



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



SouthEast Alaska Regional Health Consortium

National Native Network to present at Spirit of Eagles National 2017 Conference

NIAGRA FALLS, N.Y. – Tammi Meissner, Health Educator on Tobacco Policy, with SouthEast Alaska Regional Health Consortium and board member of the National Native Network (NNN) will be presenting the NNN Traditional Foods Resource Guide at the Spirit of Eagles National 2017 Conference. The Spirit of Eagles National 2017 Conference is September 21-24, 2017 from Niagra Falls, New York.

Meissner explains she will be “discussing how important traditional foods are in our culture and for health. Cancer, diabetes, and obesity are three chronic diseases higher in American Indians and Alaska Natives. Through my presentation, I hope that the Traditional Foods Resource Guide will help individuals, tribal members, leaders in tribal communities and those in the health field to promote and encourage changes toward eating, growing,



Tammi Meissner, Health Educator for Tobacco Policy with SouthEast Alaska Regional Health Consortium and National Native Network will present at the Spirit of Eagles National 2017 Conference.

harvesting and gathering traditional foods and share the benefits of this type of living.”

Meissner’s learning objectives of the presentation will be to: identify patterns of traditional food use; identify their role in improving health; identify ways to promote traditional food activities; and share the traditional foods toolkit.

In May of 2016, Meissner had presented the Traditional Foods Resource Guide with the NNN’s webinar series “Cancer Risk Reduction in Indian Country.” The webinar has been archived and the resource guide is available at <http://keepitsacred.itcml.org/traditional-foods-resource-guide/>

“The American Indian / Alaska Native Initiative on Cancer” (“Spirit of EAGLES”) [U54-CA153605-01] was initiated in 2000 as one of eighteen NCI-funded Special Populations Networks. Through the initial project, efforts were implemented and evaluated to increase cancer awareness among tribal Nations and organizations throughout the U.S.

RECENT NNN WEBINAR ARCHIVES



Tribal BRFS Toolkit

[CLICK HERE FOR ARCHIVE](#)

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: Tribal BRFS Toolkit Presentation

Learning Objectives/Outcomes:

1. Describe the reason(s) why a tribal healthcare system might need to conduct a tribal specific BRFS by May 30, 2017.
2. Identify potential partners to assist with a tribal specific BRFS by May 30, 2017.
3. Reference the AI/AN BRFS Toolkit to meet the five phases of the BRFS time line by May 30, 2017.

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



HPV and Oral Care

[CLICK HERE FOR ARCHIVE](#)

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: Chris Johnson, MA, Project Coordinator, American Indian Cancer Foundation

Title: HPV and Oral Care

Learning Objectives/Outcomes:

By the end of the webinar, participants will be able to:

1. Identify the relationship between oral cancer and the Human Papillomavirus (HPV) for American Indians.
2. Screen patients for oral cancer risk factors and refer patients to a dental professional or oral exam.
3. Educate parents, adolescents, and young adults on the oral and HPV-related cancer burden for American Indians and how the HPV vaccine can help prevent oral cancer.

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

AICTP Updates



[CLICK HERE FOR ARCHIVE](#)

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: Hilary Baca, Client Relationship Manager, Health Initiatives, National Jewish Health

Title: AICTP Updates



NNN Technical Assistance Webinars

The National Native Network produces their webinar series "Cancer Risk Reduction in Indian Country" several times a year. Check out our website for the latest information.

For more information or to register for a webinar, visit us on [Facebook](#), [Linked-In](#), 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.

Learning Objectives/Outcomes:

By the end of the webinar, participants will be able to:

1. Identify the key elements of the AICTP as a means to meet the needs of the population and improve engagement of evidence-based cessation strategies.
2. Collaborate with state and tribal partners of the AICTP to lessen the impact of commercial tobacco on the American Indian population.
3. Appropriately refer patients with tobacco dependence to state and tribal smoking cessation programs provided by the AICTP.

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

AICTP Reaches 179 Enrollments for 2017

Call 1-855-372-0037 for culturally tailored Native American quit coaches

SAULT STE. MARIE, Michigan – As of May 31, 2017 the American Indian Commercial Tobacco Program (AICTP) has reached 179 enrollments, nearing their goal of 183 callers.

The AICTP, offers free culturally tailored Native American quit coaches to help guide American Indians looking to quit using commercial tobacco products such as cigarettes, tobacco, and e-cigarettes through their journey to a healthier lifestyle.

"Research shows that the vast majority of current smokers are aware of the dangers of commercial tobacco use, such as smoking; and wish to quit. However, many smokers have tried to quit in the past but need extra support from coaches to be successful," said Raeanne Madison, Community Action Program Manager with the Inter-Tribal Council of Michigan, Inc.

26% of American Indians and Alaska Natives smoke cigarettes. According to the Centers for Disease Control and Prevention, life expectancy for smokers is at least 10 years shorter than for nonsmokers.

American Indians and Alaska Natives looking to begin their journey on quitting smoking, smokeless tobacco use, and e-cigarettes can enroll into the AICTP in two ways. They can call the toll-free number at 1-855-372-0037 or register online at <https://americanindian.quitlogix.org/>

Butt Litter Clean Up

In April, eight volunteers from the Petersburg Indian Association picked up 3.5 pounds of cigarette butts in two hours!



The FDA Releases Age Calculator App for Tobacco Retailers

The FDA recently released a free, voluntary smartphone application, "FDA Age Calculator," on the Google Play and iTunes app stores to help retailers comply with age restriction laws. With the "FDA Age Calculator," retailers can use their personal smartphones to help determine if the purchaser is old enough under federal law to buy tobacco products. Using the camera feature on a smartphone, the app is able to scan the driver's license of the purchaser to determine if the customer is at least 18 years of age (the federal minimum age to buy a tobacco product). The birthdate listed on the photo ID can also be manually entered into the app by the retailer for a quick age calculation.

Importantly, the customer's personal information is not transmitted or shared and is not saved in the app, the retailer's smartphone, or a third-party or government server.

New CDC Report: Deaths from Cancer Higher in Rural America

The cancer gap between rural and urban Americans continues to grow in the United States. A new report shows that cancer death rates are falling more slowly in rural than urban areas, but proven strategies can help reduce these disparities.

While rural areas have lower rates of new cases of cancer (incidence rates) than urban areas, they have higher cancer death rates. Incidence rates were higher in rural areas for several cancers, including those linked to tobacco use such as lung cancer, and those that can be prevented by screening such as colorectal and cervical cancers.

This report is the first comprehensive description of cancer incidence and deaths in rural and urban areas.

To reduce these gaps, health care providers in rural areas can:

- Encourage patients to make healthy choices that lower cancer risk, such as quitting smoking, avoiding secondhand smoke, protecting skin from the sun when outdoors, staying physically active, and eating healthy foods.
- Recommend cancer screening tests and vaccinations that can prevent cancer.
- Participate in comprehensive cancer control coalitions.



Articles, Publications, and Research

- [MMWR Report - Tobacco Use in Top-Grossing Movies - United States, 2010-2016](#)
- [American Indian Knowledge, Attitudes, and Beliefs about Smokeless Tobacco: A Comparison of Two Focus Group Studies](#)
- [MMWR Report - Current Tobacco Smoking and Desire to Quit Tobacco Smoking Among Students Aged 13-15 Years - Global Youth Tobacco Survey, 61 Countries, 2012 to 2015](#)
- [CDC - Perceptions of Harm to Children Exposed to Secondhand Aerosol from Electronic Vapor Products, Styles Survey, 2015](#)

Opportunities

- ["Enhancing the Circle of Health" CDC Grant Addresses Culturally Competent Approaches to Diabetes, Tobacco Use in Native Communities](#)

Events

July 19, 2017 - Better Choices, Better Health Community Health Webinar - [LEARN MORE](#)

August 8, 2017 - Reducing Breast Cancer Disparities at the State Level: Successes and Lessons Learned from the ASTHO Breast Cancer Learning Community - [LEARN MORE](#)

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 nnn@itcmi.org

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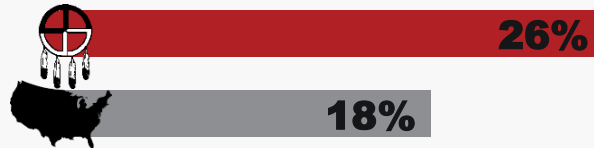


COMMERCIAL TOBACCO USE



More than
1 in 4
AI/AN adults
smoke cigarettes.

At **26%**, that's
1.5 times
greater than the US smoking rate.



Out of the 10 leading
causes of death
among AI/AN, 6 of them
have been
linked to smoking.



Smoking commercial tobacco can damage every part of your body. Poisons in cigarette smoke weakens the body's immune system.



Smoking commercial tobacco causes cancer, heart disease, stroke, lung diseases, diabetes, and many other life-threatening diseases.



People who stop smoking commercial tobacco greatly reduce their risk for cancer, heart disease, lung disease, and early death.

There are health benefits from quitting smoking at any age.

WHAT YOU CAN DO



Tobacco users

- Call the quitline today (1-800-QUIT-NOW) for information, advice, support, and referrals to help you quit. The sooner you quit, the sooner your body can begin to heal, and the less likely you are to get sick from commercial tobacco use.
- Never smoke commercial tobacco in your home, vehicles, or around nonsmokers, especially children, pregnant women, and persons with heart disease or respiratory conditions.
- Ask a health provider or traditional healer for help quitting.



Community members

- Make your home and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Don't start, if you aren't already using commercial tobacco.
- Tell your community leaders you support commercial tobacco control programs and smoke-free policies in all indoor air environments.
- Teach children about the health risks of smoking commercial tobacco and secondhand smoke.
- Encourage friends, family, and coworkers to quit. Support them in their efforts.



Health care providers

- Ask your patients if they use commercial tobacco; if they do, help them quit.
- Advise all patients to make their homes and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Make quitting commercial tobacco part of an overall approach to health and wellness.
- Advise nonsmokers to avoid secondhand smoke exposure, especially if they are pregnant or have heart disease or respiratory conditions.
- Refer patients to recommended resources and support groups.



Community leaders

- Fund comprehensive commercial tobacco control programs.
- Designate all indoor air environments 100% smoke-free from commercial tobacco smoke.
- Increase the price of all commercial tobacco products.
- Implement hard-hitting media campaigns that raise public awareness of the danger from commercial tobacco use and secondhand smoke exposure.
- Reduce commercial tobacco use by making these products less accessible, affordable, and desirable.



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Open to Veterans and all other community members.



Be a Warrior
in Your
Community.

Call today.

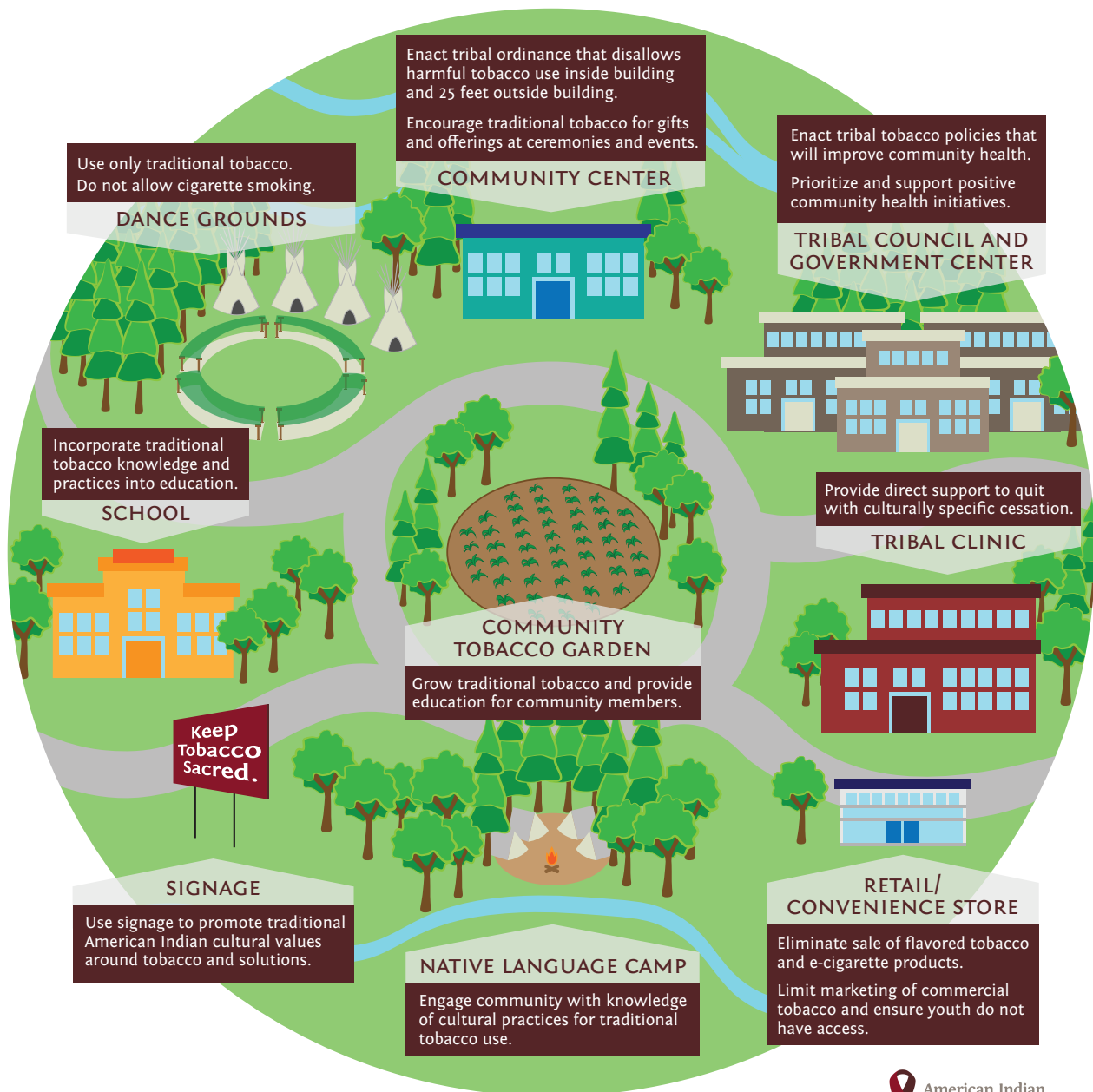
As an American Indian veteran, you fought for your country. Now, join the fight for our culture and traditions by getting help to quit using commercial tobacco. Call the American Indian Commercial Tobacco Program today.

1-855-372-0037

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





Presented by:
Paula Brown
*Chronic Disease Self Management
Education Program*

Better Choices, Better Health[®], part of Good & Healthy South Dakota, is a chronic disease self-management program designed to help you get back in charge of your life. You'll find a supportive environment and a sense of community to help you through your daily activities while dealing with the emotions that come from battling a chronic condition. Better Choices, Better Health[®] is a community-led evidence-based program modeled after Stanford University's chronic disease self-management program and is supported by the South Dakota Department of Health, SDSU Extension Services and the South Dakota Department of Social Services.

**Community Health
Webinar Series:**
*Better Choices
Better Health*
July 19, 2017
1:00pm—2:00pm MT



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Join from PC, Mac, iOS or Android:
<https://echo.zoom.us/j/909835890>
Joining by phone ONLY:
+1 408 638 0968 or +1 646 558 8656
Participant ID: Shown after joining
the meeting
Meeting ID: 909 835 890



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<p>What if it's painful or embarrassing?</p>	<p>I just don't have time!</p>	<p>Why do I need to go?</p>	<p>It's not relevant to me.</p>
			
<p>Pap smears are fairly painless. Most providers are performing these tests everyday.</p>	<p>The actual test takes only a few minutes. Appointments are normally about an hour long.</p>	<p>Native American women have higher rates of cervical and breast cancer than any other race.</p>	<p>Smoking, HPV, Oral contraceptives, age, and sexual behavior can increase risk of cervical cancer.</p>
<p><i>Schedule a screening today!</i></p>			
<p>Need to find a health center? Visit http://www.itcmi.org/healthcenters</p>			

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The National Native Network is administered by the Inter-Tribal Council of Michigan, Inc., 2956 Ashmun Street, Sault Ste. Marie, MI 49783 (906) 632-689 www.itcmi.org

