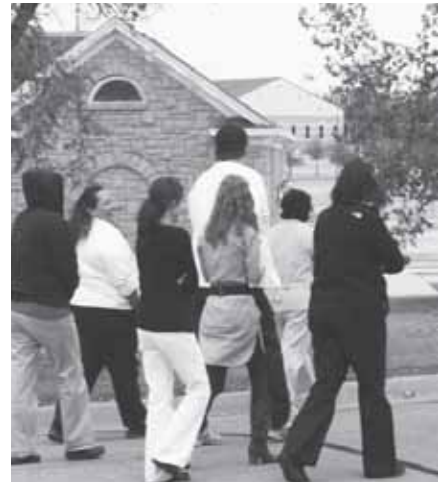
“The benefits of physical activity far outweigh the possibility of adverse outcomes.”



DP coordinator and assistant, offered another cooking class called “Seasonal Cooking”, a series that was held Thursdays (October 6, 13, 20, and 27 from 6:00 to 7:30pm) at Roam Chief Classroom. The classes are limited to 20 participants due to classroom space. Forty percent of the participants were our elders. The goals of the program are to promote health and reduce chronic disease associated with diet and weight. We have introduced the new plate method to the classroom to increase and incorporate the knowledge of the dietary guidelines.

Tiny Tot Basketball League had a total of 102, 2nd grade through 5th grade, boys and girls. Thirty-four percent were Native American. This is a huge number of participants considering that Pawnee has a small population of 2,230. The grade school, which houses pre-kindergarten to grade 5, has 387 students. By organizing leagues, our program increased the level of physical activity for the 102 students that participated in basketball teams. The students practice twice a week for an hour each with games on Saturdays. Our program also provides support and encouragement to the participants that will lead to increased physical activity and confidence in staying fit.

January transpired into a great start! The HP/DP Healthy Nation's **Wellness and Health Promotion Program (WHPP)** Advisory Board formed the Weight Loss Challenge



that kicked off on Jan. 9, 2012, and continues through March 12. A healthy complimentary lunch was catered by Subway in conjunction with the initial weigh-in and registration. Forty-seven teams are engaged in the challenge, 94 members overall. All participants are in teams of two and have paid an entry fee of \$10 per person. First-place winners will receive the consolidated entry fee total of \$940.00. Furthermore, members pay \$1 fee for missing a weigh in and \$1 per pound for weight gain. The challenge is based on the weight loss percentage. WHPP Advisory Board voted for this portion of the challenge as a healthy method towards weight loss. The viewpoint remains that participants are coming from very different body shapes, sizes, heights, and weights. A fair way to measure the weight lost exists by determining the percentage of the person's body weight.

Penobscot Nation Health Department, Indian Island, ME

Penobscot Nation Health Department Fitness Challenge 2012

Many of our people start up the New Year with the best of intentions to make resolutions in regards to working out, maintaining a healthy weight, and becoming more physically fit. Unfortunately, many give up prematurely without achieving their goals. Based on observations from prior years, it appears that many clients stop working out and eating healthy approximately a month after the New Year. Clients often cite boredom from the same workout routine and frustration with lack of progress as main reasons for quitting. To sustain the increased attendance in the Fitness Center at the start of the New Year, we created "Fitness Challenge 2012," - a fun and varied exercise program to keep clients exercising through the spring and beyond.

The Fitness Challenge 2012 is an incentive based exercise program where participants earn points for exercising. The goal of the program is for participants to score over 2012 points to finish the Challenge. A

wide variety of activities, consisting of both cardiovascular and weight training exercises are used to score points. The point system includes exercises for beginners as well as advanced exercisers. Participants earn 10, 20, 50, and 100 points depending on the intensity of the exercise. Points are available for other tribally run health and fitness programs, including group fitness classes and nutrition counseling. Participants are encouraged to work at their own pace and to complete the challenges at their own individual level as long as they complete one challenge per week. Five grand prizes (fitness equipment) will be awarded to the top 5 finishers of the Challenge. All participants will earn t-shirts and water bottles as incentive prizes.

Over forty people joined Fitness Challenge 2012. As of mid-February 2012, two have dropped out, three have completed the challenge, and 35 continue to participate. Participants continue to show enthusiasm for working out and attendance rates

for fitness programming are at an all time high. Fitness attendance rates for the month of January showed a 55% increase in participation the fitness room and in the body pump class. Participation jumped from 221 attendees in December to 395 attendees in January. It is expected that this trend will continue until the completion of the Challenge.

Programs for the next six months will include physical activities including body pump, aqua aerobics and zumba. Fitness programming for kids will consist of walking/running clubs and a fitness room program called fit kids. Nutrition programs will include food pantry nutrition education, wellness class, students in the kitchen, and daycare nutrition education.

Teen activities will include summer youth chronic disease education and various cultural events that will include activities like harvesting local fruit and vegetables and physical activity challenges.

Pueblo of Santa Ana, Bernalillo, NM

Project: Youth Health and Fitness Program

The purpose of the Pueblo of Santa Ana Youth Health and Fitness Project is to address

the problem of youth obesity through innovative, evidence-based strategies that promote physical activity and healthy eating.



The 7-5-2-1-0 campaign is a multi-level intervention, which includes community awareness along with education and tracking of behaviors with specific groups of youth. We broaden our impact by involving our partners and getting the messaging into their programs. 7-5-2-1-0 links each number to a healthy behavior:

- Eat breakfast 7 days a week
- Eat 5 servings of fruits and vegetables a day
- No more than 2 hours of TV or computer time a day
- Exercise 1 hour every day
- 0 sodas or sweetened beverages.

The numerals 5-2-1-0 reflect the daily guidelines recommended by the American Medical Association and the American Academy of Pediatrics to help reduce the obesity

epidemic in youth. In framing Santa Ana's campaign, our partners shared that many children do not regularly eat breakfast – another behavior associated with preventing obesity – so we added the 7. The 7-5-2-1-0 message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity. Breakfast was incorporated into the summer youth program for the first time, as a result of our discussion of the importance of breakfast with our partner programs. We emphasized the “7” with youth-friendly posters and hand-outs displayed on walls and tables for kids to read as they ate breakfast and lunch. We are currently working with the number “1” in community messaging and with specific youth groups. We’re using a survey to evaluate changes in awareness, knowledge and behavior at the community level, and with youth who participate in 7-5-2-1-0 education and activities.

Another major initiative under Santa Ana's HPDP funding includes the Santa Ana Youth Health Advisory Council (SAYHC). SAYHC was established in 2010 to collaborate and coordinate efforts among all departments and agencies serving Santa Ana youth. Monthly meetings have continued since the Council's inception, and it has grown to include 6 participating partners. In addition, there is further outreach to other agencies and departments on specific projects.

SAYHC collaboration resulted in a more coordinated effort among all departments in delivering summer programming, and specifically allowed for better age-appropriate grouping for physical activity and nutrition. A de-briefing by SAYHC at the end of the summer has resulted in plans for a collective workshop. There are specific objectives written by the group, to include consistency in dealing with behavior issues, instruction and class management techniques. It will also be a work session to develop consistent guidelines, and program to program expectations.

Other current initiatives within SAYHC include partnering on our 7-5-2-1-0 messaging. The Council was introduced to the campaign and messaging at the December 2011 meeting. The presentation also included an introduction to the socio-ecological model of health, which recognizes the interwoven relationship that exists between the individual and their environment. All partners have agreed to utilize posters and handouts that we provide.



The Santa Ana Health Center physicians also review 7-5-2-1-0 messaging with individual patients. In particular, the SADE after-school program has increased their involvement. They have become an active partner, now participating in our 7-5-2-1-0 workgroup, and taking a larger role in developing and delivering the programming.

Our program has provided nutrition consultation on meals and snacks served within SAYHC partners' programs, and that will be formalized with a workshop that provides nutrition education and helps partners review their nutrition practices.

SAYHC is also currently working on a bicycle repair initiative. In the past, bikes and helmets have been given to community youth, but flat tires and simple repair needs often mean the bikes don't get used. The Santa Ana Police Department (SAPD) has an annual Bike Rodeo which focuses on safety. We intend to incorporate bike repair basics into the Rodeo, then develop a model of making tools available for use or holding repair sessions, along with starting organized rides.

“Our program has provided nutritional consultation on meals and snacks served within SAYHC partners' programs, and that will be formalized with a workshop that provides nutritional education...”

In implementing a community-based project, we have learned a lot about the extensive effort required to organize different elements of the community and bring them together for a common goal. It's great to get buy-in for your program from the community, but how to enable others to carry the goals along themselves has been a new challenge for us to think through. We've also learned that it's always important to keep motivation and the message going for all stakeholders, especially for environmental strategies that must engage many parts of the community. Participant recruitment and retention remains a challenge, as Santa Ana does not have its own schools. Other Tribal

Programs have objectives to fulfill as well, so at times it feels like several programs compete for the youths' time and attention. This also means that measurement has additional challenges. Programming has slowed since the fall of 2010, with a vacancy in the Youth Coordinator position and the loss of a VISTA volunteer.

Our plans for the next 6 months involve building on the foundations that we've established in the previous two years:

- Continuing programming strategies that increase physical activity and nutrition knowledge and behaviors (CATCH, 75210, and other physical activity programs).
- Increasing physical activity and nutrition efforts among community partners. We have created a workshop for community partners to provide basic nutrition knowledge. This session will also work through examining nutrition and physical activity practices within programs, and provide support for changes in practices and policies.
- Completing the bicycle initiative and examining other environmental strategies.

Southeast Alaska Regional Health Consortium (SEARHC), Wrangell, AK

SEARHC's Healthy Wrangell Project



Community Garden

Wrangell's community garden just keeps growing and grow-ing. We ended a successful season with a garden clean up and are ready for a new season. If only spring could come sooner! In the mean time, the garden board will begin meeting this February to reevaluate the garden rules, prepare for the annual Wrangell Health Fair in April, and make plans for the coming summer. There will be much to do such as building new compost bins, painting the dugouts, making soil, and pulling grass and weeds. It sure has been a fantastic community project to be a part of.

The Fruit Tree Project

It was an amazing day when Wrangell learned that we were winners of a fruit tree orchard on August 31, 2011. Rico Montenegro, an arborist from the Fruit Tree Planting Foundation came in January to assist us with our fruit tree orchard planning and presented the project to the community.

This spring we will be planting a variety of fruit trees that will include cherries, apples, and pears. It is not an easy task figuring out what will grow on our little island in Alaska and how to keep them safe as they grow. Not only will our trees need good soil, water, and drainage; but also we will have to protect them from deer, bears, porcupines, and ravens. It is a learning event for the whole community that will impact us for generations.

Tobacco

Our partnership with AICS on tobacco education in the community is developing. The Great American Smokeout on November 17th was a success. We reached more than 250 people in our community. We had tables set at our grocery stores with lots of good information and educators to talk to individuals thinking about quitting smoking. We also had a tobacco obstacle course for all of our students in elementary, middle, and high school. The event was very educational, as well as a lot of fun!

Winners of each grade level won all sorts of prizes including an anti-tobacco t-shirt designed by their peers. We ended the day with a free movie for the entire community. We look forward to more partnerships with AICS.

Hike & Harvest

We wrapped up our Hike & Harvest program this season in the fall of 2011 with a potluck/talk in partnership with the Forest Service. This was followed by a low sugar, jam/jelly pressure-cooking class in partnership with the University of Alaska Fairbanks Cooperative Extension Services. It was a successful season full of all sorts of yummy forest greens and berries. The Forest Service will continue to do Friday night talks at Nemo Point in the summer. A new partnership with the Forest Service is under development to create a Hiking Group/Trail Crew for local trails. These programs will compliment each other very nicely. We are preparing for the harvest season by lining up all sorts of fun hikes and eagerly awaiting what spring will bring us.



Washoe Tribe of Nevada and California, Gardnerville, NV

Project: Living Yesterday for Tomorrow: Youth Exercise Programs/ Diabetes Prevention.

The Fall and Winter arrived quickly for the HPDP program. As the kids settled in to the new

school year, we were all looking forward to our winter activities. Unfortunately, the winter has not cooperated yet with the snow. So, without the snow, our programs have had to do other things.

We had a good hunting season with the weather cooperating. The Washoe Tribe's Hunting and Fishing Commission handed out 3 first times Hunter tags to Luke Simpson (age 15), Aaron Wood (age 13) and Aiyana Pitts (age 13). The three youth were successful in hiking about to harvest their deer. We also had a youth hunter harvest a deer for the Carson Colony Senior Center. Hunter Simpson (age 13) harvested a nice buck which was also his first deer. Hunter spent several trips hiking and covering ground to hunt with his father, Bill Simpson, and Uncle Craig Kizer.

The high school sports for the three different high schools in the area started up with a couple of our freshmen girls making the freshman volleyball squads. Basketball season started with 3 girls making the freshman squad, and 2 girls making the junior varsity squad. So far, the girl teams are having a very successful season competing against each other and staying physically fit. We also had 1 young man make the junior varsity boys basketball squad for the Dresslerville community at



Douglas High School. This team is also coached by the mentor in the HPDP program, Craig Kizer.

“We are very excited to share the news that the Stewart Community’s new Health and Wellness Center will be opening in February. We look forward to helping out and sponsoring activities at the new center for the youth and the community.”

The youth basketball seasons in our four communities also started before Thanksgiving. So far, the HPDP program has sponsored 7 teams with uniforms, gear, and entry fees to tournaments. These programs keep the young kids active and provide them with adults that serve as mentors. Darcy James works with 9 kids on Beziy’ezin (1st-3rd grade team). Two other coaches help with the “little guys” teams (the 1st-3rd division); Clay Harrison coaches 10 kids on the Riff Raff team and Tarrah Burtt coaches 10 kids on the Dresslerville Athletic Club (DAC) team. Shawn Pretty-On-Top works with the older kids in the 4th-6th grade team for DAC. Two other teams in the 4th-6th grade division are coached by Hugh Smokey Jr., (coaching the Blazers) and Nate Dondero (coaching the Bloodline team). Upper grade teams

include The Medicine Crow's 7th-8th grade team (coached by Hung A Lel Ti), and The Woodfords, which has 6 team members. Altogether, the HPDP program sponsored over 60 youth in basketball with Tarrah Burt's team of 1-3rd taking championship in 3 tournaments; this is due in part to the heavy practice schedule these "little guys" go through with their coaches. We have documented the growth rate and health status on all 60 of our youth and only a handful of the active participants are overweight.

The Stewart community youth did a winter campout up in the Clear Creek although there was no snow. They had to deal with below freezing temperatures during the cold days. The training and leadership of Eric Enos kept them from freezing on the four-day trip.

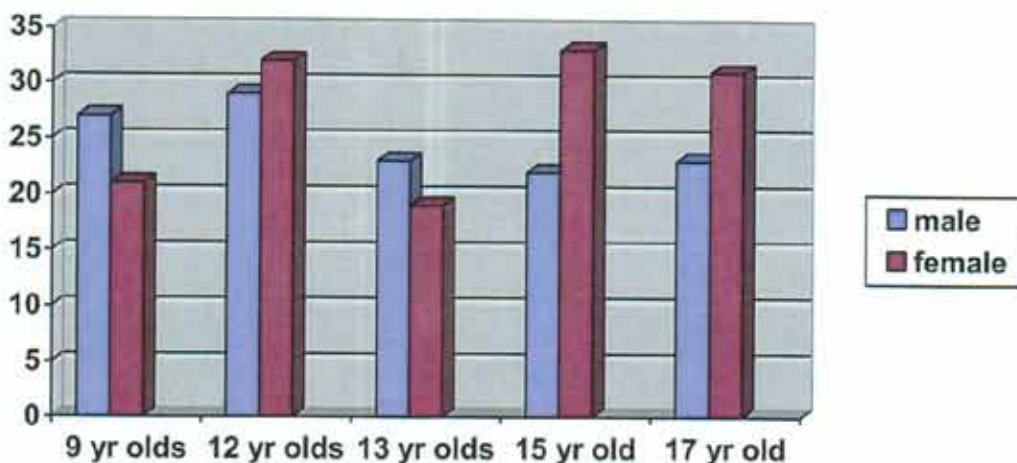
We are very excited to share the news that the Stewart Community's new Health and Wellness Center will be opening in February. We look forward to helping out and sponsoring activities at the new center for the youth and the community.

Although winter is coming to an end, our communities and HPDP program look forward to more snow in early spring so we can enjoy the skiing, snow shoeing and sledding events. In the Spring, we look forward to running the baseball and softball sessions, and, if possible, a back country camping and hiking trip.

The community recreation departments and HPDP program always recruit and welcome volunteers to serve as mentors or coaches for any of the sporting events and programs that happen throughout our communities.

During the course of the winter we have tracked the BMI for 60 participants. There were approximately 10 kids in each age group with a 60/40 split in gender. We noted that our hypothesis is correct that there was some weight gain in the age group that was post puberty. This concludes that we need to keep pre-teens and teenagers more physically active and increase our nutrition education to prevent post puberty obesity and early onset diabetes; particularly in females as they are more at risk for developing gestational diabetes if they become pregnant while obese, contributing to the next generation of early onset diabetics.

Average Body Mass Index (BMI) in participants by age group



Yukon-Kuskokwim Health Corporation, Bethel, AK

Project: Reducing Tobacco Use in Pregnancy in YK Delta Women

The Nicotine Control and Research Department at the Yukon Kuskokwim Health Corporation (YKHC)

is committed to reducing the prevalence of any tobacco use in last 3 months of pregnancy in Alaska Native women to less than 30% in 3 years.

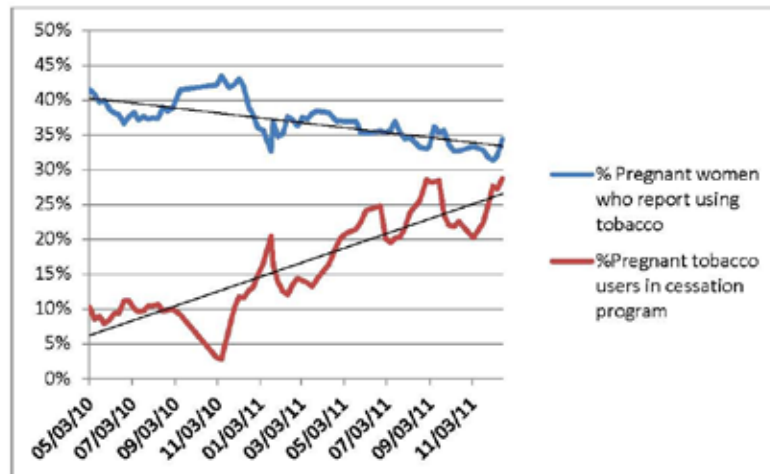
Winter is in full swing here on the YK Delta and that means frozen pipes, delayed and canceled flights, and beautiful sunsets over the tundra. It also means that another season has begun, and our work in anti-tobacco education, cessation, and prevention continues.

In addition to our cessation program for pregnant tobacco users (see graph), the education classes at the pre-maternal home, and educational packets that are mailed out to all pregnant women. We have added a few new programs to our repertoire. Partnering with local organizations has been front and center in past months. We have come to realize the effectiveness of “piggybacking” off of other existing programs to increase our reach.

We have begun building a relationship with the Tundra Women’s Coalition, and have gained access to their Teens Acting Against Violence (TAAV) group. We were able to present to their group of teens, and are looking to partner with those same teens in the future for other projects.

YKHC has created a high school program called the Youth Action Coalition (YAC), which aims to use students as a resource. After educating them on the harms of tobacco use, they are tasked to create PSAs and other anti-tobacco media. Reaching young teens is all about prevention. In a year or two, these same teens become

Tobacco prevalence among pregnant women in the Y-K Delta



The blue line shows the percent of pregnant women who report using tobacco, and the red line represents pregnant tobacco users who are involved in the cessation program.

pregnant mothers; the very demographic we wish to affect.

Students caught with tobacco have the option of entering our Tobacco Diversion program, which is another newly created program. According to the CDC, “Smoking and smokeless tobacco use are usually initiated during adolescence.” Students enrolled in the diversion program are taught about the dangers of tobacco, the reasons to quit, and how to make quitting possible and successful.

While education has a role to play in anti-tobacco efforts, peer pressure, ownership and the “cool factor” cannot be ignored. A Tobacco Free Slogan Contest was created for high school students to participate in. Winners from the contest had their slogans featured on BMX photos taken last fall. What is unique about this contest is that pictures were of popular high school students, and the slogans were created by high school students. The posters were then displayed in the halls of the high school. We were able to tap into the aspects of



ownership, pride, popularity that seem to influence people in general, but most especially, teens.

We have experienced some changes in the Nicotine Control Department which has left us devoid of someone to run the daily workings of the HPDP program. This has created a major challenge for us. Recruiting pregnant women into the tobacco cessation program, and maintaining contact with the pregnant women who were already enrolled in the cessation program has been increasingly difficult without having the manpower to do it. However, we are actively recruiting for this position and hope to have it filled and running smoothly again in the near future.