



Keep It Sacred | Life Is Sacred

Inside this Issue

Letter from the Director.....2
 World No Tobacco Day.....4
 Tobacco Screening and Referral
 Success Story.....4
 Casino 100% Smokefree
 Policy.....5
 Upcoming Events.....7

NNN Board of Directors

- 
CALIFORNIA RURAL
INDIAN HEALTH BOARD
- 
CHEROKEE NATION
- 
GREAT PLAINS TRIBAL
CHAIRMEN'S HEALTH
BOARD
- 
LUMBEE TRIBE OF
NORTH CAROLINA
- 
SOUTHEAST ALASKA
REGIONAL HEALTH
CONSORTIUM

Walking is Easy, Healthy, and Good Medicine

JUNEAU: With the alarmingly high rate of 7 out of 10¹ Alaska Native people in Southeast Alaska overweight or obese, and with 4 out of 10 Alaska Native people not meeting national recommendations for physical activity, a major goal of the SEARHC Health Promotion team was to increase physical activity and reverse the Obesity trend. Insufficient physical activity can be a risk factor for obesity, diabetes, cancers, and heart disease. Walking can lead to improved physical and mental health. In collaboration with the Juneau Dimond Field House indoor walking track, SEARHC piloted the first “Walk for the Health of It” January walking event. SEARHC had already been looking for ways to increase track usage since they pay an annual fee to give Alaska Native people free use of the track. Results showed a significant increase in walking as a result of the event.

The SEARHC mission is “To provide the highest quality health services in partnership with Native people.”

¹ 2011 regional Southeast Alaska Regional Health Consortium (SEARHC) Behavioral Risk Factor Surveillance System (BRFSS)

Photo: Charles Clement (2nd from left) SEARHC CEO with SEARHC staff



Continued on page 3

Letter from the Director



Photo: Derek Bailey and June Maher in front of Cherokee Nation W.W. Hastings Hospital's bilingual commercial tobacco free property sign.

Summer greetings from the National Native Network (NNN), our NNN Partners and the staff at the Inter-Tribal Council of MI! In many parts of Indian Country it was a long winter, and with the full summer months ahead of us, we look to also "turning up the heat" on the work we are charged to do for our American Indian/Alaskan Native (AI/AN) people. Ongoing, the NNN is proceeding and working on several fronts to meet the Work plan objectives, and more importantly the positive impact on AI/AN individuals, families and communities.

Several changes you will be noticing, such as with this newsletter, with our media and communications. With the development of the "sister site" to the already existing KeepItSacred website, the overall look and appearance will be a noticed change. It is the intent to build upon the successes of past efforts and only make appropriate changes that enhance the messaging, user-friendliness, and evolution of the NNN work efforts and accomplishments. We do ask that you provide feedback to us on these changes, as this only helps in overall delivery and effectiveness. Feel free to send comments to my email address at the Inter-Tribal Council of MI (derek.bailey@itcmi.org). We would also like to officially welcome Robin Clark in her new full-time role at the Inter-Tribal Council of MI. Robin is the Program Specialist for the National Native Network, and has been diligently focused on the Work Plan and assisting our NNN Partners in meeting identified tasks. Please join me in a warm welcome to Robin!

During the month of May, we were able to visit with June Maher, our NNN Partner from the proud Cherokee Nation. We appreciated the opportunity to visit on-site with June and meet with her fellow Cherokee Nation health staff, learn about the extensive health programming being offered, and tour the impressive complexes that daily assist the citizenship and families of the Cherokee Nation. Later this month we are excited to be visiting another NNN Partner, April Bryant of the Lumbee Tribe, and learn as well from her during that visit. The reason for this outreach to our NNN Partners is to demonstrate our commitment to the Partners' successes, but also to facilitate our role in assisting our NNN Partners in their Work Plan efforts.

As appropriate, we would like to recognize, and thank, our NNN Partners which are the Great Plains Tribal Chairmen's Health Board, the Cherokee Nation, the Lumbee Tribe of North Carolina, the California Rural Indian Health Board, and the SouthEast Alaska Regional Health Consortium. We rely on the strengths and efforts of our NNN Partners to fulfilling our charge for assisting AI/AN people throughout Indian Country. We ask that you continue to visit our existing website, www.KeepItSacred.org, to learn more about the National Native Network. We also encourage you to like us on facebook to follow our activities but also to be kept up to date on relevant information, upcoming informational webinars, and that might assist you in both your personal and professional lives.

Miigwetch (thank you),

Derek J. Bailey, MSW
Program Director



Walking is Easy, Good Medicine... continued

SEARHC Juneau staff, five Juneau Native organizations, SEARHC Lifestyle Balance program, SEARHC Wise woman program, and all SEARHC beneficiaries were the intended audience. With Obesity becoming an inter-generational epidemic, families needed a safe outlet to be active together during the winter months, particularly because days are short (darkness descends at 4 pm before people get off work), sidewalks are snow and ice covered, and limited opportunities for affordable and accessible indoor physical activities exist.

Alaska Native people were traditionally active hunters and gatherers who ate healthy traditional foods, but today they don't have those same healthy lifestyles. They tend not to join fitness clubs or take fitness classes. They often work in jobs that do not support healthy physical outlets (i.e. athletic club memberships, workout gyms, etc.). They often lack transportation and rely on the bus system, which doesn't go everywhere. They suffer from many health problems as a result. Walking a total of 150 minutes each week for at least 10 minutes at one time is recommended by the Centers for Disease Control. Walking is something anyone can do, it doesn't require a lot of specialized clothing and/or equipment, and it can be done almost anywhere. And January is a good time to start.

Solution

With budget cuts underway, the event needed to be low cost. The outcome needed to show that the SEARHC-funded walking membership was cost effective or it was in danger of being discontinued. Alaska Native walkers greatly increased their attendance at the Dimond Field House while they worked to achieve their walking and health goals.

Results

People who walked gave amazing testimonials of families walking together, inspiring each other, and healing together. One family reported that a husband, in his 6th month of recovery from removing prostate cancer, was walking with his wife and daughter, both of whom were one year post separate surgeries. They described some days as good, lots of days not so good, but through it all they continued to make the effort to walk. Making the effort for and with each other was what was important to these dedicated walking families. Walkers also reported feeling less jiggly, feeling their clothes fit looser, feeling better about themselves, and having fun with friends and family.

Future Directions

Alaska Native people can experience the joy of walking and being active all year long. SEARHC hopes to continue to develop and/or encourage participation in local walking events throughout the year, including the running/walking events scheduled by the local running club during almost every weekend in the summer. Combining the kick-start indoor track event in January with a first-Saturday in June Walk/Run event will help people continue walking throughout the summer and fall. The spirit lodge drumming was a culturally relevant element that was added. The logo on the provided water bottles seemed to resonate with walkers: "Find the Beat that Makes you Move. Be Strong in Mind, Body, and Spirit."

"I come even when I don't want to, because I know I'll feel better!" -Barbara

"Very awesome. First week I did 9 laps, tonight I did 27 laps. I'm getting stronger!" -Tom

Almost everyone said they would do it again in a heartbeat.

Written by Edy Rodewald, Health Promotion, Southeast Alaska Regional Health Consortium. Photos from Southeast Alaska Regional Health Consortium



NNN Technical Assistance (TA) Webinars

This month, the NNN will begin a Cancer Risk Reduction Webinar Series. We are pleased to announce that Dr. David Espey, Acting Director of the CDC's Division of Cancer Prevention and Control, will present the first webinar of the series:

June 24: Top Cancers and Associated Risk Factors in Indian Country: Regional Differences, led by Dr. David Espey, CDC

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

- ✦ Describe the top cancers in Indian Country and associated risk factors
- ✦ Identify regional issues and needs related to prevention, control, and surveillance
- ✦ Identify and leverage regional and national resources in cancer prevention and control

The following Cancer Risk Reduction Series webinars will be held July 29, August 26, and will continue into the fall. NNN TA Webinars are the last Tuesday of the month, 3-4pm EST.

World No [COMMERCIAL] Tobacco Day

On May 31, the global tobacco prevention and control community celebrated World No (Commercial) Tobacco Day. This annual event raises awareness of the tobacco epidemic and need for effective policies to reduce commercial tobacco use around the world. This year, the World Health Organization called on for action on tobacco product taxation.

The May 27th NNN technical assistance webinar was organized to coordinate with this event: Jackie Giron and Stephanie Jay presented on the Turtle Mountain Band of Chippewa's newly implemented tobacco users fee. The Turtle Mountain Band of Chippewa began taxing tobacco product sales on tribal lands May 1, 2014, after over a decade of perseverance by tribal staff and a dedicated coalition of tribal community members. The tribally-administered tobacco users fee of \$.05 per pack will help reduce commercial tobacco initiation and use by youth and will help fund medical services provided by the Tribe.

The webinar presentation is available at www.KeepItSacred.com.

For more information, contact [Jackie Giron](#) and [Stephanie Jay](#) at the Turtle Mountain Band of Chippewa.



What Gets Measured Gets Done

SEARHC Electronic Health Record paves the way for effective measuring of tobacco screening and counseling

JUNEAU - SouthEast Alaska Regional Health Consortium (SEARHC) is a tribal health network with facilities across the archipelago of southeast Alaska. With over 10,000 patients, the need was clear for an electronic health record (EHR) to manage patient risk factors and care. This was especially true in our region. Southeast Alaska is vast, roughly the size of Florida, and inaccessible. The remote communities that make up SEARHC's coverage area are coastal, only accessible by boat or plane. Building the electronic system to link patients, providers and care across this landscape was a challenge. The SEARHC EHR implementation was a long process, coming together in 2012 and 2013.



The SEARHC tobacco team played a strong role in developing systems to screen and track tobacco referrals and counseling. The focus from October 1, 2012 to the present was preparing and addressing the implementation of the new Electronic Medical Record (EHR) system. The first clinic went to EHR in March 2013 with all clinics on EHR by September 2013. Multiple meetings were held with EHR staff to review how the system will work for tobacco including entering data and reporting. In preparation for the EHR, tobacco templates were researched among other Tribal health consortiums through contacts with State of Alaska and Alaska Native Tribal Health Consortium. The templates from Tanana Chiefs Conference were shared with SEARHC and downloaded into our EHR system. New templates were created to assist implementation. In April, the SEARHC tobacco program was ended due to the loss of funds by sequestration. This changed our focus from inputting tobacco cessation data to only working on the Meaningful Use measures that track tobacco screening and counseling. Every clinician is tracked for Meaningful Use measures in order to hold them accountable. Tobacco screening is located on the Wellness Tab and is required. The measures look at:

Tobacco Use Assessment - The percentage of patients aged 18 years and older who had been asked about tobacco use within 24 months of the latest encounter with the eligible provider during the reporting period.

Tobacco Cessation Intervention - The percentage of patients aged 18 years and older identified as tobacco users who had received tobacco cessation intervention within 24 months of the latest encounter date with the eligible provider during the reporting period.

A training tool was designed for providers so that they could successfully counsel and meet the Meaningful Use measure for known tobacco users. This training was delivered at medical staff meetings and must be regularly given because of staffing change over at the multitude of clinics in the region.

SEARHC also worked on addressing the formulary set up for prescribing nicotine replacement therapy within the EHR system. Nicotine patches (in three doses), lozenges and gum can now be prescribed and filled at an outside pharmacy. In Alaska, Pharmacists can bill for counseling for Medicaid reimbursement. We are in the process of working with the Medical Director to add in a note under prescriptions to request Pharmacist counseling as a standard of care (and a way to encourage tobacco counseling coverage).

Work was done with the EHR team member (who is a pharmacist) to create the order language seen to the right. A document was created to explain this new order on the prescription. The EHR staff member requested that the Clinical Care team (four providers) be contacted to get approval to the dosing of NRT based on the clinical guidelines.

By remaining flexible in the face of funding cuts and continuing to advocate for tobacco screening during the development of the EHR, SEARHC staff ensured that all patients will get meaningfully screened and referred for tobacco cessation. In this way, the stage is set to more effectively assist patients to manage their disease and measure progress for all.

Written by Edy Rodewald, Health Promotion, Southeast Alaska Regional Health Consortium

Mt. Edgecumbe Hospital 222 Tongass Drive Sitka, AK 99835 907-966-2411	
Patient Name: DMCO, PATIENT, KLM	Patient MRN: 91219
DOB: 08 OCT 1963	
Patient Address: po box 1511 ELMWOOD, ALASKA 99825	

NICOTINE (3MG/24 HOUR PATCH (X3)	
APPLY 1 PATCH TO SKIN EVERY DAY FOR NICOTINE WITHDRAWAL.	
Comment: Please provide pharmacist tobacco cessation counseling with this medication.	
Indication: Tobacco Use Disorder	
Quantity: 14	
Days Supply: 14	
Refills: 0	
DAM: NO	
Signature of Prescriber: _____ Provider: KEAN, ERIC C PHARM Provider ID#: 80689780 Provider NPI: _____ Provider Phone #: 907-966-2411	
Provider Electronic Signature: Electronic Signature on File	

Redding Rancheria recognized for 100% smoke free policy at Win-River Resort and Casino

SAN DIEGO, May 13, 2014 /PRNewswire-USNewswire/ - Americans for Nonsmokers' Rights presented Redding Rancheria Tribal leadership and Win-River Resort and Casino management with Smokefree Business Awards for their newly remodeled 100% smokefree indoor air facility. The awards were presented during the annual National Indian Gaming Association (NIGA) expo held at the San Diego Convention Center this week.

The casino celebrated its grand re-opening on March 14, 2014. Since then, it has experienced great business and positive feedback from employees, players, and the community. "It's the best decision we ever made," said Gary Hayward, General Manager of the Win-River Resort and Casino in Redding, CA. "Not only was going smokefree the best for health, but it has also been good for business. We've had more new profiles added to our players club, and community groups like the Soroptimist Club are bringing their meetings and business to us now that we are smokefree."

"One hundred percent of tribal membership was in support of adopting the smokefree policy," said Jack Potter, Jr., Vice Chairman of the Redding Rancheria Tribal Council. "Implementing policies that eliminate commercial tobacco use in tribally-controlled spaces is an effective way of reducing the health risks associated with secondhand smoke exposure," said Cynthia Hallett, Executive Director of Americans for Nonsmokers' Rights. "Tribal governments have a unique opportunity to protect those individuals residing, working, or visiting sovereign tribal lands. Everyone should have the right to breathe clean air."

Many casinos have successfully transitioned from smoke-filled to smokefree spaces, and there are many important lessons to be shared. Smokefree tribal casinos ensure that gaming jobs are in an environment that is healthy and free from secondhand commercial tobacco smoke, and beneficial to all tribal employees, patrons, and customers. There are now more than 500 smokefree commercial and tribal gambling facilities across the U.S. Twenty states, Puerto Rico, and the U.S. Virgin Islands include non-tribal casinos in smokefree workplace laws. Americans for Nonsmokers' Rights, established in 1976, is a national, member-based, not-for-profit organization dedicated to helping nonsmokers breathe smokefree air in workplaces and public places. See SmokefreeCasinos.org/win-river-resort-casino-goes-smokefree/



Photo: Jack Potter, Jr. Redding Rancheria Vice Chairman, Cynthia Hallett, ANR Executive Director, Gary Hayward, General Manager of Win-River Resort and Casino. (PRNewsFoto/Americans for Nonsmokers' Rights)

Upcoming Events

June 18 National Indian Health Board Planning Webinar 3PM EST: How to Develop and Establish an Effective Program: One Year Planning Phases as a Key to Success

June 24 NNN Technical Assistance Webinar 3PM EST: Top Cancers and Associated Risk Factors in Indian Country: Regional Differences, led by Dr. David Espey, CDC Division of Cancer Prevention and Control

June 25 Geographic Health Equity Symposium “Where You Live Matters to Your Health” hosted by CADCA’s Geographic Health Equity Alliance; Orlando, FL

July 29 NNN Technical Assistance Webinar 3PM EST: Cancer Risk Reduction Series

July 29-30 Native Fitness XI, hosted by Nike and the Northwest Portland Area Indian Health Board; Beaverton, OR

August 12 - 14 CDC Tribal Advisory Committee Meeting and Consultation, hosted by the Tribes of the Bemidji Area and CDC/ASTDR; Traverse City, MI

August 13-14 Coordinator Camp 2014 hosted by the Youth Engagement Alliance for Tobacco Control

August 26 NNN Technical Assistance Webinar 3PM EST: Cancer Risk Reduction Series



The National Native Network is administered by the Inter-Tribal Council of Michigan, Inc., 2956 Ashmun Street, Sault Ste. Marie, MI 49783 // (906) 632-6896 // www.itcmi.org

This publication was supported by the Cooperative Agreement number 1U58DP004979-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.