

AIHREA



AMERICAN INDIAN HEALTH RESEARCH & EDUCATION ALLIANCE

Native Health in the Heartland

NEWSLETTER SUMMER 2013

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AIHREA contact info:

Center for American Indian Community Health
 University of Kansas
 Medical Center
 Toll free 1-855-552-2424
 or 913-588-0866

Center for American Indian Studies
 Johnson County
 Community College
 913-469-8500, Ex. 4570
www.aihrea.com



Announcing our 2013 Building Healthy Communities Grantees!

Building Healthy Communities is a grant opportunity provided by AIHREA for American Indian tribes, organizations, schools, and other community organizations. These \$5,000 grants are possible because of a Center of Excellence grant from the National Institute on Minority Health and Health Disparities. The Building Healthy Communities grants are awarded through a competitive process on an annual basis. AIHREA strives to fund organizations around the country who want to improve the health of American Indian communities. We define health broadly and fund projects in four areas of health: physical health, mental or emotional health, cultural or spiritual health, and community health.

The grants that we funded this year are listed below:

Organization: Northern Circle Indian Housing Authority

Project: Community Wellness Gathering

The nine reservations in Mendocino County, CA, have undergone exceptionally hard times since the 1950s when five of their ten tribes were subjected to termination policies. Considering this, they have done a remarkable job in developing resilience, but the spiritual health of all their people is beginning to dwindle. In an effort to revitalize the community, the NCIHA is holding a Community Wellness Gathering to bring people together through team building exercises, guided visualization, historical examining, and other activities. This two-day event is expected to draw a large portion of the reservations' communities and have positive effects for years to come.



Organization: Dakota Wicohan

Project: Wikoska/Wicinanna Young Women's Leadership Project

This project is based on reclaiming the Dakota language to establish a sense of belonging among young women in the community. Through studying the language and undertaking community service activities, young women will regain a strong sense of their culture and learn life skills.



(continued)

Announcing our 2013 Building Healthy Communities Grantees!

Organization: Iowa Tribe of Kansas and Nebraska

Project: Iowa Tribe of Kansas and Nebraska Youth Pow wow and Health Fair

The Iowa Tribe of Kansas and Nebraska Pow wow Princess will host a one-day youth pow wow consisting of exhibition dances for youth only and incorporating inter-tribal dancing. In addition, the Pow wow Princess will have the health clinic (located on the reservation) set up a health fair at the pow wow with information booths on health and fitness. Also, we will have a concession stand set up with a focus on healthy foods for guests and participants.



expand upon these programs by partnering with other local organizations and experts. We will offer cooking classes, which have been in great demand and requested by patients and families. The goal of the program is to introduce fresh foods, especially fruits and vegetables, as part of a healthy diet. This will be achieved by teaching children and their parents how to have fun cooking and eating these foods. We will also host garden workshops to teach families how to grow their own fresh produce.



Organization: White Earth Land Recovery Project

Project: Oshki Bimaadiziwin – Good Foods for a New Generation

Good foods for a New Generation will be a direct service gardening project and will provide healthy, traditionally grown and harvested, organic foods to young people (0-12) on the White Earth Ojibwe reservation of Northwest Minnesota. By sharing the cultural significance of our foods and traditional agriculture practices, we will address the health crisis in our community at its root. We will involve our children's families and greater community by sharing these foods at feasts and ceremonies. Our intent is to create a holistic and self-sustaining program.



Organization: Native American Community Health Center, Inc., dba NATIVE HEALTH

Project: The Weaving Project: Education for American Indian Women regarding Breast and Cervical Health

Native American Community Health Center, Inc., dba NATIVE HEALTH, will initiate and maintain a breast and cervical health awareness and education program targeted to American Indian women, ages 13 years of age and older who reside in North-Central Phoenix and the surrounding area. The program will utilize an intervention model designed for American Indian audiences developed by The Seattle Indian Health Board, Urban Indian Health Institute titled the "Weaving Project". The Weaving Project objective is to educate participants about breast, cervical, and colorectal health, self-examinations, the importance of mammograms, and resources for needed services. The project provides opportunities for participants to learn in a culturally relevant, comfortable, and enjoyable environment.



Organization: Central Oklahoma American Indian Health Council, Inc. dba Oklahoma City Indian Clinic (OKCIC)

Project: POWER (Providing Opportunities for Wellness Exercises and Recreation): Fitness

Project POWER focuses on improving the health of American Indian youth and families. Various fitness and nutrition activities are offered throughout the year to educate OKCIC patients on making healthier choices and offering opportunities for physical activity. OKCIC will continue and

AIHREA Partner News

American Indian Health Student Association

The American Indian Health Student Association (AIHSA) has new representation beginning August 2013. Ruth A. Buffalo will become the President, replacing Tara Hammer, while Julia Soap holds her position as Vice-President.

The essay contest announced to the community for high school and middle school students was a success. Our first place winner was Brennah Wahweotten, who received a pair of Nike N7 tennis shoes and our second place winner

was Brittany Kampfer, who received a Nike running jacket. They will receive a tour at KUMC and AIHSA students will be available to answer any questions and guide them to further their educational careers.



AIHSA students summer achievements:

- Joe Pacheco was the first MPH graduate in the new Environmental Health Sciences track.
- Julia Soap was a James A. Ferguson Infectious Disease Fellow at the Centers for Disease Control and Prevention (CDC) in the Office of State, Tribal, Local, and Territorial Support. Her project was to develop a fact sheet for tribal policymakers and health directors on human papillomavirus (HPV), a common virus that causes cervical cancer.
- Ruth A. Buffalo worked as a Program Administrator overseeing her tribes' Mandan Hidatsa Arikara Nation's Tribal Employment Rights Office (TERO) Vocational Exploration Pre-Apprenticeship Summer Youth Employment program as she has done the previous two summers. The eight week program provides invaluable skills enhancing youth work ethic and leadership ability,

- while providing a safe and healthy work environment through workforce training and adult mentoring.
- Tara Hammer was the first female graduate and second graduate overall in the Environmental Health Sciences track in our MPH program. This summer she worked at CAICH as an AIHREA mentor advising and educating summer interns on asthma. She is currently the GIS Mapping Project Manager. She hopes to work with her tribe [Cherokee Nation] in the future.

The next AIHSA meeting will be posted on our Facebook page, so check often! Please contact us with any questions or comments via email at aihsa@kumc.edu. To become a member of AIHSA you can be a student at KUMC, KU, Haskell or the surrounding area. Community members are welcome to join!

Center for American Indian Studies

As the spring semester came to a close, it was a busy time at CAIS and the summer schedule was just as active. The Stan Herd landscape art titled *Study for Kansa* was dedicated in April.

Ron Brave (Lakota) came to give a blessing as part of the dedication.

Dr. Sean Daley, Center Director, and Jordyn Gunville (Lakota), along with Dr. Christine Daley took a group of AIHREA interns and CAICH staff to the Cheyenne River Sioux Reservation in South Dakota for a week. They helped with the summer youth program provided by the local school. Interns and staff showed the students how to make hand drums and bead as well as gave presentations on first aid, college prep, and hygiene. Read all about their trip and the rest of the internship in our fall newsletter!

The Heart of a Warrior video, a documentary on the life of Navajo Code talker Samuel F. Sandoval, is now available

for purchase through the JCCC bookstore. Proceeds from the sale of the video will go toward AIHREA scholarships.



Students on the Cheyenne River Sioux Reservation learn about beading from AIHREA member Julia White Bull.



AIHREA Partner News

Healthier Haskell

Healthier Haskell has had a very busy summer with health promotion events and activities. Healthier Haskell sponsored a 2nd annual National Day of Running event at the Haskell Cross Country Course on June 5, 2013. They had over 100 people in attendance for the fun run, and offered incentives and health information to participants and their families. Healthier Haskell would like to thank AIHREA/CAICH, Gary Gribble's Running Store, and Saucony for their contributions to this local event.

Healthier Haskell also organizes a summer track and field program for children ages 5-14 years. Participants in the program learn the basics for competing in track and field events. The program fields a team called the Mini Mocs. The Mini Mocs hosted an end of summer track meet against an Ottawa summer track program on July 18, 2013. Awards were distributed and refreshments were served to all participants.



Mini Mocs in Action

Carson JumpingEagle, Essley Pulliam, Amaya Harris, and Summer Tapedo, all Mini Mocs, competed in the local Hershey's Track and Field meet held on June 7, 2013 at South Middle School in Lawrence. The meet was hosted by Lawrence Parks and Recreation. The Mini Mocs qualified to compete in softball throw, 800M, 1600M, 100M, 200M. Carson earned third place at the meet in the 800M and 1600M. Essely threw in the 13-14 year male softball throw and finished sixth. The state Hershey's meet was held in Hutchison, Kansas.

Mini Moc members Gordon Fineday, Jude Harris, Lucy Hardy, and Amaya Harris, all competed in the USATF Missouri Valley Championships in June 2013. Gordon, Jude, and Amaya all medaled in the turbo throw and earned the right to compete in the USATF Regional Qualifier held July 11-14, 2013 in St. Louis. Lucy and

Amaya placed seventh in their age group in the long jump as well.

Lucy Hardy, 8 years old, competed in the Double Roadrace in Overland Park on June 30, 2013. Lucy set the world record as the youngest competitor in this new running competition. Lucy completed a 10k and then 5k to win third in her age group and set the new world record. Carson Jumping Eagle participated in the event and did an exceptional job.

Millie Tapedo, 8 years old, is the leading thrower for her age group for three consecutive weeks in the Heartland Athletic series Saturday Morning Track meets. In addition, Lucy Hardy, Summer Tapedo, Gordon Fineday, Amaya Harris, and Jude Harris have all competed and medaled in the Heartland Saturday morning meets in various events such as the 100M, 200M, and turbo javelin.

First Nations Student Association at the University of Kansas

First Nations Student Association (FNSA) is proud to announce the new election of officers for the upcoming 2013-14 school year. The election results are as follows: President Freddy Gipp (f097d997@ku.edu), Vice-president Isaiah Stewart (tasunkeluta@gmail.com),

and Treasurer Rachel Bazille (r626b246@ku.edu). Upcoming events for this year include the Native American Leadership Symposium, Native American Heritage Month at KU, and the 26th Annual KU Powwow. Also, we are in the process of developing a scholarship fund that will

be available to incoming first year or transfer students to KU of Native American descent. Additional details will be revealed soon. If you would like to know when FNSA meets or have any other questions in regards to FNSA, please feel free to contact any of the officers.

Cultural Health through Language

In American Indian beliefs and culture, mothers and the earth are held in high esteem. Mother Earth gives us power as children of her land. Without Mother Earth, there is no existence; she shelters us, feeds us, gives us water and throws different obstacles at us to make us grow bigger, and better as a person, just like our maternal mothers do.

Unfortunately, our language is dwindling with the passing of every year. Along with the loss of our language goes the loss of our culture, beliefs and respect for Mother Earth. Travis Brown (Kiowa), Research Assistant for the Center of American Indian Community Health, stated, "We've continued to lose connection, not taken [Native culture] serious enough.... we've strayed away from our traditions." It seems that the fast pace society has hindered, or taken Native people away from what really matters. We forgot what and who gave us life. Our creator has given us women as a gift. Women give us life as a gift. It is vitally important to LOVE, HONOR and RESPECT women and the earth in all ways.

Major companies have been making trillions of dollars off exploiting Mother Earth. Mother Earth cries because of the scars we leave her through drilling for oil, mining for minerals, logging, spilling toxic waste in our waters, etc. Since Columbus got lost in 1492, Native lands have been exploited, but at what cost to Mother Earth? Enbridge, Inc. (Enbridge pipeline system), the world's largest crude oil and liquids pipeline system, is responsible for the world's largest oil spill. This happened in the Kalamazoo River in the state of Michigan in July 2010. Drilling for oil is a process that's called fracking. The problem with

"Mother Earth has been abused, the powers have been abused, this cannot go on forever. No theory can alter that simple fact. Mother Earth will retaliate, the whole environment will retaliate, and the abusers will be eliminated. Things come full circle, back to where they started. That's revolution." - Russell Means



fracking is the fluids (crude oil and natural gas) can contaminate the water supply under the surface leaving natural water undrinkable and killing the plants as well. The Keystone XL pipeline has no sympathy for the path that it's taking. It will not only affect the well-being of many American Indians, but ranchers and farmers as well. Marty Cobenais, from the Indigenous Environmental Network, commented on the controversial Keystone XL Pipeline, "[Keystone XL will] decimate graves, [and] sacred sights." All this pain they're putting on our mother is all in the name of greed. Those companies causing the most pain are taking "Going Green" to a whole different level. It's not all their fault, sure they are a major part, but we need to take responsibility for protecting Mother Earth too. There are many things we can do to conserve Mother Earth such as recycling, conserving water and electricity and riding public transportation or carpooling when possible.

All women are strong and can endure a lot of pain, physically and emotionally. However, just because women can endure doesn't mean they should be made to suffer. With anything, there is a breaking point, and Mother Earth has had enough. Some believe she is pun-

ishing us, for our lack of Love, Honor and Respect. Some say she's withholding water for crops, and responsible for the scorching hot temperatures. Just like the old saying goes, "Mother has given us life, and she can take it right back."

Mother Earth/Earth in Different Indigenous Languages

- Apache - Ni' godzhan
- Cherokee - Nantahala
- Comanche
- Thu Numu Sokavuh
- Hawaiian - Papa
- Huron/Wyandot
- Umait, sagh, or Ekuna
- Indonesian - Bumi
- Kiowa - Dome
- Lakota - Unci Make
- New Zealand
- Papatuanuku
- Ojibwa - Ahki
- Omaha - ton'de
- Osage - Ina
- Quechua (Bolivian)
- Pachamama



Spotlight: AIHREA Member

Angela Watson



Angela Watson, Program Manager, is a native of Kansas City, Missouri. She has two daughters, Gabrielle, age 10; and Isabelle, age 6. She enjoys spending time at her maternal family lake house in Monroe City, MO, where she can catch-up with family and friends kayaking, swimming and hiking around the property. She also enjoys traveling and learning about other cultures. When she isn't working or having fun with her daughters, you can find her with a good book on the front porch of her home in historic Hyde Park, Kansas City.

For the last 6 years she has managed colon cancer related studies. She is currently the Project Manager of the Native American Touch to Screen Program. Ms. Watson is a retired Navy Veteran who worked in Naval Medicine in the fields of Aerospace Physiology and Shipboard Healthcare as an instructor and practitioner. She was awarded the prestigious "Master Training Specialist" designation in

recognition of her skill as an instructor and curriculum developer. In 2005, she graduated from Rockhurst University with a Master's in Business Administration focused in Health Care Leadership. Ms. Watson has served as an adjunct instructor at Rockhurst University teaching graduate courses in the Policies and Politics of Health Care.

Angela's interests lie in the fields of Public Health and International Affairs. She especially enjoys working with Dr. Christine Daley and her team at the American Indian Health Research & Education Alliance, where she focuses on educating the Native American community on the benefits of colorectal cancer screening and other healthy lifestyle issues. Though a non-Native American herself, she enjoys learning about the diversity of Native American culture and feels blessed to have been embraced by the communities and people with whom she has had the honor of working.

Spotlight: Youth Ambassador

Cierra Fields

Cierra Fields is a freshman from Fort Gibson, OK. She is the daughter of Rick and Terri Fields. Cierra is a citizen of Cherokee Nation. Cierra is a member of the Cherokee National Youth Choir. She volunteers her time educating Native Youth on health issues, especially skin cancer, as she is a melanoma survivor. She works with Healthy Nation and Cherokee Nation Comprehensive Cancer Control Programs. She is the creator and director of the Native Youth Summit of Oklahoma which focuses on leadership, citizenship,

health, and academic opportunities for Native Youth. Cierra was recently named one of the five Champions for Change by the Center for Native American Youth (CNAY) and serves on the National Native Youth Council for CNAY. Cierra also received a commendation from Governor Mary Fallon, State Senate, and House of Representatives for her work educating Oklahomans about skin cancer.



Spotlight: ECAB Member

Rita Barr



Rita has worked for the Sac and Fox Nation of Missouri in Kansas and Nebraska for 33 years as the Community Health Representative. She went to work for the Sac and Fox Nation as a Community Health Representative (CHR) after raising four sons. In addition to being a CHR, she has served on the Tribal Council vari-

ous times and is currently the Vice-Chairman on the Sac and Fox Tribal Council. Rita has been a resident of Falls City, NE, for 65 years, and was born on the Sac and Fox Reservation. Rita's father, Charles W. Robidoux was the Chairman of the Sac and Fox Tribal Council for 53 years.



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.

Upcoming Events

October 10, 2013

Community Research Forum, Kickapoo Tribe in Kansas Community Building, Horton, KS 6:00 PM – 9:00 PM

November 9, 2013

Community Research Forum Contest Pow wow, Douglas County Fairgrounds, Lawrence, KS 1:00 PM – 10:00 PM

November 13, 2013

Indian Taco Sale, KU Med Center, Kansas City, KS 11:30 AM – 1:00 PM

November 20, 2013

Native American Dance demonstration, KU Med Center, Kansas City, KS 12:15 PM – 1:00 PM

All events listed are open to the public for more information contact CAICH at 855-55CAICH, ext. 0.



Research Results:

A look at American Indian tribal college student's knowledge, attitudes and beliefs about recreational and traditional tobacco use

Tobacco is a sacred plant for many American Indian (AI) tribes. Traditionally, tobacco has been used for ceremonial and spiritual purposes. Some AIs believe that tobacco was given to their people as a means of establishing a direct communication link with the spiritual world and therefore should be used in a respectful manner. Today, AI have the highest rates of recreational smoking of any ethnic group and suffer disproportionately from tobacco related illnesses. Despite this, little is known about the impact of tribal college students' knowledge, attitudes and beliefs about traditional tobacco use on their recreational cigarette smoking.

In order to understand AI tribal college students' knowledge, attitudes and beliefs about smoking and the relationships between recreation smoking and traditional/ceremonial use of tobacco, we conducted a series of 12 focus groups and 8 interviews with 99 tribal college students who were enrolled at a local tribal college in the Heartland. We divided the groups by gender (female/male) and recreational smoking status (non-smoker/smoker). Participants were recruited through word-of-mouth and emails sent through the college email system. All study protocols were approved by the University of Kansas Medical Center's Human Subjects Committee and the tribal college's Institutional Review Board. The themes presented here were found in all groups.

Participants could not agree on a clear definition for what constitutes a "smoker". Each group had differing views on what classified a person as a "smoker". Female non-smokers described a "smoker" based on various shared characteristics that encompassed frequency, the primary purchaser, addiction and regularity of smoking. Female smokers defined a "smoker" as someone who smokes on a consistent basis, although consistent was not further defined. Male non-smokers defined a "smoker" based on regularity of smoking or any smoking at all. However, male smokers listed a range of characteristics that define a "smoker" which include frequency, amount of cigarettes smoked, cravings, biological need, and primary purchaser.

Male smokers were the only stratum that defined a "smoker" in terms smoking other forms of tobacco such as pipe tobacco and cigars.

"Someone who like buys packs of cigarettes and has a lighter and somebody who says, 'I need a smoke.'"

Participants believed that smoking affects other health behaviors, including eating habits and physical activity. Female non-smokers discussed smoking as an aid in weight loss or preventing weight gain. These groups also agreed that smoking decreases physical activity. However, female smokers focused more on the cancer risks associated with smoking. Male non-smokers focused on the way smoking affects a student's physical activity. Male smokers spent a lot of time discussing specifically how smoking has affected their health, particularly their respiratory function.

"... I've actually heard that here on campus before, people saying that smoking leads to less eating. I don't know if necessarily they're using it to eat less, but I know that they say it happens here."

Participants

#s

Type of group

n

Female smokers

15

Female non-smokers

41

Male smokers

24

Male non-smokers

19

Drinking alcohol was seen as facilitating smoking.

Female non-smokers spoke about how alcohol lowers a person's inhibitions and makes them more likely to smoke. Female smokers agreed that alcohol facilitates both smoking initiation and continued use. Additionally, female smokers discussed how alcohol inhibits quitting smoking.

"... Also, college years are kind of partying years, so you may be more inclined to smoke when you drink. Um, and there is no one to really hold you accountable for your smoking, like if you had a career."

Participants saw use of smokeless tobacco (SLT) as different from smoking. Female non-smokers described typical users of SLT being men and based on region. They also mentioned that SLT use was not as obvious as smoking and it had different effects on the body. In the female smoker groups, some participants discussed their experimentation with SLT. Male non-smokers talked about the difference in nicotine level and the convenience of SLT, as well as minimal restrictions on where it can be consumed. About one-half of the participants had tried SLT and generally it was because friends or family had encouraged them to. Male smokers talked about how SLT does not have the same social aspects as smoking. The bond that exists between smokers is not present with SLT users.



"... before I came out to college, like the people that I knew back home in California, I didn't know that many people who use chew. People were more likely to smoke. Um, but when I came out here to the Midwest, I saw a lot more people chewing."

Participants differentiated the use of traditional tobacco from the use of recreational tobacco (smoking and smokeless tobacco). Female non-smokers discussed the different uses of traditional tobacco among different tribes. Female and male smokers both spoke about how traditional tobacco is used for prayers, offerings and ceremonies and how these uses differ among tribes. Male non-smokers also discussed the different types of traditional tobacco that is used.

"That old saying is like you're wasting a prayer. You know, they say, the elders, by taking a cigarette or smoking it, it's like you're wasting prayers versus sending it out or putting it out for traditional uses. So it's not consumption, it's just the use doesn't go in physically."

Understanding Research: What is a Community Research Forum?

COMMUNITY RESEARCH



Would you like an in-depth tour of our research programs? Great! For the last three years, AIHREA has held Community Research Forums. A Community Research Forum (CRF) is a way to share research results with the community while getting feedback from the community on previous research and next steps. CAICH and AIHREA have developed a dissemination method that brings more community members to the table and provides a voice for them in future research.

CRFs have two ways of distributing information. We use posters and presentations to describe our current research programs. They also include break-out sessions where community members can provide input on current and future projects. In some cases, recruitment for new or continuing research projects may be done, but our emphasis remains on sharing our research results and getting feedback.

We have been conducting CRFs for three years and have tried three different versions of the event. Each year has been better attended than the last, with better dissemination each year. Our first CRFs followed the basic format of sharing posters, presenting research, and holding break-out sessions, but attendance lagged. We have developed them further to bring more community members to them. We hold CRFs in conjunction with pow wows, disseminating information with posters and announcements from the MC. In addition, throughout the day, we have team members give 5 minute updates from the MC table. We also have “passports” that attendees bring to poster presenters to sign as they learn about their posters. Once someone has a certain number of signatures, s/he earns a t-shirt. Each signature also comes with a raffle ticket. Throughout the day, mini discussion groups about different topics are on-going and community members can stop by any discussion and provide input. In return,

participants receive either raffle tickets or a small incentive (first aid kit, umbrella, etc.). We have found that far more sharing of our research occurs when using this format than other methods.

We continue to modify the event to better serve our community members. The more familiar community members are with our research programs, the better feedback we receive. This allows us to make specific changes or improvements to our programs. The type of feedback from the community has varied with the type of event, including a change from group-based feedback to individual feedback, all of which has been extremely beneficial to the research process.

Join us at our upcoming CRFs! Save the dates: Thursday, October 10th at 5:30 in Horton, KS, and Saturday, November 9th in Lawrence, KS. Specific time and place will be available on our website shortly.

Healthy Living: Gardening

When people hear the word “gardening” they often think of flowers or vegetables, but gardening offers a variety of healthy living opportunities. And with global concerns of Genetically Modified Organism (GMO) foods on the market, planting your own garden and growing your own food can have numerous health benefits for you and your family. Gardens don’t need a lot of space. Gardens can be many shapes and sizes, and they’re popping up everywhere these days (even on the rooftops of apartments in urban areas).

Physical health: Having a garden can bring improvements to your physical health. The act of gardening is a form of exercise. Depending on the work, you can burn between 200-600 calories per hour. And it’s not like spending an hour at the gym. Gardening is enjoyable and it’s easy to spend 3-4 hours “exercising”. That means you could easily burn 400-2400 calories a day maintaining your garden.

Growing healthy fruits and vegetables for you and your family is another benefit of gardening. Multiple studies have shown an increase in fruit and vegetable consumption among people who garden, especially older adults and children. Depending on your age, you should be eating 3-5 servings (1/2 cup) of fruits and vegetables each day. Fresh fruits and vegetables can be expensive, but growing your own is a cheap and healthy way to ensure you are getting the nutrients your body needs. They contain many vitamins and minerals and are low in fat and high in fiber.

Mental health: Gardening can improve your mental health as well. It is a great way to relieve stress through physical exercise. Gardening can be very calming, almost meditative at times. Studies have shown that gardening reduces stress, helps with depression, and lowers the likelihood of developing dementia later in life.

Spiritual health: Gardening can be good for your spiritual health. Besides being a relaxing activity, gardening offers time for reflection. Medicine gardens are another type of garden where you can grow traditional plants and herbs such as traditional tobacco, sage, or sweet grass. Plants used by your tribe can be grown for easier access, especially for people who live far away from their homelands or in cities.



Family health: Gardening together as a family offers wonderful opportunities for exercise. Gardening can be a great activity to teach young people about culture through growing and discussing traditional medicines and foods. The calm and quiet environment is a good time for other stories or just connecting with your children, parents, and other relatives about their day.

Types of gardens: There are many types of gardens and you can find them almost anywhere. Gardens can be put in the ground, raised beds, on a window sill, or even a five gallon bucket. Stores like Home Depot and Lowes have equipment to till the soil for ground gardens or you could use a hoe and do it by hand. Raised bed gardens are usually made of boards or bricks and placed in a closed shape such as a square, rectangle, or even a circle. Old tires can be used for this as well. These shapes are filled with soil. Garden boxes can be made out of wood and placed in window sills, on patios, or on apartment decks and rooftops. Five gallon buckets make great containers for growing tomatoes, herbs, and climbing plants like gourds and squash.

Some places have community gardens where community members can plant what they want for a small fee or trade for work. AIHREA has such a garden located on the west side of the JCCC campus. There is no fee, but we ask that community members help with maintaining the garden. In past years, we have grown indigenous foods like the three sisters (corn, beans, and squash), traditional tobacco, sunflowers, tomatoes, watermelons, and honeydew melon. There is room available for those interested. For more information concerning the JCCC community garden or any other gardening tips, contact Ed Smith at (913) 469-8500 ext. 4570 or email at edsmith@jccc.edu.

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.



AIHREA members working at our screening clinic.