

AIHREA



AMERICAN INDIAN HEALTH RESEARCH & EDUCATION ALLIANCE

Native Health in the Heartland

NEWSLETTER WINTER 2012

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From the Director

Happy New Year from AIHREA! We hope that you had a wonderful 2011 and will have an even better 2012! We have big plans for this year, including several new services we will be providing and publication of our first Annual Report to the Community, as well as continuation of all of our research projects. In this newsletter, you will see information about one of our new services at the University of Kansas Medical Center, CAICH Cares, a service for individuals who have been admitted to our hospital or another of the local hospitals and their families. Look for our spring newsletter to learn about several new services being offered through our brand-new Environmental Health group, Green Nation. We will also be announcing our Youth Ambassadors this year, a group of motivated young people in high school, college, and graduate school who will provide information about our programs to other youth and the general public around the country. Within the next month, you will see CAICH's first Annual Report to the Community,

which will highlight our activities of 2011 and provide some information about how we spend our grant money. Our websites have already started to receive make-overs; these will continue in 2012 and several new features will be introduced. Check back to our sites often to see what's new! www.aihrea.com www.caich.org, www.anbl.org





Cancer Prevention News

For the past year, AIHREA and CAICH have expanded many community partnerships and we continue to find people who are interested in getting involved in community cancer prevention efforts. We have a group of projects that focus on cancer disparities in rural American Indian populations in northeast Kansas, as well as the rural Latino population in southwest Kansas. We started programs this past year that included: offering help to get people appropriate cancer screening tests and educating people about their cancer risk. These services were available at health fairs, pow wows and

other community events around White Cloud, Hiawatha, Reserve and other rural areas, as well as the Kansas City area. While doing this, we have been talking with many community members during these events about their concerns surrounding cancer. We have heard incredible personal and family survivor stories and memoirs. We also heard folks express their cancer-related concerns like: family history; environmental contamination and links to human health; diet and exercise links to cancer; and disparities in rural areas related to fresh, healthy food access. We want to continue a dialogue with

communities about these issues of high concern. And, we want to hear about ways you think we can help in the fight against cancer.

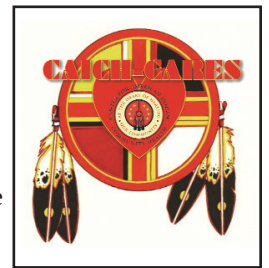
In the coming months, we will train groups of volunteers in the Lawrence and Hiawatha areas to be community health advocates for cancer prevention and other diseases in their communities and tribes. If you are interested in being a cancer prevention volunteer for your community, please contact Brett Ramey at 785-595-3443 or brett@liverealnow.org.

CAICH Cares

We would like to take this opportunity to introduce a new program called CAICH Cares. We know that it's very challenging when you or a loved one is in the hospital. It becomes even more challenging when you are in the hospital in a place with which you are not familiar. We will help you identify

places to stay while your loved one is in the hospital. We will also help with patient navigation. We are now providing this service to any American Indian family who has had someone admitted to the University of Kansas Medical Center or another hospital in the greater Kansas City area. We have created the CAICH Cares program to assist with communication between families and hospital staff. You can

contact us at acully@kumc.edu or 1-855-552-2424 ext. 2, either before someone is admitted (if this is a planned admission) or after you are at the hospital. Let us know what we can do to help you!



AIHREA Partner News

Center for American Indian Studies (CAIS)

The Center for American Indian Studies continues to steadily work on the upcoming AIHREA O.N.E. Health and Wellness Powwow scheduled for May 4th and 5th, 2012, at the JCCC campus in Overland Park, KS. We have added Jordyn Gunville (Lakota) to our staff to assist with our two biggest projects, the All Nations Breath of Life quit smoking program and the Native 24/7 program. Please join us in welcoming Jordyn to our team. If you are interested in participating in either of these projects or want more information you can call the Center for American Indian Studies at (913) 469-8500 ext. 4570.

Healthier Haskell

Healthier Haskell is planning to help everyone have a healthier New Year by providing a series of events that are open to the community beginning in January 2012. On January 21, 2012, Healthier Haskell hosted its 3rd Annual Healthier Haskell Kid's Camp beginning at 1:00pm at Coffin Sports Complex. The Kid's Camp featured activities that educate children as to how they can live a healthier lifestyle through improved nutrition (healthy snacks) and fun physical activity. In February, the 3rd Night of Warrior event took place at the Jim Thorpe Fitness Center, a "Men's Night" that focuses specifically on men's health. On March 27th, Healthier Haskell will



host the 2nd annual 125th Mileathon at the Haskell Football Stadium. Participants who walk and/or run miles with the Haskell Community earn incentives. (If the weather is bad on the 27th, the Mileathon will be held on March 29). The fun activities wrap up with the 3rd Annual Laugh Olympics (Haskell vs. Haskell I.H.S. vs. AIHREA) which run April 24-May 1, 2012. Everyone is invited and we hope to see you in the New Year!



Community Advisory Board News

Executive Community Advisory Board

This year the Executive Community Advisory Board is focusing on helping more with AIHREA's programs. The ECAB wants to better their understanding of the programs offered by

AIHREA. They plan to use their time to help with cancer brochures, culturally tailoring our weight loss program, helping with community events such as health fairs, and also helping with

motivational quit smoking tobacco videos. The ECAB consists of 9 members representing tribal nations across the United States.

Community Advisory Board

On November 10th we held our Community Advisory Board meeting in conjunction with our Community Research Forum.

The evening started with a community dinner. Angel Cully gave a presentation on the work that AIHREA and CAICH have done in the community in the past several months. Dr. Allen Greiner spoke about a cancer education grant that will be implemented in the American Indian community. A final presentation was given by staff member Tara Hammer about being a Master's of Public Health student and a Susan G. Komen for the Cure Scholar.

After the presentations, we had breakout sessions to ask community members what they would like us to focus on in the future. We held a total

of six different sessions: Colon Cancer, Mental Health, Environmental Health, Obesity, Community Health Workers, and Suggestions for Future Directions.

Our next Community Advisory Board meeting was held on February 2nd in Kansas City, KS at the University of Kansas Medical Center, where we focused more on our cancer prevention efforts, our new environmental health programs, and development of a community health worker training program. Read about our environmental health programs

in our next newsletter and our community health worker program in our summer newsletter!

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



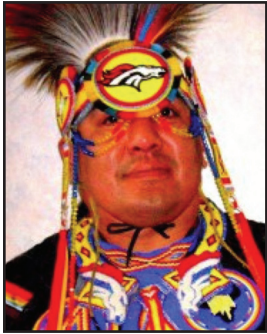
Executive Steering Committee for Cancer Prevention

Our cancer prevention project needs your expertise! This group had their first executive steering committee meeting on Saturday February 18 in Topeka. We already have several people attending from rural areas, representing various tribes, and we would love to have you there as well. If you are interested in being part of this committee please contact Brett Ramey at 785-595-3443 or brett@liverealnow.org.



Spotlight: AIHREA Member

Lance Cully, Research Technician and Artistic Director



Lance is a proud member of the Apache and Seminole Tribes of Oklahoma. He joined the Center for American Indian Community

Health (CAICH) in May 2010. Prior to joining the team, Lance was a volunteer for many AIHREA and CAICH projects. Since Lance joined the team, he has been the artist that designs the majority of the artwork used by our team. He has also been a facilitator for our quit smoking program, All Nations Breath of Life, as well as the project director for Community Ambassadors to Cancer Research. Lance has been

very successful in community outreach for our program working with the American Indian community to promote our research programs and good health.

Lance has actively participated in various aspects of his culture since childhood. He brings a strong community presence for the Kansas City area in addition to being familiar with the Lawrence American Indian community and the four tribes in Northeast Kansas. Lance has been a member of the American Indian community in the greater Kansas City area since 2007 and is very familiar with the various organizations with whom we collaborate and the American Indian cultural events in the area.

Lance is blessed to be a part of the AIHREA team. Our mission is to partner and collaborate with American

Indian people, nations, communities, and organizations to improve the physical, mental, emotional, and spiritual well-being of American Indians throughout the United States through quality participatory research and education programs. Lance feels it is very important that we work with and provide education to our American Indian community members to help them live longer and healthier lives. Our people have many health issues that can be treated with education and lifestyle changes. He enjoys being in the community working and educating to better the health of all. Lance would like to give a special thanks to Dr.'s Daley, Choi and Greiner for writing grants and giving American Indians such as himself the opportunity to be a part of the research that we do.

Spotlight: AIHREA Student

Ed Smith, Project Director and MA Student



Ed Smith, as he is known to most of us, is the grandson of Thomas E. Smith (Osage) and Virginia Smith on his fathers' side and Harold


Schacherbauer and Oma Schacherbauer on his mothers' side. He is the only son of Jerry W. Smith (Osage) and Joan M. Smith. His father served over 28 years in the United States Army and his mother was a teacher for 30 years. Ed is married to Renalda V. Yazzie (Dine'), Mexican clan born for the Red Running into the Water clan. Together they have four

wonderful children, Nya, Carter, Mathias, and Kora.

Ed attended the University of Missouri, Columbia, and earned his BA in Interdisciplinary Studies with a focus in American Indian Studies, Social Work, and Political Science. He also served as President and Vice President of From the Four Directions, the American Indian student group on campus. Ed also founded the MU American Indian Alumni Organization. Ed just completed his third semester in the Indigenous Nations Studies Master's program at the University of Kansas with a focus on Cultural Preservation and Community Education. This fall he was awarded a Provost Scholarship for academic achievement. At KU he is secretary of the Indigenous Studies Student Association and member of the

First Nations Student Association.

Ed comes to AIHREA from the Extension program at Haskell Indian Nations University where he worked for five years. While there he served as the Youth Development Assistant and Youth Development Coordinator for the "New Avenues" project. He also volunteered teaching Tae Kwon Do in the afternoons to Haskell students and others in the Lawrence American Indian community. He has also served as Board Chair and Interim Director for the Kansas City Indian Center (KCIC). Ed also served as Camp Director for the past seven years at the American Indian Summer Culture Camp sponsored by the KC Rotary, KCIC and AIHREA. Ed joined AIHREA as a Research Program Coordinator in 2009 and works out of the Center for American Indian Studies on the



Johnson County Community College campus. He has been an ANBL facilitator and is currently Co-Project Director of the All Nations Breath of Life smoking cessation program.

Ed's areas of interest are in education, cultural preservation and language. He enjoys advising American Indian high school and college students who are interested in furthering their education as well as stressing the importance

of learning about their own languages and cultures. Ed enjoys learning the Wa.zha.zhe i.e (Osage language), as well as, the Dine' Bizaad (Navajo language) of his wife's family. He is currently involved with the formation of a non-profit organization, in conjunction with the Kaw, Omaha, Osage, Ponca, and Quawpaw tribes, that will help to preserve the Dhegiha language. In the spring of 2012, Ed will be teaching

Osage language as part of a Kansas Languages seminar in the Kansas Studies program at JCCC.

In his free time Ed enjoys spending time with his family, watching his kids play sports, reading, beadwork, ribbon work, learning about traditional foods, Tae Kwon Do, hiking, camping, and powwows.

Spotlight: CAB Member

Christine Molle, Director, American Indian Council



Christine Molle is an enrolled member of the Cherokee Nation of Oklahoma, wolf clan and the seventh generation granddaughter of Nan ye'hi who became

Ghigau, first "Beloved Woman of the Cherokees." She is also a direct descendant of Chief Lewis Downing.

She and her husband, Mark, of twenty-four years, are the proud parents of three sons. Her oldest son, Vincent, is a Kansas City Fire Fighter; middle son, Benny, is a college student at Haskell Indian Nations University and the University of Kansas majoring in marketing and business; and her youngest son, Carl, is a college student at Fort Lewis College majoring in anthropology. Carl has been a summer intern for AIHREA for two years.

Chris has worked for American Indian Council (AIC) for thirty years. She has held various positions and has served as the Executive Director for the past twenty-four years.

When Chris was four years old, her mother and two older siblings moved to the Northeast area of Kansas City, MO, and Chris grew up in the inner Kansas City area. Living and witnessing the

struggles of urban American Indian people, Chris felt that she needed to help make meaningful changes. She feels very fortunate to have a career working with and for American Indian people. As Director of the American Indian Council, Chris oversees five AIC employment training offices, located in Kansas City, MO, Wichita, KS, Des Moines, IA, Sioux City, IA, and Marshalltown, IA. Over her thirty-year tenure with AIC, she has worked with eight different American Indian communities to assist them in overcoming barriers to education and employment.

Chris is serving her sixth term on the Native American Employment and Training Council (NAETC) which provides advice to the U.S. Secretary of Labor regarding the overall operation and administration of Native American programs authorized under Section 166 of the Workforce Investment Act, as well as the implementation of other programs providing services to Native American youth and adults under this Act. The Council functions solely as an advisory body and in compliance with the provisions of the Federal Advisory Committee Act (FACA).

Chris is also the co-founder of the Annual American Indian Symposium in Kansas City, MO, which was formed in 2003. The symposium provides the opportunity for the public and state and local officials to dialogue about delivering employment, education, health and

social services to the urban American Indian community, in culturally appropriate and respectful ways.

She also serves as a Community Advisory Board Member since 2007 for AIHREA. She fully supports AIHREA. Chris feels that in order for our American Indian community members to be gainfully employed, obtain college degrees and certificates, nurture healthy children and families and give back to their community, they must be healthy first and foremost; so that they can obtain the goals and objectives they have chosen for themselves and their families. Those thoughts and goals are aligned with AIHREA.

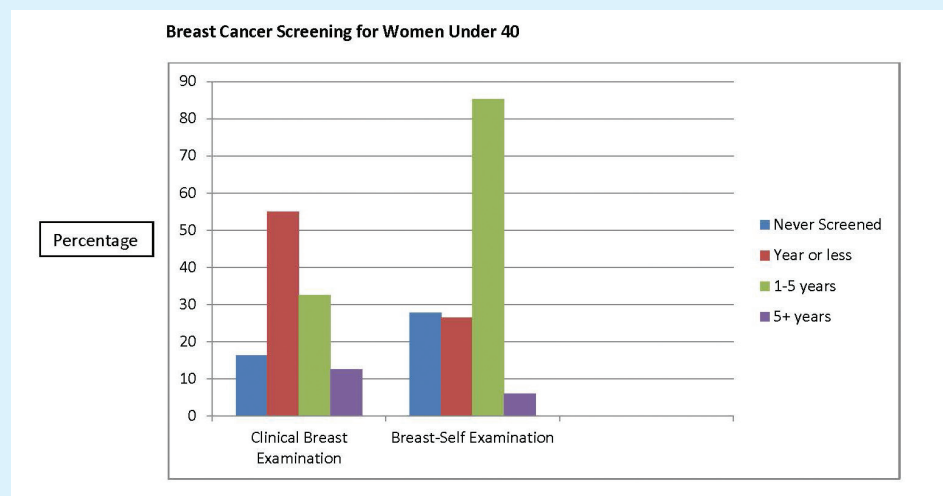
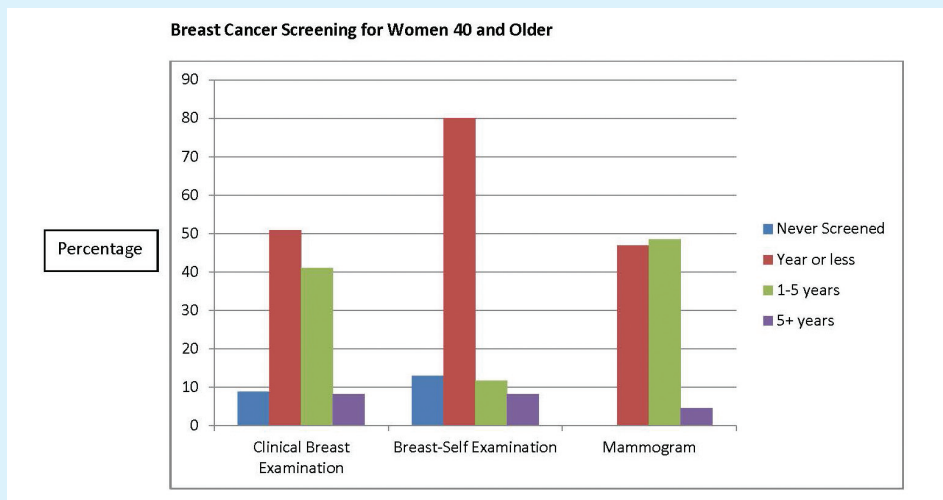
Participation in other activities includes: Workforce Investment Board Member for the Full Employment Council; Red Road Gatherings and other American Indian healing gatherings; the Wellbriety movement of American Indian people; Support Group for Parents with Attention Deficit Disorder (ADD); and Site Board Decision Making Team (SBDM) for Park Plaza Middle School.

Her passion is to educate social workers and other professionals in providing more culturally appropriate services to American Indians and sharing the Wellbriety movement of American Indian people.

Research Results: Mammography Needs Assessment

Breast cancer continues to be a major health issue and American Indian women have lower rates of mammography (a test for breast cancer) and higher rates of death from breast cancer compared to other ethnic groups. To learn more about breast cancer and mammography among American Indian women in our region, we have asked American Indian women to fill out surveys about breast cancer, cancer screening, and breast health at community events, and to participate in focus group discussions about these topics. Here, we focus on our survey results. Survey questions addressed knowledge and use of breast-self examination, clinical breast examination, and mammography. The answers of our community members indicated that breast-self examination was the most common screening method among local Native women.

Forty is an important age for women in terms of “screening” or testing for breast cancer. This is the age when it is recommended for women to begin having regular annual mammograms, which are an x-ray of the breast that can find very early stage breast cancer. Before age 40, clinical breast examination by your doctor and breast self-examination are the only recommendations. Breast examinations are important for identifying lumps and abnormalities and identifying early signs of possible problems. The graphs on this page show findings from our surveys. We learned that women age 40 and under reported more breast self-examination than clinical breast examination. For women age 40 and over, more women reported breast self-examination than either clinical breast examination or mammography. It makes sense that breast self-examination is the most common form of screening because women can do it by



themselves without a doctor or special equipment. However, there may be other reasons why women are not having regular clinical breast examinations or mammograms, which is why we had group discussions about these issues as well. We will provide more information about results from our group discussions in a later newsletter.

We are excited to report that a large portion of women age 40 and over who participated in our surveys reported an up-to-date mammogram. The number of women who reported having a mammogram in our region is higher than the national average! However, there is still work to do –

less American Indian women in our surveys reported regular mammograms than other ethnic groups nationally.

This information gives us a better idea of who is getting tested and what kind of testing is being done. As we continue to analyze our data, we will provide more updates on what we learn about this important topic. We will be using this information to develop and provide culturally appropriate options for breast cancer screening. If you would like to read more, the published article about our surveys is available on our website, along with some other articles about our breast cancer research.



Healthy Living: Breast Cancer Screening Recommendations

Women in the United States get breast cancer more than any other type of cancer except for skin cancer. The only cancer that women die from more than breast cancer is lung cancer. "Screening" or testing for breast cancer can identify it earlier, often before it spreads to other parts of the body, when it is most treatable. Learning more about screening can help you make decisions about whether you want to be screened. Mammograms and clinical breast exams (by a doctor or other health care provider) are two of the main types of breast cancer screening. Mammograms are x-rays of the breast that help us find cancers that are too small to feel. The National Cancer Institute recommends that women age 40 and older have mammograms every 1 to 2 years. They do not recommend regular mammograms for younger women because breast

tissue is very dense when women are younger and mammograms are not as useful. Women who may have a higher than normal risk of getting breast cancer, like women who have several relatives who have had breast cancer, may need to be screened more often. You should talk to your doctor to find out if you have a higher than normal risk of breast cancer and if you should be screened more often. Clinical breast exams are done in the doctor's office by either a doctor or other health care provider. The provider carefully feels the breasts and under the arms for lumps or anything else that seems unusual. If she feels something unusual, she will probably ask you to get a mammogram or some other test.

It is important for you to know what is "normal" for your breasts and to be able to tell your doctor about

changes in your breasts over time. The more you can tell your doctor about you, the better she can treat you. You should watch for changes in your breasts, like changes in size, shape, or feel, and especially any lumps you may find or any discharge from your nipples.



Additional information about cancer, breast cancer, screening, and treatment can be found at <http://www.cancer.gov> or by calling 1-800-4-CANCER.

Understanding Research: What is randomization and why is it important?

Randomization in a study is done by separating participants into two different groups by basically flipping a coin to decide which group each will be in. This is very important in research. It prevents bias by offering each participant an equal chance of being assigned to either the "intervention" group or the "control" group. The intervention group is the group who receives whatever is being tested, which can be a new program, a new medicine, or education. The control group is the group who receives what is currently being used in normal practice. For example, in one of our quit smoking programs, we randomize people to get our new culturally

tailored program or a non-tailored quit smoking program that is currently being used.

By choosing which group a person is assigned to randomly, we get a reliable comparison between the two groups to determine if the intervention works. If we didn't randomize and instead let people choose which group they are in, it is very likely that the people who choose one group over the other would be similar in some way and different from the other group. If this happens, we have no way of knowing if the intervention would work in the general public. We would only know that it works among people who are similar to the people

who chose to be in the intervention group. Because of this, randomization is necessary to understand whether a program, medicine, or education works.



Upcoming Events

March 31, 2012: Application deadline for our summer internship program. Go to www.caich.org and click on "Internship" to apply.

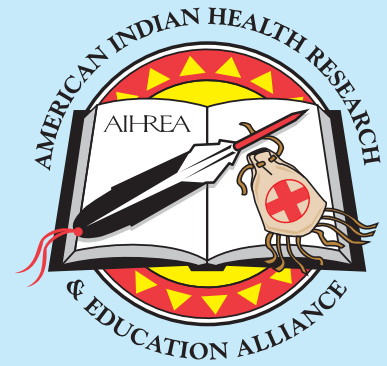
April 5, 2012: Community Advisory Board meeting in Topeka. CAB members will be sent a location and directions.

May 4-5, 2012: 6th Annual AIHREA pow-wow. For more information call 855-552-2424 ext. 1191 or visit our website www.aihrea.com

May 11-12, 2012: Haskell Indian Nations University Graduation pow-wow.

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

Please check our website for Upcoming Events 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.

Would you like to participate in our research?

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



Lose weight: We are currently running weight loss groups in Lawrence, KS, to help us develop a weight-loss program specifically designed for American Indians. Our 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 new groups in Horton, KS, and 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 or 913-588-2708.

