



Life is Sacred | Keep it Sacred

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Board of Directors



California Rural Indian Health Board



Great Plains Tribal Chairmen's Health Board



Northwest Portland Area Indian Health Board



Southeast Alaska Regional Health Consortium

The New Smoking Story: Going Blind

A leading cause of vision loss is now clearly linked to smoking. And a woman fighting to save her eyesight tells her story in CDC's new ads - with the hope of inspiring smokers to quit now.



Losing your eyesight joins a long list of illnesses that are linked to smoking - but it comes as a surprise to many smokers. Marlene certainly never imagined that smoking could lead to a serious eye disease or even blindness when she started smoking in high school. She's one of the real people in CDC's *Tips From Former Smokers* (*Tips*) national tobacco education campaign. New, hard-hitting ads appear across the United States starting March 30, 2015. The ads urge smokers to quit and to call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569) if they want free help.

Smoking causes immediate and long-term damage to the body, including heart disease, diabetes, and many types of cancer. In 2014, the U.S. Surgeon General's report, *The Health Consequences of Smoking - 50 Years of Progress*, confirmed that macular degeneration, Marlene's eye disease, can be caused by smoking. Marlene is one of five people from across the country featured in the newest *Tips* campaign.

Letter from the Director

In many places throughout Indian Country, we are welcoming in the spring season. In the midwest region, we enjoyed Round Dances throughout the winter time and now we look forward to the Pow Wow season. It is always "recharging" to see and hear the beautiful display of who we are as American Indian/Alaskan Natives through song and dance!

The National Native Network (NNN) had a busy winter season working diligently with our NNN Partners. We are moving into the busy spring/summer season prepared and focused. Already presentations have been made at the United South and Eastern Tribes (USET), where Edy Rodewald (Southeast Alaska Regional Health Consortium), Chris Cooper (California Rural Indian Health Board) and the NNN are able to present at the USET "GPRA Best Practices Conference".

Attending and representing the NNN at the National Indian Health Board's (NIHB) 6th Annual Tribal Public Health Summit were Noel Pingatore, Robin Clark and Josh Mayo. We were very excited to have been selected to present during the conference/ Richard Mousseau (Great Plains Tribal

Chairman's Health Board), Chris Cooper (CRIHB) and Robin Clark (Inter-Tribal Council of MI) lead a roundtable discussion on "Tribal Smoke Free Policies and Culturally Relevant Cessation".

We also wanted to recognize Kristine Rhodes (American Indian Cancer Foundation), a member of the NNN's *Cancer Advisory Committee*, who also presented at the NIHB conference regarding "Utilizing Systems Change to Address Commercial Tobacco within Tribal and Indian Health Service (IHS) Clinics: A Feasibility Study".

This month the NNN, along with Sadie In The Woods (Great Plains Tribal Chairman's Health Board), Edy Rodewald (SEARHC), and Deana Knauf (ITCMI) will be participating in a *Surveillance & Evaluation Webinar and Coffee Break Series* titled, "The Use and Development of Success Stories: Examples from Tribal Communities". This will take place on April 23rd from 3:00 to 4:30PM. To join the webinar, either click on this link: <http://emory.adobeconnect.com/sewebinars> or dial 1-719-867-1571 and use passcode 495017.

During May 20th-22nd, the NNN will be presenting with Edy Rodewald (SEARHC) at the Alaska Tobacco Control Alliance's Summit on the topic, "Commercial Tobacco Use and Health Burdens on AI/AN". As you can see, the NNN Partners and staff are working hard to continue to have an impact throughout Indian Country!

The NNN Partners and ITCMI staff are working almost daily with OneUpWeb on the design, content and resourcefulness for the new site. We anticipate that by late May/early June the new site will be live. As stated in the prior newsletter, we have created a Linked In profile and will be sharing information and resources through this page: <https://www.linkedin.com/company/national-native-network>. We ask that you continue



National Native Network's presentation
at USET conference



NNN Technical Assistance Webinars

National Native Network technical assistance webinars are hosted on the last Tuesday of each month from 3-4 PM Eastern time.

We are happy to continue working with the Indian Health Service Clinical Support Center to offer continuing education units for select upcoming technical assistance webinars.

Winter/spring TA webinars:

April 28: PSE 101

May 26: Tribal Healthcare Policy and Systemic Issues in Cancer Care

June 30: TBD

July 28: Colorectal Cancer Screening: Flu/FIT - In Partnership with American Cancer Society

August 25: HPV - In Partnership with ACS

For more information or to register for a webinar, visit us on Facebook, Linked-In, and www.KeepItSacred.org.

to visit our website, www.KeepItSacred.org, to learn more about the National Native Network and encourage and invite you to "like" and follow us on [Facebook](#) and [Twitter](#). Social media allows us to share our activities and to keep connections up to date on relevant information, upcoming informational webinars, and opportunities that might assist you in both your personal and professional lives.

Megwetch (thank you),

Derek J. Bailey, MSW

Program Director

National Native Network

Inter-Tribal Council of Michigan



CDC Continues *Tips From Former Smokers* Campaign

"I was suffocating to death!"

That's how Michael - an Alaska Native and member of the Tlingit tribe - thinks back to why he quit smoking. Michael tried his first cigarette at the age of 9 and was addicted to cigarettes for most of his adult life.

At 44, he was diagnosed with chronic obstructive pulmonary disease, of COPD - a condition that includes chronic bronchitis and emphysema - that makes it harder and harder to breathe. He ignored the symptoms until age 52, when he awoke gasping for air. He quit smoking that day. Since then, Michael had part of his lungs removed to make it easier to breathe. Michael now needs a lung transplant. His doctor gave him 5 years to live, and that was 5 years ago, which is why he is called a ghost walker by some people in his tribe.



Nathan was a member of the Oglala Sioux Tribe and lived in Idaho. He was exposed to secondhand smoke at work that caused permanent lung damage and triggered asthma attacks so severe he had to leave his job. His illness led to his death on October 17, 2013. He was 54. [Watch Nathan's Tips video.](#)

Nathan, a Native American and member of the Oglala Sioux tribe, had never smoked cigarettes. Nathan used to be active and athletic, and he loved to participate in tribal dance competitions. For 11 years, he worked at a casino that allowed smoking. The exposure to secondhand smoke triggered asthma attacks and caused him to develop serious infections that eventually led to permanent lung damage called bronchiectasis. "The casino was filled with smoke from so many people smoking," he says. Breathing in other people's smoke on a daily basis made his health so bad that he felt he had to leave that job.

After getting sick, dancing a few steps wore him out. Nathan's lung damage led to his death when he was just 54.

Cigarette smoking is more common among American Indians and Alaska Natives than most other racial/ethnic groups in the United States. Smoking cigarettes increases the chance of losing members of your tribes to smoking-related illnesses and losing elders to smoking related diseases before they can hand down tribal customs and traditions.

The decline in smoking prevalence has leveled off in recent years. But as Dr Tim McAfee, director of the Office of Smoking and Health at the Centers for Disease Control and Prevention said, "It has been challenging to make progress in getting people to quit smoking in the last several years."

That's why in 2012, CDC launched the *Tips from Former Smokers* campaign. The *Tips* campaign focused on people with health problems caused by smoking or exposure to secondhand smoke. The hard-hitting ads are intended to further lower smoking rates, save lives, and prevent the kind of suffering that Michael, Nathan, and their families have endured.

Ads specifically developed for American Indians and Alaska Natives feature Michael and Nathan. Their ads focus on their desire to lead a full life and be with family and friends as much as possible, despite their smoking-related health problems.

Both Nathan and Michael hoped that by sharing their stories they could help other American Indian and Alaska Native smokers to quit. Young people were a special passion for Nathan. He urged teens not to start smoking and if they did, to quit. He encouraged everyone to protect children from secondhand smoke.

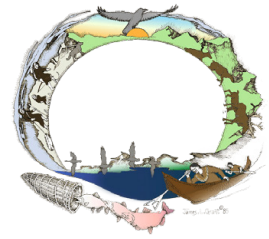
Michael says in his radio ad, "My tip for you is to quit smoking now and live your life as a person, not a walking ghost."

For more information about the *Tips* campaign and resources for quitting smoking, visit CDC.gov/tips.

National HPV Vaccination Roundtable

The NNN is pleased to mention that Kerri Lopez from Northwest Portland Area Indian Health Board was invited to participate in the American Cancer Society's First National HPV Vaccination Roundtable. The roundtable identified seven pilot projects that will be implemented by the members over the next year.

Tanana Chiefs Conference Interweaves People, Culture and the Tobacco-Free Movement



Tanana Chiefs Conference (TCC), an Alaska Native Non-Profit Organization based in Interior Alaska, has been implementing a Tobacco-Free Movement throughout the region by working together and promoting cultural values.

The movement began in 2014, as TCC's Tobacco Prevention Program began working with other TCC departments to implement a Tobacco-Free Policy across all TCC campuses.

Rebecca Fisher, TCC's Tobacco Prevention Policy Director, compares this sense of unity to the traditional art of Athabaskan beadwork. "Our program works like beadwork," said Fisher, "We interweave everything together joining the beads to the hide to create a beautiful piece of artwork."

Widespread support for the policy was a necessity. The Tobacco Prevention staff involved every TCC Department, representatives from the interior tribes, and representatives from all TCC's properties to talk about potential challenges and how to address them. They talked about how the policy worked for everyone, not just employees, but also visitors, Elders and future generations.

"By involving everyone, it has taken the burden of enforcing the tobacco-free policy off of one department," said Fisher, "It is up to all TCC employees and even visitors to implement the policy, enforce it and make it more effective."

In September, TCC officially adopted the tobacco-free campus policy, making all TCC business offices and rural properties a safe place for people to breathe smoke-free air.

While the Tobacco-Free Policy was a huge milestone for TCC, it was also important to communicate the negative effect of tobacco usage with the people that TCC's serves. There are nine Native languages within the TCC region. Fisher, a Gwich'in Athabaskan, has been working on translating tobacco prevention materials into her language. The translated materials, which also include a public service announcement spoken entirely in Gwich'in, have received the attention of the National Native Network. Fisher encourages tribes, both locally and nationally, to translate into their languages.

"It's more than just changing a word from one language to another," said Fisher, "Translating a poster showing the effects of tobacco use on the body, I need to stop and think, 'How would a Gwich'in person see this?' and 'What will make me think this is important to me?'"

Translating material becomes a bridge between language and culture. By translating materials, TCC is incorporating cultural values; making messaging more relevant to the people they serve.

Opportunities

REQUEST FOR PARTICIPATION: The Center for Disease Control is seeking women 18-44 to share their stories regarding breast and ovarian cancer as part of their upcoming *Bring Your Brave* campaign. The deadline is May 15th. See www.cdc.gov/BringYourBrave/casting for more information.

SCHOLARSHIP: Legacy is offering \$5,000 scholarships to youth working on commercial tobacco use prevention/control using creative arts, applications are due April 30. See www.legacyforhealth.org

PATIENT TRAVEL ASSISTANCE: Leukemia and Lymphoma Society Patient Travel Assistance Program is available to blood cancer patients in need of financial assistance for certain expenses. Providers, caregivers, and patients may submit an application by phone or online at www.lls.org

CALL FOR ABSTRACTS: The National Tobacco Prevention Institute, with the help of the NNN and other organizations, will be hosting "Working Together for Commercial Tobacco-Free American Indian/Alaska Native Communities in Albuquerque July 14-15. If you would like to present or host a work shop follow this link, [NTPI Registration](#), the deadline is May 1, 2015.



Events

April 22-24 Prevent Cancer Foundation *Dialogue for Action*; Baltimore, MD

April 23-26 Association of American Indian Physicians *23rd Cross Cultural Medicine Workshop*; Santa Fe, NM

April 28 NNN Technical Assistance Webinar PSE 101

May 1-2 Healthcare Partnership *Tobacco Dependence Treatment Certification Program*; Tuscon, AZ

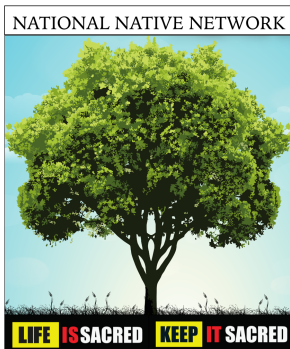
May 19-21 California Area Indian Health Service and the National GPRA Support Team *California Provider's Best Practices & GPRA Measures Continuing Medical Education*; Sacramento, CA

May 20-22 Alaska Tobacco Control Alliance *Tobacco Summit*; Anchorage, AK

May 26 NNN Technical Assistance Webinar Tribal Healthcare Policy and Systemic Issues in Cancer Care

July 14-15 National Tobacco Prevention Institute *Working Together for Commercial Tobacco-Free American Indian/Alaska Native (AI/AN) Communities*; Albuquerque, NM

If you have an event or opportunity to share in the next NNN Newsletter, please call or email the National Native Network team at 906-632-6896 x106 or nnn@itcni.org



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