



**AMERICAN INDIAN HEALTH RESEARCH
& EDUCATION ALLIANCE
ANNUAL REPORT 2015**

Who is AIHREA?

The American Indian Health Research & Education Alliance (AIHREA) is an alliance of organizations whose mission is to partner and collaborate with American Indian peoples, Nations, communities, and organizations to improve the physical, mental, emotional, and spiritual wellbeing of American Indians throughout the United States through quality participatory research and education. The three primary organizations involved are AIHREA, Inc. (the 501(c)(3) not-for-profit organization associated with AIHREA), the Center for American Indian Community Health (CAICH) at the University of Kansas Medical Center, and the Center for American Indian Studies (CAIS) at Johnson County Community College. We partner and collaborate with numerous other organizations, conducting research with and providing services to the American Indian community in the Heartland and around the country. We use community-based participatory research (CBPR) in all of our studies. CBPR is a type of research that involves community members in all parts of the research process. Almost 75% of our team members are American Indians from many different Nations across the United States. We are among the largest American Indian research teams in the country. We also have three community advisory boards (CABs) comprised of American Indians from the communities of Lawrence, Wichita, and Topeka, Kansas, the four tribes in Kansas, Haskell Indian Nations University, and the Kansas City Metro Area,

who guide all of our activities. In addition to health and research, we value education and want to increase the number of American Indians entering the health professions and conducting health

research. To meet this goal, we have established an academic pipeline to improve the educational attainment of all American Indians. We have scholarships available to help!



AIHREA Collaborators:

American Indian Council, Inc.
Blackfeet Community College
Cheyenne River Sioux Tribe
Cheyenne River Sioux Tribe Title 1 Program
Chickasaw Nation
Children's Mercy Allergy and Immunology Research Lab
Children's Mercy Hospital Center for Environmental Health
First Nations Student Association (University of Kansas)
Haskell Indian Nations University
Iowa Tribe of Kansas and Nebraska
Kansas City Indian Center
Kickapoo Diabetes Prevention Center
Kickapoo Head Start
Kickapoo Health and Wellness Program
Kickapoo Tribe in Kansas
Nakota Designs, Inc.
Notah Begay III Foundation
Oglala Sioux Tribe
Omaha Tribe of Nebraska
Ponca Tribe of Nebraska
Prairie Band Potawatomi Boys and Girls Club
Prairie Band Potawatomi Early Childhood Education Center
Prairie Band Potawatomi Nation
Sac & Fox Nation of Missouri in Kansas and Nebraska
Salish Kootenai College

Cover Art: Suicide Prevention Art Contest winning drawing, titled "Carrying On". Artist Becky Harmon (Prairie Band Potawatomi) explains her inspiration for the piece, "My children, my traditions, beliefs, spirituality. Keeping in balance with the world around me."

AIHREA, INC., UPDATES

AIHREA, Inc., is the 501(c)(3) not-for-profit organization associated with AIHREA. Established in 2010, AIHREA, Inc., is focused on providing scholarship opportunities to American Indian students. We have been providing scholarships to college and graduate students who wish to enter careers in health and education for several years. This year, we sponsored Sunny Boado from Lawrence, Kansas. Sunny is a member of the Kickapoo Tribe and received her scholarship to attend Johnson County Community College in Fall of 2015.

This year, AIHREA, Inc., began two new scholarship programs, including one to support young students at the University of Kansas Language Acquisition Program (LAP) pre-school. LAP is a licensed preschool program that uses the *Early Literacy in Action: The Language Focused Curriculum for Preschool* (Bunce, 2008), which fosters language and early literacy skills through natural class activities and incorporates instructional strategies that are culturally-tailored to diverse learners. Our first recipient of this scholarship was Anneli Kempainen, daughter of Lenora and Dean Kempainen. Anneli is Jemez Pueblo, Ojibwe, and Dine. She is currently in her second semester at LAP and will start kindergarten in Fall 2016. We are proud to say that our scholarship was able to cover her entire tuition for Fall 2015 and Spring 2016, giving her an excellent head start to her schooling! We plan to continue this new scholarship, sponsoring a



Recipient of the first ever AIHREA LAP Scholarship, Miss Anneli Kempainen.

new student each year to participate in this important early development schooling.

We also announced in 2015 the availability of a new scholarship that has not yet been claimed! The Lance T'ain Tha-gyah (Good Heart) Cully Memorial Scholarship for artists is for American Indian high school, college, or graduate students pursuing education in one of the fine arts. This scholarship is named for Lance Cully (Apache and Seminole Nations of

Oklahoma), AIHREA Artistic Director, who passed away suddenly and far too young at the age of 48 in March 2014. Lance was an exceptional visual artist, known for his drawings and AIHREA t-shirts, as well as a respected southern style singer and grass dancer. He was an avid supporter of Native arts and young Native artists. If you are interested in any of our scholarship programs, please visit www.aihrea.org!

CAICH UPDATES

The Center for American Indian Community Health (CAICH) continues to bring researchers and American Indian communities together for the purpose of conducting quality community-based participatory research to reduce health and educational disparities. CAICH has recently undergone some changes in its structure and has named three new Assistant Directors! Dr. Christine Daley remains the overall Center Director. She is assisted by three long-time CAICH members, Ms. **Shelley Bointy**, MSW, Mr. **Jason Hale**, MA, and Mr. **Charley Lewis**, MPH. Shelley is our new Assistant Director for Administrative Affairs. She is an enrolled member of the Fort Peck Assiniboine and Sioux Tribes and also descends from the Little Traverse Bay Band of Ottawa Indians. She has a BA in psychology and an MSW from the University of Kansas and has been working in the field of diabetes prevention and healthy living in American Indian communities for 14 years. Jason is our new Assistant Director for Education & Community Engagement and is an enrolled member of the Prairie Band Potawatomi Nation. He has an MA in Indigenous Studies from the University of Kansas, where he focused his research on the role of stress and historical trauma in obesity among American Indians. His bachelor's degree is in anthropology and he has extensive ties to Native communities in Kansas. Charley is our new Assistant Director for Data Management. He is an enrolled member of the Utu-Utu Gwaitu Paiute Tribe and



Komen Scholars (L-R) Crisandra Wilkie, Jordyn Gunville and Kelly Berryhill

is also descended from the Diné Nation. He received his MPH from KUMC in 2014 with a concentration in Environmental Health. He also has extensive experience in both qualitative and quantitative data management and analysis. We wish them all luck in their new positions!

CAICH also received a new grant from Susan G. Komen for the Cure that has allowed us to fully fund three Native graduate students who

will focus their studies on issues related to breast cancer among American Indians. **Kelly Berryhill** is Sac & Fox from Lawrence, KS. She chose the MPH program because she wanted to help others make lifestyle changes. One of her favorite aspects of being at KU Med is engaging with the faculty and staff and working at CAICH. After obtaining her MPH Kelly plans to work in a tribal clinic or Indian Health Services in diabetes prevention and management.

Jordyn Gunville is an enrolled member of the Cheyenne River Sioux Tribe from Eagle Butte, South Dakota. She decided to get a MPH degree because she wanted to gap health disparities by addressing the social determinants of health among American Indian communities. Her favorite aspect of KU Med is being able to work with CAICH conducting research in American Indian communities. Her future plans are to become a family doctor and go back to her reservation to practice medicine and stay involved in research. **Crisandra Wilkie** is an enrolled member of the Turtle Mountain Band of Chippewa. She was born and raised in Salem, Oregon. She decided to get her MPH because it is a vast field that focuses on health disparities. Crisandra says she enjoys the support system she has found at KU Med from her fellow students, as well as the faculty and staff. After receiving her degree she hopes to work with Native American communities to improve mental health services and treatment.

Through funding from the School of Medicine, CAICH has a fourth MPH Scholar. **Stephen Valliere** is from Lac du Flambeau, Wisconsin, and is a member of the Lac du Flambeau Band of Lake Superior Chippewa Indians. He decided to get an MPH because it is a growing field and there is a need for health professionals in Indian Country. One of his favorite aspects of KUMed is the friendly competitiveness because it makes the students support one another,

but also strive to turn their best work in. His future plans are to continue working in public health and to continue his education.

CAICH members will be focusing our energies in some new directions starting this year. Though we have always dedicated time to educational outreach, this will become more of a priority for us this year. We will be working hard to engage more American Indian students interested in the health professions and health research to increase the number of

American Indian students entering both undergraduate and graduate programs at the University of Kansas. Our research areas will broaden to include more activities surrounding different types of addictions and other mental health issues, as well as maternal and child health. We will also continue our work in tobacco control, weight loss, environmental health, and general health promotion and prevention.



Mission

To improve the physical, mental, spiritual, and cultural health of American Indian communities and individuals throughout Kansas, the region, and the nation through collaborative research, education, and service.

Vision

Health equity and equality for all American Indians.

CAIS UPDATES

In 2015, the Center for American Indian Studies (CAIS) at Johnson County Community College (JCCC) continued its mission to partner and collaborate with American Indian peoples, nations, communities, and organizations to improve the physical, mental, emotional, and spiritual well-being of American Indians through quality participatory research and educational programs. CAIS worked with numerous local area schools to teach Kansas youth about American Indian cultures and societies. For example, CAIS worked with teachers at Leawood Middle School to incorporate a component on American Indian artistic traditions into the school's art curriculum.

CAIS also led development of AIHREA's *Building Reservation Youth Through Education (BRYTE)*

College Prep and Study Skills booklet. The 30-page booklet was created for American Indian high school students interested in college. They were distributed at events in Kansas and South Dakota. We hope to reach more students in other states in the future!

The AIHREA garden, located on the JCCC campus, produced corn, beans, squash, tomatoes, potatoes, sage, and sweetgrass, as well as various plants used in traditional teas. Much of the produce was donated to the JCCC Student Food Pantry, a college initiative started several years ago to help JCCC students and their families in times of need. Other products from the garden were donated locally and sold at American Indian events.

In November, CAIS worked with the JCCC Billington Library to develop two displays at the library, one focusing on traditional American Indian agriculture and one on Native peoples of Kansas.

CAIS also hosted two events for American Indian Heritage Month: the showing of *The Only Good Indian* and AIHREA American Indian Dance demonstration. Both events were very well received!



AIHREA members (L-R) Ryan Goeckner and Ed Smith begin planting the AIHREA garden.



AIHREA Intern Luke Swimmer demonstrates the Prairie Chicken Dance at the November dance demonstration. (Photo courtesy Susan McSpadden, JCCC.)

COMMUNITY ADVISORY BOARDS

The Center for American Indian Community Health's Community Advisory Boards (CAB) are an integral component to our health research and services and educational outreach. Over the years we have had three separate CABs, the Executive Community Advisory Board (ECAB), the Community Advisory Board (CAB), and a youth advisory board which has evolved to what is now our College and University Community Advisory Board (CUCAB). We have now modified our advisory boards to reflect our changing needs. Our ECAB, which was needed more during development of AIHREA, has been combined with our longitudinal CAB and will meet quarterly together as one board. Members are still designated as ECAB members and will be used moving forward to provide continued guidance in certain areas, holding separate meetings for these activities as needed.

The College and University Advisory Board (CUCAB) will continue to expand. We hope to reach more and more college students as we move toward studies that impact this age group. Our upper level high school students have been added to the CUCAB and are receiving informal mentorship from the college students. In the future, we plan to explore further ways to mentor high school students and college students using the CUCAB and social media. We believe we have only touched the surface of how this type of board can be used and plan to focus future projects on it.



CAB members providing input to our interns during a summer meeting.

We have had some drop off in the attendance of many of our original CAB members. In an effort to continue to serve the American Indian community and also keep pace with our new goals we would like to recruit more community members to serve on our advisory boards. We will encourage past members to continue to serve but will also heavily recruit new individuals who have a strong interest in serving in this important role. Our CABs are a proactive way for American Indians concerned about the health of their community to provide guidance on our activities and research.



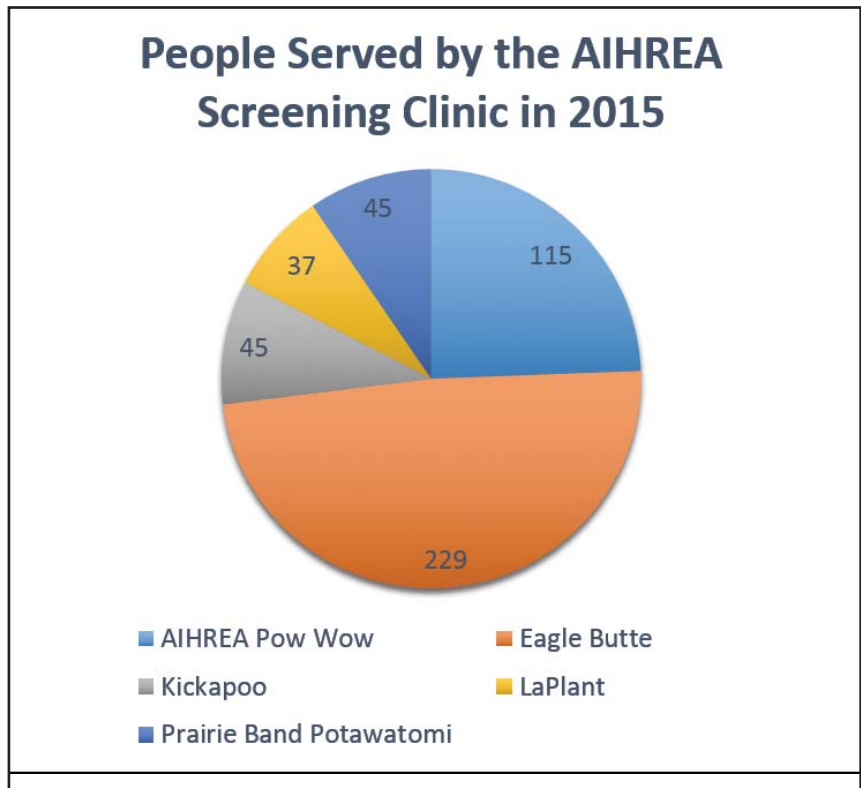
AIHREA member Jason Hale providing an update on our activities to CAB members.

SERVICE RESULTS

AIHREA Screening Clinic

AIHREA has been running a traveling primary care screening clinic for the past 10 years. In 2015 the screening clinic served 471 individuals, providing several thousand screening tests. The screening clinic was created to provide basic health screenings to eliminate access barriers, as well as to provide education on the tests themselves, numerous health issues, and preventive information about common health issues in American Indian communities.

The screening clinics were held at our annual Health and Wellness Powwow, two of the four reservation communities in Kansas (Kickapoo Tribe in Kansas and Prairie Band Potawatomi Nation), and two in South Dakota for the Cheyenne River Sioux Tribe (Eagle Butte and LaPlant communities). At these screening clinics, we provided 14 different screenings, including anemia, blood pressure, BMI (Body Mass Index), cholesterol, depression



& anxiety, diabetes risk, diabetic foot checks, diet & nutrition, hemoglobin A1C, lung function, speech & language development for toddlers, suicide prevention, type II diabetes, and vision. We are now in

the planning stages of creating a theme-based screening clinic that will focus on one health condition and community members will get full spectrum care and education related to that topic.



AIHREA member Joshua Allison-Burbank conducts screenings in LaPlant, SD, on the Cheyenne River Sioux Tribe Indian Reservation.



Dr. Edward Ellerbeck discusses results with a participant from the annual AIHREA Health and Wellness Powwow.

Preparing Students for College

In an attempt to address low college attendance, persistence, and graduation rates among Native students, AIHREA developed the *Building Reservation Youth Through Education (BRYTE) College Prep and Study Skills* booklet for American Indian youth. This 30-page booklet covers the basic topics and subjects about which Native students need to think when looking at prospective colleges and universities. Entrance requirements and ACT/SAT exams, as well as letters of recommendation and admissions essays are also discussed. In addition, there is a section on what Native students need to do once they are accepted into a college or university.

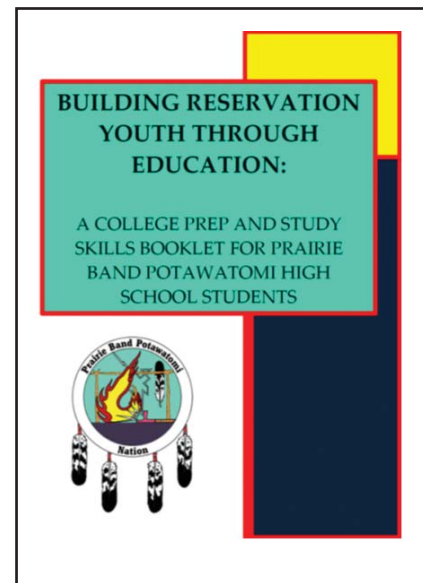
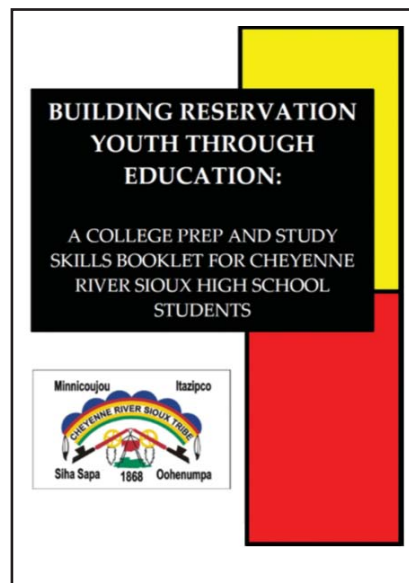
From March 16 through March 20, 2015, Sean Daley, Christine Daley, and Jordyn Gunville met with 120 Cheyenne River Sioux high school students at Cheyenne-Eagle Butte High School, Tiyospa Topa School, and Takini School. The purpose of the meetings was to encourage students to continue their education after high school at a vocational/technical school, college, or university. Students were given a formal presentation where they learned about the differences in income levels in the United States based on educational attainment levels. They were shown the high school, undergraduate, and graduate school graduation rates of American Indian students in South Dakota, as well as throughout the United States. The students were

also given the *BRYTE* booklet. Data collected on this visit were analyzed, summarized, and presented to the Cheyenne River Sioux Tribe's Board of Education and Tribal Council in May.

Jason Hale and Julia Soap met with Potawatomi students and passed out BRYTE booklets at the Prairie Band Potawatomi Education Department's College and Career Fair on April 2nd. BRYTE booklets were also passed out to interested students at the AIHREA Community Research Forum and Pow Wow held at the Prairie Band Potawatomi Old Bingo Hall on November 7th.



Sean Daley presents to students at Tiyospa Topa School in LaPlant, SD.



Covers for our BRYTE booklet for the Cheyenne River Sioux Tribe and the Prairie Band Potawatomi Nation.

SERVICE RESULTS (continued)

Summer Internship Program

The AIHREA Summer Internship Program had another great year! We welcomed six interns on June 1:

- Ashley Granville, Prairie Band Potawatomi – University of Kansas
- Kassie James, Prairie Band Potawatomi – Washburn University-Topeka, KS
- Lauren King – Hamilton College-New York
- Luke Swimmer, Eastern Band Cherokee – University of Kansas
- Rachel Bazille, Cherokee Nation of Oklahoma – University of Kansas
- Robert Vuchetich – University of Kansas

Interns were paired with a mentor for guidance over the 8 week program. The 2015 internship was divided into 2 blocks and included a week-long trip to the Cheyenne River Sioux Tribe reservation in

Eagle Butte, South Dakota. Block one projects included the All Nations Snuff Out Smokeless (SOS) program, Interviews for Smoking Policy, and the College and University Advisory Board. Interns analyzed focus group and interview data, incorporating suggestions from participants into the development of programs. They collected information and conducted interviews with tribal college administrators about their smoking and tobacco policies on campus to create a future resource for tribal colleges who wish to go tobacco-free. Interns also facilitated our student advisory board via social media, connecting American Indian students through discussions in current health and social topics. Block 2 projects included Cultural Preservation and Current Events, Photography, and Suicide Prevention. Interns researched and wrote up summaries of current issues in health, law, culture, and environment occurring throughout Native America. They identified and took

culturally relevant pictures, creating culturally tailored images to be used for program and educational materials. Interns made invaluable contributions to our suicide prevention efforts through research and presentations on bullying and healthy relationships with American Indian youth. There were also many opportunities for community engagement.

Interns attended lectures, engaged in professional development workshops, and received instruction and guidance from KUMC and JCCC faculty and staff in the academic disciplines of American Indian Studies, anthropology, law, medicine, public health, and statistics, as well as how to conduct ethical academic research with Native communities and develop scholarly presentations and posters. Interns were exposed to the cultural diversity of several tribal Nations and spent a significant amount of time in the community.



AIHREA interns learn how to build a tipi while visiting the Cheyenne River Sioux Tribe in South Dakota.



AIHREA intern Lauren King assists students from the Cheyenne River Sioux Tribe with an art project.

Our Trip to the Cheyenne River Sioux Tribe in South Dakota

The summer of 2015 marked the third year of community service and outreach to the Cheyenne River Sioux Tribe (CRST) in Eagle Butte, South Dakota. Interns and staff spent the week of June 21 - 26 providing health screenings, health education sessions, community service, and physical activity events in the CRST community and with the Title I Summer Recreation Program.

The 2015 interns played a huge role in the largest one day screening clinic ever conducted by CAICH, screening almost 280 participants! Interns provided health education to youth and teens attending the CRST Summer Rec Program, presenting on first aid and safety, nutrition, traditional foods and seeds, sex education and healthy relationships, bullying, and traditional artwork. AIHREA also awarded sweatshirts, t-shirts, and gift cards to winners in two 3 on 3 basketball tournaments held in Eagle Butte and LaPlant. Several interns and staff were able to experience Lakota culture in one of its purest forms by participating in a sweat lodge ceremony in the White Horse community of CRST. The Northern Lights were also very visible that night, adding to the special experience.

During the month of July, interns spent several days on the Prairie Band Potawatomi and Kickapoo Tribe in Kansas reservations. They helped with a screening clinic, gave presentations on bullying, sex education, and healthy relationships with Potawatomi and Kickapoo youth and teens. Interns learned

about health services provided at the Prairie Band Potawatomi Health Center while visiting with administrative, clinical, and social service staff. They also spent time meeting with the members of the Prairie Band Potawatomi Tribal Council.

The summer internship concluded with intern poster presentations.

The event allowed family, friends, and KUMC and JCCC faculty and staff members to view and hear about their experiences and the work they completed. Interns and staff gathered for a farewell cookout and friendly competitions on the last day to celebrate the end of a great summer internship.



AIHREA staff members and interns provide health education and screenings in LaPlant, SD.

AIHREA POWWOWS

This year's 9th annual spring powwow and annual fall community research forum and powwow had another great turnout and provided an awesome experience for all who attended! Dancers and singers representing many tribal nations from all over the U.S. and Canada provided a spectacular display of songs and dancing throughout both events.

The health screening clinic was a huge success receiving high praise and positive feedback from powwow participants, Native community members, and the general public. The AIHREA concessions were also able to raise money to benefit our scholarship and educational programs. The spring powwow continues to attract greater numbers of champion

dancers and singers from the powwow circuit and the screening clinic is reaching more people. Presentations about our research efforts and new projects were well received by community members at the fall powwow. We have listed below the head staff and winners from both 2015 powwows!

9TH ANNUAL OUR NATIONS' ENERGIES (ONE) HEALTH AND WELLNESS POWWOW

HEAD STAFF

Host Drums

The Boyz
Wild Band of Comanches

Emcees

Tim Tall Chief
Isaiah Stewart

Arena Director

Steve Byington

Head Man Dancer

Darrell Hill

Head Lady Dancer

Jocy Bird

Head Gourd Dancer

BJ Tapedo

Head Woman Judge

Danita Goodwill

Head Man Judge

Clifton Goodwill

AIHREA Brave

Ohitika White Bull

AIHREA Princess

Shelby Bointy

Color Guard

We-Ta-Se Post 410

CONTEST WINNERS

Women's Golden Age

1. Annamae Pushetonequa
2. Charlene Cozad
3. Dolores Goodeagle
4. Bernadine Stewart

Men's Golden Age

1. Terry Tsotigh
2. Terry Fiddler
3. Tim Robinson, Sr.
4. Chet Eagleman

Women's Cloth

1. Amanda Harris
2. Dyanni Hamilton
3. Brittany Pelkey
4. Arianna GreenCrow

Women's Buckskin

1. Toni Tsatoke-Mule
2. Randi Bird
3. Jamie Jon Whiteshirt
4. Kelly Walker

Women's Jingle

1. Grace Pushetonequa
2. Yvette Goodeagle
3. Mallary Oakes
4. Ryanne White

Women's Fancy Shawl

1. Bobbi Lynn Frederick
2. Laryn Oakes
3. Shelby Williams
4. Sabrina Pourier

Men's Northern Traditional

1. Reuben Crowfeather, Jr.
2. Tony Wahweotten
3. Austin Benton
4. Darrell Frank

Men's Southern Straight

1. Anthony Monoessy
2. Juaquin Hamilton
3. Joe Pratt
4. Everett Moore

Men's Grass

1. Trae Little Sky
2. Freddy Gipp
3. Johnnie Johnson
4. Colton Tohannie

Men's Fancy

1. Spike Draper
2. Canku One Star
3. Marquel Crawford
4. Davey Madera

Men's Chicken

1. Peanutt Roberts
2. CC Whitewolf
3. Orlando Begay
4. Justis WolfLeader

Jr Girls Buckskin Cloth

1. Sonja Delgado
2. Aislan Levier-Jessepe
3. Rayanna Bird
4. Alyssa Levier

Jr Girls Fancy Jingle

1. Eahtosh Bird
2. Thomasina Goodeagle
3. Mataya Spoonhunter
4. Maura Frank

Jr Boys Traditional Straight

1. Brycen Whiteshirt
2. Kealan Hamilton
3. Max Frank
4. Hector Ramirez

Jr Boys Grass Fancy

1. Shov Warrington
2. Dorius Frisby
3. Payton Roberts
4. Tyrone Green

NOVEMBER POWWOW

HEAD STAFF

Host Drum

Little Soldier

Emcee

Isaiah Stewart

Arena Director

Charley Lewis

Head Boy Dancer

Ohitika White Bull

Head Girl Dancer

Shelby Bointy

Honored Veteran Dancer

Chet Eagleman

Color Guard

We-Ta-Se Post 410

CONTEST WINNERS

Women's Golden Age

1. Theresa Kitchkommie
2. Jan Morris

Men's Golden Age

1. Tim Robinson, Sr.
2. Chet Eagleman
3. Al Nocktonick

Women's Cloth

1. Brittany Pelkey
2. Jamie Colvin
3. Allie Spruce

Women's Jingle

1. Landri James
2. RYANNE WHITE
3. Shay Crowfeather

Women's Fancy Shawl

1. Naomi Nevaquaya
2. Aspen Bell

Men's Northern Traditional

1. Reuben Crowfeather, Jr.
2. Jason Kingbird
3. James Green

Men's Grass

1. Freddy Gipp
2. Andreios Alexander
3. Tyrone Green

Men's Chicken

1. Brady Tapedo
2. Calvin Smith
3. Orlando Begay

Jr Girls Buckskin Cloth

1. Aislan Jessepe
2. Alicia Robinson
3. Adriana Robinson

Jr Girls Fancy Jingle

1. Sara Bointy
2. Evelyn Spotted Horse
3. Ayiana Gray

Jr Boys Traditional Straight

1. Keesis Potts

Jr Boys Grass Fancy

1. Payton Roberts
2. DeShaun Gray
3. Pewamo Kitchkommie



Incoming AIHREA princess Shelby Bointy receives her crown and banner from outgoing Miss AIHREA Brettnee Beartrack.



2015 AIHREA ONE Powwow Men's Southern Straight champion Anthony Monoessey.



Men's Traditional winner from both AIHREA powwow's Reuben Crowfeather, Jr., dances at the 2015 CRF Powwow.

RESEARCH RESULTS

Diet and Physical Activity among Tribal College Students

From April 2011 to October 2014, we surveyed 1,256 students attending three tribal colleges in two states. This on-line survey included 308 questions, 23 of which asked about their height and weight, diet, and physical activity. By asking these questions, we were hoping to learn more about the health behaviors of tribal college students and what we can do to help improve them.

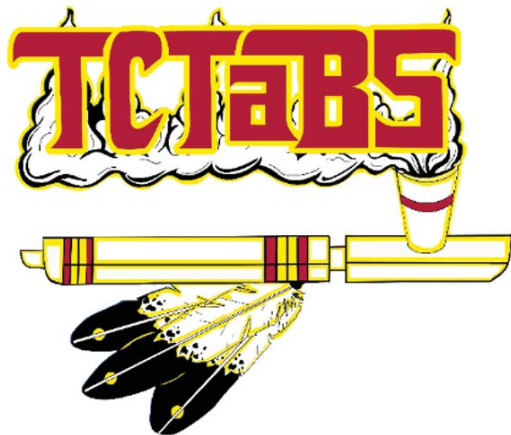
Of the 1,123 students who were willing to provide us with height and weight information, 371 were overweight and 398 were obese.

That's over 68% of participants! When asked if they were satisfied with the way they looked, only 12% of participants said they were always satisfied and 30% said they were satisfied most of the time, leaving 58% of participants either never or only sometimes satisfied.

This information tells us that we need to develop a weight loss program to help tribal college students. The answers students gave us when asked about their diet and physical activity will help us develop the right program for them. We learned that 21% of the participants ate 3 or more servings of fruit per day and 26% ate 3 or more servings

of vegetables per day. Only 21% of students met the overall fruit and vegetable guidelines. Nearly three-quarters of participants drank soda regularly. In addition, 27% of participants said they usually had no strenuous activity in a week; 48% said they watched at least 2 hours of TV every day and 37% said they played computer or video games for at least 2 hours every day. On the other hand, 34% of participants reported more than 2.5 hours of moderate activity per week.

We now know that a healthy lifestyle program for tribal college students is needed and will be working towards developing one!



The Challenges of Healthy Eating for Tribal College Students in Montana

As a part of the Tribal College Tobacco and Behavior Survey (TCTABS), we talked with students at one of our partner tribal colleges in Montana about their ability to eat healthy.

We conducted 6 group discussions with students (N=49) who lived either on- or off-campus. The purpose of the discussions was to identify and understand food access issues and possible ways to address food access concerns. Our summer interns analyzed the data, identified

themes, and compiled the results. We plan to use these data to help us develop healthy eating programs for tribal college students. The main themes discussed included the following:

- Students agreed that fresh produce and lean protein were healthy foods, but these items were often outside of their price range.
- In general, transportation to stores and food banks was an issue for many college students.
- Social and environmental conditions also contributed to the lack of healthy food access among students.
- Some participants did not know how to cook; for those who did, many did

not have the time to do so.

- Some students took advantage of alternative food resources (e.g., food banks, farmer's markets, and hunting/fishing), while other students were unaware of these opportunities.
- Students had a variety of ideas regarding healthier eating, including increasing awareness of available resources, initiating a campus garden, and sharing cooking responsibilities among students.
- Participants thought that living in a tribal area contained both pros and cons to food access.



RESEARCH RESULTS (continued)

Understanding Mental Health Needs in Kansas and Missouri

We wanted to understand how American Indians in Kansas and Missouri define mental health or what they perceive mental health to be. The study asked who American Indian community members identify as mental health providers, the locations where you can get help for mental health issues, and which mental health conditions community members feel are most important. The prevalence and incidence of mental health disparities, already well documented among AI communities, vary by tribe and location. Due to factors specific to American Indian communities such as historical and generational trauma, underfunded health care, and cultural misunderstandings that can collectively create barriers to treatment, there is a need for a comprehensive assessment of knowledge of or attitudes toward mental health issues in American Indian communities. The results of this study will help inform the development of effective mental health interventions.

As part of a larger study, we asked 100 community members to participate in “free listing” where they were asked to list as many items that they could think of that might fit into a category, such as “mental health problems in my community”. We also requested that participants provide a list of providers for mental health services as well as places where they could receive help.

Participants listed the Indian Health Service as the preferred location and the preferred provider for mental health service. Participants listed depression most frequently as a mental health condition that affects their community. The table shows what other conditions participants thought were important

problems to address. Only conditions named by more than one person are included in the table. The next steps with the project are to examine all of the other data collected and work with American Indian communities to begin to address mental health through research and services.

Item	Salience	Frequency (%)	Average Rank
Depression	0.328	42	1.81
Alcohol/drugs/addiction	0.241	32	2.09
Bipolar	0.136	20	2.45
Anxiety	0.103	16	2.5
Suicide	0.096	13	2.08
PTSD	0.086	12	2.5
Schizophrenia	0.046	8	3
Several	0.045	6	2.17
Dementia	0.036	4	1.5
Stress	0.034	6	3.33
Generational trauma	0.03	5	3.4
Eating disorders	0.026	4	3
Poverty	0.022	4	2.75
Add	0.021	3	2.33
Diabetes	0.02	2	1
Anger	0.02	2	1
Self-esteem	0.016	3	4
Trauma	0.016	2	2.5
Families	0.015	3	3.33
Autism	0.012	2	3
Peer pressure	0.008	2	3
Abuse	0.007	2	4

ONGOING RESEARCH

All Nations Snuff Out Smokeless: A New Quit Chewing Tobacco Program

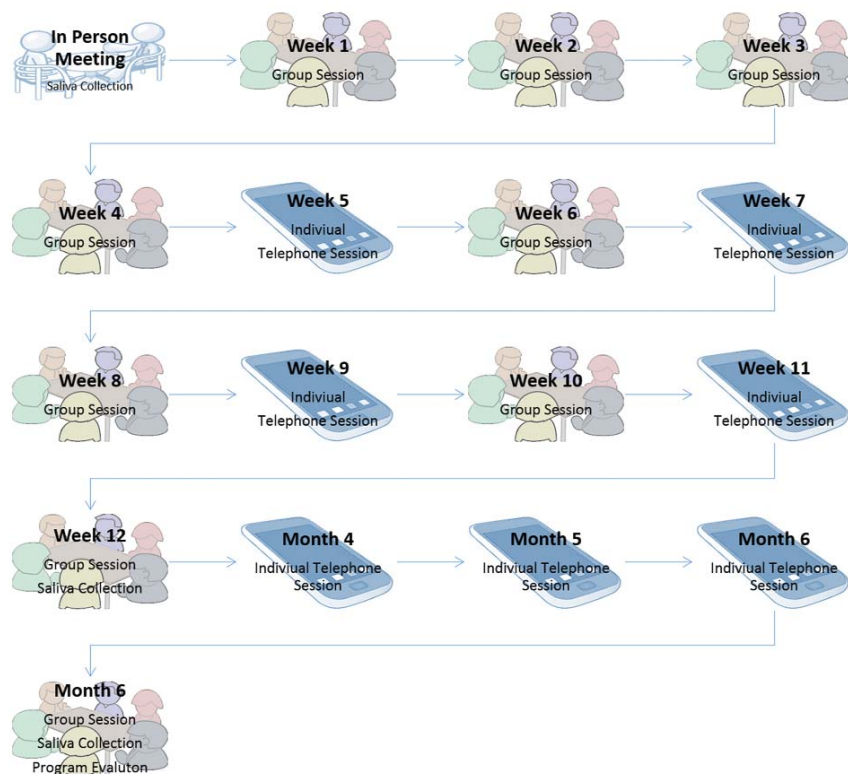
All Nations Snuff Out Smokeless (ANSOS) is a quit chewing tobacco program designed specifically for American Indians that was created based on the highly successful All Nations Breath of Life quit smoking program. A quit chewing program is needed because American Indians use chewing tobacco at higher rates than other racial/ethnic groups. According to the Centers for Disease Control and Prevention, American Indians use chewing tobacco at a rate that is more than double that of whites (9% vs 4%, respectively). Chewing tobacco contributes to increases in

cancer (including oral, esophageal, and pancreatic cancers), diabetes, cardiovascular disease and periodontal disease.

The ANSOS program includes four components: group support sessions, individual telephone counseling, a culturally tailored education curriculum, and program incentives. Each of the components was created using information from focus groups with current and former chewers. The ANSOS program curriculum was then assessed for scientific accuracy, readability, and cultural appropriateness. It is still a work in progress and we are asking participants in the program to help us refine it as a part of a research study. ANSOS is a 12-week

intense program with follow-up at 6 months. We ask participants to provide us with a saliva sample at different points in the program so we can see how much nicotine they are taking in.

We have recently started our first set of ANSOS groups in Mayetta, KS, and are ready to start groups in Kansas City, Lawrence, Topeka, and Horton. If you are interested in participating in this program or in bringing it to your community, please contact Charley Lewis at clewis4@kumc.edu or call the Center for American Indian Community Health at 913-588-0866.



ONGOING RESEARCH (continued)

What's Going on in the Brain When People Gamble?

Not all gambling is problematic, but for some people, gambling can affect their lives in very negative ways. Some of the newest members of the Center for American Indian Community Health are trying to understand what happens in a person's brain when he or she is gambling. By learning what happens, we hope that we can later develop some type of program that will help people who have a problem with gambling. This research study will help determine whether brain function while gambling differs between American Indians who do or do not frequently gamble. The study focuses on mental processes and brain function, as seen through functional Magnetic Resonance Imaging (MRI), as individuals make decisions while gambling. A functional MRI can show which areas of the brain are active when a



Magnetic Resonance Imaging (MRI) machine used to see what's happening in the brain at Hoglund Brain Imaging Center, KU Medical Center.

person engages in mental activities. We hope that by understanding which parts of the brain are functioning during the decision making process we can help people to change

this process and stop problem gambling. This study takes place at KU Medical Center Hoglund Brain Imaging Center.

Understanding What People Know about Tobacco

American Indians have the highest smoking rates of all ethnic groups in the United States. Tobacco related illnesses such as lung cancer and cardiovascular disease are some of the leading causes of death among American Indians. Current literature suggests that using different approaches to educate the public on the risks of using tobacco may help prevent people from starting to smoke and may also help encourage people to stop smoking. So that we can develop

appropriate prevention messages, we need to understand what people know about tobacco and its health risks. This knowledge can also be called tobacco health literacy. We are conducting a study to develop a survey that will allow us to assess people's tobacco health literacy and help us figure out what needs to be in prevention messaging.

We will develop two versions of the survey, a longer version and a shorter version, each for use in different situations. In order to develop these surveys, we will be asking 350 people to take the survey. We will

then run some statistical analyses on the data to determine if we are appropriately measuring tobacco health literacy. Once we know the surveys are appropriate, we can use them in different communities to determine the exact type of prevention messages that are needed for that community. In this way, we hope to prevent people, especially children, from starting to smoke or use other types of recreational tobacco. We also hope to encourage people who smoke or use chewing tobacco to stop. We will be starting recruitment this summer!

Preventing Diabetes in American Indian Youth

Diabetes is a huge problem in American Indian communities and is affecting more and more young people. In order to begin to address this problem, we need to understand what is happening locally. We are in the middle of a needs assessment to understand the extent of overweight and obesity among American Indian children in Kansas. The Notah Begay III

Foundation has provided AIHREA, Inc., with funding to examine eating and exercise habits of children ages 2-17 and their families, as well as the height and weight of the children. Our outreach focuses on youth that live in the Kickapoo Tribe in Kansas (KTIK) and Prairie Band Potawatomi Nation (PBPN) communities. We are also collecting data from Native youth in urban communities, primarily Kansas City and Lawrence. We plan to talk with 60 young people in each

community. We have already hit our target of 60 participants from the PBPN community and are halfway to reaching our goal in the KTIK and urban communities. We are also collecting information about the cost of healthy foods in these communities. Once all of the information is compiled, we will meet with community health coalitions to help determine next steps for addressing this important issue.



AIHREA member Ed Smith administers the diabetes risk test.



AIHREA interns measure a young lady's height and weight.

Five More AIHREA Graduates!

Joshuaa Allison-Burbank

Joshuaa, originally from Tohatchi, NM, is affiliated with the Diné and Acoma Pueblo tribes. Joshuaa graduated in May 2015 with his MA degree in Speech-Language Pathology from the University of Kansas (KU). During his MA program, Joshuaa was a member of the American Indian Health Student Association at KU Medical Center and gained interest in working for CAICH. As a graduate research assistant at CAICH, Joshuaa assisted with the Native 24/7 study, Tobacco Exposure and Knowledge Survey, cultural preservation initiatives, and developed a preschool scholarship program for Native American children for AIHREA, Inc. In addition, he worked with his department to incorporate pediatric speech and language screenings at community health screening events. His clinical and research interests include resonance, voice, and swallowing disorders in cleft/craniofacial populations, culturally-responsive literacy interventions for Native American preschoolers, and adapting clinical service delivery models to meet the needs of diverse communities. Joshuaa is now in the PhD program in Speech-Language Pathology at KU. He is also completing a clinical fellowship to obtain full licensure to practice as a speech-language pathologist in both KS and NM. His future career plans include the US Public Health Service, Indian Health Service, and a university position. He states, "I am sincerely grateful for the mentoring, encouragement, and camaraderie experienced as a graduate research assistant. AIHREA faculty and staff have been vital in fostering my community health interests and research skills."



Ryan Goeckner

Ryan received his Bachelor of Arts from the University of Kansas with a double major in anthropology and American studies. Ryan first became acquainted with AIHREA through Sean Daley while he was studying at Johnson County Community College. He focused his undergraduate studies on American Indians and contemporary Native issues. He remained involved with AIHREA as a volunteer at our powwows and was a 2014 summer intern. As an intern, he worked on a variety of AIHREA's projects including Native 24/7, TCTABS, and community health screenings. He states that, "I am extremely grateful for the opportunity that I was given to begin working with the American Indian community. I was very fortunate in that I was hired to work at CAICH where I continue to work on many of the projects I was involved with as an intern." He recently revamped AIHREA's social media presence and continues to look for new ways that we can engage with the Native American community in our area and across the country. Ryan will start graduate school next fall pursue a master's degree in religious studies. He plans to study to continue working with and learning from Native people.



Jordyn Gunville

Jordyn is an enrolled member of the Cheyenne River Sioux Tribe, Mnicoujou Lakota, and the proud mother of JorJa. She has been a research assistant at JCCC's Center for American Indian Studies and AIHREA since 2011. In 2012 she was an intern at CAICH. She has worked on numerous projects, including Native 24/7, various health literacy projects, All Nations Breath of Life, the AIHREA screening clinic, and community outreach activities. She is most proud of the relationship she has fostered between AIHREA and her own community, the Cheyenne River Sioux Tribe. AIHREA provides many services to the tribe, particularly for youth, including health and wellness activities and college prep. She graduated in May 2015 with a BA in applied behavioral sciences with a concentration in community health and development and a minor in sociology. She completed an internship in summer 2015 at the John Hopkins School of Medicine, Kennedy Krieger Institute, where she developed a research interest in Maternal Child Health. She is currently a Susan G. Komen Scholar studying public health at KU Medical Center and plans to become primary care physician for her tribe.



Christina Pacheco

Christina (Cherokee of Oklahoma and Quechua of Bolivia) is a 2015 graduate of the KU Medical Center Master of Public Health program. She previously earned her Juris Doctorate from the William Mitchell College of Law. She recently filled the position of Director of the Great Lakes Inter-Tribal Epidemiology Center. She has focused her career on reducing the gap of health disparities that exists for American Indians. She has worked in the field of policy and law for over 6 years, using her knowledge and background in those areas to help advocate for policies that are geared toward improving the health of American Indians. Christina has worked in the field of public health for almost 4 years. While she was at AIHREA, she managed a project that examined the natural history of tobacco use among tribal college students and focused her own research on the ethics involved in appropriate informed consent and developing tobacco-free policies for tribal colleges.



Julia White Bull

Julia is an enrolled member of the Standing Rock Sioux Tribe. Julia is a Haskell Indian Nations University alumnus and the daughter of Sherry Means and the late Smokey White Bull. Julia's grandparents are Twila Smith-Renville and the late Russell Means, and the late Alberta Rough Surface and the late Frank White Bull. Ms. White Bull has two children. Her son Ohitika is in the fourth grade and is finishing up his year as the AIHREA Brave. Her daughter Ohinniya is one year old! While in graduate school at the University of Kansas Julia focused most of her efforts on matrilineal tribal nations in North America and smoking cessation to decrease smoking habits in Northern Plains women. Julia graduated with her Master of Arts degree in Indigenous Studies from the University of Kansas in May 2015. Ms. White Bull plans on getting her PhD in Native Religious Studies in the near future.



WHERE DOES THE MONEY GO?

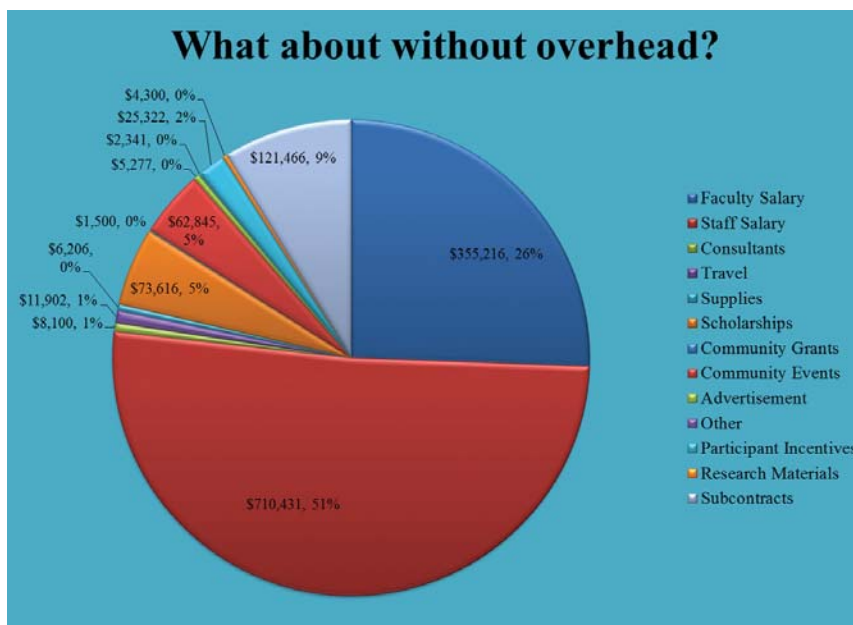
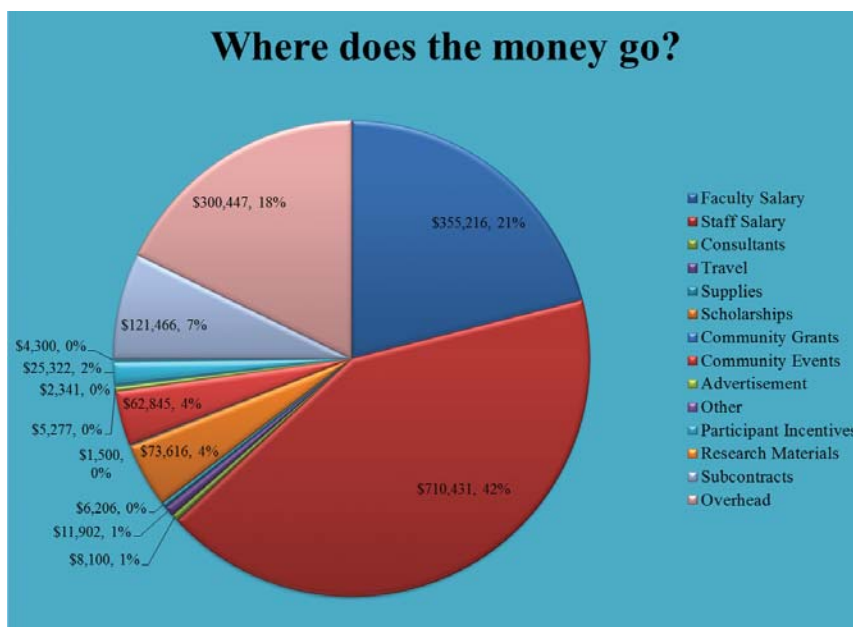
We are often asked where all of AIHREA's grant and donation money goes and we do not want to hide this information. There are several categories of funding:

- Personnel Salaries – faculty and staff (including fringe benefits)
- Consultant Costs – honorariums and travel expenses for Community Advisory Board members and scientific consultants
- Subcontracts – money that goes outside of KUMC
- Travel – conferences (registration fees & travel expenses), community events, health screening events, travel required for research projects (rental vehicles, mileage)
- Supplies – research project supplies or health screening items, office supplies, postage, computers, AV equipment
- Scholarships – books, tuition, educational training, software
- Community Grants – grants to community or student organizations
- Community Events – powwows, booth rental, youth events, community give-a-ways
- Other – building rentals for events, postage, website fees, etc.
- Participant Incentives – gift cards, research participant payments
- Research Materials – quit smoking medicine, health screening equipment
- Overhead Costs – administration cost, lights, phone, copier, etc.

The majority of our grant dollars go to KUMC through their Research Institute, who manages the money. The two graphs on this page represent the percent of our

total \$1,688,970 that goes to each category. The first graph shows how our total dollars are spent, which includes 18% overhead. This 18% goes directly to KUMC for overhead costs; 90% of these dollars are never seen by AIHREA. The other 10% of them are used for things like phone bills, Internet connections, photocopy machine rental,

etc., by AIHREA. These overhead costs that go directly to institutions are typical of most grants, including all grants funded by the National Institutes of Health, our primary funder. The second graph shows our budget after the overhead and how we spend the money.



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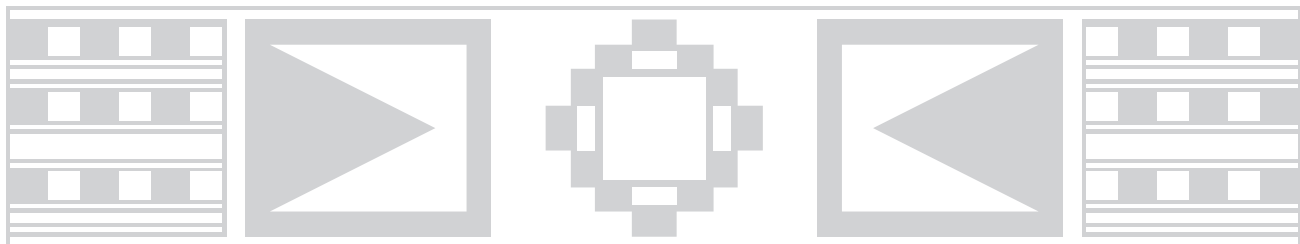
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