Absentee Shawnee
Tribe of Oklahoma

PROMOTING EXERCISE TO REDUCE UNINTENTIONAL FALLS

A goal of the Absentee Shawnee Tribe (AST) of Oklahoma TIPCAP initiative is to reduce unintentional falls among older adults. Rosie Tall Bear, the TIPCAP Coordinator, and her partners utilize effective strategies to accomplishing this goal. AST TIPCAP conducts home assessments, disseminates information through articles, and host educational events and activities for elders. Regarding educational contacts, the site has been able to reach 71 elders. The exercise component of the elder unintentional fall prevention program include: (1) Tai Chi, which meets once a week, (2) chair exercises, which meet twice a week, and (3) walking, which meets Monday through Friday. On average, 10 elders attend each of the exercise activities. Rosie Tallbear, a certified Thai Chi instructor, leads the class. She also leads the walking program with a goal for the elders to walk for 30 minutes each day.

Continued on page 2.
Absentee Shawnee Tribe of Oklahoma

PROMOTING EXERCISE TO REDUCE UNINTENTIONAL FALLS

For elders with less strength, she measures the length of time they can walk at baseline and at regular intervals to demonstrate strength and progress. In addition, the program partners with a physical therapist to conduct balance assessments. The results from the balance assessments determine elders’ eligibility to participate in the various strength- and balance-building exercises. Elders who do not pass the assessment are monitored. Since November 2013, the site has conducted 17 balance assessments. Out of those assessments, only one elder has had to be monitored (Table 1).

Table 1: Balance Assessment

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td># of Participants</td>
<td>7</td>
<td>3</td>
<td>7</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td># of Balance Assessments</td>
<td>7</td>
<td>3</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td></td>
</tr>
<tr>
<td># of Passing</td>
<td>7</td>
<td>3</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
<td></td>
</tr>
<tr>
<td># of Monitors</td>
<td></td>
<td></td>
<td>0</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

For more information, contact:
Rosie Tall Bear
Injury Prevention Coordinator
Absentee Shawnee Tribal Health Programs of Oklahoma
2029 South Gordon Cooper Drive
Shawnee, OK 74801
Phone: (405) 701-7601
Email: RTallbear@astribe.com
Greetings TIPCAP Coordinators,

The 2014 TIPCAP Annual Workshop was outstanding and effectively addressed TIPCAP needs, as can be seen in this issue of the newsletter. The workshop’s success was attributed to its numerous excellent presentations, many of which were delivered by TIPCAP Coordinators.

TIPCAP preliminary reports confirm increases in seatbelt use and child safety seat use. Motor vehicle injuries and fatalities are down in American Indian/Alaska Native (AI/AN) communities. The effort is contributing to saving lives.

The seatbelt performance measure is important in documenting TIPCAP’s effectiveness and will be a critical reporting element for Year 5. The 2015 seatbelt performance measure will focus on the progress, challenges, and successes in applying effective strategies for increasing seatbelt use.

The TIPCAP Year 5 evaluation will be vital for demonstrating program efforts. The cumulative injury data collected since 2011 will support and document program achievements. This is great news, as TIPCAP continues to facilitate positive changes by applying effective strategies in motor vehicle and fall prevention.

In Year 5, the new TIPCAP Advisory Committee’s role will help foster innovative ideas for the next cycle. The TIPCAP Advisory Committee will also take an active role in planning the 2015 TIPCAP Annual Workshop.

TIPCAP’s unique ability to address injury prevention in AI/AN communities is remarkable. The work is challenging but rewarding, as positive changes are being reported. The injury prevention work is leading toward the goal of ending injury disparities in AI/AN communities.

Ahe’hee’

Nancy M. Bill

MPH, CHES; CAPT USPHS
Injury Prevention Program Manager, Indian Health Service
OEHE-EHS-TMP 610
801 Thompson Ave., Suite 120, Rockville, MD 20852
Desk phone: 301-443-0105; Fax: 301-443-7538
E-mail: nancy.bill@ihs.gov
The goal of the Choctaw Nation Injury Prevention Program is on motor vehicle injury prevention strategies to reduce drunk and distracted driving and increase seat belt and child passenger safety seat use to reduce motor vehicle crashes and injury. Given the broad range of motor vehicle injury prevention goals, Choctaw Nation must plan events and programs that target at risk populations and groups. For example, parents and caregivers are the target population for goals linked to child passenger safety, while teens and school-aged children are the targets for goals linked to driving under the influence of drugs and alcohol. The Choctaw Nation TIPCAP collaborates with the Madill Police Department to conduct events with junior- and senior-high-school students focusing on drunk and distracted driving.

Recently, they recently conducted a Simulated Impaired Driving Experience (SIDNE®) demonstration with an EMS helicopter to emphasize the importance of motor vehicle injury prevention, especially close to prom season. Keosha Ludlow, The TIPCAP Coordinator, also works with the Southeastern Oklahoma Traffic Safety Coalition (SOTSC) and meets with them monthly. Collaboratively, they will host Click It or Ticket events to promote seatbelt use. The Choctaw Nation TIPCAP also conducts seatbelt observations at 28 sites per year. Figure 1 below displays seatbelt use from Year 1 until Year 4, which is still in progress. Data show that Year 1 seatbelt use was 78.6 percent, and so far for Year 4 seatbelt use is nearly 61 percent. To address child passenger safety, the program works with Safe Kids to educate and distribute child safety seats. The TIPCAP Coordinator is also attending Child Passenger Safety training to receive her certification in order to lead child safety seat clinics. Concerning Year 4 educational events, the program reports that 164 individuals have received education concerning the proper use of child safety seats. From January 2014 until April 2014, the Choctaw Nation TIPCAP has distributed 75 child safety seats; as of May 16, 2014, the site has distributed 28 child safety seats in May alone!

**Figure 1.**
**Seat Belt Observations, Yearly Numbers (28 Sites Observed Each Year)**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1306</td>
<td>1264</td>
<td>1264</td>
<td>164</td>
</tr>
<tr>
<td>1148</td>
<td>1097</td>
<td>1960</td>
<td>700</td>
</tr>
<tr>
<td>1026</td>
<td>1097</td>
<td>1960</td>
<td>700</td>
</tr>
</tbody>
</table>

*Year 4 is in progress with 16 of 28 surveys completed at the time of this report.

**Note:** Baseline of seat belt usage is 64.7%
The Kiowa Tribe Injury Prevention Program (KTIPP) is pleased to report the accomplishments of their 2013–2014 child safety seat efforts. One of our goals is to reduce the rate of injuries resulting from motor vehicle crashes in children aged 0–8 years. To meet this goal, we implemented the Ride Safe Child Passenger Safety (CPS) program to increase the community’s awareness of the value of child passenger restraint systems.

The program also involves child safety seat education, car seat distributions, and installation training. In order to reach our target audience, we capitalize on public media by placing ads on the KTIPP website, on the Kiowa Voices Radio show, and in the local Kiowa newspaper.

KTIPP’s TIPCAP Coordinator, Michelle Warner, has been invaluable in spearheading the program’s efforts to sustain its child safety seat activities beyond the TIPCAP grant cycle. Since joining TIPCAP, Ms. Warner has distributed over 55 child safety seats and more than 50 car seats have been installed and inspected. During educational classes, she also conducts pre- and post-test surveys to assess the participants’ knowledge of rear- and forward-facing car and booster seats. Her results indicate that participants demonstrate greater knowledge of proper installation techniques on child passenger restraints. Ms. Warner also disseminates child safety seats across sites. Tribes from neighboring areas and the local health department support KTIPP in conducting child safety seat checks. KTIPP, in partnership with Safe Kids Oklahoma, will continue to enhance capacity building to increase the outreach of the TIPCAP activities.

Since implementing Ride Safe CPS Program activities and child safety seat distribution efforts, KTIPP has improved the rate of child safety seat usage in its local area. Given this accomplishment, we are hopeful that our efforts will garner support from tribal leaders to a focus on maintaining high child safety seat usage rates. In collaboration with the Native Americans for Injury Prevention Coalition, we hope to ensure that child safety seat needs in the Kiowa and Caddo areas will continue to be met.
In addition to increasing motor vehicle safety and reducing elder falls, the Kaw Nation Injury Prevention Program focuses on increasing awareness regarding substance abuse and suicide. As part of this effort, the program participates in distracted driving campaigns; provides drunk driving, suicide, and bullying prevention educational sessions targeting secondary school students and local Tribal youth programs; and, most recently, utilizes billboards to increase community awareness on drunk driving.

In March 2014, Kaw Nation conducted the Native Youth Substance Abuse conference for Native American teenagers, in collaboration with the Ponca Tribe’s Methamphetamine and Suicide Prevention Initiative (MSPI), Kay County Sheriff Department, and Ponca City Fire Department. Tabatha Harris, TIPCAP Coordinator, worked closely with the Ponca Tribe’s MSPI program to promote and advertise the event in the community. Promotional activities included distributing flyers and letters at the local high schools, announcing the event on the local radio station, advertising on the Kaw Nation Web page, and issuing conference posters in the Tribal areas. As a result, the conference was a success and the message was well received by the audience. The purpose of the conference was to raise awareness of the issue, promote leadership, and encourage Native Youth to be above the influence. The conference educated the youth on understanding how to tune out peer pressure and substance abuse environments. The youth had the opportunity to listen to a Victim Impact Panel, partake in leadership/team-building activities such as a social stickball game, and listen to speakers on the use of drugs and alcohol and learn about the consequences. In addition, the Kaw Nation Injury Prevention Coalition Board and Injury Prevention Program hosted a Substance Abuse Public Service Announcement contest. Participants were challenged to create a slogan and theme for a PSA video about substance abuse, and to highlight their life motto in regards to avoiding substance abuse and becoming a leader in their community. Contestants presented their videos at the conference, and the winners were rewarded with a phenomenal prize. Overall, participants were highly pleased and appreciated the ability to engage in hands-on learning activities. Kaw Nation distributed a pre- and post-test survey on drunk driving to evaluate the effectiveness of the event. Based on the survey analysis, the conference activities helped participants gain a richer and more profound knowledge about the importance of avoiding substance abuse. The Kaw Nation Injury Prevention Program hosted this event for the first time this year and hopes that the outcome will be a stepping stone to conduct many more in the future.

To achieve program sustainability efforts, one of Tabatha’s goals is to establish stronger Tribal partnerships with key stakeholders to demonstrate support for injury prevention activities. The Kaw Nation Injury Prevention Coalition Board continues to be active in addressing the needs of the community. Tabatha works diligently to foster and enhance relationships with Tribal representatives and IHS to accomplish the long-term goals of the Injury Prevention Program.
Fourteen posters were presented over the course of the 2-day workshop. Six sites—Ho-Chunk Nation, Absentee Shawnee Tribal Programs of Oklahoma, Hualapai Tribe Health Department, Colorado River Indian Tribe, San Carlos Apache Tribal Police Department, and Northwest Washington Area Indian Health Board—presented posters on Day 1. On Day 2, eight additional sites presented—Bristol Bay Area Health Corporation, Tanana Chiefs Conference, Pueblo of Jemez, Pueblo of San Felipe, Oglala Tribe Department of Public Safety, Great Plains Tribal Chairmen’s Health Board, Navajo Nation Department of Highway Safety, and Choctaw Injury Prevention Program. The individuals who presented posters and the IHS Areas they represented were as follows:

**Alaska**
- Mary Clark and Greg Calvert
- Shawna Hildebrand

**Albuquerque**
- Maria Benton
- Alvino Lovato

**Bemidji**
- Nicole Thunder

**Great Plains**
- Pam Pourier
- Gina Yellow Eagle

**Navajo**
- Jeremy Nelson

**Oklahoma**
- Rosie Tall Bear
- Keosha Ludlow

**Phoenix**
- Lyndee Hornell
- Jaymee Moore
- Christine Reede and Jonathan Savage

**Portland**
- Gloria Point
Prior to the TIPCAP Annual Workshop, TIPCAP Coordinators received an assignment, Assessing Community Readiness in Injury Prevention, to prepare for the workshop. The following are the key points from the workgroup discussion groups by IHS region. It is important to note that workgroup leaders modified the discussion workgroups depending on whether TIPCAP coordinators completed the assignment, thus explaining the variability in take-home points.

Alaska
- Sustainability efforts are linked to seasons.
- Strategies for sustainability include:
  - Continue building capacity of employees.
  - Report TIPCAP success in order to make the case to key stakeholders and power brokers for more funding/support for the program, especially for cost savings of Medevac.
  - Identify resources for grants, such as grant writers.

Albuquerque
- The sites in the Albuquerque region focused on completing the assignment.
- Strategies for sustainability mostly focused on gaining, increasing, and maintaining support from tribal leadership.

Bemidji
- Strategies to increase TIPCAP sustainability include:
  - Assess community awareness of programs.
  - Build partnerships with organizations such as universities.
  - Increase marketing of injury prevention programs to Tribe.
  - Research funding mechanisms and opportunities.
  - Contact the Bureau of Indian Affairs (BIA), Federal Highway Administration, Centers for Disease Control and Prevention (CDC), SafeKids for funding.
  - Research funding for suicide prevention and school violence.
  - Start drafting grants and then give support for the program, especially to grant writers.
Califonia
- Strategies for sustainability include:
  - Collect data on an ongoing basis.
  - Activate coalitions.
  - Encourage all police to become Child Passenger Safety (CPS) technicians.
  - Maintain active Tribal Police that can enforce laws.
  - Obtain additional funding (e.g., Tribal Police have applied for BIA grant pertaining to child passenger safety seats).
  - Increase media efforts.
  - Network with agencies that can provide injury prevention services.
  - Educate Tribal Council and Health Board.

Great Plains
- Strategies for sustainability include:
  - Contact possible sponsors and/or funding from BIA, State of South Dakota, and local businesses (e.g., gas stations and car dealerships).
  - Focus on Community Readiness Level 7 – stabilization:
    - Continue CPS training for professionals and community members.

Navajo
- The Navajo area focused on positive and negative contributing factors for program sustainability as it relates to occupant restraints and Driving Under the Influence/Driving While Intoxicated (DUI/DWI).
  - Positives:
    - Legislation.
    - Marketing.
    - CPS Instructors.
    - SafeKids Coalition.
    - Partnerships.
  - Negatives:
    - Lack of enforcement.
    - Age specific marketing.
    - Politics.
    - Language barriers.
    - Understaffing.
    - Lack of resources, especially
DAY 1: Sustainability Workgroup
Take Home Points

Oklahoma
- Strategies to address TIPCAP sustainability:
  - Evaluate current injury prevention initiatives.
  - Hold events for students, such as a poster competition for injury prevention.
  - Interact with Tribal decision makers and Tribal Council.
  - Develop success stories.
  - Develop an “elevator speech”/1-page summary of TIPCAP.
- Strategies to increase Tribal support:
  - Conduct surveys to assess awareness.
  - Increase collaboration with health care partners.
  - Report cost effectiveness.
  - Redefine target population.
  - Improve organizational infrastructure.
  - Phoenix
- Raise injury prevention awareness through:
  - Media/social media, such as public service announcements (PSAs).
  - Conduct focus groups to learn how to promote injury prevention programs.
  - Conduct surveys to assess awareness.
  - Increase buy-in from key stakeholders.

Portland
- Build capacity within the community.
- Identify communities where further injury prevention training is needed.
- Create social media campaign/establish social media strategies to increase awareness (e.g., develop a Facebook Web page).
- Improve relationship with States, universities, BIA, local nonprofit organizations, and TIPCAP Technical Assistance Team.
- Determine whether Tribes are interested in pooling funds to support TIPCAP activities.
- Increase buy-in from clinical organizations.
Lessons Learned Notes

Alaska
- Learn from each other.
- Do more marketing.
- Integration of functions.
- Get community buy-in on IP.
- Need an IP advocate.
- Build on existing capacity.
- Multigenerational involvement.
- Follow-up steps.
  - Keep touching base with partners.
  - Improve marketing of existing program.
  - Label identity.
- Marketing – write intro grants.
- Continue gaining community buy-in.
- Advocate.
- Collaborate.

Albuquerque
How well did the workshop address various strategies to TIPCAP/IP program sustainability?
- List of grant resources.
- Going through proposal process.
- Other people’s input.
- Ideas for how to work together with other programs within Tribe.

Which session/strategy was most helpful? (steps toward sustainability)
- Elnora – Write the proposal like a story.
- Chino – Easy to relate to her and to the information.
- Panel – Hearing what others are doing.
- Helpful to go over information and practice it.
- We have the information on the thumb drive – we can review it when we get back.

Sustainability strategy when we return:
- Write grants = look for funding.
- Connect with other agencies.
- Talk to leadership about the importance of keeping IP.

TA need:
- Help with future funding – 2015 and beyond.
- Help with the online data collection on Excel and the new tools.
- Help with updated one-page “elevator speech” (2 min).

Suggestions:
- Tribes give numbers to project officers.
- It would be helpful for the project officers to recognize the Tribes for the information instead of calling it regional data.

Bemidji
- Strong partnership.
- Other funding sources.
- MV data (CDC, NHTSA, FARS).
- Falls – five building blocks.
- Finding the need.
  - Baseline data.
- Community readiness.
- Follow-up model proposals.
- Social marketing.

California
Workshop lessons learned:
- Late notice for poster presentation; send notice on time to allow sites to focus on preparing for the workshop.
- Workshop materials were well organized.
- Panel presentation – Opportunity to learn from other sites on IP activities.
- Workgroup – Increase networking among the various sites to allow opportunity for collaboration.
- Poster session – Continue to have entire audience. In favor of short presentation by site to highlight program activities.
- Data sources – Helpful to learn information on the various data sources.
- Room temperature – Keep room warmer.
- Complimentary coffee should be provided.
Lessons Learned Notes

How well did the workshop address various strategies to IP program sustainability?

- Very useful/helpful information.
- Further clarity on the meaning of sustainability.
- Provided more ideas on how to address program sustainability.

Which session did you find most useful for accomplishing steps toward sustainability?

- Dr. Chino – Sustainability/data for sustainability.
- Hollie Billie – Motor vehicle safety.
- Elnora Allen – Successful proposals.
- Dr. Finke.
- All presenters were receptive to questions and good at engaging the audience.

Which sustainability strategy will you focus on upon your return to work?

- Grant writing (telling-story approach).
- Focus on guidelines for applying for grants.

TA follow-up:

- Data analysis, visual reporting.
- Conference call on how to utilize WISQARS and other data sources.

Great Plains/Portland

How well did the workshop address various strategies?

- Breaking into groups for beginners and advanced.
- Appropriate topics for where we currently are.

Which sessions were most helpful?

- Keynote – Dr. Chino.
- Dr. Finke.
- Social marketing panel.
- Poster session.

Which strategies will you focus on?

- Social marketing.
- Increase educational outreach to more sectors in community and information dissemination.

Suggestions – Webinars:

- Split groups according to common interest, structure, experience with health boards, regional, multiple Tribes vs. single (what is it – how to use it).
- More in-depth education on social marketing.
- Epi Info online system.

Select three to five lessons:

- Need more information on social marketing – how to get buy in from leadership and how to utilize it.
- Fewer topics – longer sessions on the topic.

Networking – Other:

- Meeting others.
- Location is important – safety and access to restaurants (this was a good location).

Navajo

How well did the workshop address various strategies to TIPCAP/IP program sustainability?

- Two thumbs up!

Most useful:

- Dr. Chino.
  - Steps offered.
  - Change, capacity building.
  - Strong program foundation.
  - Systems change.
- Holly's question about types of sustainability.
  - Using data for planning and evaluation.
- Clarification on the term.
- Proposal writing (Hilton).
  - What works and what does not.
- Breakout of falls, MVC, suicide.
  - Exchange of ideas with other programs (falls, suicide).
  - How to work with the clinical side (falls).
- Validated what the program had known about diabetes.
Lessons Learned Notes (continued)

- Enjoyed consultants working with each program.
  - Artwork, penmanship, personality.
- Liked grants and proposal writing.
- Exposure to different data sources.
- Liked workshop format.
  - Back-to-back sessions can tie in with Lifesavers.

Which strategy will you focus on?
- Grant availability.
- Using data for planning and evaluation.
- How to use data to tell the story.
- Five building blocks.

TA need:
- More funding resources for sustainability.
- Data.
- Proposal readers before submission.
- Webinars.

Follow-up strategies:
- Meeting as a group on common topics.
  - Fall prevention issues.
  - Suicide prevention.
  - MVC prevention.
- Webinar.
  - Holly/Finke on their presentation topics.

Oklahoma
- One-page summary.
- Strong objectives.
- Examine weak activities.

- Expand projects.
- Build Tribal acceptance/community.
- Need for Tribal support.
- Advisory committee orientation.
- Increase regional meetings/call.

Phoenix

Strategies:
- Sessions were too short; there was so much good information (fall prevention/suicide prevention) on how to use and collect data.
- Who and how to collaborate in partnerships.
- Panel – nuggets and information-sharing style.

Action/next steps:
- Applying FARS and other data to help with sustainability.
- How to evaluate fall prevention.
- How to analyze and manage data.
- Community organizing.
- TIPCAP Data Online.

TA needs:
- How to tell a story with data.
- How to evaluate falls.
- Create sustainable programs.
- Reports with data.
- Influence Tribal Council.
- Create a coalition.
- Webinar – social media.
Community Readiness – Sustainability Summary Notes

- Talking with leaders
  - Make sure you are on the agenda.
  - One-page summary.
  - Connect with them outside.
  - Practice elevator speech.
- Work with community.
- Awareness.
  - Seasonal – Keep building our capacity.
  - Make the case to the power brokers.
  - Show how prevention saves money.
- Capacity building.
- Barriers to social media.
- Buy-in from clinical folks.
- May need to redefine target area – who will I service now?
- Our grants have not been a priority – build relationship with grant writers so perhaps we can provide information to help the grant writers – may help with finishing grants. Utilize resources to help get grants written.
- Raising awareness.
  - Focus groups, social media.
  - Surveys.
  - Key stakeholders involved.
  - Poster contests – use their posters.
- Funding.
  - Brainstorm ideas and places.
- Social media.
- Recognize those who help.
- Continue to network.
- Community climate.
- Writing proposals and what is needed to make this happen.
- Build relationships across sectors such as police, mental health.
- Help leadership build awareness of who the prevention people are and what they do.
The following notes were taken during the Motor Vehicle Safety Injury Prevention Workshop Session led by CAPT Holly Billie, M.P.H., during Day 2 of the Annual TIPCAP Workshop.

## Distracted Driving

<table>
<thead>
<tr>
<th>Data Variable</th>
<th>Source</th>
<th>What do you want to find out?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Types of distraction</td>
<td>Local data and national data</td>
<td>Target population % of drivers distracted by type</td>
</tr>
<tr>
<td>- Phone to ear</td>
<td></td>
<td>Extent of problem</td>
</tr>
<tr>
<td>- Manipulating phone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Bluetooth (hands-free)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Citations</td>
<td>Local data and law enforcement</td>
<td>Rural vs. urban</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatalities vs. injuries</td>
<td>Law enforcement and State data</td>
<td># of people killed/severity of injuries</td>
</tr>
</tbody>
</table>

## Seat Belt

<table>
<thead>
<tr>
<th>Data Variable</th>
<th>Source</th>
<th>What do you want to find out?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driver and front-seat passenger usage</td>
<td>IP observations, State statistics</td>
<td>Usage rates (pre and post)</td>
</tr>
<tr>
<td>Citations</td>
<td>Local, State, highway Tribal</td>
<td># of citations</td>
</tr>
<tr>
<td>Motor vehicle deaths</td>
<td>Online national/state data, hospitals</td>
<td>Restraint use Cause of wreck</td>
</tr>
<tr>
<td>Driver info (gender)</td>
<td>Surveys</td>
<td>Demographics/rates</td>
</tr>
</tbody>
</table>
## Child Passenger Safety

<table>
<thead>
<tr>
<th>Data Variable</th>
<th>Source</th>
<th>What do you want to find out?</th>
</tr>
</thead>
<tbody>
<tr>
<td># of safety seat use</td>
<td>Observation</td>
<td>% of usage</td>
</tr>
<tr>
<td># of misuse</td>
<td>Checkpoints</td>
<td>% of misuse</td>
</tr>
<tr>
<td># under 5</td>
<td>Census</td>
<td>To calculate rates</td>
</tr>
<tr>
<td>Injury crash under 5</td>
<td>FAR</td>
<td>Injury rates</td>
</tr>
</tbody>
</table>

## Impaired Driving

<table>
<thead>
<tr>
<th>Data Variable</th>
<th>Source</th>
<th>What do you want to find out?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>WIC, Tribal enrollment, Census</td>
<td>% of usage</td>
</tr>
<tr>
<td>Misuse</td>
<td>Clinics, checkpoints, Head Start, childcare</td>
<td>% of misuse</td>
</tr>
<tr>
<td>Laws</td>
<td>Police citations</td>
<td>To calculate rates</td>
</tr>
<tr>
<td>Injuries</td>
<td>Health care</td>
<td>Injury/death rates</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Data Variable</th>
<th>Source</th>
<th>What do you want to find out?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Hospital, police reports, Aging Departments</td>
<td>Age • What age is reported high? • How many teen drivers are licensed? • How many in crashes?</td>
</tr>
<tr>
<td>Day of week</td>
<td>Police reports, IHS, WISQAR/EMS</td>
<td>When to monitor high-volume traffic</td>
</tr>
<tr>
<td>Time</td>
<td>EMS</td>
<td>Monitor high-traffic impaired drivers</td>
</tr>
<tr>
<td>Location</td>
<td>Police Reports/EMS</td>
<td>Potential checkpoint sites (hotspots)</td>
</tr>
</tbody>
</table>

## Child Passenger Safety

<table>
<thead>
<tr>
<th>Data Variable</th>
<th>Source</th>
<th>What do you want to find out?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children in the car seat range per State or tribal ordinance</td>
<td>EMR/RPMS CAP &amp; enrollment School Housing</td>
<td># of children needing car seats</td>
</tr>
<tr>
<td>% usage rate for child passenger safety</td>
<td>UNC observation survey</td>
<td>% of children using car seats</td>
</tr>
<tr>
<td># of MVCs involving children 0–8</td>
<td>Law enforcement #s Vital statistics #s Hospital records</td>
<td># of children in MVC</td>
</tr>
</tbody>
</table>
Julie Adams  
Injury Prevention Coordinator  
Health Education Specialist  
NHTSA Instructor  
California Rural Indian Health Board, Inc.  
4400 Auburn Blvd., 2nd Floor  
Sacramento, CA  95841  
Phone: 916-929-9761 x 1512  
Fax: 916-929-7246  
Email: Julie.Adams@crihb.org

Cyndi Nation  
Injury Prevention Coordinator  
Tanana Chiefs Conference, Suite 200  
122 First Avenue  
Fairbanks, AK  99701  
Phone: 907-452-8251 x 3227  
FAX: 907-452-3985  
Email: cyndi.nation@tananachiefs.org

Elnora Allen  
Proposal Manager  
Econometrica, Inc.  
7475 Wisconsin Ave Suite 1000  
Bethesda, MD  20814  
Phone: 240-395-2283  
Fax: 301-657-3140  
Email: eallen@econometricainc.com

Ellen Omohundro, Ph.D.  
Epidemiologist  
United South and Eastern Tribes  
711 Stewarts Ferry Pike  
Nashville, TN 37214  
Phone: 615-467-1557  
Email: eomohundro@usetinc.org

Michelle Chino, Ph.D., Professor  
EOH Department Chair  
PHD Graduate Coordinator  
School of Community Health Sciences, University of Nevada Las Vegas  
4505 Maryland Parkway, Box 453064  
Las Vegas, Nevada  89154-3064  
Phone: 702-895-2649  
Fax: 702-895-5573  
Campus Office: BHS 526  
Email: michelle.chino@unlv.edu

Bruce Finke, MD  
Nashville Area Indian Health Service  
CMS Innovation Center, Learning and Diffusion Group  
Phone: 413-584-0790  
Mobile: 615-727-2044  
Email: bruce.finke@ihs.gov

Richard Hilton, Ph.D.  
Econometrica, Inc.  
7475 Wisconsin Avenue, Suite 1000  
Bethesda, MD  20814  
Email: rhilton@econometricainc.com

Gina Yellow Eagle  
Injury Prevention Coordinator  
Great Plains Tribal Chairmen’s Health Board  
1770 Rand Road, Rapid City, SD 57702  
Phone: 605-721-1922 x 156  
Email: gina.yelloweagle@gptchb.org

2014 TIPCAP Annual Workshop
Presenter Contact Information
TIPCAP would like to welcome the new Advisory Committee! New representative and alternates were nominated and selected during the Annual TIPCAP Workshop in Nashville, TN. The TIPCAP Advisory Committee serves as a vital link between TIPCAP grantees and IHS. Currently the committee is preparing for their first meeting on Tuesday June 17, 2014. Please feel free to contact your local committee member to share any TIPCAP concerns.

**THE 2014-2015 TIPCAP ADVISORY COMMITTEE**

- **ALASKA**
  - Shawna Hildebrand
  - Tanana Chiefs Conference
  - shawna.hildebrand@tananachiefs.org
  - 907-452-8251

- **GREAT PLAINS**
  - Gina Yellow Eagle
  - Great Plains Tribal Chairmen’s Health Board
  - gina.yelloweagle@gptchb.org
  - 605-721-1922 ext 156

- **ALBUQUERQUE**
  - Alvino Lovato
  - Pueblo of San Felipe Injury Prevention
  - alovato@sfpueblo.com
  - 505-771-9900 ext. 1107

- **BEMIDJI**
  - KaRee Lockling
  - Fond du Lac Band of Lake Superior Chippewa
  - KareeLockling@FDLREZ.COM
  - 218-878-2148

- **CALIFORNIA**
  - Julie Adams
  - Ho-Chunk Nation
  - 715-284-9851 x5070
  - nicole.thunder@ho-chunk.com

- **OKLAHOMA**
  - Tabitha Harris
  - Kaw Nation Injury Prevention
  - tharris@kawnation.com
  - 580-362-1045

- **PHOENIX**
  - Lyndee Hornell
  - Hualapai Health Department
  - lhornell@ymail.com
  - 928-769-2207 ext 230

- **PORTLAND**
  - Gloria Point
  - Northwest Washington Indian Health Board
  - Gloria@indianhealthboard.org
  - 360-647-9480 ext 204

- **NAVAJO**
  - Tara Clitso
  - Tuba City Regional Health Care Corporation
  - tara.clitso@tchealth.org
  - 928-283-2855
The following new resources are available from the TIPCAP Technical Assistance Team:

**ARTICLES**


- An article entitled “Circumstances and outcomes of falls among high risk community-dwelling older adults” by Judy A Stevens, Jane E Mahoney and Heidi Ehrenreich, Injury Epidemiology, [http://www.injepijournal.com/content/1/1/5](http://www.injepijournal.com/content/1/1/5)


**TOOLS**


**FUNDING OPPORTUNITY**

- Department of Transportation, Tribal Transportation Program Safety Funding (TTPSF) Notice of Funding Availability. Applications must be submitted no later than June 30, 2014. For more information visit: [https://www.federalregister.gov/articles/2014/05/14/2014-11074/notice-of-funding-availability-for-the-tribal-transportation-program-safety-funds](https://www.federalregister.gov/articles/2014/05/14/2014-11074/notice-of-funding-availability-for-the-tribal-transportation-program-safety-funds)

- Department of Justice, Research and Evaluation on Firearms and Violence. Applications must be submitted no later than June 3, 2014. For more information visit: [https://www.ncjrs.gov/pdffiles1/nij/s010385.pdf](https://www.ncjrs.gov/pdffiles1/nij/s010385.pdf)

- Department of Health and Human Services, Administration for Community Living. Evidence-Based Falls Prevention Programs. Applications must be submitted no later than July 8, 2014. For more information visit: [http://www.grants.gov/view-opportunity.html?oppId=255808](http://www.grants.gov/view-opportunity.html?oppId=255808)

**EVENTS**

- National Safety Council: National Safety Month, June 2014. For more information visit: [http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx)


**OTHER**


New IP Coordinator at the Choctaw Injury Prevention Program

The Choctaw Nation Injury Prevention Program is very pleased to welcome Keosha Ludlow to the TIPCAP Team as the new Injury Prevention (IP) Coordinator. Keosha is an enrolled member of the Choctaw Nation of Oklahoma. Keosha received her associate degree in arts and social work from Haskell Indian Nations University. She later completed her bachelor’s degree in social work with a minor in sociology. While Keosha is new to TIPCAP, she has significant experience working for the Choctaw Nation for over 9 years. She began her career as a mentor for the Choctaw Nation Youth Outreach Program and later became the program assistant director. Soon afterward she took a position as director for the CHIPRA Program, a Federal grant awarded to Choctaw Nation. When Keosha is not helping with the Choctaw TIPCAP, she enjoys spending time with family and friends. She especially likes to support her nieces, nephews, and coworkers’ children at their sporting events. Overall, Keosha is happy to contribute to the Choctaw Nation’s TIPCAP program.

New IP Coordinator at the Southeast Alaska Regional Health Consortium Program

Emily Reilly is the new IP Coordinator at Southeast Alaska Regional Health Consortium in Sitka, AK. Emily grew up in Tacoma, WA. She first became involved in injury prevention and response while working toward her B.S. in biology and psychology. In 2004 she moved to Sitka, where she became an EMS educator and a volunteer. Emily also chose to follow a health promotion/injury prevention path by becoming a yoga instructor in 2006 so that she could actively share positive mental and physical practices with her community. Emily recently obtained her M.P.H. in Global Health from Oregon State University. She keeps herself busy by building a house, teaching yoga, aerial dance, and enjoying the outdoors of Sitka. Emily is excited to be involved in Elder Fall prevention in the TIPCAP grant and has a strong drive to see culturally competent versions of public health programs in her community. SEARHC is very excited to have Emily as the injury prevention coordinator!

New IP Specialist II at Bristol Bay Area Health Corporation

Jerrod Moore has recently transitioned to the Injury Prevention Specialist II position at the Bristol Bay Area Health Corporation (BBAHC) in Dillingham, AK. Jerrod is Dine’ (Navajo) from New Mexico and has lived in Alaska for the past 2 years and has worked for BBAHC as the Peer Prevention Coordinator. As the Coordinator he spearheaded the Project Zero program, which focused on reducing suicides throughout the Bristol Bay Region. He also helped establish youth groups in surrounding villages advocating for safe and healthy communities. He graduated from the University of New Mexico earning his B.A. in Native American Studies and worked early in his career with the New Mexico Youth Conservation Corp and as a commercial fisherman. Jerrod enjoys working in Bristol Bay and is excited about the new experiences and challenges ahead.
TIPCAP Data Online

The TIPCAP Data Online team is happy to fulfill requests for site-specific data and TIPCAP summary data. To request a meeting to discuss your program’s data and how TIPCAP Data Online can help, please send an email to tipcapdataonline@econometricainc.com!

NHTSA Course Instructors

TIPCAP Coordinators Julie Adams, California Rural Indian Health Board, Inc., and Adrianna Gibson, Tule River Indian Health Center, Inc., are collaborating with Safe Kids to teach a National Child Passenger Safety Certification Course on August 12-15, 2014. Julie Adams is the lead instructor!

Congratulations Graduate!

Melissa Adams, daughter of Julie Adams, is a licensed cosmetologist after passing her State Board Exam!

Bundle of Joy!

Parents Carrie Brown (of Reno–Sparks Tribal Health Center) and Ryan Dunn welcome their daughter Emery Amiya Dunn, born on February 26, 2014.

If you would like to share general announcements with TIPCAP, please provide your information to Ciara Zachary at czachary@econometricainc.com.
<table>
<thead>
<tr>
<th><strong>Alaska Area</strong></th>
<th><strong>Great Plains Area</strong></th>
</tr>
</thead>
</table>
| **Mary Clark**, Injury Prevention Coordinator **Bristol Bay Area Health Corporation**  
Phone: 907-842-3396  
E-mail: mclark@bbahc.org | **Danita Wanna**, Sisseton-Wahpeton Oyate of Lake Traverse Reservation  
Prevention Coordinator  
Phone: 605-721-1922 x156  
E-mail: gina.yellloweagle@ptcih.org |
| **Kendra Nichols-Takak**, Injury Prevention Coordinator **Norton Sound Health Corporation**  
Phone: 907-443-4539  
E-mail: ktakak@nshcorp.org | **Gina Yellow-Eagle**, Injury Prevention Coordinator **Great Plains Tribal Chairman’s Health Board**  
Phone: 605-721-1922 x156  
E-mail: gina.yellloweagle@ptcih.org |
| **Cyndi Nation**, Community Health Director **Tanana Chiefs Conference**  
Phone: 907-452-8251 x3227  
E-mail: cyndi.nation@tananachiefs.org | **Alvino Lovato**, Injury Prevention Coordinator **San Felipe Pueblo Injury Prevention Coordinator**  
Prevention Coordinator  
E-mail: moluvato@pueblo-sf.gov  
Phone: 505-771-9900 ext. 1107 |
| **Alvino Lovato**, Injury Prevention Coordinator **Pueblo of San Felipe Injury Prevention**  
P.O. Box 4339  
San Felipe Pueblo, NM 87001  
Phone: 505-771-9900 ext. 1107 | **Joshua Flagstad**, Injury Prevention Coordinator **Tuba City Regional Health Care Corporation**  
Prevention Coordinator  
Phone: 928-283-2835  
E-mail: jflagstad@tcrh.org |
| **Luis Salas**, Injury Prevention Coordinator **Northern Native American Health Alliance**  
Phone: 715-682-7137, x4813  
E-mail: nnaha@badriverhealth-services.com | **Michelle Warner**, Injury Prevention Coordinator **Kiowa Tribe of Oklahoma**  
Prevention Coordinator  
Phone: 580-654-2300 x361  
E-mail: kipp@kiowatribe.org |
| **Nicole Thunder**, Motor Vehicle Injury Prevention Program Coordinator **Ho-Chunk Nation**  
Phone: 715-284-9851 x5070  
E-mail: nicole.thunder@ho-chunk.com | **Tabatha Harris**, Injury Prevention Coordinator **Kaw Nation Injury Prevention**  
Prevention Coordinator  
Phone: 580-362-1045  
E-mail: tharris@kawnation.com |
| **KaRee Locking**, Injury Prevention Coordinator **Fond du Lac Band of Lake Superior Chippewa**  
Phone: 218-877-2126  
E-mail: KaReeLocking@fdlblre.com | **Jaymee Moore**, Injury Prevention Coordinator **Colorado River Indian Tribe (CRIT)**  
Prevention Coordinator  
Phone: 928-669-8090  
E-mail: Jaymee.Moore@crit.dhs.org |
| **Vacancy**, Injury Prevention Coordinator **Oneida Environmental Health Board, Inc.**  
Phone: 715-682-7137, x4813  
E-mail: nnaha@badriverhealth-services.com | **KeoShaw Ludlow**, Injury Prevention Coordinator **Choctaw Injury Prevention Program**  
Prevention Coordinator  
Phone: 580-326-8304 x6013 |
| **Vacancy**, Injury Prevention Coordinator **Menominee Indian Tribe of Wisconsin**  
Phone: 715-799-4938  
E-mail: atomow@mitw.org | **Rosie Tall Bear**, Injury Prevention Coordinator **Absentee Shawnee Tribal Health Programs**  
Prevention Coordinator  
Phone: 405-701-7601  
E-mail: RTallbear@astribe.com |
| **California Area** | **Navajo Area** |
| **Gladis Aguerro**, Injury Prevention Coordinator **Quechen Indian Tribe**  
Prevention Coordinator  
Phone: 760-572-0437  
E-mail: laguerro@quechanchie. com | **Mary Robertson-Begay**, Injury Prevention Project Director **Hardrock Council on Substance Abuse, Inc.**  
Phone & Fax: 928-725-3501  
E-mail: mbeggy@223@yahoo.com |
| **Julie Adams**, Injury Prevention Coordinator **California Rural Indian Health Board, Inc.**  
Phone: 916-929-9761 x1512  
E-mail: julie.adams@crihb.net | **Jeremy Nelson**, Injury Prevention Coordinator **Navajo Nation Department of Highway Safety** |
| **Adriana Gibson**, Injury Prevention Coordinator **Tule River Indian Health Center, Inc.**  
Phone: 559-784-2316 x235  
E-mail: Adrianna.Gibson@crihb.net | **Gina Yellow-Eagle**, Injury Prevention Coordinator **Navajo Nation Health Board**  
Prevention Coordinator  
Phone: 928-283-2835  
E-mail: gina.yellloweagle@ptcih.org |
| **Vacancy**, Injury Prevention Coordinator **Navajo Tribal Public Health Institute**  
Phone: 928-283-2835  
E-mail: gina.yellloweagle@ptcih.org | **Jennifer Smith**, Injury Prevention Coordinator **Navajo Nation Health Board**  
Prevention Coordinator  
Phone: 928-283-2835  
E-mail: gina.yellloweagle@ptcih.org |
| **Gabriel Fierz**, Injury Prevention Coordinator **Mescalero Apache Band of Apaches**  
Prevention Coordinator  
Phone: 505-672-3393  
E-mail: gfierz@apaches.org | **Luella Azule**, Injury Prevention Coordinator **Navajo Nation Health Board**  
Prevention Coordinator  
Phone: 928-283-2835  
E-mail: gina.yellloweagle@ptcih.org |
| **Verena Jackson**, Injury Prevention Coordinator **San Carlos Apache**  
Prevention Coordinator  
Phone: 928-475-2338  
E-mail: jreede@sanchar.org | **Jaymee Moore**, Injury Prevention Coordinator **Colorado River Indian Tribe (CRIT)**  
Prevention Coordinator  
Phone: 928-669-8090  
E-mail: Jaymee.Moore@crit.dhs.org |
| **Christine Reede**, Injury Prevention Coordinator **San Carlos Apache**  
Prevention Coordinator  
Phone: 928-475-2338  
E-mail: Jaymee.Moore@crit.dhs.org | **Jaymee Moore**, Injury Prevention Coordinator **Colorado River Indian Tribe (CRIT)**  
Prevention Coordinator  
Phone: 928-669-8090  
E-mail: Jaymee.Moore@crit.dhs.org |
Do you have a newsletter article that you would like to submit?

Please send your article and pictures to Ciara Zachary at czachary@econometricainc.com.