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A Hugely Successful AIHREA Summer Internship

The 2013 summer internship was a huge success! American Indian Health Research and Education Alliance (AIHREA) faculty and staff were extremely pleased with the great attitudes and efforts of this year's summer interns. The AIHREA internship is a program for high school, college and graduate students that provides interns with hands-on experience working on research projects and services that address health disparities in American Indian communities. CAICH welcomed six interns during the summer months of 2013:

- Janelle Cronin, Haskell Indian Nations University;
- Asher Houlahan, University of Kansas;
- Graeham Ryan, Shawnee Mission East High School;
- Holly Shildt, Haskell Indian Nations University;
- Callan Turner, University of Kansas; and
- Julian Wahnee, Haskell Indian Nations University.

The eight week summer internship introduced interns to the principles of community-based participatory research, the primary research method used by AIHREA. The core of the internship is divided, giving interns the opportunity to work on two different projects. Throughout the internship, interns attended lectures, received instruction from the University of Kansas Medical Center and Johnson County Community College faculty and staff in the areas of public health, academic research, American Indian health issues, cultural competency, and how to create scientific poster presentations. Interns were also given opportunities to visit and become engaged with the communities AIHREA serves, including Lawrence, Kansas, the Kansas City Metro Area and the Northeast Kansas reservations. A weeklong trip to the Cheyenne River Sioux Tribe in Eagle Butte, South Dakota, distinguished this summer's internship from previous ones.



Several AIHREA faculty and staff members along with five interns traveled to the Cheyenne River Sioux Tribe Reservation in Eagle Butte, South Dakota, during

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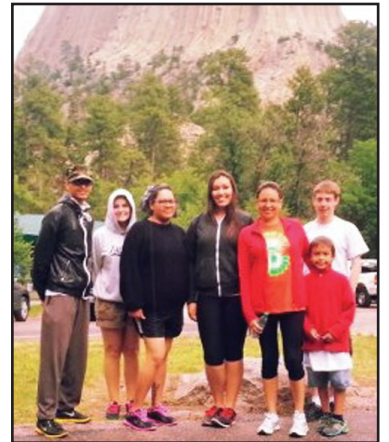
A Hugely Successful AIHREA Summer Internship

the week of June 18 – June 22. The interns spent the week working with students aged 5-17 in the Cheyenne-Eagle Butte School's summer school and recreation program. This invaluable experience immersed interns in a large reservation community where they were able to meet and interact with the Cheyenne River Sioux community. A typical day during this week began at 7 am and often ended at 10 pm. Interns provided presentations and workshops focused on health and education. They presented on health topics such as oral health, tobacco and smoking, healthy foods, and first-aid. Interns also assisted and shared experiences in study skills and college-prep workshops that were designed to spark American Indian students' interest in higher education and prepare them for enrolling and succeeding at the college level. Interns overcame limited cooking tools to prepare some excellent dishes from the AIHREA diabetes-friendly cookbook. These dishes were sampled during the health screening clinic put on by staff and interns. They also assisted in cultural activities helping with a hand drum workshop and attending a traditional dinner. A fun run/walk and a 3-on-3 basketball tournament run by CAICH staff and interns brought the time in Cheyenne River to a close. The trip ended with a day spent at Bear Rock (Devil's Tower) in Wyoming where staff and interns witnessed a huge downpour of rain and hail, an exciting end to an overall rewarding trip.

Throughout the summer, interns chose from several current studies and services that included Native 24/7, Native American Weight Loss Movement, Law & Policy, Green Nation, and Community Engagement. Student interns gained research experience through administering surveys and conducting interviews via phone calls to study participants, transcribing interviews, conducting final measures for weight loss participants, organizing qualitative data, and researching topics within law and policy that impact American Indians. Interns were active in community outreach, providing valuable services to American Indian communities through conducting screening clinics, assessing home health and safety through GreeNation, collecting air, water, and soil samples to look at quality, and home improvement assistance to elders. Interns attended executive community advisory board and general community advisory board meetings where they introduced themselves and presented their work.

Visits to the Prairie Band Potawatomi Nation Health Center and Boys & Girls Club included a tour and presentation by health center director Bill Thorne and interaction with American Indian youth.

The interns' final task was a poster presentation night where they shared and displayed their summer's work and experiences. The evening brought together the interns, their families, and faculty and staff for a delicious dinner and dessert. Our interns brought energy and fresh ideas to the research team. They were truly an excellent group with whom to work and AIHREA wishes them continued success.





AIHREA Partner News

American Indian Health Student Association

The American Indian Health Student Association (AIHSA) wishes to commend our recent graduates of the Masters in Public Health (MPH) program:

- Joseph Pacheco (Cherokee Nation and Quechua), former AIHSA President, was the first graduate from the environmental concentration (Spring 2013),
- Tara Hammer (Cherokee Nation), environmental concentration, (Summer 2013).

Both were Susan G. Komen for the Cure Scholars and are currently employed with CAICH, Joseph now manages the new web-based smoking cessation program for American Indian tribal college students and still leads the GreeNation project. Tara is managing a GIS Mapping project focused on finding out what is available to college students in Lawrence. This winter, she will be joining our Native Touch to Screen staff, bringing their colon cancer screening project to Cherokee Nation in Oklahoma.

Congratulations - we are Proud of You!!

Local elementary schools within the Lawrence/KC area have requested AIHSA to present cultural presentations. AIHSA will be partnering with the University of Kansas Medical Center (KUMC) student organizations for volunteer opportunities in the Kansas City area and volunteering at local soup kitchens in the Lawrence, KS, area. We hope to continue building upon the good relationships we have built with the community. If you are in need of volunteers for a community project please contact current President Ruth Buffalo at rbuffalo@kumc.edu.

In conjunction with Veterans Day and National Native American Heritage Month (November), we hosted a film screening of, "Heart of a Warrior" on the KUMC campus.



Center for American Indian Studies

As with all schools, fall meant the return of students and an increase in activity for CAIS. We've welcomed several new Native students to campus, the American Indian Studies Student Association is up and running again, and we have a few events planned that are designed to increase awareness of American Indian peoples around campus.

We had a nice crop of heirloom corn this year from the AIHREA garden. The traditional tobacco was choked out by the weeds due to rain in early August. There is still plenty of room for folks to plant. Make plans now to be part of the action for spring 2014.

Events on the Johnson County Community College campus included:

- November 7th Native Art Lecture
- November 7th Lecture on the Osage and Disease in Kansas and Missouri
- November 13th Discussion on Native Religions
- November 21st Discussion on Native foods

We hope you enjoyed them!



AIHREA Partner News (continued)

Prairie Band Potawatomi Nation Boys & Girls Club

The Prairie Band Potawatomi Nation Boys & Girls Club is a hub of activity. Upgraded facilities over the past several years have given youth, as well as community members of all ages, several options to address health and wellness needs. The club offers a 90,000 gallon pool with lap lanes, slides, and space for water aerobics classes. A gymnasium accommodates basketball and volleyball league play, as well as community events throughout the year. A large workout area with free weights and cardio equipment also serves kickboxing, Zumba®, and aerobic classes. The library and computer lab offer a quiet place to read, study, and receive tutoring. Beading and other craft projects taught in the arts and crafts room emphasize Potawatomi culture and help youth to solidify their identity as Potawatomi. The full kitchen and cafeteria serve up tasty meals and snacks to club members after school and during the summer youth program.

Two hundred and forty (240) youth aged 5 – 19 enrolled in this year's program. The program provides recreation, physical fitness, educational and cultural activities, and field trips

to keep youth busy and engaged during the summer months. A trip to Chicago and the Potawatomi Gathering in Dowagiac, Michigan, in August capped off the busy summer. Boys & Girls Club staff remain busy throughout the year with fundraisers and planning/carrying out events. Recent fundraisers included a 4-man golf scramble at Firekeeper Golf Course that had 34 registered teams. Runners and walkers lit up the greens of Firekeeper golf course in glow-in-the-dark shirts and headlamps during the inaugural "Firefly Run". Indian taco sales and concessions at various local events also helped with fundraising efforts.

The Boys & Girls Club had a community Trick or Treat at Prairie Peoples Park on October 26, and haunted house trips to Kansas City, and are starting a 3-on-3 basketball league. Several events and activities during the upcoming holiday season are also planned. For more information on Boys & Girls Club hours, activities, and classes, contact the Prairie Band Potawatomi Boys & Girls Club staff at (785) 966-3031.

Cultural Health through Language

FIRE in Different Indigenous Languages

"In the Navajo hogan the fire is located in the center of the building because home is where the heart and family is. It brings us back to the center of our homes [even if] it's a place of dwelling for the moment. It makes our souls happy to have fire; it gives the sense of safety when one has fire. So to have fire in one's soul we provide it by how we do every day; in showing our kindness and in the uniqueness of being alive."
— Darlene Cronin



ALGONQUIN - Tinda
ARAPAHO - Wotitonee-vai - to start a fire
CHEROKEE - A-da-we-la-gi-s-gv - flame
COMANCHE - Kutup
CREE - Pona-to make a fire
KLAMATH - Loloas
LAKOTA - Pheta
MOHAWK - Oetseira
NAVAJO - Ko'
OMAHA - pe'de
ONEIDA - Otsiste
PASSAMAQUODDY
- Motutuwewal-he - she builds a fire
POTAWATOMI - Mskota
SEMINOLE - Ee-te Yo-ga-he
QUECHUA - Nina



Spotlight: AIHREA Student

Julia Soap



Julia Soap was a 2013 James A. Ferguson Infectious Disease Fellow. For the 8-week internship program, she worked at the Centers for Disease Control and Prevention in Atlanta, GA. She worked under the mentorship of Delight Satter, MPH, in the Office for State, Tribal, Local, and Territorial Support (OSTLTS).

Julia's project was titled "Human Papillomavirus (HPV): Critical Information for tribal health directors and policymakers."

HPV is the most common sexually transmitted infection in the United States. Most people do not have symptoms and do not know they have it. In most cases HPV goes away by itself before it causes any health problems. If it persists, HPV can cause serious health problems, including genital warts and certain cancers, particularly cervical cancer. American Indian/Alaska Native (AI/AN) women are just as likely to

get cervical cancer as non-Hispanic Whites, but when AI/AN women do get cervical cancer they are more likely to die from it. The HPV vaccine is exciting because it is an anti-cancer vaccine. IHS data show high rates of AI/AN boys and girls are getting the vaccine which will help stop the spread of HPV and cervical cancer deaths in the next generation. For women who never received the vaccine, routine Pap smears help detect cervical cancer early, before it becomes life-threatening.

Julia also received the CDC Edith Hamble Excellence in Public Health Award. The award recognizes one fellow each year who most continuously strives for excellence, exhibits drive, determination, character, integrity, and a commitment to making a meaningful contribution to the field of public health. For those of us who know Julia, this honor comes as no surprise! Her dedication to public health is evident every day in everything she does. Congratulations to her on this prestigious honor! Julia plans to graduate from the University of Kansas Medical Center with her Master of Public Health this year.



Spotlight: AIHREA Faculty

Byron Gajewski



Byron Gajewski joined the faculty of University of Kansas Medical Center in 2002 to teach and do research in the discipline of biostatistics. He is now ranked as Professor in the Department of Biostatistics. Since 2009, he has been working with AIHREA and CAICH on various research projects. Byron worked with the team on the original grant proposal that later became CAICH. He is the methods core director for

CAICH where he develops new statistical methods that will help expedite the research process. In particular he strives to develop methodology that generates stronger and more effective clinical trials using a technique called Bayesian analysis. The Bayesian approach puts more participants on the better intervention and can provide conclusive data faster than more traditional approaches. He is also lead biostatistician for the development of an instrument designed to obtain patient assessment of mammography services that is culturally-tailored for American Indians (PAMS-AI). This survey will be used to assess and eventually improve the services of providers of breast cancer screening in the Native community. The long-term aim of this project is to increase overall breast cancer screening rates.

Byron is very proud to work with the Native community. He spent the first ten years of his life (six of those with his little brother Ben) growing up in the Navajo Indian Reservation and receiving healthcare and dental at the Indian Health Service hospital in Fort Defiance. His late father Bernie was an environmental engineer and his mother Kay was a school teacher on the Navajo Nation. He is very proud of the relationships he continues to have since leaving the Navajo Nation for Alaska where, as an adult, he worked in several Native villages (White Mountain and Arctic Village to name a few).

He is using Bayesian biostatistical methodology to work with CAICH investigators to design stronger but smaller clinical trials (i.e. less participants), including culturally-tailored smoking cessation and weight loss programs as well as testing better approaches for consenting research participants. In addition to his Bayesian model development, he is also working with investigators from CAICH on other development including methods for analyzing pile sort data to better understand barriers for obtaining cancer screening in the Native community as well as methods for modeling smoking data. He also works with CAICH members who need statistical consultation for their MPH capstone project and provides statistical training at CAICH seminars.

In his spare time, he enjoys reading and playing sports with his kids (Danny and Katie) and hanging out with his wife Mary.



Understanding Research: 2013 The Year of Statistics

The year 2013 is the International Year of Statistics! There are thousands of organizations participating in this event so we thought we would take this opportunity to share with you what the discipline of statistics is about. Why statistics? When you hear this word "statistics" you might think of sports (like Peyton Manning's seven touchdown passes in a single game). While statistics can be used in this way, there is a deeper relationship between the community and statistics. What is statistics? A very nice set of definitions of statistics can be found in the book *A Career in Statistics: Beyond the Numbers*, by Gerald Hahn and Necip Doganaksoy:

- The science of learning from (or making sense out of) data
- The theory and methods of extracting information from observational data for solving real-world problems
- The science of uncertainty
- The art of telling a story with [numerical] data

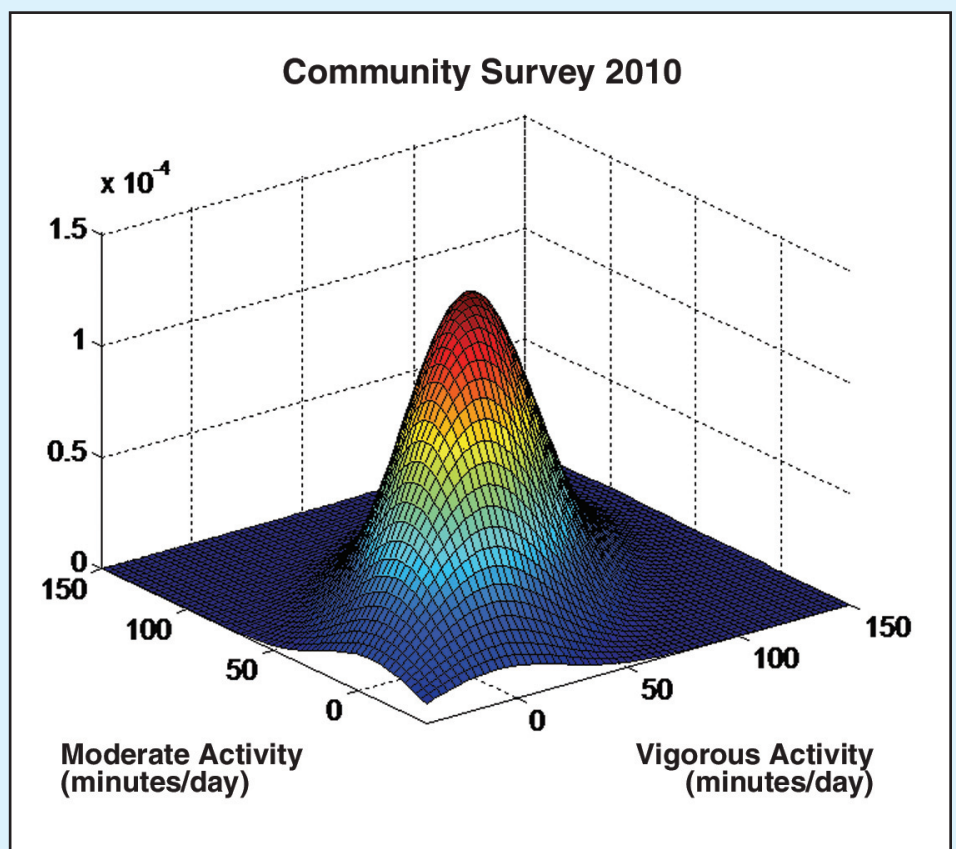
The discipline of statistics is used constantly by tribal, state, and federal governments, political parties, health services providers, doctors, nurses, lawyers, financial companies, educators, public health researchers, newspaper reporters and bloggers, community organizers, and so much more.

At AIHREA, along with the community, we use a branch of statistics called biostatistics. In biostatistics, we apply statistics to the wide area of biology (e.g. medicine, public health, anthropology, agriculture, environment, etc.). Specifically, we collect and analyze data that help many community members:

- Assess health service providers
- Understand how & why college students start and quit smoking
- Prove new programs for quitting smoking and/or losing weight work better than other programs
- Improve the environment
- Improve health screening rates
- Understand community members' perceptions about barriers to cancer screening

Statistics is becoming more crucial as the community relies on research-based decisions to improve the health and quality of life of community members.

Cheers to the International Year of Statistics 2013! If you would like more information on this celebration please visit www.statistics2013.org/



Research Results:

Methods Development: Pile Sorting

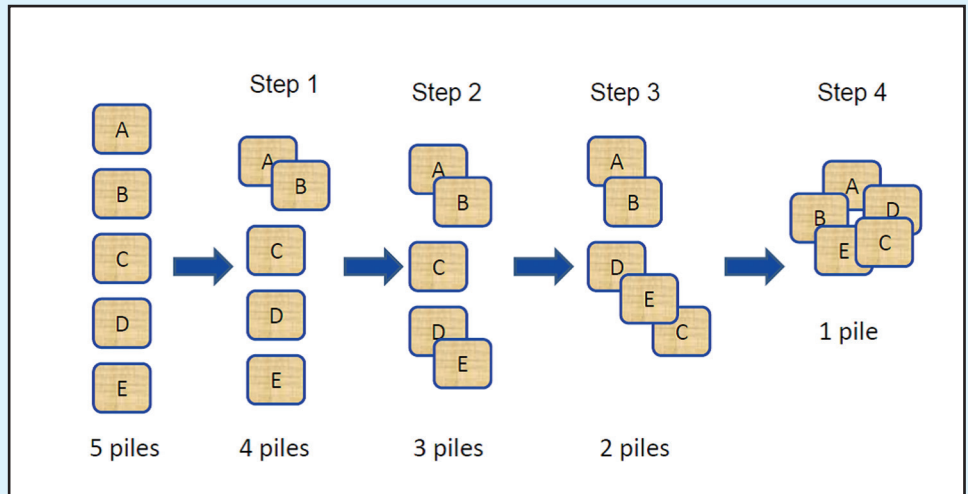
What is pile sorting?

Pile sorting is a method we use to understand people's perceptions about relationships among different things, such as barriers to cancer screening or risk behaviors.

How does pile sorting work?

First, determine the list of things that we will have people sort. Community members, via interviews, list related items within a given domain. When analyzed, the things that we look at are: the number of items on a participant's list, placement of the item on the participant's list, and how many times an item was mentioned. Items that are named by multiple participants, but were worded differently (e.g. – money and finances) are grouped together before analysis. Community member researchers come to an agreement on which items can be considered the same and are grouped together. Community member researchers also determine what word would be the best for that group. Each of the chosen items is written on an index card.

Second, community participants perform pile sorting. Cards with items that are most similar are grouped together, followed by cards with less similarity. Participants continue the process until all cards are placed into one pile (see Figure 1 for a hypothetical example of using 5 cards). Researchers write down the sequence of piling for later analysis.



Card (barrier) labels:

1. Access to care
2. Cost of test
3. Culture or tradition
4. Do not trust western medicine
5. Embarrassment
6. Fear of results
7. Fear of test
8. Gender of the person doing the test
9. Getting an appointment
10. Knowledge or awareness
11. Need for native specific education
12. Negative things about the test
13. No insurance
14. Transportation

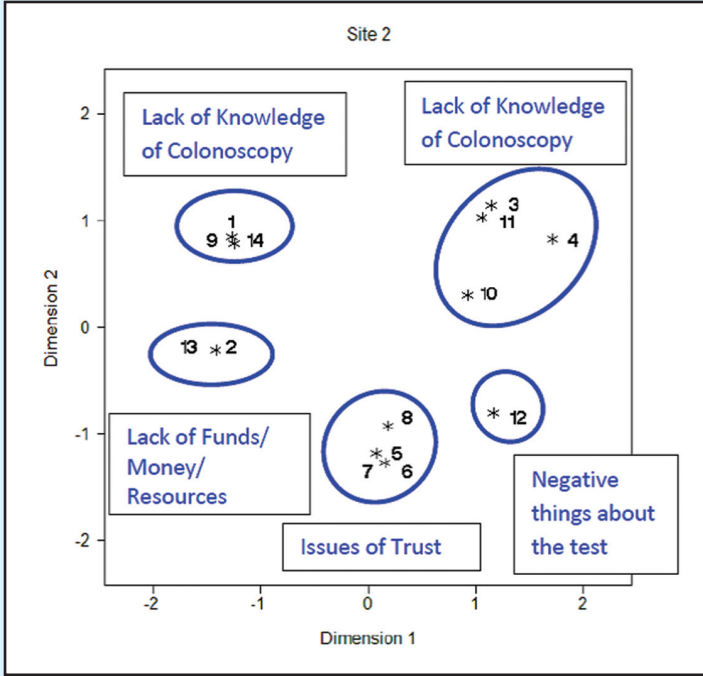
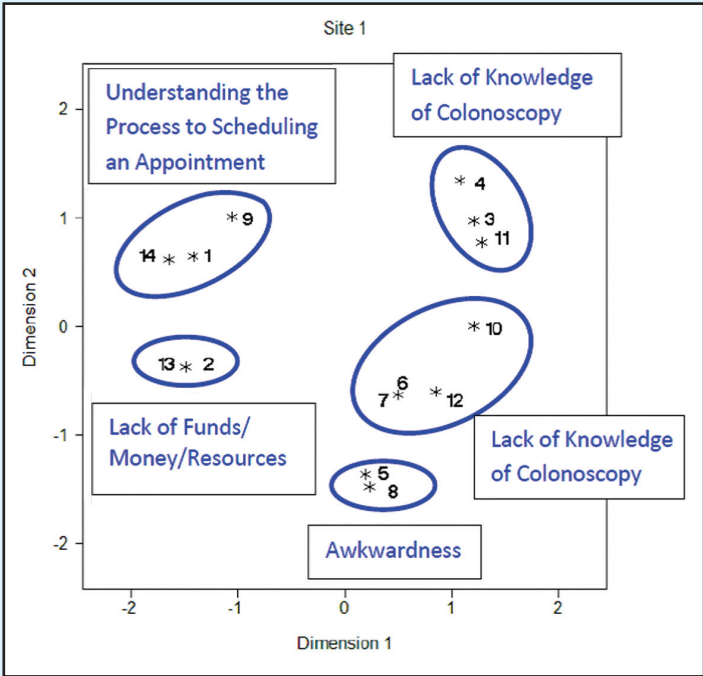
	A	B	C	D	E
A	0	1	4	4	4
B	1	0	4	4	4
C	4	4	0	3	3
D	4	4	3	0	2
E	4	4	3	2	0

Third, analyze the data.

Step 1: Data processing. The order of pile sorting for each participant is put together into a "distance matrix", which shows you the order that someone put the cards together. For example, in the chart, "D" and "E" were put together in the second step of the pile sort. This is shown by the number "2" in row "D", column "E", as well as row "E", column "D". Similar charts are created for each person who did the pile sorts. The charts are all analyzed together.

Step 2: Data analysis. We use an analysis method known as "multidimensional scaling" (MDS) to put all of this together in a 2-dimensional map. Cards that more people put together more show up closer together on the map. Cards that are most often put together form what we call "clusters".

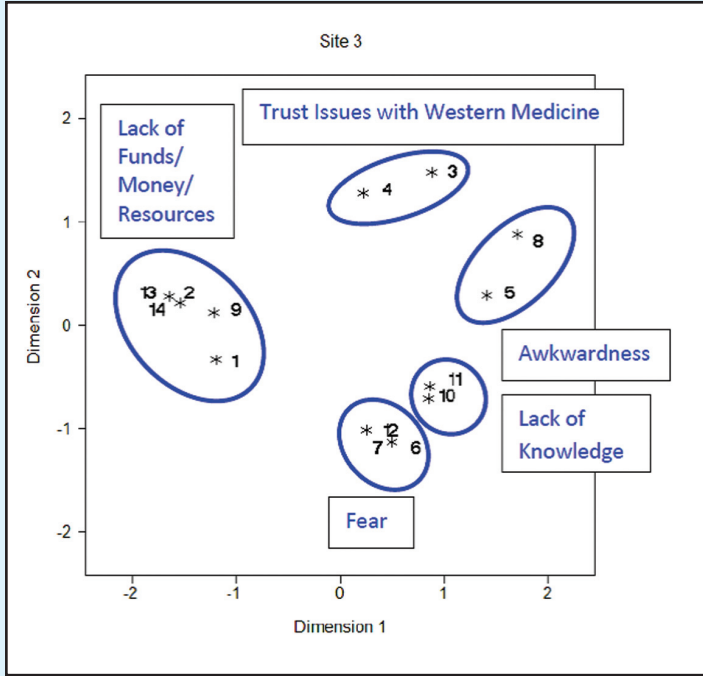
Fourth, label the clusters of items. Community member researchers go through the lists of the items in each cluster and come to a consensus on the right name for the cluster.



In a recent study that we conducted, we had 45 American Indians from 3 sites perform pile sorting in order to understand what they think about 14 barriers associated with colon cancer screening. The MDS maps show how the items were most often grouped together.

What does pile sorting tell us?

Results from this pile sorting study can help us design future projects that address multiple barriers at once and improve screening rates. By seeing how people name their piles and if it is similar across sites with similar groups, we can determine more specific projects and educational materials that are appropriate across sites.



Healthy Living

Healthy & Simple Fall Recipes

Autumn is upon us and with it, it brings an abundance of vegetables from harvest. Eating fruits and vegetables that are “in-season” is a cost-effective way to feed your family. Local Farmers’ Markets provide the opportunity to purchase fresh, locally grown produce. We have listed several easy recipes for fall produce, using different types of squash, pumpkin and sweet potatoes.



Sweet Potato Fries

Ingredients:

- 2 large sweet potatoes, scrubbed, with skin left on
- 1-2 Tbsp oil (canola, olive oil, etc.)
- 1/2 tsp salt
- Pepper to taste

Preheat oven to 450oF. Cut potatoes into several small wedges and place in a bowl. Toss with oil and salt & pepper. Either use a non-stick cooking sheet, or line a cookie sheet with parchment paper. Place sweet potato wedges on the sheet, making sure to not overlap or crowd potato pieces.

Bake for 30 minutes or until wedges cook to a golden color.



Spaghetti Squash

Ingredients:

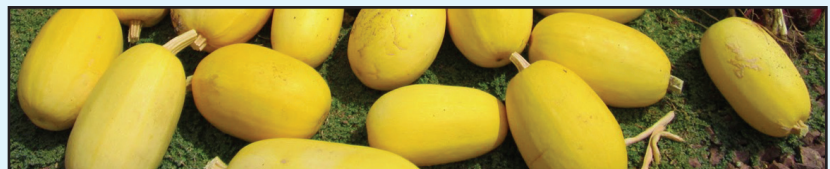
- 1 – 4 lb spaghetti squash
- 2 - Tbsp extra virgin olive oil
- Salt and pepper to taste

Preparation:

Cut squash in half and scoop out seeds in the middle. Place 1/4 inch water in a microwave safe dish. Place the squash in the dish with the cut sides down (sides may overlap). Cover with plastic wrap and microwave on “high” for 13 minutes. Reserve 1/4 C of liquid in a bowl. Use a fork to remove the insides of the squash. It will come out in strings and look like “spaghetti”. Put the shredded squash in a bowl and add reserved liquid. Toss with olive oil and salt and pepper to taste.

Spaghetti squash can be used in place of spaghetti pasta, for a low-carb, gluten-free alternative. Top with marinara, meat sauce, or other type of sauce.

Spaghetti squash can also be served as a side dish. Add fresh grated Romano or Parmesan cheese to prepared squash.



Acorn Squash

Kids love this squash and it's easy to prepare—except for the first step.

Ingredients:

- 2 - acorn squashes
- 4 - Tbsp pure maple syrup
- 2 - Tbsp brown sugar (can substitute splenda/brown sugar mix)
- 4 - tsp butter (optional) – can substitute low calorie butter spray

Preparation:

Cut the acorn squashes length-wise. This may be tough, so use caution.

Pre-heat oven to 400 degrees.

After cutting the acorn squashes, remove the seeds and strings. These can be scooped out with a spoon. Set seeds aside in a bowl to roast later.

In a baking pan (with at least 1 inch sides) add 1/2 inch of water. Put the squashes halves in the pan.

Add 1 Tbsp of butter or a couple of low calorie butter sprays to each half (optional). Next, add 1 Tbsp of maple syrup to each half. Sprinkle each half with 1/2 Tbsp of brown sugar.

Cook for at least 1 hour - maybe 1 hour, 15 minutes, or until "meat" of the squash is tender.

This is very sweet, so it goes well with a meat main dish or as a dessert.

(Recipe from American Indian Health and Diet Project. www.aihd.ku.edu/recipes)



And for all those pumpkin or squash seeds during the fall season that you don't know what to do with:

Roasted Pumpkin Seeds

(These seeds can be used in a variety of ways, from sprinkled on salads, added to breads, or eaten alone as a snack)

Sweet Version Ingredients:

- 1 cup pumpkin seeds
- 1 tsp sugar
- Dash (1/4 tsp) sea salt (optional)

Spicy Version Ingredients:

- 1 cup pumpkin seeds
- *3-4 cloves fresh garlic
- 1 Tbsp dried red chile peppers, crushed
- Dash salt
- *juice of 1/2 lime

Add seeds to a heated frying pan. Stir seeds continually until they swell. Add other ingredients and stir.

For spicy version, squeeze lime juice on seeds after they are placed in serving bowl

*Old World Ingredient

(Recipe from American Indian Health and Diet Project. www.aihd.ku.edu/recipes)



Would you like to participate in our research?

Tell us what Native identity means to you:

Native 24/7 is a research project in which we are currently looking for people to participate. In Native 24/7 we conduct interviews over the phone with participants from around the country in an effort to understand the diversity of 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 or sign up online at www.native247.org.



Native Touch to Screen: The Native Touch to Screen Project is a National Institutes of Health (NIH) funded grant that aims to improve colon cancer screening rates among American Indians. We are looking for self-identified American Indian men and women who are between the ages of 50 and 75 and are not currently up-to-date on their colon cancer screening. This means you have not had a colonoscopy in the last 10 years or a fecal occult blood test (FOBT) or blood stool test in the last year. As part of the study, participants will be given information about colon cancer screening and their screening options using a computer education program. All participants will be offered the screening test of their choice, free of charge. Participants will also receive a \$20 gift card for completing the session. About 90 days after participants complete the computer education, they will be asked to complete a short telephone survey (15-20 minutes). They will receive another \$20 gift card via mail for completing the survey.



For more information, contact Angela Watson at 913-945-6675 or awatson@kumc.edu.

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 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: Angel Cully at acully@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