

TRIBAL INJURY PREVENTION COOPERATIVE AGREEMENT PROGRAM (TIPCAP)

TIPCAP

NEWSLETTER DECEMBER 2012

Jemez Walk & Roll

The Jemez Injury Prevention Program coordinated with the New Mexico Safe Routes to Schools Program (<http://dot.state.nm.us/en/Planning.html#SRTS>) to produce the “Jemez Walk & Roll” event.

We are trying to get students walking for their health, and also trying to get them to watch for safety hazards while getting to school. Bike riders still don’t use helmets and the roads are narrow dirt roads. The students go into a ditch when there is oncoming traffic. Dogs are always a safety issue.

We walked with 69 Jemez BIA Day School students (and numerous parents), 19 San Diego Riverside Charter School (and a few parents), and 72 Walatowa Head Start students (with numerous parents and grandparents). This was a very good turnout; the winning grades were Kindergarten and 1st grade at Jemez Day School and the 5th Grade at Riverside Charter School. These students will receive water bottles with Crystal Lite packets, along with other incentives that the New Mexico Safe Routes to Schools Program provided.



Maria Benton, Jemez
Injury Prevention
Coordinator

Parents and students (and a dog) walking in the Jemez Walk & Roll.



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A MESSAGE FROM NANCY BILL, THE IHS INJURY PREVENTION PROGRAM MANAGER



INJURY PREVENTION FOR A SAFE HOLIDAY SEASON!

Injury prevention is a 365-day operation, especially with the motor vehicle initiatives (occupant restraints, driving while intoxicated [DWI], distracted driving, etc.). However, we know that during the upcoming holiday season the risk for alcohol-related driving crashes will increase. The National Highway Traffic Safety Administration (NHTSA) reported that 30 percent of all fatalities in motor vehicle crashes in December, 2011, involved alcohol-impaired drivers. NHTSA also reported that at least 71 percent of the impaired drivers had twice the legal blood alcohol concentration (BAC) limit (.15 grams per deciliter or higher). The Bureau of Indian Affairs (BIA) Indian Highway Safety Program estimated that at least 75% motor vehicle crashes on American Indian/Alaska Native (AI/AN) community roadways involved alcohol. The BIA Indian Highway Safety Program promotes NHTSA's "Drive Sober or Get Pulled Over" and "Don't Shatter the Dream" national campaigns during the holiday seasons. These campaigns focus on DWI deterrence through increased saturation patrols, enhanced enforcement, and by conducting checkpoints. Media outreach is also a major part of the campaigns, to disseminate public information and education targeted at tribal communities. TIPCAP can partner with law enforcement and participate in the campaigns.

In the long term, community-based strategies to address the reduction of alcohol-related fatalities include planning with information that (1) understands the community's impaired-driving problem (traffic data, policies, liquor sales outlets, transportation resources, etc.) and (2) applies strategies that reduce impaired driving (tribal DWI laws, penalties, etc.). We should continue to work with tribal leadership to strengthen DWI policies, engage key stakeholders, and promote safe driving practices.

Know the facts of alcohol-impaired driving:

- American Indians/Alaska Natives are at increased risk of motor-vehicle related injury and death, with rates 1.5 to 3 times higher than all other US populations.
- Many tribal/BIA law enforcement officers are "cross-commissioned" with state and county law enforcement agencies to enforce DWI.
- Impaired driving is often a symptom of a larger problem: alcohol misuse and abuse.
- Alcohol-impaired motor vehicle crashes are estimated to cost more than \$37 billion annually.
- In 2010, more than 10,000 people died in alcohol-impaired driving crashes — one every 51 minutes.
- All US States and the District of Columbia have a BAC legal limit of .08 or higher.

Even a small amount of alcohol use is not safe when operating any motor vehicle. At a lesser BAC of .02 your judgment becomes questionable, with a decline in visual functions and in the ability to perform two tasks at the same time. An increase in alcohol concentration adds to the loss of motor and cognitive functions, which further impairs the ability to operate a motor vehicle.

SECOND NATIONAL TRIBAL TRANS- PORTATION SAFETY SUMMIT

Take action this holiday season to prevent drunk or impaired driving.

In summary, the positive news reported by NHTSA (and BIA) show that alcohol-impaired driving nationwide is on the decline. TIPCAP's contributions are important to continue this downward trend in alcohol-related fatalities. Promoting safe driving practices — sober driving, use of seat belts, child safety seats, no texting, etc. — is an excellent strategy. Let's keep the upcoming holidays injury-free!

I am very proud of TIPCAP's accomplishments, and I thank all of you for your outstanding work in injury prevention!

Abe'hee'

Nancy M. Bill

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The National Tribal Transportations Safety Summit is held every two years to provide a forum to showcase tribal innovations in managing the “4 E’s” of Highway Safety.

- Engineering
- Enforcement
- Education
- Environmental

The Safety Summit highlights Tribes that are working to reduce motor vehicle crashes and improving highway safety in their communities. Also to foster partnerships with Federal, State and Tribal programs to determine priorities and needs for Tribal communities, coordinate resources, implement activities & strategies for successful outcomes.

This year's conference was held in Prior Lake, Minnesota on August 28-30, 2012 and hosted by the Shakopee Mdewakanton Sioux Community.

The highlight of the summit was having National Highway Traffic Safety Administration's Administrator David Strickland as a keynote speaker. Mr. Strickland acknowledged the work that is being done in the Native American communities to reduce motor vehicle crashes, fatalities and injuries.



National Highway Traffic Safety Administration (NHTSA) Administrator David Strickland and Ho-Chunk Nation (Wisconsin) Injury Prevention Coordinator Nicole Thunder.

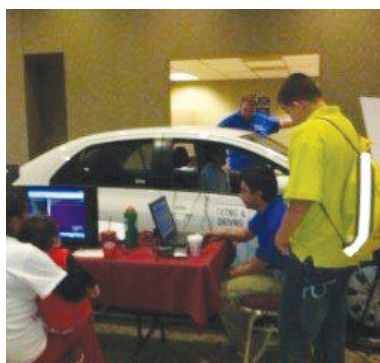
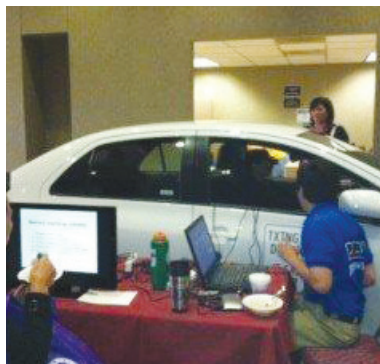
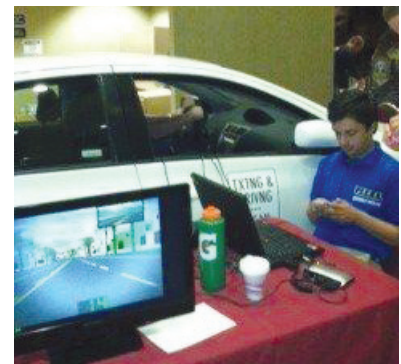
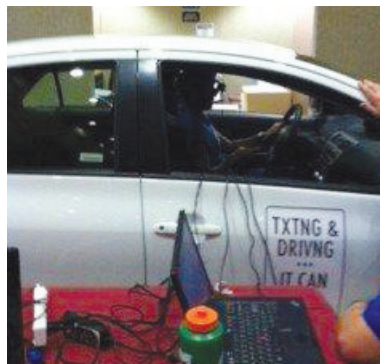
DISTRACTED DRIVER SIMULATOR AT HO-CHUNK GENERAL COUNCIL

On September 22, 2012, the Ho-Chunk Nation brought a Distracted Driver Simulator to its annual General Council meeting at the Ho-Chunk Gaming Wisconsin Dells Convention Center & Hotel.

What is distracted driving? Distracted driving, as defined by [Distraction.gov](#), is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include, but are not limited to: texting; using a cell or smart phone; eating and drinking; talking to passengers; grooming; reading; using a navigation system; watching a video; and adjusting a radio, CD player, or MP3 player. But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction. The best way to end distracted driving is to educate the public about the danger it poses.



Nicole Thunder,
Injury Prevention
Coordinator, Ho-
Chunk Nation.



NEWS FROM THE CALIFORNIA RURAL INDIAN HEALTH BOARD

Greetings from Sacramento! On November 6-7, the California Rural Indian Health Board's (CRIHB) Injury Prevention Team, along with our IHS Project Officer Lisa Nakagawa, hosted a two-day "Train the Trainer" T'ai Chi course. We had 16 participants from various clinics, and three TIPCAP Coordinators earned teaching certificates: Adrianna Gibson from Tule River, Carrie Brown from Reno-Sparks, and CRIHB's Julie Adams. Lisa Nakagawa and Project Manager Barbara Hart also received certificates.



"T'ai Chi: Moving for Better Balance" consists of eight core slow, painless movements to strengthen and encourage parts of the body that we forget to use, especially as we get older. The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control recognizes T'ai Chi as one of many effective, evidenced-based interventions for the prevention of falls.

Of course after two days we were definitely not professionals, but, as with anything else, the more we practice the better we get. The University of California, San Diego, Center for Integrative Medicine serves as a hub for instructors who practice this protocol, and provides Web-based seminars, videos, and conference calls to encourage the success of each teacher. Julie and Barbara have begun weekly courses at CRIHB to practice the eight moves, and we plan to travel to our Tribal Health Programs and share with our Elders all the teaching techniques we have learned.



Barbara Hart, TIPCAP Supervisor, CRIHB; and Julie Adams, Injury Prevention Coordinator, CRIHB.

NAVAJO NATION CHILD FATALITY REVIEW TEAM

IA2 Signs Contract to Bring Navajo Nation Law Enforcement to Child Death Review Conference

Nov. 9, 2012

Bill Benson, President of the International Association for Indigenous Aging (IA2), announces that IA2 has signed a contract with the National Center for the Review and Prevention of Child Deaths/ Michigan Public Health Institute to create high voluntary attendance among Navajo Nation law enforcement personnel for a March 2013 law enforcement/death investigator training conference focused on sudden and unexpected infant deaths.

Dave Baldrige, Executive Director of IA2, will work with Navajo Nation law enforcement and other Navajo officials as part of the planning effort.

International Association for
Indigenous Aging
"News and Events"

[http://iasquared.org/
newsandevents.html](http://iasquared.org/newsandevents.html)

A meeting to discuss the planning for a Navajo Nation Child Fatality Review Team was held October 17, 2012, at the Navajo Division of Health in Window Rock, AZ. The meeting was chaired by Dr. Gayle Diné Chacon, the Navajo Nation's chief medical officer. Key participants included: Theresa Covington, Director of the National Center for Child Death Review (NCCDR), Washington, DC (www.childdeathreview.org); Richard Malone, McKinley County (NM) Medical Investigator; Ramona Antone Nez, Navajo Epidemiology Center Director; and Siona Willie, Area Injury Prevention (IP) Specialist, Navajo Area IHS. Also present were: Jacey McCurtain, IP Fort Defiance, Richard Skaggs, IP Shiprock; Theresa Yazzie, IP Gallup, Mary Robertson-Bagay, TIPCAP Hardrock, Elisa Shirley, TIPCAP Window Rock, Norma Bowman-Moore, Director, Navajo Highway Safety, Philene Herrera, Director, Navajo Health Education, Dave Baldrige, Executive Director of the International Association for Indigenous Aging, and Nancy Bill, IP Program Manager, IHS HQE. This is a preliminary planning meeting to set the next steps to establish a Navajo Child Fatality Review. The discussion centered on the need to partnership with existing state CDRs (AZ, NM) who currently review Navajo child deaths. This is a first step for the Navajo Nation. With the support from the NCCDR, the Center for Disease Control's Division of Reproductive Health, Improving National Reporting SIDS, and IHS Injury Prevention, the planning efforts will continue.



Nancy Bill, IHS Injury
Prevention Program
Manager



Left to right: Siona Willie,
Elisa Shirley, Nancy Bill, and
Norma Bowman-Moore in
the Navajo Highway Safety
Program's new office building.



Left to right: Dave Baldrige,
Theresa Covington, and Dr.
Chacon in the Navajo Division
of Health conference room.

TUBA CITY CHILD SAFETY SEAT CLINIC



Angie Maloney, Angie Chee, Lyndon Endishee and Jordan Begay (TIPCAP Coordinator) from the Tuba City Regional Health Corporation sponsored a child safety seat clinic on Oct. 18, 2012, at Tuba City, AZ. Norma Bowman-Moore (Navajo Highway Safety Program Director [CPS Instructor]), Tina Yazzie (HP/DP [current IP Fellow]), Sonia Willie (Area Injury Prevention Specialist, Navajo Area IHS [Project Officer, CPS Instructor]), and Heather Taylor and Lizette Melis (Coconino Safe Kids Car Seat Instructors) participated in the Tuba City CPS event. The five-hour Tuba City CPS event was very successful. 33 vehicles came through the checkpoint; 43 children were served, 26 children received new child safety seats, and 17 left in their own seat. This was a rare event, with four CPS instructors present for a CPS car seat clinic! Heather Taylor and Lizette Melis from Coconino Safe Kids drove over an hour from Flagstaff to Tuba City to support the Tuba City team, while Siona Willie and Nancy Bill drove from Window Rock, AZ, for the event.



The Tuba City (AZ) community-based Injury Prevention Team had a productive meeting on December 10, 2012. The team addresses policy changes and prevention for intentional and unintentional injuries from Motor Vehicles Crashes, Assaults, Suicide and Elderly Falls across the Tuba City Service Unit. Representatives from Guardian Air Transport, Flagstaff Medical Center Trauma Program, Coconino County Injury Prevention Program, Coconino County Nutrition Network, United States Attorney General's Office, Arizona Department of Health Services, Navajo Nation (NN) Behavioral Health Services, NN Emergency Medical Services, NN Health Education, NN Law Enforcement, NN Criminal Investigation, TCRHCC Division of Environmental Health Services, TCRHCC Meth & Suicide Prevention Initiatives Program, TCRHCC Trauma Program, and TCRHCC Safety Department attended the meeting. The Injury Prevention Team would like to thank all programs and departments for their collaborative efforts in the year 2012 to decrease rates of fatalities and severity of injuries occurring within the service unit. We look forward to working with you in the coming New Year. Thank you and Happy Holidays!

2013 TCRHCC Injury Prevention Committee Meeting Schedule

*(held at the TCRHCC Leadership
Conference Room)*

- | | |
|---------------|---------------|
| • January 14 | • July 8 |
| • February 11 | • August 12 |
| • March 11 | • September 9 |
| • April 8 | • October 7 |
| • May 13 | • November 4 |
| • June 10 | • December 9 |

TECHNICAL ASSISTANCE CENTER RESOURCES

Remember, the TIPCAP technical assistance team can help with logic models, data collection strategies, database development, evaluation, engaging the community, starting and changing a program, specific injury topic requests, as well as be responsive to various other requests the site may have. Additionally, Tom Kelley at Econometrica can provide you with specialized assistance with developing or improving a database in Microsoft Excel. Should you need help from Tom Kelley, please contact Lauren Thompson at lthompson@econometrica.com. The following new resources are available from the TIPCAP Technical Assistance Team:

- An article entitled “T’ai Chi Helps COPD Symptoms”
It illustrates not only another study revealing the value of T’ai chi, but also reveals some of the numerous tests that can be used to demonstrate the various impacts of interventions on falls and falls risks
- A press release about “Tennessean Kendell Poole Elected as Chairman of the Government Highway Safety Association”
- The Keep Kids Safer for Life! October Newsletter
- Materials from the “Healthy People 2020 Spotlight on Health: Bullying Among Adolescents” Webinar
- An article entitled “After car booster seat laws, child deaths fell”
- Recommendations for Health Communication Campaigns
- Announcements for “Drowsy Driving Prevention Week: November 12–18, 2012”
- An article entitled “Looking at Highway Safety through Public Health Lens”
The article discussed the 2012 Governors Highway Safety Association Annual Meeting
- Resources for fall prevention from the National Council on Aging
- A *New York Times* article about Tribal Law Enforcement funding being reduced with an increase in crime on Indian lands.
- An article entitled “Interventions May Reduce Falls in Elderly Living at Home”

If you would like a copy of an aforementioned resource, please contact Lauren Thompson at 301-657-9883 or lthompson@econometrica.com.

2013 SITE VISITS: DATA COLLECTION

The focus of the upcoming 2013 site visits is data collection. During the site visits, the technical assistance team would like to review your data collection instruments, whether it be through use of a form or hand-written on post-it notes. We would also like to see your databases, where the data are saved and organized. During a webinar to be held at 3:00 (EST) on January 23, 2013, Nancy Bill and the Econometrica technical assistance team will introduce standardized data collection tools that should be used across all TIPCAP sites. The technical assistance team will review your progress with implementing the new tools during the site visits and provide you with technical assistance, if need be. Should you have any questions about your upcoming site visit, please contact your technical assistance provider.



Lauren Thompson,
TIPCAP Technical
Assistance Team

THE TIPCAP MENTOR INITIATIVE

Since 1997 the Indian Health Service Injury Prevention Program has worked with 136 tribal/urban/non-profit AI/AN organizations. Renewing and strengthening partnership with tribes is a priority for IHS. The partnerships formed through the TIPCAP grantees foster capacity building to address the injury problems in AI/AN communities.

IHS Injury Prevention Program seeks to increase tribal capacity to sustain IP programs. One approach to be initiated in 2013 is the mentoring of new TIPCAP Coordinators by the more experienced TIPCAP sites. The TIPCAP mentor initiative is a new approach, with a positive outlook to cultivate existing resources. The mentor initiative will recruit several experienced TIPCAP Coordinators to serve as mentors.

Mentors will listen to and provide guidance for TIPCAP Coordinators regarding TIPCAP program issues. The TIPCAP mentor initiative will start in January 2013. More details on the mentors will be distributed by email.

THE 2013 TIPCAP WORKSHOP

The 2013 TIPCAP Annual Workshop will be held in Denver, CO, on April 12-13, 2013. The two-day workshop will provide the opportunity to increase knowledge and skill-building in injury prevention, tailored to the needs of TIPCAP. A few highlights for the workshop include the keynote speakers. On the first day Spero Manson, Ph.D., the Director of the Centers for American Indian and Alaska Native Health at the Colorado School of Public Health, will deliver the keynote address. Dr. Manson is Pembina Chippewa with years of experience in assessment, epidemiology, treatment and prevention of alcohol/drug/mental health issues. Holly Kostrzewski will be the speaker on the second day. Holly serves as the Toward Zero Deaths (TZD) Coordinator for northern Minnesota and is a former TIPCAP Coordinator at Fond du Lac Reservation. Each speaker will offer unique perspectives on TIPCAP's outreach to partnerships, resources, and more. A draft agenda will be available by February 2013. (The TIPCAP Advisory Committee and IHS Project Officers will meet prior to the workshop on April 11.)

The workshop will take place at the Magnolia Hotel Denver. Located at 818 17th Street, the hotel is close to the pedestrian walkway (16th street) and central business district in downtown Denver. To make a reservation, call 1-888-915-1110 or go to https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=10381435. Room rates are \$149 plus taxes. Please make your reservations by March 8, 2013. If you are planning to attend the Lifesaver 2013 conference (also in Denver, April 14-16) please visit their website for registration details at www.lifesaversconference.org. For more information on the TIPCAP workshop contact Nancy Bill at 301-443-0105 or by email at nancy.bill@ihs.gov.



Nancy Bill, IHS Injury Prevention Program Manager

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TIPCAP SITE VISIT SCHEDULE

| Alaska | TIPCAP Team Member | Tentative Visit Date |
|---|--------------------|------------------------|
| Bristol Bay | Richard Hilton | October 25, 2012 |
| Maniilaq | Lorann Stallones | January 18, 2013 |
| Norton Sound | Richard Hilton | December 06, 2012 |
| SEARHC | Monique Sheppard | January 29, 2013 |
| Tanana Chiefs | Mary Rogers | Spring, 2013 |
| Arizona | | |
| Colorado River Indian Tribe (CRIT) | Dexter Taylor | April, 2013 |
| Gila River Indian Community | Monique Sheppard | April, 2013 |
| Hardrock | Richard Hilton | April, 2013 |
| Hualapai Tribe | Lauren Thompson | April, 2013 |
| Navajo | Julie Gibbs | April, 2013 |
| Quechan Indian Tribe | Dexter Taylor | February, 2013 |
| San Carlos Apache | Monique Sheppard | April, 2013 |
| Tuba City | Richard Hilton | April, 2013 |
| California | | |
| CA Rural Indian Health Board (CRIHB) | Julie Gibbs | February, 2013 |
| Indian Health Council | Lauren Thompson | April 8, 2013 |
| Tule River | Julie Gibbs | February, 2013 |
| Minnesota | | |
| Fond du Lac | Julie Gibbs | March 28, 2013 |
| New Mexico | | |
| Jemez | Julie Gibbs | March 18, 2013 |
| San Felipe | Julie Gibbs | March 19, 2013 |
| Nevada | | |
| Reno-Sparks Indian Colony | Richard Hilton | January or March, 2013 |
| Oklahoma | | |
| Absentee Shawnee | Mary Rogers | March 6, 2013 |
| Choctaw | Mary Rogers | March 7, 2013 |
| Kaw Nation | Paul Jones | March, 2013 |
| Kiowa Tribe | Paul Jones | March or April, 2013 |
| Oregon | | |
| NW Tribal Epidemiology Center | Kelley Le Beaux | March, 2013 |
| South Dakota | | |
| Great Plains Tribal Chairman's Health Board | Kelley Le Beaux | May, 2013 |
| Oglala Tribe | Kelley Le Beaux | May, 2013 |
| Sisseton-Wahpeton Oyate | Kelley Le Beaux | May, 2013 |
| Washington | | |
| NW Washington Indian Health Board | Kelley Le Beaux | March, 2013 |
| Wisconsin | | |
| Bad River | Richard Hilton | October 9, 2012 |
| Ho-Chunk | Julie Gibbs | March 27, 2013 |
| Menominee | Dexter Taylor | February, 2013 |
| Oneida | Dexter Taylor | February, 2013 |

TIPCAP LIFE EVENTS

If you would like to be featured in the TIPCAP Life Events section of the next newsletter, please contact Lauren Thompson at 301-657-9883 or ltompson@econometricainc.com.



Cheyenne Sky Gray Eagle was born on September 13, 2012. Her proud parents are Gina Yellow Eagle and Daniel Gray Eagle. Gina is the Injury Prevention Coordinator and Ride Safe CPS Program Coordinator for the Great Plains Tribal Chairmen's Health Board in the Aberdeen Area. Happy birthday, Cheyenne!



Gina Yellow Eagle



Xiomara Jillian Castillo was born on September 25, 2012. She's the daughter of Jennifer Jordan, the Injury Prevention Coordinator for the Oneida Tribe. Happy birthday, Xiomara!



Jennifer Jordan

A VISIT TO HARDROCK, AZ



Mr. Percy Deal, Hardrock Chapter President, and Nancy Bill, IHS IP Program Manager. This photo was taken October 18, 2012, at Hardrock, AZ, during a brief stop while returning from Tuba City to Window Rock. The two photos on the back wall are of Mr. Deal's mother and father. Mr. Deal provided a tour of new community buildings at Hardrock. He is an avid supporter of injury prevention and initiated the establishment of the Hardrock Injury Prevention Program in the 1990's. The Hardrock community hosted the IHS Injury Prevention Fellowship field course training in September 2011.



Bernice Bert, Hardrock Injury Prevention Program Assistant, Hardrock, AZ, poses for a photo in front of the IP office building.



Do you have a newsletter article that you would like to submit?

Please send your article and pictures to Lauren Thompson at ltompson@econometricainc.com.

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