

Family & Community Health News

American Heart Month in February is a great time to raise and promote awareness of staying healthy through exercise, good nutrition and tobacco cessation.

Heart disease is the leading cause of death for American Indian/Alaska Native women. Heart disease has also become a major cause of disability and hospitalizations for American Indians/Alaska Natives. More than half of AI/AN's have at least one risk factor for heart disease, including diabetes, high blood pressure, obesity, lack of exercise, and smoking.

Many studies have shown that women with diabetes have more than three times the risk of developing heart disease - the number one killer of all women - than women without diabetes. (Men with diabetes have a 1.7 higher risk.) Even younger women with diabetes have an increased risk of heart disease.

Why do women with diabetes face an increased risk of heart disease? When women develop diabetes, they have more adverse changes that add to heart disease risk. Their blood pressure rises, HDL (good) cholesterol levels fall, and abdominal fat increases. Similar changes occur in men with diabetes, but not to the same extent as in women.

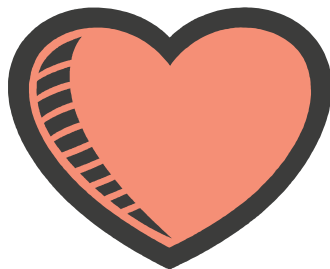
Although significant progress has been made in increasing awareness among women from 34 percent in 2000 to 69 percent in 2009-most fail to make the connection between its risk factors and their personal risk of developing heart disease. In fact, heart disease kills one out of every four American women.

American heart month in February is a great time to raise and promote awareness of women's heart disease and empower women to reduce and prevent their risk. This is a great time to reach women with important heart health messages in community and clinic settings.

Sample activities may include:

- Organize free heart health screenings at a community venue.
- Have all the staff wearing red on the first Friday in February and promoting heart healthy activities.
- Collaborate with existing community activities, such as organizing a team to join a local American Heart Association Heart Walk.
- Ask the kids to decorate heart health gifts for their mothers or grandmothers, asking that they take care of their hearts.
- Organize a Red Dress Seminar/Health Fair.
- Sample heart healthy foods in the lobby

For more information, visit <http://www.hearttruth.gov> or call the NHLBI Health Information Center at 301-592-8573.



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CALENDAR OF EVENTS

February 5th

Healthy Relationships Training
CRIHB Office, Sacramento
Contact: Jennifer Parsons
(916) 929-9761

February 27th

TCOYD Conference & Health Fair
Sacramento Convention Center
Visit: <http://tcoyd.org/national-conferences/sacramento-2010>

March 7th-12th

The 31st Annual Indian School
Albuquerque, New Mexico
Contact: Darla Pikyavit
(916) 929-9761

March 25-27

33rd Annual California
Conference on American
Indian Education
Santa Clara, CA

March 30th - April 3rd

National Standardized Child
Passenger Safety Certification
Course, Eureka, CA For more
information please contact:
Contact: Karen Santana
(916) 929-9761

FCHS News Around the Office

Staff Changes!

FCHS is excited to announce that we have a new ATR Project Director!

Hello. My name is Amanda Nugent. I'm the new ATR Project Director. My Master's of Science degree is in Clinical Psychology and I am a Licensed Marriage and Family Therapist in the great state of California. I am originally from Louisiana but have lived and worked as an LMFT and writer for the last ten years in Los Angeles, California. Thank you for the warm welcomes and your generosity with helping me get oriented in this new position.

33rd Annual Indian School on Alcohol and Other Drug Related Issues

"Healing Addictions Through Education, Treatment, and Native Traditions"

March 7th-12th

Marriott Hotel • Albuquerque, New Mexico

Participants include substance abuse counselors, clinicians from a variety of treatment modalities, mental health professionals, managers and administrators, Tribal court judges, Tribal Councils, educators, social workers, family service and TANF personnel, clergy, corrections and law enforcement professionals, housing managers, nurses, physicians, and many others.

CRIHB is now taking registrations for CRIHB member clinic staff who wish to attend this training. Contact Darla Pikyavit @ 916.929.9761

Smokeless Tobacco Cessation and Prevention in Rural California American Indian Dental Clinics

A recent grant funded by the American Legacy Foundation has enabled the Family & Community Health Services Department to expand our tobacco prevention and cessation services to include smokeless tobacco. This innovative project entitled *Smokeless Tobacco Cessation and Prevention in Rural California American Indian Dental Clinics* includes three intervention clinic sites which are: Sonoma County Indian Health Project, Central Valley Indian Health, and United Indian Health Services. Our project focuses on four major components: 1) the provision of a comprehensive, culturally appropriate tobacco training for dental professionals, which was hosted on 10/2/09 at the CRIHB Central Office (eligible attendees earned continuing education units); 2) development and distribution of tobacco cessation quit kits to patients interested in quitting; 3) creation and distribution of culturally appropriate multimedia prevention and cessation materials such as: brochures, posters, and a Public Service Announcement; 4) evaluate effectiveness of quit kits and cessation support materials.

This one-year project has allowed CRIHB to delve into a new niche, to prevent initiation of smokeless tobacco use while providing necessary services to smokeless tobacco users within our American Indian communities. For more information on this project, contact Jackie Kaslow at 916-929-9761.

Healthy Relationships Training

February 5th, 2010

This is a free event, space is limited to the first 30 registrants. The intended Audience is Native American community members, individual Native American men and women seeking to improve their relationship with their partner and other personal relationships.

This is not a training of trainers. If you wish to become a facilitator of this curriculum contact Native Wellness Institute directly at (503) 669-7669 or www.nativewellness.com

Training Location: California Rural Indian Health Board, Inc.
4400 Auburn Blvd., 2nd Floor,
Sacramento, CA 95841

For More Information contact: Jennifer Parsons at 916 929-9761 Or email at jennifer.parsons@crihb.net

SAVE THE DATE

Community Wellness Forum-
California Tribal/Urban Indian
Health Care Conference
Date: May 25th-27th
Location: Monterey, CA

Upcoming Tobacco Education Events

TEPTS Community Tobacco
Educator Training
Banning, CA
February 4-5, 2010

Native Tobacco Policy Summit
Seattle, Washington
February 18-19, 2010



Children's Health Insurance Program Reauthorization Act (CHIPRA)

The Children's Health Insurance Program Reauthorization Act (CHIPRA) of 2009 was one of the first pieces of legislation passed by the 111th Congress and signed by President Obama on February 4, 2009. California has several subsidized public health programs intended to cover uninsured children with low-to-moderate family income. Medi-Cal (California's Medicaid program) and Healthy Families (California's Children's Health Insurance Program (CHIP) program) are two such programs and both are funded by a combination of state and federal dollars. Currently, families with household incomes at or below 250 percent of the federal poverty level (FPL), and who are citizens or legal residents, are eligible for Medi-Cal or Healthy Families.

Over the past few years the California Legislature and the Healthy Families administrative unit (MRMIB) have implemented a series of program modifications that are designed to improve the coverage rate and total enrollment of Healthy Families. This responsiveness of MRMIB to the AIAN community has helped build trust in MRMIB, and the agency is seen as supportive in the community.

Given the continual low/slow enrollment of AIAN into Healthy Families and the lack of knowledge of the program, CRIHB feels there is inadequate outreach to AIAN Community. FCHS is in the process of applying for a CHIPRA Outreach & Enrollment grant to improve enrollment of children who are Indian.

Mini-Grants Available Through FCHS



TEPTS is excited to announce that the 2009-2010 mini-grants are available. Tribes, tribal health programs, and tribal organizations in California, Nevada, and Salt Lake City, UT can apply for a mini-grant award of up to \$2,000 to implement a tobacco education event for their community. A few examples of some of the events done in the past include tribal gatherings, handgame tournaments, and youth camps. Applicants that include commercial tobacco free policies for their event and community will be given priority. Applications and more information can be found on the CRIHB website (www.crihb.org) or by contacting William Harrison at 916-929-9761 or via email at william.harrison@crihb.net.

Funding American Indian Community Injury Prevention Activities (FAICIPA) Mini-Grant Program

Applicants will be funded for Child Passenger Safety (CPS), Seatbelt Safety; Helmet Safety, or Elder Fall Safety prevention activities. This funding opportunity is only open to full CRIHB member tribal health programs. For more information contact Karen Santana at 916-929-9761 x 1512 or karen.santana@crihb.net.

Key Dates:

- 1) May 1, 2010 - Application Deadline
- 2) June 30, 2010 - Complete mini-grant activity
- 3) July 31, 2010 - Final Report & Receipts Due



Healthy Help

- Take children with you to the grocery store and ask them to help you pick out a "rainbow" of fruits and vegetables.

Eat More Broccoli

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat-free vegetable dip. Vegetable dips can be found at most grocery stores. Or you can make your own dip with fat-free sour cream and a packet of seasoning mix.
- Add broccoli and other vegetables to soups, pastas, omelettes and casserole dishes.

Helping Your Child Eat Healthy

- Start the day with 100 percent fruit juice.
- Provide healthy after-school snacks like a piece of citrus fruit or canned mandarin slices (packed in 100 percent fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add tangerines to green salads for flavor and color.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or use juice to make reduced fat salad dressings.

For more ideas, visit:
www.kidsnutrition.org



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Visit our website at
WWW.CRIHB.ORG

