

# AIHREA



AMERICAN INDIAN HEALTH RESEARCH & EDUCATION ALLIANCE

*Native Health in the Heartland*

NEWSLETTER SUMMER 2012

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## From the Director

We're all getting ready for the fall semester here at AIHREA! It seems like the summer just started, but school is right around the corner! It's been another busy summer here, with 18 interns around, who you will read about in our fall newsletter. We are happy to say that we have completed data collection for one of our large grants dedicated to helping people quit smoking! Our program, All Nations Breath of Life, will continue to run through other grants, but we should have interesting results to tell you about for nearly 400 smokers who went through the program. Preliminary results should be available in the spring! Many of our other projects are in full-swing and you can read about which ones you may want to participate in later in this newsletter. We spent a lot of time this summer writing grants to help us continue the work that we do. We have several grants ending over the next year, so it's time to submit for new ones! We submitted several possible follow-up grants to our quit smoking program, as well as some focused on helping people quit smokeless tobacco and on

improving dental health care. It's hard to get funded (only about 6-8% of federal grants get funded), but we've submitted quite a few, so hopefully we'll have something positive to report by winter! We're hoping to see all of you at our Community Research Forum and Pow wow on August 11, 2012, at Eagle's Lodge in Lawrence, KS, at 12pm. We'll be starting with a healthy food cooking contest, so bring your best healthy dish! If you want more information about the forum, please contact Angel Cully at 1(855)55CAICH, ext. 1 or [acully@kumc.edu](mailto:acully@kumc.edu).



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# Building Healthier Communities

CAICH has announced the selection of the funded American Indian and Alaska Native groups and organizations interested in building healthy communities. These mini-grants are funded by the National Institute on Minority Health and Health Disparities at the National Institutes of Health. Funds can be used for any activity that improves health in Native communities. Projects were funded in each of the following areas: physical health, mental or emotional health, cultural or spiritual health, and community health.

To be eligible, groups/organizations had to meet the following criteria and requirements:

- Requesting group had to be a tribal government, a non-profit community-based organization focused on working with Native people (must provide documentation of 501(c)3 status), or a tribal college.
- Proposals had to include a detailed description of how the funds will be used.
- Proposals had to include a budget justification with a maximum budget of \$5,000.
- Organizations working on reservations had to include a letter of support from the tribal council. Organizations working with communities not on reservations had to include a letter of support from a community representative from the community with whom they planned to work.

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## 2012 Recipients are:

### Haskell Upward Bound: Building Native Wellness Today for Tomorrow

Haskell Upward Bound is committed to preparing students for successful entry into and completion of college. To achieve this goal we provide counseling, tutoring, and mentoring to help students succeed with their education and in life. Each year, we offer a dynamic program to engage students in educational, health, and physical activities that will help develop their physical, emotional, social, spiritual, and intellectual strength. Haskell Upward Bound is committed to working with the Native American youth grades nine through twelve in our target areas surrounding Lawrence, Topeka, Kansas City, and Prairie Band Potawatomi and Kickapoo Reservations in Kansas. We serve approximately 60 students each year. By increasing support for students in healthy eating, physical activity, and healthy life choices we can provide activities where students monitor their own progress. To make "Building Native Wellness Today for Tomorrow" a success for the summer, we provide students with key tools for understanding the benefits of a healthy lifestyle and bringing awareness of health problems to the Native community.



1. Cooking workshops – These all day sessions, offered as a component of TURTLE Camp, will be held twice annually at an off-site facility. This will be a hands-on activity for about 40 children each session.
2. Family Fun Nights – These will be offered four times a year during a TURTLE Camp follow up program. Cooking demonstrations will be held at the OKCIC Clinic location for TURTLE Camp children and families. In the past, 60-250 people have attended Family Fun Nights.
3. Farmers' Market Field Trip – Once during the summer, TURTLE Camp (about 50 children), will travel to the OSU-OKC Farmers' Market, tour the market, taste different food available, and purchase foods of their choice for cooking.
4. Cooking Classes – Offered after school six times for 15 children per session. Each class will last two hours.



### Native Pride Arts: Wee Chaa!

We are Native Pride Arts, a non-profit organization. Our mission is to educate, inspire, and motivate. Our audiences include: Native American community centers, educational facilities nationwide (including Native student populations), and underprivileged communities (some near or on reservations). We perform at cultural festivals on and off the reservations nationally and worldwide. Our objective for this project is to create an exercise DVD entitled "Wee Chaa!" This video will incorporate Native American style dancing with Native dancers, traditional Native songs, and modern beats created by Native artists. This approach to health is greatly needed to reach our Native communities in order to provide a tool to assist in preventing the health disparities in our communities. Wee Chaa! will include





Larry Yazzie and two female dancers as members of the exercise team and they will provide the viewers with an exercise program that's inspiring and fun for all ages. Our desire is that our Native audience members and fans will learn about our Native cultures, become motivated to exercise, and become inspired to return to our traditional ways and dance again, thus living a more spiritually and physically balanced lifestyle. For more information please go to <http://native-pridearts.org>.

**American Indian Child Resource Center:  
Native Trails to Healthy Living**

The American Indian Child Resource Center will host a project called "Native Trails to Healthy Living," which promotes tradition and physical health among urban American Indian youth in Oakland, CA, through a combination of traditional stories, gathering techniques, and culturally-based food preparation. The project will consist of four days of programming that will include local Native guest speakers, educational field trips, food collecting, and preparation activities for participating youth. The program will focus on the traditional foods of California American Indians. The main objective of this project is to give students the skills and knowledge on what traditional foods are and how to prepare those foods. The intent is to enrich their lives and promote their cultural and physical health. Our hope is that participating in the program will also reduce their chances of becoming obese and/or their susceptibility to obesity related chronic conditions and diseases.



**Kickapoo Boys & Girls Club – Kickapoo Tribe in Kansas:  
Kiikapoa Youth Trail**

The trail length would be approximately 1/2 mile. The trail will start from the back of the Kickapoo Boys and Girls Club to the Kickapoo Pow-wow Park. We plan to use this trail for our health, spiritual, and cultural well being. Participation in regular physical activity often depends on availability and proximity to health resources in our community. A trail would provide us with a local and accessible resource for our physical health. Community volunteers, parents, and tribal leaders will assist with the construction of the project to keep costs low. The youth will lead the project and assist with construction, giving them an opportunity to participate on multiple levels to build not only their physical health but also their self esteem.



**American Indian Chamber of Commerce of Kansas:  
Native American Veterans Community Health Outreach  
Powwow**

The American Indian Chamber of Commerce will host its second-annual 2012 Native American Veterans Community Health Outreach Powwow at the Topeka Expocentre in

Topeka, Kansas. The event is focused on providing outreach to Native American Veterans in the Northeast Kansas and surrounding areas. We will invite representatives from the Department of Veterans Affairs and other federal agencies and private and non-profit entities to increase education for the many benefits and services available to Native Veterans. Native Veterans have the highest per capita participation in the armed services, yet account for the lowest per capita participation in VA benefits and services. We will be providing free services, such as: health screenings, diabetes screenings, smoking cessation, and flu shots. Additionally, to address unemployment within the Native Veterans' community, we will ask representatives from various federal agencies and non-government organizations to assist veterans who are seeking employment.



**South Brown County, USD #430:  
Youth Understanding Diabetes**

South Brown County, USD #430, a school district in Horton, Kansas, will work hand-in-hand with the "Building Healthy Communities" to provide a project/program in our schools to educate students on issues related to diabetes. USD #430 works closely with the Kickapoo Tribe of Northeast Kansas. Out of a total student population of 600, 26% of our students are Native American. The basic objective of our project will be to provide grade-based education covering health problems related to diabetes. This project will mold into the K-12 curriculum. The hope is this project will help the Native and non-Native communities in our area to reduce the devastating health conditions associated with diabetes.



**Native American Community  
Health Center, Inc.: Weaving Project**

The Weaving Project's aim is to support breast health awareness and to offer an education program targeted for American Indian women, 13 years of age and older, that reside in North-Central Phoenix. The program will use an intervention model designed for American Indian audiences that was developed by the Seattle Indian Health Board, Urban Indian Health Institute. The Weaving Project will educate participants on issues relative to breast, cervical and colorectal health, self-examinations, importance of mammograms and resources for needed services. The project provides opportunities for participants to learn in a culturally relevant and enjoyable environment. Native American Community Health Center, Inc. intends to facilitate four Weaving Project events per year at intervals of approximately every three months. The project will serve 125 women per event, for a total of 500 women during the year.



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## Building Healthier Communities (*continued*)

### Four Winds Native Center: Native Youth Mentoring Program

The Four Winds Native Center is developing a Native youth mentoring and after school tutoring program for children and adolescents aged 11-18 in Lawrence, KS. The Native Youth Mentoring Program will connect Native youth with volunteer mentors in the Native community. With the support of positive role models, Native youth will be empowered to make healthy choices and grow into strong, capable adults. In addition to addressing issues that all

youth face (academic achievement, staying in school, fighting substance abuse and teen pregnancy) a mentoring program could also help form intergenerational relationships between Native youth and their mentors, celebrating their own culture and sharing others' as well. A Native specific curriculum will encourage youth to engage in their communities, which in turn, supports their well-being.



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## Spotlight: CAB Member Nancy Blue



Nancy has been on the Community Advisory Board for the Center for American Indian Community Health for the past three years. She was born in

1937 in Belleville, KS, and is the widow of the late Bobby Joe Blue, Sr. Nancy and Bobby were married for 47 years. Bob was Choctaw from Talihina, OK. They had three children, Idona, Lenora, and Bobby Jr., six grandchildren, and three great grandchildren. All are enrolled members of the Choctaw Tribe.

Nancy has been involved with the Indian Community most of her life. Nancy supported Bob while he was President of the Heart of America Indian Center, President of the Kansas City Indian Club, President of the Inter Tribal Indian Club and Board member of National Center for Indigenous American Cultures (NCIAC) Line Creek. The Kansas City Indian Club honored Nancy at one of their annual powwows for the work she has done for the Indian Community over the years.

Nancy wrote a cook book for the Indian Club, and another one for the Indian Center. She then wrote and published a recipe collection/book for the Indian Community featuring recipes she had used cooking for the community and it is now in its second printing. Nancy also has taught several genealogy classes at the Mid Continent Library of Genealogy. She has also taught genealogy for NCIAC Line Creek festival over a several year period. She is currently writing a pamphlet to support, encourage, and promote Native research in genealogy. Nancy also provides a community email service to spread the word on any Native activity, death, birth or prayer requests. Nancy loves helping and promoting the Native community in any way she can.

Nancy served as interim Executive Director for the Heart of America Indian Center (HAIC) for approximately 1 1/2 years. She served a second time for about three months. She helped start church services three years ago at HAIC. She has volunteered at HAIC, now the Kansas City Indian Center (KCIC), doing taxes and researching Indian heritage and genealogy for several years. Nancy served as treasurer and was a board member of the Indian Center, both Indian clubs and NCIAC.

Nancy was liaison for the MO state advisory child welfare board for the KCMO Indian community for over 5 years. She also assisted in Indian Child Welfare Act (ICWA) classes for the Missouri judges and judicial aides. This helped them clearly understand the ICWA laws.

Nancy owns a business called the Blue Buffalo Trading Post which was started by her husband in 1974 and continued after his death in 2003. She stated that her family business provides a venue to Indian Artists to sell their art and crafts. This includes several Native prisoner organizations. She also supports these organizations by sending items needed to provide a religious opportunity behind bars as well as provide classes in various Native crafts to the community in general.



## Spotlight: AIHREA Member

### Coreen Gunja



Coreen has been an employee of KUMC for 11 years. She began her employment in the Master of public health Program under Dr. Won Choi.

In her position in the MPH Office, she was tasked with assisting Public Health students with their admission, enrollment, and graduation. Coreen joined the AIHREA Team two years ago and assumed the position of office manager for the Center for American Indian Community Health (CAICH). "I appreciate the chance to work with such a valued educational group of American Indians who perform com-

munity based research for the betterment of their Native populations. I attended my first pow-wow last year at Johnson County Community College and learned so much about the American Indian culture and history. I participated in the registration booth, health screenings, and assisted in the raffle for awarding prizes for the contestants. The two-day event was both rewarding and tiring."

Coreen's duties in CAICH include all administrative support to the faculty and staff in the Center. These duties include participating in the hiring process, processing payroll, completing all travel documents, and ordering supplies and equipment needed for events and community activities. Of course this list isn't all encompassing. She also gladly accepts any other tasks

that are directed toward her. "I do whatever is needed to assist in the research endeavors or merely supporting the goals and mission of the Center for American Indian Community Health," Coreen stated. "I have a unique opportunity in my position, because at some point in the process, all projects, studies, programs, research or educational items for the Center come across my desk. I get to see firsthand the importance, need, and value of what we do in research and education for American Indian populations and their communities."

## Spotlight: AIHREA Student

### Julia Soap



Julia is a member of the Prairie Band Potawatomi Nation in Mayetta, Kansas. She is also affiliated with the Cherokee Nation of Oklahoma and the Kickapoo Tribe in

Kansas. Julia graduated from the University of Arizona in 2008 with a B.S. in Molecular and Cellular Biology and minors in both Chemistry and American Indian Studies. As an undergraduate, she conducted research on

chromosome instability which occurs in cancer cells. She was a participant in the Four Directions Summer Research Program at Harvard Medical School where she studied juvenile hemochromatosis, an iron overload disease, with the Children's Hospital - Boston. After graduating, she lived on the Texas/Mexico border in Eagle Pass working with the Kickapoo Traditional Tribe Indian Child Welfare Department. She also served as a delegate at the National Rural Youth Assembly where young adults joined to discuss ways to revitalize and sustain rural communities.

Julia's desire to pursue public health stems largely from personal experience. She has seen many of her relatives struggle with diabetes, heart disease, and cancer. Her father overcame colon

cancer and she lost an aunt to breast cancer. A common risk factor for all of these diseases is overweight/obesity. At the Center for American Indian Community Health she is helping conduct weight loss classes in various tribal communities. She is currently pursuing a Master's in Public Health (MPH) and wants to help tribes take culturally appropriate approaches toward improving their health care systems. She is especially interested in food sovereignty and helping tribes take back their food systems to provide healthy, sustainable foods within their communities.

# AIHREA Partner News

## American Indian Health Student Association (AIHSA)

The American Indian Health Student Association (AIHSA) works to represent American Indians and Alaska Natives (AI/AN) at the University of Kansas Medical Center. As an organization, we work toward connecting AI/AN students with opportunities and resources to thrive in the field of health-related sciences. We aim to be a community-oriented outreach organization, which means providing tutoring and education to high school and undergraduate students. Also, we strive to demonstrate the diversity of the different fields of health-related science to younger generations in hope to inspire and educate them on their career choices. We also help to build confidence in their ability to learn. AIHSA is a diverse group of students from various tribes, including: Paiute,



Navajo, Kickapoo Tribe of Kansas, Prairie Band Potawatomi Nation, Cherokee, Three Affiliated Tribes, and Muscogee Nation. We are always looking for new members to join, both stu-

dents and community members. If you have any questions please feel free to contact Tara Hammer [President] at [thammer@kumc.edu](mailto:thammer@kumc.edu) or Julia Soap [Vice-President] at [jsoap@kumc.edu](mailto:jsoap@kumc.edu).

## Center for American Indian Studies (CAIS)

Spring and summer have been busy at CAIS! In May, we completed additional reenactment scenes for a project on the Navajo Code Talker documentary. We also successfully helped plan and implement the 6th Annual AIHREA Pow wow held at JCCC (Johnson County Community College) May 4th and 5th. The Stan Herd project, a piece of landscape artwork at JCCC, is well underway and some of

the planting has begun. Also, we have a new community garden plot on the west end of the JCCC campus. With the help of several graduate students from Dr. Chris Daley's CBPR class and a few community members, this project was a success. If you are interested in community gardening for next year, contact Ed Smith at [edsmith@jccc.edu](mailto:edsmith@jccc.edu) to get your name on a contact list. Over the summer, we have been working on two

projects: All Nations Breath of Life (organizing and entering data) and Native 24/7 Ethnic Identity (conducting interviews with Native people across the country to find out what it means to be American Indian according to them). If you are interested in being interviewed for Native 24/7 you can call 1-855-552-2424 ext 247 to schedule an interview. You can receive a hooded sweatshirt for your time.

## Healthier Haskell

Healthier Haskell hosted a "National Day of Running" event on June 6, 2012, at the Haskell Indian Nations cross-country course. This was a sponsored 5K fun run/walk and 2K fun run/walk. Over 120 registered runners and walkers participated in the event. The event was co-hosted by local running club, the Smoking Moccasins, and

the Haskell Track and Cross-Country Team who lent support and assisted with registration, donated refreshments, and served as course guides. Door prizes were donated by Haskell Health Center's Diabetes Prevention Program, Gary Gribble's Running Store, Saucony, and Healthier Haskell.



## Four Winds

Four Winds is offering a Native Youth Mentoring and After School Program. A Building Healthy Communities grant from CAICH has enabled the center to offer after school tutoring and college prep assistance, as well as a computer lab located at the center for use by Native families. The lab will open in Fall 2012. This mentoring program matches Native youth with Elders in the Lawrence, KS, area. This project addresses the complex issues Native youth face: not only the same challenges faced by all youth, but also finding the balance between a challenging modern society and traditional Native life.

Volunteer mentors will:

- Teach youth problem solving skills and help them locate community and educational resources.

- Help youth embrace healthy lifestyles and decision making.
- Accompany youth to recreational and sporting events, dancing/drumming classes, local pow wows, and other cultural and community events.
- Teach youth new skills and activities, develop confidence, and self-awareness.
- Participate in Four Winds group activities and field trips.
- Discuss real life issues affecting Native youth, such as obesity and diabetes prevalent in Indian communities, spiritual traditions, and more.

It is our goal that youth participants will:

- Gain self-esteem and confidence.
- Develop the capacity to make positive choices and develop healthy habits and the life skills needed to be self sufficient adults.
- Become proficient in basic educational

disciplines and apply learning and traditional Native values to everyday situations.

- Increase academic achievement and test scores.
- Make new friends and experiences.
- Gain a better understanding of their heritage and culture, and those of their mentors.
- Participate in Four Winds events such as traditional arts workshops, storytelling sessions, language classes, and a community garden.

If interested in participating in the Native Youth Mentoring Program, please contact Sonya Ortiz at 785.832.8111 or [fourwindsnativecenter@rocketmail.com](mailto:fourwindsnativecenter@rocketmail.com).



## Kansas City Indian Center (KCIC)

On May 25, 2012, KCIC and Kansas City Nike Factory Outlet store celebrated the launch of the N7 summer product line and the N7 collection in Kansas City. KCIC is proud to be a community partner of the Kansas City Nike Factory Outlet Store and excited to have the N7 program available again in the Kansas City area. A portion of the N7 collection profits will help to support the N7 Fund, which awards grants to Native American and Aboriginal grassroots sport and fitness programs for youth. Many thanks to David Chaffins and the rest of the Nike Team for assisting KCIC and our youth at Culture Camp and on Culture Night.

KCIC will have a food and craft booth at the Ethnic Enrichment Festival on August 17, 18 & 19. The Brings Plenty Band will perform on Saturday, August 18, 2012, at 9 pm. We will be serving roasted corn, Indian tacos, fry-



bread, buffalo burgers, and more. We are currently seeking volunteers to assist in the booth. If you can volunteer, please contact KCIC at [information@kcindiancenter.org](mailto:information@kcindiancenter.org) or 816-421-7608. Come out and represent!

On behalf of KCIC, The Brings Plenty Band will be headlining the KC Global Music Festival on September 8, 2012. The event is a benefit for Pilgrim Center of the Arts at 3801 Gilliam Road.

Culture Night at KCIC continues to be a success. During the summer

months and pow wow season, Culture Night will be held only on the 1st Wednesday evening of the month. Please join us on August 1, 2012, and September 5, 2012, from 6-9 pm. Culture Night is free and everyone is welcome.

For more information, please visit our webpage [www.kcindiancenter.org](http://www.kcindiancenter.org) and like us on Facebook at [www.facebook.com/kcindiancenter](http://www.facebook.com/kcindiancenter).



# Research Results: Exercise and Fruits and Vegetables

Obesity continues to be a problem within the American Indian population, and in fact, the number of overweight American Indian people continues to rise each year. The physical complications that develop from carrying too much weight can lead to serious health risks and younger mortality rates. Health providers and researchers stress that changes must be made to lengthen and strengthen the lives of American Indian people. One way to do this is to look at how people live day-to-day, including how much they exercise and eat.

Our research team wanted to hear from American Indian community members about health concerns and health related behaviors. Nine hundred and ninety eight American Indians in the Midwest were asked to take part in a survey that included questions about physical activity and fruit and vegetable consumption. The people surveyed in 2008-2009 were recruited at pow wows, focus groups, health fairs, career fairs and referrals from people who had already participated. The participants were asked, "During the past month, did you participate in any physical activities or exercises, such as running, aerobics, golf, gardening or walking for exercise?" and "In a normal week, how many days do you do any physical activity or exercise that makes you breathe somewhat harder than normal?" Participants were also asked about fruit and vegetable consumption, "How many servings of fruits do you eat or drink in a day?" and "How many servings of vegetables do you usually eat or drink each day?" Additionally, participants were asked how much they thought people should exercise and how many servings they thought people should eat of fruits and vegetables in a day.



Out of the responses, younger male participants reported exercising more and eating more fruits and vegetables than elders or women. In this sample, the participants who were single had higher exercise rates and those who did not have children also had higher fruit and vegetable intake and higher exercise amounts. It should be cautioned that a significant amount of the participants were college students who may not have started a family, so generalizations to the overall population of American Indian people should not be done.

Unfortunately for this sample only 45% of the people surveyed met the recommended level of activity and only 37% of the people were eating the recommended amount of fruits and vegetables. These findings were lower than previous studies on exercise among American Indians, but the current participants reported higher in fruit and vegetable consumption. The findings also suggested that people who were exercising more and eating more fruits and vegetables were more likely to be aware of the recommended amounts of exercise and nutrition. This indicates that education and knowledge

may help promote more positive health behaviors.

Obesity interventions for American Indians, such as the Diabetes Prevention Program and school and community based approaches have not resulted in great changes in this epidemic in our communities. However, many studies have noted that increased knowledge has led to better health choices and health behaviors. Health interventions involving American Indians need to be more dynamic and take into account why people make the choices they do. Many approaches to weight loss do not acknowledge the culture or history of American Indian people and how these issues may affect health and behavior. Communities and researchers need to work together in the development of a successful weight loss or weight management program. Much more needs to be done in this area of this preventable condition.

If you would like to read more, the published article is available on our website at [www.caich.org](http://www.caich.org) or on the Journal for Community Health website: <http://www.springerlink.com/content/pu417066hl037171/>

# Understanding Research: Effectiveness vs. Efficacy

We are surrounded by public health interventions daily and most of us do not even realize it. Public health interventions are actions taken on behalf of communities and the individuals and families living in those communities in the interest of that community's health. Some of the more recognizable public health interventions include seat belt laws, helmet laws, smoking bans and mandated vaccines for school enrollment. But how do we know if an intervention achieves its intended purposes? This is done by testing the efficacy and effectiveness of the interventions.

Efficacy (ef-i-kuh-see) studies are designed to show whether an intervention creates the expected results under the best conditions.<sup>1</sup> An example of a general type of efficacy study is the randomized clinical trial. (Randomized clinical trials are studies in which participants are assigned to different groups that compare different interventions. Neither the researchers nor the participants can control which group they are assigned to. By using chance to assign participants to different groups, researchers are able to compare the interventions objectively.)<sup>3</sup> Efficacy studies require as much control over as many variables as possible. These variables may include how the activities are conducted and how often and when the activities are done. This type of study is more traditionally trusted by researchers.<sup>2</sup> However, due to the nature of public health interventions, which typically exist as programs or policies, it can be difficult to measure the efficacy of these interventions.<sup>2</sup> Additionally, efficacy studies do not inform researchers of how successful the tested interventions are in real world situations.

Effectiveness studies are designed to show whether an intervention creates the expected result in real world situations. These studies measure how much benefit participants receive from the intervention when applied to everyday life.<sup>1</sup> Effectiveness studies look at costs, logistics, harmful or undesired effects, etc.<sup>2</sup> This type of study is most commonly used to evaluate public health interventions.<sup>3</sup>

Currently, CAICH is conducting both an effectiveness and an efficacy study of our All Nations Breath of Life (ANBL) quit smoking program. In the effectiveness study, we are examining how successful this quit smoking program is under real world situations and how likely it would be for a community center to run the program with its members. Among other things, we are measuring the time commitment it takes to run the program, the time commitment for participants involved in the program, the cost of running the program with and without medications, and we are evaluating the materials and procedures of the program. Preliminary results from this study should be available in the spring!

In the efficacy study, we are conducting a randomized clinical trial of ANBL. In this study, we are examining how effective the Native cultural tailoring of ANBL quit smoking program is versus a generic best practices program in smoking cessation. We hope to show that ANBL is more effective among American Indians than the generic best practices quit smoking program because of ANBL's cultural tailoring and its respect for traditional tobacco. This is an ongoing study that we won't know the results of for a few years.

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# Would you like to participate in our research?

## RESEARCH

*Tell us what Native identity means to you:* Native 24/7 is a research project that AIHREA is currently conducting. We are interviewing participants over the phone from around the country over the next 24 months in an effort to understand Native identity. Participants for these interviews must be 18 years of age or older and must self-identify as American Indian or Alaska Native. Interviews last approximately 30 to 45 minutes. In exchange for your time, participants will receive a Native 24/7 hooded sweatshirt. For more information about participating in these interviews, contact us at 1-855-552-2424 ext. 247 or email [cmccloskey@kumc.edu](mailto:cmccloskey@kumc.edu).

*Lose weight:* CAICH is currently running weight loss groups in Lawrence, KS, and Horton, KS, to aid in developing a weight-loss program specifically designed for American Indians, which we have now named the Native

American Weight Loss Movement. The program is based on the Diabetes Prevention Program's "Lifestyle Balance" curriculum. We are asking participants to help us change the program to make it better and more appropriate for American Indians. We will be recruiting participants soon for additional groups in Lawrence, KS, and Horton, KS, as well as new groups in Kansas City, MO. Additional sites for the program are possible. Look for us at upcoming events in your community to learn more about this new project or contact Shelley Bointy at [mbointy@kumc.edu](mailto:mbointy@kumc.edu) or 913-588-2708.



## COMMUNITY PROGRAMS

*Are you concerned about the health and safety of your living environment?:* In partnership with Children's Mercy Hospital Center for Environmental Health, the Center for American Indian Community Health's (CAICH) Green Nation team will be conducting Healthy Homes checkups. The FREE home checkup includes checking indoor air quality and ventilation, dust and allergen levels, moisture and mold, a household chemical survey, a home maintenance survey, and a home safety check up. The head of the household must be 18 years of age or older and must self-identify as American Indian or Alaska Native. All families will receive a Healthy Homes Kit which includes a carbon monoxide detector, fire extinguisher, smoke detector, and tote bag. If you are interested in more information or you want to receive a Healthy Home checkup, please contact the Green Nation team at [green\\_nation@kumc.edu](mailto:green_nation@kumc.edu) or toll free at 1-855-552-2424 ext. 1212.

*Want to learn more about environmental health and safety?:* The Center for American Indian Community Health's Green Nation team is providing three types of environmental health trainings for the American Indian community. **All trainings are free of charge.**

- **Training for Health Professionals:** These sessions are designed to help providers recognize and manage asthma triggers in the environment. These trainings are conducted by a certified asthma educator nurse or respiratory

therapist. CME and CNE credits will be available. Trainings are open to interested providers from tribal and Indian Health Service clinics in the area, school nurses, and any other health professionals working with American Indians and/or Alaska Natives.

- **Trainings for Building Professionals:** These sessions are designed to help building or facilities professionals recognize and repair environmental safety hazards and ensure the environmental health and safety of their facilities. These trainings will be conducted by both Children's Mercy Hospital Center for Environmental Health staff and CAICH's Green Nation staff. Trainings are open to building and facilities professionals working in tribal buildings, American Indian/Alaska Native organizations, and tribal colleges and universities.

- **Trainings for American Indian Community:** These sessions are designed to provide community members with information about how to keep their homes healthy and safe. Attendees will learn the *National Healthy Homes Training Center's* principles of "keep it dry, keep it pest free, keep it safe, keep it maintained, keep it clean, and keep it contaminant free". These trainings will be conducted by both Children's Mercy Hospital Center for Environmental Health staff and CAICH's Green Nation staff. Trainings are open to any interested American Indian/Alaska Native community members.

If you are interested in participating in one of the above trainings or for more information, please contact the Green

Nation team at [green\\_nation@kumc.edu](mailto:green_nation@kumc.edu) or toll free at 1-855-552-2424 ext. 1212.

*Interested in becoming a Community Health Worker?* CAICH and the Kansas Communities Cancer Disparities Network are looking for a few good men and women interested in helping to improve the health of people in their community! With a grant from the National Cancer Institute (NCI), we are looking to train groups of interested volunteers. We will provide Community Health Workers (CHWs) with training, tools, and resources to be effective health promoters in your community. We also want you to help us increase awareness around cancer prevention and improve access to early detection programs. For more information, please contact Brett Ramey at 785-595-3443 or [brett@liverealnow.org](mailto:brett@liverealnow.org)

*Planning on visiting one of the Kansas City area hospitals?* We would like to take this opportunity to introduce a new

program called CAICH Cares. It is very challenging when you or a loved one is in the hospital. It becomes even more challenging when the hospital is in a place with which you are not familiar. The CAICH Cares program helps individuals and families identify places to stay while their loved one is in the hospital. The program also helps with patient navigation and facilitates communication between families and hospital staff.

CAICH Cares provides services to any American Indian individuals or families who have someone admitted to the University of Kansas Medical Center or any other hospital in Kansas City metro area. If you would like the CAICH Cares program to assist you and/or your family while you are at the hospital, you can contact us before (if it is a planned admission) or after someone is admitted to the hospital. For more information, please contact us at [acully@kumc.edu](mailto:acully@kumc.edu) or 1-855-552-2424 ext. 2. **Let us know what we can do to help you!**

## Healthy Living – Third-Hand Smoke



Have you ever entered a place that smelled like smoke but no one was smoking? You might have encountered this in a hotel room, an elevator or a work place. What you smelled is called “Thirdhand Smoke”. Thirdhand smoke is left-over nicotine and other chemicals present on a variety of indoor surfaces by commercial tobacco smoke. This residue reacts with common indoor pollutants to create a toxic mix. This toxic mix of Thirdhand smoke contains cancer-causing sub-

stances, posing a potential health hazard to non-smokers who are exposed to it, especially children.

Thirdhand smoke clings to hair, skin, clothes, furniture, curtains, walls, bedding, carpets, dust, vehicles and other surfaces, even long after smoking has stopped. Thirdhand smoke remains on surfaces over a period of time and is resistant to

normal cleaning. Opening windows, using fans, running air conditions, or smoking in a specific area does not eliminate Thirdhand smoke. Thirdhand smoke remains long after smoking has stopped (<http://www.mayoclinic.com/health/third-hand-smoke/AN01985>).

**For more information:** \_\_\_\_\_

<http://www.no-smoke.org/learnmore.php?id=671>

<http://www.caich.org/greenation>

[http://www.nytimes.com/2009/01/03/health/research/03smoke.html?\\_r=1](http://www.nytimes.com/2009/01/03/health/research/03smoke.html?_r=1).

Disturbing things found in Thirdhand smoke include: hydrogen cyanide (used in chemical weapons) butane, (used in lighter fluid) toluene (found in paint thinners), arsenic, lead, carbon monoxide, and polonium-210 (a highly radioactive carcinogen). Nonsmokers, including infants and children, are at risk of having tobacco-related health problems by inhaling, ingesting or touching surfaces that contain Thirdhand smoke. The health risk is much greater for children than adults. A child’s developing brain is sensitive to very low levels of toxins. The only way to protect nonsmokers from Thirdhand smoke is to create a smoke-free environment.

# Community Advisory Board News

On July 12th we held our Community Advisory Board meeting at KU Medical Center. Eighteen Community Advisory Board members attended the meeting. The evening started with dinner, after which Joe Pacheco and Tara Hammer provided educational keeping your home safe and healthy as a part of the GreeNation environmental project (you can learn how to get this education for yourself and have your home inspected in the section on our projects earlier in the newsletter). Angel Cully gave an update about the 6th Annual AIHREA Pow wow and also invited everyone to our Community Research Forum on August 11th at the Eagle's Lodge in Lawrence, KS. We will be hosting a mini contest pow wow along with our forum. The forum will be a time for AIHREA to display the work the summer interns have done as well as share some of our research findings and



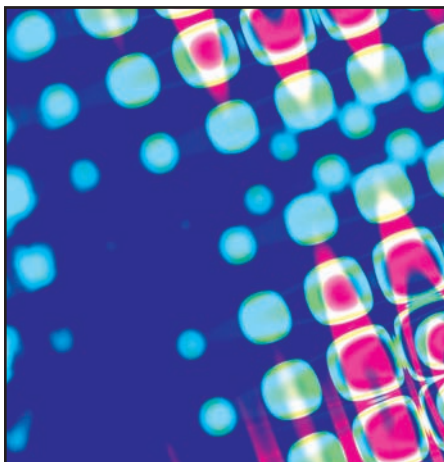
learn more from the community. Julia White Bull gave a presentation about the AIHREA Youth Ambassadors and the winners of our Building Healthy Communities grants. After the presentations we had breakout sessions to ask for community input on how we can address diabetes and breast health.

Our next Community Advisory Board meeting will be held on October 4th in Topeka. If you are interested in serving on the Community Advisory Board, please contact Angel Cully at [acully@kumc.edu](mailto:acully@kumc.edu) or call 913-945-7049.

## Student Leader Advisory Board

The Student Leadership Advisory Board is comprised of American Indian students (high school-graduate school) from local communities that meet quarterly during the Community Advisory Board meetings. We are currently looking for members from the Kansas City

metro area, Lawrence, and the Sac 'n Fox, Iowa, Kickapoo and Prairie Band Potawatomi reservations. If you are interested, please contact Ed Smith at [edsmith@jccc.edu](mailto:edsmith@jccc.edu) or (913) 469-8500, ext. 4823



## Upcoming Events

If you would like us to attend your event please contact our Community Outreach Coordinator, Angel Cully at [acully@kumc.edu](mailto:acully@kumc.edu) or 855-552-2424 ext 1191.

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



*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.*