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## November Events



November was one of the busiest months of the year for AIHREA and CAICH. We held our annual Community Research Forum (CRF) Powwow, along with several events that coincided with American Indian Heritage Month, a month aimed at creating awareness and understanding of American Indian people and cultures.

A CRF powwow is a unique event in which we couple a contest powwow with an opportunity for CAICH to share and explain results from both ongoing and completed research projects with the American Indian community. This year's CRF powwow was held at the Douglas County Fairgrounds in Lawrence, KS, and attracted great crowds throughout the day. Research results and project information were displayed on large posters and tables placed around the powwow arena. Spectators and powwow participants were encouraged to visit these booths to learn more about CAICH services and research findings. Attendees who learned about our projects were given a long-sleeved CRF shirt designed by our Artistic Director, Lance Cully. Many talented dancers and singers participated in the powwow, making this event a huge success.

In an effort to increase American Indian cultural awareness at the University of Kansas Medical Center in Kansas City, KS, multiple activities were held throughout the month of November. We kicked the month off with an Indian taco sale fundraiser that showcased the frybread making ability of CAICH staff

(continued)

## November Events

members. On November 20, several talented members from both CAICH and CAIS presented a performance of American Indian song and dance. Faculty, staff, and students were treated to a spectacular display of various powwow dance styles. In addition to the performance, spectators were provided with a lunch of homemade traditional soups and breads. Donations were accepted and proceeds went to AIHREA scholarships and Christmas giving. Packed into the day of cultural sharing was the American Indian Health Student Association's (AIHSA) silent auction. Several items donated by American Indian artists and craftsmen showcased the talent and beauty of American Indian art while helping to raise money to support AIHSA events.

The final event for the month of November was the screening of "The Heart of a Warrior", a documentary written and produced by CAIS members and others at Johnson County Community College that focuses on the contributions and personal stories of Navajo Code Talker Samuel F. Sandoval. This event was organized by AIHSA.





# AIHREA Partner News

## American Indian Health Student Association

The American Indian Health Student Association (AIHSA) was invited to visit St. Agnes Elementary School located near KUMC. The group provided two cultural presentations for grades K-3 and grades 4-6 as part of Native American Heritage Month. They taught words in Potawatomi, Cherokee, Lakota, and Hidatsa. Students brought several items such as beadwork, sage, and sweet grass for the children to look at and hold. Charley Lewis talked about the importance of the drum and sang for both groups. Julia White Bull also showed a video about pow-wow etiquette. Ms. White Bull shared, "I learn something new every time I speak to an audience." The students were not aware "how diverse Indian country really is, so it was a good experience to share my Lakota culture with the students. They were eager to learn which made the presentation more fun!"



In November, AIHSA held a silent auction at the AIHREA dance demonstration. The KUMC campus had an opportunity to bid on Native artwork and beadwork to which they may not normally have access. Thank you to the generous donors who provided items for the fundraiser.

In the upcoming semester, AIHSA is looking forward to participating in more community events, especially with the Kansas tribes. If you are in need of volunteers for a community project, please contact [aihsa@kumc.edu](mailto:aihsa@kumc.edu).




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## Center for American Indian Studies

Winter is going by rather quickly at the Center for American Indian Studies (CAIS). In November, American Indian Heritage Month activities on the Johnson County Community College (JCCC) campus included several lectures on American Indian contemporary art, Native foods, and Native religions. On January 24, 2014, CAIS co-sponsored the movie *The Buffalo King* and subsequent discussion. CAIS staff member Jordyn Gunville participated in a discussion panel after the movie. Copies of the Navajo Codetalker documentary *Heart of a Warrior* are now for sale at JCCC for \$14.99. Proceeds go toward scholarships for Native students attending JCCC.

Frost may be on the ground, but we're already thinking about the community garden. Contact Ed Smith at (913) 469-8500 ext. 4570 or [edsmith@jccc.edu](mailto:edsmith@jccc.edu) if you would like to participate in garden at JCCC. The CAIS faculty and staff hopes everyone had a happy and safe break over the holidays. We would like to wish returning students and parents good luck with the rest of their academic year.

# AIHREA Partner News (continued)

## First Nations Student Association

First Nations Student Association (FNSA) is a student run organization at the University of Kansas aimed at the enhancement of Native American cultures. FNSA members strive for success both academically and socially. Membership is open to all students at both the University of Kansas and Haskell Indian Nations University.

### 2013-2014 FNSA Executive Board

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President- Freddy Gipp  
Vice President- Julia White Bull  
Treasurer- Rachel Bazille  
Senate Rep- Hannah Boyd  
Secretary- Kayla Kent

Contact Information for FNSA:  
Freddy Gipp, FNSA Pres. 785-766-7789 or fredgipp@icloud.com



## Prairie Band Potawatomi Nation Boys & Girls Club

The Prairie Band Potawatomi Boys & Girls Club facility is a busy place during the winter months. Club activity increased during the holiday break and the anticipated surge in numbers was met with plenty of recreation and relaxation opportunities. The heated swimming pool has been a popular place during the colder days of winter, playing host to several community pool parties. A special dodge ball game took place as well, pitting the Potawatomi Tribal Fire Dept. vs. a youth team. One of the final events of the year and the holiday break was a New Year's Eve Powwow. The Boys and Girls club was one of several departments that collaborated to put on a New Year's Eve celebration; there was a great turnout!

The basketball court looks to remain busy in the coming months, several youth practices and instruction clinics are scheduled, along with

open gym nights several days of the week. An adult volleyball league has been in full swing with 8 teams competing weekly. Water aerobics and Zumba classes continue to meet weekly as well and new participants are always welcome. For more information on Boys & Girls Club hours, activities, and classes, contact the Prairie Band Potawatomi Boys & Girls Club staff at (785) 966-3031.



## Spotlight: AIHREA Student Chandler Williams



Chandler Williams has been a Research Assistant at the Center for American Indian Community Health since the fall of 2010. He has worked on several projects including the All Nations Breath of Life quit smoking program, GreeNation, TCTABS, GIS mapping project, and Native 24/7. He received his Bachelor of Science from Haskell Indian Nations

University with a major in Environmental Science. Working at CAICH sparked his interest in public health, leading to his application and acceptance as a CAICH Scholar in the Master of Public Health program at KUMC

in 2011. Chandler is currently working on his final capstone project that is focused on revamping and improving the CAICH traveling screening clinic. The major change and improvement to the screening clinic will be the provision of primary and specialty care to both urban and reservations areas that are interested. Additionally, he is developing a brochure that will summarize and promote the revamped screening clinic to the community.

Chandler is originally from Detroit, Michigan, and is an avid follower of his hometown sports teams. As an enrolled member of the Muscogee (Creek) Nation of Oklahoma, Chandler is extremely honored and proud to serve the American Indian community and hopes to continue working with the American Indian community for his entire professional career.

# Cultural Health through Language

## WATER in Different Indigenous Languages

*Water is a life-giving substance and our key to survival. Cultures throughout the world have developed differently based on their surroundings but every civilization, from landlocked deserts to small islands, recognizes the importance of water. In most cultures, the word for water is very short, usually one of the shortest words in the language. Water touches every aspect of our lives. It nourishes us and the environment, keeps us clean, and provides transportation and recreation.*



**APACHE** - TŪ

(Mescalero and Western)  
and Kōh (Jicarilla)

**ASSINIBOINE** - Mini

**BLACKFOOT** - Aohkū(yi)

**CHEROKEE** - Ama

**CHOCTAW** - Oka

**HOPI** - Kuuyi

**KICKAPOO** - Nepi

**MUSKOGEE CREEK** - Ovv

**NAVAJO** - Tō

**OMAHA** - Ni

**PAWNEE** - Kiitsu

**WICHITA** - Kits'a

**QUECHUA** - Yaku

**ZUNI** - Ky'awe



# Understanding Research: What is Health Literacy?

Healthy People 2010 defines health literacy as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions." Health literacy, like income, education and housing status, is an important forecaster of health.

There are four main areas of health literacy that come into play when making informed health decisions:

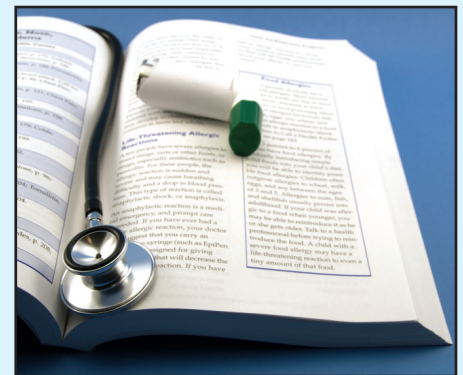
1. *Prose literacy*: Prose literacy is the knowledge and skills needed to search, understand, and use information from text, including editorials, news stories, brochures, and instructional materials.
2. *Numeracy or quantitative literacy*: Numeracy is the ability to understand and work with numbers in everyday life.
3. *Document literacy*: Document literacy is the knowledge and skills needed to perform tasks from documents such as job applications, payroll forms, transportation schedules, maps, tables, and drugs or food.
4. *Computer literacy*: Computer literacy is the ability to use a computer to find information, including visiting websites, interacting with others online, and using social media.

Even though health literacy encompasses other types of literacy, it is different. Health literacy focuses on being able to understand health information and use health services. For example, people need to be able to read and understand instructions on

medicine bottles, understand basic math to make sure they are taking the right amount of prescription drugs, fill out insurance forms correctly, and navigate the Internet to find appropriate health information.

Health educators teach people about health literacy in an effort to improve health. Research has shown that health behaviors such as substance abuse, breastfeeding and adherence to medication, are linked to health literacy. In addition, health knowledge such as birth control knowledge, cervical cancer screening, emergency department instructions, asthma knowledge, and hypertension knowledge, is linked to literacy.

In the *Research Results* section of the newsletter, we describe one way to test health prose literacy and numeracy. In an effort to show how people understand and apply health knowledge, researchers are always trying to improve health literacy tests.



# Research Results:

## The Test of Functional Health Literacy in Adults

Health literacy is the ability to get, read, understand, and use health information to make informed decisions about health care and follow instructions for treatment. An important area of health literacy is the patient-doctor relationship. To make educated health care decisions, patients need to know how to get and use health information. Additionally, doctors need to know if their patients understand the information that is given to them. Some assume that certain racial/ethnic groups have lower levels of health literacy. However, there are not a lot of studies that report a particular group's actual levels of health literacy.

To fill this gap, we looked at the health literacy of American Indians in Kansas and Missouri. This was important because CAICH wanted to develop health education materials and programs that were accessible and understandable by all. While there are several health literacy tests available, we chose to use the Test of Functional Health Literacy in Adults (TOFHLA). The TOFHLA is the best available test for measuring health literacy in a group because it tests reading comprehension (50 questions) and the ability to understand and work with numbers (17 questions, Figure 1). Participants were given 22 minutes to take the TOFHLA. This study spanned 2009-2010 and we recruited at health fairs and powwows. We had 310 participants take the TOFHLA and each received a \$10 gift card for their time. We scored the TOFHLA according to its instructions.

### Figure 1: Reading Comprehension Example

Your doctor has sent you to have a \_\_\_\_\_ X-ray.

- a) stomach
- b) diabetes
- c) stiches
- d) germs

We found that the majority (90.3%) of participants had enough knowledge and skills to guide their own health (adequate health literacy). We did see some small differences among genders (male/female), age groups (18-29, 30-49, and 50+), where a person grew up (reservation, rural, urban) and education (high school versus college). We are excited to be able to present positive results like these that challenge the assumptions some people make about American Indians and other racial/ethnic minority populations.

Our results may mean that people who attend powwows and health fairs are more interested in health topics than those who do not or that AIHREA's presence in the community is having a positive impact on the American Indian community's ability to get, read, understand, and use health information (and we hope we are!).

It is important to note that these results may not be a true picture of the health literacy levels of American Indians in Kansas and Missouri. Our participants may have chosen to participate in the study because they were more confident in their health literacy skills whereas others who were less confident may not have volunteered.

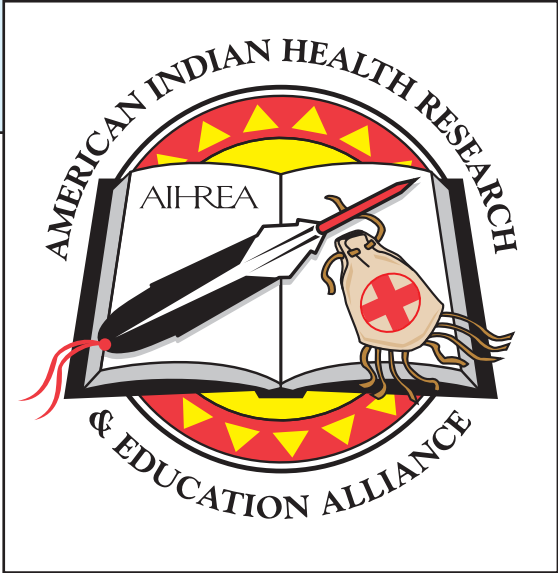
This study was important because it allows us to better craft health information and programs to meet the needs of the communities we serve. We will need to do an additional study to fully understand the health literacy of American Indians in Kansas and Missouri, not just people who attend powwows and health fairs.



## Figure 2: Numeracy Example

GARFIELD IM 16 Apr 93  
FF941858 Dr. Lubin, Michael

PENICILLIN VK  
250MG 40/0  
Take one tablet by mouth four  
times a day 02 (4 of 40)

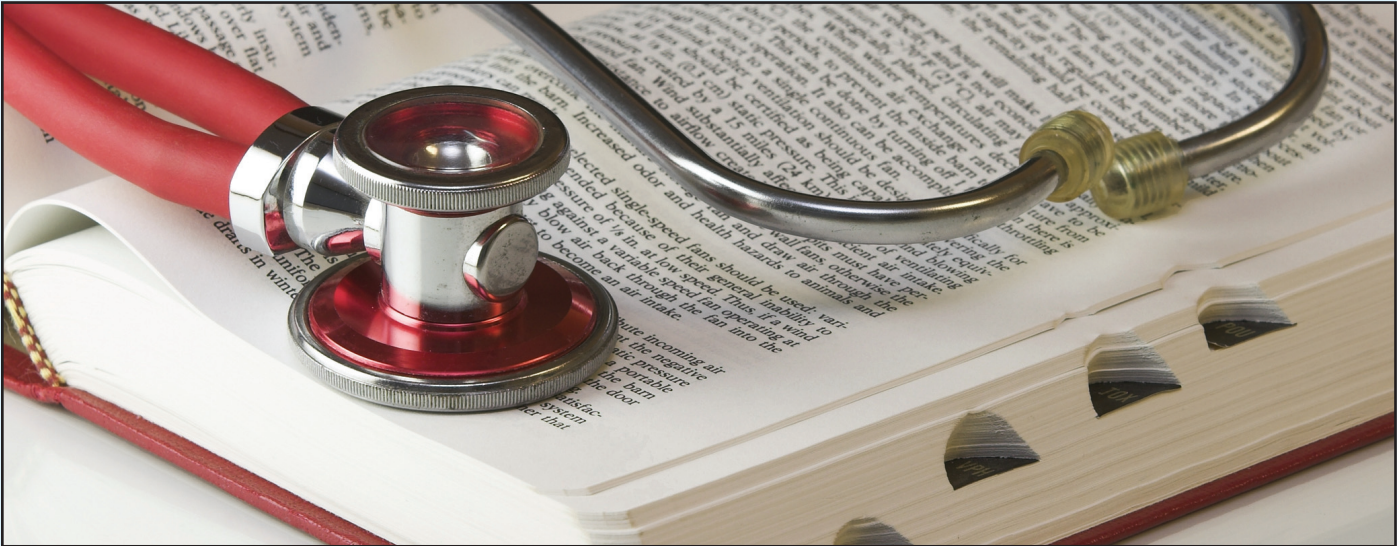


Participant is asked:

“If you take your first tablet at 7:00 am, when should you take the next one?”

“And the next one after that?”

“What about the last one for the day, when should you take that one?”



# Healthy Living: Staying Active in the Winter



As the temperature drops and the days get shorter, the temptation to hibernate in our warm homes all winter is great. However, staying active during the winter is beneficial not only to our physical health but also our mental and emotional health.

Physically active people get sick less than non-active people. Even those who only participate in moderate physical activity still have 20-30% fewer colds than those who do not exercise. Exercise improves our mood and relieves stress, which is important to those who may suffer from seasonal depression. Regular moderate physical activity also improves the quality

of our sleep and helps control our weight through the holiday season.

If you can brave the cold and conditions are safe (sidewalks and trails are clear of snow and ice), layer up and get outside to walk, run, or play with your children. If you live in an area where there is snow, sledding and building a snowman are excellent forms of exercise that you can do with your children. Ice-skating and cross-country skiing are effective family-based aerobic activities. Shoveling snow also provides good aerobic and strength building activity, but please take care to take breaks, stay hydrated and not over-exert

yourself when shoveling.

When stuck indoors, there are a variety of exercise options available. A Wii or Playstation have exercise game options, as well as the sports and "Just Dance" games. Turning on a CD with upbeat or powwow music and dancing indoors will get your heart rate up and provide health benefits. There are also several effective exercise DVD's available for purchase in stores and online such as the P90X series, Hip Hop Abs, and Insanity videos. Additionally, you can look up a variety of workout videos for different ages and abilities for free on YouTube©.



Many communities have community centers or gyms that offer exercise equipment, workout classes, or indoor pools. Costs vary by facility. The Lawrence, KS, community has 3 community centers with cardio equipment that is available for free. These community centers also host open gym for basketball players and offer exercise classes in dance, biking, Zumba, yoga and Pilates.

Jumping rope indoors, walking at a large shopping center, and doing exercises such as jumping jacks, pushups, squats, stretches, or even walking in place while watching television, are all no-cost ways to be active. Parking further away from your destination and taking the stairs at work are good healthy habits to adopt and include physical activity into your daily routine.

Don't let the low temperatures and shorter days compromise your health goals! Staying active during the winter will increase your appreciation for the warmer months and longer days.



# 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](http://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](mailto: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](http://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](mailto:acully@kumc.edu) or 913-945-7049.



To partner and collaborate with American Indian peoples, nations, communities, and organizations to improve the physical, mental, emotional, and spiritual well-being of American Indians throughout the U.S. through quality participatory research and educational programs.

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