Newsletter for the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)

**IN THIS ISSUE**

**TIPCAP NOTICE BOARD**

Notices and thanks from IHS & the monitoring contractor, survey results

**PROGRAM PROFILES**

In this issue, many TIPCAP sites granted us permission to share their program profiles. These profiles highlight the amazing work the sites have accomplished during the course of this round of IHS TIPCAP funding.

<table>
<thead>
<tr>
<th>Ak-Chin Indian Community</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albuquerque Area Southwest Tribal Epidemiology Center</td>
<td>6</td>
</tr>
<tr>
<td>Apache Tribe of Oklahoma</td>
<td>8</td>
</tr>
<tr>
<td>Blackfeet Nation</td>
<td>10</td>
</tr>
<tr>
<td>Bristol Bay Area Health Corporation</td>
<td>12</td>
</tr>
<tr>
<td>California Rural Indian Health Board</td>
<td>14</td>
</tr>
<tr>
<td>Fond du Lac Band of Lake Superior Chippewa</td>
<td>15</td>
</tr>
<tr>
<td>Ho-Chunk Nation</td>
<td>17</td>
</tr>
<tr>
<td>Indian Health Council, Inc.</td>
<td>19</td>
</tr>
<tr>
<td>Inter-Tribal Council of Arizona</td>
<td>21</td>
</tr>
<tr>
<td>Lake County Tribal Health Consortium</td>
<td>23</td>
</tr>
<tr>
<td>Northern Cheyenne Tribe</td>
<td>25</td>
</tr>
<tr>
<td>Ponca Tribe of Oklahoma</td>
<td>26</td>
</tr>
<tr>
<td>Pyramid Lake Paiute Tribe</td>
<td>28</td>
</tr>
<tr>
<td>Rocky Mountain Tribal Leaders Council–Epidemiology Center</td>
<td>30</td>
</tr>
<tr>
<td>Salt River Pima-Maricopa Indian Community</td>
<td>31</td>
</tr>
<tr>
<td>Shoshone-Paiute Tribe of Duck Valley</td>
<td>33</td>
</tr>
<tr>
<td>White Earth Band of Chippewa Indians</td>
<td>35</td>
</tr>
<tr>
<td>Wichita and Affiliated Tribes</td>
<td>37</td>
</tr>
</tbody>
</table>

**TIPCAP CONTACT LIST**

39
NO-COST EXTENSION:

Grants Management has issued an automatic 12-month no-cost extension for each of the current TIPCAP sites. This extension will allow Programs to spend down their money and reopen safely and according to their local regulations.

Please note: Any Program that does not need a no-cost extension may complete their project and submit the reports as originally required. By completing and submitting the final reports, a closeout letter outlining the process will be sent to the sites by Grants Management. Programs using the provided 12-month no-cost extension will be required to comply with the regular reporting. Part Is and Part IIs will be required to submit a semiannual report for Sept. 1-Feb. 28 by March 31, 2021 and Part IIBs will be required to submit a semiannual report for July 1-Dec. 31 by Jan. 31, 2021. Any Programs notified they have been awarded another 5-year cycle of TIPCAP will be required to closeout the previous cycle prior to the commencement of the new cycle.

Contact: Andrew Diggs or Molly Madson if you have questions about your specific situation and Program.

FUNDING ANNOUNCEMENT:

The IHS Injury Prevention Program is accepting applications for the next round of TIPCAP funding. Application deadline is October 01, 2020 at 11:59 p.m. ET.

Please note: Applications will be accepted for the prevention of unintentional Injuries, like falls, burns, drowning, poisoning (including opioids), and motor vehicle-related injuries, and intentional injuries, like suicide and violence-related injuries.

For more information: See the IHS IPP TIPCAP webpage to view the notice of funding opportunity (NOFO), the NOFO webinar, NOFO FAQ document, and more.

PERMISSION REMINDER:

TIPCAP sites who have not submitted permission for their TIPCAP profile to be featured online should provide this permission as soon as possible to allow for their profile to be shared on the IHS website. A sample letter is linked here.

Contact: Please reach out to Molly, Jenn, or Eliza if you have questions about the permissions process.
Congratulations and thanks

From LCDR Molly Madson, Injury Prevention Specialist

Congratulations to the Part II B sites who completed their 3 years of TIPCAP at the end of June 2020. And, coming up at the end of the month, the Part I and Part IIA sites will complete their 5-year TIPCAP cycles. This final year of TIPCAP has been filled with changing staff and changing priorities. During times of uncertainty, it’s easy to focus on everything we are unable to complete, but I have been so incredibly impressed by everyone’s ability to implement unique and innovative ways to still meet their program’s objectives. This summer only marks the conclusion of the initial funding cycle, but many sites will be utilizing the automatic 12-month, no-cost extension. This extension has been applied to all sites, but you are welcome to close out at any time. Regardless of where your sites are at or when they may be officially completed, I am still very excited and very proud to share the hard work that you all have done. This newsletter will be featuring the approved TIPCAP Profiles, outlining the work and progress these sites have done throughout the last 3-5 years in addressing injuries in their tribal communities. Thank you for your work and your dedication to this program!

I also want to thank the Team at the University of Colorado Denver, Centers for American Indian and Alaska Native Health for serving as the monitoring contract for TIPCAP over the past 4 years. Not only have they created the incredible profiles you’re seeing in this newsletter, they have also implemented and increased data collection, improved communication, facilitated site visits and meetings, and increased capacity for injury prevention projects and programs at all levels. They have been absolutely wonderful program partners, and I am so thankful for them. Please reach out to Jenn, Eliza, Sara, Ann, and the rest of the team to say thank you as well!

FROM THE MONITORING CONTRACTOR

Thank you

As the monitoring contractor for this funding cycle of TIPCAP, we have thoroughly enjoyed working with each of you. We extend our deepest gratitude to you for allowing us to be a part of your wonderful and very important work over the last four years, and our utmost appreciation for your hard work and the passion that you have put into preventing injuries in Indian Country. We continue to be impressed by your innovation in creating relationships and partnerships, the creativity you have expressed through your local activities, and the amazing progress you have made towards long-term sustainability of injury prevention programs in American Indian and Alaska Native communities. We have learned a great deal from everyone, especially from the local level staff, IHS Injury Prevention Specialists and Headquarters staff, who have led the way with their years of expertise and dedication to these efforts. We hope this is not a ‘goodbye’ but a ‘see you later’. We wish you the very best and hope to work with you again in the future. Thank you again for a productive and successful journey!

Sincerely,
The TIPCAP team at the Centers for American Indian and Alaska Native Health, University of Colorado Anschutz Medical Campus
Thank you to everyone who took the time to complete the TIPCAP survey earlier this year. Your thoughtful responses and the quality feedback you took the time to provide were very helpful in gaining a better understanding of the aspects you feel make TIPCAP a success, and where there might be room for improvement. Thank you again for your time and valuable input.

In total, 21 TIPCAP Coordinators and 11 Project Officers fully completed the survey. When asked how important different components were to making TIPCAP a successful Cooperative Agreement program, adequate multi-year funding, tribal commitment, a full-time coordinator, and clear expectations from the funding agency were most often chosen as ‘Very Important’ to program success by TIPCAP Coordinators. Project Officers chose tribal commitment, a full-time coordinator, and technical assistance with implementation. When the respondents were asked to rank these aspects (omitting ‘clear expectations from the funding agency’), both TIPCAP Coordinators and Project Officers choose the same top three aspects of success.

### Ranked Aspects of Success*

<table>
<thead>
<tr>
<th>TIPCAP Coordinators</th>
<th>Project Officers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-time coordinator</td>
<td>Full-time coordinator</td>
</tr>
<tr>
<td>Adequate multi-year funding</td>
<td>Tribal commitment</td>
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<tr>
<td>Tribal commitment</td>
<td>Adequate multi-year funding</td>
</tr>
<tr>
<td>Tailored programming</td>
<td>Community partnerships</td>
</tr>
<tr>
<td>Community partnerships</td>
<td>Evidence-based strategies</td>
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<td>Evidence-based strategies</td>
<td>Tailored programming</td>
</tr>
<tr>
<td>Implementation TA (tied)</td>
<td>Data collection</td>
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<td>Data TA (tied)</td>
<td>Data TA</td>
</tr>
<tr>
<td>Data collection</td>
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</tbody>
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*These rankings were determined by assigning 3 points for most important, 2 points for second-most important, and 1 point for third-most important. No Project Officer chose Implementation TA in their ranking.

### Aspect Very Important to Success

![Aspect Very Important to Success](image)

A note from Eliza

Last month, in place of a traditional TIPCAP webinar, I created two video tutorials. In the first video, I walk through how to create fillable PDFs using Adobe Acrobat Pro. In the second video, I show how to use Excel VBA coding to make userforms in Excel, which facilitate data entry. Relevant documents to the tutorials are linked in the descriptions of the YouTube videos.

I had fun recording these videos and hope that they will be useful to you now or in the future, as you consider new ways to collect, enter, and analyze data. Thank you for your help and interest!
Ak-Chin Indian Community
Injury Prevention Program

Unintentional injuries from motor vehicle crashes and elder falls were identified as important areas for injury prevention initiatives in the Ak-Chin Indian Community.

**Program Goals**

Prevent injuries related to falls and motor vehicle crashes in the Ak-Chin Indian Community

1. Provide fall prevention education to community members
2. Offer weekly exercise classes for residents 55 years and older
3. Visit homes of tribal elders to find hazards that may increase risk of falling
4. Make changes in the homes to increase safety and decrease risk of falling
5. Recruit and train new Child Passenger Safety Technicians
6. Host car seat check events and provide child safety seats

**Program Highlights**

September 2015-February 2020

- **Homes**: 86 homes were checked for fall hazards and changes were made to make the homes safer
- **Elders**: 6-12 elders take part regularly in weekly exercise classes to improve their strength and balance
- **Events**: 3 events hosted each year to check correct safety seat use and to provide education about safety seats
- **Safety Seats**: 230 safety seats provided to parents/caregivers at car seat events

Tribal Injury Prevention
June 2020

**Background**

- **Tribal Enrollment**: 1,133 members
- **Location**: Southwest of Phoenix, Arizona
The program conducts regular driver seat belt and child passenger safety observations each year and remains dedicated to tracking these measures in the community.

The program also organizes child passenger safety events where technicians check cars for proper child restraint use, provide child safety seats when necessary, and educate parents/caregivers on proper child restraint.

Tribal Injury Prevention
June 2020
Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC)

Unintentional injuries are the leading cause of death in those 0-44 years of age and the third leading cause of death overall among AASTEC’s service population.

PROGRAM GOALS

Provide injury prevention services and resources to assist the Tribal and Pueblo communities in the Albuquerque Area to reduce injuries from older adult falls and motor vehicle crashes.

1. Provide injury prevention trainings for tribal and IHS staff
2. Survey community members about injury prevention awareness & needs
3. Create and provide helpful resources and products for tribal injury prevention programs
4. Work with community members to create an injury prevention coalition that meets quarterly
5. Support tribal injury prevention programs in the area by providing advice, guidance, and technical assistance

Background

- Service Population: All 27 communities in the Albuquerque Area (~104,000)
- Service Area: Spans across New Mexico, Southern Colorado, Western Texas, & Southeastern Utah

PROGRAM HIGHLIGHTS

September 2015-February 2020

Coaches: 221 trained to teach Matter of Balance and STEADI fall prevention classes
People: 2690 reached in the community through media campaigns
Meetings: 4 per year with 32 coalition partners
Safety Seats: 340 provided to parents/caregivers at regular car seat clinics in 7 IHS ABQ Area Tribes

Tribal Injury Prevention
April 2020

www.AASTEC.net
The program hosted an injury prevention digital storytelling workshop to train participants to create powerful media projects using images, music, and video. The program produced 5 digital stories featuring personal narratives about the impact and importance of tribal injury prevention.

AASTEC assists tribal communities in holding regular car seat clinics to check cars, install safety seats, and provide education. In the last 4 years, 340 child safety seats have been provided to parents/caregivers.
Apache Tribe of Oklahoma
Injury Prevention Program

Falls and motor vehicle crashes are the leading causes of injury in Caddo County, OK

PROGRAM GOALS

Prevent injuries related to falls and motor vehicle crashes among American Indians living in Caddo County, Oklahoma

1. Visit homes of tribal elders and fix hazards that may increase risk of falling
2. Coordinate eye screenings for elders
3. Review elders’ medications (which can sometimes increase risk of falling)
4. Host car seat check events and provide child safety seats and education
5. Observe and record community members’ car seat and seat belt use
6. Provide training for Child Passenger Safety Technicians
7. Attend Oklahoma Traffic Safety Coalition meetings

Background

- Tribal Enrollment: 2,641 members
- Location: Extends across several counties, with Tribal Headquarters located in Anadarko, Oklahoma

PROGRAM HIGHLIGHTS
June 2017-December 2019

Homes: 26
Changes: 163
Safety Seats: 277
Trained: 110
Members: 200k

- Homes were checked for fall hazards
- Changes completed in elders’ homes to fix fall hazards and make homes safer
- Safety Seats provided to parents/caregivers and installed in vehicles
- Trained as certified Child Passenger Safety Technicians
- Members of the community reached through media campaigns

Tribal Injury Prevention
March 2020

www.apachetribe.org
The program partners with Safe Kids Worldwide to provide car seat education and resources to the Apache community through Safe Kid NA-I-SHA.

Safe Kids

The program partners with Safe Kids Worldwide to provide car seat education and resources to the Apache community through Safe Kid NA-I-SHA.

Media Outreach

To raise awareness about elder fall risk in the community, the program installed a billboard. The billboard is estimated to reach 10,000 people per day!

The program also recorded radio PSAs about child passenger safety in collaboration with Apache Tribal Princess, Clara Cisco. The PSAs were broadcast between October 2019 and January 2020.

Apache Tribe Child Restraint Use Rates

The program has observed a nearly 65% increase in community members’ child safety seat use from the first observation period to the most recent—from a 48% use rate to 79%.

Apache Tribe Child Restraint Use Rates

<table>
<thead>
<tr>
<th>Month</th>
<th>Use Rate</th>
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</thead>
<tbody>
<tr>
<td>Apr. 2018 - Jun 2018</td>
<td>30%</td>
</tr>
<tr>
<td>Jul 2018 - Sept 2018</td>
<td>40%</td>
</tr>
<tr>
<td>Oct 2018 - Dec 2018</td>
<td>50%</td>
</tr>
<tr>
<td>Jan 2019 - Mar 2019</td>
<td>60%</td>
</tr>
<tr>
<td>Apr 2019 - Jun 2019</td>
<td>70%</td>
</tr>
<tr>
<td>Jul 2019 - Sept 2019</td>
<td>80%</td>
</tr>
<tr>
<td>Oct 2019 - Dec 2019</td>
<td>90%</td>
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</tbody>
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Antoinette Short

Injury Prevention Coordinator
Main: 405-247-9493
Direct: 405-247-7000
E: apachetribe_chr@yahoo.com

Tribal Injury Prevention
March 2020
Blackfeet Nation
Injury Prevention Program

Within reservation boundaries, alcohol use, distracted driving, and low rates of car seat/seat belt use are leading causes of injury and death resulting from motor vehicle crashes.

PROGRAM GOALS

Reduce injuries from motor vehicle crashes and increase motor vehicle safety among members of the Blackfeet Nation

1. Organize motor vehicle safety education for youth in local schools
2. Provide education on motor vehicle safety to community members
3. Provide training for Child Passenger Safety Technicians
4. Host car seat check events and provide child safety seats
5. Work with community members to create an injury prevention coalition
6. Work with local law enforcement to increase enforcement of motor vehicle laws

Background
- Tribal Enrollment: 17,135 members with 9,100 living on or near the reservation
- Location: Northwestern Montana

PROGRAM HIGHLIGHTS
September 2015-August 2019

1k
Pledges
signed by community members promising to wear seat belts

10k
Vehicles
observed to check for driver and passenger seat belt use

12
Coalition
meetings held each year to discuss seat belts, DUIs, and other injury prevention topics

222
Safety Seats
provided to parents/caregivers at car seat clinics

1
Mandate
passed that requires police to enforce seat belt and safety seat laws

December 2019
Blackfeet Nation
Injury Prevention Program

PROGRAM SNAPSHOT

Billboard Raises Awareness

The Injury Prevention Program worked with community partners to design and install a billboard featuring a local artist and calling attention to Ordinance 85, mandating seat belt use. The billboard, located at a busy intersection in Browning, MT, is estimated to have reached over a million viewers!

Driver Seat Belt Usage Rate Increases

In 39% of the cars observed in 2019, the drivers were wearing seat belts, a 129% increase from 2015!

Tribal Injury Prevention
December 2019
Bristol Bay Area Health Corporation
Injury Prevention Program

Most elders in the Bristol Bay villages are home-bound and experience a high rate of injuries from falls

PROGRAM GOALS

Reduce the number of injuries and deaths from falls among tribal residents aged 55 years or older in the Bristol Bay, Alaska region

1. Visit homes of tribal elders to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling

PROGRAM HIGHLIGHTS
September 2015-February 2020

- Homes: 118
- Changes: 374
- Falls: 0
- Ice cleats: 300+

Background

- Service Population:
  A consortium of Bristol Bay tribes (Yup'ik, Dena’ina, and Supiak/Alutiiq)
- Location:
  Southwest Alaska

PROGRAM OBJECTIVES

300+ Ice cleats distributed to help prevent falls

Most elders in the Bristol Bay villages are home-bound and experience a high rate of injuries from falls.
Given the geographic spread of the BBAHC’s service area, the Injury Prevention Program partners with community health aides to listen to the needs of the community elders, allowing the program to effectively serve rural communities while keeping travel costs low. The aides also facilitate the program’s regular follow-up procedure.

Other partners include the Bristol Bay Native Association, Bristol Bay Economic Development Corporation, Village Public Safety Officers, Alaska State Troopers, tribal entities, and village and tribal councils. The program also attends Alaska Native Tribal Health Consortium coalition meetings.

Since September 2015, BBAHC has made over 300 changes to elders’ homes to help prevent falls. Changes include things like bath benches fitted with grab bars, toilet safety frames to allow elders to more easily lower and raise themselves onto the toilet, and adjustable shower benches with grab bars.
California Rural Indian Health Board
Injury Prevention Program

Motor vehicle crashes are the leading cause of death among American Indians and Alaska Natives aged 19 and younger

PROGRAM GOALS
Reduce injuries to children in motor vehicle crashes, working with Pit River Health Service, Toiyabe Indian Health Project, Warner Mountain Indian Health Program, and Greenville Rancheria Tribal Health Program

1. Provide training for Child Passenger Safety Technicians and increase number of certified technicians in each community
2. Provide the National Highway Traffic Safety Administration training course each year in each community
3. Observe and record community members’ car seat use
4. Host car seat check events and provide safety seats and education

PROGRAM HIGHLIGHTS
Sept. 2015-Feb. 2020

123 Technicians recruited, trained, and certified as Child Passenger Safety Technicians
18 Events hosted to check correct safety seat use and to provide education about safety seats
1,141 Safety Seats distributed to parents/caregivers across the four tribal communities

CRIHB Car Seat Use Rate
Observed Restraint Use by Time Period

Julie Villa
IP Coordinator
O: 916-929-9761 x1512
E: jvilla@crihb.org
www.CRIHB.org

Background
Service Population: ~9,000
Service Location: California

Partnerships
The program partners with the University of California Davis, California Highway Patrol, Departments of Public Health, community health programs, and others
Fond du Lac Band of Lake Superior Chippewa Injury Prevention Program

In Minnesota, 3 out of 4 car seats are used incorrectly, and fatal crashes are the leading cause of death in children aged 1-14 years.

PROGRAM GOALS

Increase use of child safety seats within the Fond du Lac Band of Lake Superior Chippewa Reservation

1. Provide child passenger safety education to community members
2. Provide car and booster seats to parents/caregivers at low or no cost
3. Host monthly events to provide safety seats and education
4. Work with law enforcement and Safe Kids to increase child passenger safety in the community

Background

- Tribal Enrollment: 4,200 members
- Location: Northeast Minnesota

PROGRAM HIGHLIGHTS

Sept. 2015–Feb. 2020

54 Clinics
392 Parents
681 Safety Seats

Sustainability through Partnerships

The injury prevention program has maintained numerous injury prevention activities despite changes in funding. Childhood injury prevention activities have continued in partnership with Safe Kids North East Minnesota; Traffic safety programming in partnership with the Driving 4 Safe Communities Coalition; and the elder falls prevention program in partnership with Essentia Health.

Tribal Injury Prevention

April 2020
Since 2015, car seat clinic attendance has doubled. As participation increased, the injury prevention program has tracked that overall percent of car seats correctly used has decreased, demonstrating a need for car seat education.

**Fond du Lac Seat Check Statistics:**

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Seats Checked</th>
<th>Percent Correct Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>50</td>
<td>30.0%</td>
</tr>
<tr>
<td>2016</td>
<td>65</td>
<td>28.0%</td>
</tr>
<tr>
<td>2017</td>
<td>70</td>
<td>36.0%</td>
</tr>
<tr>
<td>2018</td>
<td>80</td>
<td>40.0%</td>
</tr>
<tr>
<td>2019</td>
<td>95</td>
<td>34.0%</td>
</tr>
</tbody>
</table>

Correct Car Seat Use Increases

Tribal Injury Prevention  
April 2020  
KaRee Lockling, Injury Prevention Coordinator  
O: 218-878-2126 | E: kareelockling@fdrez.com
Ho-Chunk Nation
Injury Prevention Program

In Wisconsin, deaths from motor vehicle crashes are 1.9 times higher for American Indians than all other races

PROGRAM GOALS

Decrease distracted driving rates and increase rates of seat belt and child safety seat use in the Ho-Chunk Tribal community

1. Provide education on distracted driving, seat belt use, and child passenger safety to community members
2. Observe and record community members’ car seat use, seat belt use, and distracted driving
3. Work with law enforcement to enforce laws through citations and warnings
4. Provide car and booster seats to parents/caregivers
5. Create a yearly billboard message about distracted driving

Background

• Tribal Enrollment: 5,256 members
• Location: Central Wisconsin

PROGRAM HIGHLIGHTS

Sept. 2015-Feb. 2020

524
12
2

Car Seats
Observations
Billboards

1. Car Seats distributed at car seat events, Ride Safe events, and through individual appointments
2. Observations of distracted driving done each quarter, with 500-900 cars observed per quarter
3. Billboards installed to address the dangers of distracted driving, which reach 5,000 people per day

Featured Partnerships

Law Enforcement

The Injury Prevention Program partners with local law enforcement to hold saturation patrols and share data about citations and crashes

Head Start

The program also partners with local Head Start programs to provide Ride Safe classes to promote child restraint use

http://health.ho-chunk.com/
Cars are observed quarterly at 46 different sites in the Ho-Chunk Tribal community. In the latest observation, the site observed a 12.5% increase in seat belt use (from 72% in 2018 to 81%).

Driver Seat Belt Use among Ho-Chunk Tribal Community

Observed Seat Belt Use at 8 Time Periods

Lisa Herritz
Environmental Health Program Manager
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E: Lisa.Herritz@ho-chunk.com
Indian Health Council, Inc.

Injury Prevention Program

In 2010, the Injury Prevention Program found a low usage rate of child safety seats, with only 38% of cars checked using child safety seats correctly.

**PROGRAM GOALS**

Improve child passenger safety seat compliance among five Indian Health Council, Inc. tribes

1. Perform car seat checks for proper child safety seat use
2. Provide car and booster seats to parents/caregivers
3. Provide child passenger safety education to parents/caregivers and trainings for community members
4. Create and provide helpful resources about injury prevention

**BACKGROUND**

- **Service Area:** 1,800 square miles in rural San Diego county
- **Tribes Served:** Pauma, Pala, San Pasqual, Rincon, and Santa Ysabel

**PROGRAM HIGHLIGHTS**

Sept. 2015-Feb. 2020

**Safety Seats**

- Provided to parents/caregivers with education through one-on-one trainings and group classes

**Use**

- Of child safety seats, an increase from 68% in 2016 to 86% in 2020

**Emerging Issue**

The Injury Prevention Program noticed a lack of helmet use on ATVs, motorcycles, bicycles, and other modes of transportation. To combat this issue and prevent Traumatic Brain Injuries in our communities, we started distributing safety helmets to community members.

- **Helmets**
  - Distributed to community members at safety events since February 2020

**Tribal Injury Prevention**

August 2020
The Injury Prevention Program surveyed community members to learn what times and class structure worked best for their schedules and preferences.

After implementing changes, the program saw a **102% increase** in class attendance.

**Integrating with Electronic Health Records**

To stay organized and increase communication with clinic providers, the program has integrated one-on-one car seat visits into the NextGen electronic health system.
Inter Tribal Council of Arizona, Inc. (ITCA)
Injury Prevention Program

PROGRAM HIGHLIGHTS
June 2017-June 2020

Inter Tribal Council of Arizona, Inc. (ITCA)
Injury Prevention Program

PROGRAM GOALS
Decrease number of traumatic brain injuries (TBIs) by increasing wheel
sport and pedestrian safety with three ITCA Member Tribes

1. Conduct 1 bike traffic skills training
2. Propose a bike helmet ordinance for youth
3. Promote visibility for bicyclists and pedestrians
4. Increase awareness of traumatic brain injury prevention

Community Responsiveness
In response to community need, ITCA broadened the program’s objectives
from focusing solely on bicycle and helmet safety to focusing on TBI preven-
tion through wheel sports (biking, scootering, skateboarding, and skating)
and pedestrian safety. This broader focus allowed for more education events
and partnerships with other groups focusing on preventing the causes of TBI.
During three project years, ITCA assisted one Member Tribe of ITCA per year.

Helmet Ordinance
During FY18-FY20, ITCA identified the number of TBI and wheel-sport
related injuries for American Indians in Arizona and shared with each
of the three Tribal Councils a draft helmet ordinance. In June 2020,
the Tonto Apache Tribal Council adopted an ordinance, which is
one of the few tribal multi-sport helmet ordinances.

PROGRAM HIGHLIGHTS
June 2017-June 2020

3,276
Reached
through media
campaigns
to raise
awareness to
prevent TBIs

2,146
Safety Items
given out to
cyclists and
walkers

13
Sessions
held for public
health staff,
with 10 for TBI
outreach and 3
for bike traffic
skills

16
Partnerships
made with
local law
enforcement,
health services,
community
programs, and
others

Tribal Injury Prevention
June 2020

www.ITCAonline.com/epi
During FY19-FY20, in collaboration with the health department and police department of both the Hualapai Tribe and the Tonto Apache Tribe, ITCA created the Be Safe Be Seen campaign to communicate the importance of wearing reflective gear and using safety equipment to prevent TBI among wheel-sport participants and pedestrians.

TBI Trainings with Measurable Impact

During FY18-FY20, ITCA held 10 TBI training sessions in partnership with the Arizona Dept of Health Services and the Arizona Governor’s Council on Spinal and Head Injury. The trainings educated 103 employees of the Colorado River Indian Tribes, the Hualapai Tribe, and the Tonto Apache Tribe about the dangers of TBI.

Bike Traffic Skills Trainings

During FY18-FY20, ITCA contracted three certified bike instructors from the Hualapai Nation Police Department to conduct one-day training and bike maintenance workshops with each of the three Member Tribes of ITCA. The program taught bike riding skills and distributed helmets, lighting and reflective devices, and bicycle safety information at the trainings.

Creative Community Outreach

During FY18-FY20, ITCA used interactive approaches at existing community events, including Halloween Festivals, to engage community members, distribute reflective devices, and share safety information.

Esther Corbett, Manager, Tribal Epidemiology Center | 602-258-4822 | esther.corbett@itcaonline.com
Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives in the Lake County tribal community.

**Program Goals**

- Decrease death and injuries related to accidental falls among tribal elders in Lake County
- Visit homes of elders to find hazards that may increase risk of falling
- Make changes in homes to decrease risk of falling
- Make referrals for elders to have their eyes checked
- Make referrals for elders to meet with a pharmacist to review their medications (which can sometimes increase risk of falling)
- Offer exercise classes to help elders improve balance & strength

**Program Highlights**

- June 2017-December 2019
- Lake County Tribal Health Consortium
- Injury Prevention Program

**Background**

- Number of eligible elders: 458
- Location: Lake County, California
- Tribes Served:
  - Big Valley Band of Pomo Indians
  - Elem Indian Colony of Pomo Indians
  - Habematolel Pomo of Upper Lake
  - Middletown Rancheria of Pomo Indians
  - Robinson Rancheria
  - Scotts Valley Band of Pomo Indians

**Program HIGHLIGHTS**

- Homes checked for fall hazards that may increase risk of falling: 72
- Changes made to homes to make them safer, including handicap showers, grab bars, & shower benches: 225
- Reviews of medications completed, with medication lists updated in clinic’s health records: 282
- Sessions of Tai Chi classes held for local elders to help improve their strength and balance: 94
- People reached through educational outreach events: 3,588

**Tribal Injury Prevention**

April 2020
Cross-Disciplinary Communication Using Electronic Health Records (EHR)

1. The Injury Prevention Program (IPP) uses EHRs to schedule home visits and receive referrals from providers.
2. On home visits, CHRs document the medications taken by elders in the EHR/RPMS system.
3. Primary care providers are notified that the patients' EHR is ready for their review.
4. The IPP communicates regularly with clinic partners to ensure that the needs of elders are met efficiently.

Elder Fall Program

The IPP makes changes, like adding grab bars and shower seats, to make homes safer for elders.

The IPP also offers classes to help elders improve strength and balance to prevent falls.

Darnell Aparicio, Injury Prevention Coordinator
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Collaborated with local law enforcement and Tribal Council members to reinstate primary seatbelt law, increase car seat and DUI enforcement, and expand data-sharing efforts.
Ponca Tribe of Oklahoma
Injury Prevention Program

Falls are a leading cause of injury resulting in hospitalizations among older adult members of the Ponca Tribe of Oklahoma

PROGRAM GOALS

Decrease injuries from falls among Ponca Tribe of Oklahoma members aged 55 years and older

1. Visit homes of tribal seniors to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling
3. Make and receive referrals for tribal seniors to have their eyes checked
4. Encourage tribal seniors to meet with a pharmacist to review their medications (which can sometimes increase risk of falling)
5. Offer 12-week Silver Sneaker exercise program 2 times per year in the community to help improve balance and strength for tribal seniors

Background

- Tribal Enrollment: 3,581 members with 3,000 living in Oklahoma
- Location: Northcentral Oklahoma

PROGRAM HIGHLIGHTS
September 2015-August 2019

128 Homes checked for fall hazards

604 Improvements installed in tribal seniors’ homes to help prevent falls, including 20 ramps

264 Referrals made from pharmacists and eye doctors to the IP program

2 12-week Classes held each year for tribal seniors to improve their strength and balance

Tribal Injury Prevention
August 2020
Darlene Pensoneau Harjo, an enrolled member of the Ponca Tribe of Oklahoma, wrote to the Injury Prevention Program (IPP) to thank Jocy for the care she shows to her and to other senior citizens in the White Eagle and Ponca City community.

“I requested [Jocy’s] services after cataract removal [and before] a pending surgery for a knee replacement.” Darlene needed assistance with preparing her home post-surgeries. Jocy performed a home assessment and then helped Darlene get grab bars installed in the shower, a handrail, non-skid mats, and a riser for the toilet seat. “I would not be able to afford any of the prevention items her program has provided for me and others like me. Thank you so much.”

Other modifications the IPP has made to elders’ homes include...

- Smoke detectors
- Shower benches
- Raised seats/bars
- Handrails
- Ramps

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Pyramid Lake Paiute Tribe
Injury Prevention Program

Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives for the Pyramid Lake Paiute Tribe

PROGRAM GOALS

Decrease injuries from falls among the tribal elders in the Pyramid Lake Paiute Tribe

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling
3. Make referrals for elders to have their medications reviewed (some medications can increase risk of falling)
4. Provide one-on-one and group education about fall prevention
5. Publish an elder fall prevention newsletter

Background

- Tribal Enrollment: 2,288 members with 1,300 living on the reservation
- Location: Northwestern Nevada

PROGRAM HIGHLIGHTS

September 2015-February 2020

101
1076
101
200

Homes
Changes
Reviews
Elders

checked for fall hazards
made in elders’ homes to help prevent falls, like grab bars, ramps, shower chairs, etc.
completed of elders’ medications
reached through a newsletter focusing on elder fall prevention

Tribal Injury Prevention
August 2020
The Injury Prevention Program (IPP) holds bi-monthly chair yoga classes for local elders to increase strength and balance.

**Exercise Classes**

The IPP coordinates with Clinic departments (including Maintenance, Pharmacy, and Community Health) as well as Tribal departments (including Social Services, Housing Tribal Administration's Elder Assistance Program, Tribal Newspaper, and the Numaga Senior Center).

**Collaboration**

The monthly newsletter aims to provide injury prevention education to elders. Topics have included: “Wall Flexibility Exercise,” “What To Do If You Fall,” “Fall Exercises To Keep You Moving,” “Floor Stretching Exercises,” “Overcoming Barriers To Exercise,” and “Arm Curl Exercises.”

**Creative Communication**

The IPP conducts pre- and post-questionnaires with home assessment recipients to measure the impact of education provided, and functional assessments before and after strength and balance exercise classes to track their effectiveness. From one class in 2018, 100% of participants saw improvements in their Four Stage Balance Tests. Due to COVID-19, the program has faced challenges collecting post-tests from more recent classes.

One patient saw a 233% increase in her ability to do the Tandem Stand and saw an 8% increase in her ability to stand on one foot. These findings suggest an improvement in her balance and strength as a result of the class.

**Tracking Progress**

**Carla Molino**
Injury Prevention Coordinator
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GOALS

RMTLC works to promote and assist injury prevention efforts within Tribal communities in Montana and Wyoming

1. Collect and report injury data to each Tribe to assist in planning their injury prevention activities
2. Provide overview of each of the Tribe’s injury prevention activities, laws, and policies
3. Support each Tribe by providing ongoing advice and guidance

Tribes Served

• Blackfeet Tribe
• Chippewa Cree Tribe of Rocky Boy
• Confederated Salish & Kootenai Tribes
• Crow Tribe
• Eastern Shoshone Tribal Council
• Fort Belknap Indian Community
• Fort Peck Assiniboine & Sioux Tribes
• Little Shell Tribe of Montana
• Northern Arapaho Tribal Council
• Northern Cheyenne Tribe

HIGHLIGHTS

Technical Assistance and Data Report Projects

• Analyzing Tribal injury data and creating tribal-specific and aggregate mortality reports
• Calculating community seat belt use rates
• Developing a gap analysis survey
• Hosting the Injury Prevention Strategic Intervention Planning Meeting

Capacity Building Through Data Management Training

In collaboration with the Centers for Disease Control (CDC) subject matter experts, RMTLC provided data management training for sanitarians from Montana and Wyoming Tribes. Participants were trained in using Epi Info, data collection techniques, data analysis, and program evaluation.

SNAPSHOT

Annual Workshop

Child Safety Seats

held by RMTLC to assist Tribes in planning their injury prevention activities

are provided by RMTLC to area tribes to give to their community members

Kalu Uma Onwuchekwa
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Tribal Injury Prevention
May 2020
Salt River Pima-Maricopa Indian Community (SRPMIC)

Unintentional injuries from motor vehicle crashes and elder falls were identified as important areas for injury prevention initiatives in the SRPMIC.

**PROGRAM HIGHLIGHTS**

**September 2015-February 2020**

- 90 Technicians recruited, trained, and certified as Child Passenger Safety Technicians
- 1327 Safety Seats provided to parents/caregivers along with education about safety seats
- 600 Helmets provided at bike rodeos, with more helmets provided through other partnerships
- 35k People reached in Tribal communities through media campaigns
- 25+ Partners established in the community who attend regular coalitions meetings

**PROGRAM GOALS**

Reduce the number of unintentional injuries in the SRPMIC related to:

1. **Unintentional falls** by providing exercise classes for SRPMIC elders to improve balance and strength
2. **Child passenger safety** by working with the local Early Childhood Education Center (ECEC) to provide safety seats and education to parents/caregivers
3. **Child helmet use** by hosting a yearly bike rodeo for the community and providing bicycle and skateboard helmets and education on helmet safety
4. **Adult and child seat belt use** by providing trainings and working with community members to raise awareness for injury prevention

**Background**

- **Tribal Enrollment**: over 9,000 members
- **Location**: Metropolitan Phoenix area

**TRIBAL INJURY PREVENTION BACKGROUND**

- **Tribal Enrollment**: over 9,000 members
- **Location**: Metropolitan Phoenix area

**PROGRAM GOALS**

1. Unintentional falls by providing exercise classes for SRPMIC elders to improve balance and strength
2. Child passenger safety by working with the local Early Childhood Education Center (ECEC) to provide safety seats and education to parents/caregivers
3. Child helmet use by hosting a yearly bike rodeo for the community and providing bicycle and skateboard helmets and education on helmet safety
4. Adult and child seat belt use by providing trainings and working with community members to raise awareness for injury prevention

**TRIBAL INJURY PREVENTION**

April 2020
As of August 2019, 224 elders have taken part in fall prevention classes, like yoga, Tai Chi, and Matter of Balance, provided by the SRPMIC Injury Prevention Program. Classes like these improve elders’ strength and balance, which helps prevent injuries from falling.

### SRPMIC Fall Prevention Activities

#### Balance Tests Before and After Tai Chi Classes

- **Timed Up and Go Test**
  - Jan. 2018:
  - April 2018:
  - Needs improvement

- **30 Second Chair Stand**
  - Met benchmark
  - Needs improvement

#### Balance Tests Before and After Yoga Classes

- **March 2018**
- **July 2018**
  - Met benchmark
  - Needs improvement

### Improvement in Community Car Seat & Seat Belt Use

#### Child Restraint Use Rate

- **Observed Restraint Use by Time Period**
  - Sept 2015 - Sept 2016: 30%
  - Sept 2016 - Sept 2017: 49%
  - Sept 2017 - Mar 2018: 52%
  - Mar 2018 - Sept 2018: 64%
  - Sept 2018 - Mar 2019: 69%
  - Mar 2019 - Sept 2019: 67%
  - Sept 2019 - Feb 2020: 71%

#### Driver Seat Belt Use Rate

- **Observed Seat Belt Use by Time Period**
  - Sept 2015 - Sept 2016: 64%
  - Sept 2016 - Aug 2017: 77%
  - Aug 2017 - Feb 2018: 77%
  - Feb 2018 - Sept 2018: 78%
  - Sept 2018 - Mar 2019: 78%
  - Mar 2019 - Sept 2019: 78%
  - Sept 2019 - Feb 2020: 77%

### Monte Yazzie

Injury Prevention Coordinator
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Tribal Injury Prevention
April 2020
Shoshone-Paiute Tribe of Duck Valley
Injury Prevention Program

Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives for residents of the Duck Valley Indian Reservation

PROGRAM GOALS

Reduce fall-related injuries to elders residing on the Duck Valley Indian Reservation
1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in homes to increase safety and decrease risk of falling
3. Offer exercise classes to help elders improve balance and strength
4. Provide exercise equipment

Background
- Population: 1,800
- Location: Owyhee, Nevada

Duck Valley Elder Fall Prevention Questionnaire

In 2017, 34 elders responded to a questionnaire asking about their experiences with falling and other information related to fall prevention behaviors. Their responses made it clear that falls are a concern among older adult residents in the community.

Have you had a recent fall?
- Yes
- No

Treatment for fall?
- Hospitalization
- Outpatient
- None
- No response

Do you have a fear of falling?
- Yes
- No

Tribal Injury Prevention

www.ShoshonePaiuteTribes.com
Program Goal: Reduce fall-related injuries to elders residing on the Duck Valley Indian Reservation

Program Highlights
June 2017-December 2019

- 24 Homes checked for fall hazards
- 15 Ramps installed in elders’ homes and 124 other safety modifications made
- 11 Elders on average participate in weekly exercise classes at the senior center
- 2 Articles published about the new injury prevention funding and programming

Media Campaigns

The Injury Prevention Program also reaches the community through Sho-Pai News and Sho-Pai Radio, sharing fall risk and safety messaging.

Tribal Injury Prevention
February 2020

www.shoshonepaiutetribes.com

Charlita Thacker
Injury Prevention Coordinator
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Unintentional injuries from motor vehicle crashes were identified as an important area for injury prevention initiatives for the White Earth Nation.

**PROGRAM GOALS**

Protect infants and children of the White Earth Nation from injury and adverse effects of motor vehicle crashes

1. Perform car seat checks for proper child safety seat use
2. Provide car and booster seats to parents/caregivers
3. Provide child passenger safety education to parents/caregivers
4. Hold seat belt checkpoints
5. Provide articles to the tribal newspaper about injury prevention topics
6. Establish an Injury Prevention Coalition

**PROGRAM HIGHLIGHTS**

September 2015-February 2020

- **20** Clinics held in partnership with Head Start in five communities
- **1014** Safety Seats provided to parents/caregivers
- **996** Parents (or caregivers) educated about child passenger safety
- **51** Technicians trained through car seat practitioner classes

**Background**

- Tribal Enrollment: 18,043 members
- Location: Northwestern Minnesota

Tribal Injury Prevention

July 2020
The program started an Injury Prevention Coalition that meets every 3 months with other agencies to promote car seat safety.

**Home Care Visits**

The program has been able to provide car seat education in the homes through 19 nurses who are certified Technicians.

**Media Outreach**

Two car seat billboards have been placed in high traffic areas on the White Earth Reservation as well as advertising in the local Anishiinabeg, White Earth RBC Facebook Page, Flyers, White Earth RBC employee monthly newsletter, and word of mouth.

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Wichita and Affiliated Tribes
Injury Prevention Program

Unintentional injury is the third leading cause of death for all age groups in Caddo County, Oklahoma

PROGRAM GOALS

Decrease injuries from motor vehicle crashes and elder falls in the Wichita and Affiliated Tribes service area

1. Host car seat check events for proper child safety seat use
2. Provide car seats and child passenger safety education to parents/caregivers
3. Visit elders’ homes to find hazards that may increase risk of falling
4. Make changes in homes to increase safety and decrease risk of falling
5. Offer exercise classes to help elders improve balance and strength
6. Provide educational materials on elder fall prevention

PROGRAM HIGHLIGHTS
September 2015-February 2020

Tribal Injury Prevention
August 2020

Background

• Tribal Enrollment: 3,286 members
• Location: Anadarko, Oklahoma
Tribal Injury Prevention

August 2020

The program collaborates with the local senior center and Administration on Aging (AOA) to provide exercise classes to seniors to increase balance and strength. Exercise programs are held once per week at the AOA. Chair volleyball programs provide a way for seniors to build upper body mobility and strength.

Local Collaboration

The program assists elders to prevent falls in their homes by making changes, like installing handrails and grab bars and adding slips pads in risk-prone areas.

Elder Fall Prevention Measures

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Fran Harrison
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Tribal Injury Prevention

August 2020
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<td><strong>Wichita and Affiliated Tribes</strong></td>
<td>II</td>
<td>Tim Arr</td>
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<tr>
<td>Paula Anderson</td>
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<td><strong>Portland Area</strong></td>
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<tr>
<td>Northwest Portland Area Indian Health Board, Luella Azule</td>
<td>II</td>
<td>Christopher Fish</td>
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<td>Pascua Yaqui Tribe</td>
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<td>Travis Bowser</td>
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<tr>
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