



# Cancer Risk Reduction in Indian Country

**KEEP IT SACRED**  
NATIONAL NATIVE NETWORK

A Project of Inter-Tribal Council of Michigan, Inc.

# Healthy and Inclusive Events

Hannah Schlosstein

Health Educator III, Juneau, AK  
SouthEast Alaska Regional Health Consortium

[hschlosstein@searhc.org](mailto:hschlosstein@searhc.org)

# Healthy and Inclusive Events

Doug Osborne, M.A.

Health Educator III, Sitka, AK  
SouthEast Alaska Regional Health Consortium

[douglaso@searhc.org](mailto:douglaso@searhc.org)

# Faculty Disclosure Statement

- Funding for this webinar was made possible by the Centers for Disease Control and Prevention DP18-1808 Consortium of Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities grant. Webinar contents do not necessarily represent the official views of the Centers for Disease Control and Prevention.
- No commercial interest support was used to fund this activity.

# Accreditation

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The IHS Clinical Support Center designates this live activity for 1 hour of *AMA PRA Category 1 Credit*™ for each hour of participation. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Indian Health Service Clinical Support Center is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is designated 1.0 contact hour for each hour of participation.

# CE Evaluation and Certificate

- Continuing Education guidelines require that the attendance of all who participate be properly documented.
- To obtain a certificate for continuing education, you must be registered for the course, participate in the webinar in its entirety, and submit a completed post-webinar survey.
- The post-webinar survey will be emailed to you after the completion of the course.
- Certificates will be presented digitally upon completion of evaluation.

# Learning Objectives/Outcomes

As a result of participating in this activity, the healthcare team will:

1. Examine the 7Cs framework as a prefatory tool in providing a successful health education event.
2. Employ useful resources that can be referenced when planning a healthy and inclusive event.
3. Design an effective process to evaluate previous health promotion events.



# Inclusive & Healthy Events: Building for Belonging

December 15, 2021

Doug Osborne, M.A., Health Educator  
Hannah Schlosstein, Health Educator





# Land Acknowledgement

*Sheet 'ka (Currently known as Sitka) Welcome everyone. We'd like to start by recognizing that we are on Lingít Aaní. Aaní is the Tlingit word for land and Tlingit people have been in this place for over 10,000 years. It's very important to recognize this historical fact, and to appreciate the Tlingit people who have been excellent stewards and have lived out traditional tribal values around balance, respect, and care for the Earth that sustains us all.*

*For taking wonderful care of this special place since time immemorial, we say thank you and gunalchéesh.*

# Agenda & Logistics

## Part I:

Introductions and background – 5 mins.

## Part II:

The Seven C's of Inclusive and Healthy Events –  
45 mins.

## PART III:

Closing section + questions/comment – 10 mins..



**Historically,  
pandemics have  
forced humans to  
break with the past  
and imagine their  
world anew.**

**This one is no  
different. It is a portal,  
a gateway between  
one world and the  
next.**

**-Arundhati Roy**



# Partners



Sitka  
Counseling





# Inclusive & Healthy Events

BUILDING FOR BELONGING

<https://visitsitka.org/wp-content/uploads/2021/05/Building-Belonging-Final-Draft-4-1.pdf>



# Chat box intros:

An aerial photograph of a coastal town, likely in the Pacific Northwest, featuring a harbor with several piers and buildings. The town is surrounded by dense green forests and mountains in the background under a clear blue sky.

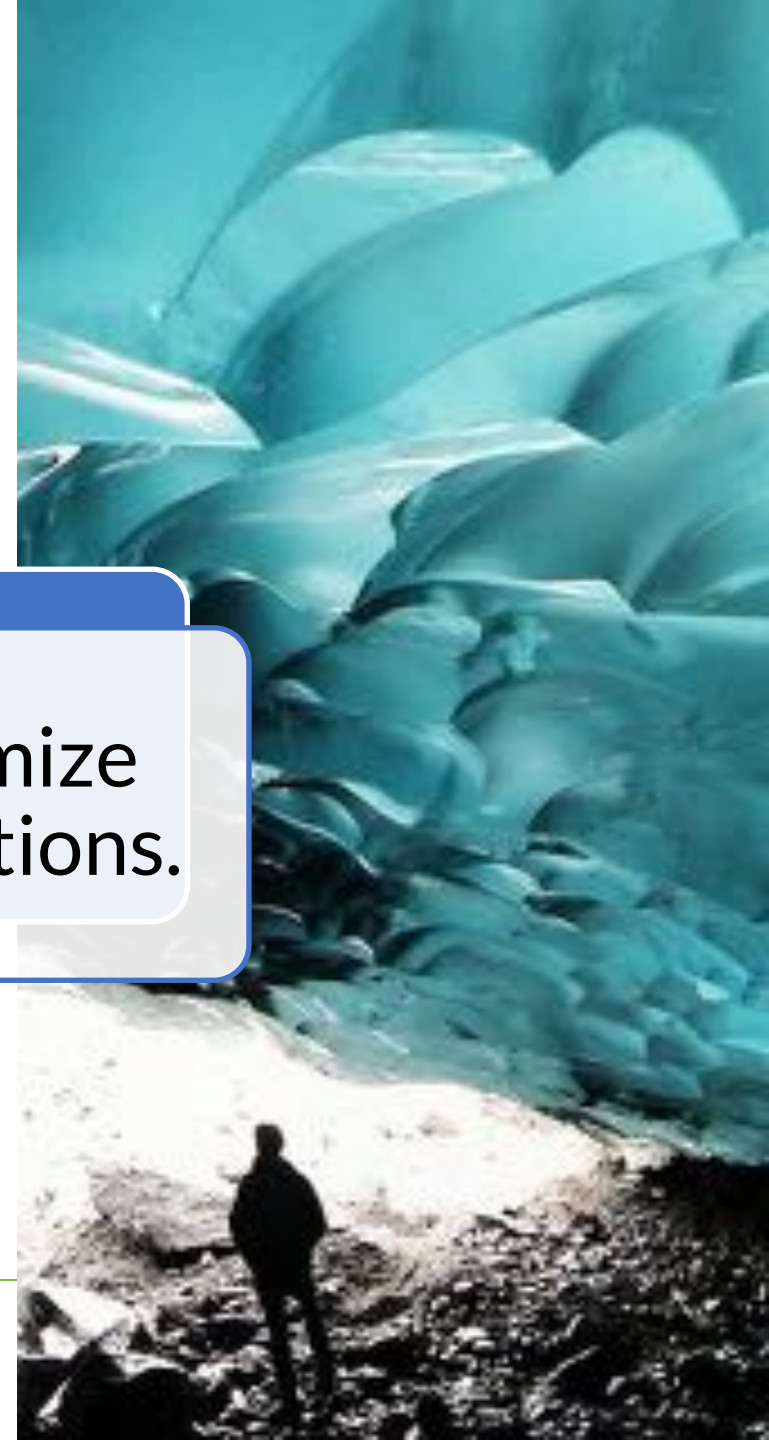
Please introduce yourself (including pronouns),  
and where you are joining the webinar from.

# Meeting Agreements

One person speaking at a time.

Share time fairly and respectfully.

Minimize distractions.





**Inclusive & Healthy Events**

BUILDING FOR BELONGING



Colloquially called the

**7 C's**



# Participant Activity

Consider an upcoming event that you are planning & can apply the 7 C's towards.



A scenic view of a mountain peak, likely El Capitan in Yosemite National Park, with a large text overlay. The sky is a soft, hazy orange, suggesting sunrise or sunset. The mountain is dark and rugged, with some greenery on the lower slopes. The text is centered in a dark, semi-transparent box.

Focus on progress  
not perfection.

Bill Phillips



**Continually  
Follow Public  
Health Guidelines**

## How to Meet:

- Virtual
- In-person with COVID-19 precautions
- Fully vaccinated event
- Hybrid







Taking care to craft accessible events benefits not only people with visible or known disabilities, but helps to ensure all participants ...are able to fully engage in your program.



# Crafting Accessible Spaces

# Crafting Accessible Spaces

According to the CDC, a **quarter** of U.S. adults have some kind of disability.







## Improving Accessibility Tip:

Move around your event with a rolling suitcase (including restrooms).

The wheels of the suitcase must remain on the ground at all times.





Activate captions  
on any video used  
in the presentation.

# Presentations:

Ensure speakers  
(including those  
asking questions)  
always use a  
microphone.

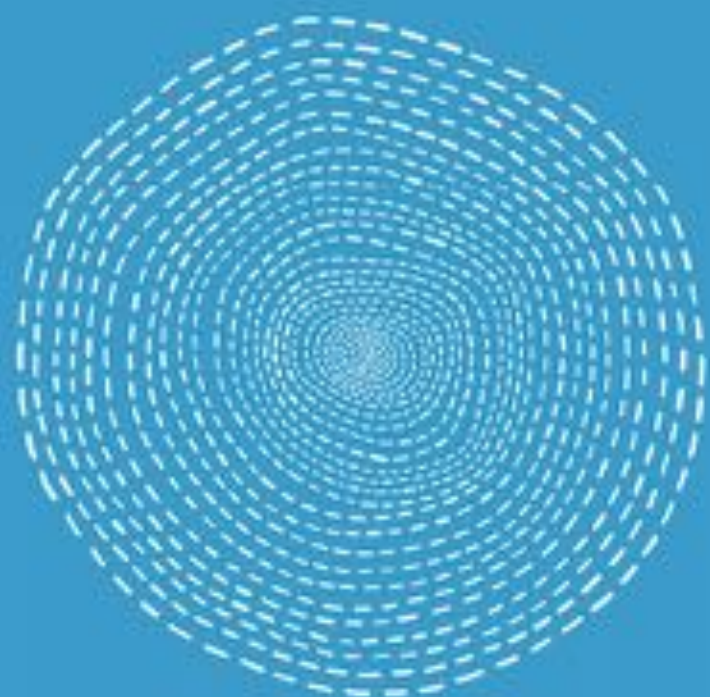


# Introduce and Describe

Have all speakers introduce and describe themselves to provide more context for participants who are blind or low vision.



**How will you implement safe and accessible spaces at your event, in your community, or work space?**



# Culturally Responsive

from start to Finish

## **FIVE** ELEMENTS OF CULTURAL COMPETENCE

1. Open attitude
2. Self-awareness
3. Awareness of others
4. Cultural knowledge
5. Cultural skills

## Questions to ask?

What is my  
cultural  
background?



What will come naturally to me  
and feel comfortable as a result  
of the culture I was raised in?





# From Start to Finish

How can cultural responsiveness be built into the event from the beginning?



# Voices:

What cultures are represented with the planners, greeters, trainers, performers, and other event staff?





## Who lives here?

What cultures are present in your community, and how can the event planning team include, invite, and welcome them?

Population estimates, July 1, 2019, (V2019)	8,493
<b>Race and Hispanic Origin</b>	
White alone, percent	64.3%
Black or African American alone, percent (a)	0.9%
American Indian and Alaska Native alone, percent (a)	13.1%
Asian alone, percent (a)	6.7%
Native Hawaiian and Other Pacific Islander alone, percent	0.1%
Two or More Races, percent	14.1%
Hispanic or Latino, percent (b)	6.8%
White alone, not Hispanic or Latino, percent	61.6%
<b>Population Characteristics</b>	
Veterans, 2015-2019	593
Foreign born persons, percent, 2015-2019	8.4%

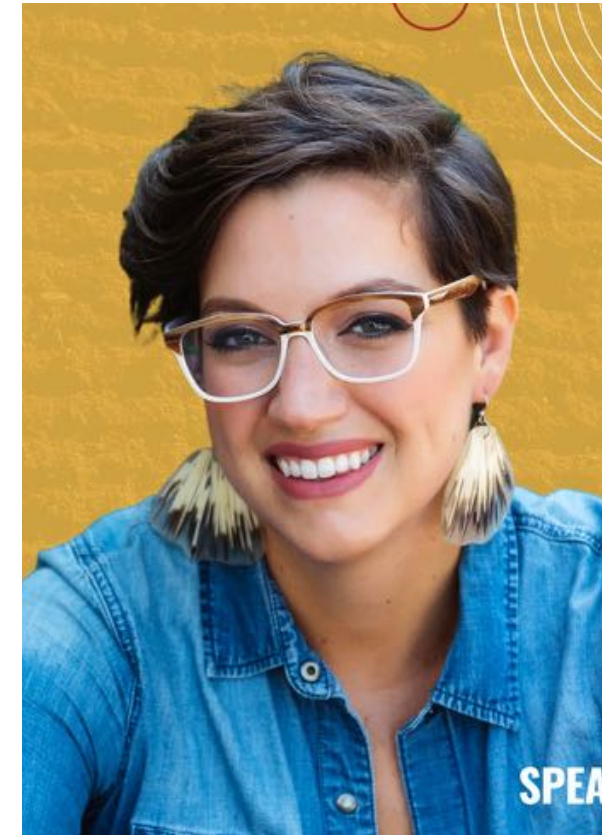
How can this event serve historically marginalized groups?



Great talk:

# Moving Beyond Land Acknowledgements and Token Representations

Dr. Adrienne Keene



**How will you ensure your event is culturally responsive from start to finish?**



# Celebrating Sobriety & Reducing Harms



## Alcohol-free events:

- Reduce organizers liability
- Reduce the opportunity for public conflict
- Less expensive to organize



# More inclusive for people:



- Who don't drink, &/or
- Are under 21, &/or
- Are sober or in recovery

# Harm Reduction Strategies

- Offer nonalcoholic drink options.
- Adopt a two-drink maximum.
- Offer to call taxis or provide ride vouchers to reduce the risk of drinking and driving.



# Additional Harm Reduction Strategies:

Designate spaces for alcohol, and spaces that are alcohol-free.

Provide drinks that are less intoxicating.  
I.e. beer and wine at a cash bar instead of whiskey.





**How will you celebrate sobriety  
or use harm reduction strategies  
at your event?**



# **Caring for the Environment**







- Venue
- Reusable or low-impact dishware
- Optimize recycling & landfill options

# Source local & plant rich foods



- Celebrate local foods
- Use meat as side dishes.
- Establish partnerships with local fisherman, gardeners, bee-keepers etc.



# Reduce Food Waste

**30-50% of food produced is never eaten**

1. Use the Guest-imator to calculate amount of food needed.
  2. Make a plan for leftover food.
  3. Ask attendees to register for meals.
  4. Compost
-

# Transportation

- Encourage or incentivize active transportation: walking, biking, kayaking.
- Choose venue that is on bus lines, or near walking paths centrally located.
- Provide video or teleconferencing for individuals who would prefer not to travel.

**How can your event care for the environment and embrace sustainability?**



# Committing to Nutritious Food & Drink Options

**"When the tide is out, the table is set."**

*— Tlingit proverb*

# Healthy Foods & Beverages

*Accessibility is like a blueberry muffin — you can't bake the berries in there afterward.*

Cordelia McGee-Tubb





- Transparency
- Reduce barriers
- Food accessibility
- Dietary considerations
- Labelling
- Separate animal & plant products





**Make the healthy  
option the easiest  
(or only) option.**





## Harvest for your Health

*SEARHC encourages harvesting and processing of local plants and berries. Traditional foods can positively contribute to your health.*

A close-up photograph of a branch with several large, vibrant red berries. The berries are small and round, clustered together. The branch is surrounded by large, bright green leaves with prominent veins. The background is dark and out of focus, making the berries and leaves stand out.

# Southeast Alaska Traditional Foods Guide

**How will you commit to healthy  
and nutritious foods and  
beverages at your next event?**

Thank you for  
not smoking  
or vaping  
near  
entrances.



**Clean Air**

(Thank you for not smoking  
or vaping near entrances)



Image courtesy of the National Native Network

Guide references  
commercial tobacco  
specifically.  
[Cigarettes, smokeless  
tobacco, & vaping  
products]

“Smoking stinks. I love smoke-free events! Good job keeping the event smoke-free.”

“Keeps me from smoking! Keep up the good work!”



## **SMOKE AND TOBACCO-FREE POLICIES PROTECT PUBLIC HEALTH**

Smoke and tobacco-free policies are legal and do not discriminate against attendees who smoke. Smoking is a public health issue. This policy does not prohibit anyone from attending an event, though it does define permitted activities on event sites.

### **Smoke and Tobacco-Free Event Policy**

#### ***I. Policy Purpose***

[Event organization] wants to provide a healthy and safe environment to our patrons, vendors, exhibitors, volunteers and employees at all events. This policy will protect the public health by:

- Decreasing the negative health impacts of secondhand smoke, an established cause of cancer and respiratory disease.
- Discouraging smoking and tobacco use around non-tobacco users, especially children.
- Decreasing smoking-related litter and accidents caused by cigarettes.
- The purpose of this policy is to establish a smoke and tobacco-free environment for all



How will you commit  
to clean air at your  
event?





# Event Planning Checklist

1. Marketing & Advertising
  2. Booking & Scheduling
  3. Registration & Attendees
  4. Setting Up Presenters
  5. When Things Don't Go As Planned
  6. Evaluation
-

## Event Dos and Don'ts

- **DO** have a checklist of things to double-check the day of your event before attendees arrive.
- **DO** give attendees an agenda for the event as they come in (or send one out before digitally).
- **DO** include well-timed breaks throughout.
- **DO** one last walkthrough to make sure there are no cords in walkways, ramps are not slippery, there is no ice in high-traffic areas.
- **DON'T** leave things until last minute.
- **DON'T** leave your attendees wondering where they should be going when they arrive.
- **DON'T** pack too many things into your event that it exhausts attendees or causes disinterest.
- **DON'T** overlook safety.

captured on video.

**Feedback is the breakfast of  
champions.**

**Self-Evaluation**

**Participant  
Evaluation**

### Self-Evaluation and Debrief List

What happened?

What were the highlights and things to celebrate?

What didn't seem to work?

What lessons have been learned?

What can we do to make the next event better?

Evaluate each of the 7 Cs at your event:

1.) Crafting accessible spaces.

2.) Culturally responsive from start to finish

### Self-Evaluation and Debrief List

#### Participant Evaluation Form

What worked well at this event?

What didn't work and how could it be improved?

Do you have any general comments or feedback?

Please evaluate each of the following elements of a healthy and inclusive event. How many of your needs met?

1.) Crafting accessible spaces.



*Commitment  
is what turns a  
promise into  
practice.*



**Inclusive & Healthy Events**

**BUILDING FOR BELONGING**

**Commitment Agreement  
Signature Page**

Thank you for taking the time to review the contents of this toolkit. We hope that you have found this framework helpful when envisioning future events in Sitka. One of the aims of this toolkit is to provide a comprehensive strategy for organizing events, taking into consideration the diverse community that will be present.

As you plan your community event, we hope that in support of this overall concept, will build on a quality experience for public events for all, centered around inclusiveness and health.

If your organization chooses to implement this toolkit, we encourage signing this document in representation of your formal commitment to upholding the seven components when planning and hosting all current and future events. Although not all the components will be applicable at all events, we suggest utilization of them whenever possible for consistency in best practices.

Thank you for your commitment to building healthier, more inclusive events for the community of Sitka!

The \_\_\_\_\_ with signature of this document, commits to incorporating the seven health-centered, inclusive-building components of this toolkit when planning and hosting all current and future public events, whenever possible, for the community of Sitka.

\_\_\_\_\_  
Organization Representative 1

\_\_\_\_\_  
Organization Representative 2

\_\_\_\_\_  
Organization Name

\_\_\_\_\_  
Date

# Questions or comments?

Please type them in the chat.





We appreciate your  
time, attention,  
and feedback!

**Salamat • Gracias • Gunalchéesh • Thank you**  
*Tagolog • Spanish • Tlingit • English*



# Healthy and Inclusive Events

**Doug Osborne, M.A.**  
Health Educator III, Sitka, AK  
SouthEast Alaska Regional Health Consortium  
[douglaso@searhc.org](mailto:douglaso@searhc.org)

**Hannah Schlosstein**  
Health Educator III, Juneau, AK  
SouthEast Alaska Regional Health Consortium  
[hschlosstein@searhc.org](mailto:hschlosstein@searhc.org)

# Upcoming Webinars

[keepitsacred.itcmi.org/events](http://keepitsacred.itcmi.org/events)

- **December 16:** Youth Led Efforts: Current Trends of E-Cig/Vapes & Tobacco
- **January 19:** Cervical Cancer and American Indian Women
- **January 26:** Surviving the Journey through Cervical Cancer
- **March 30:** Smoke-Free Tribal Housing Policies

# Follow National Native Network Online



[KeepItSacred.org](https://KeepItSacred.org)



[Facebook.com/KeepItSacred](https://Facebook.com/KeepItSacred)



[Twitter.com/KeepItSacred](https://Twitter.com/KeepItSacred)



[LinkedIn.com/company/KeepItSacred](https://LinkedIn.com/company/KeepItSacred)



[Instagram.com/NNNKeepItSacred](https://Instagram.com/NNNKeepItSacred)

