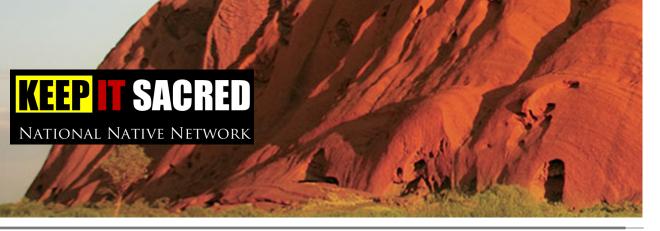
March 15, 2017



# Life is Sacred | Keep it Sacred

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#### **Partner Agencies**



Inter-Tribal Council of Michigan



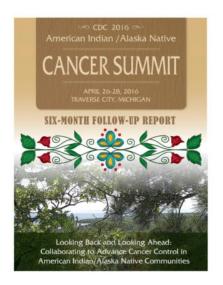
California Rural Indian Health Board



Great Plains Tribal Chairmen's Health Board

**SEARHC** 

SouthEast Alaska Regional Health Consortium



Comprehensive Cancer Control National Partnership Releases AI/AN Cancer Summit Follow-Up DOWNLOAD HERE

The Planning Committee is pleased to release a Follow-Up Report to the Centers for Disease Control and Prevention (CDC) 2016 Cancer Summit, Looking Back and Looking Ahead: The State of Cancer Control

in American Indian and Alaska Native Communities. The report summarizes updates from 13 participants from all six CDC regions in attendance to assess action plan progress, new partnerships and needed technical assistance since the summit. The report also includes updates from six Comprehensive Cancer Control National Partnership representatives.

To review the summit proceedings, presentation highlights and key decisions made by attendees, as well as evaluation results, please see <u>the original CDC Cancer</u> <u>Summit 2016 Report</u>.



#### Save the Date - Upcoming NNN Technical Assistance Webinar - BRFSS Toolkit

### *E-cigarettes and the Community* CLICK HERE FOR FULL DETAILS AND TO REGISTER

SAULT STE. MARIE, Mich. – The Inter-Tribal Council of Michigan's National Native Network present a webinar series: Cancer Risk Reduction in Indian Country.

Presented by: Cathy Edgerly, REACH Program Manager, Inter-Tribal Council of Michigan Title: TBA Date: Tuesday, May 23, 2017 Time: 3 - 4 PM, EST

Learning Objectives: TBA

**Target Audience:** Physicians, nurses, health educators, administrators, and support staff working with American Indian and/or Alaska Native communities.

# Never Try it and You'll Never Miss It!

Frank, a retired elder of Wrangell, Alaska shares his quit story. ORIGINAL ARTICLE HERE

"I started smoking when I was 18 years old. I switched to chewing when I began working at the Wrangell Mill because smoke breaks were limited. I got my nicotine fix from chew.



"Most of my co-workers chewed, too. I had a friend who ended up with a hole in the front of his bottom lip from chewing. I sometimes developed a white area in my lip, like a cold sore. In the late 1970's I began hearing how chewing causes cancer. I decided to quit because my wife was pressuring me, I had four wonderful boys to look after, and I didn't want to end up with cancer.

"For me it was harder to quit chewing than it was to stop smoking. I chewed daily for 12 years. It was a habit and I was addicted. I quit in 1980 but it was tough for about a year. I was grumpy and my mouth watered every time I saw a can of chew. Back then, there was no assistance like there is now to quit. I had to do it cold turkey. I kept my mind and body busy by hunting, fishing, and camping with my four boys and my wife. Keeping busy helped me ignore the cravings.

#### National Native Network Newsletter

"I think it's great that people have the Alaska Tobacco Quit Line to call for assistance with quitting. I encourage people to quit the nasty habit of chewing, and am proud to say none of my boys smoke or chew.

"As my children were growing up I always told them 'Never try it and you'll never miss it!"

Smokeless tobacco can cause white or gray patches inside the mouth (leukoplakia) that can lead to cancer. Chewing tobacco can cause gum disease, tooth decay, and tooth loss as well as heart disease and high blood pressure.

Smokeless tobacco contains at least 30 cancer-causing chemicals. using any ind of spit or smokeless tobacco is a major health risk and is NOT a safe alternative to smoking cigarettes.

While quitting is hard, you don't have to do it alone. Alaska's Tobacco Quit Line encourages you to make the step toward a tobacco-free life with its FREE support services.







### ARCHIVE - National Native Network Webinar Series: Motivational Interviewing Approach to Public Health

Sohab Arif, MPH, Health Educator, of California Rural Indian Health Board presented the National Native Network Technical Assistance Webinar on Tuesday, March 7, 2017

#### CLICK HERE FOR WEBINAR ARCHIVE.

SAULT STE. MARIE, Mich. - The National Native Network held their regular webinar series on March 7, 2017. Shoal Arif, MPH, Health Educator of California Rural Indian Health Board presented for the NNN with his presentation "Ecigarettes and the Community."

Learning Objectives/Outcomes: By the end of the webinar, participants will be able to:

1. Differentiate between traditional and commercial tobacco/e-cigarettes.



- 2. Identify FSA approved cessation resources from other products on the market.
- 3. Explain and communicate the harms of e-cigarettes to their patients.

#### CLICK HERE FOR WEBINAR ARCHIVE.

#### National Native Network Newsletter



### NNN Technical Assistance Webinars

The next National Native Network technical assistance webinar is Tuesday, May 23, 2017.

Presented by: Cathy Edgerly, Inter-Tribal Council of Michigan

#### CLICK HERE TO REGISTER AND FULL DETAILS.

For more information or to register for a webinar, visit us on <u>Facebook</u>, <u>Linked-In</u>, and www.keepitsacred.org.

## **Podcasts**

We are adding podcasts to our resource line-up. Inter-Tribal Council of Michigan staff Josh Mayo is interviewing tribal experts in the field of public health and will release podcasts in the new year. Featured experts include Dr. Donald Warne from North Dakota State University, Dr. Linda Burhansstipanov from Native American Cancer Research, and the NNN Board of Directors.

# American Indian Cancer Foundation Releases First Annual Report

#### **Download Report Here**

American Indian Cancer Foundation is excited to present our first annual report, in which we highlight 2015 and share how far we've come! We are thankful for our funding partners who have trusted us and invested in



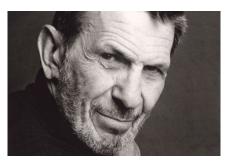
innovative Native-driven cancer solutions for our communities. This trust and investment has made a real and positive impact in Indian Country. Whether you partner with us on a project, volunteer at a Powwow for Hope, shop our online store, donate or engage with us on social mediayou are making a difference!

Please review the annual report to see how, together, we are working to eliminate cancer inequities faced by American Indian families.

#### **Download Report Here**

# Star Trek Star, Leonard Nimoy's Family Shares his COPD Story

The family of Star Trek star, Leonard Nimoy, shares his COPD story. Here is a video of the preview of his new movie and a link to his website here:



#### VIDEO LINK HERE

#### WEBSITE LINK HERE



# Linda Burhansstipanov is our guest for NNN Podcast Series

This is the first half of a conversation wth Linda Burhansstipanov where we talk about the fantastic work her organization, Native American Cancer Research Corporation, does. Look for part two soon.

#### LISTEN HERE

# National Colorectal Cancer Roundtable Rural Messaging Campaign Kit

The Center for Colon Cancer Research (CCCR) at the University of South Carolina, the Roundtable, the South Carolina Cancer Alliance, the Colon Cancer Alliance, and the American Cancer Society - South Atlantic Division have developed one of the first unified, multi-state colon cancer awareness campaigns.



The goal of the kit is to provide a variety of tools focused on messaging for rural communities to leverage in increasing public awareness about this preventable disease. Recognizing the diversity of target audiences across communities, you will find two very different campaign designs to choose from.

Contact Kendra McBride (<u>mcbridek@mailbox.sc.edu</u>) at the <u>Center for Colon Cancer Research</u> to inquire about receiving a copy of the kit.

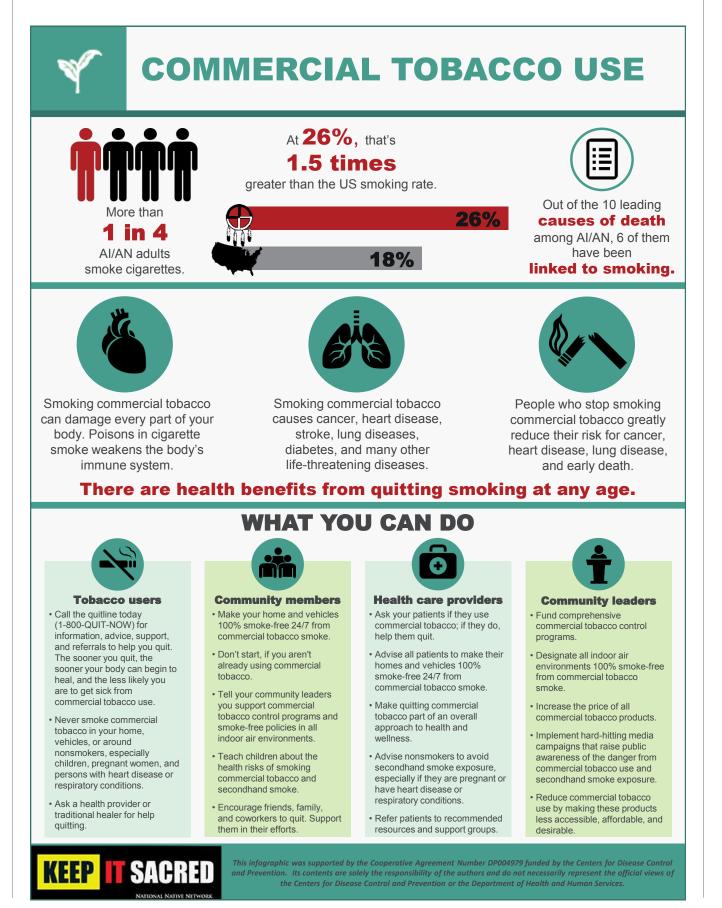
# Articles, Publications, and Research

- CDC National and State Trends in Sales of Cigarettes and E-Cigarettes, U.S., 2011-2015
- Cigarette Smoking and Adverse Health Outcomes Among Adults Receiving Federal Housing Assistance
- E-cigarette use as a predictor of cigarette smoking: results from a 1-year follow-up of a national sample of 12th grade students
- MMWR Explores Five Health-Related Behaviors in Rural Areas
- <u>CDC Announces New Replication Manual for an Effective Patient Navigation Model to Increase</u> Colonoscopy Screening
- Social Disparities in Exposure to Point-Of-Sale Cigarette Marketing
- <u>MMWR Association Between the Real Cost Media Campaign and Smoking Initiation Among Youths -</u> United States, 2014-2016
- Native Americans with Diabetes

# **Opportunities**

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• Funding Opportunity - The Patient-Centered Research Institute (PCORI) is seeking Letters of Intent for <u>Tier A projects through their Pipeline to Proposal Awards Initiative.</u> - Application Deadline: June 30, 2017 - LEARN MORE





AMERICAN INDIAN Commercial Tobacco Program

community members.



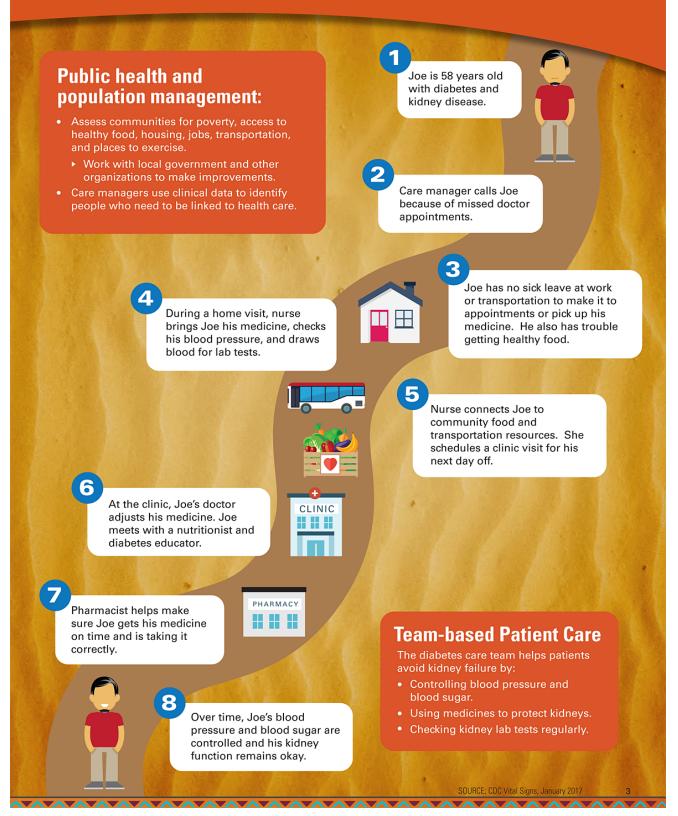
Tradition. Honor. Keep Tobacco Sacred.

# Call today.

As an American Indian military veteran, you protect sacred traditions. Keeping tobacco sacred is your duty as a veteran. Get help to quit using commercial tobacco by calling the American Indian Commercial Tobacco Program.

1-855-372-0037

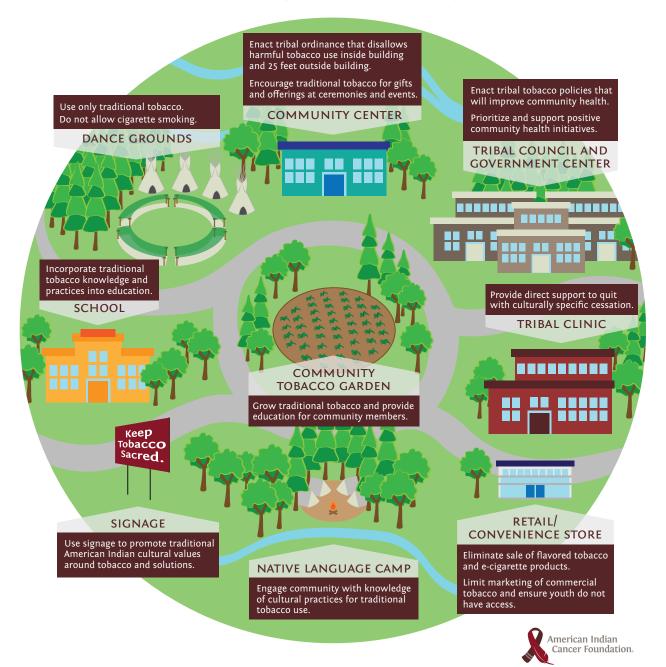
# **A Model for Diabetes Care**



# SACRED TRADITIONAL TOBACCO FOR HEALTHY NATIVE COMMUNITIES

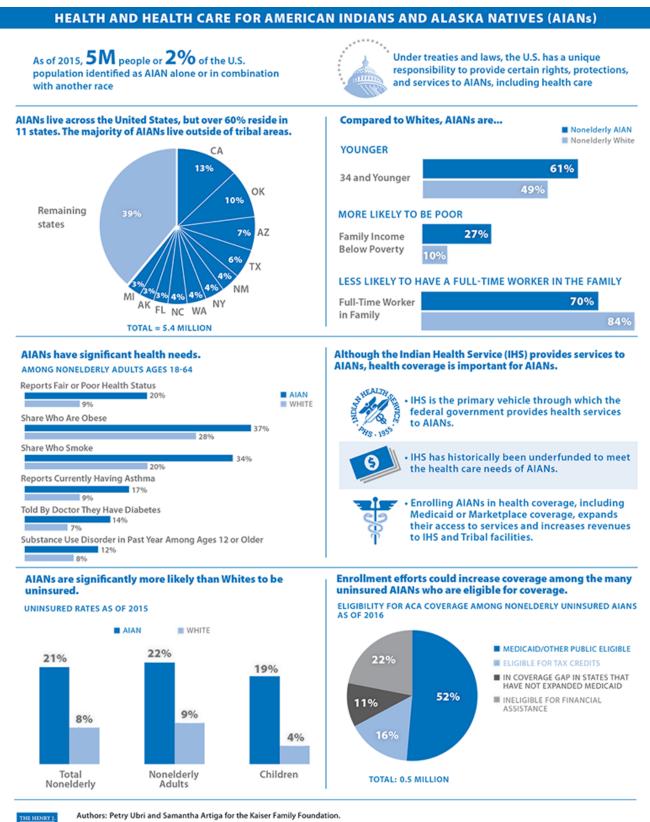
### A BALANCED COMMUNITY FOR HEALTH

- Tribal leadership support & engagement
- Cultural connectedness & healing
- Community engagement
- ▶ Youth leadership & youth-led advocacy











Source: Original source information and data are available at http://kff.org/infographic/health-and-health-care-for-american-indians-and-alaska-natives-aians. Please cite as Kaiser Family Foundation, Health and Health Care for American Indians and Alaskan Natives (AIANs).

(Washington, DC: Kaiser Family Foundation, November 2016), http://kff.org/infographic/health-and-health-care-for-american-indians-and-alaska-natives-aians.



# E-Cigarette Use Among Youth and Young Adults

A Report of the Surgeon General

# **Fact Sheet**

This Surgeon General's report comprehensively reviews the public health issue of e-cigarettes and their impact on U.S. youth and young adults. Studies highlighted in the report cover young adolescents (11-14 years of age); adolescents (15-17 years of age); and/or young adults (18-25 years of age). Scientific evidence contained in this report supports the following facts:

E-cigarettes are a rapidly emerging and diversified product class. These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," and "tank systems."

- E-cigarettes are battery-powered devices that heat a liquid into an aerosol that the user inhales.
- The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives.
- E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014. E-cigarette use is strongly associated with the use of other tobacco products among youth and young adults, including cigarettes and other burned tobacco products.

- In 2015, more than 3 million youth in middle and high school, including about 1 of every 6 high school students, used e-cigarettes in the past month. More than a quarter of youth in middle and high school have tried e-cigarettes.
- Among high school students, e-cigarette use is higher among males, whites, and Hispanics than among females and African-Americans.
- There is a strong association between the use of e-cigarettes, cigarettes, and the use of other burned tobacco products by young people. In 2015, for example, nearly 6 of 10 high school cigarette smokers also used e-cigarettes.
- Research has found that youth who use a tobacco product, such as e-cigarettes, are more likely to go on to use other tobacco products like cigarettes.

E-cigarette use among youth and young adults has become a public health concern. In 2014, current use of e-cigarettes by young adults 18-24 years of age surpassed that of adults 25 years of age and older.

- Among young adults 18-24 years of age, e-cigarette use more than doubled from 2013 to 2014. As of 2014, more than one-third of young adults had tried e-cigarettes.
- The most recent data available show that the prevalence of past 30-day use of e-cigarettes was 13.6% among young adults (2014) and 16.0% among high school students (2015).
- The most recent data available show that the prevalence of past 30-day use of e-cigarettes is similar among middle school students (5.3%) and adults 25 years of age and older (5.7%).
- Among young adults, e-cigarette use is higher among males, whites and Hispanics, and those with less education.

#### The use of products containing nicotine poses dangers to youth, pregnant women, and fetuses. The use of products containing nicotine in any form among youth, including in e-cigarettes, is unsafe.

- Many e-cigarettes contain nicotine, which is highly addictive.
- The brain is the last organ in the human body to develop fully. Brain development continues until the early to mid-20s. Nicotine exposure during periods of significant brain development, such as adolescence, can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders.
- The nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs, such as cocaine and methamphetamine.

U.S. Department of Health and Human Services



### **Frequently Asked Questions About Cancer** For Native Americans and Alaska Natives



*Cancer* is the name for diseases that happen when cells—the normal small units that make up the human body—start to grow too fast in an unhealthy way. Normal cells get a signal from the body to stop growing, but cancer cells don't get this signal. They keep growing, and may form a group of cells called a tumor. Sometimes, cancer cells break off from the tumor and spread to other parts of the body.

#### Is cancer serious?

Some cancers can cause serious illness and even death, while other cancers grow slowly and do not need treatment. Most cancers that are serious can be treated, and some can be cured. Cancer affects different people in different ways. If you have been told you have cancer, talk to your doctor about which treatment options are right for you.

#### Will I get cancer?

Cancer is the second leading cause of death among Native Americans and Alaska Natives. Anyone can get cancer, but some people have a higher risk. We can control some risks. For example, we know that smoking causes many kinds of cancer, and quitting smoking can lower your risk of getting these cancers. Other risks we can't control, like getting older or having a family history of cancer.

Native Americans and Alaska Natives get most kinds of cancer at lower rates than white people. But rates of stomach, liver, cervix, kidney, and gallbladder cancers are higher among these groups.

#### How can I lower my risk?

#### Things You Can Do

- Be active and exercise, and keep a healthy body weight.
- Learn about hepatitis B and HPV shots, which can prevent cancer.
- Talk to your doctor about getting screened for breast, cervical, and colon cancers.
- Protect yourself from the sun when you're outdoors.

#### Things You Can Avoid

- Don't smoke, and avoid smoke from other people's cigarettes.
- Don't drink too much alcohol.

#### More Information

Division of Cancer Prevention and Control National Center for Chronic Disease Prevention and Health Promotion Centers for Disease Control and Prevention

4770 Buford Hwy NE, Mailstop F-76, Atlanta GA 30341 800-CDC-INFO (800-232-4636) • TTY: (888) 232-6348 www.cdc.gov/cancer/ • Twitter: @CDC\_Cancer

National Center for Chronic Disease Prevention and Health Promotion Division of Cancer Prevention and Control



#### **Events**

March 17, 2017 - Webinar - Practical Approaches to Integrated Behavioral Health: Changing Tobacco Use and Overeating - <u>LEARN MORE AND REGISTER</u>

March 21, 2017 - Bamidyag Initiative - We Support Each Other - Lake Superior State University - Sault Ste. Marie, MI - <u>LEARN MORE AND REGISTER</u>

March 22-24, 2017 - National Conference on Tobacco or Health - Austin, TX- LEARN MORE AND REGISTER

March 30 - April 1, 2017 - SOPHE's 68th Annual Conference - Denver Colorado - <u>LEARN MORE AND</u> <u>REGISTER</u>

March 31-April 2, 2017 - Save the Date - GPTCHB & IHS offer 2017 IHS Cancer Support Training - <u>LEARN</u> MORE

April 11-17, 2017 - National Minority Cancer Awareness Week - LEARN MORE

April 12, 2017 - 2017 Cancer Symposium - Rapid City, SD - LEARN MORE

April 19-21, 2017 Conference - 2017 Dialogue for Action on Cancer Screening & Prevention - <u>LEARN</u> MORE & REGISTER HERE

April 27, 2017 - Conference - Protecting Indian Health and Human Services Programs and their Beneficiaries: The Basics of Health Care and Grants Management Compliance - Crazy Horse, South Dakota

April 27-28, 2017 - Healthy Native People Gathering - Great Wolf Lodge, Traverse City, MI - LEARN MORE

June 6-8, 2017 National Indian Health Board: 8th Annual National Tribal Public Health Summit -Anchorage, Alaska - MORE INFORMATION

August 14-16, 2017 - Conference - 2017 CDC National Cancer Conference, Visualizing the Future through Prevention, Innovation, and Communication - Crowne Plaza Atlanta Perimeter at Ravinia, Atlanta, GA -LEARN MORE

September 21-24, 2017 Spirit of EAGLES National Conference "Changing Patterns of Cancer in Native Communities - Niagara Falls, NY - MORE INFORMATION

November 27-28, 2017 - EVENT - Cancer Survivorship Symposium - LEARN MORE AND REGISTER

FOR MORE AND THE LATEST EVENTS, VISIT KEEPITSACRED.ORG

SIGN UP FOR OUR NEWSLETTER HERE: http://keepitsacred.itcmi.org/about-us/contact-our-team/

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 x108 or <u>nnn@itcmi.org</u>

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