



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

Hudson to Enroll in OSH Competitive Leadership and Sustainability School

SAULT STE. MARIE, Mich. - The Honorable Joshua Hudson, Program Manager for National Native Network at Inter-Tribal Council of Michigan, Inc. and member of the Bay Mills Indian Community has been accepted for the Class of 2018 Leadership and Sustainability School, provided by the Centers for Disease Control and Prevention Office on Smoking and Health Program Services Branch.

As in other industries, the public health workforce is experiencing significant staff turnover, especially in leadership positions. Tobacco control has seen the same levels of turnover, and a lack of continuity in key positions can threaten the loss of historical and institutional knowledge of the tobacco control movement, and further limit future progress. The Centers for Disease Control and Prevention's Office on Smoking and Health has created the Leadership and Sustainability School as an effort to address and alleviate such issues relating to turnover.

"I'm excited and humbled to be given this opportunity," said Joshua Hudson. He continues "I was a part of this workforce shift, and I am excited to expand on my time, experiences, and skills gained from the Network - and to learn more of the nuanced and intricate history and relational inner-workings within tobacco work. As always, I am most excited to help expand the ability to share our history of tobacco as a sacred medicine within the larger realm of tobacco work"

The goals of the school are to:

- Cultivate leadership skills of rising national tobacco control leaders in a small-group setting.
- Support participants' mastery of evidence-based tobacco control strategies.
- Explore leadership competencies through dynamic training design and delivery.
- Build understanding of the critical role played by promising tobacco control practices.
- Identify and address tobacco-related health disparities in partnership with diverse communities.
- Foster relationship-building and networking among participants, OSH staff, and current tobacco control leaders.

The learning objectives of the school include the following:

- Develop self-awareness of participant's current leadership strengths; help participants being to build a personal leadership philosophy.
- Examine current opportunities and challenges to driving sustainable change in tobacco control, explore leadership qualities and skills needed to lead these efforts.
- Set clearly defined goals for future leadership development and establishing mentoring relationships.
- Establish a connected network of like-minded emerging leaders, OSH staff, and current tobacco control leaders across the nation.

The Leadership and Sustainability School is a year-long cohort program that offers a combination of training and networking opportunities throughout the year. The 2018 class will be the third cohort to participate in this exciting training. Highly skilled tobacco control experts deliver the curriculum and provide dedicated mentorship to ensure the program's long-term success. Examples of content include leadership roles, strategic analysis, program planning, organizational development, strategic communication, alliance and coalition building, and conflict resolution. The Leadership and Sustainability School is also a relationship building forum. It is designed to foster future mentoring, coaching, and networking opportunities from graduates.



NNN & IHS HP/DP Webinar - Nicotine Cessation Services Access Workgroup Introduction and Update

VIEW WEBINAR HERE

The Inter-Tribal Council of Michigan's National Native Network with Indian Health Service Health Promotion & Disease Prevention present a webinar series: Cancer Risk Reduction in Indian Country.

Title: Nicotine Cessation Services Access Workgroup Introduction and Update

Presenter: Commander Michael Verdugo, Pharm.D., MS;
Pharmacy Clinical Applications Coordinator, IHS Bemidji Area Office

VIEW WEBINAR HERE

Learning Outcomes/Objectives:

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

1. Examine available resources offered by the NCSAW (National Cessation Services Access Workgroup) to reduce tobacco dependence.
2. Discuss how information on tobacco cessation efforts can be better shared and partnerships explored amongst stakeholders.
3. Facilitate collaboration between I/T/U sites and NCSAW to enhance capacity to deliver evidence based nicotine treatment and prevention interventions.

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





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.

To view our webinar archives [CLICK HERE](#).

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

Podcasts

We have just uploaded our 4th Podcast featuring Ernie Whiteman from Dream of Wild Health talking about the importance of growing traditional tobacco. Click [HERE](#).

Colorectal Cancer is a Preventable Cancer Across Indian Country

MINNEAPOLIS - During colorectal cancer awareness month in March, the American Indian Cancer Foundation (AICAF) encourages people to get screened and share information about colorectal cancer in their communities.

Colorectal cancer is the second most common cancer in American Indians after lung cancer and the second leading cause of cancer death. Only 39 percent of people ages 50-75 in Indian Health Service areas have been screened for colon cancer compared to 68 percent of the overall US population noted by American Cancer Society, Inc., Surveillance Research 2017.

AICAF advocates that American Indians should be screened early for colorectal cancer, at age 45 versus 50 years old. "Multiple approaches are critical to address colorectal cancer screening rates," says Kris Rhodes, AICAF CEO, "where joint partnerships are necessary to build momentum across American Indian and Alaska Native communities."

"We continue to develop and expand our partnerships to decrease cancer incidence and mortality in our community through culturally based research, services, education, and outreach," said Rhodes, "And also access to quality health care, screening, and treatment."

Be a part of the colorectal cancer awareness movement!

Wear Blue.

Wear blue to honor colorectal cancer warriors and survivors on Friday, March 2 for Dress in Blue Day, hosted by the Colon Cancer Alliance. Check out dressinblueday.org for more information.

Learn.

Discover resources on colorectal cancer in American Indians at americanindiancancer.org/colon.

Share.

Tell your friends and family about colorectal cancer. Encourage them to seek screening and to adopt healthy habits.

Get Screened.

Talk to your health care provider for advice and information on colorectal cancer screenings.

Join our community.

Like the American Indian Cancer Foundation on Facebook, follow us on Twitter, and sign up for our newsletter.

Donate.

Any amount helps the American Indian Cancer Foundation continue to raise colorectal cancer awareness, increase early detection and build a network for American Indians and Alaska Natives.

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The American Indian Cancer Foundation (AICAF) is a national, Native-governed, 501(c)3 nonprofit health organization dedicated to improving access to prevention, early detection, treatment, and survivor support to eliminate the cancer burdens experienced by American Indian and Alaska Native people. AICAF partners with tribal and urban organizations to cocreate effective and sustainable cancer solutions that are culturally appropriate. AICAF believes Native communities possess the wisdom to find innovative solutions that are community centered to address cancer inequities. AICAF provides capacity building through training, technical assistance, and resources to tribal and urban partners to achieve these shared objectives.

www.aicaf.org

Efforts to raise legal sales age to 21 in Sitka, Alaska

The SouthEast Alaska Regional Health Consortium (SEARHC) is working with local partners and coalitions to educate the public about the benefits of raising the minimum legal sales age of tobacco to 21 in Sitka, Alaska, also known as "Tobacco 21." This initiative helps prevent youth tobacco use by restricting access. Young people who try tobacco products are more likely to become addicted due to the vulnerability of the developing adolescent brain.

The partners formed a Tobacco 21 work group, comprised of representatives from SEARHC, Sitka Counseling Center, Sitka Community Hospital, the HOPE Coalition, and Preventing Tobacco Addiction Foundation. The workgroup developed a local fact sheet for decision makers and educational media materials which are airing through March and April 2018.

Following several months of public testimony, educational presentations, and an endorsement from the Police and Fire Commission, the Sitka City Assembly has scheduled its first reading of a Tobacco 21 ordinance in April 2018. For Kick Butts Day on March 21st, SEARHC and partners have planned activities to bring awareness to the benefits of Tobacco 21 initiatives. They will facilitate a radio interview with the local station, a cigarette butt cleanup, and an educational display in the middle school. The Tobacco 21 workgroup continues to meet monthly to strategize its advocacy and educational efforts in the community of Sitka.

Tribe to Host Tobacco Awareness Night



We're celebrating National Kick Butts Day. We kind of take it to another level."
 -- Colin Welker, Community Health Educator, Sault Ste. Marie Tribe of Chippewa Indians Health Services

Full Article from SooEveningNews.com by Nick Nolan here

SAULT STE. MARIE – The public is invited to attend the second annual "Smoke Pigs, Not Cigs" tobacco awareness event March 21 at the Big Bear Arena on Ice Circle off Shunk Road at 5 p.m.

Like last year's inaugural running, the Sault Tribe Health Services hosted event will feature a pig roast. The day falls in conjunction with National Kick Butts Day - a countrywide initiative to raise awareness on the harmful effects of tobacco.

It is made possible thanks to the Sault Tribe Good Health and Wellness in Indian Country Grant, which is funded by the Centers for Disease Control and Prevention.

"We're celebrating National Kick Butts Day. It's an awareness movement sponsored by Campaign for Tobacco Free Kids," said Colin Welker, a community health educator with Sault Tribe Health Services. "We kind of take it to another level."

Beginning at 5 p.m. a full meal will be available courtesy of Flannigan's Goat. The BBQ specialist will be offering the namesake pig and takes on traditional native food.

Ultimately through the day is about the dangers of tobacco in its smoke and smokeless forms.

"It's highlighting that tobacco risks are still a problem even as the number of users decreases," added Welker. "Native Americans and Alaska Natives are the minority with the highest smoking rates. We know that big tobacco companies are targeting youth and these minority populations as customers."

The CDC reports that cigarettes alone cause more than 480,000 deaths per year in the United States. They also reported that as recently as 2013, 43.8 percent of current Native American and Alaskan Native adults actively use commercial tobacco.

Informational booths will be set up on the second floor of the Big Bear following the pork BBQ.

"There's free public skating from 6 p.m. until 7:30 p.m. that includes rentals," said Welker. "The community, not just the tribe is encouraged to come out."

The first 100 people who attend will receive a free t-shirt. For more information visit www.up4health.org and www.kickbuttsday.org.

Nearly 90 percent of smokers started smoking by age 20.¹



Our brains are not fully developed until the age of 25, before this time we're especially vulnerable to tobacco addiction.^{2,3}

Raising the legal tobacco sales age to 21 can help:

- Delay the time before someone tries nicotine
- Significantly decrease the potential for lifetime addiction
- **Raise a tobacco-free generation**

For more information, visit tobacco21.org.



¹ SAMHSA. Calculated based on the data in the 2011 National Survey on Drug Use and Health.

² Crews et al, Adolescent Cortical Development: A Critical Period of vulnerability for addiction; Pharmacol Biochem Beh, 2007, pages 189-199.

³ Morales et al, Cigarette Exposure, Dependence & Craving are Related to Insula Thickness in Young Adult Smokers; Nature/Neuropsychopharmacology, 2014, pages 1-7.



AMERICAN INDIAN
Commercial Tobacco Program



Open to Veterans and all other 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

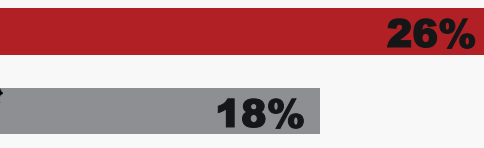


COMMERCIAL TOBACCO USE



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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A Federal Court has ordered R.J. Reynolds Tobacco, Philip Morris USA, Altria, and Lorillard to make this statement about the health effects of smoking.

- Smoking kills, on average, 1,200 Americans. Every day.
- More people die every year from smoking than from murder, AIDS, suicide, drugs, car crashes, and alcohol, **combined.**
- Smoking causes heart disease, emphysema, acute myeloid leukemia, and cancer of the mouth, esophagus, larynx, lung, stomach, kidney, bladder, and pancreas.
- Smoking also causes reduced fertility, low birth weight in newborns, and cancer of the cervix.

Most tobacco products purchased for youth under 18 are bought by people under the age of 21.¹



Raising the legal tobacco sales age to 21 can help:

- Decrease overall tobacco consumption
- Reduce teen access to tobacco
- **Raise a tobacco-free generation**

For more information, visit tobacco21.org.



¹ Difranza JR, Wellman RJ, Mermelstein R, et al. The natural history and diagnosis of nicotine addiction. Current Reviews in Pediatrics. 2011;7(2):88-96.

Articles, Publications, and Research

- [MMWR - Current Cigarette Smoking Among Adults - United States, 2016](#)
- [MMWR - Cigarette Brand Preference and Pro-Tobacco Advertising Among Middle and High School Students – United States, 2012-2016](#)

Opportunities

- [Funding Opportunity - Robert Wood Johnson Foundation - Policies for Action: Policy and Law Research to Build a Culture of Health - Due December 31, 2018](#)

Events

April 11-13, 2018 - EVENT - Dialogue for Action - [LEARN MORE](#)

May 22-24, 2018 - National Indian Health Board Public Health Summit - [LEARN MORE](#)

June 17-29, 2018 - FELLOWSHIP - NARCH Training - [LEARN MORE](#)

September 17-20, 2018 - EVENT - National Indian Health Board's 35th Annual National Tribal Health Conference - [LEARN MORE](#)

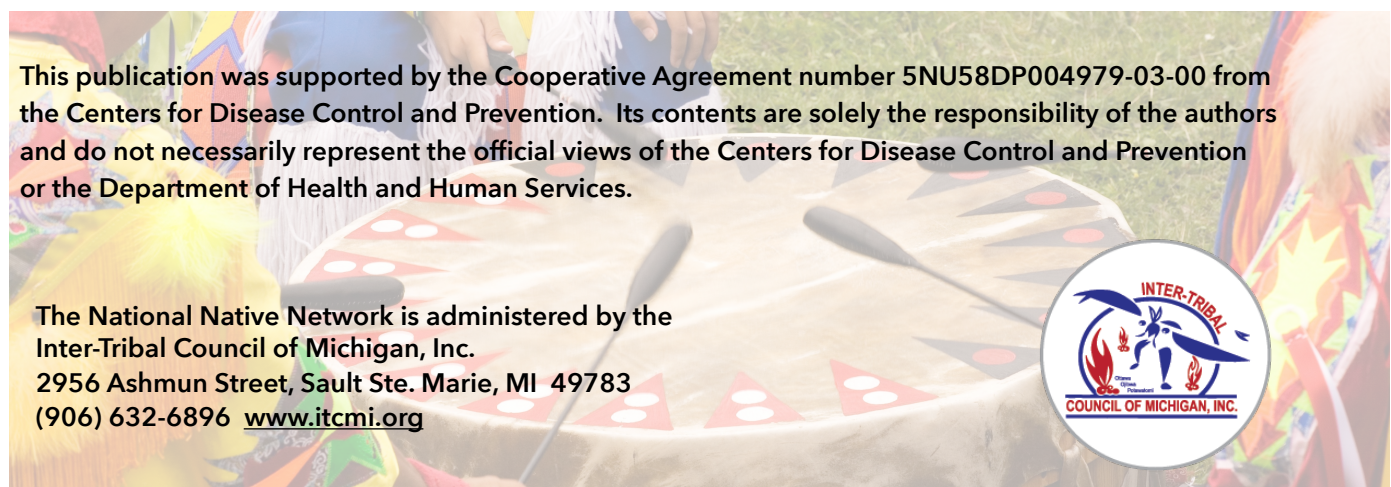
[FOR MORE AND THE LATEST EVENTS, VISIT KEEPITSACRED.ORG](#)

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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 x154 or nnn@itcmi.org

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