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# 9th Annual ONE Pow Wow is Coming Up

This year, the 9th annual AIHREA “Our Nations Energies” Pow wow will be held on Friday, May 1st and Saturday, May 2nd at the Johnson County Community College Field House in Overland Park, Kansas. The two day event has grown in recent years and is becoming a popular stop for many of the top pow wow dancers in Indian country.

This year’s head staff features some of the top singers, dancers, and powwow staff from the pow wow trail. Our champion host drums for this year’s pow wow are The Boyz from Minnesota and the Wild Band of Comanches from Oklahoma. The MCs are Tim Tall Chief and Isaiah Stewart. The head man dancer is Darrell Hill and the head lady dancer is Jocy Bird. Ohitika White Bull will serve as the AIHREA Brave and Shelby Bointy will be the AIHREA Princess. BJ Tapedo will be the head gourd dancer. Clifton and Danita Goodwill will serve as head dance judges.

This year, we will have contests in all categories and they will be split by Boys and Girls (7-17), Men and Women (18-54), and Golden Age Men and Women (55 and over) categories. There will be a number of dance specials that will be announced as information is available.

This pow wow is focused on health and wellness; we will offer a variety of free health screenings and incentives for those who participate.

Check our website for additional pow wow information: [www.aihrea.org](http://www.aihrea.org).





# Data Collection for Our Large Study of Tribal College Student Tobacco Use is Complete!

In 2010, the Center for American Indian Community Health launched the Tribal College Tobacco and Behavioral Study (TCTABS). The purpose of TCTABS is to describe the history of smoking (experimentation, addiction, quitting) among tribal college students. It is our hope to use this information to create programs for tribal colleges based on student needs. We began this study with two tribal colleges, Haskell Indian Nations University (HINU) and Salish Kootenai College (SKC). In 2013, we added a third tribal college to the study, Blackfeet Community College. The study ended in the fall of 2014 and over the course of the 5 years, it involved several series of focus groups or group discussions and a bi-annual survey. The group discussions were only conducted at HINU and SKC. These group discussions were based on the following topics: (1) recreational versus traditional tobacco, (2) chewing tobacco, (3) access to healthy foods, (4) second hand smoke and school smoking policies, and (5) the creation of a web-based quit smoking program for tribal college students. The survey included the following topics listed in the chart.

In total, we had 1,459 students participate in the study, 203 in the group discussions and 1,256 in the surveys. We will summarize some of the information we found in the survey. The average age of students who participated in the survey was about 26 years. A little more than half of the students were female (58%) and 63% of students grew up on a reservation. A majority of students were single (75%), did not have children (68%), lived on campus (57%) and were out-of-state students (58%). More than 78% of students had tried a cigarette for non-traditional purposes during their lifetimes. While roughly 33% of students identified as current smokers, 46% of students were actively smoking cigarettes for recreational purposes. In our previous work, we have found that identifying as a “smoker” can cause a sense of shame and embarrassment, so that may explain some of the differences in numbers. We learned that about 34% of students had ever tried chewing tobacco in their lifetime and about 26% were current chewers. Most students (80%) had smoke-free homes, meaning smoking was not allowed anywhere or at any time inside where they lived. When asked about wanting their campus to be smoke free, almost half of all students (49%) wanted their school to be smoke free, about a quarter (25%) were neutral, and another quarter (26%) did not want their school campus to be smoke free.

We learned a lot from this study and we are in the process of writing papers for academic journals. We have used the information that we gained in this study to help create a web-based quit smoking program for tribal college students that is launching this spring. Look for more programs to come!

Recreational smoking

Recreational chewing

Traditional tobacco

Exposure to secondhand smoke

Smoking policies

Alcohol use

Stress

Diet and exercise

Social support

Depression

School involvement

Risky sexual behavior

# Changes to Our Community Advisory Boards

Community advisory boards are an important and necessary component to community-based participatory research (CBPR). CBPR involves communities in all parts of the research process. This type of research is a true partnership between researchers and communities, and both groups bring their strengths to the table. This is the type of research conducted by AIHREA's primary partners, the Center for American Indian Community Health (CAICH) at the University of Kansas Medical Center in Kansas City, KS, and the Center for American Indian Studies (CAIS) at Johnson County Community College in Overland Park, KS. Community advisory boards or CABs guide research and education projects led by AIHREA's partners to assure these projects and studies are conducted in the best interest of American Indian peoples, Nations, and communities. AIHREA has relied on several CAB levels: the Executive CAB (ECAB) which meets monthly, the general CAB and the Student Leadership Advisory Board (SLAB) which meet quarterly. We have modified the SLAB and created a new College/University Advisory Board (CUCAB). The CUCAB is quickly becoming our largest CAB. In order to strengthen the role community members play in guiding our research and service efforts and to be more efficient, we are combining our ECAB and general CAB. This combined CAB will meet four times a year and the ECAB will no longer hold a separate monthly meeting. We will continue to distinguish between the ECAB and CAB and will still call on them separately in some capacities. Meetings will be held during the evening hours and within the American Indian communities of Lawrence, the four tribal Nations in Kansas, and the Kansas City Metropolitan Area on a rotating basis.

The creation of the CUCAB, which replaces the SLAB, was important because we have several new projects that require input and guidance from American Indian college/university students. Young adults who are seeking an education play a vital role in the future well-being of American Indian communities and we hope to provide a platform for their voice to be heard. The CUCAB is social media based and functions as a forum and group on Facebook™. Students' input and guidance will mostly come from their interaction on this Facebook page.

We are currently looking to add new members to all of our advisory boards and invite all interested American Indian community members to sign up. We ask those interested in serving on the CAB, ECAB, or CUCAB to fill out information forms which are available on our website ([www.aihrea.com](http://www.aihrea.com)).

We wish to thank all of our current and former CAB members for their support and participation throughout the years. The service to our partner organizations and the communities they represent has proven to be of great value and will continue to be an integral part of our alliance. We will continue to call upon our CABs as we move forward to address health disparities through research, service, and education.



# Come Visit Us at Our Screening Clinic

The AIHREA screening clinic provided screening services at six events in 2014. We administered nearly 4,000 screenings to over 500 American Indian community members throughout the year. In 2015, AIHREA will be at the following events listed in the table providing free screening services to the community.



If you would like us provide our screening clinic services at your health fair or event in 2015 please contact our Screening Clinic Manager:

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2015 Events	
Event Date	Location
5/1-2/2015	AIHREA Annual Pow Wow
4/10/2015	Prairie Band Potawatomi Head Start Event
4/28/2015	Kickapoo Nation 15 <sup>th</sup> Annual Health Fair
8/11/2015	Kickapoo Head Start Event
June 2015	White Horse, SD
June 2015	Eagle Butte, SD

## Would you like to participate in our service programs?

**Healthy Homes:** Would you like to know if there is anything in your home that can harm you? As a service to the Native community, we provide FREE Healthy Homes inspections. We will send our trained staff to your home to show you things that may be harmful and what you can do to correct any problems. If we find major problems, we can help you get into programs that will correct the problems at low or no cost.

If you are interested, please go to our website to sign up: [www.caich.org/greenation](http://www.caich.org/greenation) or call us at 1-855-55CAICH, ext. 1212.

**Traveling Screening Clinic:** Would you like us to provide health screenings or tests at your event? Since 2007, we have provided thousands of free tests for several highly preventable or treatable conditions. We travel to events at your invitation and we offer a range of health screenings specifically designed to address the health needs of the American Indian community. Some of the tests we provide include diabetes screenings (blood sugar and Hemoglobin A1C), foot checks for diabetics, fitness assessments (body mass index, body composition, etc.), heart health assessments (cholesterol, blood pressure, etc.), lung health, child and young adult physicals, screening for Alzheimer's Disease, and more! We also bring physicians with us to answer any questions you may have. We are always looking for new screenings to offer. Suggestions are very welcome!

To schedule a screening event, please contact: [info@kumc.edu](mailto:info@kumc.edu) or 913-945-7049.



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 throughout the U.S. through quality participatory research and educational programs.

Please check our website for Upcoming Events: [www.aihrea.org](http://www.aihrea.org)