

AIHREA



AMERICAN INDIAN HEALTH RESEARCH & EDUCATION ALLIANCE *Native Health in the Heartland*

NEWSLETTER FALL 2011

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From the Director

We had quite a busy summer at AIHREA! We hosted 24 interns this summer through our educational pipeline. Our hope is that all of our student interns finish their schooling and at least some of them choose careers in the health professions or health research. I'm very excited to say that we were able to hire one of our high school student interns (Marrina Stabler), three of our college student interns (Rachael Lackey, Ghazal Moradpour, and Caleb Reasons), and one of our graduate student interns (Tara Hammer, who also entered our

MPH program this year as one of our Susan G. Komen for the Cure Scholars, focusing her degree on breast cancer disparities related to environmental health among American Indians). We also welcomed several other MPH students this year, including Ruth Buffalo (another Komen Scholar, see our featured AIHREA student inside the newsletter), Charley Lewis (a CAICH Scholar focused on environmental health), and Julia Soap (also a CAICH Scholar focused on obesity research). They join Chandler





Williams (also a CAICH Scholar focused on environmental health), a CAICH employee for over a year, in this year's incoming MPH student class, and Joe Pacheco (a Komen Scholar focused on male breast cancer among American Indians), who is currently in his second year of the program. We are proud to say that we now have 6 Native students currently in our MPH program!

We have a lot of opportunities for students at CAICH and AIHREA and are currently looking for students who would like to serve as Ambassadors for

our programs. Ambassadors will receive a stipend and will be asked to represent us at different events, talking about our programs. We are looking for 4 high school students, 4 college students, and 4 graduate students. More specifically, we would like a male and a female from each age group from Kansas or Kansas City, MO, and a male and a female from each age group from around the country. High school students will receive \$500 for one year and will be asked to talk about our programs at 10 events. College students will receive \$1000 for one year

and will be asked to talk about our programs at 20 events. Graduate students will receive \$1500 for one year and will be asked to talk about our programs at 30 events. Possible events include pow wows, talks in front of their own class/school or other schools, health fairs, tribal council meetings, etc. If you would like more information or to nominate someone, please contact Julia White Bull at jwhitebull@kumc.edu or 913-945-7097.

Applications are due January 31, 2012.



AIHREA Internships



For the past two summers 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, have enriched the lives of several high school, undergraduate, and graduate students through our summer internship program. The purpose of our internship program is to give students an opportunity to work in a research environment with the guidance of mentors with the specific focus of working with the Native American community. AIHREA considers it an honor to provide this opportunity every summer to a new group of interns.

This summer we were pleased to welcome 24 new interns to the team. Of the 24 interns, 5 were high school students, 16 were undergraduates, and 3 were graduate students. The internship started on June 6th with an orientation. The interns met the entire CAICH staff and were given a tour of the campus. For the duration of the internship, the students worked closely with their mentors on a project related to Native American health. This year, the interns also participated in a small

project using photo voice. The purpose of this project was to have the interns expand their ideas about what health is through the lens of a camera. The interns returned with creative and symbolic representations of health that they shared in a group discussion. Several interns reflected on how this project opened their eyes to the diversity of health issues and the dimensions of health.

Several mandatory trainings were held throughout the internship. The training topics included: Endnote Training, How to Prepare a Professional Poster Presentation, Excel Training, PowerPoint Training, How to Do an Effective Literature Review, American Indian Health, Effective Recruitment and Retention for Research Projects, and Epidemiology 101. In addition to the photo voice project and trainings, we required the interns to complete rotations on three of our projects, based on their interests. Some of the projects the interns participated in were: All Nations Breath of Life (a quit smoking program for Native Americans), Mammography Satisfaction, Native 24/7 (a project that explores what it means to be American Indian to different people), develop-

ment of a weight loss program for American Indians, and updates to our websites. For each major project, students worked with other students assigned to the same project for two weeks. At the end of those two weeks, they put together a poster to be presented at the end of the program. Our goal was for each intern to have three group posters to present at the poster presentation. See our website for all of our student posters.

We are proud to say that the interns produced educational, informed and professional poster presentations at the close of the internship. All of the summer interns should feel pride in the work that they completed. It was an excellent learning experience for not only the interns, but the entire CAICH and CAIS teams. AIHREA is fully invested in the success of this internship program. We are looking forward to building on the successes of this year's program and will integrate suggestions from this summer's interns for next year's students. We are proud and humbled to provide a top notch summer enrichment experience to Native and non-Native students alike.

AIHREA Partner News

American Indian Health Student Association (AIHSA)

The American Indian Health Student Association (AIHSA) is excited to kick off our second year at KUMC. Our goal is to have a mix of educational and fun events that highlight American Indian achievements in health research and academics, as well as American Indian culture. This fall we have done three events: a soup sale, a poster presentation, and a powwow dance demonstration. The first event was a soup sale fundraiser where we used indigenous ingredients from around the country to make the soup. The second event was our poster session for American Indian Health, highlighting posters from our summer interns and our current students. Finally, we had a powwow dance demonstration which also featured typical powwow food for the KUMC community. We are busy planning our spring events now!



Kansas City Indian Center (KCIC)

Guess who's getting a makeover?? KCIC! We have painted our building, hung new signs, and we are getting a mural painted on the east side of our building! We are excited for all of the changes that are being made. Come down and take a look!

KCIC is ready for 2011 fall activities. We are excited to bring the community closer through all of our events. We had a very successful NIKE N7 sponsored walk and run on November 6 at Riverfront Park in Kansas City, Missouri. We also honored our veterans at our Veterans Dinner. It was an evening dedicated to those who fought for our country and our freedom.

Thank you to everyone who has helped make KCIC's Culture Nights a success. We are thrilled to see all of you come together, enjoy each other's company, and learn and share your cultures. Our last culture night brought out 75 community members! We will have Culture Night the first and third Wednesday of the month. We encourage everyone to come check us out; there is something for everyone.

Additionally, there are All Nations Breath of Life Quit Smoking groups currently forming at KCIC. We have groups that are available during the day, evening, and weekends. We look forward to helping you with your desire to quit smoking with a completely free program for Native American smokers. For more information, please contact Cheree Solomon at KCIC at 816-421-7608.



Center for American Indian Studies (CAIS)

The Center for American Indian Studies (CAIS) at Johnson County Community College (JCCC) is continuing to develop a documentary about World War II Navajo Code talker Samuel F. Sandoval. This project is supported by other departments at JCCC as well. Current efforts include editing footage of Mr. Sandoval that was shot in New Mexico and Arizona, and continued filming of supplemental footage to be completed by the end of November. In other news, CAIS has already begun gearing up for the Sixth Annual AIHREA O.N.E. Powwow to be held on the JCCC campus on May 4 and 5, 2012. The Center is also pleased to announce the additions of Caleb Reasons, Ghazal Moradpour, and Jordyn Gunville to our staff.

Healthier Haskell

Healthier Haskell in Lawrence, KS, is in a planning phase for this community wellness program. Events are being planned for the current academic year and will include Men's Night, Ladies' Night, and the annual Kids' Camp. Healthier Haskell is in its 5th year of operation and continues to draw students, faculty, staff, and community members to the Thorpe Fitness Center. Healthier Haskell typically averages 15-17 community events per year, and this year we are continuing our commitment to helping

Native people live healthier lives. For more information, or to learn how you may become involved with the Healthier Haskell program, please contact Albert Gipp at agipp@haskell.edu.





Spotlight: AIHREA Member

Charlotte McCloskey



Charlotte McCloskey is a licensed psychologist who joined the AIHREA team in April 2011. Dr. McCloskey completed a Bachelors of

Arts Degree in Psychology, a Master's Degree and a Doctoral Degree in Counseling Psychology, all from the University of Missouri-Columbia. She completed her internship at the University of Illinois-Chicago and her postdoctoral residency at the Kansas City VA Medical Center. Previous work experience included providing individual, couples, and group therapy in outpatient settings at the university and community level with adolescent, adult, and geriatric populations. She also provided services for the Marjorie Kovler Center for Survivors of Political Torture. Most recently, Dr. McCloskey was at the Kansas City VA Medical Center as a staff psychologist in the Behavioral Health Clinic and the Posttraumatic Stress Disorder Clinical Team. At the Kansas City VA, she also provided outreach services for Native American Veterans and veterans who had experienced military sexual trauma.

Her specialty areas are in the man-

agement of difficult life transitions, trauma recovery, maladaptive coping, depression, anxiety, and grief and loss issues. Other areas of interest include understanding destructive behavioral patterns as a form of coping, behavioral adaption, development of motivation for change, and identity development (race/ethnicity, gender and gay, lesbian, bi-sexual and transgendered). She also has a special interest in providing services to family members of significant others of individuals who have been affected by physical or mental health issues. Her therapeutic style is integrative and focused on development of strengths to provide long lasting recovery. Dr. McCloskey believes in the power of belief and spirituality in the healing process, and encourages discussions regarding world view in the counseling session.

Dr. McCloskey is from the Kansas City area originally, and has recently returned to after being away for 15 years. She is the daughter of Richard McCloskey (Sicangu Lakota) who was born and raised on the Rosebud Reservation in South Dakota. Her grandmother, Victoria (Lambert) McCloskey (Yanktonai Nakota), was born and raised on the Yankton Reservation while her Grandfather, Ernest McCloskey (Sicangu Lakota), was from Okcreek, SD on the Rosebud. Her mother, Barbara McCloskey, is of

European origins with a strong influence of German culture. While raised in an urban environment, she was reared to understand, respect, and follow Lakota/Nakota ways. The teachings given to her by her elders and ancestors guide her spirituality, mindset, and values. Family is very important to her and she is proud to be an aunt, daughter, sister, wife and friend to many. She is very grateful to do the work that she does and feels incredibly fortunate to be part of AIHREA/CAICH.

At AIHREA/CAICH, she is currently working on the All Nations Breath of Life quit smoking program and also the Native 24/7 project, on which she assists other team members with facilitation, and understanding how mental health affects overall health. She has recently become a Clinical Assistant Professor of Family Medicine and has a strong passion for helping others come to gain better health through the equal care of the body, mind and spirit. Dr. McCloskey is a member of the American Psychological Association. Currently, she serves on the board of the Kansas City Indian Center and is a volunteer for the Metropolitan Organization to Counter Sexual Assault. Dr. McCloskey is the proud spouse of a Kansas City Police Officer.

Spotlight: AIHREA Student

Ruth Anna Buffalo - Mandan, Hidatsa, Chirichua Apache

Ruth Anna Buffalo, carries her late grandmother Ruth's Hidatsa (Nuxbaaga) name, Mia E'desh, Women Appears, she is a member of the Awaxia clan (Dripping Earth). She is the granddaughter of the late Ruth (Rabbithead) and Theodore Buffalo

Bolman Sr. Her mother is Maxine Buffalo and her father is Santos Hawks Blood Suarez III. Her father, retired Air Force, returned from Iraq after 6 yrs of service the night of Ruth's birthday last August. She is a proud mother of two beautiful children, Mya and BJ.

Ruth Anna Buffalo is a Susan G. Komen for the Cure Scholar in the Master of Public Health (MPH) program at KUMC and works as a Graduate Research Assistant with CAICH, where her work focuses on breast cancer research for both men



and women. Her passion lies in improving the quality of life within her hometown tribal community of Mandaree, ND, which is located on the Fort Berthold

Indian Reservation. Her grandmother, Ruth, passed away at an early age from breast cancer. Her mother is a breast cancer survivor of eight years.

Ruth served seven years at United Tribes Technical College as the director of the Strengthening Lifestyles' comprehensive wellness program which served elementary students, college students and their families, and

employees and their families. During her time at UTTC she also taught CPR/First Aid classes, as well as Fitness and Wellness classes, co-facilitated weekly Fitness/Nutrition group sessions for the students and employees, and coached basketball. Ruth carries certifications in Worksite Wellness, Cooper Fitness specialist, and Tai Chi Easy group facilitation.

Most recently she served her tribe in the capacity of Summer Youth Work program coordinator in which she oversaw 120 youth and 12 district coordinators. Ruth has extensive experience in working with our tribal youth as a volunteer, mentor as an Indian Education tutor, YMCA Afterschool program room leader, Boys and Girls club intern, Substance Abuse Prevention coordinator and Youth Leadership Development worker.

Ruth obtained a Master's in Business

Administration in the summer of 2010 from the University of Mary located in Bismarck, ND. In 2010, ND Business Watch named Ruth as a "40 under 40 leader." Ruth holds a Bachelors of Science in Criminal Justice from Si Tanka University, Huron, SD, and is a 2011 Alumni of the Tri College National Education's Women's Leadership Development Institute.

Currently she is a member of Cohort 2 of the Native Nation's Rebuilder's program through the Bush Foundation and partner Native Nation's Institute/Harvard Project.

Ruth hopes to return to the Fort Berthold Indian reservation to continue serving others. She enjoys spending time with her family, gardening, running, playing basketball, and learning her tribal language while maintaining her tribal cultural way of life.

Spotlight: CAB Member

Robert (Bob) Marley, Cherokee



I am married and have three children, four grandchildren, and one great grandchild. My great grandmother traveled to Indian Territory on the Trail of

Tears with Daniel Wagon Train in the Spring of 1839, making me a fourth generation to have lived in the Cherokee Nation. I am also a member of the Deer Clan of the Cherokee Nation.

I was born in Talala, Oklahoma, and attended Terrel Elementary, a one room

school. I continued my education in a two room school at Watova, Oklahoma, and graduated from Nowata High School in 1953. I graduated from Oklahoma State University in 1958 with a BS in Elementary Education. I received a MS in Physical Education from Emporia State Teachers College. After taking hours at Kansas University and Wichita State University, I received my certification in Special Education.

I retired after 37 years of teaching and coaching in the Wichita, Kansas, public schools and night classes at Friends University. Eleven years later, I retired again after teaching at Wichita State University in the Human Performance Department.

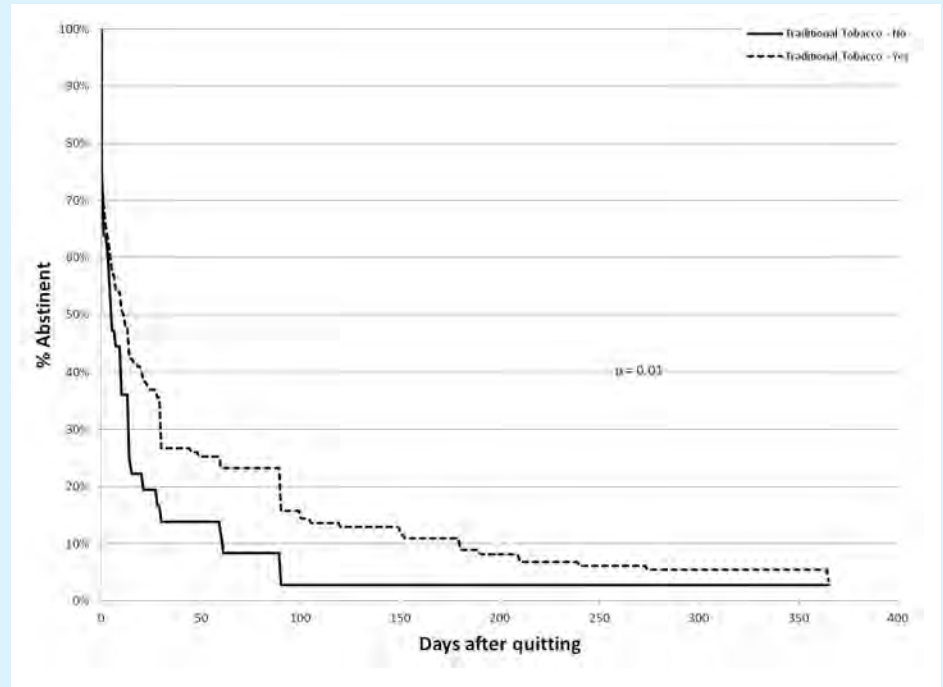
I served twelve years on the National

Education Association Executive Board as an ex-officio board member representing American Indians. I was then appointed by President Clinton to serve on the Nation Education Research Policy and Priority Board in Washington D.C.

I have been a docent and lecturer for the Mid America All Indian Center in Wichita for ten years. I served on the original board of trustees and currently serve on the board. I have been on numerous other boards and committees with the Mid America All Indian Center.

Research Results:

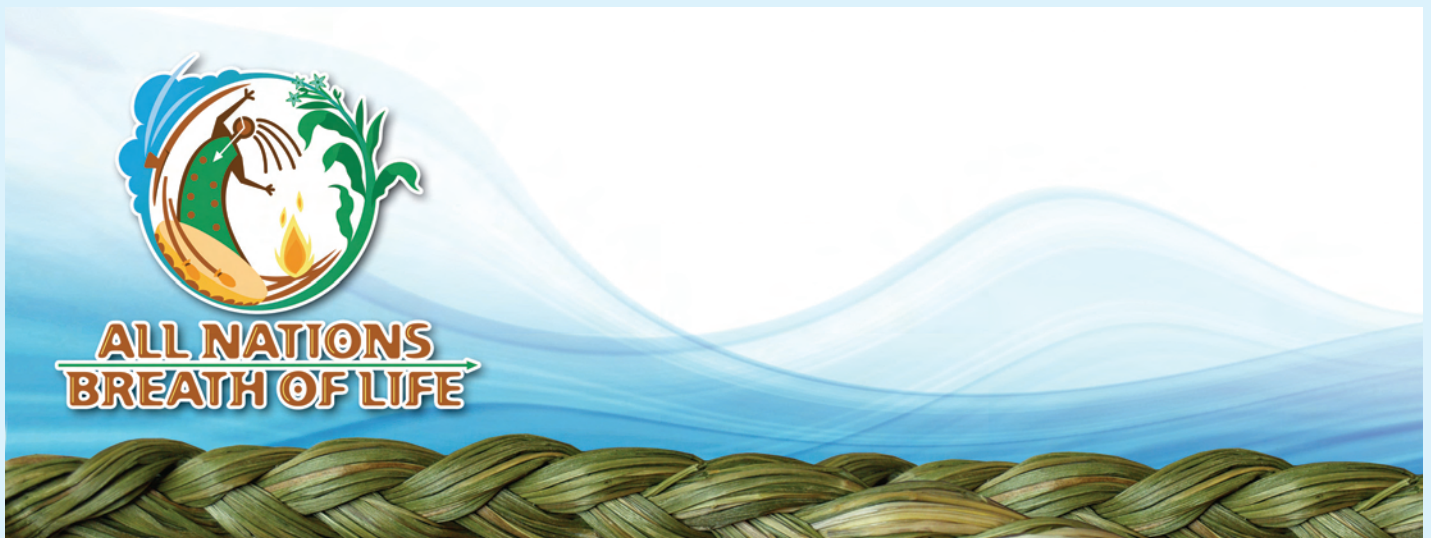
Did you know that if you use tobacco for ceremony or other traditional purposes you are more likely to stay QUIT from smoking cigarettes? It's true! Over the past few years, we've asked you to fill out surveys for us at different events, like pow wows and health fairs. Some of the questions we've asked have been about tobacco use, both traditional and recreational. We did some analyses on the data and found out that people who use tobacco for traditional purposes are more likely to be smoke-free a year after quitting than people who don't. Quitting smoking is one of the hardest things anyone will ever do and for the vast majority of people it takes multiple quit attempts to be successful. In the graph on this page, you will see a "relapse curve", which shows how many people in our study started smoking again within the first year after quitting. These results are typical of the results among any group of smokers from any ethnic group. The solid line represents people who did not use traditional tobacco and the dotted line represents people who did. Though both groups show the typical relapse curve of many people starting to smoke again, particularly shortly after quitting, the dotted line shows



that more people who used traditional tobacco were still quit a year later. This is very exciting news to give to the scientific community, though many Native people have known it for a long time! It shows scientists and doctors that the use of traditional tobacco is definitely NOT the same as recreational smoking and actually helps people stay quit.

This information gives us more confidence in our quit smoking program,

All Nations Breath of Life, which promotes honoring tobacco as a sacred plant to many Native people. We are very excited to have published the results of this study in the prestigious academic journal, *Addiction*. If you would like to see more specifics about our results, the published article is available on our website and through the journal at <http://onlinelibrary.wiley.com/doi/10.1111/j.1360-0443.2011.03391.x/full>





Healthy Living – Exercise Recommendations

Physical activity is a necessary component to healthy living. Physical activity is anything that gets your body in motion, such as walking, gardening and lawn work, swimming, bike riding, jogging, and lifting weights. Regular, consistent exercise may help you lose weight, manage stress, prevent chronic diseases, and improve your mood and energy levels. Individuals beginning an exercise program should consult with their medical provider first.

Adults 18-64 years of age who want to reduce their risk of chronic disease, lose weight, and improve their health in other ways should perform some type of moderate physical activity for at least 2 hours and 30 minutes per week. Exercises should be done on most days of the week and for at least 10 minutes at a time. Moderate physical activity includes walking briskly, canoeing, biking slowly, dancing, general gardening (raking, trimming shrubs), and water aerobics.

Adults who want an increased health benefit can progress to 1 hour and 15 minutes of vigorous activity each week. Vigorous aerobic activity makes your heart work harder and provides benefits in less overall activity time than moderate exercise. Again, vigorous activity is best when done on most days of the week. Examples of

vigorous activity include running or jogging, aerobic dance, basketball, jumping rope, race-walking, swimming laps, soccer, or riding a bike fast.

The US Department of Health and Human Services also recommends that adults perform muscle strengthening activities, such as lifting weights and doing push-ups, at least two times per week. Exercises should

include all major muscle groups and should be repeated 8-12 times per session for each muscle group.

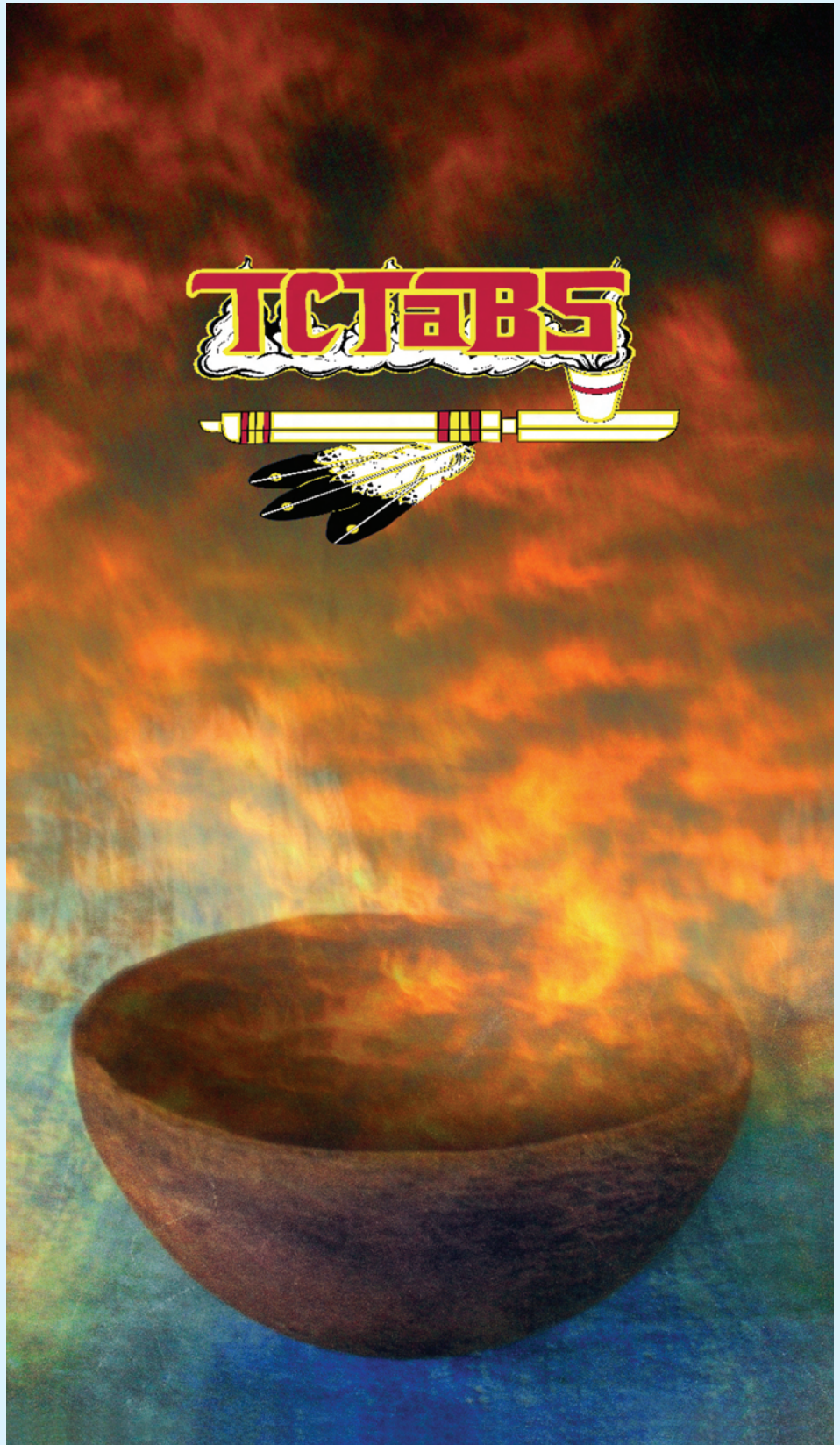
Additional information and resources can be found at www.health.gov/paguidelines.

(Taken from DHHS Physical Activity Guidelines for Americans)



Understanding Research – Longitudinal Studies

Longitudinal studies (also called prospective cohort or concurrent cohort studies) are observational studies, meaning there are no interventions (or treatments) given. The investigator identifies a population (or participants) at the start of the study. Then, the investigator follows the identified population throughout the year, until the point where a disease (or adverse event) occurs or doesn't occur. Because the same population is tracked, there are fewer differences from cultural changes across generations. This study design is good for finding the incidence (or new cases) of a disease. The downside to this type of study is the time it takes to complete, often 20 years or more! We recently started a longitudinal study of health behaviors among tribal college students. There is very little information in the scientific literature about health behaviors and how they change among tribal college students. We hope to provide this information, which will ultimately lead to new and better programs to help college students improve their health. For more information on our longitudinal study, TCTABS (Tribal College Tobacco and Behavior Study), see our website!





Community Advisory Board News

Executive Community Advisory Board



The Center for American Indian Community Health (CAICH) and Executive Community Advisory Board (ECAB), announce two new members, Bobbi Darnell and Freda Perkins.

Freda Perkins is a proud member of the Sac and Fox Nation of Missouri, Kansas, and Nebraska. Freda was born in Oklahoma and has worked in the Oklahoma area for 30 years. She moved to Kansas 14 years ago. Some

of her accomplishments included holding the positions of Vice Chair and Chair for the Sac and Fox Nation of Missouri, Kansas, and Nebraska. She was also a tribal delegate who helped establish Indian gaming in Kansas. Freda is happy to say she is a Community Health Representative.

Community Advisory Board

In July, the Community Advisory Board (CAB) meeting was held at the University Kansas Medical Center in Kansas City, KS. CAICH team members Myrietta Talawyma and Julia White Bull gave an update on the AIHREA Pow wow, including that we were able to provide over 1300 free health screenings this year. We are proud to say that the number of free health screenings continues to increase every year! In addition, at this year's

Powwow we added new screening stations to meet the needs of the Native American community. Also at the CAB meeting, Alicia Brooks and Dr. Allen Greiner spoke about the new cancer prevention activities in the Northeast Kansas area.

If you are interested in serving on the Community Advisory Board please contact Angel Cully at acully@kumc.edu or call 913-945-7049.

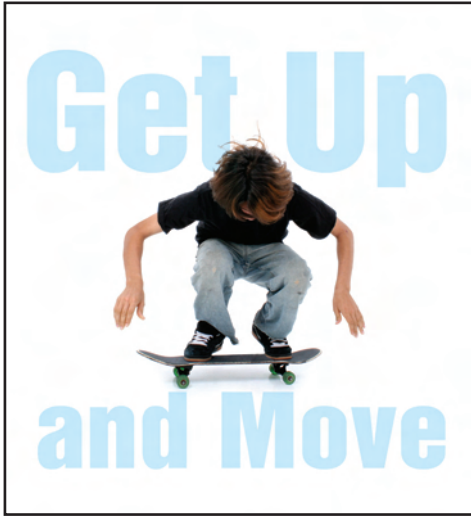


Student Leader Advisory Board

The Student Leader Advisory Board (SLAB) includes Native American high school and college students from the Kansas City and Lawrence areas. The SLAB meets once every three months, at the same time the Community Advisory Board meets. The board gives their input on how AIHREA can effectively reach American Indian youth in the surrounding communities.

SLAB members have proposed some ideas for healthy living programs and are getting those programs going. One of the potential programs is "Get Up and Move," a project to get American

Indian youth ages 11-18 to become more physically active while having fun. Some educational ideas proposed by the members are presentations on college preparation, teen pregnancy, young mothers and fathers, and alcohol and drug use. We hope to have a calendar of events in the near future. We are currently looking for more members to join us as we develop our ideas into programs for local youth. If you are in high school or college and interested in joining our board, please contact Marrina Stabler at mstabler@kumc.edu or (913) 945-7049.



Upcoming Events



May 4-5, 2012: 6th Annual AIHREA O.N.E. Health and Wellness Powwow at Johnson County Community College – More details to follow! Mark your calendar now! Please check our website for Upcoming Events www.CAICH.ORG

If you would like us to attend your event please contact our Community Outreach Coordinator, Angel Cully at acully@kumc.edu or 913-945-7049, or go to our website and fill out the form on our calendar page.



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.

Would you like to participate in our research?

Quit smoking: Are you a current smoker or know someone who wants to quit? The All Nations Breath of Life quit smoking program is currently recruiting American Indian/Alaska Native smokers who want to quit. We have groups throughout Missouri and Kansas, and we are starting groups in other parts of the country as well. If there is not a group in your area, we would be willing to start one. The All Nations Breath of Life quit smoking program honors traditional and ceremonial use of tobacco while helping people stop smoking recreationally. Free—the whole program is Free - to all participants. For more information about joining a group, starting a group in your area, or on how to become a facilitator, contact CAICH at 1-855-552-2424, ext. 1188 (toll-free). For more information you can find us on the web at: www.anbl.org

Tell us what Native identity means to you: Native 24/7 is a new research project that we are launching. We will conduct interviews over the phone with participants from around the country over the next 24 months in an effort to understand Native identity. Participants in these interviews must be 18 years of age or older and must self-identify as American Indian or Alaska Native. Participants will receive a Native 24/7 hooded sweatshirt for their time. For more information about participating in these interviews, contact the Center for American Indian Studies at (913) 469-8500, ext. 4823.

Lose weight: We are starting a Native focused weight-loss program based on the Diabetes Prevention Program's "Lifestyle Balance" curriculum. We will be recruiting participants for this new research project soon in Lawrence, KS. Additional sites for the program are possible. Look for us at upcoming events in your community and to learn more about this new project contact Shelley Bointy at mbointy@kumc.edu or 913-588-2708.

