W R A N G E L L , A l a s k a — T h e N a t i o n a l N a t i v e N e t w o r k ( N N N ) a n d t h e S o u t h E a s t A l a s k a R e g i o n a l H e a l t h C o n s o r t i u m ( S E A R H C ) p r e m i e r e d t h e T r a d i t i o n a l F o o d s R e s o u r c e G u i d e o n T u e s d a y , M a y 3 1 , 2 0 1 6 t h r o u g h a w e b i n a r p l a t f o r m , a n d h a s b e e n a r c h i v e d a t k e e p i t s a c r e d . i t c m i . o r g / t r a d i t i o n a l - f o o d s - r e s o u r c e - g u i d e / .

T a m m i M e i s s n e r w o r k e d t o l e a d t h e d e v e l o p m e n t o f t h e T r a d i t i o n a l F o o d R e s o u r c e G u i d e w i t h S E A R H C , a p a r t n e r a g e n c y f o r t h e N a t i o n a l N a t i v e N e t w o r k . S h e p r e s e n t e d t h e w e b i n a r t o a c a p a c i t y a u d i e n c e t h r o u g h t h e N N N ’ s w e b i n a r p l a t f o r m . T a m m i i s t h e H e a l t h E d u c a t o r I I a n d w o r k s w i t h T o b a c c o P o l i c y w i t h S E A R H C .

T h e L e a r n i n g O b j e c t i v e s o f t h e W e b i n a r w e r e:
1. Identify patterns of traditional foods use.
2. Identify their role in improving health.
3. Identify ways to promote traditional food activities.
4. Share traditional foods resource guide toolkit.

This Traditional Foods Resource Guide was made possible through SEARHC Health Promotion grant funds from the National Native Network, Administration for Native Americans, and other SEARHC funds. It is offered as a resource to support increased interest and knowledge of Traditional Foods to support the health, well-being, and prosperity of Alaska Native and American Indian People.

Native people have held the knowledge and accessed the benefits of traditional foods for centuries. Their daily harvesting activities provided highly nutritious, affordable food and contributed to healthy lifestyles. Traditional Native cultures believe that this food is not only for nutrition but is a way of life.

There are many amazing resources on Native Traditional Foods within the United States. Included in the resource guide is an introduction to just a few traditional and local foods resource tools available in four Indian Health Service areas of the United States: Alaska, California, Great Plains, and Portland. We narrowed our focus to information in books, posters, and websites.

The NNN's Traditional Foods Resource Guide webpage is designed to be an evolving document of new and updated resources. Just in the short time that the webpage has been developed, there have already been resources submitted to the NNN to add to the webpage including a Traditional Food Book submitted from the Winnebago Tribal Health Program and the Good Health and Wellness in Indian Country Project, and a cookbook called “Mino Wiisinidaa! Let’s Eat Good!” which is available for purchase from Great Lakes Indian Fish & Wildlife Commission.

If you have any questions or would like to submit any resources, tips, recipes, cookbooks, etc., please email Tammi Meissner at meissnert@searhc.org.

American Indian Commercial Tobacco Program Now Available

Call the AICTP today at 1-855-372-0037

American indian who want to quit using commercial tobacco can call the American indian Commercial Tobacco Program at 1-855-372-0037. The American Indian Commercial Tobacco Program is a free service that intends to support American Indians on their journey to quit using commercial tobacco products including cigarettes, cigars, e-cigarettes, and smokeless tobacco (chewing tobacco). Administered by National Jewish Health, the program was designed by and for American Indians using culturally sensitive coaching techniques.

Research shows that many American Indians have a strong desire to quit commercial tobacco, but have less success in quitting long-term.
Support from a dedicated American Indian success coach and access to medication as needed has been linked to increased success in quitting. To meet this need, the program offers:

Up to 10 coaching calls with a dedicated coach who is American Indian;

8 weeks of nicotine replacement therapy with combination medication as an option;

Customized quit-plan with telephone counseling, emails, text messaging, and app support;

Focus on the journey of quitting commercial tobacco, not a specific quit-date.

The American Indian Commercial Tobacco Program will gladly help callers under 18, pregnant women, elders, and members or descendants of any tribal nation. To begin your quitting journey, simply call 1-855-372-0037. A coach who is American Indian will work with you to answer a few questions and get started. This service is confidential and free of charge. Call today!

BLOG: Chris Cooper on Cancer Screening

By Chris Cooper, NNN Board Director & CRIHB Health Educator

SACRAMENTO, Calif. - Cancer comes in all shapes and sizes. It does not discriminate, and affects people from all walks of life. I’m only in my 40’s and have already been screened for various cancers due to illness. Each time, I breathed a sigh of relief when the doctor told me that I did not have the big C.

I have always known people that passed away from cancer. Although they were friends or co-workers, it never seemed to affect me personally. Maybe it was because I had lost touch with them, or I didn’t work that close with them, and got busy with other parts of work and life.

In the last month, all of that changed. In the span of a week, I lost two people close to me due to cancer. My uncle, who was more like a grandfather to me, walked to the other side after colon cancer got the better of him. A mentor that I met in college flow with the eagles after battling liver cancer. Both of these men served purpose in my life, and passed on knowledge, wisdom, counsel, culture, and tradition to me. They taught me to serve my community in a good way, and for those reasons, I will always be grateful.

The sorrow that I feel, is not for my loss, but for the loss that family and community will have. Cancer has robbed them of counselors and teachers. It has left young people without elders to pass on tradition, culture, and language. Their wisdom is lost. Cancer robs our communities and families of so much.

In all of this, if there is one thing that I could encourage people to do, it is to get screened. Listen to your body, if something seems abnormal, talk with your doctor. Don’t ignore symptoms. I know from personal experience, it is scary to do and go through days without knowing. We always pray that the screen comes back negative, and often does. Sometimes, the screen comes back positive for cancer, but the good news is that if it is through routine screening, the cancer is often caught at an early stage, and chances of survival are much higher. Don’t let cancer rob your people of you. You still have much to pass on to them.
Chris cooper is a director of the National Native Network and the Health Education Specialist II for the California Rural Indian Health Board. For more information on cancer screening, Chris can be contacted at chris.cooper@crihb.org.

Tobacco Free Dance Blanket Project with Petersburg Indian Association

By Avery Sakamoto

JUNEAU, Alaska – Since I was in Kindergarten I’ve heard “don’t use tobacco.” Throughout Elementary school, middle school and high school I’ve seen all kinds of ads that display the harmful effects of tobacco use. I decided to do more research. The statistics of tobacco use so common that one in five adults and teens use tobacco or that nine out of ten smokers started before the age of eighteen.

I wanted to raise awareness of this but I wasn’t sure how to. A few months after researching this, my troop leader Sue let me know that there was a project that I could help with. I immediately contacted Katie Weckley who is the director of the Tobacco Prevention grant at PIA. Together we worked with unrelenting tenacity and we put our heads together and came up with different ideas and merged them together. Finally we decided it was after about a month of diligent work the project was completed.

I’d like to thank Katie Beckley for letting me collaborate with them on the project and I’d also like to thank Sue Harai and Alan Murph for encouraging me to pursue my ideas and for being such wonderful and outstanding role models. And last but not least I’d like to thank you all for attending the ceremony today.

Tobacco Cessation is a Top Priority in Tribal Communities

BISHOP, Calif. – On May 3-4, 2016, 23 Tribal Health Clinic staff gathered at the Owens Valley Paiute-Shoshone Cultural Center in Bishop, CA to attend a two day workshop on Tobacco Cessation Facilitation, hosted by the Community Wellness Program at Toiyabe Indian Health Project (Toiyabe) and instructed by Lou Moerner, the Community Wellness
The workshop focused on two tobacco cessation curriculums: Second Wind and Kaiser permanent’s “Quit Smoking Workshop.” Second Wind is a comprehensive approach to tobacco cessation tailored to Native American communities. The program when implemented consists of eight, 1-hour, weekly sessions. The “Quit Smoking Workshop” is a stand-alone program offered to clients who are in the contemplation/action stages of positive health behavior change.

When implemented, the workshop is an interactive, three-hour session that will leave participants with a customized Quit Plan and action steps to implement toward a successful quit.

The participants of the workshop represented diverse roles from Tribal clinics and prevention programs from across California. Organizations represented included Toiyabe Indian Health Project, Big Pine Tribal TANF, Inyo County Health and Human Services, Round Valley Indian Health, Bakersfield American Indian Health Project, Wilton Rancheria, Riverside San Bernardino County Indian Health and Greenville Rancheria. Participants represented were Project Coordinators, Community Health Representatives, Youth Prevention Workers, Behavior Health Directors and Medical Aides.

This training is the culminating step in the successful completion of an action plan developed in 2015 at the National Tobacco Prevention Institute, hosted by the Healthy Native Communities Partnership. At the Institute, staff from Toiyabe, California Rural Indian Health Board (CRIHB), and NCIDC collaborated to develop a tobacco cessation action plan for Toiyabe. The first step outlined in the action plan was to bring Chris Cooper and Julie Villa from CRIHB to Toiyabe to present on the importance of screening and referral in the clinic setting. Their presentation focused on the 5 A’s (Ask, Advise, Assess, Assist, Arrange Follow-up). Attending the training were staff from multiple Toiyabe departments, including Medical, Dental, Pharmacy, Behavior Health, and Public Health. “it was important to education and get buy-in from across all departments,” said Serena Johnson, Project Coordinator at Toiyabe. “Tobacco Prevention is successful when the whole clinic and community understand the challenges and steps to success.”

The second step in the action plan was to host a training for staff in tobacco cessation. The training was a success due to strong partnerships between Center for Disease Control & Prevention (CDC) awardees and Tribal clinics. CRIHB is a recipient of the CDC grant Good Health and Wellness in Indian Country, and Toiyabe is a recipient of the CDC grant Partnerships to Improve Community Health. By partnering and supporting each other’s efforts in tobacco prevention, our project scope increased and reached across the state. Both Toiyabe and CRIHB promoted the workshop to their project partners cultivated through their grand work. CRIHB supported other Tribes and Tribal health programs in California to attend the training through their Advancing California Opportunities for Renewing native Health Systems (ACORNS) Program. “The smoking rate for American Indians and Alaska Natives in California is the highest of all ethnicities in
California,” said Chris Cooper, Health Education Specialist with CRIHB. “We are dedicated to assisting tribes in developing healthy communities, and one of those ways is giving them capacity to offer cessation programs to their members.”

Lou Moerner saw the effect from this partnership most acutely, “I came to Bishop in 2005 and presented on Second Wind cessation program, and only had five people at the training. Now ten years later, the fact that I presented to 23 people shows the success of this partnership and the importance of offering tobacco cessation to our Native Communities.”

One month after the workshop, many of the Tribal clinics are already making great strides in planning and setting up tobacco cessation programs. At Toiyabe, staff are planning to implement the Kaiser Permanente “Quit Smoking Workshop” once a month starting in June 2016. Planning activities include coordinating with departments and providers to plan how to refer patients to the program, and promoting the workshop to partner Tribal agencies.

The mission of Toiyabe Indian Health Project is to improve and establish programs, policies and actions which focus on developing and maintaining healthy individuals, families and Indian communities. More information on the Toiyabe Community Wellness Program can be found at http://www.toiyabe.us/. This workshop and activities were made possible with funding from the Centers for Disease Control and Prevention.

**GPTCHB hosts Cancer Symposium 2016**

RAPID CITY, S.D. — The Great Plains Tribal Chairmen’s Health Board held a cancer symposium May 17 - 19, 2016 from the Ramkota Best Western Hotel in Rapid City, South Dakota.

The Keynote Speaker was Linda Burhansstipanov, MSPH, DrPH, and President of Native American Cancer Research. Speakers also included Lillian Tom-Orme, PhD, MSPH, Research Assistant Professor, Division of Epidemiology and Adjunct Assistant Professor and Diversity Coordinator for the College of Nursing - University of Utah; Jerilyn Church, Chief Executive Officer; Richard Mousseau, MS, Program Director of GPTCHB Prevention Programs; Mary Randall, Elder; Kris Rhodes, MPH, Executive Director of American Indian Cancer Foundation; Daniel G. Petereit, MD, Walking Forward, Radiation Oncologist and Principal Investigator; Kristine Cina, Walking Forward, Clinical Research Assistant/Office Coordinator; Stacie Fredenberg, American Cancer Society, Health Systems Manager; and Kayla Magee, RN, South Dakota Quitline, Statewide Tobacco Cessation Coordinator, Black Hills Special Services Cooperative.
Make the Right Choice, Tobacco Free Forever

By Tammi Meisner, SEARHC Health Educator

WRANGLER, Alaska – Kids are afraid of a lot of things growing up, like the dark, spiders, clowns…but these can pale in comparison to the very real fear of a parent dying from a smoking related disease.

Seanne Wickman began smoking at age fifteen. She smoked for 15 years. She always smoked outside so that the smoke wouldn’t affect her two young kids. Her son’s asthma prompted her to always wear a smoking coat that was left outside. Seanne thought her smoking didn’t impact her kids much.

That all changed one day when, Leroy, her 8 year old son, came home from school and asked “Why do you want to die?” Surprised by his question, Seanne told him, “I don’t want to die.” Then Aubrey, age 6 started to cry and asked the same thing, “Mom why do you want to die?” Seanne again replied, “I am not going to die and I don’t want to die.” Leroy insisted, “You must want to die because you smoke and smoking will kill you.” The realization that she was causing such fear and anxiety for her children was horrible. Seanne promised them right then and there she would quit smoking and she did. That was 3 and a half years ago, January 1, 2013.

It was hard it quit. Seanne received support from her family and friends that didn’t smoke. Seanne says, “My senses enhanced, food tasted stronger, better, and intense (like sweet, spicy or salty) and my breathing was way better. I was able to walk upstairs without breathing hard, playing with my kids and any kind of exercise was easier. Also after six months I found that cigarettes smell disgusting.”

Seanne’s kids are very proud of her. She smiled remembering how excited her son Leroy was to drag her through a health fair to get a free water bottle she earned by being an ex-smoker. Seanne says, “I want to make sure my kids don’t ever smoke. It would be hard to tell my kids not to do something when I was doing it.

Over 18.5 million women in the United States currently smoke and an estimated 200,000 women die every year from smoking. On average, adults who smoke die 10 years earlier than non-smokers, and more than 86,000 kids have already lost their mom to smoking this year. Children from families who smoke are twice as likely to become smokers themselves; but parents who try to quit and talk to their kids about how addictive smoking is, why they want to quit and how important it is to never start can beat those odds.*

Seanne treasures the photo of her son, Leroy, in the sweatshirt he received that year. A black hoodie that said Wolves, Make the Right Choice, Tobacco Free Forever.

Seanne is Tsimshian from Wrangell, Alaska.


Tammi Meissner is the Health Educator II with the SouthEast Alaska Rural Health Consortium and a contributor for the National Native Network. Questions, comments, and contributions can be sent to meissnert@searhc.org.
New Articles, Reports and Publications


Opportunities

GRANT OPPORTUNITY: Truth Initiative is accepting grant applications from community colleges to help work towards comprehensive smoke-free policies. Community colleges that do not have 100% smoke-free policy are eligible for a grant and technical assistance. Apply by July 15 to be considered for a $7,500 grant. MORE INFORMATION.

TRAINING OPPORTUNITY: Truth Initiative Announces 2016 - 2017 Youth Activism Fellowship - Truth Initiative is accepting applications for its 2016-2017 Youth Activism Fellowship, a 12-month program for young adults (aged 18-24) who want to be involved in changing the culture surrounding tobacco use. Fellows will meet three times to receive training on the impact of tobacco, community engagement, and policy and advocacy. Applications due July 31. MORE INFORMATION.

Events

June 17-18, 2016 CONFERENCE - 2016 University of South Florida Social Marketing Conference, Clearwater, Florida - REGISTER HERE

June 16-18, 2016 8th Biennial Cancer Survivor Research Innovation in a Rapidly Changing Landscape - The American Cancer Society, the National Cancer Institute of the National Institutes of Health, the Centers for disease Control and Prevention, and the LIVESTRONG Foundation are pleased to invite you to attend the 8th Biennial Cancer Survivor Research Conference, “Innovation in a Rapidly Changing Landscape,” to be held at the Omni Shoreham Hotel in Washington, D.C. - REGISTER HERE

June 13-19, 2016 Men’s Health Week - MORE INFORMATION

June 22, 2016 Parish Nurses: Partners in Tobacco Prevention & Control - Texas Department of State Health Services. While some content may be specific to Texas, this discussion is applicable to other states. - MORE INFORMATION

June 23, 2016 Thirdhand Cigarette Smoke: A Persistent Environmental Contaminant - Smoking Cessation Leadership Center. Explain what thirdhand cigarette smoke is, describe the exposure routes and potential health effects of thirdhand smoke. - MORE INFORMATION

June 27, 2016 Introducing Proposed Tobacco Policies to Tribal Council. SAVE THE DATE. MORE INFORMATION

July 12, 2016 Utilizing CDC TIPS Campaign and Media Resources - SAVE THE DATE - MORE INFORMATION

August 5 - 7, 2016 2016 IHS Cancer Support Training - Great Plains Tribal Chairmen's Health Board in Partnership with Indian Health Service is proud to offer the 2016 IHS Cancer Support Training from Albuquerque, New Mexico. Interested in starting a Cancer Support Group in your area? Cancer Support
Training is offered free of charge for American Indians wanting to develop cancer survivorship activities or support groups in their communities. Travel scholarships available to a limited number of participants. **DEADLINE TO REGISTER IS JULY 15, 2016** - For more information, contact Kendra Christensen at kendra.christensen@gptchb.org & 605-721-7508 or Roberta Paisano at roberta.paisano@ihs.gov & 301-443-1498.

**September 21-24, 2017 - Spirit of EAGLES National Conference “Changing Patterns of Cancer in Native Communities - Niagra Falls, NY - For more information regarding the conference, please visit www.nativeamericanprograms.net or contact Marcy Averill at averill.marcy@mayo.edu**

**FOR MORE AND THE LATEST EVENTS, VISIT KEEPITSACRED.ORG**

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

Most adults favor making 21 the minimum age of sale for tobacco products.

*3 out of 4 U.S. adults favor making 21 the minimum age of sale for tobacco products.*

This includes *7 out of 10 U.S. adult cigarette smokers who favor making 21 the minimum age of sale.*

Source: American Journal of Preventive Medicine

www.keepitsacred.org
A Dangerous Trend – Smokeless Tobacco Use Among High School Athletes

Past 30-day use of combustible tobacco products dropped from 2001 to 2013 among all high school students (31.5% to 19.5%), while past 30-day use of smokeless tobacco remained unchanged among non-athletes (5.9%), and increased among athletes (10.0% to 11.1%).

Smokeless tobacco is NOT without risk

Smokeless tobacco use can...

- Cause cancer of the mouth, esophagus and pancreas
- Cause diseases of the mouth
- Increase the risk for death from heart disease and stroke
- Lead to nicotine addiction
E-cigarette use among youth is rising as e-cigarette advertising grows

Dollars spent on e-cigarette advertising
Past 30-day e-cigarette use among youth


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