

TRIBAL INJURY PREVENTION COOPERATIVE AGREEMENT PROGRAM (TIPCAP)

TIPCAP

NEWSLETTER MARCH 2015

Elder Fall Prevention: Protecting a Vital Cultural Resource in Tribal Communities

The Indian Health Service (IHS) Injury Prevention Program's unintentional fall prevention initiative strives to implement evidence-based strategies to reduce fatal elder falls.

Falls are a major problem in the elderly population, both for individual elders and for public health. One in three adults age 65 and older falls each year.¹ Approximately 20–30 percent of these falls result in serious injuries, such as fractures and brain injuries, and the rates of fall-related deaths among older adults have risen significantly over the past decade. In fact, falls are the most common causes of nonfatal injuries and hospital admissions for trauma, and they are the leading cause of injury deaths among older adults.² Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from all other causes.³

For the American Indian and Alaska Native (AI/AN) population, unintentional fall injuries pose a tremendous burden to the elderly population. Falls are the leading cause of injury for AI/AN individuals over the age of 65.⁴ Falls can cause serious hip fractures or head injuries, often leading to long-term health care. These life-changing events greatly impact overall quality of life, potentially including a loss of independence for the elder.

To address the AI/AN elder fall prevention initiatives, the IHS Injury Prevention Program provides funding to the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP). TIPCAP's strategy for elder fall prevention follows a comprehensive guideline approach. The comprehensive approach is based on the Clinical Guidelines and Recommendations by the United States Preventive Services Task Force and the American and British Geriatrics Societies.⁵

The comprehensive approach includes clinical measures (medication review, eye exams, physical therapy, etc.), home assessments/modifications, exercise (Tai Chi, strength/balance), and community education. Each TIPCAP site with a

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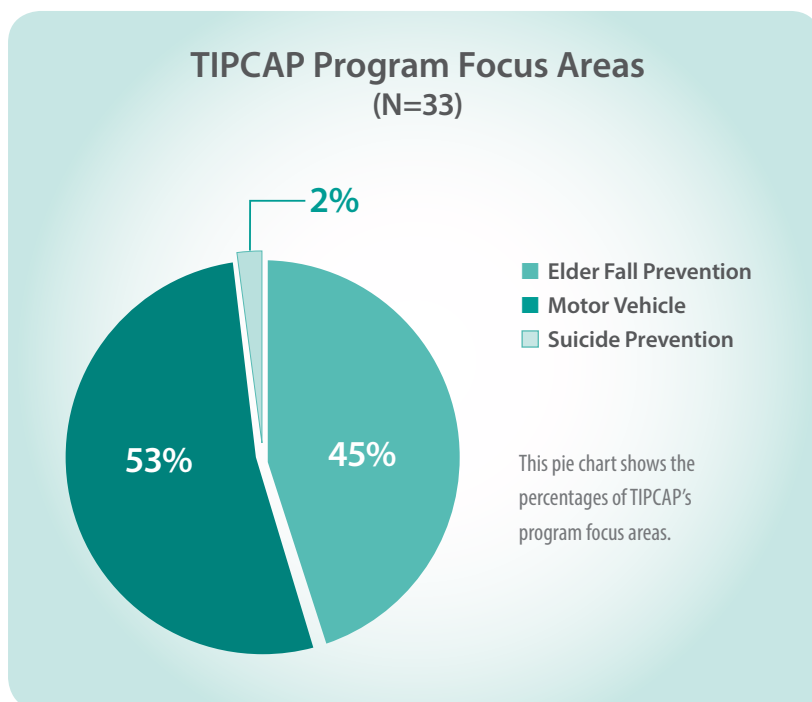
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Greetings to the Tribal Injury Prevention Cooperative Agreement Program Team! We present to you the TIPCAP March 2015 Newsletter. This newsletter features program successes and accomplishments in providing elder fall prevention services. In addition to, an announcement for the 2015 TIPCAP Annual Workshop.

Elder Fall Prevention – Protecting a vital cultural resource in Tribal communities continued

focus on elder fall prevention is applying all of these strategies. Due to the unique circumstances and limitations on services of individual AI/AN communities, the approaches may vary in intensity. At the minimum, TIPCAP offers basic components enhancing Tribal capacity in preventing or lessening the risk of fall and injury to their elders.

TIPCAP's elder fall prevention programs utilize evidenced-based strategies tailored to each Tribal community. TIPCAP's collaboration with key stakeholders and resources provides positive steps to sustaining the elder fall prevention initiatives.



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References:

- ¹ Stevens, J.A., Noonan, R.K., & Rubenstein, L.Z. (2010). Older adult fall prevention: perceptions, beliefs, and behaviors. *American Journal of Lifestyle Medicine* 4(1), 16–20.
- ² Centers for Disease Control and Prevention. (CDC) Home & Recreational Safety. (Accessed 2010, June 7). *Falls among older adults: An overview*. Retrieved from <http://cdc.gov/HomeandRecreationalSafety/Falls/index-fs.html>
- ³ CDC Home & Recreational Safety. (Accessed 2010, June 7). *Costs of falls among older adults*. Retrieved from: <http://cdc.gov/HomeandRecreationalSafety/Falls/index-fs.html>
- ⁴ Berger, L.R. (2013, July). Introduction to the special issue on fall injury prevention. *The IHS Primary Care Provider*, 38(7). Retrieved from http://www.ihs.gov/Provider/documents/2010_2019/PROV0713.pdf
- ⁵ U.S. Preventive Services Task Force. (2012, May). Recommendation statement. *Falls prevention in older adults: Counseling and preventive medication*. Retrieved from <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/falls-prevention-in-older-adults-counseling-and-preventive-medication>

Absentee Shawnee Tribal Health Programs

Success in Elder Falls Prevention: Tai Chi Program

Quote from Absentee Shawnee Tribal member:

“Tai Chi has helped me with my legs. They are stronger and I can get up from my chair now.”

Quote from Participant:

“Tai Chi has helped me take better control of my blood pressure and blood sugar.”



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Tai Chi Training activity at Absentee Shawnee Tribe

The Absentee Shawnee Tribal (AST) Injury Prevention Program has been working to reduce unintentional falls to elders. Absentee Shawnee Tribal Injury Prevention Program has increased the number of elders receiving in-home risk assessments, contributing articles which promote resources on the prevention of unintentional falls, ensuring that 50 percent of participants with in-home risk assessments participate in Tribal Injury Prevention Service (TIPS) programming, and increasing the number of educational elder fall prevention contacts. Since September 2013, 18 at-home risk assessments and 25 balance assessments have been completed. Out of the balance assessment, only two elders has had to be monitored (Table 1). Other AST activities included the development of 6 articles, the participation of 41 elders in one or more TIPS programs, and establishing a total of 251 educational fall prevention contacts.

The Absentee Shawnee Tribal Injury Prevention program hosts a regular Tai Chi class and has organized a Walk for Fitness program. The site's TIPCAP Coordinator, Rosie Tallbear, is a Tai Chi instructor and conducts these classes monthly (with additional classes offered weekly by other clinic staff). Within the last year, a total of 62 elders have attended the Tai Chi classes. The classes are consistently attended by two to three community elders. Active members receive an incentive for their participation in the class. The program partners with local health providers, such as primary care physicians and physical therapists, to obtain referrals for exercise and Tai Chi training. Physical therapists participate in the class to conduct balance assessments and subsequently monitor those that do not pass their assessment. The results from the balance assessments determine elders' eligibility for the classes. Elders engaged in the classes have shown improvement and tend to be more active with exercise activities. The instructor, Rosie, is exceptionally pleased with the outcomes of the elders' health behaviors. She enjoys helping the elders improve their health lifestyles by delivering this exercise method.

Overall, these elder fall prevention activities have been so successful that Tribal leadership has now begun providing executive support and funding to continue the site's work on environmental risks for elders living in their homes. For more information on Tai Chi, please contact Rosie Tallbear.

Table 1: Balance & Home Assessment

	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug	Total
	2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	—
# of Participants	0	0	7	0	0	0	24	7	10	2	2	10	62
# of Balance Assessments	0	0	7	0	0	0	3	7	2	2	2	2	25
# of completing	0	0	7	0	0	0	3	6	1	2	2	2	23
# of Monitors	0	0	0	0	0	0	0	1	1	0	0	0	2
# of Home Assessments	0	0	0	0	1	2	3	2	4	4	1	1	18

FACING THE CHALLENGE AHEAD FOR TIPCAP

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



Greetings TIPCAP Coordinators,

The newsletter for March 2015 focuses on the elder fall prevention initiatives of the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP). TIPCAP is a trailblazer in implementing evidence-based strategies in elder fall prevention for Tribal communities. Over the years, TIPCAP has made progress introducing exercise programs with a focus on strength and balance to improve gait—for instance, Tai Chi. Efforts to reach out to elders at their homes to conduct home assessments have had positive results in reducing home hazards. Partnerships with clinicians for services such as medication reviews, eye exams, and physical therapy have enhanced the efforts in elder fall prevention.

The 2015 annual TIPCAP Workshop will be June 17–18, 2015 in Rockville, MD. The Workshop logistics will be available soon. The Workshop will highlight the great work of TIPCAP over the last year.

The Indian Health Service Injury Prevention (IHS IP) Program Development Fellowship presentations will be held on Tuesday, June 16, 2015. The IHS IP Program Development Fellowship is an advanced training program in American Indian/Alaska Native community injury prevention. The final projects completed by the students will be presented on June 16, 2015, in Rockville, MD. Four TIPCAP IP Coordinators will be presenting:

- Julie Adams, California Rural Indian Health Board, Sacramento, CA.
- Adrianna Gibson, Tule River Health Center, Tule River, CA.
- Gina YellowEagle, Great Plains Tribal Chairman's Health Board, Rapid City, SD.
- Lyndee Hornell, Hualapi Tribe, Peach Springs, AZ.

Everyone is invited to attend the IHS IP Program Development Fellowship presentations. Details on this event will be sent out soon.

The lifesaving Tribal Injury Prevention work you do is very unique and important. In the last few years, we have seen great progress, and this year we want to keep up the momentum of sustaining the TIPCAP programs. TIPCAP supports the IHS mission of building Tribal capacity to address the injury disparities in American Indian/Alaska Native communities, and we hope that our efforts will continue to make that vision possible.

Thank you all for your great work!

Ahe hee'
Thank you!!

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Gila River Injury Prevention Program (GRIPP)

Managing Falls Through the Matter of Balance Program

Quotes from Participants:

"I'm already noticing a difference in my physical being."

"I'm feeling more energetic and walking faster and plan to continue with my fitness class."



For more information, contact:

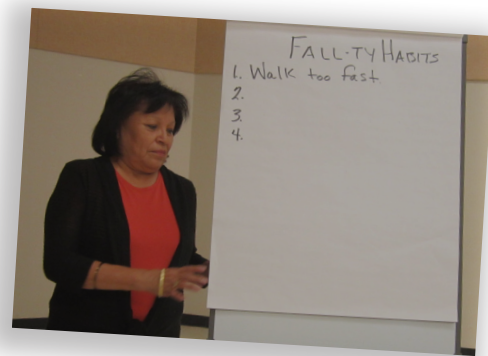
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Have you ever experienced a fall in your lifetime? Are you afraid to go outside your home to do the things you love to do? If your answer is yes for both then the "Matter of Balance" (MOB) class, an exciting award-winning program designed to help you overcome your fear of falling and increase your activity levels. With free admission, the program emphasizes practical strategies to manage falls in eight 2-hour sessions that take place over 2 months. In January 2014, Gila River Injury Prevention Program (GRIPP) successfully implemented a MOB program as a strategy to reduce the risk of falls within the community. Verna Jackson, IP Coordinator, is a MOB Master Trainer and received her certification from MaineHealth's Partnership for Healthy Aging. During January–February 2014, GRIPP conducted nine sessions with a total of six female participants ages 65–79 in the Gila Crossing Community (District 6). A pre- and post-survey were administered to assess participants' knowledge and level of comfort with their physical abilities in case of a fall. Based on the pre-survey results, many of the participants have experienced a fall and indicated that their concerns about falling do not interfere with their daily social activities. Throughout the course of the program, the participants acquire information on how to set goals to increase physical activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. In addition, an Occupational Therapist provided a gait and balance test to screen the elders for risk of falling. The class ended in late February, and each participant was awarded a Certificate of Completion as well as incentives for participating in MOB. After completing MOB, participants gained increased knowledge on exercise movement, cognitive learning, and practicing healthy behaviors. They demonstrated significant improvements in their levels of exercise and falls management and control. Overall, participants were very pleased with the training delivered and plan to recommend the class to their family and friends.

However, GRIPP encountered challenges in providing the MOB classes for the remainder of the year. The challenges included a lack of coaches to conduct the class and the inconsistency of participants' attendance due to other priorities. In order to address these issues, Ms. Jackson has established a partnership with A.T. Still University for eligible students to support delivery of the program. Currently, A.T. Still University Aging Program and Ms. Jackson are recruiting potential participants and organizing the MOB classes to begin in January 2015. The classes will be conducted in seven districts in the community. Ms. Jackson is coordinating with the university and local elder centers to increase program awareness. Ms. Jackson and the A.T. Still University will continue to work in partnership to sustain the "Matter of Balance" program and to present the program to all seven districts and train additional coaches to assist with program delivery. GRIC continues to solidify partnerships with the Elder service programs, Elderly Liaison Program and other community-based and health programs to improve the wellbeing of the community and deliver high-quality services. Ms. Jackson has fostered and produced effective relationships with tribal representatives and IHS to achieve the long-term goals of the MOB program. She is available to provide materials and additional resources on Matter of Balance to sites that express interest in the program.



Master Trainer Verna Jackson, IP Coordinator, teaching Matter of Balance course.

Reno-Sparks Indian Colony (RSIC)

Effective and Efficient Home Assessments and Modifications



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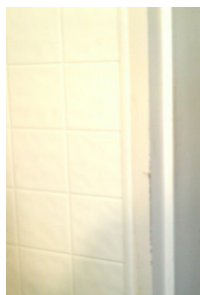
TIPCAP Coordinator Carrie Brown of Reno-Sparks Indian Colony (RSIC) has planned and implemented a comprehensive elder fall prevention program. Located in a clinic, the TIPCAP elder fall prevention program is able to use many resources and create many working relationships to offer exercise, vision exams, home assessments and modifications, and medical reviews. Carrie notes that the most successful components of the RSIC elder fall prevention program are exercise* and home assessments and modifications. The following are the key steps RSIC took when planning and implementing the home assessment and modification component of the elder fall prevention program:

1. Identify the number of homes in the RSIC communities.
2. Identify the number of elders ages 55 years and older that reside in the homes.
Steps 1 and 2 are key to developing the target population for intervention efforts.
3. Set SMART (specific, measureable, achievable, realistic/relevant, and time-bound) goals. Carrie aimed to conduct home assessments for 20 percent of homes with elders by the end of TIPCAP Program Year 4.
4. Build and maintain partnerships. The TIPCAP Coordinator works closely with the Housing and Public Works departments and RSIC's Tribal Health Center. These partners help to identify and refer elders in need of home assessment to TIPCAP and can also act a resource for home modifications that are more technical. The program also partners with Washoe County's Continuum for home modifications.
5. Collect data. RSIC conducts a 1-hour assessment to collect information pertaining to risks of falls. These data also identify opportunities for education and referral to other components of the elder falls program such tai chi and education at the senior center.
6. Follow up. RSIC follows up with both the elders and partners to ensure that next steps toward home modification, medical and vision exams, and education are completed.

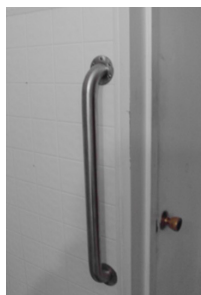
In addition to tribal and local partnerships, RSIC also has corporate partnerships with Nike to provide discounted footwear to ensure that elders have proper shoes to decrease the risk of falls. RSIC is looking forward to strengthening existing partnerships and developing more partnerships in TIPCAP Year 5 to promote elder prevention program sustainability. Furthermore, Carrie is focusing on cross-training to enhance program sustainability efforts.

**Please see the March 2014 newsletter to learn more about RSIC's exercise program.*

Grab Bar Installation



Picture 1



Picture 2

Back Porch Steps to an Elder's home.



In Picture 1, stairs are visibly damaged, there are no handrails. Concrete is visible cracked and ground surrounding porch is uneven. Pictures 2 and 3 show the same home with new ramp and handrails.

Quechan Tribe

Fall Prevention Programs: Exercise and Medication Review

One of the Quechan Tribe Injury Prevention Program's goals is to reduce fall injuries among the Quechan Elder population on the Fort Yuma Indian Reservation. Lisa Aguerro, IP Coordinator, has implemented a series of interventions to achieve the site's goals. Mrs. Aguerro's elder falls prevention program includes exercise, medication review, vision checks, prevention education, and home safety assessments. The site has had 106 of 120 elders (88 percent) participating in more than 1 service area in the program. The elders Fit for "Life" program has resulted in tremendous success within the exercise component. Informational materials are provided at the IP Elder Health Resource Event to increase program awareness, and incentives are distributed for program participation.

The IP program successfully recruited 42 elders in the Fit for "Life" program. Participants meet twice a week for this program that includes walking, yoga, and water aerobics. The sessions start off with walking for 1 to 1.5 hours; this is followed by 45 minutes of stretching yoga. In the summer months, elders participate in water aerobics because it is too hot to walk safely in the desert sun. Additional exercise routines include evening walking, self-defense, senior aerobics, and Senior Olympics practice. The Fit for "Life" program collaborates with the Special Diabetes Project and Senior Center to promote and conduct exercise activities. The IP program partnered with Senior Olympics to judge and monitor the competitions. A total of 50 tribal members participated in the Senior Olympics, as did about 200 people from other Tribes. The Fit for "Life" group was also actively involved with the Diabetes Step Out fundraiser, in which it organized its own fundraiser and walked the 5K as a team. Quechan has met its goal of having 40 percent of elders participate in the Fit for "Life" program. This summer, Quechan will start the Fit for "Life" Program 3 days a week. Overall, participants are pleased with the delivery of services provided in the program, which has helped them to attain a healthier lifestyle.



Lisa Aguerro at the Fit for Life program.



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Quechan's elder falls prevention program conducts medication review. Medication review is considered an essential component of comprehensive falls assessment. Quechan continues to use the Medication Management Improvement System developed by the Partners In Care Foundations to conduct medication review. Community health representatives and public health nurses help conduct medication reviews with the use of the IHS Resource and Patient Management System. Twenty-six elders had their medication checks completed by the pharmacist or by the In-Home Med Check system. As the site conducts in-home medication screening, the number of medication checks will increase to reach the goal of 50 percent (n=60) of elders by the end of Year 5.

Mrs. Aguerro has produced effective partnerships in her efforts to reduce unintentional elder falls. These relationships have enabled the program to obtain essential resources to support the program, while effectively meeting the needs of the elders. The site has demonstrated success in providing exemplary services and training to the Quechan area on the significance of elder falls prevention.

Hardrock Council on Substance Abuse, Inc.

The Impact of Home Modifications in Reducing Elderly Falls

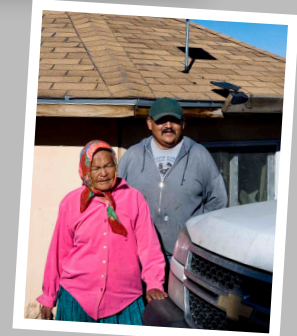


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A goal of Hardrock Council on Substance Abuse, Inc., is to decrease unintentional elder fall injuries by 10 percent within the Hardrock Chapter Community by 2015. Mary Robertson-Begay, TIPCAP Injury Prevention Coordinator, has been successfully implementing effective strategies to enhance the elder falls prevention program. The site's efforts include conducting home assessments, disseminating educational materials, and engaging in community outreach events. Hardrock has established an ongoing and active partnership with the IHS Area Office, Pinon Fall Prevention Program, Senior Centers, Durango Rotary Club, and other key stakeholders. These relationships enabled the grantee to obtain needed resources and material support, particularly with respect to home enhancement. Within recent years, the site has far exceeded its goal of 15 home assessments by completing more than 70 comprehensive home assessments. Many of these homes received modifications, including internal enhancements such as installations of grab bars, external solar lamps, and other safety devices. Pre and post questionnaires are conducted to assess falls and evaluate the impact of home modifications. Falls have significantly declined, particularly in homes with ramps installed. Hardrock continues to conduct educational presentations to promote fall prevention at community events. The site distributes fall prevention brochures it developed with information on safety tips, medication management, exercise, vision exams, and contact notification.

Overall, the site aims to serve 50 homes per year to complete home assessments and modifications. These services will be delivered in the Hardrock and Pinon communities. To address program sustainability, Mary has worked closely with the TIPCAP Project Officer, Siona Willie, to research and apply for funds targeting the elderly population and fall prevention. Recently, Hardrock was awarded a 2-Year U.S. Department of Health and Human Services grant of \$100,000 to support its elder falls program beyond the TIPCAP grant cycle. This funding will help the site conduct supply home modifications devices at its communities. Additionally, Mary participates in the Hardrock Chapter government planning meetings to discuss sustaining many of the TIPCAP activities. The Chapter continues to be active in addressing the needs of the community. Mary works diligently to foster and enhance relationships with Tribal representatives and IHS to accomplish the long-term goals of the injury prevention program.

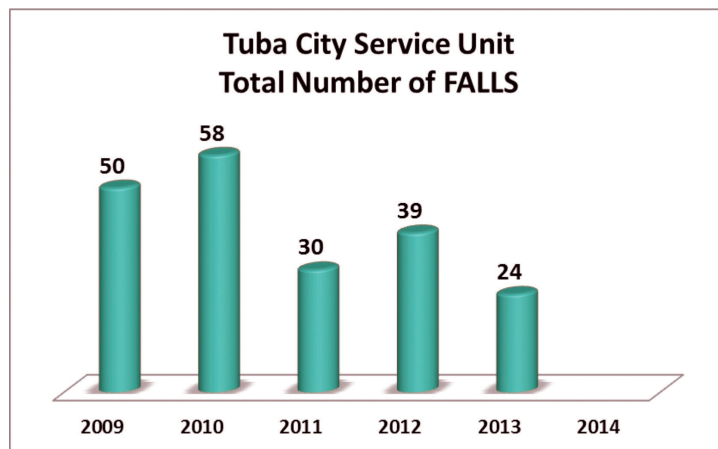


Hardrock's Elder Fall Prevention Services

Tuba City

Elder Fall Prevention

Tara Clitso, Injury Prevention (IP) Coordinator of Tuba City Regional Health Care Corporation, has implemented a data-driven elder fall prevention program. Through key partnerships and collaboration with the hospital geriatric clinic, data are collected and reported to measure the effectiveness and comprehensiveness of the elder fall prevention program. Data are collected using the Injury Data Surveillance System (IDSS) and Emergency Room logs, which identify elders at increased risk for falls. Once elders are identified, they are referred to the monthly geriatric clinic to obtain vision exams, medication reviews, and a balance/mobilization assessment. Collaboratively, the IP Coordinator helps promote the geriatric clinic services by working with the Project Officer to develop reports on topics such as causes of falls and reporting the number of fall hospitalizations and fatalities to the geriatric clinic, Navajo communities, and partnering organizations. Based on the data since 2009, intervention efforts have been developed to address and further decrease the number of injuries and fatalities resulting from unintentional falls. Fact sheets are shared with the Navajo communities to increase awareness, change health behaviors, and promote home assessments and modifications. In addition, these fact sheets are shared with senior centers to enhance program efforts. Team Tuba states, “The key in keeping strong partnerships is using data to drive program planning and reporting on program successes to keep partners motivated to address elder falls.”



Elder falls decreased by 52 percent from 2009 to 2013, with spikes in 2010 and 2012.



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Fall Prevention Education by Tara Clitso in Tonalea, AZ.

TIPCAP Fall Prevention Programs

Data
Education
Home Safety Assessments
& Modifications
Partnerships Coalition
Exercise Program
Medication Review
Vision Exams

2010 – 2015 Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)			Building Effective community-based Fall prevention programs						
Area	Tribal Site	IP Coordinator							
Phoenix	Reno-Sparks Indian Colony	Carrie Brown							
Navajo	Hardrock Council on Substance Abuse, Inc	Mary Robertson-Begay*							
Navajo	Tuba City Regional Health Care Corporation	Tara Clitso							
Phoenix	Gila River Indian Community	Verena Jackson**							
Phoenix	Quechan Tribe	Lisa Aguerro							
Oklahoma	Kaw Nation	Valeria Rudman							
Albuquerque	Pueblo of Jemez	Maria Benton							
Bemidji	Bad River Band of Lake Superior Tribe of Chippewa Indians	Luis Salas							
Oklahoma	The Absentee Shawnee Tribe of Oklahoma, Inc.	Rosie TallBear*							
Phoenix	Hualapai Tribe	Lyndee Hornell							
Alaska	Maniilaq Association								
Alaska	Southeast Alaska Health Corporation	Lesa Way							
Albuquerque	Pueblo of San Felipe	Alivo Lovato***							
California	Tule River Indian Health Center, Inc	Adrianna Gilbson							
Phoenix	Colorado River Indian Tribes	Jaymee Moore							
Bemidji	Oneida Tribe of Indians of Wisconsin	Sheri Forgette							
Oklahoma	Kiowa Tribe of Oklahoma	Yvette Zotigh							
Bemidji	Fond Du Lac Band of Lake Superior Chippewa	KaRee Lockling							
Bemidji	Menominee Indian Tribe of Wisconsin	Alan Tomow							
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Portland	Northwest Washington Area Indian Health Board	Gloria Point							
Alaska	Bristol Bay Health Corporation	Jarrod Moore							

* Tai Chi Instructor

** Matter of Balance Instructor

***Tai Chi Classes at Senior Center

THE 2014-2015 TIPCAP ADVISORY COMMITTEE

The TIPCAP Advisory Committee meets every second Monday of the month by conference call to discuss and address current issues. The TIPCAP Advisory Committee serves as a vital link between TIPCAP grantees and IHS. Currently, the committee is providing guidance in the planning for the upcoming 2015 TIPCAP Annual Workshop. Please feel free to contact your local Advisory Committee representative to share your suggestions and ideas for the workshop.



Nancy Bill, IHS Injury Prevention Program Manager



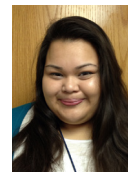
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The following new resources are available from the TIPCAP Technical Assistance Team:

TOOLS

- A curriculum for high school student empowerment entitled “Project Student Health Advocates Redefining Empowerment (SHARE)” by the University of Maryland, <http://guides.hshsl.umaryland.edu/projectshare>
- A home safety visit guide and apps by Vision 20/20, <http://strategicfire.org/page.cfm/go/New-Online-Home-Safety-Visit-Tools>

ARTICLES

- An article entitled “The Cost of Not Wearing a Helmet” by Rose Hoban, University of North Carolina (UNC), <http://www.northcarolinahealthnews.org/2014/11/18/the-cost-of-not-wearing-a-helmet/>
- An article entitled “A Tiny Stumble, a Life Upended” by Katie Hafner, New York Times, <http://www.lede-search.com/articles/2014-11-06/a-tiny-stumble-a-life-upended.html>
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- An article entitled “Federal Study Finds 55 Percent of Infants Sleep With Soft Bedding, Raising Risk of Death” by Catherine Saint Louis, New York Times, http://www.nytimes.com/2014/12/01/us/federal-study-finds-55-percent-of-infants-sleep-with-soft-bedding-raising-risk-of-death.html?_r=0
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- An article entitled “Sponsorships of Events Tied to Underage Alcohol Use, BU Study Finds” by Michael Siegel, Boston University, <http://www.bu.edu/sph/2014/12/02/sponsorships-of-events-tied-to-underage-alcohol-use-bu-study-finds/>
- An article entitled “Enforcement of Drunk Driving Laws Makes Roads Safer, Study Finds” by Alan Mozes, HealthDay, <http://consumer.healthday.com/general-health-information-16/alcohol-abuse-news-12/enforcement-of-drunk-driving-laws-makes-roads-safer-study-finds-694717.html>
- An article entitled “UMass Amherst Faculty Receives \$700,000 NIH Grant to Study Suicide Prevention Strategies Among Alaska Native Youth” by the Association of Schools & Programs of Public Health, <http://www.aspph.org/umass-amherst-faculty-receives-700000-nih-grant-to-study-suicide-prevention-strategies-among-alaska-native-youth/>
- An article entitled “Alcohol Poisoning Deaths: A Deadly Consequence of Binge Drinking” by the Centers for Disease Control and Prevention, <http://www.cdc.gov/vitalsigns/alcohol-poisoning-deaths/index.html>

REPORTS

- United Health Foundation, 2013 Senior Report: America’s Health Rankings. For more information visit: <http://www.americashealthrankings.org/senior>
- Consumer Product Safety Commission, Bicycle Helmets Recalled by UVEX Sports Due to Risk of Head Injury. For more information visit: <http://www.cpsc.gov/en/Recalls/2015/Bicycle-Helmets-Recalled-by-UVEX-Sports/>
- National Highway Traffic Safety Administration, U.S. Department of Transportation Announces Decline in Traffic Fatalities in 2013. For more information visit: <http://www.nhtsa.gov/About+NHTSA/Press+Releases/2014/traffic-deaths-decline-in-2013>
- Centers for Disease Control and Prevention, “Vital Signs: Alcohol Poisoning Deaths — United States, 2010–2012,” Morbidity and Mortality Weekly Report, January 5, 2015. For more information visit: <http://www.cdc.gov/mmwr/pdf/wk/mm63e0106.pdf>

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TECHNICAL ASSISTANCE CENTER RESOURCES *continued*

EVENTS

- United Health Foundation, 2013 Senior Report: America's Health Rankings. For more information visit: <http://www.americashealthrankings.org/senior>
- Consumer Product Safety Commission, Bicycle Helmets Recalled by UVEX Sports Due to Risk of Head Injury. For more information visit: <http://www.cpsc.gov/en/Recalls/2015/Bicycle-Helmets-Recalled-by-UVEX-Sports/>
- National Highway Traffic Safety Administration, U.S. Department of Transportation Announces Decline in Traffic Fatalities in 2013. For more information visit: <http://www.nhtsa.gov/About+NHTSA/Press+Releases/2014/traffic-deaths-decline-in-2013>
- Centers for Disease Control and Prevention, "Vital Signs: Alcohol Poisoning Deaths — United States, 2010–2012," Morbidity and Mortality Weekly Report, January 5, 2015. For more information visit: <http://www.cdc.gov/mmwr/pdf/wk/mm63e0106.pdf>

DEADLINES

- Semiannual Progress Report Due Date: **March 31, 2015**

If you would like a copy of an aforementioned resource, please contact Doyin Idowu at oidowu@econometricainc.com.

TIPCAP General Announcements

- If you would like to share general announcements with TIPCAP, please provide your information to Doyin Idowu at oidowu@econometricainc.com.



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NEW FACES AT TIPCAP



Sheri Forgette,
TIPCAP IP Coordinator

Sheri Forgette, New Injury Prevention Coordinator at the Oneida Injury Prevention Program

My name is Sheri Forgette. I have a degree in occupational safety and have worked for the Oneida Tribe of Indians in Wisconsin as the safety specialist for 20 years. I live in De Pere WI with my husband and 2 children. The injury prevention grant has recently been transferred over to me, which fits in nicely with the injury prevention programs I currently do. I am the coordinator of the Oneida safety town program for the past 14 years and have been a certified child passenger safety technician for 15 years. I look forward to this opportunity to work with the TIPCAP project.



Valerie Rudman,
TIPCAP IP Coordinator

Valerie Rudman, New Injury Prevention Coordinator at the Kaw Nation Injury Prevention Program

My name is Valerie Rudman and I am the new Kaw Nation Injury Prevention Program Coordinator. I would like to take this opportunity to introduce myself. I am a proud member of the Ponca Tribe of Oklahoma. I am a recent graduate from Oklahoma State University where I received my Bachelors in Business Administration. The previous coordinator, Tabatha Harris, and myself are both members of Alpha Pi Omega. Within the last two years, I have shadowed her role, participated and volunteered at Kaw Nation Injury Prevention events. I am beyond excited to begin my professional journey with the Kaw Nation's TIPCAP Program. I look forward to working with you all!



Stoney Trusty
TIPCAP IP Coordinator

Stoney Trusty, New IP Coordinator at the Choctaw Injury Prevention Program

The Choctaw Injury Prevention Program is very pleased to welcome Stoney Trusty to the TIPCAP Team as the new IP Coordinator. Stoney is an enrolled member of the Choctaw Tribe who was born and raised in Wright City, OK. While Stoney is new to TIPCAP, he has significant experience working for Choctaw Nation as a site manager of Wheelock Academy, which was a boarding school from 1833 until 1955. When Stoney is not helping with the Choctaw TIPCAP program, his hobbies include hunting and fishing. He also enjoys watching his three kids participate in sports ranging from basketball to softball. Even before joining the TIPCAP team, Stoney understood the importance of motor vehicle safety. As Stoney's daughter prepares to receive her driving permit, he is even more aware of motor vehicle safety issues and would like to start new TIPCAP initiatives focused on distracted driving (e.g., texting while driving). All in all, Stoney is happy to contribute to Choctaw's TIPCAP program.

NEW STAFF AT ECONOMETRICA, INC.



Mark Stewart,
TA Provider

Econometrica, Inc. TA Provider

Mark Stewart is the new TA staff taking over for Ciara Zachary as she is now part-time with Econometrica, Inc. Mark Stewart has 23 years of experience designing, implementing, and managing projects and campaigns focused on improving public health and health care and ensuring quality. He has worked for both nonprofit societies and Government contractors. Most recently, Mr. Stewart participated on the National Content Developer contract for the Partnership for Patients, which included readmissions and hospital-acquired conditions as the main measures. The injury-focused measures were falls and adverse drug events. He has worked with 28 Federal Indian Health Service facilities in 8 Area Offices on implementing the measures and identifying areas for improvement.

Mr. Stewart led Special Innovations Projects for a State-based Quality Improvement Organization funded by the Centers for Medicare & Medicaid Services. This was a community-based and community-focused innovation project built on community-driven root-cause analysis for high chronic disease burden. Previous research efforts have included data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, including all-terrain vehicle- and sports-related injuries.

He completed a Master of Public Health degree from the George Washington University School of Public Health and Health Services. In 2008, he fulfilled the requirements for Intermountain Healthcare's Advanced Training Program in Health Care Delivery Improvement.

Mark Stewart provides technical assistance to Bristol Bay Area Health Corporation, Northwest Portland Area Indian Health Board, Northwest Washington Area Indian Health Board, and Oglala Tribe Department of Public Safety.

SAVE THE DATE!

Indian Health Services and Econometrica, Inc. invite you to attend:

Year 5 TIPCAP Annual Workshop

June 16-18, 2015

**Hilton Washington, DC/
Rockville Executive Meeting Center**

**1750 Rockville Pike
Rockville, MD 20852**

**Group Name:
Indian Health Services**

**Single/Double room rate: \$209.00
For Reservations call 1-800-HILTONS (445-8667)
<http://www.rockvillehotel.com/>**

**Reservations deadline:
May 17, 2015**

This event will serve as a platform for grantees to report program findings on injury prevention (IP) activities conducted throughout the grant cycle.

Please complete the TIPCAP Annual Workshop Pre-Registration Survey form
by **April 24, 2015**:
<https://www.surveymonkey.com/s/BFFRJJP>

Please contact Doyin Idowu at oidowu@econometricainc.com
if you have any questions or concerns.

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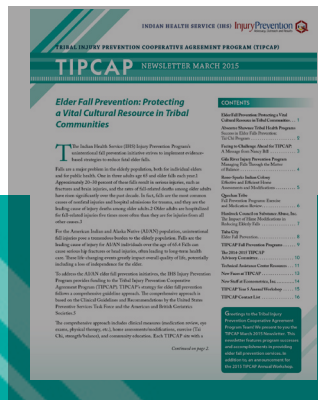
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Do you have a newsletter article
that you would like to submit?

Please send your article and pictures to Doyin Idowu
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ECONOMETRICA, INC.



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COLORADO INJURY CONTROL RESEARCH CENTER



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