

Family & Community Health News

Tobacco Education and Prevention Technical Support Center (TEPTS)



The Tobacco Education and Prevention Technical Support Center (TEPTS) program funded through the CDC office on Smoking and Health has four main goals: 1) Reduce initiation of commercial tobacco abuse among youth, 2) Educate youth and adults about the hazards of smoking commercial tobacco, 3) Reduce the amount of exposure of secondhand smoke to people in homes, work, and community buildings, and 4) Educate on sacred and traditional use of tobacco among the American Indian culture.

In order to effectively reach our goals TEPTS has several presentations that are available for Tribal health clinics, tribal groups and communities throughout California, Utah and Nevada. Presentations include:

- ❖ Tobacco 101, Traditional Tobacco: The use of traditional tobacco by American Indians for religious, ceremonial or medicinal purposes along with commercial use, ingredients and health effects.
- ❖ Native Teens and Tobacco: facilitator training to prevent the initiation of commercial tobacco use by American Indian Youth.
- ❖ Countering the Misuse of American Indian Imagery: Personal, global, and economic costs of commercial tobacco addiction. Reviews how the tobacco industry targets and misuses American Indian imagery.

- ❖ 5 A's: Learn five major intervention steps you can use as a health care provider. Learn how to support quit attempts.
- ❖ Second Hand Smoke Clean Air for Our Children: Defines second hand smoke (SHS), health effects of SHS, describes a tool that can be used in American Indian communities to help reduce SHS.
- ❖ Preventing Smokeless Tobacco use Among American Indian Youth: Reviews smokeless tobacco products, negative health effects of smokeless tobacco and its addictive qualities. Presentation designed specifically for youth.
- ❖ Tribal Tobacco Policy: Overview of the process of making your work, tribe, events and or communities tobacco free. Reviews how to select partners, research/drafting policy, policy presentation, establishing a committee, and how to stay connected/evaluation.
- ❖ Smokeless Tobacco: Reviews smokeless tobacco products, prevalence rate of smokeless tobacco use, negative health effects of smokeless tobacco and its addictive qualities (presentation for adult population).

If you would like to book a TEPTS presentation or get more information on the TEPTS program, please contact Calvin Hedrick at calvin.hedrick@crihb.net or at (916) 929-9761 ext. 1509.



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CALENDAR OF EVENTS

April 15th-17th
CRIHB Quarterly Board Meeting
CRIHB Office, Sacramento
Contact: Renee Bowden
(916) 929-9761

April 28th & 29th, 2010
5A's Tobacco Cessation
& Community Tobacco
Educator Training
Toiyabe Indian Health
Bishop, CA
Contact: Shelly Martinez
(916) 929-9761

May 25th-27th, 2010
Community Wellness Forum
California Tribal/Urban
Indian Health Care Conference
Monterey, CA
Contact: Satoka Barnette
(916) 929-9761

June 20th-25th
University of Utah School on
Alcoholism and Other Drug
Dependencies
Contact: Darla Pikyavit
(916) 929-9761

FCHS News Around the Office

We're Expecting!

We are expecting three new babies this summer in FCHS. Adriana Kimbriel, Health Education Specialist and Program Coordinator for our Community Challenge program is expecting a baby girl in August, Kathalena Avendano, the CDC TEPTS Center Program Manger is expecting a new baby in June and Satoka Barnette, the FCHS department Secretary will welcome a new baby girl in June. Congratulations to all the soon-to-be new parents here at CRIHB!



Happy National Nutrition Month!

March is National Nutrition Month®. The theme for 2010 is "Nutrition from the Ground Up." This year's National Nutrition Month theme is a great reminder for eating fruits, vegetables, grains, nuts and beans to create a healthy diet and understanding the role of nutrition in getting and staying healthy.

ATR Update

On March 10th the ATR staff completed and submitted the Access to Recovery grant proposal to fund additional AIR programming. The SAMHSA's Access to Recovery (ATR) initiative or American Indian Recovery (AIR) project proposes to serve 7,500 American Indian/Alaskan Native (AI/AN) clients over the next four years employing an expanded and capabilities-enhanced provider network of 85 qualified organizations.

Community Wellness Forum California Tribal/Urban Indian Health Care Conference

The conference will be held **May 25th-27th** at the Embassy Suites Monterey Bay - scenically located just two blocks from the beachfront in stunning Seaside, California.

This forum is designed to provide education and networking opportunities among Tribal/Urban health-care programs. Come expecting to build partnerships, gain knowledge and re-energize yourself in promoting community based health and wellness.

Topics include: Physical Activity/ Nutrition, Diabetes Prevention & Interventions, Behavioral Health Integration, Breast Feeding Promotion, Elder Falls, Injury Prevention, Youth Programming, HIV/AIDS, Tobacco Prevention

Registration is free and scholarships are available on a limited basis for lodging. Conference participants include, CHR's, PHN's, Outreach, Nutrition, Behavioral Health, Health Education and Community Champions. This conference is sponsored by the California Area Office, Indian Health Service and the California Rural Indian Health Board.

Contact: Beverly Calderon (760) 735-6884, beverly.calderon@ihs.gov or Stacey Kennedy (916) 929-9761, stacey.kennedy@crihb.net -for additional information.



University of Utah School on Alcoholism and Other Drug Dependencies

June 20th-25th, 2010

The School, which is recognized internationally, has continually expanded its scope to keep pace with increased knowledge of the health and social problems of alcoholism and other drug dependencies. All areas of these problems are presented in training sessions for professional and lay personnel. The School provides students with the latest methods and techniques for working effectively in their respective disciplines.

<http://medicine.utah.edu/uas/>

CRIHB will fund the registration and most travel expenses for CRIHB member program staff who wish to attend. Please contact Darla Pikyavit at (916) 929-9761 or darla.pikyavit@crihb.net to register.

Injury Prevention Update

Staff continue to provide SNAP (Safe Native American Passenger) course training and NHTSA Child Passenger Safety training. The next course is planned for March 30- April 3 in Arcata, CA. A bike rodeo is planned for Elk Valley Head Start in Crescent City May 18th. Keep a lookout for the Indian Health Service Injury Grant that should be released the week of March 22nd. This is a great opportunity for tribal programs to compete for five years of funding to address injuries in their communities. Keep safe and remember to always buckle up!

**Injury Prevention Mini-Grant
Deadline, May 1, 2010**

Pathways to Injury Prevention Injury Prevention Protocols

This past quarter has been a busy time for the Pathways to Injury Prevention staff Barbara Hart and Karen Santana. The IP staff is continually updating new tribal clinic staff on the topic of injury prevention. Often new clinic staff is not familiar with injury prevention program and finds difficulty in implementing effective strategies. The position may not have protocols in place for someone new to find and put into operation. This is where CRIHB Injury Prevention staff comes in. They have experience and expertise and are willing and able to provide technical assistance. IP staff has begun to develop injury prevention protocols for our programs and hope to have them for all areas of injury prevention. Each program is different when providing car seats and other IP resources to community members. CRIHB's IP staff feels it would be better to have a standardized protocol in place to serve as a more efficient tracking tool and to assure best practice. Our member's jobs are demanding and leave little time to develop protocols and forming strategies to address the many needs of their communities. In addition, we continue to distribute the Injury Prevention Tool Kit and are receiving positive feedback on its usefulness. We found that spending time sitting with a provider at their computer and showing them how to use the Toolkit determined whether it would be used in the future. You may contact Barbara Hart or Karen Santana to obtain a Toolkit @ 916-929-9761.

Benefits of Community Gardens

Community gardens foster the development of community identity and spirit.



Community gardens:

- Build community leaders.
- Offer a focal point for community organizing, and can lead to community-based efforts to deal with other social concerns.
- Produce traditional crops otherwise unavailable locally.
- Take advantage of the experience of elders to produce a significant amount of food for the household.
- Provide inter-generational exposure to cultural traditions.
- Offer unique opportunities to teach youth about: Where food comes from, the importance of community and issues of environmental sustainability.
- Community gardening is a healthy, inexpensive activity for youth that can bring them closer to nature, and allow them to interact with each other in a socially meaningful and physically productive way.
- Allow families and individuals without land of their own the opportunity to produce food.
- Provide access to nutritionally rich foods that may otherwise be unavailable to low-income families and individuals.
- Studies have shown that community gardeners and their children eat healthier diets than do non-gardening families.
- Eating locally produced food reduces asthma rates, since children are able to consume manageable amounts of local pollen and develop immunities.
- Exposure to green space reduces stress and increases a sense of wellness and belonging.
- Add beauty to the community and heighten people's awareness and appreciation for living things.

Fresh, Canned or Frozen?

Are there significant differences among fresh, frozen, canned or dried? No matter what form they take, fruits and vegetables are good-for-you foods that can be enjoyed at any time. While fresh fruits and vegetables are recommended, this does not mean they are the only healthy option. Research shows frozen and canned foods can be as nutritious as fresh.

For canned fruits and vegetables:

- Get the juice. For canned fruit, look for descriptions on the label like 'packed in its own juices,' 'packed in fruit juice,' 'unsweetened' or 'in syrup.' Fruits packed in juices contain less added sugar and fewer calories than fruits packed in syrup.
- Pinch the salt. If you are cutting back on sodium, look for descriptions such as "no salt added" and "reduced sodium" on the labels of canned vegetables.
- Savor the flavor. Use canned fruits and vegetables immediately after opening for maximum flavor and nutritional value. Handle leftovers as you would any perishable food.

For frozen varieties:

- Forgo the fat. When buying frozen vegetables, control fat and calories by choosing plain vegetables or those made with low-fat sauces.
- Check the label. Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label and choose unsweetened if you are limiting your sugar intake. Frozen fruit bars also make a nutritious snack, but read the label to learn if they're made with real fruit juice.



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