CTEC Membership

CTEC members and health programs can request data-related technical assistance. Once a data sharing agreement is in place, CTEC may access health information, which can be used to help health programs monitor local or regional AIAN health status and to evaluate needs.

Find out more information at:
www.crihb.org/services-2/
or e-mail us at:
epicenter@crihb.org

Current CTEC Projects

Health Priority Survey: CTEC staff are surveying 27 Tribal and Urban Indian Health Programs and their communities to guide future CTEC work.

AIAN Maternal and Child Health Data Booklet: CTEC staff are compiling statistics from several data sources to produce a AIAN Maternal and Child Health Data booklet.

Core Evaluation: CTEC staff are collecting data towards the goal of producing an annual evaluation report of CTEC’s work.

Good Health and Wellness in Indian Country (GHWC) Evaluation: CTEC staff conducted interviews of GHWC sub-awardees and will provide ongoing epidemiologic support for the ACORNS project. The CTEC Director recently attended the GHWC mid-point meeting in Atlanta, GA.

Methamphetamine and Suicide Prevention Initiative (MSPI) and Domestic Violence Prevention Initiative (DVPI): CTEC staff are conducting site visits and planning local data collection with eleven MSPI and DVPI grantees throughout the state of California.

Tribal PREP: CTEC staff are carrying out a needs assessments and ongoing analyses of 10 participating communities. This data will instruct teen pregnancy and STD prevention work.

Native Connections: CTEC staff are evaluating suicide and substance abuse prevention initiatives within eight communities throughout California.

Project PaTHwAY: CTEC Staff are preparing for the Phase II kick-off this summer, which includes youth outreach efforts and role model storytelling components.

Director’s Message

Welcome to the newly updated California Tribal Epidemiology Center (CTEC) newsletter! Dawn Blackhorse and Marissa Miller, two new CTEC staff members, helped to reformat the text to be more reader-friendly. I look forward to hearing what you think.

This issue of the CTEC newsletter has a focus on Maternal and Child Health and includes some statistics about breastfeeding among American Indian/Alaska Native (AIAN) mothers in California. There is also a Program Spotlight article that I think you will enjoy from Dr. Martinez at United Indian Health Services, Inc., which is based in Humboldt and Del Norte counties.

I also want to point your attention to the CTEC “Reports” webpage, where we will post a California AIAN Maternal and Child Health data booklet by September 2017. Zoilyn Gomez, CTEC Epidemiologist, has been compiling statistics from several data sources for the booklet, and CTEC is excited to share it with you. The CTEC “Reports” webpage can be accessed at: https://crihb.org/ctec-reports/

Wishing you all the best,

Maureen Wimsatt, PhD, MSW
Director, California Tribal Epidemiology Center
California Rural Indian Health Board, Inc.
California Breastfeeding Statistics

By Omara Farooq, MPH

Breastfeeding provides the most complete form of nutrition for infants and contributes to the well-being of families. This article describes information from the Indian Health Service (IHS), the World Health Organization, and United Nations Children’s Fund Baby-Friendly Hospital Initiative (BFHI). Breastfeeding data are presented from the California Newborn Screening (NBS) Program and Indian Health Service Performance Measures (IHSPM) for the Government Performance and Reporting Act (GPRA).

The Baby-Friendly Hospital Initiative: The IHS reports the Baby-friendly hospital initiative will create a healthy start for babies and lead to a reduction in childhood obesity. IHS is encouraging clinicians to support policies and practices that adopt breastfeeding as the exclusive feeding choice for infants in their first six months of life. Leading to a reduction in future medical problems and decreased health care costs.

California Newborn Screening (NBS)

Program: California in-hospital feeding practices are monitored using data collected by the NBS Program. All non-military hospitals providing maternity services are required to complete the NBS Test Form. In addition to tracking diseases and metabolic disorders, the NBS Program gathers data on all infant feedings from birth to time of specimen collection, usually 24 to 48 hours since birth. In 2014, from birth to time of specimen collection, the NBS Program gathers data on all infant feedings.

Health Service Performance Measures (IHSPM): In 2013, the IHSPM for GPRA began reporting whether infant patients were exclusively or mostly breastfed at 2 months of age. In 2016, 45% of infants that received services at a reporting California area Tribal Health Program (THP) were mostly or exclusively breastfed, compared to 35% across all IHS areas.

Meet the Staff

Maureen Wimsatt, PhD, MSW, Program Director

Maureen comes to CTEC from Michigan, by way of Washington state and Maryland. She has worked in community-based research for 14 years and has a particular interest in working with rural communities. Maureen likes to visit new places and go hiking.

Zollyn Gomez, MPH

Epidemiologist

Zollyn comes to CTEC from Miami, Florida. Zollyn is particularly interested in studying health inequities and disparities. Zollyn loves to try new types of food, go to concerts, and play games (video, card, and board).

Kathy Greer

Administrative Assistant

Kathy is a native Californian from the Central Coast. With a background in law she brings a unique and valuable skill set to CTEC. In her free time, Kathy enjoys gardening, reading, and exploring beautiful Northern California with her husband.

Dawn Blackhorse

Outreach Coordinator

Dawn is from Northern California. She is Lakota from the Rosebud Sioux Tribe. Dawn has a Bachelor of Arts degree in Social Science from California State University, Chico and experience in Social Services. She enjoys hiking and camping.

Omar Martinez, MD

Program Director

Omara is a native Californian from the Central Valley. She is a graduate from the University of California, Davis Master of Public Health program and is excited to be a part of CTEC. She enjoys traveling, spending time with her family, and gardening.

Michael Mudgett, MPH

Epidemiologist

Michael moved from Seattle to join the CTEC team. He is from the Spirit Lake Dakota Nation in North Dakota. His experience and background fuels his passion for working with Native peoples. He enjoys watching sports and taking road trips.

Marissa Miller, MA

Program Evaluator

Marissa recently relocated to Sacramento with her husband from Boulder, Colorado. She brings experience in academic and federally funded research focused on equity. She enjoys cooking and mountain biking.

Wyatt Mitchell, MSW

Program Evaluator

Wyatt is a native Californian from the Bay Area. He has experience with program evaluation and grant writing for community organizations and public health clinics. He enjoys camping and visiting friends and family across the country.

References:

https://www.cdc.gov/breastfeeding/

https://ihs.gov/babyfriendly/benefits/


California Breastfeeding Rates, 2013-2016

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IHS Breastfeeding Rates, 2013-2016

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Take Home Recipe: Avocado Puree Baby Food (4-6 Month Olds)

A recipe suitable for the introduction of pureed avocado to an infant age range of 4 to 6 months.

Ingredients:
1 Avocado
Breast milk, formula, or water

Directions:
1. Peel avocado and remove pit.
2. Mash avocado with a fork or blend in food processor.
3. Add to mixture breast milk, formula, or water to reach the desired consistency. Place avocado pit into remaining prepared puree to prevent browning. Refrigerate any unused puree.
Take Home Recipe: Spinach and Yam Puree Baby Food
(7-9 Month Olds)

A recipe suitable for introduction of spinach and yams to infant age range of 7 to 9 months. You can use thicker purees with more ingredients.

Ingredients:
1 small yam, peeled and cut into small cubes
1 cup spinach
Water or vegetable stock

Directions:
1. In a large pot bring the yams to boil with water or vegetable stock to cover. Simmer for 10 minutes. Add spinach to the pot with the yams and cook until tender.
2. After cooling the yams and spinach, drain off the water. Place yams and spinach into food processor or blender and puree until smooth.
3. Let mixture cool before serving to baby. Refrigerate any unused puree.