

TRIBAL INJURY PREVENTION COOPERATIVE AGREEMENT PROGRAM (TIPCAP)

TIPCAP NEWSLETTER SEPTEMBER 2014

Tuba City Regional Health Care Corporation:

ACHIEVEMENTS IN MOTOR VEHICLE SAFETY SERVICES

The Tuba City Regional Health Care Corporation (TCRHCC) is a Joint Commission accredited health center that serves as a referral center for the western part of the Navajo and Hopi Reservations. The TCRHCC Injury Prevention Program (IPP) goal is to reduce the rate of motor vehicle crash injuries to TCRHCC community members by 5 percent by per year from September 2010 through August 31, 2015. To reach this goal, in Year 4, TCRHCC has conducted car seat clinics and trainings, distributed 44 car seats, conducted educational presentations to stakeholders and collaborated with the Navajo Nation Police Department to conduct four car seat checkpoints in Year 4. The IPP is also actively involved with the Children Are Precious Passengers program, to address Navajo Nation and Arizona child car seat and seat belt laws through education, enforcement, and public awareness. Furthermore, the program has been able to successfully maintain a pool of 20 certified Child Passenger Safety Technicians.

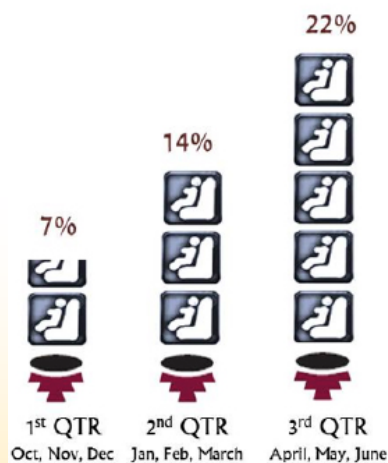


CONTENTS

<i>Tuba City Regional Health Care Corporation:</i> Achievements in Motor Vehicle Safety Services	1
A Message from Nancy Bill	3
Hardrock Council on Substance Abuse, Inc. Elders Falls Prevention Program	4
Navajo Nation Department of Highway Safety Tapping into Networks	5
Northwest Washington Area Indian Health Board Elder Fall Study in Lummi Nation	6
Northwest Portland Area Indian Health Board Condensed Indian Health Service (IHS) Safe Native American Passenger (SNAP) Training	7
Northern Native American Health Alliance Progress and Partnerships	8
The 2014-2015 TIPCAP Advisory Committee	9
Technical Assistance Center Resources	10
New Faces at TIPCAP	11
TIPCAP General Announcements	12
TIPCAP Contact List	13

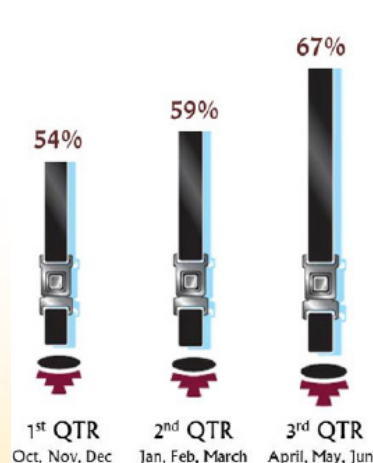
Car Seat Use Rate

Oct 2013- June 2014



Seat Belt Use Rate

Oct 2013- June 2014



Greetings to the Tribal Injury Prevention Cooperative Agreement Program Team! We present to you the TIPCAP September 2014 Newsletter. Every quarter, we highlight program successes from each TIPCAP area.

This quarter's newsletter features the Navajo and Portland Area.

Tuba City Regional Health Care Corporation

ACHIEVEMENTS IN MOTOR VEHICLE SAFETY SERVICES



For more information, contact:

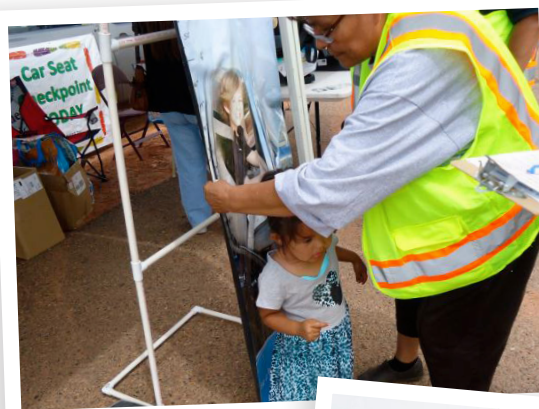
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TCRHCC conducts quarterly seat belt and child restraint surveys to track data trends and evaluate the effectiveness of the program. As a result of TCRHCC IPP activities, the data of Year 4 (October 2013–March 2014, Quarters 1–3) indicate that the usage rates of seat belts and child restraint have significantly improved: seatbelt use increased from 54 percent in quarter 1 to 67 percent in quarter 3, and child restraint use increased from 7 percent in quarter 1 to 22 percent in quarter 3.

Another IPP goal is to reduce the rate of elderly falls by 5 percent per year from September 2010 through August 31, 2015. To reach this goal, in Year 4, IPP focused on education and installation of home safety devices for elders. More than 100 elders received education in Gap/Bodaway, Cedar Ridge and Bittersprings communities. The IP Coordinator attended three elderly fall prevention meetings. In year 5, the focus will be on Cowsprings and Tonalea communities.

Additionally, with the support of the Community IP team, the IPP continues to strengthen rapport, foster and build strong partnerships with multiple agencies including law enforcement, Health Board, Tribal Council, Tribal representatives, community health programs, State programs, and IHS to achieve the long-term goals of the program. To encourage and promote collaboration and program sustainability, the TCRHCC Health Board and representatives from 8 chapters received 2 presentations on the significance of the program.



Darlene Yellowhair, CPS Tech, taking height and weight measurements at Kaibeto Seat Clinic in Kaibeto, AZ on July 8, 2014.



Lieutenant Thomas Yellowhair collecting vehicle and driver information at Kaibeto car Seat Clinic in Kaibeto, Arizona on July 8, 2014.

FACING THE CHALLENGE AHEAD FOR TIPCAP

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



Greetings TIPCAP Coordinators,

During Year 5, as a team, let's be more proactive in seeking ways for program sustainability. Ideally, sustaining the injury prevention program services you have provided over the years would be preferred. Achieving this will take leveraging new resources beyond IHS. TIPCAP Year 5 will require diligence in seeking out new resources to continue the injury prevention programs, i.e., motor vehicle occupant restraint, elder fall, suicide prevention. Over the past years, we have provided information in program planning, implementation, and evaluation. Additionally, the logic model we incorporated into the program planning provided a view of your program's key components to achieve the positive outcomes. The positive outcomes should be kept in the discussion emphasizing the need for TIPCAP with the Tribal administrators and Tribal Council/leadership, etc. The Tribal leadership should clearly see how TIPCAP is meeting the needs of the community. This includes the impact on the economy of the community due to the work of TIPCAP; more importantly, the years of potential lives saved. Additional cost savings include the medical, rehabilitation, and overall benefits to the physical and mental health of the community. These correlations should be clearly articulated in presentations of TIPCAP's work.

Reaching sustainability is an ongoing process. In Year 5, we will continue to provide information to support your efforts in sustainability. Your program successes are far reaching, with important positive outcomes on the future of tribal communities.

I look forward to another great TIPCAP year. Thank you for your excellent work to address the injury disparities in American Indian/Alaska Native communities.

Ahe hee'
Thank you!!

Nancy M. Bill

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Hardrock Council on Substance Abuse, Inc.

ELDERS FALLS PREVENTION PROGRAM



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Hardrock Council on Substance Abuse, Inc., uses effective strategies, to meet its TIPCAP goal of decreasing unintentional elder fall injuries by 10 percent within the Hardrock Chapter by 2015. Mary Robertson-Begay, the TIPCAP Coordinator, successfully collaborates with program partners, which include the University of Arizona and Durango Rotary Club, to achieve this goal. Hardrock's efforts include conducting home assessments, disseminating educational materials, and participating in community events.

Over the past 2 years, the site has far exceeded its goal of 15 home assessments by completing more than 70 assessments. Of these assessments, more than 60 homes received internal enhancements, such as grab bars. Hardrock has successfully installed five ramps at homes, and has supplied 8 to 10 homes with external solar lights.

To address the exercise component, the site recently modified this focus from walking to implementing Tai Chi classes, and is happy to announce that Bernice Bert, TIPCAP Injury Prevention Program Assistant, obtained her Tai Chi certification. The program is in the process of developing pre- and post-surveys to assess elders' mobility in order to calculate improvement.

Due to ongoing effective partnerships, the public recognizes Hardrock's effort 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 program participants. The site has demonstrated success in providing exemplary services and training to the Hardrock area on the significance of elder falls prevention. Mary even has success stories from elders to share, such as the following:



The entrance ramp installed for John and Nellie Lee.
The ramp was completed February 2014.

"John Lee had a slight stroke recently and relied on his wife to help him up and down the steps to their home. His wife, Nellie, has been battling arthritis for 4 years now, and when they were informed they would be receiving a ramp with handrails, she cried. "It's easier for both of us to come and go from our home now," she explained to the public health nurse and the Injury Prevention Program staff. Many elders are in need of steps and ramps with handrails to their homes that were built 40-plus years ago."

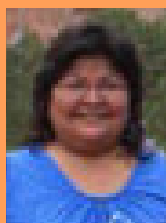
Overall, Hardrock is promoting a safer and healthy lifestyle in the community!

Navajo Nation Department of Highway Safety

TAPPING INTO NETWORKS



Jeremy Nelson and a Ramah Police Officer for checkpoint event.



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“How to do more with less” has been the overall theme for accomplishing the goals and objectives for the Navajo Nation Department of Highway Safety TIPCAP grant. Reaching 110 communities throughout the Navajo Nation has been quite a task. Navajo Nation is happy to report that they have reached 83 communities in Year 4. Strategies to utilize a variety of marketing and networking ideas have been incorporated to make progress on our scope of work. Networking efforts to conduct child passenger safety (CPS) clinics have been successful in bringing this awareness to parents and caregivers. In Year 4, 54 CPS clinics have been held.

With such a huge land base to cover, partnerships with other agencies are to reaching the people of the Navajo Nation. Collaborative teamwork has proven to be a key element in building successful programs. In addition to the Indian Health Service, we partner with Health Promotions, McKinley County Sheriff's Department, Navajo Department of Law Enforcement, Navajo Department of Fire and Rescue, Navajo Emergency Medical Services, Special Diabetes Project, Tse'Hootsooi' Medical Center, and New Mexico's Tuba City Health Education Department.

Another strategy for the Department has been developing and coordinating safety checkpoints with Tribal and non-Tribal enforcement agencies in an effort to increase the general public's awareness of enforcement. Travel is prioritized throughout the Navajo Nation and surrounding areas, as a means to market partnership prevention services to communities, chapter houses, public schools, and different agencies to promote injury prevention. Building trust with the communities is a key component of sustainability. Remaining in the communities at chapter houses, schools, and other public meeting spaces will build the necessary relationships in delivering our injury prevention messages to the people.



Volunteers and child passenger health clinic at Fort Defiance Indian Hospital

Northwest Washington Area Indian Health Board

ELDER FALL STUDY IN LUMMI NATION



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The Northwest Washington Area Indian Health Board (Nwaihb) understands that data and surveillance are needed to understand which intervention strategies are best for injury prevention. Throughout Year 4, TIPCAP Coordinator Gloria Point and colleagues have been collecting rich data from the Lummi Tribe concerning elder fall prevention. They have been conducting face-to-face surveys and interviews with Lummi elders 65 years and older to understand the incidence and severity of falls.

While the survey consists of only 24 questions, Ms. Point reports that the meetings turn into interviews that last for approximately 60–90 minutes. The elders' eagerness to talk about their concerns about falls indicates that there is a need for the Nwaihb to develop new and tailor existing evidence-based strategies to address elder falls. When Ms. Point first started contacting elders to complete the survey at the beginning of Year 4, there were 202 elders for the sample. Currently, there are 192 available elders; interviews have been conducted with 94 elders, and 8 have refused to participate.

The preliminary data provide many insights into when and where falls occur, and even what lifestyle changes elders are making to prevent future unintentional falls. Initial data show that:

- 65 (72.2 percent of) Lummi elders reported one or more falls in the last 3 years, while 55 (61.1 percent) reported one or more falls in the last year;
- 23 (25.6 percent of) Lummi elders reported zero falls 3 years ago, while 33 (36.7 percent) reported zero falls this past year—an increase of 10 (11.1 percent); and
- 31 (34.4 percent of) elders reported three or more falls 3 years ago, while 14 (15.6%) reported three or more falls this past year—a reduction of 17 (18.8 percent).

More than 80 percent of falls reported take place during the daylight hours. Nearly 25 percent of elders who reported falls also need help from a health professional. The data show that falls are a priority for the Lummi Tribe, and the TIPCAP site is confident that once the surveys are completed, the report will help build a sustainable fall prevention program.

Quotes from Lummi elders included the following:

- “It [falling] happens so fast, there is no way you can change your mind. I have to think about every move I make.”
- “We need to keep visiting the elders. Some live in poor conditions, could trip on animals, and live with health hazards around them. Promote better housing—some houses have holes on the floor. Some [elders] don't eat properly—you know, you don't want to eat when you're alone.”



Photo of an Elder participant in the falls prevention program

Northwest Portland Area Indian Health Board

CONDENSED INDIAN HEALTH SERVICE (IHS) SAFE NATIVE AMERICAN PASSENGER (SNAP) TRAINING



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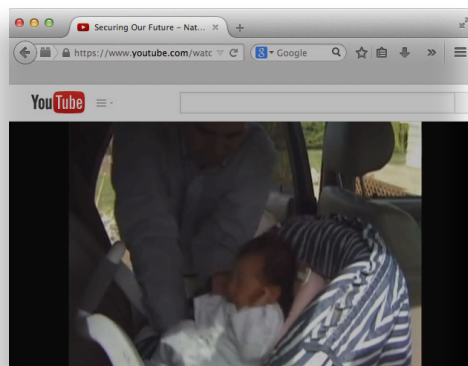
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One goal for Northwest Portland Area Indian Health Board (NPAIHB) is to serve as a resource center for the IHS Portland Area. As an example of NPAIHB's reach, Jen Olson from the South Puget Intertribal Planning Agency (SPIPA) contacted the NPAIHB EpiCenter to request child passenger seat (CPS) training at SPIPA's office in Shelton, WA, for six to eight trainees. SPIPA serves five western Washington Tribes: the Chehalis, Nisqually, Shoalwater Bay, Skokomish, and Squaxin Island.

When Luella Azule, a CPS technician based in Portland, said she could provide the IHS 12-hour SNAP training, Ms. Olson requested a condensed 4–6 hour training. Ms. Azule took many steps to develop a condensed program, including (1) synthesizing the nine-chapter SNAP program; (2) consulting the National Child Passenger Safety Certification Training Program Student Manual and the Operation Kids: Next Generation Child Passenger Safety Basic Awareness Course (instructor and student manuals); (3) collaborating with Tam Lutz and Rebecca Hunt of Native Children Always Ride Safe, who had already prepared a 15-minute presentation; and (4) consulting Robert Morones, a TIPCAP Project Officer in the Phoenix area.

The training took place on May 21, 2014, and included five SPIPA employees, one county trainee, and one Tribal trainee. Some condensed SNAP agenda items included pre- and post-tests, the Simple Steps to Child Passenger Safety video, best practices and tough choices, seat belt systems, systems that don't lock before a crash, the Lower Anchors and Tethers for Children (LATCH) system, airbags, child restraint basics, and rear- and forward-facing Installations. The trainees demonstrated what they learned in the 90-minute hands-on exercise after class instruction.

All the trainees requested a copy of the video to show to their maternal childhood, preschool, Head Start, early childhood education, before- and after-school programs and Tribal Councils. One trainee was glad to learn about cradleboards, because she has observed several Tribal members using cradleboards in lieu of child passenger seats. Another trainee thanked Ms. Azule for the training, because so much has changed since she was a CPS technician more than 12 years ago. She plans to become recertified as a CPS technician.



For more information on cradleboards:
<http://www.youtube.com/watch?v=5Mgf5KJXX7I>



For more information on the video:
<http://www.livinglegacyweb.com/safety.htm>

Northern Native American Health Alliance

PROGRESS AND PARTNERSHIPS

written by Roxanna Turner



Alicia DePerry, a Red Cliff CPS technician, installs a child safety seat in July.



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This has been a summer filled with successful partnerships—both old and new—for Luis Salas, Injury Prevention Coordinator for the Northern Native American Health Alliance (NNAHA). The summer started with a kick-off for the Chequemagon Bay Civility Project, which was supported by the Bad River Social Services, Trails youth program, Alcohol and Other Drug Abuse program, and Native Aspirations.

NNAHA hosted two concerts and a community-wide training by local trainers and led by Sihasin, who worked with youth and community members on creative problem solving. The youths (ages 7–18) composed a song that Sihasin performed that evening. Twenty-one youths and nine adults attend the workshop.

Between June 16 and 20, NNAHA partnered with Carolyn Maunu at the Red Cliff Clinic and Bruce Koch with Volunteers in Mission to build and repair porches, stairways, and ramps for elders in Red Cliff. Cooperation in this Elder Fall Prevention Program helped to fund and organize 27 volunteers to improve 15 homes for elderly residents.

On June 20, Mr. Salas hosted the Annual Child Passenger Safety (CPS) Clinic at the new Bad River Transit Center. At this event, NNAHA provided more than 20 car seats to children, and the CPS technicians rechecked 4 other car seats.

July 23, Mr. Salas partnered with the Red Cliff Early Childhood program and hosted a car seat clinic at the Head Start site. Veteran child safety seat checkers, Jennifer Leask and Linda Parent, assisted families with checking for safety and expiration dates, as well as teaching parents how to safely install any-sized car seat. Free car seats were provided to children who needed new seats. This tremendously successful program is widely publicized throughout the community.

Mr. Salas has also been busy building new relationships for new projects. Recently, he has been working with Rich Larsen from Salem Baptist Church. This “neighbor-to-neighbor” program has placed more than 120 Salem and Bad River volunteers within the community to work on home maintenance repairs, including new porches, ramps, and stairways for elders in Bad River.



Methodist missionaries who volunteered at the Red Cliff community.



Luis Salas with an elder member of the Red Cliff community who had her porch and steps repaired.

THE 2014-2015 TIPCAP ADVISORY COMMITTEE

TIPCAP would like to welcome the new Advisory Committee! New representatives 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 third meeting on Monday September 22, 2014. Please feel free to contact your local committee member to share any TIPCAP concerns.



Nancy Bill, IHS Injury Prevention Program Manager



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

ARTICLES

- An article entitled "Study Shows Gaps Between Public Health and Transportation Policy" by David Kelly, University of Colorado Denver, <http://www.ucdenver.edu/about/newsroom/newsreleases/Pages/Study-shows-gap-between-public-health-and-transportation-policy.aspx>
- An article entitled "Gun Violence Prevention An Important Topic During Men's Health Month" by American Public Health Association, <http://www.publichealthnewswire.org/?p=10446>
- An article entitled "Teen Suicide Attempts Rise as Warning Cuts Medicine Use" by Marie French, Bloomberg, <http://www.bloomberg.com/news/2014-06-18/teen-suicide-attempts-rise-as-warning-cuts-medicine-use.html>
- An article entitled "Binge Drinking Among Youth Concentrated Among a Small Number of Alcohol Brands; Vodka Often Binge Drink of Choice" by Johns Hopkins Bloomberg School of Public Health, <http://www.jhsph.edu/news/news-releases/2014/binge-drinking-among-youth-concentrated-among-a-small-number-of-alcohol-brands-vodka-often-binge-drink-of-choice.html>
- An article entitled "American Journal of Public Health Investigates Public Bike-Share Programs and Head Injuries" by American Public Health Association, <http://www.publichealthnewswire.org/?p=10503>
- An article entitled "Parents Drive Kids To Distraction, Really, They Do" by USA Today, <http://www.usatoday.com/story/news/nation/2014/08/08/distracted-driving-parents-phones/13740087/>
- An article entitled "New Data Finds Parents Admit to Engaging in the Same Dangerous Driving Behaviors They Warn Their Children Against" by Liberty Mutual Insurance, <http://www.libertymutualgroup.com/omapps/ContentServer?fid=3237831502381&pagina me=LMGroup%2FViews%2FLMG&ft=8&cid=1240025587381>

REPORTS

- United Health Foundation, America's Health Rankings Senior Report. A Call To Action For Individuals And Their Communities, 2014 Edition. For more information visit: <http://cdnfiles.americashealthrankings.org/SiteFiles/SeniorDownloads/AHR-Senior-Report-2014.pdf>
- Smart Growth America. Dangerous by Design 2014. For more information visit: <http://www.smartgrowthamerica.org/documents/dangerous-by-design-2014/dangerous-by-design-2014.pdf>

EVENTS

- 2014 National Safety Council, Congress & Expo Conference. September 13-19, 2014 at San Diego, California. For more information visit: http://www.congress.nsc.org/NSC2014/Public/Content.aspx?ID=2336&sortMenu=107001&utm_campaign=nsc_hme_btn_comp&utm_source=0080&utm_medium=web
- Safe States Alliance Webinar: Injury Outbreak Investigation in A Rural Texas City: Innovative Approaches and Lessons Learned. September 10, 2014. For more information visit: http://www.safestates.org/events/event_details.asp?id=480889

TOOLS

- Adding Power to Our Voices: A Framing Guide for Communicating About Injury. National Center for Injury Prevention and Control, Center for Disease Control and Prevention. For more information visit: <http://www.cdc.gov/injury/pdfs/CDCFramingGuide-a.pdf>

DEADLINES

- TIPCAP Annual Report: The annual report includes all year reporting of activities from September 1, 2013 to August 31, 2014 due **November 30, 2014**.

If you would like a copy of an aforementioned resource, please contact
Ciara Zachary at czachary@econometricainc.com or
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TIPCAP General Announcements

If you would like to share general announcements with TIPCAP, please provide
your information to Ciara Zachary at czachary@econometricainc.com.

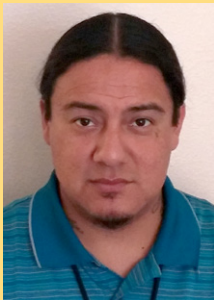
NEW FACES AT TIPCAP



Danita Wanna,
TIPCAP Coordinator

Danita Wanna, TIPCAP Coordinator, Sisseton-Wahpeton Oyate of Lake Traverse Reservation

The Sisseton-Wahpeton Oyate of Lake Traverse Reservation is happy to have Danita Wanna, an enrolled Tribal member of the Sisseton-Wahpeton Oyate Lake Traverse Reservation, as its new Injury Prevention Coordinator. Ms. Wanna has her diploma in Dental Assisting and a Bachelor of Science in Health Care Administration, and is working towards her Master of Business Administration. She and her three children enjoy biking, hiking, and watching movies together. While Ms. Wanna is new to injury prevention and TIPCAP, she feels strongly about her site's TIPCAP project and what it represents for the Tribe. She is receiving strong mentorship from Shannon White, the Injury Prevention Program Director, and hopes to learn everything she can to help her community.



Rick Romero,
TIPCAP Coordinator

Rick Romero, TIPCAP Coordinator, Indian Health Council, Inc.

The Indian Health Council, Inc., Injury Prevention Program is happy to welcome Rick Romero as the new TIPCAP Coordinator. Mr. Romero is O'odham and Mexican, and was born and raised in Banning, CA. His work experience includes construction and firefighting. For the last 3 years he was a technician for a local Internet service provider that serves the 12 Tribes in San Diego County, so he is happy to be of service to Tribes in a new capacity through TIPCAP. Mr. Romero completed the Child Passenger Safety Certification course at California Rural Indian Health Board, Inc., conducted on August 11–15.

TIPCAP GENERAL ANNOUNCEMENTS

Baby-Naming Ceremony

TIPCAP Coordinator Luis Salas enjoyed the naming ceremony for two of his grandchildren—grandson Ari and granddaughter Sienna.



Baby-Naming Ceremony

Fond du Lac Band of Lake Superior Chippewa Safe Kids Event

The Fond du Lac Band of Lake Superior Chippewa conducted a successful TIPCAP event on August 12, 2014, when the Safe Kids Northeast Minnesota visited the Fond du Lac Human Services Prevention Intervention Day Camp Program. Day Camp program offers Native American Children fun and active alternatives during the summer months. Program participants are 6–15 years of age and average 100 kids a day. Safe Kids set up four stations: (1) sports concussion, (2) water safety, (3) bike safety, and (4) first aid education. The Cloquet Area Fire District brought an ambulance and performed first aid, an Essentia Health injury prevention team educated participants about sports concussions, St. Luke's Hospital conducted water safety demonstrations, and Fond du Lac Law Enforcement spoke to the older students about seat belts and distracted driving. The children 6–9 years of age all received bike helmets.



Fond du Lac Band of Lake Superior Chippewa Safe Kids Event

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!



If you would like to share general announcements with TIPCAP, please provide your information to Ciara Zachary at czachary@econometricainc.com.

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