



WORKING TO SUPPORT WELLNESS

July 2021

Health Promotion/Disease Prevention Quarterly Newsletter

Celebrating National Physical Fitness and Sports Month

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In observance of the National Physical Fitness and Sports month in May, the Health Promotion/Disease Prevention (HP/DP) program hosted *Sharing What Works: Moving Where We Live, Work, and Play* webinar consisting of a panel of speakers who shared strategies to get people of all ages moving while adapting physical activities to practice social distancing during COVID. The speakers shared many fun activities to keep families and communities engaged in daily physical activity.

Scott Robison, Community Health Department Director, Wewoka Indian Health Center, presented on “Hop to Stop Diabetes” School-based Jump Rope program that started in 2013 to encourage kids to participate in jump rope program, camp, and competition to stay active and healthy. The youth perform at high school basketball games, festivals, events, and regional/national jump rope competitions where they meet

students from other regions. Program outcome indicated that participating youth improved their body mass index.

Robert Yazzie Jr., Veterans Outreach Program Specialist, presented on *Operation Veterans Wellness* event. This annual began as a collaboration with tribal, city, state, federal programs, and various non-profit groups to engage Veterans and their families in wellness activities. The 30-day 60-mile run challenge event moved to a virtual platform to keep veterans and their family safe during this pandemic. Participants are encouraged to run and log in their miles.

Elfreida Barton, Navajo Area HP/DP Fitness Specialist, presented on *Connections to Staying Active*. This is a worksite virtual fitness challenge and events targeting employees and their families. Events included virtual breast cancer awareness Half Marathon/50 Mile Bike Challenge that encourage participants to complete their miles at their own pace within one-month. Another event included the Veteran’s Day (1 Mile, 5K, 10K) challenge to complete the miles within 1-week of Veteran’s Day. Additional virtual activity included weekly fitness session that included chair exercise, tabata boot camp, kickboxing cardio, and yoga/warrior sculpture classes are offer during noon lunch hour and evening sessions to encourage participation.

Jose Reyna, Chairman, San Lucy District of Tohono O’odham Nation, presented on *Warrior Workout Family*. Jose mentioned that one day as he was working out in the wellness center; he was approach by an individual who wanted to join him on his workout routine. He agreed and eventually the number of people wanting to workout with him increased-- which lead to the *Warrior Workout Family*.

It had been challenging to engage or maintain a routine exercise plan during the pandemic, especially during the lockdowns. Thanks to technology, many of the programs were able to offer virtual physical activities over ZOOM or other platforms during the pandemic.

Moving for Wellness

Moving more and sitting less have tremendous benefits. Make time to take frequent breaks from your computer, TV, or gaming screen to enjoy the outdoors with your family.

During the summer, people can go outdoors to get exercise by walking or running early in the morning or evening when the temperature cools down. Check with your local wellness program to find out if they offer virtual exercise classes such as tai chi, chair exercise, stretching, yoga, or other activities.

Remember, there are many benefits of daily physical activity. Physical activity:

- Increases energy
- Strengthens bones and muscles
- Improves sleep
- Decreases stress
- Reduces anxiety
- Improves coordination and balance
- Reduces weight gain
- Reduces blood pressure
- Lowers risk of heart disease
- Lowers risk of diabetes

How much physical activity should we be getting?

- Children (3-5 years old) should get physical activity throughout the day.
- Children and teenagers (6-17 years old) should get 60 minutes or more of moderate to vigorous physical activity daily.
- Adults (18-64 years old) should get at least 150 minutes a week of moderate physical activity and at least 2 days a week of activities that strengthen muscles.
- Older adults (65 years and older) should get at least 150 minutes a week of moderate physical activity and at least 2 days a week of activities that strengthen muscles.

What is moderate physical activity? Examples of moderate physical activity includes:

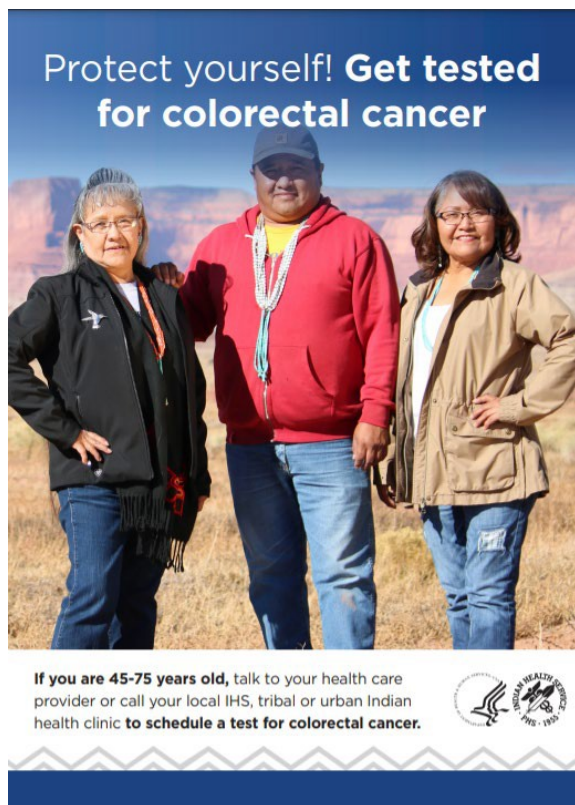
- Walking very brisk
- Cleaning such as washing windows, vacuuming, mopping
- Mowing lawn (power mower)
- Bicycling light effort (10-12 miles per hour)
- Tennis doubles

What is vigorous physical activity? Examples of vigorous physical activity includes:

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Basketball game
- Soccer game

Source: [CDC Physical Activity](#)

We Can Prevent, Detect and Treat Early



The incidence of all cancer combined have decreased among males for all ethnic group; however, rates did not decrease or have remained stable for certain types of cancer among American Indians and Alaska Natives (AI/AN). According to National Cancer Institute, cancer is the second leading cause of death among AI/AN over age 45 and continue to have the poorest five-year survival rates among all racial and ethnic groups, for all cancers combined. AI/ANs are more likely to be diagnose at late stage of cancer, whereas; early detection, screening, and treatment may have improved survival rates.

Some of the contributing factors includes socioeconomic conditions such as inadequate education, disproportionate poverty, and discrimination in the delivery of health services, and cultural differences such as mistrust, belief that cancer is not treatable, and fear or embarrassment of medical screenings. Limited access to healthy foods, commercial tobacco use and exposure, and alcohol use are also contributing factors to this disease burden.

While some cancers may have contributing factors such as genetics or age that make an individual more at risk for developing a certain type of cancer, there are often preventive measures that can be taken to help reduce the risk.

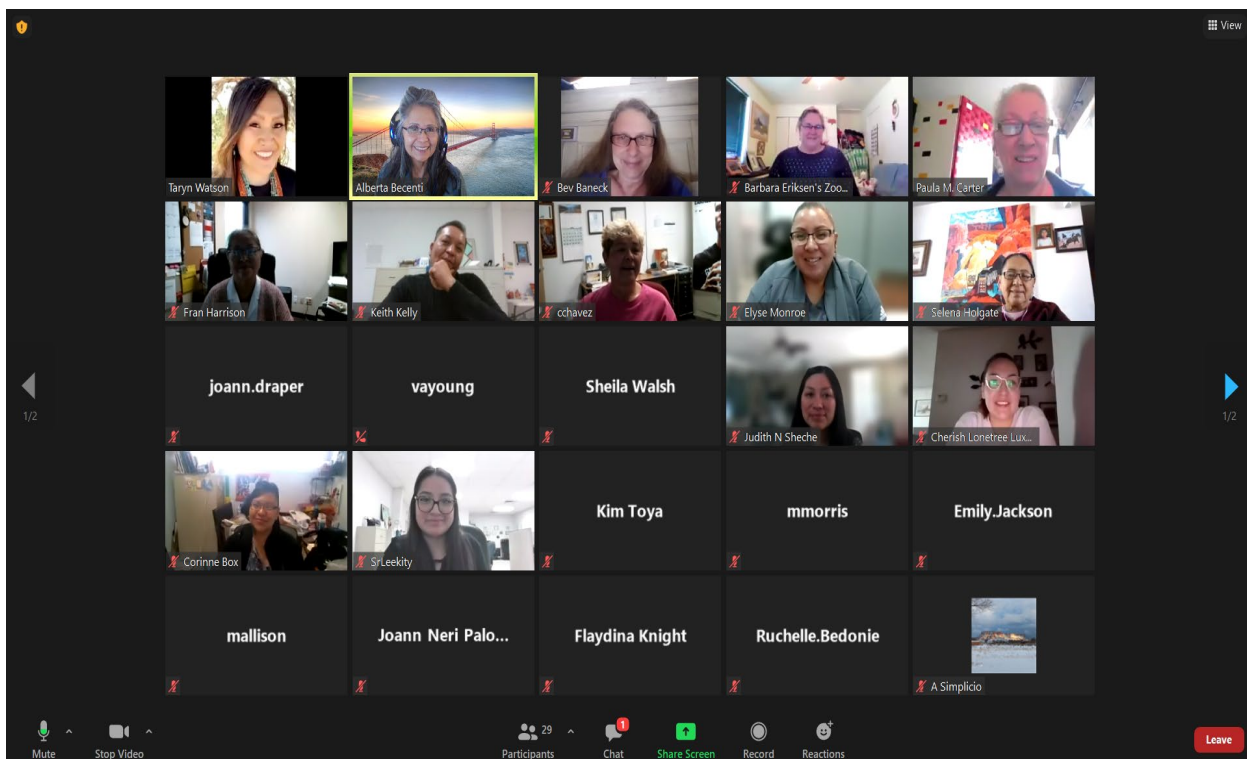
What you can do to Reduce Your Risk

- Do not use commercial tobacco
- Avoid exposure to secondhand smoke
- Limit alcohol use
- Eat a healthy diet that includes whole grains, fruits, vegetables, and fiber
- Maintain a healthy weight
- Engage in daily physical activity
- Get early preventive cancer screenings
- Use sunscreen to protect skin
- Get a vaccine to help lower certain cancer risks

Resources to increase awareness cancer

- Access cancer prevention [fact sheets](#) and [posters](#) available at the IHS HP/DP website
- Access archived [cancer prevention webinars](#)
- [American Indian Cancer Foundation colorectal cancer screening toolkit](#) for clinic teams working in AI/AN health systems
- [Albuquerque Area Southwest Tribal Epidemiology Center](#) has FOBT Testing videos, educational flip chart, reminder postcards, and brochures

Circle of Life Virtual Training



On April 13-14, 2021, the IHS Health Promotion/Disease Prevention program delivered *Circle of Life* virtual training with 32 attendees. The American Cancer Society developed the Circle of Life with input from American Indian/Alaska Native people representing diverse communities. The training module provides cancer education using a holistic and culturally tailored approach for individuals, families, and communities to make healthy choices and stay well.

During the two-day virtual training, the presenters covered several topics that included healthy choices to reduce cancer risk, types of cancer, treatment, palliative care, caregiving, and nearing the end of life. To keep the attendees engaged, the trainers used interactive activities such as polling, sharing strategies, and encouraging feedback using chat function.

At the end of the training, the attendees reported that they plan to translate new knowledge and resources to action by increasing cancer awareness and education in the community and promote importance of seeking early preventive screenings appropriate for age and gender in the community after life returns to normal post COVID-19. IHS also shared recently released lung, cervical, prostate, breast, colorectal, and liver cancer fact sheets and posters available at the HP/DP website.

If you are interested in Circle of Life training, please contact the American Cancer Society or IHS Headquarters HP/DP program at 240-328-5540 to request for a virtual training.

Reach Out and Read at Over 200 Medical Sites in Indian Country

Nathan McNamara

In this issue, we have a guest contributor to share the Reach Out and Read program. The Reach Out and Read program give young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together. With unparalleled access to children birth to five years, we



prepare kids for success in kindergarten by reaching them before they ever enter a formal preschool or classroom setting. Our work starts with early literacy, but naturally extends to social-emotional development, motivation, persistence, confidence, and so much more. Shared reading provides children with a foundation for curiosity and self-regulation, and also promotes resilience and mitigates toxic stress. Our program is dual generation: We help parents to become their child’s first and most important teacher and we collaborate with 215 American Indian and Alaska

Native medical sites in Indian Country, where we serve over 51,800 children a year.

Doctor Daniel Coles, the Reach Out and Read Medical Champion at Santa Fe Indian Hospital says, “When a doctor in training is taught to discuss reading and to give out books, he or she learns how to empower families, a skill that is hard to teach and often neglected. My residency program did not teach this skill; I learned it when I was taught how to use the Reach Out and Read program at the Roslindale Medical Center in Boston. Once I started telling parents about how regular reading with their kids could lower their risk for school frustration and failure, I realized that I could focus my discussions with families on other topics with the goal of empowering them to make healthy choices. My practice was transformed! I would go into each visit seeking opportunities to boost each family's ability to take charge of their child's health and the inroad to these discussions was gifting them a book which represents the power they have: just unfold the cover and get to the fun!”

Doctor Coles is among a vast network of 31,000 medical providers who are finding that Reach Out and Read amplifies their practice. A [new policy statement](#) from the American Academy of Pediatrics offers guidance for tackling health inequities for American Indian and Alaska Native children, including using Reach Out and -

Reach Out and Read at Over 200 Medical Sites in Indian Country (continued)

Read to promote literacy. Several recently published studies about our work demonstrate that Reach Out and Read also increases well-child visit attendance, developmental screenings, and immunization rates, as well as enhancing clinic morale and provider satisfaction, and improving patient-clinician relationships. Our outcomes are manifold and powerful.

The delivery of Reach Out and Read at our American Indian and Alaska Native sites is also at the intersection of alleviating health disparities and addressing social justice. Because we work within the pre-existing medical system, we thrive at providing our early literacy prescription to high-need and traditionally hard-to-reach populations, including children from rural and indigenous families. Reach Out and Read is a crucial source for high-quality inclusive and diverse children's books that are so important for pediatric clinicians to share with their patients and families in combating the public health crises of racism and poverty. Books serve as mirrors to children, providing reflections of themselves, as well as windows, letting them see others and their experiences from a young age.

“It is especially meaningful to our families to get a book that celebrates their traditions and culture,” says Dr. Lydia Kim at the Northern Navajo Medical Center. “Here on the Navajo Nation, we are hoping to prepare our patients for school readiness by bringing a book into the clinic room and encouraging our families to read together is one of the best gifts we can give our community.”

Keep Traditional Tobacco Sacred



If you are a smoker or know someone who is a smoker, please call your local tobacco cessation services or text “**NATIVE**” to 47848 or call 1-800-QUIT-NOW if local services are not available.

Below are resources and strategies to address commercial tobacco use.

- Access [tobacco prevention posters](#)
- Access archived [tobacco prevention webinars](#)
- [Watch the video on how to assess for and document e-cigarette and vape users](#) on the health factor tab in the Electronic Health Record
- View [Interview with the IHS Chief Medical Officer about Vaping](#) video
- Contact IHS HQ HP/DP program to request for a Basic Tobacco Intervention Skills Certification training
- Contact [IHS Area HP/DP Coordinators](#) on how you can support tobacco and cancer prevention efforts

Calendar of Events

August

August 25, 2021 *Tackling Commercial Tobacco Use: Prevention, Intervention, and Cessation*
Webinar
3:00 pm - 4:00 pm ET

September

National Childhood Obesity Awareness Month

September 1, 2021 *Strategies to Prevent Obesity and Overweight*
Webinar
3:00 pm - 4:00 pm ET

September 8, 2021 *Hop to Stop Diabetes – School and Community Based Jump Rope Program*
Webinar
3:00 pm - 4:00 pm ET

September 15, 2021 To be announced

September 22, 2021 To be announced

September 30, 2021 *Community Preventive Services Task Force Recommendations on Cancer Prevention*
Webinar
3:00 pm - 4:00 pm ET

October

National Health Literacy and Breast Cancer Awareness Month

October 13, 2021 *Designing Clear Tobacco Prevention Messaging to Reach Your Audience*
Webinar
3:00 pm - 4:00 pm

October 27, 2021 *Talking Plainly About Breast Cancer*
Webinar
3:00 pm - 4:00 pm

Registration will become available at [News and Announcements](#) at least one month before each scheduled webinar.