

What's going on at CTEC...

H1N1 Campaign

On March 29th, the California Rural Indian Health Board received a \$300,000 grant from the Emergency Preparedness Office of the California Department of Public Health (EPO/CDPH) as part of their effort to protect American Indians in California during the ongoing H1N1 influenza pandemic. While many different types of promotional materials have been developed over the course of the past year, CDPH recognized that there was a large gap in effective and culturally competent messaging to promote the influenza vaccine for American Indians. CRIHB, in an effort led by the health educators from the Family and Community Health Services Department and supported by the EpiCenter, will develop posters, brochures, factsheets and toolkits that will inform the urban/tribal AIAN population about influenza and its vaccine. In addition, CRIHB will produce both radio and television public service announcements that will reach beyond the influence of tribal/urban Indian health programs throughout California. We are excited for this opportunity to be a part of strengthening disease protection among American Indians in California and their communities for current and future influenza threats. **For more information or questions, please contact Virginia Myers at 916-929-9761.**



United Indian Health Services Award

On March 31, the United Indian Health Services (UIHS) held their Annual Awards Banquet at the Blue Lake Rancheria Casino & Hotel. Surrounded by many of the employees and community members of UIHS, the award "Friends are Good Medicine" was given to CTEC. We all are very excited to have received such a great award and was pleased to meet so many of those that our work contributes to out in the communities. Thank you very much UIHS and we continue to serve you and our tribal/urban programs with utmost service.



Babies at CTEC

The unique experience CTEC staff has is to experience a family and community friendly work place, we have many visitors to the center from various tribal communities as well as family members. Our most enjoyable visitors thus far are our current resident interns: our Program Coordinator Virginia Myers' son, Peygoy (b. October 2009) and our Director Kristal Chichlowska's daughter Monika (b. February 2009). They bring a smile to everyone when they are here. Giving us good reason to share this experience with all of you.



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Director's Message...

Good day to all,

I would like to provide a few brief updates on my activities over the last quarter. I have slowly been transitioning into my new position at CTEC, but thanks to a hard-working and dedicated staff, my transition has been much easier than anticipated.

In January, I had the opportunity to attend a tribal consultation to one of our member Tribal Health Programs to learn more about what health conditions and issues were of concern to their particular community. We sincerely appreciate and respect the time that we are given to both present on CTEC and to administer the Health Priorities Assessment survey during these tribal consultations. CTEC will use this information to help guide future public health efforts in the upcoming years. To date, CTEC completed thirteen on-site tribal consultations. The Health Priority Assessment survey is now on the CRIHB website and is available for those tribes and Tribal Health Programs we are not able to visit via tribal consultation. We will advertise the new link by sending emails and distributing a flyer. In January, I also had the opportunity to attend the CDC Tribal Consultation Advisory Committee (TCAC) in Atlanta, GA. I provided support to Reno Franklin, who is a member of TCAC, in providing testimony on behalf of CTEC.

In February, CTEC submitted our first R21 grant to the National Institutes for Health titled, 'Storytelling to Promote American Indian Oral Health.' If funded, we will be able to work with American Indian mothers to determine the acceptability and feasibility of a storytelling approach to reduce dental decay in children in Indian communities in California (CA). Also in February, both Rebecca Garrow, Research Associate, and I submitted an abstract to the American Public Health Association on the Tribal Asthma Survey Project. We hope to update the American Indian scientific community on both the successes and challenges of this project.

In March, I along with Thomas Kim, Medical Epidemiologist, updated Tribal Leaders on CTEC activities at the CA IHS Tribal Leaders' Consultation Conference in Morongo, CA. I also had the opportunity to act as a Proxy at the American Indian and Alaska Native Health Research Advisory Council meeting in Washington DC. I also want to bring to your attention our award from the United Indian Health Services (UIHS). Although I was unable to attend this awards ceremony in March, I want to thank UIHS for acknowledging our hard work and especially our dedication to improving the health status of American Indians in California. We appreciate the support of UIHS and other Tribal Health Programs throughout California and look forward to serving you in the upcoming years.

Sincerely,
Kristal Chichlowska



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What's going on at CTEC...

Childhood Obesity

First Lady, Michelle Obama formally announced a nationwide campaign called "Let's Move" to end the epidemic of childhood obesity in the United States in a single generation. The campaign calls for a number of initiatives that targets four key areas:

- ◆ Getting parents more informed about nutrition and exercise
- ◆ Improving the quality of food in schools
- ◆ Making healthy foods more affordable and accessible for families
- ◆ Focusing more on physical education



This is an important initiative because childhood obesity is a significant problem in our Native communities. The prevalence of obesity in American Indian and Alaska Native (AIAN) populations has increased dramatically in preschool and school-age children, it is three times higher than the rate in the U.S. population. About 40% of AIAN children are overweight. Obesity is a risk factor for diabetes that now affects over one quarter of the adult AI population. Obesity-associated morbidity includes type 2 diabetes, cardiovascular disease, and some cancers. President Obama signed a presidential memorandum to create the first-ever federal task force to provide "optimal coordination" between private sector companies, not-for-profits, agencies within the government and other organizations to address the problem of childhood obesity. "We want our kids to face a different and more optimistic future in terms of their lifespan," said First Lady Obama. CTEC continues to remain invested in areas of prevention, specifically childhood obesity and is excited about the potential opportunities to work with Mrs. Obama and the administration.

Tribal Leaders Consultation

The Indian Health Service California Area Office hosted the Annual Tribal Leaders' Consultation Conference March 9-11, 2010 in Cabazon, CA. CTEC Director, Dr. Chichlowska as well as CTEC Medical Epidemiologist, Dr. Kim were invited to speak and update the California Tribal Leaders on the EpiCenter.

Dr. Chichlowska provided the Leaders with a full overview of the current successes of CTEC including our Community Health Profiles, Health Priorities Assessment, Tribal Asthma Survey, as well as other ongoing projects and products. Dr. Chichlowska also spoke about our proposed National Institutes of Health grant focusing on early childhood caries and potential obesity prevention projects. Dr. Kim outlined CTEC efforts during the H1N1 outbreak, as well upcoming H1N1 vaccine promotion activities. In addition Dr. Kim discussed the current proposed immunization linkage study which partners with the IHS.

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What's going on at CTEC...

Tribal Leaders Consultation (Continued)

The Tribal Leaders' were excited to hear about the progress our EpiCenter has made and are eager to see where we are headed. CTEC staff hosted two separate tables during the consultation. Rebecca Garrow and Jared Dunlap administered the Tribal Asthma Survey which gave Tribal Leaders' the opportunity to participate in one of the EpiCenter's current projects. Richelle Harklerode and Virginia Myers also hosted a table and provided copies of the California Community Health Profile. Richelle and Virginia found that many of the Leaders' were keyed into the EpiCenter and had positive feedback to give the staff on what they have seen so far. Attending the Tribal Leaders' meeting is one of many ways the EpiCenter continues to engage and involve California Tribes and Tribal Health Programs with our programs.

Tribal Asthma Survey Project (TASP) Update

The California Tribal Epidemiology Center (CTEC), in collaboration with the California Department of Public Health - Environmental Health Investigations Branch, are conducting a comprehensive survey on asthma and housing conditions in California Indian communities. To date, 569 surveys have been collected from 8 sites. We have gathered surveys from the CRIHB Board of Director's 40th Anniversary Meeting, the Manchester-Point Arena Tribal Meeting, the Sacramento Native American Health Center Winter Banquet, the Tribal Leaders Consultation Conference in Morongo, the Cal-State Long Beach Pow-Wow, the Tule River Indian Health Fair, the Fresno State University Pow-Wow, and the Humboldt State



University Big Time. Future sites include, the Georgetown NatureFest, and the Riverside/San Bernardino Indian Health Fair. The survey takes approximately 20 minutes to complete and is voluntary and anonymous. American Indian/Alaska Native participants over the age of 18 who complete a survey will receive a \$15 gift card to Target, Vons, Safeway, or Shell Gas Station. The results of this survey can be used to improve programs related to asthma and housing conditions in



California Indian communities. If you are aware of cultural events that would be good sites for survey dissemination, **please contact Rebecca Garrow at rebecca.garrow@crihb.net or 916-929-9761 x1901.**

